DECLARATION

I hereby declare that the research done on the topic "A Comparative Study of Aerobic and Anaerobic Performance and Body Composition of Non-sports Women Belonging to Different Regions of India" is an original piece of research work done by me. I have specified by means of references, from where the information has been taken.

To the best of my knowledge this thesis is not substantially the same as those which have already been submitted for a degree of any other academic qualification at any other university.

Dated: 11TH May, 1992

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