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DECLARATION

I, **DEBDULAL BAIDYA** hereby declare that the thesis, entitled “**EFFECTS OF PILATES TRAINING PLYOMETRIC TRAINING AND COMBINATION OF PILATES AND LYOMETRIC TRAINING ON MOTOR FITNESS PHYSIOLOGICAL DPSYCHOLOGICAL 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 and independent research work done by me during 2009 - 2013 under the Supervision and Guidance of **Dr.K. MURUGAVEL**, Professor & Director, Department of Physical Education, Bharathiar University, Coimbatore, and it has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or other similar title to any candidate in any University.

Place: Chennai

Date:

Signature of the Candidate