

# International Journal of Scientific Development and Research

## IJSDR.ORG | ISSN : 2455-2631



*An International Open Access, Peer-reviewed, Refereed Journal*

The Board of  
International Journal of Scientific Development and Research  
Is hereby awarding certificate to  
**C.Mohana**

In recognition of the publication of the paper entitled  
**EFFECTIVENESS OF SHORT DURATION AEROBIC EXERCISE PROGRAMME ON  
CARDIORESPIRATORY HEALTH AND FALLS AMONG GERIATRIC SEDENTARY MALE  
INDIVIDUALS - A SIMPLE EXPERIMENTAL STUDY**

Published in Volume 9 Issue 1, January-2024, | Impact Factor: 9.15 by Google Scholar

Co-Authors - K.Poojalakshmi, D.Rekha

Paper ID - IJSDR2401003  
Registration ID - 209724



  
Editor-In Chief

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

**IJSDR - International Journal of Scientific Development and Research | ESTD: 2016**

[www.ijedr.org](http://www.ijedr.org) | [editor@ijedr.org](mailto:editor@ijedr.org)

Certificate of Publication

IJSDR | ISSN : 2455-2631

# International Journal of Scientific Development and Research

## IJSDR.ORG | ISSN : 2455-2631



*An International Open Access, Peer-reviewed, Refereed Journal*

The Board of  
International Journal of Scientific Development and Research

Is hereby awarding certificate to

**K.Poojalakshmi**

In recognition of the publication of the paper entitled

**EFFECTIVENESS OF SHORT DURATION AEROBIC EXERCISE PROGRAMME ON  
CARDIORESPIRATORY HEALTH AND FALLS AMONG GERIATRIC SEDENTARY MALE  
INDIVIDUALS - A SIMPLE EXPERIMENTAL STUDY**

Published in Volume 9 Issue 1, January-2024, | Impact Factor: 9.15 by Google Scholar

Co-Authors - C.Mohana, D.Rekha



Paper ID - IJSDR2401003  
Registration ID - 209724

  
Editor-In Chief

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

**IJSDR - International Journal of Scientific Development and Research | ESTD: 2016**

[www.ijedr.org](http://www.ijedr.org) | [editor@ijedr.org](mailto:editor@ijedr.org)

Certificate of Publication

IJSDR | ISSN : 2455-2631

# International Journal of Scientific Development and Research

## IJSDR.ORG | ISSN : 2455-2631



*An International Open Access, Peer-reviewed, Refereed Journal*

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

**D.Rekha**

In recognition of the publication of the paper entitled  
**EFFECTIVENESS OF SHORT DURATION AEROBIC EXERCISE PROGRAMME ON  
CARDIORESPIRATORY HEALTH AND FALLS AMONG GERIATRIC SEDENTARY MALE  
INDIVIDUALS - A SIMPLE EXPERIMENTAL STUDY**

Published in Volume 9 Issue 1, January-2024, | Impact Factor: 9.15 by Google Scholar

Co-Authors - C.Mohana, K.Poojalakshmi

Paper ID - IJSDR2401003  
Registration ID - 209724



  
Editor-In Chief

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

**IJSDR - International Journal of Scientific Development and Research | ESTD: 2016**

[www.ijedr.org](http://www.ijedr.org) | [editor@ijedr.org](mailto:editor@ijedr.org)

Certificate of Publication

IJSDR | ISSN : 2455-2631