ACKNOWLEDGEMENTS

The research scholar is greatly indebted to Dr. T.S. Brar, Reader, Lakshmibai National College of Physical Education, Gwalior for his valuable guidance and supervision throughout the research study.

A deep sense of gratitude is expressed to Dr. S.P. Tewarson, Principal, Lucknow Christian College, Lucknow for his help and encouragement in successfully completing this study.

The author places on record his deep sense of gratitude to Late Dr. N.N. Mall, former Dean, Lakshmibai National College of Physical Education, Gwalior for providing him an opportunity to work on this study and extending the use of all the facilities at the college.

The research scholar acknowledges the contributions made by Dr. A.K. Uppal, Dr. B.S. Brar, Dr. A.K. Datta, Mr. P.P. Ranganathen, Mr. Gopal Krishna and Mr. B.P. Pant for their constructive
ACKNOWLEDGEMENTS (Contd.)
suggestions and providing motivation to complete this study successfully.

To the students, who performed so willingly and effectively as subjects and the physical education teachers who assisted in the data collection phase, the research scholar is deeply indebted and owes special thanks.

S.O.M.