

## ACKNOWLEDGEMENT

I am very much grateful to **Prof. Dr. (Mrs). GRACE HELENA**, Vice Chancellor (i/c), Tamil Nadu Physical Education and Sports University, Chennai for the overall supervision towards the completion of this thesis.

It gives me immense pleasure to express my profound gratitude and indebtedness to my guide **Dr. Ch. VST. SAI KUMAR**, Principal, Maruthi College of Physical Education, Coimbatore, for his valuable and efficient guidance and encouragement at all stages of my research work. It is my privilege to give my heartfelt thanks for his esteemed guidance, for his sagacious, scholastic suggestions constructive criticisms, support and timely suggestions in formulating the thesis.

My sincere thanks and kind regards to **Dr. P. SAMRAJ**, Registrar (i/c) and Head of the Department, Tamil Nadu Physical Education and Sports University, for his inspiring guidance and able assistance in carrying out this research work.

My sincere thanks and kind regards to **Dr. C. ARUMUGAM**, Assistant Professor, Department of Advance Training and Coaching, Tamil Nadu Physical Education and Sports University, for his guidance and assistance in carrying out this research work.

Sincere thanks to **Dr. Y. WISE BLESSED SINGH**, Assistant Professor, Department of Physical Education and Sports Sciences, Annamalai University, for his valuable untired discussion of both the conceptual and formal aspects of this research work and for his expert suggestion in statistical analysis.

I would like to express my gratitude to **Dr. R. BALA GANESAN**, Physical Director, Christian Medical College, Vellore, for his help and suggestions in shaping up this research work.

I would like to express my gratitude to **Mr. BASKARAN**, Physical Director, N. Krishna Samy Mudaliyar Higher Secondary School, Vellore, for his help and suggestions in shaping up this research work.

I have great pleasure to express my deep sense of gratitude and heartfelt thanks to **Mr. A. VENKATESAN**, BA., B.Ed., M.B.A., for his support and encouragement to conduct this research successfully.

The investigator acknowledges gratitude and love for the help rendered by **Ms. A. ANANDHI**, M.A., M.Ed., M.Phil., Headmistress, Govt. Higher Secondary School, Vellore, for her support and encouragement to conduct this research successfully.

I convey my profound gratitude to **Mr. K. MANOHARAN**, **Mr. M. SARAVANAN**, and **Mr. A.V. PRITHIVI RAJ**, for all kinds of help to me whenever I approach them.

Heartfelt thanks extend to my brothers and sisters who have always been a source of unending love and support throughout my life.

I thank all the teaching and administrative staff of **TNPESU** for their ever loving service and support. I do remember and thank the **SUBJECTS** who gave whole hearted support for the successful completion of this dissertation.

*M.Natarajan*