ACKNOWLEDGEMENT

My heartful thanks are due to **Dr. S.M. Prakash**, Chairman, Department of P.G. Studies and Research in Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta for providing an opportunity to present this dissertation work.

I am very much grateful to **Dr. N.D. Virupaksha**, Lecturer, Department of P.G. Studies and Research in Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta for his valuable guidance and suggestions at each step in the completion of this work and throughout writing this dissertation.

I am also grateful to all Teaching and Non-teaching staff of the Department of P.G. Studies and Research in Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta for their useful suggestions and motivation for the successful completion of this work.

I also extend my sincere thanks to **Dr. H.B. Hallad**, Former Chairman and Director of the Department of P.G. Studies and Research in Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta.

I am extremely grateful to my aunty, B. Sharadamma W/o K.H. Gangadaraiah, Police Department, Lakkavali for their moral support.

I am extremely grateful to my aunty, B. Lalithamma Principal, Government Junior College, Kadur W/o T.R. Eshwarappa, Junior Engineer (MESCOM, Kadur) and B. Manjula W/o D.S. Ananda, Areca Nut Planter and Gayathri Kumaraswamy and B.S. Kumaraswamy, Areca Nut Planter, Tarikere for their moral support.

I extend my thanks to my friends T.B. Shridhar, T;S. Mohan, M. Ashok, H.R. Ranganatha, T.G. Srinivas, D.R. Somashekar, R. Girish, S.P. Natraj, P. Somashekar, R. Chandrashekar M.Ed., H.B. Veerabhadrappa, K.N. Shilpa, Lecturer, D. Shivamurthy,
N.K. Harish Kumar, H.D.M. Swamy and Kumari Harini. T.S., and all other my friends who directly or indirectly helped me in completion of this thesis.

I extend my thanks to my friends K. Chaitra, Police Department and C.T. Pushpa, Kadur who have been continuous source of encouragement.

I am also thankful to T.V. Shivashankarappa, Aercanut planter, Tarikere and H. Chandrappa, Retired Teacher, Tarikere.

I am also thankful to T.M. Bhojaraj, T.S. Shantharaj, Jayanna, T.S. Yashodhara Murthy, Revanna, Manju arecanut merchant who have been continuous source of inspiration and encouragement.

I am also thankful to Somashekaraiyah, BEO, Tarikere, T. Chandrappa, TPEO, Tarikere and Maheshwarappa, TPEO, Kadur for their encouragement.

I extend my thanks to Padmavathi, K.S., Indirashree, K.H., E K. Wadiyar my friends K. Chaitra, Police Department and C.T. Pushpa and Kavitha, DVG, who have been continuous source of encouragement.

I am also thankful to Revanaiaih, Head Master, Narappa A., Kempe Gowda, Pradeep, N.I., Channappa, Manjunatha, Nagendraappa and all staff members and students of S.G.H.S., Bidarekere, Jagalur.

Words elude me expressing my feeling and love to my parents, Brother, Sister who have been continuation source of inspiration, it would have been impossible for me to complete the work without the cooperation of them.

I am also thankful to Kushal, Kanakashree, Ayush, Sushma and Pooja.

Last but not the least I am very grateful to Mr. Tejaswi Kumar and SGS Computers, Shankaraghatta who helped me in computer work, editing and giving a final shape to this thesis.

G. THIMMARAJU