



International Journal of Humanities and Social Science Invention

e-ISSN: 2319 – 7722 p-ISSN: 2319 – 7714

CERTIFICATE

It is certify that the paper entitled by “*Effect of Eight Week Resistance Training Exercises on Strength & Fitness of College Students*” has been published in *International Journal of Humanities and Social Science Invention (IJHSSI)*.

Your article has been published with following details:

Author's Name: Dr. Renu Das
Journal Name: *International Journal of Humanities and Social Science Invention (IJHSSI)*
Journal Web: www.ijhssi.org
Journal Type: Online & Offline
Review Type: Peer Review Refereed
Publication Year: 2024
Publication Month: April
Vol No.: 13
Issue No.: 04



Editor-In-Chief
International Journal of Humanities and Social Science Invention (IJHSSI)
E-mail ID: ijhssi@invmails.com
Web: www.ijhssi.org

Impact Factor : 5.35

UGC Approval Serial Number: 4098 & UGC Journal Number: 47449



International Journal of Humanities and Social Science Invention

e-ISSN: 2319 – 7722 p-ISSN: 2319 – 7714

CERTIFICATE

It is certify that the paper entitled by “*Effect of Eight Week Resistance Training Exercises on Strength & Fitness of College Students*” has been published in *International Journal of Humanities and Social Science Invention (IJHSSI)*.

Your article has been published with following details:

Author's Name: Amit Dixit

Journal Name: *International Journal of Humanities and Social Science Invention (IJHSSI)*

Journal Web: www.ijhssi.org

Journal Type: *Online & Offline*

Review Type: *Peer Review Refereed*

Publication Year: 2024

Publication Month: April

Vol No.: 13

Issue No.: 04



Editor-In-Chief

International Journal of Humanities and Social Science Invention (IJHSSI)

E-mail ID: ijhssi@invmails.com

Web: www.ijhssi.org

Impact Factor : 5.35

UGC Approval Serial Number: 4098 & UGC Journal Number: 47449



International Journal of Humanities and Social Science Invention

e-ISSN: 2319 – 7722 p-ISSN: 2319 – 7714

CERTIFICATE

It is certify that the paper entitled by “*Effect of Eight Week Resistance Training Exercises on Strength & Fitness of College Students*” has been published in *International Journal of Humanities and Social Science Invention (IJHSSI)*.

Your article has been published with following details:

Author's Name: Dr. Chaya Chaudhary

Journal Name: *International Journal of Humanities and Social Science Invention (IJHSSI)*

Journal Web: www.ijhssi.org

Journal Type: *Online & Offline*

Review Type: *Peer Review Refereed*

Publication Year: 2024

Publication Month: April

Vol No.: 13

Issue No.: 04



Editor-In-Chief

International Journal of Humanities and Social Science Invention (IJHSSI)

E-mail ID: ijhssi@invmails.com

Web: www.ijhssi.org

Impact Factor : 5.35

UGC Approval Serial Number: 4098 & UGC Journal Number: 47449