



Certificate of Publication

This certifies that the research paper entitled "**Exploring impact of seated Forward Bend(Paschimottasana) for hamstring flexibility- A case study**" authored by "**Pooja Saikia**" was reviewed by experts in this research area and accepted by the board of "Quest Journals Publication" which has published in "**Quest Journal of Medical and Dental Science Research**", ISSN (Online): 2394-076X, ISSN (Print): 2394-0751, Volume-12, Issue-8, Page No.: 18-19, [August-2025].

Article is available online at <http://www.questjournals.org/jmdsr/archive.html>

Impact Factor of the Journal is : 6.89 Journal is Peer Reviewed Refereed Journal.

You may contact to Journal for any query at quest@editormails.com



Managing Editor

Quest Journals Inc.

Mail id: quest@editormails.com

Website: www.questjournals.org