



**INTERNATIONAL JOURNAL OF NOVEL RESEARCH  
AND DEVELOPMENT (IJNRD) | IJNRD.ORG**  
*An International Open Access, Peer-reviewed, Refereed Journal*  
**ISSN : 2456-4184**

The Board of  
International Journal of Novel Research and Development  
Is hereby awarding this certificate to  
**Dr. Yatendra Kumar Sethi**

In recognition of the publication of the paper entitled  
**Yoga practices in different trimesters of pregnancy: A synergistic approach  
to improve the quality of life and minimize pregnancy associated  
complications**



Published In IJNRD ( [www.ijnrd.org](http://www.ijnrd.org) ) ISSN Approved & 8.76 Impact Factor

Published in Volume 7 Issue 2, February-2022 | Date of Publication: 2022-02-22

Registration ID : 180519

Co-Authors - Dr. Gurpreet Kaur Gill, Dr bhanu

Paper ID - IJNRD22020229

Editor-In Chief

**INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT | IJNRD**

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

**Website: [www.ijnrd.org](http://www.ijnrd.org) | Email: [editor@ijnrd.org](mailto:editor@ijnrd.org) | ESTD: 2016**

An International Scholarly, Open Access, Multi-disciplinary, Monthly, Indexing in all Major Database & Metadata, Citation Generator

Manage By: IJPUBLICATION Website: [www.ijnrd.org](http://www.ijnrd.org) | Email ID: [editor@ijnrd.org](mailto:editor@ijnrd.org)

IJNRD | ISSN : 2456-4184

Certificate of Publication



**INTERNATIONAL JOURNAL OF NOVEL RESEARCH  
AND DEVELOPMENT (IJNRD) | IJNRD.ORG**  
*An International Open Access, Peer-reviewed, Refereed Journal*  
**ISSN : 2456-4184**

The Board of  
International Journal of Novel Research and Development  
Is hereby awarding this certificate to

**Dr. Gurpreet Kaur Gill**

In recognition of the publication of the paper entitled  
**Yoga practices in different trimesters of pregnancy: A synergistic approach  
to improve the quality of life and minimize pregnancy associated  
complications**



Published In IJNRD ( www.ijnrd.org ) ISSN Approved & 8.76 Impact Factor

Published in Volume 7 Issue 2, February-2022 | Date of Publication: 2022-02-22

Registration ID : 180519

Co-Authors - Dr. Yatendra Kumar Sethi, Dr bhanu

Paper ID - IJNRD22020229

Editor-In Chief

**INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT | IJNRD**

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

**Website: www.ijnrd.org | Email: editor@ijnrd.org | ESTD: 2016**

An International Scholarly, Open Access, Multi-disciplinary, Monthly, Indexing in all Major Database & Metadata, Citation Generator

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

IJNRD | ISSN : 2456-4184

Certificate of Publication





**INTERNATIONAL JOURNAL OF NOVEL RESEARCH  
AND DEVELOPMENT (IJNRD) | IJNRD.ORG**  
*An International Open Access, Peer-reviewed, Refereed Journal*  
**ISSN : 2456-4184**

The Board of  
International Journal of Novel Research and Development  
Is hereby awarding this certificate to  
**Dr bhanu pratap singh.**

In recognition of the publication of the paper entitled  
**Yoga practices in different trimesters of pregnancy: A synergistic approach  
to improve the quality of life and minimize pregnancy associated  
complications**



Published In IJNRD ( [www.ijnrd.org](http://www.ijnrd.org) ) ISSN Approved & 8.76 Impact Factor

Published in Volume 7 Issue 2, February-2022 | Date of Publication: 2022-02-22

Registration ID : 180519

Co-Authors - Dr. Yatendra Kumar Sethi, Dr.  
Gurpreet Kaur, Dr. Anurag Singh, Dr. Anshu Singh, Dr. Anshu Singh, Dr. Anshu Singh

Paper ID: IJNRD20220222

Editor-In Chief

**INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT | IJNRD**

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

**Website: [www.ijnrd.org](http://www.ijnrd.org) | Email: [editor@ijnrd.org](mailto:editor@ijnrd.org) | ESTD: 2016**

An International Scholarly, Open Access, Multi-disciplinary, Monthly, Indexing in all Major Database & Metadata, Citation Generator

Manage By: IJPUBLICATION Website: [www.ijnrd.org](http://www.ijnrd.org) | Email ID: [editor@ijnrd.org](mailto:editor@ijnrd.org)

IJNRD | ISSN : 2456-4184



**INTERNATIONAL JOURNAL OF NOVEL RESEARCH  
AND DEVELOPMENT (IJNRD) | IJNRD.ORG**  
*An International Open Access, Peer-reviewed, Refereed Journal*  
**ISSN : 2456-4184**

The Board of  
International Journal of Novel Research and Development  
Is hereby awarding this certificate to  
**Dr. C.R. Yadav**

In recognition of the publication of the paper entitled  
**Yoga practices in different trimesters of pregnancy: A synergistic approach  
to improve the quality of life and minimize pregnancy associated  
complications**



Published In IJNRD ( www.ijnrd.org ) ISSN Approved & 8.76 Impact Factor

Published in Volume 7 Issue 2, February-2022 | Date of Publication: 2022-02-01

Registration ID : 180519

Co-Authors - Dr. Yatendra Kumar Sethi, Dr.  
Gurpreet Singh, Dr. Manoj Kumar Singh.

Paper ID: IJNRD2202029

Editor-In Chief

**INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT | IJNRD**

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

**Website: www.ijnrd.org | Email: editor@ijnrd.org | ESTD: 2016**

An International Scholarly, Open Access, Multi-disciplinary, Monthly, Indexing in all Major Database & Metadata, Citation Generator

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

IJNRD | ISSN : 2456-4184

Certificate of Publication