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CERTIFICATE

This is to certify that the dissertation entitled **“EFFECT OF STRETCHING AND STRENGTHENING EXERCISES ON THE PERFORMANCE OF FOOTBALL SKILLS OF SCHOOL PLAYERS”** submitted by **K.SANTHI** for the award of the degree of Doctor of Philosophy is a record of research work done under my supervision during the period 2007-2012 and dissertation has not formed the basis for the award of any Degree, Diploma, Associateship, Fellowship or any other similar title of any University or Institution.

Also certified that the dissertation represents an independent work on the part of the candidate.

Place : Chennai.

Date :

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