

ACKNOWLEDGEMENT

I wish to express my deep sense of gratitude and indebtedness to my guide **Dr. C. Sugumar B.Sc., M.P.E.S., M.Phil., Ph.D.**, Head, Physical Education & Yoga Centre, Gandhigram Rural Institute – Deemed University, Gandhigram, Dindigul for his valuable guidance, constant encouragement and utmost involvement in carrying out this study successfully. Without his valuable guidance this work would not be a successful one.

The researcher extremely thankful to **Mrs. DR. P. Jeyanthi**, Principal, Govindammal Aditanar College for Women, Tiruchendur for the consent and valuable encouragement to do my research work.

The researcher's special thanks go to **Mr. P. Ulaguvel**, M/s. Saraswathi Computers, Tiruchendur, for his valuable help in alignments and corrections of this thesis.

My special thanks are due to the women players of Govindammal Aditanar College for Women, Tiruchendur, Tamilnadu who served as subjects and co-operated in the successful completion of this study.

I record my sincere thanks to my father **Mr. S. Goris Fernando**, my mother **Mrs. G.T. Thus Navis Mary**, Retd. P.G. Assistant, my sister **Mrs. G. Brintha Fernando & Family**, my brother **Mr. G. Reenus Jesu Raja & Family** and **Master E. Rahul Rodriguez** for their immense help rendered to me during the period of research.

I owe my sincere gratefulness to all who helped me directly or indirectly to complete this research work.

Finally, warm appreciation to all those who had been a repeated source of inspiration ever since and directed me with enthusiasm, support and cheer innovations to undertake and complete this study.

G. REDEMPTA NISHANTHI