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Golden Research Thoughts

This is to certify that our Editorial, Advisory, and Review Board Accepted Research Paper of Dr. /Shri. /Smt.: **Mirza Mahmood Baig and Mejar Singh** Topic:- **The Role Of Physical Exercise And Training In Managing Anxiety, Depression And Stress** The Research paper is Original & Innovative it is Done Double Blind Peer Reviewed. Your Article is Published in The Month of **June** Year 2014



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Article Review Report



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Happy Writing...

ABSTRACT:

Till now, claims for the mental profits of physical activity have had a tendency to go before strong proof. Intensely, enthusiastic impacts of activity stay confounding, both positive and negative impacts being accounted for. Consequences of cross-sectional and longitudinal studies are more reliable in demonstrating that vigorous activity preparing has stimulant and anxiolytic impacts and secures against unsafe results of anxiety.

Abstract Report: The Title Accurately Said The Study was About.

INTRODUCTION:

Physical activity infers a consistent, organized, recreation time interest, inasmuch as physical action additionally emerges in down home or word related assignments. Albeit physical movement has profits for cardiovascular wellbeing (Paffenbarger & Hyde, 1988), its conceivable mental profits have been disregarded on the grounds that examination has concentrated on formal activity programs. When all is said in done, earlier proof of the cardiovascular profits of activity has molded examination into its mental impacts.

Introduction Report: This Article Include Full Introduction, Methods, Results & Introduction Section.

METHODS & MATERIALS:

Must add methods and materials in your article.

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RESULT:

Must add result in your article.

Result Report: Result reports is blank.

CONCLUSION:

Claims for the enthusiastic profits of activity are established in philosophical and religious plans that date from no less than 2,500 years prior (Dishman, 1986) and proof is currently making up for lost time with these cases. Without a doubt, activity gives a vehicle to numerous nonspecific restorative procedures, including physiological profits of preparation and mental profits of power toward oneself and social coordination. Impacts related particularly to effort incorporate anxiolytic and stimulant movement, additionally imperviousness to physiological and passionate outcomes of mental stressors. There is a requirement for more excellent clinical authenticity in assessing passionate impacts of activity.

Conclusion Report: The Text is Rounded off with a Conclusion that Discusses the Implication of The Findings & Ideas Discussed & Their Impact on Future Research Direction.

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Reference Report: The author cited all the most relevant previous studies and explains how they relate to the current study.

RECOMMENDATIONS:

Abstract Report: Introduce New Regular For Content & Communication.

SUMMARY OF ARTICLE:

	Very	High	Average	Low	Very Low
1. Interest of the topic to the readers	✓				
2. Originally & Novelty of the ideas		✓			
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5. Sufficient information to support the assertions made & conclusion drawn					
6. Quality of writing(Organization, Clarity, Accuracy Grammer)	✓				
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This Article is Innovative & Original, No Plagiarism Detected

Future Research Suggestions

This Article can expand further research for MINOR/MAJOR Research Project at UGC



Future Research Planning :

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