ACKNOWLEDGEMENTS

I wish to express my sincere thanks to Dr. C.H. Dubey, Deputy Director (Extension), Lakshmibai National College of Physical Education, Gwalior, who kindly agreed to be my Supervisor for this research project. I am indebted to him for his valuable directions and constructive criticism of the manuscript.

I would be failing in my duty in not referring Professor Karan Singh, EX Head of Department, Physical Education, B.H.U., Varanasi, who inspired me right from the grass-root level to take up this research project.

My sincere gratitude goes to Ex Dean of Lakshmibai National College of Physical Education, Late Professor N.N. Mall and Acting Dean Dr. A.K. Uppal for valuable expert advice.

I am grateful to Shri J.P. Verma, Lecturer in Statistics and Dr. Rajendra Singh, Lecturer in Physical Education, Lakshmibai National College of Physical Education for their guidance and help in the treatment of statistical data.

My sincere thanks are also due to the Inspector of Schools, Varanasi, Principals and Physical Education Teachers
of all the Higher Secondary Schools and Intermediate Colleges of Varanasi town included in this study for their co-operation in the collection of data. My thanks and appreciation is also due to thousands of boys who took part in this research project.

Shri Lalji Misra, Shri Vijai Kumar Singh, Shri Ravindra Nath Singh, Shri Lakshman Yadav, Shri Om Prakash Singh deserve special word of thanks for their most valuable help in collection of data.

Shri P.S. Tomar, Sports Officer, Doctor Bhagwat Sahay Government College also deserves special thanks for extending all possible help during my stay at Gwalior.

Lastly, I appreciate the support given to me by my wife Meera Singh, son Pradeep Singh and daughter Priyamvada Singh.

S.S.