

ACKNOWLEDGEMENT

It gives me immense pleasure to express my profound gratitude and indebtedness to my guide **Dr. Mrs. K. JOTHI**, Associate Professor, YMCA College of Physical Education, Nandanama, Chennai 600035 for the valuable and efficient guidance and encouragement at all stages of my research work. It is my privilege to give my heartfelt thanks for her esteemed guidance, sagacious scholastic suggestions, constructive criticisms, support and timely suggestions in formulating the thesis.

The research scholar is grateful to **Dr. Mrs. GRACE HELINA**, Vice Chancellor (Officiating), **Prof. Dr. K. VAITHIYANATHAN**, former Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai for the overall supervision for the completion of the thesis.

I extend my whole hearted thanks to the incomparable help rendered by **Dr. Mrs. SHEILA STEPHEN**, Principal, YMCA College of Physical Education and **Dr. G. RAVINDRAN**, Head, Department of Physical Education and Sports Sciences, Annamalai University and all the faculty members of YMCA College of Physical Education, Annamalai University and Tamil Nadu Physical Education and Sports University, Chennai.

Heartfelt thanks are extended to **Dr. SENTHIL VELAN**, **Dr. V. GOPINATH**, **Dr. SEKAR BABU** and **Dr. GLOUTHUNGAN** for extending helping hand whenever needed.

Thanks are extended to **Dr. P. Raju**, Director of Physical Education, IIT, **Dr. Balakumaran**, Director of Physical Education, Anna University and students who helped me to conduct the experiments and collection of data.

I extend my thanks to my classmates, **Dr. P. Sivakumar**, **Dr. Kirishnasamy**, Annamalai University, **Dr. Rajinikumar**, Tamil Nadu Physical

Education and Sports University, **Mr. J. Rakesh, Mr. Nambisundararaj,** Physical Director, Meenakshi Engineering College, **Mr. Sudhagar, Lab Technician, SRMC College** for all help extended to me.

The investigator wishes to record his sincere thanks to the Librarians of Tamil Nadu Physical Education and Sports University, Annamalai University, Dr. Sivanthi Adithnar College of Physical Education, YMCA College of Physical Education, LNIPE, Trivandrum, who helped for collection of related literature in their libraries.

The investigator extends his thanks to his father's friend **Mr. Anbazhagan, Mr. K.R. Senthilkumar,** his mother Srimathi **Suseela Ramdoss,** elder brother **R. Thilak,** wife Shrimathi **J.A. Suganya,** uncle **Jayaraman Gopal** and our loving child **A. Prathiksha** for all direct and indirect help rendered.

The investigator extends his wholehearted thanks to all his colleagues, friends and family members for their whole hearted support in the successful completion of this dissertation.

R. AMIRTHARAJ