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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled, “**IMPACT OF THERABAND TRAINING AND CIRCUIT TRAINING ON MOTOR ABILITIES AND PERFORMANCE VARIABLES AMONG COLLEGE LEVEL ATHLETES**” is a record of research work done by **PASAM MOHAN (Reg. No: F1802PEPW148)** a part time scholar of Doctor of Philosophy in physical education at YMCA College of Physical Education, affiliated to Tamil Nadu Physical Education and Sports University, Chennai during the year 2018 – 2022.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship, or any other similar title. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Place: Chennai

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Date:

Research Supervisor