ACKNOWLEDGEMENT

The research scholar is grateful to Prof. Dr. Mrs. GRACE HELINA, Vice Chancellor (O), Tamil Nadu Physical Education and Sports University, Chennai for the overall support for the completion of this research work.

Sincere thanks to Dr. R. ELANGOVAN, Professor and Head, Department of Yoga and staff members of the Tamil Nadu Physical Education and Sports University for their support in the successful completion of this thesis.

The investigator wishes to record her sincere thanks to the following great personalities behind the successful completion of this research work namely Dr. K. VAITHIYANATHAN, Former Vice Chancellor, Thiru. BALASUBRAMANIAN, Former Consultant, Thiru. MANIAKANDAN, Assistant and Dr. R. SUBRAMANIAN, Associate Professor of Tamil Nadu Physical Education and Sports University, Chennai.

The researcher record her thanks to her research supervisor Dr. S. THIRUMALAI KUMAR, Associate Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai.

Sincere thanks and heartfelt sense of gratitude are due to the authorities of the Engineering Colleges who permitted to select their students as subjects for this study. Thanks are also extended to the students who volunteered to serve as subjects for this study.

The scholar expresses her deepest gratitude to all who have contributed to the success and completion of this thesis. She is inestimably and immeasurably grateful to each one of them.

INVESTIGATOR