

DECLARATION BY THE RESEARCH SCHOLAR

I, **R.BALAGANESHAN**, research scholar of Doctor of Philosophy in Physical Education hereby declare that the dissertation entitled **“EFFECT OF PLYOMETRIC TRAINING AND SWISS BALL TRAINING ON SELECTED PHYSICAL FITNESS AND BIOCHEMICAL VARIABLES AMONG UNIVERSITY MEN BASKETBALL PLAYERS”** Submitted to Tamil Nadu Physical Education and Sports University for the award of Doctor of Philosophy in Physical Education is my original work and it has not previously formed the basis for the award of any degree, diploma associate ship, fellowship or any other similar titles to any candidate of any University.

Place : Chennai-127

Date :

(R.BALAGANESHAN)