

## ACKNOWLEDGEMENT

The research scholar is grateful to the Vice Chancellor Convener Committee of Tamil Nadu Physical Education and Sports University, Chennai. She sincerely thanks **Dr. Atulya Mishra I.A.S.**, the additional chief secretary to the Government, Youth Welfare and Sports Development Department. **Dr. K. Gopal I.A.S.**, The Additional Chief Secretary to Government, Higher Education Department and also thank **Dr. V. Mangaiyarkarasi**, Professor & Head, Department of Sports Management and Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University for her guidance and overall support during this endeavor.

She extends her sincere thanks to **Dr. M. Sundar, Former Vice Chancellor**, and **Dr.R. Ramakrishnan, Registrar (i/c)**, Tamil Nadu Physical Education and Sports University, Chennai, for kind guidance and overall support during this endeavor.

The research scholar conveys her deepest gratitude to her guide and supervisor, **Dr.S.Thirumalai Kumar**, Professor and Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai, for his invaluable guidance, care, encouragement, motivation, patience, and prompt direction, which were instrumental in the successful completion of this dissertation.

She is profoundly thankful to **Dr. S. Manikandan**, Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai, for his consistent support and encouragement throughout the study.

The research scholar acknowledges the invaluable contributions of the Doctoral Committee members, **Dr. S. Velkumar**, Assistant Professor, Department of Physical Education, and **Dr. S. Selvalakshmi**, Associate Professor, Department of Yoga, for their expert knowledge and insights, which greatly enriched her research.

Her heartfelt thanks also go to **Dr. V. Murugavalavan**, Controller of Examinations (i/c), Tamil Nadu Physical Education and Sports University, Chennai, for his encouragement and motivation in completing this work successfully.

She expresses her gratitude to **Dr. N. Ashok Kumar**, Deputy Librarian, for his support in accessing resources and providing valuable assistance during the research process.

The research scholar extends her sincere thanks to **Dr. V. Duraisami**, Director of Research, Tamil Nadu Physical Education and Sports University, Chennai, for his encouragement and guidance, which were crucial to the progress of this study.

She also acknowledges the support of faculty members, including **Dr. I. Lilly Pushpam**, Professor; **Dr. P. Kumaravelu**, Associate Professor; and Assistant Professors **Dr.K. Rajesh Kumar**, **Dr. S. Jayakumar**, and **Dr. C. Lakshmanan**. Special thanks are due to **Dr. C. Manoj Kumar**, Physiotherapist, as well as all the Heads of Departments, faculty members, guest lecturers, and administrative staff of Tamil Nadu Physical Education and Sports University, Chennai, for their moral support and assistance throughout this journey.

The research scholar expresses her heartfelt appreciation to **Mr. A. Varun** for his constant support and encouragement, which greatly contributed to the successful completion of her research.

Special thanks are extended to **Mr. A. Rajan (Late)**, Athletic Coach, SDAT, Chennai, and **Mr. Diwakar**, Athletic Coach, Chennai, for their invaluable assistance and support.

She is grateful to her fellow Ph.D. scholars, **Mr. S. Dhayanidhi**, **Mr. K. Manojkumar**, **Mr. A. Perumal**, **Mr. A. Amaran**, **Mr. P. Sri Ganapathy**, **Mr. A. Harikrishnan**, **Mr. Navaneethakrishnan**, **Mr. Selvalumar**, and **Mr. A. Kumaraguru**, M.P.E.d student, Department of Physical Education; **Mr. K. Ramachandran** and **Mrs. K. Amuthadevi**, Department of Yoga, for their encouragement and support in executing this research study.

Finally, the research scholar extends her profound thanks to her family members: her grandmother **Mrs. Flora Rani Vasantha Kumari (Late)**, a Retired Teacher; her father **Mr. S. Samson Yuvaraj**; her mother **Mrs. S. Deva Priya**; and her brother **Mr. S. Stephen Raj**, for their unwavering motivation and encouragement throughout her academic journey.

**PREETHI PRISILLA.S**