

## **DECLARATION BY THE SCHOLAR**

I, **SARAVANAN, R.**, part time scholar of Doctor of Philosophy, in Department of Physical Education, Gandhigram Rural Institute – Deemed University, Gandhigram, Dindigul, hereby declare that the thesis entitled “**EFFECT OF TABATA INTERVAL METHODS OF VARIOUS DURATIONS ON SELECTED PHYSIOLOGICAL AND ATHLETIC PERFORMANCE VARIABLES OF SCHOOL STUDENTS**” 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

Date:

**(R. SARAVANAN)**