ACKNOWLEDGMENTS

The researcher wishes to acknowledge with respect and gratitude the counsel of several authorities.

The Researcher expresses his acknowledgement and deep sense of gratitude to his Guide Dr. Sundar Raj Urs, Associate Professor, University College of Physical Education, Jnanabharati, Bangalore University, Bangalore and his family. His valuable guidance, timely suggestions and encouragement have been the force behind researcher’s efforts in undertaking this study and accomplishing the work.

The researcher expresses his sincere gratitude to Dr. Prabhu Dev, Vice-Chancellor, Bangalore University and Dr. R.M. Ranganath, Registrar, Bangalore University for their academic encouragement in the study.

The researcher expresses his profound gratitude to his beloved teachers Sri. Chikkavenkatappa, Former Director of Physical Education and Principal UCPE, Mysore, Dr. M. Chandrakumar, Professor and Former Chairman, UCPE and Director PMB, CDC University of Mysore, Prof. Seshanna Former Principal and Chairman, UCPE and Sri Thirumali Gopalan, Associate Professor, UCPE, University of Mysore for their blessings encouragement, all time support in taking up this profession and the research work.

The researcher is extremely thankful to Prof. Seshanna and Sri. Jayakumar, Yoga Teacher from Mysore and also the friend of the Researcher for helping in the framework of the research along with the guide and for their timely help and suggestion.

The researcher is thankful to Dr. M.B. Keerthinarayanaswamy, Dean Faculty of Education, and Associate Professor, University College of Physical Education for all his timely advice extended during this work.

Researcher is grateful to Dr. R. Munireddy former Principal and Chairman, UCPE and Director of Physical Education, Bangalore University, Bangalore for his help and encouragement.
The researcher expresses his thanks to Dr. R. Srinivasa Principal and Chairman, colleague and friend Dr. P.C. Krishnaswamy Associate Professor, UCPE, Bangalore and all the Guest Faculties of UCPE for their cooperation and support.

The researcher is thankful to Prof. Chinnappa, Former Principal, UCPE, and Prof. L.R. Vaidyanathan Former Dean and Chairman, UCPE, Bangalore for his blessings and encouragement.

His sincere thanks are due to Sri. Radha Krishna, Librarian and the Staff of the Library and Non-Teaching Staff of UCPE, Bangalore for their co-operation.

The researcher is grateful to Deputy Registrar, Sri Eshwara Char, Bangalore University for all his help and encouragement.

The researcher expresses his deep sense of gratitude to Sri. Palaniyappan Former Principal, Sri. P.G. Rajendran, Principal, Physical Education Teachers, Sri. S.N. Basavaraju and his family, Mrs. R. Selvi and All the staff members of Jawahar Navodaya Vidyalaya, Doddaballapur for their help and kind cooperation during training and the students of the same school who participated cheerfully as subjects for the study.

The researcher expresses his sincere thanks to Sri. Chandrashekar, Yoga Teacher, Doddaballapur for his help and cooperation in conducting yoga classes.

The researcher is indebted to Prof. Vaithiyanathan, Vice Chancellor, Tamil Nadu, Physical Education University, Prof. Elangovan, HOD, Yoga Department, TNPEU, Chennai, Dr. Alageshan, Principal, Maruthi College of Physical Education, Coimbatore and Chief Librarian, Maruthi College of Physical Education, Dr. Manialagu, Associate Professor, Alagappa University and the Chief Librarian of Alagappa University for their help.

The researcher expresses his heartfelt thanks to his friend Mr. N. Shivakumar and his family for helping in collecting the reviews, encouragement and for their love and affection.
The researcher remembers the help given by his friends Mr. Pradeep Kumar, Chief Coach, BAC and Former National Coach in swimming and Mr. Padmanabha Rao, Head Coach, Age group, BAC right from the beginning of the career.

The researcher is thankful to his well wisher Prof. Kemparaju, Chairman, Library and Information Science for his advice and guidance and to his friends Sri D.C. Shivanna and Sri. Nagendra, Physical Directors, Bangalore for their encouragement.

The researcher expresses his gratitude to all his students (Present and Former) for their best wishes and encouraging words.

The researcher is thankful to his sisters K.K. Brinda, Dr. K.K. Sharmila (M.Sc., Ph.D.), Gayathri, his brother-in-law Kishore and their children Anmol and Anirudh.

The Researcher expresses his gratitude to his father-in-law Sri. Ponnumswamy, and all his family members for their help and encouragement.

The Researcher thanks his wife Chandra Amarnath and his lovely daughter Shivani for their cooperation in completing this research work.

The researcher is unable to find adequate words to express his heartfelt gratitude to his Late Parents.

The researcher expresses his sincere gratitude to Sri. B. Nagaraju and Family, Suma Enterprises, Bangalore for their untiring support and helping in completing this research work.

The researcher expresses his gratitude to one and all who have helped him in all walks of his life.

K.K. AMARNATH