

DECLARATION BY THE SCHOLAR

I, **S. MAHESH KUMAR**, part time scholar of Doctor of Philosophy, in the Department of Physical Education and Sports University hereby declare that the dissertation entitled “**EFFECT OF HIGH INTENSITY PLYOMETRIC TRAINING ANAEROBIC TRAINING AND CROSS TRAINING ON SELECTED MOTOR FITNESS PHYSIOLOGICAL AND SKILL VARIABLES OF VOLLEYBALL 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, associateship, fellowship or any other similar titles to any candidate of any university.

Station: Chennai

(S. MAHESH KUMAR)

Date :

Research Scholar