

DECLARATION BY THE SCHOLAR

I V. SUJITHA, part time scholar of Doctor of Philosophy, in YMCA College of Physical Education, hereby declare that the thesis entitled **“EFFECT OF LAND BASED AND WATER BASED TRAINING ON SELECTED HEALTH RELATED PHYSICAL FITNESS AND PHYSIOLOGICAL VARIABLES AMONG MIDDLE AGED WOMEN”** 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: 23.03.2020

V.Sujitha

(Research Scholar)