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To,
Lucky Jha

Subject: Confirmation of Research Paper Publication

Dear Lucky,

We are pleased to confirm that your research paper titled **“The Use of Resistance Bands in Progressive Muscle Strengthening Programs”** has been successfully published in the International Journal of Research in Humanities and Social Sciences (IJRHS), Volume 14, Issue 2, February 2026, with ISSN: ISSN: 2320-771X (O) & 2347-5404 (P), Impact Factor: 8.921

Your paper is now available online at: [Link](#)

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The editorial board extends its sincere appreciation for your valuable contribution to our journal. Your research work demonstrates a high standard of academic excellence and adds significant value to the journal.

We congratulate you on this achievement and look forward to your continued association with IJRHS in future publications.

With best regards,

Editor-in-Chief

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