DECLARATION BY THE CANDIDATE

I declare that the thesis entitled, "EFFECT OF SELECTED TRAINING PROGRAMMES ON HEALTH RELATED PHYSICAL FITNESS COMPONENTS OF OBESE CHILDREN" is my own work, conducted under the supervision of Dr. Indu Mazumdar, Professor, Lakshmibai National Institute of Physical Education (Deemed University), Gwalior- 474002 (Madhya Pradesh), India, and was approved by the Research Degree Committee. I have put in more than 60 days of attendance in a year at the Institute or with the supervisor. The details of 60 days of attendance of each year are given below:

04.12.2004 to 03.12.2005 = 81 days  
04.12.2005 to 03.12.2006 = 83 days  
04.12.2006 to 12.06.2007 = 62 days

I further declare that to the best of my knowledge, the thesis does not contain any part of any work, which has been submitted for the award of any degree either in this Institute or in any other University or Deemed University without proper citation.

Dr. Indu Mazumdar  
(Supervisor)  

Sangeeta Rani  
(Research Scholar)

(H.O.D, R&D and Advanced Studies)  
L.N.I.P.E., Gwalior.

HOD (R&D & AS)  
L.N.I.P.E., Gwalior