ACKNOWLEDGEMENT

The author wishes to express his sincere appreciation and gratitude to the Maj. Gen. S. N. Mukherjee, Vice-Chancellor, Lakshmibai National Institute of Physical Education, (Deemed University), Gwalior for providing him to take up this doctoral study. Sincere gratitude are also placed on record for Head of the Department of Research Development and Advanced Studies, LNIPE, Gwalior for providing him the opportunity to undertake this study. Heartfelt thanks are also allocated to all the faculty members and staff of the department for providing the facilities and all possible assistance in the successful completion of the study.

Words are inadequate to express the deep sense of gratitude that the author had for the advisor Dr. Biswajit Basumatary, for his valuable suggestion and constructive criticisms of the manuscript, dedicated guidance, encouragement and enthusiasm extended throughout the formulation and successful completion of the study.

The author is especially thankful to Dr. Vivek Pandey and Mrs. Poonam Pandey for their encouragement and support that had strengthened the spirit of scholar.
Last but not the least to scholar places on record his heartfelt appreciation for all the persons who acted as experimental subjects. Thanks are due to Dr. K. K. Sahu, for providing valuable assistance in data collection. Thanks are also due to Avnish Kumar for timely completion of drafting and typing work.

M.K.