DECLARATION BY THE CANDIDATE

I declare that the thesis entitled "COMPARATIVE EFFECTS OF TRAINING ON DRY SAND AND WET SAND ON PHYSICAL AND PHYSIOLOGICAL VARIABLES OF FEMALE GOAN SOCCER PLAYERS" is my own work, conducted under the supervision of Dr. L.N. Sarkar, Reader, Lakshmibai National Institute of Physical Education, Gwalior, and was approved by the Research Degree Committee. I have put in more than 60 days of attendance in a year at the Institute or with the supervisor. The details of 60 days of attendance of each year are given below:

23.04.1999 to 20.12.1999 = 70 days
01.05.2000 to 15.12.2000 = 90 days
05.05.2001 to 10.12.2001 = 70 days
10.01.2002 to 30.04.2002 = 60 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.

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