ACKNOWLEDGEMENTS

The researcher is very much grateful and beholden to our Honorable President 
Er. A.C.S. Arunkumar, Dr. M.G.R. Educational and Research Institute University, Chennai, 
for permitting him to register and pursue his doctoral degree. The scholar is indebted 
particularly to Prof. Dr. K. Meer Mustafa Hussain, Vice Chancellor, Prof. Dr. G. 
Gopalakrishnan, Rector, and Prof. Dr. C.B. Palanivelu, Registrar, Dr. M.G.R. 
Educational and Research Institute University, Chennai, for their valuable support in the 
accomplishment of this thesis. The investigator is enthused to record his sincere sense of 
gratitude to Prof. Dr. A. Thirunavukkarasu, Dean, Research and his team of efficient 
associates of his office for their excellent and efficient guidance in preparation of this work in 
a fitting style.

The scholar wishes to thank his supervisor Dr. Vairamani S, Professor and Head, 
Department of Physical Education and Health Science, Dr. M.G.R. Educational and Research 
Institute University, Chennai, for helping him to complete this thesis. It is due to his 
supervision, the investigation could make constant progress.

The scholar is equally obliged to Dr. V. Mahadevan, Director of Physical Education, 
Madras University, Chennai and Dr. K. Sankaran, Professor, Department of Physical 
Education and Health Science, Dr. M.G.R. Educational and Research Institute University, 
Chennai, the members of the Doctoral Committee who shared their research experience with 
him whenever required.

The scholar expresses his deep sense of gratitude to Dr. V. Saishanmuga Raja, Asst. 
Professor, Department of CSE, for his able and efficient help in the publication of the 
research papers and statistical analysis and in completing this work excellently. He expresses 
his sincere thanks to Mr. M. Shumugakumar, Assistant Professors, Department of Physical 
Education and Health Science, for their valuable help and assistance in the collection of data 
and completing this dissertation. The investigator records his immense sense of gratitude to 
Mr. M. Mahalingam, Director of Physical Education, Sastha Engineering College, Chennai 
for his willing help rendered in the completion of the thesis. He expresses his heartfelt thanks.
to the members of his family, his professional friends and others those who directly or indirectly cooperated in this research work with involvement and encouragement.

The researcher is very humble and sincere in expressing his heartfelt gratitude to the members of his family, especially to his father, mother, brother and sister for their continuous encouragement and help in completing this research work. He is greatly thankful to his wife for her sacrifices and adjustments she had made for him to do the work peacefully and with great concentration without bothering him with any domestic tribulations. He conveys his thanks to one and all that helped him to complete this work either directly or indirectly.

S. JAYAKUMAR