ACKNOWLEDGEMENTS

The research scholar wishes to acknowledge his gratitude to Dr. A.K. Uppal, the Dean of the Lakshmibai National College of Physical Education, Gwalior, for providing him an opportunity to work on this study.

He is greatly indebted to highly respected teachers and his guide Dr. T.S. Brar, Reader of the Lakshmibai National College of Physical Education, Gwalior who with his vast experience, spared no pain in guiding the scholar in completing this research work.

The scholar wishes to offer sense of gratitude to Dr. B.S. Brar, Dr. G.K. Sharma, Dr. Gurudutt Ghai, Dr. Vivek Pandey, Dr. (Mrs) Dalvindar Kaur Brar, Dr. Vijay Srivastava, Dr. Pratpendar Roy and Miss Indu Choudhary, teaching staff of the Lakshmibai National College of Physical Education, Gwalior for their timely help and encouragement in the formulation and execution of this study.

He is indebted to Shri B.S. Tomar, Shri S.C. Negi, Shri S.S. Chawala, Shri Nandan Kumar, Dr. Goosh and Dr. Miss Rajani staff of National Institute of Sports, Patiala for sincere co-operation in carrying out various tests for the collection of data.
Thanks are also due to the scholars friends Indar Singh, Dr. L.M. Mishra, DR. G.K. Dubbey, Dr. V.K. Jain, Dr. Sarad Chandra Sharma, Smt. Aruna, Sudhir Sharma, Mrs. S.R. Choudhary for their kind help and co-operation.

Sincere appreciation and thanks are also offered to the library staff of the Lakshmibai National College of Physical Education, Gwalior.

Finally, he would be pleased to place on record his grateful appreciation to the young band of subjects, basketball and handball players, without whose co-operation, enthusiasm and sincerity this work would not have been completed.

G.P.