



INTERNATIONAL CONGRESS ON RENAISSANCE IN SPORTS

Strategies, Challenges and Choices

ORGANISED BY

Research Department of Physical Education & Sports Sciences
NATIONAL COLLEGE (Autonomous)
 Nationally Re-Accredited at 'A+' Grade by NAAC, Tiruchirappalli, India

IN ASSOCIATION WITH

NSS Regional Directorate | Ministry of youth Affairs & Sports | Physical
 Education Foundation of India | Young Indians Trichy | International
 Federation of Physical Education, Fitness and Sport Science Associations

Certificate of Merit


This is to certify that **SHAMSHADBEGAM, HOE**


of **HOD, DEPARTMENT OF PHYSICAL EDUCATION** has participated / presented a paper titled
EFFECT OF FARTLEK TRAINING ON CARDIO RESPIRATORY ENDURANCE AND MUSCULAR ENDURANCE

AMONG HOCKEY PLAYERS OF RGUKT IIIT KAPADA ANDHRA PRADESH

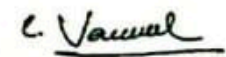
in the International Congress on "Renaissance in Sports - Strategies, Challenges and Choices", held at National College, Tiruchirappalli, Tamil Nadu, India, from 6th to 10th January, 2019.


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