ACKNOWLEDGEMENT

First and foremost I find great pleasure in expressing my deep sense of gratitude and heartfelt thanks to my research guide Dr. C. Robert Alexandar, M.A., M.P.Ed., M.Phil., Ph.D., Dean – Faculty of Science and Research Department of Physical Education, A.V.V.M. Sri Pushpam College (Autonomous), Poondi, Thanjavur, who supported and encouraged me with utmost interest, enthusiasm and patience.

It gives me great pleasure to express my deep sense of gratitude to our reverend Kalvikavalar Sreeman K. Thulasiah Vandayar, Secretary and Correspondent, A.V.V.M. Sri Pushpam College (Autonomous), Poondi, Thanjavur, for permitting me to do the work successfully complete this thesis.

I thank the Principal Dr. S. Udayakumar, A.V.V.M. Sri Pushpam College (Autonomous), Poondi, Thanjavur, for providing the facilities offered to carry out my research activities.

I also express my sincere thanks to Faculty Members, Department of Physical Education, A.V.V.M. Sri Pushpam College (Autonomous), Poondi, Thanjavur, for their help and encouragement.

I extend my cordial and sincere thanks to Dr. Joycy Jay Manoharam, Associate Professor, Department of Zoology, KNGA College, Thanjavur, for her encouragement and moral support.

There are no words, but I am deeply grateful to my wife Mrs. Revathy Murugesan, My Sons M. Saranraj, B.E., and M. Saransingh, B.E., for their patience and perseverance, without which I would not have completed my work, hence, I herewith dedicate this thesis to them.

My heartful thanks to all those students who acted as subjects for this study, without whose help the study would not have been possible.

I express my sincere thanks to Mr. B. Thiagu, Rupa Computers Thanjavur, for extending his help in typing the script neatly and executing the work promptly.

My humble thanks to God Almighty for giving me an intellectual strength in finishing the thesis successfully.

A. Murugesan