



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

Sairani Ramesh Dalvi

In recognition of the publication of the paper entitled

**Comparative efficacy of polymeric exercises versus Calisthenics on agility in
karate kids**

Published in Volume 11 Issue 2, February-2026

Co-Authors - Dr. Amrutkuvar Rayjade

Paper ID - IJRTI2602031



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

Dr. Amrutkuvar Rayjade

In recognition of the publication of the paper entitled

**Comparative efficacy of polymeric exercises versus Calisthenics on agility in
karate kids**

Published in Volume 11 Issue 2, February-2026

Co-Authors - Sairani Ramesh Dalvi

Paper ID - IJRTI2602031



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