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DECLARATION BY THE SCHOLAR

I K.MANOJ KUMAR (Reg. No. F2101PEFW230) Full-time Research Scholar of Doctor of Philosophy in Physical Education, Department of Physical Education hereby declares that the thesis entitled "EFFICACY OF WORLD HEALTH ORGANIZATION PHYSICAL ACTIVITY GUIDELINES THROUGH INDIANIZED AND WESTERNIZED PHYSICAL EXERCISE PROGRAMMES ON FITNESS AND MENTAL HEALTH VARIABLES AMONG URBAN YOUTH" submitted to Tamil Nadu Physical Education and Sports University, for the award of Doctor of Philosophy in Physical Education, Department of Physical Education is my original work and that 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: Chennai

Date:

K.MANOJ KUMAR

Research Scholar