



MANGALORE UNIVERSITY  
DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON BODY JOINT ANGLES OF MANGALORE UNIVERSITY VOLLEY BALL AND FOOTBALL PLAYERS" has been prepared by AGNI H.S during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

  
Prof. KISHORE KUMAR C.K  
Director

Department of Physical Education  
Mangalore University

PLACE: MANGALAGANGOTTHRI

DATE: 8/11/2021



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RESEARCH IN PHYSICAL EDUCATION AND SPORTS

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This is to certify that dissertation entitled "A STUDY ON ELECTROMYOGRAPHY IN SELECTED LOWER ESTIMITY MUSCLES DURING DIFFERENT VARIATIONS OF SQUATS" has been prepared by AKSHITH RAI P during the year 2020-21 under my supervision and is worthy to be examined for the award of Master of Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

A handwritten signature in blue ink, appearing to read "G. Santhosh D'Souza".

DR. GERALD SANTHOSH D'SOUZA

CHAIRMAN

Department of Physical Education  
Mangalore University

DATE: 8/11/2021

PLACE: MANGALAGANGOTTHRI



**MANGALORE UNIVERSITY**  
**DEPARTMENT OF P.G. STUDIES AND RESEARCH IN**  
**PHYSICAL EDUCATION AND SPORTS**

**CERTIFICATE**

This is to certify that dissertation entitled "ELECTROMYOGRAPHIC ANALYSIS ON SELECTED LOWER EXTREMITY MUSCLES DURING 12 MINUTES INCLINED RUNNING" has been prepared by AKSHAY K during the year 2020-2021 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

**Dr. GERALD SANTHOSH D'SOUZA**  
Chairman and Director  
Department of Physical Education  
Mangalore University

**Date:** 08/11/2021

**Place:** Mangalagangothri



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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

I hereby declare that this dissertation entitled "A Case Study on an Inter-National Kho-Kho Player Veena M" embodies the results of a bonafide research carried out me in the year of 2020-2021, under the supervision of Dr. RAMESHA H.N, Assistant Director, Department of P.G. Studies and Research in Physical Education and Sports. I further declare that this dissertation or part of work has not been formed the basis for the award of any degree or diploma before in this university or any other institution.

Date: 8-11-2021

Place: Mangalagangothri

*Ananda Kumar S*

Ananda Kumar S

IV Sem M.P.Ed





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RESEARCH IN PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled **"A COMPARATIVE STUDY ON  
CARDIOVASCULAR FITNESS AND AGILITY OF HOCKEY PLAYERS AND  
CRICKET PLAYERS OF MANGALORE UNIVERSITY CAMPUS"** has been  
prepared by **ANOOP C P** during the year 2020-21 under my supervision and is worthy  
to be examined for the award of Master of Physical Education Degree. I further declare  
that this dissertation has not been formed the basis for the award of any Degree or  
Diploma before in this University or any other Institution.

DATE: 11/11/2021  
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DR. HARIDAS KULOOR

Assistant Director  
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PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON OXYZEN SATURATION LEVEL OF SPORTSPERSONS AND NON SPORTSPERSONS OF MANGALORE UNIVERSITY" has been prepared by CHINNAIAH S during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

  
Prof. KISHORE KUMAR C.K  
Director  
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PLACE: MANGALAGANGOTHRI

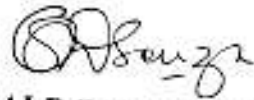
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CERTIFICATE

This is to certify that dissertation entitled "A STUDY ON SPORTS MANAGEMENT OF TUMKUR UNIVERSITY IN AFFILIATED COLLEGES" has been prepared by DILEEP KUMAR G during the year 2020-2021 is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.



Dr. GERALD SANTHOSH DSOUZA  
Chairman  
Mangalore University

Date: 08/11/2021

Place: Mangalagangothri



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This is to certify that dissertation entitled **"RELATIONSHIP OF ANXIETY TO PLAYING ABILITY OF INTER COLLEGE MALE KABADDI PLAYERS"** has been prepared by **HARISHA M S** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

**DR. PRASANNA B K**

Asst Director  
Department of Physical Education  
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DATE: 8/11/21

PLACE: MANGALAGANGOTHRI





MANGALORE UNIVERSITY

DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

I hereby declare that this dissertation entitled "A Comparative Study on Jumping ability among Volleyball and Basketball players of Mangalore University" embodies the results of a bonafide research carried out by me in the year of 2020-2021, under the supervision of Dr. RAMESHA H.N. Assistant Professor, Department of P.G. Studies and Research in Physical Education and Sports. I further declare that this dissertation or part of work has not been used as the basis for the award of any degree or diploma before in this University or any other institution.

