ACKNOWLEDGEMENTS

The scholar expresses his profound gratitude and sincere thanks to Dr. Y. Kishore, Dean, Faculty of Physical Education, Yoga & Sports Sciences, A.N.U., for his outstanding guidance and favorable suggestions rendered during the entire span of this research as the guide.

The scholar is further grateful to, Dr. P. Johnson Principal, University College of Physical Education and Sports Sciences, Acharya Nagarjuna University, for their technical advice and guidance.

The Scholar is grateful to Dr. B. Innaiah Chowdary, Dr. J. Rama Mohan Rao, Faculty Members and Dr. P. P. S. Paul Kumar, Asst professor and Sri. D. Suryanarayana, coordinator, Yoga Course, University College of Physical Education and Sports Sciences. The author also expresses his sincere thanks to K. Rajendra Prasad, Chief Basketball Coach, Sports Authority of India, V P S Public School, Vijayawada, S.R.S.S.P Rayudu, Basketball Coach, Sports Authority of India, Cuttack and A.Ashfaqu, Basketball Coach, Sports Authority of India, Bangalore for their excellent co-operation throughout this research work.
The Scholar wishes to thank the Lecturers in Physical Education and players of ANU Affiliated Colleges for their cooperation during data collection. I thank my friends for the encouragement and for the motivation in preparing the Ph.D. dissertation.

The scholar wishes to express his sincere thanks to each and everyone who were directly or indirectly involved in extending their help to complete this study successfully.

The scholar extends his profound regards to his Mother, sister Nelufar, brothers Zaheer Ahamed and Munaff Manzur and friends for their encouragement and help.

The researcher also wishes to acknowledge the loving care, understanding and support of my Wife Reshma Sultana.

ABDUL MOHAIMIN