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DECLARATION

I hereby declare that this research work entitled, “EFFECT OF ISOLATED AND COMBINED WEIGHT AND PLYOMETRIC TRAINING AND DETERMINING ON SELECTED STRENGTH AND SPEED PARAMETERS” is an original piece of research work carried out by me under the guidance and supervision of Dr. A.S. NAGESWARAN, Lecturer (SS), Department of Physical Education, Health Education and Sports, H.H The Rajah’s College Pudukkottai, Tamil Nadu, India. This work has not been submitted either in whole or in part for any other degree at any other University.

Place: (M. HERNET QUITON INBAM) Investigator

Date: