ACKNOWLEDGEMENT

It is with real pleasure the researcher record his indebtedness for his guide Dr. R. ELANGOVAN, Professor & Head, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai for his counsel and guidance during the preparation of the dissertation, since the day began working on the origin of my studies, He helped me to come up with this topic and guided me for the development of this study. He gave me a moral support and freedom to finish my studies in a successful manner.

The research scholar is grateful to Prof. Dr. K. VAITHIYANATHAN, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai for the overall supervision for the completion of this thesis.

Sincere thanks to Dr.J.P. Sukumar, Registrar, Dr. P. Samraj, Controller of Examinations and Dr. S. Thirumalai Kumar, Associate Professor and Head Department of Physical Education and all the Head of the Departments, faculty and staff members of the Tamil Nadu Physical Education and Sports University for their support in the successful completion of this thesis.

The investigator wishes to record his sincere thanks to the Librarian of Tamil Nadu Physical Education and Sports University, Chennai, Principals and Librarians of YMCA College of Physical Education, Chennai, Dr. S.Sivanthi Athidanar College of Physical Education, Tiruchendur, who helped for collection of related literature in their library.

The researcher extends his whole hearted thanks to the authorities of Juvenile Homes for permitting the investigator to conduct this research, and the subjects for their whole hearted participation for doing this research work.

D. PRINCE DEVA FREDRICK