ACKNOWLEDGEMENTS

It is indeed an onerous task for me to thank all those who helped me in one way or the other in conducting my research work. As a matter of fact, anyone who has ever undertaken such a project knows the disappointment of not being able to express his/her gratitude to a large number of people who contribute to the success of the project. It has become double difficult for me as I have had the good fortune of getting enormous help from different quarters, without which this thesis would not have been a reality. So, on this occasion of submitting my thesis, my heartfelt thanks and gratitude's are due to all of them.

First and foremost, I deeply express my profound gratitude and sincere thanks to Dr. C.D. Agashe, Associate Professor, S.O.S. in Physical Education, Pt. Ravishankar Shukla University, Raipur (Chhattisgarh), my learned supervisor without whose generous assistance and able guidance, it would have been impossible on my part to complete this thesis. Not withstanding the several demands on his time apart from his regular academic functions, he made it possible to guide me in right earnest.

I am also very much grateful to Dr. (Mrs.) R. Venugopal, H.O.D., S.O.S. in Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) for her constant encouragement during the research work.

My mother Smt Sumitra Nayak and father Shri Khorbahra Ram Nayak, were the main source of inspiration for me since childhood. They are pillars of strength in my life and my sincere gratitude to them.

I express my immense gratitude to Dr. R. N. Mishra and Dr. R.K. Mishra, Asstt. Director, Deptt. of Physical Education, Pt. Ravishankar

Shukla University, Raipur for their support and cooperation during the course of my research work.

I also express heartiest thanks to my Shri Madan Lal Kurre, Dr. Ram Kumar Thakur and Shri Manharan Rathore for their extended support during data collection.

My special thanks, to my friends and relatives for always encouraging me to do the research work.

Last but not the least, any word of appreciation will not be enough for staff of Library of Pt. Ravishankar Shukla University, Raipur (C.G.) for their timely help in pursuance of my research work.

Arun Kumar Nayak