Dedicated to MY
FAMILY MEMBERS
ACKNOWLEDGEMENT

I proudly express my heartfelt gratitude to Padma Bushan Dr. RM. ALAGAPPA CHETTIAR, Founder, Great Philanthropist and Personality. It is always a proud close-to- heart feel to be the scholar of Alagappa University.

This dissertation would not have been possible without the guidance and the help of several individuals who in one way or another contributed and extended their valuable assistance in the preparation and completion of this study.

I express my sincere thanks to the Vice- Chancellor, Alagappa University, for allowing me to carry out this research work and for his continuous support and blessings throughout this research work.

Foremost, I would like to express my sincere gratitude to my guide Dr.D.Maniazhagu, Assistant professor, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, for his constant and valuable guidance, which made the study possible. In spite of his extremely busy academic pursuits, he always spared time for me. I have been benefited from the vast reservoir of his deep insight and experience. It is indeed his encouragement and creative suggestions, which helped me in completing my dissertation in time.

I extend my thanks coupled with gratitude to Dr.K.Balasubramanian Professor and Head, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi for his encouragement and support to carry out my research.

My sincere thanks to Dr.R.Arjunan, Associate Professor, Dr.M.Saroja, and Dr.V.A..Manickam, Assistant professors of Department of Physical Education, for their encouragement and support to carry out my dissertation.

Finally I thank Almighty God for listening to my supplication and answering my prayers. It is he who gave me strength to plod on despite my constitution wanting to give up.

JAGADISH KUMAR