Declaration by the Candidate

I declare that the thesis entitled, "Study of effect of Explosive Strength, Speed, Endurance and Agility training on performance of kho-kho players" is my own work, conducted under the supervision of Dr. Jasraj Singh, Lakshmibai National Institute of Physical Education, Gwalior, M.P. India which was approved by the Research Degree Committee. I have put in more than sixty days of attendance each year with my supervisor, as per the detail below

2002-03    70 days
2003-04    75 days
2004-05    75 days
2005-06    70 days

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

[Signatures]

Supervisor

Research Scholar

Forwarded

Head of Department of Research Development and Advanced Studies, L.N.I.P.E. Gwalior, (Deemed University)