



ISSN No. : 2321-9653

# IJRASET

**International Journal for Research in Applied  
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

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Effect of Circuit Training and Interval Training on Health Related Physical Fitness of Physical  
Education Professional Students*

*by*

*Ms. Sangeeta Rani Toppo*

*after review is found suitable and has been published in  
Volume 12, Issue VIII, August 2024*

*in*

*International Journal for Research in Applied Science &  
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Volume 12, Issue VIII, August 2024*

*in*

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