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CERTIFICATE

This is to certify that the thesis, entitled “**EFFECTS OF PILATES TRAINING PLYOMETRIC TRAINING AND COMBINATION OF PILATES AND PLYOMETRIC TRAINING ON MOTOR FITNESS PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF COLLEGE MEN**”, submitted to Tamil Nadu Physical Education and Sports University, in Partial fulfillment of the requirements for the award of the Degree of Doctor of Philosophy in Physical Education is a record of original research work done by **DEBDULAL BAIDYA** during the period 2009 - 2013 of his research in the Department of Physical Education at Tamil Nadu Physical Education and Sports University, Chennai under my supervision and guidance and the thesis has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or other similar title of any candidate of any University.

Place: Coimbatore

Date:

Signature of the Guide

Countersigned
Head of the Department