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DECLARATION BY THE RESEARCH SCHOLAR

I, **SARIFUL ISLAM**, research scholar of Doctor of Philosophy, in Physical Education hereby declare that the dissertation entitled “**EFFECT OF FUNCTIONAL TRAINING AND GRID TRAINING ON THE SELECTED PERFORMANCE RELATED FITNESS AND PLAYING ABILITY AMONG INTERSCHOOL FOOTBALL PLAYERS OF WEST BENGAL**” submitted to Tamil Nadu Physical Education and Sports University for the award of Doctor of Philosophy in Physical Education is my original work and it has not previously formed the basis for the award of any degree, diploma associateship, fellowship or any other similar titles to any candidate of any University.

Station: Chennai
Date:

(SARIFUL ISLAM)