ACKNOWLEDGEMENTS

The research scholar wishes to express his sincere appreciation and gratitude to the members of the Research Degree Committee in Physical Education, Mahatma Gandhi University, Kottayam for their critical evaluation of the project outline which gave immense confidence to the scholar for the successful completion of the study.

The scholar would like to mention here his deep sense of gratitude and sincere thanks to my guide Dr. T. I. Manoj, Associate Professor and Head of the Department of Physical Education, College of Agriculture, Vellayani, Thiruvananthapuram for his generous advice, competent guidance, and great enthusiasm for the successful accomplishment of the study.

The scholar would like to thank Dr. Binu George Varghese, Assistant Director & Head, School of Physical Education and Sport Sciences, Mahatma Gandhi University, Kottayam, for his support for the completion of the study. Also thanks to Shri. P. Sanjeev, Librarian (Retd), College of Agriculture, Kerala Agricultural University, Vellayani for his generous help to avail all the necessary literature Shri. Saju. Kizhakkail, brother for his generous help to avail all the necessary instruments for the collection of data from USA. The scholar is indebted to Rev. Dr. Prasanth Palackappillil, Principal, Sacred Heart College, Thevara, Cochin, and Rev Fr. A. J. Saviance, (former Principal), for the valuable support for the completion of the study.

The scholar places on record his gratefulness to the government and private aided college physical education faculty members of four Universities (Kerala University, Mahatma Gandhi University, Calicut University and Kannur University) in Kerala who involved in this study and without whose whole hearted co-operation and eagerness this study could not have been completed successfully.

Special recognitions and sincere thanks are also extended to the research scholar’s wife, Smt. Elsamma Raju and son, Akash and Aditya, Acharma Antony, mother, K.P. Devasia, Aleykutty Devasia and for their patience, understanding, encouragement, and sacrifice throughout the course of the study.

Raju. K. A