Signature: [Handwritten Signature]

Name: Mangalagangothri

[Handwritten Signature]

Harshavardhana

IV Sem M.P.Ed



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This is to certify that dissertation entitled **"A CASE STUDY ON MR. RAVI SEMAR T D INTERNATIONAL VOLLEYBALL PLAYER"** has been prepared by **JAGADEESH KUMAR** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

  
DR. HARIDAS KULOOR

Assistant Director  
Department of Physical Education  
Mangalore University

DATE: 08/11/2021  
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CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON FINGER STRENGTH BETWEEN VOLLEYBALL AND BADMINTON PLAYERS OF MANGALORE UNIVERSITY" has been prepared by KEERTHI T during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

Prof. KISHORE KUMAR C.K

Director

Department of Physical Education  
Mangalore University

PLACE: MANGALAGANGOTTHRI

DATE: 08/11/2021



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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN PHYSICAL  
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CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON CORE MUSCLE STRENGTH BETWEEN SPORTS PERSONS AND NON-SPORTS PERSONS OF MANGALORE UNIVERSITY CAMPUS" has been prepared by MAHADEVASWAMY B during the year 2020-2021 is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE: 08/11/2021  
PLACE: MANGALAGANGOTHRI

Dr. GERALD SANTHOSH D'SOUZA  
Chairman





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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
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CERTIFICATE

This is to certify that dissertation entitled "**A COMPARATIVE STUDY OF AGGRESSION AND ACHIEVEMENT MOTIVATION AMONG KHO-KHO AND KABADDI PLAYERS**" has been prepared by **MANJUNATH HOSAMANI** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE: 7/11/2021  
PLACE: MANGALAGANGOTTHRI

  
Dr. PRASANNA K B  
Assistant Director  
Department of Physical Education  
Mangalore University



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PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

I hereby declare that this dissertation entitled "A Comparative Study on Cardiovascular Endurance and Arm Strength among Men Softball and Cricket players of Davangere University" embodies the results of a bonafide research carried out by me in the year of 2020-2021, under the supervision of Dr. RAMESHA H.N, Assistant Director, Department of P.G. Studies and Research in Physical Education and Sports. I further declare that this dissertation or part of work has not been formed the basis for the award of any degree or diploma before in this University or any other institution.

Date: 08/11/2021

Place: Mangalagangothri

*Manjunatha H*

Manjunatha H

IV Sem M.P.Ed



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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
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CERTIFICATE

This is to certify that dissertation entitled "A STUDY ON MUSCULAR ENDURANCE OF CORE MUSCLE AND UPPER BODY MUSCLES AMONG THE VOLLEYBALL AND KHO-KHO PLAYERS "has been prepared by MANJUNATHA N during the year 2020-21 under my supervision and is worthy to be examined for the award of Master of Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE:  
PLACE: MANGALAGANGOTTHRI

  
Dr. HARIDAS KULUR  
Assistant Director  
Department of Physical Education  
Mangalore University



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CERTIFICATE

This is to certify that dissertation entitled **"A COMPARATIVE STUDY ON RANGE OF MOTION AT JOINT OF HOCKEY AND KABADDI PLAYERS OF MANGALORE UNIVERSITY"** has been prepared by **MANOJ,M** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

  
Prof. KISHORE KUMAR C.K  
Director

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Mangalore University

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DATE:





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This is to certify that dissertation entitled "A COMPARATIVE STUDY ON CORE MUSCLE STRENGTH BETWEEN SPORTS PERSONS AND NON SPORTS PERSONS OF MANGALORE UNIVERSITY CAMPUS" has been prepared by NANJUNDAMURTHY B.N during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE: 8/11/2021  
PLACE: MANGALAGANGOTTHRI

