ACKNOWLEDGEMENT

It is the pleasant duty of the investigator to express the deep sense of gratitude to **Dr.R.VENKATESAN**, Assistant Professor, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai-600127, for his valuable guidance, prompt direction and encouragement for the successful completion of the thesis in a perfect manner.

The investigator owes gratitude to **Dr. (Mrs) Grace Helina**, Vice Chancellor (Officiating), Tamil Nadu Physical Education and Sports University, Chennai. for her overall supervision for the completion of this thesis.

My sincere thanks to **Dr.P.Samraj, Registrar i/c** & Professor and Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, for his kind support for the completion of the thesis.

The investigator express heart full thanks to all the faculty members of Tamil Nadu Physical Education and Sports University, Chennai, for all the help rendered in completing the thesis.

My sincere thanks to Indian Council of Social Science Research (ICSSR), New Delhi for to grant the doctoral fellowship. I extend my thanks to Principal of Padma sarangapani Hr.Sec.School who gave me the permission to select the subject and to conduct the training in school ground without any hesitation.

My sincere thanks to all the subjects and Physical Education Teacher of Padma Sarangapani Hr.Sec.School for their kind cooperation throught the training period.

My hearty thanks to my parents and my husband who supported me as a back bone for to complete the thesis in a successful manner.

(ABIRAMI KIRUTHIGA.S)