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## ***DECLARATION***

I, **V. SENTHILKUMAR @ BALAJI,** part time scholar of Doctor of Philosophy, in the Department of Physical Education, Tamilnadu Physical hereby declare that the dissertation entitled **“EFFECTS OF SAQ TRAINING, CIRCUIT RESISTANCE TRAINING AND PLYOMETRIC TRAINING ON SELECTED MOTOR FITNESS VARIABLES AMONG INTER COLLEGIATE MEN FOOTBALL PLAYERS”** submitted to Tamil Nadu Physical Education and Sports University for the award of the Degree Doctor of Philosophy in Physical Education is my original work done by me under the supervision and guidance of **Dr. D. MANIAZHAGU,** Assistant Professor, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi and it has not previously formed the basis for the award of any Degree, Diploma Associateship, Fellowship or any other similar titles to any candidate of any University.

Place :

Date :

**(V. SENTHILKUMAR @ BALAJI)**