



IIP : INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL



International online open-access, Double blind peer reviewed / Refereed Journal

Impact Factor: GSRD-IF: 5.001

ISSN: 3049-2734

CERTIFICATE OF PUBLICATION

This is to certify that the paper titled “**Effect of Power Yoga on Cardio Respiratory Endurance, Explosive Strength and Flexibility of Inter Engineering Sports Players**” authored by “**Dr. Navanath M. Sarode,**” has been published in **Volume 3, Issue 1, (January - March) (2026), ISSN: 3049-2734 (Online)** in ‘IIP: International Multidisciplinary Research Journal is an online open access double blind peer reviewed / refereed international journal with impact factor 5.001.



Website: www.iipublications.com/iipimrj

Copyright © 2026 IIPublications

Dr. S. S. Maske
Editor-in-chief