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CERTIFICATE BY THE SUPERVISOR

This is to certify that the Thesis entitle “**EFFECTS OF AEROBIC RHYTHMIC EXERCISE AND WEIGHT TRAINING ON SELECTED PHYSIOLOGICAL HAEMATOLOGICAL AND KINANTHROPOMETRIC VARIABLES AMONG COLLEGE MEN OBESE STUDENTS**” is a record of research work done by **T.BHARATHI (Reg.No. 317)** a Part Time Research Scholar of Doctor of Philosophy in Physical Education, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai - 600 127, during the year **2011 - 2021**.

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

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DECLARATION BY THE SCHOLAR

I **T. BHARATHI (Reg.No. 317)** Part Time Research Scholar of Doctor of Philosophy in Physical Education, Department of Physical Education hereby declare that the thesis entitled **“EFFECTS OF AEROBIC RHYTHMIC EXERCISE AND WEIGHT TRAINING ON SELECTED PHYSIOLOGICAL HAEMATOLOGICAL AND KINANTHROPOMETRIC VARIABLES AMONG COLLEGE MEN OBESE STUDENTS”** 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, associate ship, fellowship or any other similar titles to any candidate of any university.

Place: Chennai

Date:

T. BHARATHI

Research Scholar

DEDICATED

TO

Beloved Father : Late. P. THARMAIAH (Rtd. Head Master)

Loveable Mother: T.MARY

My Wife: R.DHIVYA M.Sc., B.Ed.

My Children: B.MELWYN DANISH, B. JOVIN DANISH

My Brother & Sister in Law: T.J.T. BHASKAR & B.
JOSELINE

TEACHERS, FRIENDS AND FAMILY MEMBERS

ACKNOWLEDGMENT

The research scholar expresses his indebtedness and long felt gratitude to his Guide and Supervisor **Dr. BRIGHT SELVAKUMAR**, Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University for his spontaneous encouragement and inspiring guidance throughout the study. He gave me a moral support and freedom to complete the research study in a successful manner.

The research scholar is grateful to **Dr. SHEILA STEPHEN**, Vice Chancellor, and **Dr. V.GOPINATH**, Registrar, Tamil Nadu Physical Education and Sports University, Chennai for the encouragement towards the completion of this thesis.

The research scholar express his profound thanks to **Dr. S.MANIKANDAN**, Professor and Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the encouragement towards the completion of this thesis.

The research scholar express his profound thanks to **Dr. S. THIRUMALAI KUMAR**, Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the encouragement towards the completion of this thesis.

Heartfelt thanks to **Dr. P.KUMARAVELU & Dr. I. LILLYPUSHPAM** Assistant Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the encouragement towards the completion of this thesis.

Heartfelt thanks to, Assistant Professor, **Dr. K.RAJESH KUMAR**, Assistant Professor, **Dr. S.JAYA KUMAR**, Assistant Professor, **Dr. S.VEL KUMAR**, Assistant Professor and **Dr. C.LAKSHMANAN**, Assistant Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, for their support to complete the research study.

Heartfelt thanks to **Dr. V.DUR AISAMI** Assistant Professor, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai for the encouragement towards the completion of this thesis.

Heartfelt thanks to **Dr.R.RAMAKRISHNAN**, Professor, Controller of Examination (i/c), Tamil Nadu Physical Education and Sports University, Chennai for the encouragement towards the completion of this thesis.

Heartfelt thanks to **Dr. N.ASHOK KUMAR**, Librarian of Tamil Nadu Physical Education and Sports University, Chennai and helped a lot in the documentation to complete the research study.

The scholar expresses his heartfelt thanks to **Dr. S.VAIRAMANI**, Professor and Head, **Dr. R.VASUDEVAN**, Professor and Deputy Head, **Mr. K.SENTHIL KUMAR**, Deputy Dean, Academics, **Mr.D.CHANDRU**, Assistant Professor, **Dr.M.MAHALINGAM**, Assistant Professor, **Dr. P.MUTHUKUMAR**, Assistant Professor, and **Mr.S.TUBIN**, Assistant Professor, Department of Physical Education and Sports, **Dr.M.G.R. Educational and Research Institute**, Chennai, for his encouragement to complete the research study.

The scholar expresses his heartfelt thanks to **Mr.C.DASARADAN**, Gym Instructor, and Students of Dr.M.G.R. Educational and Research Institute, for their consent and whole hearted participation, without them this research would not have been a fruitful one, for their support and encouragement towards the completion of data collection.

The scholar expresses his heartfelt thanks to my wife **Ms. R.DHIVYA** and my children **B.MELWYN DANISH** and **B.JOVIN DANISH** and my brother & sister-in-law **T.J.T. BHASKAR** and **JOSELIN**, for their guidance support though out my life.

The research scholar expresses his sincere thanks to Colleague and Lovable Friend **Mr.D.CHANDRU**, Assistant Professor for having provided his ever loving service and moral support in successful completion of this dissertation.

The Scholar expresses his sincere thanks to all the friends and family who helped directly and indirectly towards the successful completion of this dissertation.

T. BHARATHI

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