

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

PRASAD SALIAN

In recognition of the publication of the paper entitled

The Benefits of Walking and Jogging as Exercise

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

Published in Volume 7 Issue 11, November-2022 | Date of Publication: 2022-11-21

Co-Authors - Dr. Hiremath, Dr. Ashok Kumar



Revearch Through Innovation

Paper ID - IJNRD2211123

Editor-In Chief

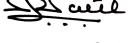
INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT | IJNRD

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



NSSI



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. Hiremath

In recognition of the publication of the paper entitled

The Benefits of Walking and Jogging as Exercise

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

Published in Volume 7 Issue 11, November-2022 | Date of Publication: 2022-11-21

Co-Authors - PRASAD SALIAN, Dr. Ashok Kumar



Se aure

NSSI

Registration ID: 184026 Paper ID - IJNRD2211123

Editor-In Chief

TERNATIONAL 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



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. Ashok Kumar

In recognition of the publication of the paper entitled

The Benefits of Walking and Jogging as Exercise

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

Published in Volume 7 Issue 11, November-2022 | Date of Publication: 2022-11-21

Co-Authors - PRASAD SALIAN, Dr. Hiremath



Research Through Innovation

Paper ID - IJNRD2211123

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



NSSI