ACKNOWLEDGEMENTS

The research scholar wishes to express his sincere gratitude to Dr. Jitendra Singh Naruka, Director, Lakshmilai National Institute of Physical Education (Deemed University), Gwalior, India for the permission of work on this study and making facilities available at the institution.

Sincere gratitude is expressed to Dr. L.N. Sarkar, Sr. Lecturer, Lakshmilai National Institute of Physical Education (Deemed University), Gwalior for his generous advice, competent guidance and encouragement given to the scholar in successful accomplishment of this study.

The scholar is indebted to the members of the Research Degree Committee in Lakshmilai National Institute of Physical Education, Gwalior for their critical evaluation of the project out-line which gave immense confidence to him in successful completion of this study.

Heart felt thanks are extend to Dr. S.S.Harrani, Reader, Lakshmilai National College of Physical Education, Trivandrum and Dr. Vivek Pandey, Lecturer, Lakshmilai National Institute of Physical Education (Deemed University), Gwalior, for their valuable suggestion and encouragement during the course of investigation.
ACKNOWLEDGEMENTS (Contd.)

To express the deep debt which really owe to Sri. Prasanna Kumar, Research Scholar, Jiwaji University, Gwalior for his generous help and assistance during the course of research.

Highly grateful to Tom Thomas, Physical Education Teacher and Lun Buhril, Lecturer, Lakshmibai National College of Physical Education, Trivandrum for their help and encouragement to conduct this study.

The scholar extends here sincere thanks to Sri. Gabriel V., Deputy Director of Physical Education and Sports, Kerala and Jude Antony, Physical Education Teacher for their kind cooperation.

To express special thanks to Mr. Vinod M.L., Lenin C.C., Wilson Rozario, Siju-P. John, Masters Degree Students of Lakshmibai National College of Physical Education for their timely help given by them for the completion of the study.

The scholar highly grateful to Mr. Sugunan, Football Coach, University of Kerala and Dr. Christo Lenan, M.B.B.S., Medical College, Trivandrum for their generous help for this study.
ACKNOWLEDGEMENTS (Contd.)

The investigator is greatful to Mr. Brij Kishore, Rathan Singh Rathore and Sujaneesh K. Das, research scholars for their timely help and assistance during the course of research.

The special thanks are due to the Librarian and his staff Lakshmibai National Institute of Physical Education, Gwalior and Lakshmibai National College of Physical Education, Trivandrum and also to all those who directly or indirectly helped the scholar in giving final shape of this thesis.

RPK