

## DECLARATION

I, P. GANESH KUMAR, hereby declare that the thesis, entitled “EFFECTS OF PLYOMETRIC AND RESISTANCE TRAININGS ON SELECTED SKILLS AND PERFORMANCE RELATED FITNESS VARIABLES OF COLLEGE FEMALE HOCKEY PLAYERS” submitted to Tamil Nadu Physical Education and Sports University, in partial fulfillment of the requirements for the award of the Degree of **Doctor of Philosophy in Physical Education** is a record of original and independent research work done by me during 2008 - 2010 under the supervision and guidance of **Dr.A.PUSPHARAJAN**, Dean, School of Physical Education and Research, Karpagam University, Coimbatore, and it has not formed the basis for the award of any Degree/Diploma/Associateship/ Fellowship or other similar title to any candidate of any University.



**P.GANESH KUMAR**  
Signature of the Candidate

Place : Namakkal

Date : 13-05-2010