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## **Certificate of Publication**

The Board of  
International Journal for Research Trends and Innovation

Is hereby awarding this certificate to

**Harendranath T G**

In recognition of the publication of the paper entitled

**Effect of Selected Yogic Practices on Forced Vital Capacity and Peak Expiratory  
Flow Rate among Healthy Young Adults**

Published in Volume 10 Issue 8, August-2025

Co-Authors - Dr. S. Natarajan, Dr. C. V. Jayanthi

**Paper ID - IJRTI2508022**



**Editor-In Chief**

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