## **ACKNOWLEDGEMENT**

"No individual has sufficient experience, education, native ability and knowledge to insure the accumulation of a great fortune without cooperation of the other people"

## NEPOLEAN HILL

(Think & Grow Rich)

I am thankful to the **Almighty God** who always helps me at every step. Only because of 'Eternal power' I have completed the difficult tasks.

When the research work takes its final shape, I fondly remember the blood and sweat, love and affection, guidance and support of the great souls who touched my life.

The research scholar is grateful to **Prof.Dr.K.VAITHIYANATHAN**, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai for the overall supervision for the completion of this dissertation.

I expressed my profound gratitude and sincere thanks to my inspiring guide **Dr.S.ALAGESAN**, Principal, Maruthi College of Physical Education, Coimbatore, for his expert guidance and advice, valuable suggestion and supervision, needed encouragement and above all for being patient with me throughout the study. Without his encouragement and constant guidance, I could not have finished this dissertation. He was always there to meet and talk about my ideas, to proofread and mark up my papers and chapters, and to ask me good questions to help me think through my problems.

My special gratitude goes forth to **Dr.S. SIVARAMAKRISHNAN**, Controller of Examination, Y.M.C.A College of Physical Education, Nandanam, Chennai, who is most responsible for helping me complete the writing of this dissertation as well as the challenging research that lies behind it.

## ACKNOWLEDGEMENT [Contd.]

I am indebted to **Dr.(Mrs.) SHEILA STEPHEN**, Principal of Y.M.C.A College of Physical Education, Nandanam, Chennai, for her motivation and support not only for this research but also throughout my career.

I sincerely owe my heartfelt thanks and kind regards to **Dr. M.S. NAGARAJAN**, Manager of Sports, Special Olympics Asia Pacific Region, and **Dr. JAIHINT JOTHIKARAN**, Retired Professor and Head, Faculty of General and Adapted Physical Education and Yoga, Ramakrishna Mission Vivekananda University, Coimbatore, for their constant motivation and valuable suggestion to design the course of study.

I express my sincere respected to **Dr. R RAVINDRAN**, Annamalai University, **Dr. THIRUMALAI KUMAR**, Associate professor, Tamil Nadu Physical Education and Sports University, **DR. ELAMARAN**, Annamalai university. They helped with the statistical analysis and compilation.

I am indebted to Mr. J.PAUL DEVASAGAYAM, National Trainer, Special Olympics Bharat, Asst Sports Director S.O.B. for permitting the scholar to select the school students as subjects for the study.

I am pleased to acknowledge Mr. C. VINCENT MANOHARA RAJ, Part time Lecturer in English, YMCA College of Physical Education, Chennai in perfecting the language aspect of this dissertation.

Let me also say 'thank you' to the following people, Dr.VISWANATH, Mr.SIMSON JEBASEELAN, Librarian, Mr.SIMSON JESUDASS and all the Staff Members of YMCA College of Physical Education for their support and encouragement.

## ACKNOWLEDGEMENT [Contd.]

I acknowledge with thanks, the help rendered by Mr. BASKAR for his assistance in conducting the training and tests for this study and also to all the students who acted as subjects for the study.

When I complete this study, I fondly remember my father, Mr. S.JESIAH, my mother Mrs. KASTHURI ELIZABETH for their blood and sweat, love and affection showered on me. I fall short of words to express my gratitude to them.

I owe a debt of gratitude to my life partner Mrs. SORNAKUMARI for being at my side throughout the study even during the most difficult times of the family.

J. SAMUEL JESUDOSS

**INVESTIGATOR**