

## DECLARATION BY THE SCHOLAR

I, **KANNADASAN K**, scholar of Doctor of Philosophy, in the department of Physical Education hereby declare that the dissertation entitled **“EFFECT OF PROGRESSIVE MUSCULAR RELAXATION AUTOGENIC MEDITATION AND MENTAL IMAGERY TRAINING ON SELECTED COGNITIVE ABILITIES ANXIETY MOOD STATES GAME SKILL VARIABLES AND PLAYING ABILITY AMONG INTERCOLLEGIATE HOCKEY 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.

Station: Chennai

Date:

**(K KANNADASAN)**