

Mrs. SUVARNA SANKAR P.S
Ph. D Scholar
Department of Physical Education and Sports
Pondicherry University
Puducherry- 605014

DECLARATION

I hereby declare that the thesis entitled **“TRAINING STRESS AND ITS EFFECTS: A STUDY AMONG ATHLETES AND BURNT OUT ATHLETES OF KERALA”** being submitted to Pondicherry University, Puducherry for the degree of Doctor of Philosophy is an original work done by me and that has not previously formed the basis for the award of any degree/ diploma/ associate- ship/ fellowship or any other similar title to candidate of any University or Institution.

Place: Puducherry

Signature of the candidate

Date: