

# DECLARATION

I, **AYUSH H RAWAT S/O SHRI HARENDRA SINGH RAWAT** resident of, A-1101 Swapnil palace, near Agrawal vidhya vihar school, vesu - canal road, surat 395007, hereby declare that the research work incorporated in the present thesis entitled **“EFFECT OF SHADOW TRAINING ON THE BEGINNERS AND ADVANCE PLAYERS IN ACHIEVING HIGH PERFORMANCE IN BADMINTON”** (प्रारंभिक और अग्रिम बैडमिंटन खिलाड़ियों के भौतिक चर के चयन पर छाया प्रशिक्षण के प्रभाव का एक तुलनात्मक अध्ययन) is my original work. This work (in part or in full) has not been submitted to any University for the award or a Degree or a Diploma. I have properly acknowledged the material collected from secondary sources wherever required.

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**Date:**

**FACULTY OF PHYSICAL EDUCATION**  
**PACIFIC ACADEMY OF HIGHER EDUCATION AND**  
**RESEARCH UNIVERSITY, UDAIPUR**

**Dr. NEELAM YADAV**

Associate Professor,

**CERTIFICATE**

It gives me an immense pleasure in certifying that the thesis “**EFFECT OF SHADOW TRAINING ON THE BEGINNERS AND ADVANCE PLAYERS IN ACHIEVING HIGH PERFORMANCE IN BADMINTON**” (प्रारंभिक और अग्रिम बैडमिंटन खिलाड़ियों के भौतिक चर के चयन पर छाया प्रशिक्षण के प्रभाव का एक तुलनात्मक अध्ययन) and submitted by **AYUSH H RAWAT** is based on the research work carried out under my guidance. He / she have completed the following requirements as per Ph.D. regulations of the University;

- (i) Course work as per the university rules.
- (ii) Residential requirements of the university.
- (iii) Regularly presented Half Yearly Progress Report as prescribed by the university.
- (iv) Published / accepted minimum of two research paper in a refereed research journal.

I recommend the submission of thesis as prescribed/notified by the University.

**Date:**

**Name and Designation of Supervisor**

**Dr. NEELAM YADAV**

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