

**International Journal of Current  
Microbiology and Applied Sciences  
(IJCMAS) NAAS RATING-5.38, ICV-95.39**  
**ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online)**

**An International, Monthly, Online, Free Access, Peer Reviewed,  
Indexed, fast track Scientific Research Journal**

**Certificate of Publication**

This is to certify that the following article reviewed by editorial board and published in International Journal of Current Microbiology and Applied Sciences (IJCMAS) ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online).

Int.J.Curr.Microbiol.App.Sci.2019.8.(2):2284-2292

<https://doi.org/10.20546/ijcmas.2019.802.266>

The Promise and Peril of Health Apps in Diet, Physical Activity and Behaviour Modifications: A Systematic Review

Garima Goyal\* and Sonika Sharma

College of Home Science, Punjab Agricultural University, India



*Dr. M. Prakash*  
*Editor-in-chief*

*International Journal of Current Microbiology and Applied Sciences*

[www.ijcmas.com](http://www.ijcmas.com)

[www.excellentpublishers.com](http://www.excellentpublishers.com)



© International Journal of Current Microbiology and Applied  
Sciences (IJCMAS)

[www.excellentpublishers.com](http://www.excellentpublishers.com) [www.ijcmas.com](http://www.ijcmas.com)