ACKNOWLEDGEMENT

The deep heartful gratitude to my Guide Dr. R. SUBRAMANIAN, Associate Professor Department of Advanced Sports Training and Technology, Tamilnadu Physical Education and Sports University, Chennai for his constant guidance, Supervision and encouragement, which paved the way for the development of independent thinking and innovative ideas. It was his guidance and scholarly analysis helped me for the successful completion of this dissertation.

I extent my thanks coupled with happiness to Dr. K.VAITHIANATHAN, Hon’ble Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai for his encouragement and support to carryout my dissertation.

The investigator is extremely grateful to Dr L.S. RANAWAT, Executive Director, SAI Netaji Subhas National Institute of Sports, Patiala for his kind permission to undergo this dissertation work and his valuable and timely suggestions throughout the study.

The investigator wishes to record his wholehearted thanks to Regional Director, Sports Authority of Indian, Eastern Centre, Kolkata, who accorded permission to collect necessary data for this study from their trainees. The investigator also extend his heartful thanks to all the coaches who rendered their helps. The investigator also extends his heartful thanks to the trainees, who served as subjects for this study.
The investigator will be failing to his duty if he does not pay sincere thanks to Dr. D. Maniazhagu, Assistant Professor, Dept. of. Physical Education & Health Sciences, Alagappa University, Karaikudi, TN for his immense support for the completion of this research work.

Finally the investigator extends to thanks to all his colleagues, friends and family members for their whole heartful support in the successful completion of my Ph.D work.

(KALYAN CHAUDHURI)