ACKNOWLEDGEMENTS

The research scholar wishes to express his sincere thanks to Dr. N.N. Mall, Dean, Lakshmibai National College of Physical Education, Gwalior for providing him an opportunity to work on this study and the facilities extended to him in carrying out the study successfully.

With due regards I express my deep sense of gratitude to my respected teacher and guide, Dr. R.N. Dey, Reader, Exercise Physiology, Lakshmibai National College of Physical Education, Gwalior under whose inspiring guidance I completed my present research work successfully.

I also express my respectful regards to Dr. B.S. Brar, Lecturer, Lakshmibai National College of Physical Education, Gwalior for his fruitful guidance and suggestion through out the study.

I owe special thanks to the members of the Research Degree Committee in Physical Education, Jiwaji University, Gwalior for their critical evaluation of the project out line which gave immense confidence to me in the success-ful completion of the study.

(ix)
ACKNOWLEDGEMENTS (continued)

I wish to express my sense of gratitude to the Principals and Teachers of the Government Higher Secondary School, Government Model Higher Secondary School, Government Girls Middle School, Pharasgao, Bastar District, who had permitted and helped to collect data for this study.

I also express my gratefulness to the students of the above mentioned schools who whole heartedly cooperated to give the necessary data for this study.

Sincere thanks are also due to Shri J.P. Verma, Lecturer in Statistics, Lakshmibai National College of Physical Education, Gwalior for his timely assistance in analysing the data.

I shall be failing in my duty, if I do not extend my sincere thanks to all my friends and colleagues who had spared their valuable time in assisting me in many ways. Of them, special mention may be made of Shri Manilal K.P., Miss Shailaja Kuttv, Miss Reeta Pillai, Shri Ranganathan, Shri Jacob, Shri Sreejith, Shri Tomi, Shri Saji,
ACKNOWLEDGEMENTS (continued)

Shri Wilfred, Shri Benny, Miss Sobhana, Miss Kajani and Shri Babu.

My personal special thanks are due to Mr. Pillai and family who made our stay comfortable during the data collection.

Sincere thanks also due to Principal, Medical College, Trivandrum for permitting me to use the College Library.

The scholar is also thankful to Shri C.B.I. Jacob for checking the final draft and making literal corrections for rendering it presentable.

J.C.

(xi)