



**ACHARYA NAGARJUNA UNIVERSITY**  
అచార్య నాగార్జున విశ్వవిద్యాలయము



**FACULTY OF PHYSICAL EDUCATION, YOGA & SPORTS SCIENCES**

*This is to certify that*

Mr./Ms. Narasimha Raju B V

*has been duly admitted to the*

**Degree of Doctor of Philosophy**

*in this University, he/she having been declared to be qualified to*

*receive the same with effect from* 28 June 2017

*in the Department of* Phy. Edn. and Sports Sciences

*Title of the Thesis :*

**EFFECTS OF CIRCUIT TRAINING, INTERVAL TRAINING AND STAIRCASE TRAINING ON SELECTED PHYSICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES AMONG UNIVERSITY LEVEL MEN ATHLETES**

*The Degree has been awarded in accordance with UGC regulations 2009*

*Given under the Seal of the University*



*Bsk*  
PRINCIPAL  
G.N.R. COLLEGE  
BHIMAVARAM-534 202

*[Signature]*  
Vice-Chancellor

Nagarjuna Nagar-522 510.  
A.P., India

Date : **1 NOV 2018**