



International Journal for Research Trends and Innovation

IJRTI | IJRTI.ORG | ISSN: 2456-3315

An International Open Access, Peer-reviewed, Refereed Journal

Certificate of Publication

The Board of
International Journal for Research Trends and Innovation

Is hereby awarding this certificate to

Sampada Kulkarni

In recognition of the publication of the paper entitled

**Comparison Between The Effects Of Buteyko Breathing Technique And
Diaphragmatic Breathing Exercises On Blood Pressure And Rate Of Perceived
Exertion In Individuals With Hypertension**

Published in Volume 9 Issue 8, August-2024

Co-Authors - Mayuri Ghumatkar, Ajay Kumar

Paper ID - IJRTI2408011

Editor-In Chief



INTERNATIONAL JOURNAL FOR RESEARCH TRENDS AND INNOVATION | IJRTI

An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal

Website: www.ijrti.org | Email: editor@ijrti.org | ESTD: 2016

Manage By: IJPUBLICATION Website: www.ijrti.org | Email ID: editor@ijrti.org



International Journal for Research Trends and Innovation

IJRTI | IJRTI.ORG | ISSN: 2456-3315

An International Open Access, Peer-reviewed, Refereed Journal

Certificate of Publication

The Board of
International Journal for Research Trends and Innovation

Is hereby awarding this certificate to

Mayuri Ghumatkar

In recognition of the publication of the paper entitled

**Comparison Between The Effects Of Buteyko Breathing Technique And
Diaphragmatic Breathing Exercises On Blood Pressure And Rate Of Perceived
Exertion In Individuals With Hypertension**

Published in Volume 9 Issue 8, August-2024

Co-Authors - Sampada Kulkarni, Ajay Kumar

Paper ID - IJRTI2408011

Editor-In Chief



INTERNATIONAL JOURNAL FOR RESEARCH TRENDS AND INNOVATION | IJRTI

An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal

Website: www.ijrti.org | Email: editor@ijrti.org | ESTD: 2016

Manage By: IJPUBLICATION Website: www.ijrti.org | Email ID: editor@ijrti.org



International Journal for Research Trends and Innovation

IJRTI | IJRTI.ORG | ISSN: 2456-3315

An International Open Access, Peer-reviewed, Refereed Journal

Certificate of Publication

The Board of
International Journal for Research Trends and Innovation
Is hereby awarding this certificate to

Ajay Kumar

In recognition of the publication of the paper entitled
**Comparison Between The Effects Of Buteyko Breathing Technique And
Diaphragmatic Breathing Exercises On Blood Pressure And Rate Of Perceived
Exertion In Individuals With Hypertension**

Published in Volume 9 Issue 8, August-2024

Co-Authors - Sampada Kulkarni, Mayuri
Ghumatkar

Editor-In Chief



Paper ID - IJRTI2408011

INTERNATIONAL JOURNAL FOR RESEARCH TRENDS AND INNOVATION | IJRTI

An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal

Website: www.ijrti.org | Email: editor@ijrti.org | ESTD: 2016

Manage By: IJPUBLICATION Website: www.ijrti.org | Email ID: editor@ijrti.org