

ACKNOWLEDGMENT

First and foremost, praises and thanks to God, the Almighty, for His showers of blessings throughout my research work to complete the research successfully.

Sincere thanks to **Dr. M. Sundar**, Vice Chancellor, Tamil Nadu Physical Education and Sports University for his support in the successful completion of this research work.

At this moment of accomplishment, I am greatly indebted to my guide and supervisor, **Dr. M. Grace Helina**, Professor, Department of Exercise Physiology & Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai, who accepted me as her Ph.D. scholar and offered me her mentorship, scholarly guidance, constant encouragement, continuous support and patience throughout the completion of this work. Under her guidance, I successfully overcame many difficulties and learnt a lot. It was a great privilege and honor to work and study under her guidance. I sincerely thank her from the bottom of my heart and will be truly indebted to her throughout my life.

Sincere thanks to **Dr. P. K. SenthilKumar**, Associate Professor and Head i/c, Department of Exercise Physiology & Biomechanics of Tamil Nadu Physical Education and Sports University, Chennai as well as Doctoral committee member (Subject Expert), for his whole-hearted support and guidance in the successful completion of this research work.

Sincere thanks to **Dr. R. Venkatesan**, Associate Professor and Doctoral committee member (Subject Expert), Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University for his support in the successful completion of this research work.

I would also like to thank **Dr. (Mrs.) J. Anitha**, Assistant Professor, Statistics and Computer Application who helped me in the analysis part of the research work.

My sincere thanks to **Dr. N. Ashok Kumar**, Librarian of Tamil Nadu Physical Education and Sports University, Chennai who helped in the collection of related literature.

I express my sincere thanks to **Dr. K Anbazhagan M.S.Ortho, Dr. S. Ramesh Babu M.S.Ortho, M.Ch.Ortho & Mrs. Sujatha Ramesh Babu, Spot Hospital** and all the **Staff** and **Dr. P. Uma Dilliraj** for their whole-hearted support in the successful completion of this dissertation.

My sincere thanks and heartfelt sense of gratitude to **Subjects**, who have involved themselves as subjects for the present study and also rendered their intense collaborative efforts.

I would like to say thanks to my mentors **Dr. Mohanakrishnan MPT, Ph.D, Dr. Murali MPT** and **Dr. A. Suresh Kumar** for their genuine support throughout this research work.

V.SENTHIL