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CERTIFICATE

This is to certify that the thesis entitled “EFFECTS OF LOW INTENSITY OF AQUATIC AND LAND PLYOMETRIC TRAINING ON SELECTED MOTOR FITNESS VARIABLES AMONG SCHOOL BOYS”, submitted by **B. HEMAMBARA REDDY**, for the award of the degree of DOCTOR OF PHILOSOPHY in Physical Education is a bonafide record of research done under my guidance and supervision and that the thesis has not formed the basis for the award of any degree, diploma, associate ship, fellowship or any other similar title earlier in India or abroad. It is also certified that the thesis represents an independent work on the part of the candidate.

Place: **C H E N N A I**

Date: **23.03.2015**



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