  
Dr. GERALD SANTHOSH D'SOUZA  
Chairman



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PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON SELECTED PHYSIOLOGICAL VARIABLES OF MEN INTERCOLLEGIATE KABADDI PLAYERS OF MYSORE UNIVERSITY AND MANGALORE UNIVERSITY" has been prepared by RAGHAVENDRA N during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE: 2/11/21  
PLACE: MANGALAGANGOTTHRI

Dr. PRASANNA .B.K  
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UNIVERSITY

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PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

I hereby declare that this dissertation entitled "A Comparative study on lifestyle of Government and Private High School Physical Education Teachers in Mysore City" embodies the results of a bonafide research carried out me in the year of 2020-2021, under the supervision of Dr. RAMESHA H.N, Assistant Director, Department of P.G. Studies and Research in Physical Education and Sports. I further declare that this dissertation or part of work has not been formed the basis for the award of any degree or diploma before in this University or any other institution.

Date: 08-11-2021

Place: Mangalagangothri

Ravi K.

IV Sem M.P.Ed



MANGALORE UNIVERSITY DEPARTMENT OF P.G. STUDIES AND  
RESEARCH IN PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON FLEXIBILITY AND STRENGTH BETWEEN YOGA AND PHYSICAL EDUCATION STUDENTS OF MANGALORE UNIVERSITY CAMPUS" has been prepared by **ROHITH** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master of Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE: 8/11/2021  
PLACE: MANGALAGANGOTTHRI

  
Dr HARIDAS KULLOOR  
Assistant Director  
Department of Physical Education  
Mangalore University





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PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "**ANALYSIS OF SELECTED ANTHROPOMETRIC AND PHYSICAL FITNESS VARIABLES OF MALE VOLLEYBALL AND BASKETBALL PLAYERS OF MANGALORE UNIVERSITY**" has been prepared by **SANTOSH** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

Dr. CHIDANANDA .A

DATE: 08/11/21  
PLACE: MANGALAGANGOTTHRI

**LECTURER**  
Department of Physical Education  
Mangalore University

**MANGALORE**



**UNIVERSITY**

# Certificate

This is to certify that this dissertation titled "**A COMPARATIVE STUDY ON PSYCHOLOGICAL IMPACT OF THE COVID-19 PANDEMIC ON INTER-COLLEGE AND MANGALORE UNIVERSITY ATHLETES**" has been prepared by **SATHISHA A**, during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any degree or Diploma before in this University or any other Institution.

**Date:**

Place: Mangalagangothri

  
**Mr. SIRAJUDDIN A.S**

Lecturer  
Dept. of Physical Education  
Mangalore University



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**CERTIFICATE**

This is to certify that dissertation entitled **"A COMPARATIVE STUDY ON  
SELECTED PHYSIOLOGICAL VARIABLES BETWEEN SPORTS PERSONS  
AND NON-SPORTS PERSONS IN MANGALORE UNIVERSITY CAMPUS"** has  
been prepared by **SHASHI KUMAR. P** during the year 2020-21 under my  
supervision and is worthy to be examined for the award of Master of Physical  
Education Degree. I further declare that this dissertation has not been formed the  
basis for the award of any Degree or Diploma before in this University or any other  
Institution.

**Mr. YATHISH KUMAR**

**Lecturer**

**Department of Physical Education  
Mangalore University**

**DATE: 11/11/2021**  
**PLACE: MANGALAGANGOTHIRI**



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CERTIFICATE

This is to certify that dissertation entitled "**COMPARATIVE STUDY OF PHYSICAL FITNESS AMONG RURAL AND URBAN HIGH SCHOOL BOYS OF MYSORE DISTRICT**" has been prepared by **SHIVAMURTHY G K** during the year 2020-2021 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not beformed the basis for the award of any Degree or Diploma before in this University or any other Institution.

