AKNOWLEDGEMENTS

The Researcher is indebted many persons for their assistance in completing the thesis.

Researcher would like to thank Dr. S. Bevinson Perinbaraj, Lecturer Selection Grade, Alagappa College of Physical Education, Karaikudi, his guide for his invaluable encouragement, suggestions and final impetus carrying out this study.

The researcher expresses his profound gratitude and sincere thanks to Dr. T. I Manoj, Assistant Professor, College of Agriculture, Vellayini, Trivandrum for his expert and efficient guidance, assistance and timely encouragement in the formulation of this study.

Sincere appreciation is expressed to Mr. Moby Thomas, Senior Lecturer, S.B College, Chenganacherry for extending all possible helps to complete this study.

Thanks are also due to the Physical Education teachers Viz Mr. Prakash Paul, Kendriya Vidyalaya Naval base No I, Mr T.M. Paulose, Kendriya Vidyalaya Naval Base No II for their magnanimous help and cooperation in carrying out the test and training in their schools.
AKNOWLEDGEMENTS (Continued)

The Researcher wishes to record his sincere gratitude to Dr. K.C. Sankaranaryanan, former Dean Faculty Social Sciences Cochin University of Science and Technology for helping the researcher by going through the manuscript.

Thanks are also extended to the students Kendriya Vidyalayas Naval Base No II, and I who willingly acted as subjects for this study.

Joseph James