ACKNOWLEDGEMENT

It was a difficult task to study anything concerning one's own work. Since it was impossible to complete the research work successfully, ignoring the assistance of many people, really, the research scholar heavily owes to all the concerned. It is therefore quite customary to write the acknowledgements of a research work. Nevertheless, the words might lack to highlight each and every concerned exponent.

It is my proud privilege to express my first word of gratitude and indebtedness to Major Gen. S.N. Mukherjee (Retd.), Vice Chancellor, Lakshmibai National Institute of Physical Education, Gwalior (Deemed University) for giving me opportunity and provide facilities for the accomplishment of my research work.

The scholar wishes to extent his deepest appreciation to the members of the Research Degree Committee in Physical Education, of Lakshmibai National Institute of Physical Education, Gwalior, for their valuable aid, suggestions and critical evaluation of the project outline, which gave immense confidence to him in successful completion of his study.
ACKNOWLEDGEMENT (contd.)

I owe a heavy debt of gratitude and sincere regard for Dr. R.N. Dey, HOD for Research Development and Advanced Studies, so that I was able to give this study in its desired form.

With my boat smoothly sailing to the shores, it is my proud privilege to express my sentiments of everlasting gratitude and respect for my revert teacher and esteemed supervisor Dr. S. Mukherjee, Professor, Lakshmibai National Institute of Physical Education, Gwalior, under his umbrella, keen interest, insight, inspiration, noble guidance, critical supervision and personal touch which enabled me to do this work so as to reach a stage of completeness as presentability.

I also owe a heavy debt of gratitude and sincere regard to my teachers and role models Dr. G.D. Ghai, Reader, L.N.I.P.E., Gwalior (M.P.) Dr. Vivek Pandey, Professor, L.N.I.P.E., Gwalior (M.P.) Dr. Rajeev Chaudhary, Lecturer; Department of Physical Education, B.H.U. Varanasi (U.P.), Dr. Binayak Dubey, Lecturer, Sakaldiha P.G. College, Mughalsarai (U.P.) for their valuable assistance, constructive criticism and infinite Wisdom as they have always been a source of encouragement for me.
ACKNOWLEDGEMENT (contd.)

The scholar has a deep sense of appreciation for the coaches of Lakshmibai National Institute of Physical Education, Gwalior (Deemed University) for their willingness, enthusiasm and wholehearted cooperation in the collection of data.

The scholar places on record his gratefulness to the students of Lakshmibai National Institute of Physical Education Gwalior, who acted as subjects for this study and without their wholehearted cooperation and eagerness; this study could not have been completed successfully.

Special recognition and sincere thanks to all my friends along with Bhupendra Bhadoria, Sharad Rai, Sohail Raza, Prahalad Patel, Divya Darshan, Ajit Singh Kushwah, Mahesh Dhapola, Mahendra Barua, Swadesh Shrivastava, Jitendra Verma and Amit Gupta.

I owe lot to many others who helped me directly or indirectly during my research work. Last but not the least I would to give my special thanks to library staff, Dr. Anil Sharma, Rajesh Saxena, Suresh Jha, Rajeev Mishra and Dr. Shashi Prabha, Lab Assistant for Research Block, Lakshmibai National Institute of Physical Education, Gwalior for their invaluable help, support and co-operation.
ACKNOWLEDGEMENT (contd.)

Lastly, warm appreciation to all those who had been a repeated source of inspiration ever since and directed me with enthusiasm, support and sheer innovations to undertake and complete this study.

S.K.P