Acknowledgements

At the first instance I have to pay my obeisance and acceptance to “Omnipotent Allah” the great faith in whom helped me accomplished this work.

It is indeed my bounden duty, heart felt gratitude and humble regards to my revered teacher and supervisor Professor Jaowad Ali, Chairman, Department of Physical Health & Sports Education A.M.U., Aligarh for his ceaseless and untiring guidance. The present work has culminated due to his meticulous guidance, constant inspiration and most of all his enthusiasm for perfection and completion of this work.

It is no elaboration that this study owes its reality to the inspiration and encouragement received from M/S. Sushmita Jotshi, Deputy Director, Minara Begum and all the executives, coaches, experts and players of Sports Authority of India Eastern Region for their invaluable cooperation and help rendered by them during the process of data collection.

My special thanks to all my teachers and non-teaching staff of the department for their encouragement and motivation for this academic endeavour.
The scholar also places on record the gratefulness to the Manager Principal and teachers of Iqra Public School Aligarh for extending their support and cooperation in completion of this research work.

I also grasp this opportunity to express my heartiest thanks to my friend Dr. Merajuddin Faridi, and all other friends who generously helped me throughout the work as and when required.

Finally, I am greatly indebted to my parents, brothers and sister for their immense love, prayers and support, without which this work would have not been accomplished in target time.

I also owe my thanks to Mr. Ashfaque Ahmad, Computer Centre, A.M.U., for his valuable suggestions and help in terms of statistical treatment of data. My special thanks to Mr. Mohd. Razi for typing and formatting this work to the best of his ability.

(Md. Babul Akhtar)