***Cover Letter***

**Date: Date/Month/Year**

**From**

Dr. Name

XYZ Research Station, XYZ University,

City, State, Country

**Email:**

**Mob./WhatsApp**:

**To,**

Dr. K K Deepak

Editor-in-Chief

International Journal of Physiology, Health and Physical Education

**Respected Editor,**

We wish to submit an original research article entitled “**Title of manuscript**” for consideration by International Journal of Physiology, Health and Physical Education

We confirm that this work is original and has not been published elsewhere, nor is it currently under consideration for publication elsewhere. We have no conflicts of interest to disclose. Please address all correspondence concerning this manuscript to me though email.

Thank you for your consideration of this manuscript.

Sincerely,

From

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