DECLARATION BY THE CANDIDATE

I declare that the thesis entitled "EFFECTS OF SPORTS PARTICIPATION IN SELECTED SPORTS ON GROWTH HEALTH AND ACADEMIC ACHIEVEMENT OF COLLEGE FEMALES" is my own work conducted under the supervision of Dr. A.K. Uppal, Dean, Lakshmibai National Institute of Physical Education, Gwalior and Dr. Dhananjay Shaw, Senior Lecturer, Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi, Delhi, and was approved by Research Degree Committee. I have put in more than 60 days of attendance in a year at the Institute or with Supervisor. The details of 60 days of attendance of each year are given below:

2. 05.02.1997 to 26.12.1997 = 78 days
3. 10.01.1998 to 23.12.1998 = 82 days
4. 05.02.1999 to 19.12.1999 = 80 days
5. 10.01.2000 to 18.08.2000 = 61 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 / Deemed University without proper citation.

(Dr. A.K. Uppal)  
(Guide)  
L.N.I.P.E., Gwalior

(Manmohan Kaur)  
(Research Scholar)  
Lecturer in Selection Grade,  
Jesus & Mary College,  
University of Delhi  
Delhi

Dr. Dhananjay Shaw  
Co-guide  
I.G.I.P.E.S.S., New Delhi

(Dr. Jitendra Singh Naruka)  
DIRECTOR  
L.N.I.P.E., Gwalior