

**EFFECT OF SURYANAMASKAR ON SELECTED MOTOR
FITNESS COMPONENT OF FEMALE
SCHOOL STUDENT**

**A THESIS
PRESENTED TO THE VIDYASAGAR UNIVERSITY
IN LIEU OF A THEORY PAPER
FOR THE DEGREE OF
MASTER OF PHYSICAL EDUCATION**

**BY
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MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR :: PURBA MEDINIPUR
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JULY, 2016

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CERTIFICATE BY THE SUPERVISOR

This is to certify that **Ms. Subhrani Guria** is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the season of 2014 -2016 . For the Master of physical education, semester-IV, carried out his research study my supervision and guidance in partial fulfillment of the requirements for the master of physical education degree with his thesis entitled "**EFFECT OF SURYANAMASKAR ON SELECTED MOTOR FITNESS COMPONENTS OF HIGH SCHOOL FEMALE STUDENT**" the material and data composed from students in this study are genuine and were collected by him.

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