

ACKNOWLEDGEMENT

This dissertation would not have been possible without the guidance and the help of several individuals who in one way or other contributed and extended their valuable assistance in the preparation and completion of this study.

I express my sincere thanks to the Vice- Chancellor, Tamilnadu Physical Education and Sports University, Chennai, for allowing me to carry out this research work and for her continuous support and blessings throughout this research work.

I heartily thank Professor Dr.R.Thirumalaisamy, Former Vice-Chancellor, Tamil Nadu Physical Education and Sports University, Chennai, who never hesitated to offer his helpful suggestions, and extended his guidance whenever I approached him.

Foremost, I would like to express my sincere gratitude to my guide Dr.D.Maniabhagu, Assistant Professor, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, for his constant and valuable guidance, which made the study possible. In spite of his extremely busy academic pursuits, he always spared time for me. I have been benefited from the vast reservoir of his deep insight and experience. It is indeed his encouragement and creative suggestions, which helped me in completing my dissertation on time.

I extend my thanks coupled with gratitude to Dr.R.Arjunan, Associate Professor and Head, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi for his encouragement and support to carry out my research.

I am highly thankful to the Management, Mr. P. Baskaaran, Former Joint Commissioner, Dhandayuthabani Swami Thirukkovil, Palani and Secretary of Arulmigu Palani Andavar Arts College for Women, Palani, Mrs. K.S. Mangaiarkarasi, Former Deputy Commissioner, Dhandayuthabani Swami Thirukkovil, Palani and Secretary of Arulmigu Palani Andavar Arts College for Women, Palani, Mr. K. Rajamanickam, Deputy Commissioner, Dhandayuthabani Swami Thirukkovil. Secretary, Arulmigu Palani

Andavar Arts College for Women, Palani, Mrs. Renuka, Dhandayuthabani Swami Thirukkovil, Palani, for permitting me to carry out part-time research work.

I extend my cordial thanks to Dr. K. Themozhi, Principal, Arulmigu Palani Andavar Arts College for Women, Palani, for providing sixty students as subjects and providing all the necessary research facilities and help throughout my work.

On a personal note, I record my thanks to my parents Mr. R. Ramasamy, Mrs. R. Nagammal, my Father-in-Law and Mother-in-Law Mr. R. Panchavarnam and Mrs. P. Shanmugavalli, for their moral support during my study.

I extent my special thanks to my husband Mr. P. Selvaraj, computer Instructor, Government Girls High School, Manamadurai and my dear Child S. Praveena who always reminds me what is real important in life.

It is my pleasure to thank Mrs. A. Kanimozhi, for her excellent work in supervising and instructing the participants in exercises and I also thank all the volunteer subjects who participated in the study and made this work possible.

I am also grateful to my brother Mr. R. M. Venkatesan, Lab Technician, Sri Ram Labs, has made the most valuable contribution to this research work by collecting and analyzing the blood samples.

I wish to thank the personal, the Librarian, Central Library, Alagappa University for kind help in obtaining the literature.

I express my thanks to Mr. P. L. Manikandan, Poocharam Printers, Karaikudi, for his help and technical assistance.

Finally I thank God Almighty for listening to my supplication and answering my prayers.

R.KALAI ARASI