

**S. RAVINDRAN**, M.A., M.P.Ed., M.Ed., M.Phil.,  
Assistant Director of Physical Education,  
Agricultural College and Research Institute,  
Tamilnadu Agricultural University,  
Killikulam,  
Tamilnadu - 628 252.

## DECLARATION

I hereby declare that this work has been originally carried out by me under the guidance and supervision of **Dr.R. THIRUMALAISAMY**, Reader, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamilnadu. This work has not been submitted either in whole or in part for any other degree at any University.

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(S.RAVINDRAN)