ACKNOWLEDGEMENT

It gives me immense pleasure to express my profound gratitude and indebtedness to my guide **Dr. C. ARUMUGAM**, Assistant Professor, Department of Advance Training and Technology, Tamil Nadu Physical Education and Sports University for the valuable and efficient guidance and encouragement at all stages of my research work. It is my privilege to give my heartfelt thanks for the esteemed guidance, sagacious scholastic suggestions, constructive criticisms, support and timely suggestions in formulating the thesis.

The research scholar is grateful to **Prof. Dr.K. VAITHIYANATHAN,** Former Vice Chancellor, of Tamil Nadu

Physical Education and sports University, Chennai for the Overal supervision towards the completion of this thesis.

I would like express my sincere thanks to **Prof. Dr.Pon. KOTHANDARAMAN** Former Vice Chancellor, Madras

University Chennai for the encouragement and motivate given towards the completion this thesis.

My Sincere thanks and kind regards to **Dr. R. ELANGOVAN**, the Registrar i/c of Tamil Nadu Physical Education and Sports University, for his inspiring guidance and able assistance in carrying out this research work.

My special thanks to **Dr. J.P. SUKUMAR** former Registrar of Tamil Nadu Physical Education and Sports University and I express my special thanks my professional friends working in R.M. K. Group of Educational Institutions.

I express my sincre thanks to all the subjects voluntaries and judges.

Thanks to family numbers my mother Mrs. Sulokshna Kandasamy, my wife M. Meena, my daughter M. Vasumathi and my son M. Thennvan, Support and encouragement my research work.

I would like to express my sincere thanks to professor

Mrs. Grace Helina, Vice Chancellor (Officiating) of Tamil Nadu

Physical Education and Sports University Chennai

My special thanks to **Dr. K. KAMALAKANNAN** Managing trust.

International Health and Physical Activity Promotion Trust

Tiruvannamalai.