ACKNOWLEDGEMENTS

My sincere thanks are due to the Director, Dr. Jitendra Singh Naruka, Lakshmibai National Institute of Physical Education, Deemed University, Gwalior, for granting me permission to carry out this study, and for all the encouragement bestowed upon me for undertaking the present study.

I am deeply indebted and would like to express my sentiments of deep gratitude to my advisor Dr. Sabyasachi Mukherjee, Reader, Lakshmibai National Institute of Physical Education, Deemed University, Gwalior for his keen interest, insight, inspiration, noble guidance and critical supervision. His invaluable suggestions and encouragements helped me a great deal in completing this study successfully.

I am highly grateful and thankful to Dr. R. Anil, lecturer, P.K.M. College of Education, Madampam, Kannur, Kerala, whose deep scholarship encouragement, sincere guidance and invaluable suggestions proved a great help to me a finalising the manuscript.

I wish to acknowledge my thanks to Sri. Bhasker Nayak, Principal, Government College of Arts, science and commerce, Quepem Goa who willingly spared me for completing this study, irrespective of numerous engagement in the college.
Acknowledgements (continued)

A deep sense of gratitude is expressed to Dr. Tara Sanker Dey, Dr. Moti Prasad, Dr. K. Debnath, Dr. Baber Ali Khan, Mr. Tomy Jose, Mr. Ajay Upadhyaa, Mr. Thakkur, Mr. Behra, Mr. Anand Joshi, Mr. D. Bagchi, Mr. Francis Lobo, Mr. S. Padam, Mr. R George and Mr. Y. Jawale whose timely help, healthy and constructive criticism and immense encouragement had helped me in completing this study.

A special thanks to Ms. Priti Dhirii M PEd. Scholar for her valuable help in the data collection.

I am also highly thankful and would like to express my appreciation to the library staff of Lakshmibai National Institute of Physical Education, Deemed University, Gwalior, HVP Mandal, Amaravati, Goa Medical College and NIC Centre, Panaji, Goa, for providing me relevant journals and literature.

My warmest and deep gratitude is expressed to Dr. S Desphande, Principal, Degree College of Physical Education, HVP Mandal, Amaravati, and Dr. Vidhya, Head of the Department and the Faculty for their help and sincere cooperation.

Special thanks goes to the Faculty of HVP Mandal, Amaravati for their valuable assistance and to the students who served as subjects for the test.
Acknowledgements (continued)

I also owe my deepest gratitude to *my wife, parents, in-laws and other family friends* for their support throughout in the preparation of this project.

R. M.