## ACKNOWLEDGEMENT

I express my gratitude to the **Dr(Mrs) Grace Helina**, Vice Chancellor (o) and the **Dr. P. Samraj**, Registrar i/c of Tamil Nadu Physical Education and Sports University, Tamilnadu for having permitted me to undertake this study.

I express my deep gratitude to my Supervisor Dr. S. Glady Kirubakar, Assistant Professor, YMCA College of Physical Education, Chennai Tamil Nadu, India for offering expert guidance, constant encouragement and valuable suggestions which enabled me to complete the study.

A word of special thanks due to the authorities of **SDAT** for their valuable help in the completion of this study. Special thanks are due to the subjects who co-operated with me in the successful completion of this study.

My dreams in higher education would not have been fulfilled without the encouragement and inspiration of my affectionate and revered my father **Mr.R.Senthil Rayar** and my Mother **Mrs.S. Kasthuri**.I am also thankful to my wife **Mrs. G. Aruna** and my son **S.M. Gowtham Siddharth** for the encouragement, from time to time. I record my sincere thanks to **Dr. C. Johnson Premkumar**, Guest Lecturer, Department of Physical Education and Sports, University of Madras, Chennai and **Dr. H. Edin Brow Pakiaraj**, Physical Education Teacher, St. Louis Institute for the Deaf and the Blind, Adyar, Chennai for their constant support and guidance in the course my study.

Finally, I express my humble thankfulness to God, for always showing the way and leading me along the right path.

## S. Mahesh Kumar