ACKNOWLEDGEMENT

I express my profound sense of gratitude to the Vice-Chancellor and the Registrar of Alagappa University, Karaikudi for giving me permission to do the research work.

With illimitable pleasure, I woke on record the ineffable personal debtness and heartfelt gratitude to my beloved Guide Dr. A. M. Moorthy, Principal, Koviloor Andavar College of Physical Education and Sports sciences, Koviloor, Karaikudi for his infinching encouragement, constant advice and valuable guidance, concrete suggestions and constructive criticisms this dissertation would not have attained its fruition.

I am highly obliged to place my high sense of regards to Dr. A. Shenbagavalli, Professor and Head, Department of Physical Education, Alagappa University, Karaikudi, for her valuable and constant encouragement offered during the course of study.

I wish to express my heartfelt thanks and deep sense of obligation to my teacher Mrs. Malliga, former Chief Educational Officer, for her constant inspiration and encouragement throughout the course of my study.

The investigator gratefully acknowledges his immense thanks to Dr. K. Balasubramanian, Associate Professor, Dr. K. Mani Alzhagu, Dr. M. Saroja, Assistant professors in Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, for their valuable help and encouragement for successful completion of this study.

My profound thanks to Dr. P. L. Balasubramanian, medical officer, Koviloor Andaver College of physical education for providing valuable suggestion during the course of my study.

I put forth my sincere and special thanks to Dr. V. Rajasubramaniam, Professor, Department of Zoology, Kongunadu Arts and Science College, Coimbatore,
Mrs. V. L. Pavithra, MCN, Clinical nutritionist, R. Selva Kumar, Dr. M. Ravi for extending their timely help in the course of my research works.

Word seems to be inadequate for me to acknowledge the warm, willing and timely help rendered by my beloved friends, classmates, senior and junior friends. My special heartfelt thanks to my friends Jose Baby, Thangasamy, Dharmendiran, Suresh, Senthil murugan, Jai sankar for their fullest helping hands during my research. I wish to place the high sense of regards and heartfelt thanks to all the staff members of Koviloor Andaver College of Physical Education.

On a personal note I am indebted a lot to my affectionate parents Mr. C. Kuppusamy and Mrs. K. Lakshmi, Wife G. Shanithi and Daughter S. S. Viveka.

Above all, I owe my gratitude to Alagappa University for awarding Research Fellowship for pursuing Ph.D degree.

S. K. Senthil Kumar