DECLARATION

I declare that the thesis entitled "Comparative Study of the Various Physical, Physiological and Structural Variables of Active and Sedentary Women Before and After Marriage" is my own work, completed under the supervision of Dr. Vivek Pandey, Professor, Lakshmibai National Institute of Physical Education (Deemed University), Gwalior, India and was approved by the Research Degree Committee. I have put in more than 60 days of attendance in a year with the supervisor at the centre Lakshmibai National Institute of Physical Education (Deemed University), Gwalior, India.

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

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