

**DEPARTMENT OF PHYSICAL EDUCATION
ANDHRA UNIVERSITY, VISAKHAPATNAM**



CERTIFICATE

This is to certify that the thesis entitled **‘Effect of Health Related Physical Fitness Exercises and Massage Therapy in Maximizing strengths of Calf and Thigh Muscles of the College Students of Visakhapatnam City’** is a bona fide work done by **DESTA ENYEW NEGUSSIE** in the Department of Physical Education, Andhra University under our guidance and supervision for the award of the Degree of Doctor of Philosophy in Physical Education.

Place: Visakhapatnam

Date: 31st July, 2012

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