

**Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education**

(An Autonomous College Reaccredited by NAAC,
Affiliated to the Tamil Nadu Physical Education & Sports University, Chennai)
SRKV Post, Coimbatore 641 020



INTERNATIONAL CONFERENCE ON

YOGA FOR GLOBAL HEALTH, HAPPINESS AND HARMONY

Certificate

This is to certify that Dr./Mr./Ms. SHAMSHAD BEGAM

presented a paper entitled Impact of Mini Hurdle
Training with Aerobic Training on Endurance
parameters of field Hockey players

in the two day International Conference on Yoga for Global Health, Happiness and
Harmony held on 6th & 7th March, 2020, organised by Sri Ramakrishna Mission Vidyalaya,
Maruthi College of Physical Education at Coimbatore, Tamil Nadu.

Dr. T. Thangamani
Organising Secretary, International Conference
Assistant Professor, SRMV MCPE

Dr. Ch. V.S.T. Saikumar
Patron, International Conference
Principal & Secretary, SRMV MCPE

Swami Garishthananda
Chief Patron, International Conference
Secretary, Ramakrishna Mission Vidyalaya

Paper Presented

Whether you believe in spirituality or not, for the sake of the national life,
you have to get a hold on spirituality and keep to it - Swami Vivekananda