ACKNOWLEDGEMENTS

The research scholar profoundly expresses her gratitude and sincere thanks to her guide Dr.K. POWN RADHA, Reader, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi who graciously permitted the investigator to take up this study for his efficient guidance, most valuable suggestions and tireless efforts to complete this study successfully.

The investigator expresses her whole hearted thanks to Dr.A.M. MOORTHY, Professor and Head, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi for his valuable help and encouragement.

The research scholar is indebted her thanks to Dr.M. BOSE, SAI Hockey coach, Pondicherry and Dr.S. BASKARAN, Volleyball coach at Pondicherry for their untired efforts and valuable opinions and observations for the successful completion of this study.

The investigator extends her sincere thanks to Dr.B. REGINA PAPA, Director, Women Studies, Alagappa University, Karaikudi and Mrs. JEEVA POWN RADHA for extending all sorts of help and encouragement throughout the course of investigation.

The investigator extends her sincere thanks to Mrs. PADMAVATHI, Technical Assistant, Libriary, Alagappa University, Karaikudi for the valuable help for the successful completion of this study.

The investigator extends her sincere thanks to KPSV Computers Karaikudi and Mr.D.G. RAMALINGAM, Pondicherry for their timely help for the completion and better presentation of this study.

The investigator is greatful to her Mother, Husband Mr.T. RAJA and her Sons R. RAVINDRAN, R. SATHISH and her Brother, Sisters, Brother in Laws for their inspiration help and encouragement for the successful completion of this study.

MANINAIR SAROJA