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DECLARATION

I declare that the thesis entitled "SURVEY OF PHYSICAL FITNESS ON HIGH SCHOOL BOYS (11 TO 16 YEARS) IN TAMILNADU AND THE INFLUENCES OF SELECTED YOGIC AND PHYSICAL EXERCISES ON THEM" is the result of a study originally carried out by me independently under the guidance and supervision of Dr. A.M. MOORTHY, M.P.E., D.S.M., D.Y.Ed., Ph.D., Professor and Head, Department of physical Education, Alagappa University, Karaikudi. 623 004. This work has not been submitted earlier in full or part for the award to any candidate of any degree, diploma, associateship or other similar title of any university or institution.

Place: Tirunelveli - 10.
Date: 7. 6. 96

Signature of the Candidate