



**DEPARTMENT OF STRENGTH TRAINING AND CONDITIONING**  
**Rajiv Gandhi University, Rono Hills, Doimukh**  
**Arunachal Pradesh, 791112**

## **CERTIFICATE**

This is to certify that the dissertation entitled “**Effect of Combination of Drop Jump Training with Soccer Training Program on Physical Capabilities of Soccer Players**” submitted by **Mr. Balen Ngadong**, Roll No. **STC-20-02** for the partial fulfillment of MSc. 4th Semester Dissertation, 2022 is an original work to the best of my knowledge. The results cited in the report are direct outcome of the investigation carried out by the candidate during the research.

The report is found worthy of acceptance and may be placed before the Examination

Dr. Vivek Kumar Singh  
Supervisor  
Assistant Professor & Course In-charge  
Department of Strength Training and  
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Dr. Anil Mili  
Coordinator  
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## **CERTIFICATE**

This is to certify that the dissertation entitled “**Effect of Gird Training on Physical Fitness of Inter-College Football Players**” submitted by **Ms. Gerik Ete**, Roll No. **STC-20-03** for the partial fulfillment of MSc. 4th Semester Dissertation, 2022 is an original work to the best of my knowledge. The results cited in the report are direct outcome of the investigation carried out by the candidate during the research.

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## **CERTIFICATE**

This is to certify that the dissertation entitled “**Effect of different Warm-up Protocols on Speed Ability of Inter-District Football Players**” submitted by **Mr. Kago Lampung**, Roll No. **STC-20-05** for the partial fulfillment of MSc. 4th Semester Dissertation, 2022 is an original work to the best of my knowledge. The results cited in the report are direct outcome of the investigation carried out by the candidate during the research.

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## **CERTIFICATE**

This is to certify that the dissertation entitled “**Effect of Six Week Tabata Training Protocol on Body Fat Percentage, VO2 Max and Resting Heart Rate of State Level Combat Athletes**” submitted by **Mr. Nabam Gautam**, Roll No. **STC-20-06** for the partial fulfillment of MSc. 4th Semester Dissertation, 2022 is an original work to the best of my knowledge. The results cited in the report are direct outcome of the investigation carried out by the candidate during the research.

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