ACKNOWLEDGEMENT

The research scholar wishes to record his sincere gratitude to Maj.Gen. S.N. Mukharjee, Vice Chancellor of Lakshmibai National Institute of Physical Education, Gwalior for giving an opportunity to make on this study and by providing the necessary facilities.

The research scholar places on record his sincere gratitude to the members of the Research Degree Committee in Physical Education, Lakshmibai National Institute of Physical Education, Gwalior for their critical evaluation of research proposal. Their gesture of encouragement gave him the required impetus to complete the study successfully. He is extremely grateful to his Supervisor Dr. (Mrs) Indu Mazumdar, Professor, Lakshmibai National Institute of Physical Education, Gwalior for her valuable guidance and constant encouragement in the formulation and completion of the study.

The investigator extends his sincere appreciation and thanks to B.P.E. and B.P.Ed. students for helping the scholar in administering the training programme.

Sincere thanks are expressed to Dr. Shyam Narayan Singh, Director, Physical Education, Santana Dharm College, Muzaffer Nagar (U.P.), Dr. Brij Kishore Prasad, Ram Naresh Dubedi and Mr. Aseem Srivastava, Lecturer, Computer Foundation Course, Bundelkhand University, Jhansi, for helping the scholar in statistical analysis and data collection.
Thanks are also extended to the Library Staff of Lakshmibai National Institute of Physical Education, Gwalior for their help and cooperation in the location and study of related literature.

Heartfelt thanks are extended to the Principals of Ajmer Schools, the staff and students for helping and permitting the investigator to select the school students as subjects for this study.

Willing and enthusiastic cooperation extended by the students of classes I to III of Ajmer School, who was selected to serve as subjects for this study is sincerely appreciated.

   S.P.S