ACKNOWLEDGEMENTS

A deep sense of gratitude is expressed by the research scholar for all the interest shown, suggestions offered and encouragement offered by his advisor Dr. Biswajit Basumatary, Lakshmibai National Institute of Physical Education, Gwalior, M.P. in completion of this Study.

Words are inadequate to express his profound gratitude to Dr. Rajeev Chaudhary, Lecturer, Lakshmibai National Institute of Physical Education, Gwalior, M.P. for his valuable guidance for successful completion of this study.

The scholar also places on records his grateful thanks to Dr. Anurag Mehrotra(M.D., D.M. in Cardiology) and Dr. Vineet Garg (D.M. in Cardiology) for all the help and assistance rendered.

The scholar also thanks to Mr. Binayak Dubey, Dharmendra Kaushik and Mrs. Sonu Chauhan for kind assistance in completing the study. The scholar also expresses his grateful thanks to the staff of the Arogydham (Health & Therapeutic Center).

The scholar also wishes thanks to the librarian and his staff of the Lakshmibai National Institute of Physical Education, Gwalior, M.P.

Lastly, the research scholar will be failing in his duties, if he does not place on record, his special appreciation and thanks to the subjects of
this study without whose enthusiastic co-operation, the present study could not have been completed.