ACKNOWLEDGEMENT

I wish to express my deep sense of gratitude and indebtedness to my guide *Dr. C. Sugumar B.Sc., M.P.E.S., M.Phil., Ph.D.*, Deputy Director of Physical Education, Gandhigram Rural Institute – Deemed University, Dindigul for his valuable guidance, constant encouragement and utmost involvement in carrying out this study successfully. Without his valuable guidance this work would not be a successful one.

The researcher extremely thankful to *Mr. D.J. Johnson*, Correspondent & Principal, Navbharat Matric. Hr. Sec. School, Thanjavur for the consent and valuable encouragement to do my research work.

I extend my thanks to *Centre for Applied Geology*, Gandhigram Rural Institute – Deemed University and Research Institute, Dindigul for providing me the required research facilities in the Department.

I immensely oblige to *Mr. R.Vijayakumar*, *B.Com.*, *B.P.Ed.*, Physical Education Teacher, Government Girls Hr. Sec. School, Papanasam, Thanjavur who helped me a lot to collection of data for this research work.

My special thanks go to *Mr. P. Ulaguvel*, M/s. Saraswathi Computers, Tiruchendur, for his valuable help in alignments and corrections of this thesis.

My special thanks to the students of Navbharat Matric. Hr. Sec. School, Ponnaiyah Ramajayam Public school and St. Antony's Hr. Sec. School, Thanjavur, Tamilnadu who served as subjects and co-operated in the successful completion of this study.

I record my sincere gratefulness to all the family members especially my wife *Mrs. R. Chithra* who helped and motivated me to complete my research work.

I owe my sincere gratefulness to all who helped me directly or indirectly to complete this research work.

Finally, warm appreciation to all those who had been a repeated source of inspiration ever since and directed me with enthusiasm, support and cheer innovations to undertake and complete this study.

R. SARAVANAN