**Dr. GERALD SANTHOSH DSOUZA**  
**Chairman and Director**  
**Department of Physical Education**  
**Mangalore University**

**Date:**

**Place: MANGALAGANGOTHRI**






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CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON COMPETITION ANXIETY AMONG CONTACT GAME AND NON-CONTACT GAME PLAYERS OF MANGALORE UNIVERSITY CAMPUS" has been prepared by **SOWMYA K** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master of Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE: 8/11/2021  
PLACE: MANGALAGANGOTRI

  
Mr. SANDEEPA  
Lecturer  
Department of Physical Education  
Mangalore University



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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON PHYSICAL FITNESS VARIABLES OF KHO-KHO AND KABADDI PLAYERS OF HAVERI DISTRICT " has been prepared by TUKARAM .B. LAMANI during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

Mr. TOUSIF AHAMMED

LECTURER

Department of Physical Education  
Mangalore University

DATE: 08/11/2021  
PLACE: MANGALAGANGOTRI



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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "**PHYSIOLOGICAL VARIABLES OF SPORTS PERSON AND NON-SPORT PERSON**" has been prepared by **URVASHI TIWARI** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

Dr. CHIDANANDA .A

DATE: 08/11/22  
PLACE: MANGALAGANGOTTHRI

**LECTURER**  
Department of Physical Education  
Mangalore University

**MANGALORE**



**UNIVERSITY**

# Certificate

This is to certify that this dissertation titled **"A COMPARATIVE STUDY ON THE LEVEL OF ACCURACY AMONG TWO DIFFERENT SERVICES IN VOLLEYBALL OF HIGH SCHOOL BOYS IN CHIKKABALLAPURA"** has been prepared by **VARUN KUMARA V.** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any degree or Diploma before in this University or any other Institution.

**Date:** 08/11/2021

**Place:** Mangalagangothri

  
**Mr. SIRAJUDDIN A.S**

Lecturer

Dept. of Physical Education  
Mangalore University





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CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON FINGER DEXTERITY AMONG THE VOLLEYBALL AND BASKETBALL PLAYERS IN CHICKBALLAPUR" has been prepared by VENKATARAMANA D I. during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

Mr. YATHISH KUMAR

Lecturer  
Department of Physical Education  
Mangalore University

DATE: 08/11/2021  
PLACE: MANGALAGANGOTTHRI




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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
PHYSICAL EDUCATION AND SPORTS

CERTIFICATE

This is to certify that dissertation entitled "A COMPARATIVE STUDY ON SELECTED PSYCHOLOGICAL VARIABLES AMONG KHO-KHO AND VOLLEYBALL PLAYERS OF GUBBI-TOWN" has been prepared by VIJAYAKUMAR K during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

DATE: 08/11/2021  
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Mr. YASHAVANTHA K B  
LECTURER  
Department of Physical Education  
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This is to certify that dissertation entitled "A COMPARATIVE STUDY ON  
CARDIOVASCULAR FITNESS BETWEEN SPORTS PERSONS AND NON-  
SPORTS PERSONS OF MANGALORE UNIVERSITY CAMPUS" has been  
prepared by **VIKHYATH V ULLAL**. During the year 2020-21 under my  
supervision and is worthy to be examined for the award of Master of Physical  
Education Degree. I further declare that this dissertation has not been formed the  
basis for the award of any Degree or Diploma before in this University or any other  
Institution.

DATE:

8/11/2021

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Mr. SANDEEPA

Lecturer

Department of Physical Education  
Mangalore University



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DEPARTMENT OF P.G. STUDIES AND RESEARCH IN  
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CERTIFICATE

This is to certify that dissertation entitled "THE STUDY OF PHYSICAL FITNESS THROUGH YO-YO TEST OF UNDER-17 CRICKET PLAYERS IN KERALA CRICKET ACADEMY" has been prepared by VINCE VENUGOPAL during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

  
Mr. TOUSIF AHAMMED

LECTURER  
Department of Physical Education  
Mangalore University

DATE: 08/11/2021  
PLACE: MANGALAGANGOTTHRI





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**DEPARTMENT OF P.G. STUDIES AND RESEARCH IN**  
**PHYSICAL EDUCATION AND SPORTS**

**CERTIFICATE**

This is to certify that dissertation entitled **"A COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLES OF MEN PUC AND DEGREE COLLEGE VOLLEYBALL PLAYERS OF H.D KOTE TALUK"** has been prepared by **YOGISH S** during the year 2020-21 under my supervision and is worthy to be examined for the award of Master in Physical Education Degree. I further declare that this dissertation has not been formed the basis for the award of any Degree or Diploma before in this University or any other Institution.

*Chidananda A.*

**Dr. CHIDANANDA .A**

**DATE: 08/11/2021**  
**PLACE: MANGALAGANGOTTHRI**

**LECTURER**  
**Department of Physical Education**  
**Mangalore University**