Dedicated
To Almighty
My Ever Loving Parents
Lovable Wife
&
Children J. Nithin and
J. K. amalesh
ACKNOWLEDGEMENT

The investigator expresses his sincere and heartfelt thanks to his most honored and learned guide Dr. G. VASANTHI, Associate Professor, Department of Physical Education and Sports, Pondicherry University, for helping him to locate and select the scientific topic and her valuable guidance, and encouragement for the successful completion of this study.

The research scholar express his sincere thanks to the doctoral committee members Dr. B. Ranghia, Associate Professor, Department of Applied Psychology, and Prof. Dr. P.K. Subramanian, Department of Physical Education and Sports, Pondicherry University, Puducherry for their encouragement and suggestion made throughout the study.

The researcher expresses his sincere thanks to Dr. D. SAKTHIGNANAVE, Professor & Head, Department and of Physical Education and Sports, Pondicherry University, who has enthusiastically accepted to help me to work on this research study and extended timely help and encouragement throughout the study.

The investigator wishes to place on record his sincere gratitude to DEAN PAJANCOA&RI Karaikal for his benevolent attitude and co-operation in granting permission for the collection of data from the students and their moral support to complete this experimental study successfully.

The investigator expresses his sincere and whole hearted thanks to Dr. K. OMAR HATTAB, Professor, Dr. A. SHANTI, Associate Professor, Dr. A. PUSPHARAJ Professor, Dr. S. SUNDARAVARADAN, Associate Professor and Dr. N. SASHIDHARA, Associate Professor, PAJANCOA&RI Karaikal for their help and encouragement for the successful completion of this study.

The investigator’s deep sense of gratitude to all the staff members of the Department of Physical Education and Sports, Pondicherry University, for their valuable suggestions and timely help for the completion of this research.
The investigator expresses his deep sense of indebtedness to all the selected students of PAJANCOA&RI, Karaikal, Puducherry for having shared their valuable time and active participation and co-operation as the subjects.

The research scholar express his heartfelt thanks to Mr. A. Sathish Kumar, S. Nagaraj, S. Kumaraguru, Shiv mangal Yadav, and R. Sendhil Ph.D. Research scholars and all his friends, classmates of the Department of Physical Education and Sports, Pondicherry University, Puducherry for their valuable support throughout the study.

S. Jayasivarajan