ACKNOWLEDGEMENT

This is my privilege to acknowledge all the well wishers who has been behind the successful completion of this research work.

I am very much thankful to my guide Dr Kishore Kumar C K, Deputy Director of Physical Education, Mangalore University to give me an opportunity to do this research and give great support and guidelines to complete this research successfully.

I am immensely thankful to Dr H Nagalingappa, Director and Chairman of Department of Physical Education, Mangalore University to give me an opportunity to carry out my research in Mangalore University and given right direction in completing this work.

I am greatly thankful to Di Jerald Santhosh D’Souza, Coordinator and Deputy Director of Physical Education, Mr Anandhapadmanabha Prabhu, Mr Sandeep Salian, Mr Prasad Salian, Mr Manoj Shetty, Mr Ashok Kumar, Mr Knana Kumai A S, Mr Chidanandha and Mr Mallikarjuna Swamy, Guest Faculties of the Dept. of Physical Education, Mangalore University for supporting me for the successful completion of this research work.

My heart full thanks to Dr Dhishna Pannikot, Asst Professor, Dept of Humanities, SS and Management, National Institute of Technology, Surathkal for her support, motivation, language corrections and timely help for completing my research work successfully.

I am very much indebted to Dr Abhijith Shetty M B B S, M S Yenapoya University, Mangalore, Dr Vishalak, M B B S, M D, Coperative Hospital, Taliparamba, Kannur and Dr Suresh Kumar Shetty, B A M S, Usha Clinic, Kundapura for their valuable suggestions and guidelines for this research.

I am very much grateful to Prof Sheshanna, Retd Principal, Dept of Physical Education, University of Mysore, Mysore for his valuable suggestions for my research work.

My sincere gratitude to Mr Sathyanarayan, Physical Education Director and Mr Salvodar Naronha, Principal S M S PU College, Brahmavara for their support for arranging National Level Athletes for this research.
My sincere thanks to all the athletes who participated without any hesitance in this research as trainees, without the presence and support of these athletes this research would not be complete.

My sincere thanks to my colleagues Mr. Vasanth Kumar, Coach – S A K, Dr. Surajith Chakrabarthy, Principal Ballal Institute of Physiotherapy.

My sincere thanks to Medical Lab Technician Mr. Ronald Renjan and his assistant Mr. Prashanth, Canara Medical Lab, Brahmavara for the generous help with collecting blood samples for this research.

My sincere gratitude to Mr. Girish, Mr. Abhayaprakash, Mr. Yatheesh and other Research Scholars who are working in the department.

My Sincere thanks to my Mother, Brother, Sister-in-law and Nephew, Sister and Brother-in-law for their endless support for completing this research in appropriate manner.