

DECLARATION

I, **PATEL ANKUR CHATURBHAI S/O CHATURBHAI** resident of, 99/ Aradhana Society, Near Arbuda Nagar-1, Link Road Bharuch Gujarat 302001, hereby declare that the research work incorporated in the present thesis entitled **“EFFECT OF RESISTANCE TRAINING, BODYWEIGHT TRAINING AND THEIR COMBINATION ON SELECTED PHYSICAL FITNESS COMPONENTS OF KABADDI PLAYERS”** (कबड्डी खिलाड़ियों के चयनित शारीरिक फिटनेस घटकों पर प्रतिरोध प्रशिक्षण, शारीरिक भार प्रशिक्षण और उनके संयोजन का प्रभाव) 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. I solely own the responsibility for the originality of the entire content.

Signature of the Candidate

Date:

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

Dr. GAGAN VYAS
Associate Professor,

CERTIFICATE

It gives me an immense pleasure in certifying that the thesis “**EFFECT OF RESISTANCE TRAINING, BODYWEIGHT TRAINING AND THEIR COMBINATION ON SELECTED PHYSICAL FITNESS COMPONENTS OF KABADDI PLAYERS**” (कबड्डी खिलाड़ियों के चयनित शारीरिक फिटनेस घटकों पर प्रतिरोध प्रशिक्षण, शारीरिक भार प्रशिक्षण और उनके संयोजन का प्रभाव) and submitted by **PATEL ANKUR CHATURBHAI** 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.
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- (iii) Regularly presented Half Yearly Progress Report as prescribed by the university.
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I recommend the submission of thesis as prescribed/notified by the University.

Date:

Name and Designation of Supervisor

Dr. GAGAN VYAS
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CERTIFICATE

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