

ACKNOWLEDGEMENT

*First and foremost, I express my deep sense of gratitude to the **Vice-chancellor** and the **Registrar** of Tamil Nadu Physical Education and Sports University, for giving me permission to do the research work.*

*Words that say, are verbal expression of one's thought, but words are poor substitute when it comes to express my sincere thanks and profound gratitude to my most honoured guide **Dr. K. Murugavel**, Professor and Director, Department of physical education, Bharathiar University, Coimbatore for his expert and eminent guidance, inspiration, valuable suggestions, constant encouragement and tireless efforts given me through the course of this research. Without his help, the completion of this research work would not have been possible. For his goodwill, scholarly assistance and timely help always I remain indebted to him.*

*I express my sincere thanks to **Dr. S.T.N. Rajeshwaran**, Associate Professor and Assistant professors **Dr. T. Radhakrishnan**, **Dr. R. Annadurai**, **Dr. P. Anbalagan**, **Dr. G. Kumaresan**, and **Dr. P. Manjupushpa** in the department of physical education for their valuable help, care and affection, which gave me the spirit and courage in all my activities.*

*I convey my sincere gratitude to the guest lecturers **Dr. A.S. Logeswaran**, and for their help.*

*I deeply express my heartfelt thanks to **Mr. R. Angel Robert** and **Mr. P. Satheesh Kumar** Ph. D scholars and also thanks to **Muniraj** and **Devaraj** for their support throughout the study.*

*I will always remember the assistance and support of the **Dr. E. Saravanan**, Director of physical education CMS College, and Coimbatore. **Dr. Kanthanathan** physical education Director Govt. HRSEC. School, Annoor. and **Mr. E. Balaji** Director of physical education CBM College, Coimbatore. For their encouragement to complete the research work.*

My sincere thanks and heartfelt sense of gratitude to the patients of Coimbatore Diabetic Foundation, Coimbatore, who have involved themselves as subjects for the present study and also render their intense collaborative efforts.

*I express my heartfelt gratitude to **Mr. O. Kanagaraj** and other administrative staffs of the department of physical education for their timely help.*

I express my sincere thanks to all my family members for their support and appreciation to complete this work,

The research scholar wishes to express his sincere thanks to all who helped him in several ways to complete this work,

*I owe my very special thanks to the one, who always make my life cheerful, colourful, delightful, meaningful and wonderful, none other than my dearest incomparable my wife **Suchitra Baidya** and my daughter **Riya Baidya** .*

*Finally, I thank the **God Almighty** for the successful completion of this study.*

DEBDULAL BAIDYA,