ACKNOWLEDGEMENTS

It is a proud privilege for me to record my deep sense of gratitude and indebtedness to my respected teacher Dr. Jasraj Singh, Reader, Lakshmibai National Institute of Physical Education, (Deemed University) Gwalior, without whose keen interest, constant advice and encouragement the work could not have been possible and assumed this form.

I take this opportunity to thank Dr. Jitendra Singh Naruka, Director, Lakshmibai National Institute of Physical Education (Deemed University), Gwalior for his valuable cooperation and substantial support for this study.

I am thankful to Shri Krishna Nand Tripathi, (Expert of Transcendental Meditation Technique) Deputy Registrar, Maharishi Mahesh Yogi Vadic Vishvavidyalaya, Gwalior for his kind co-operation and valuable suggestions.

I wish to put on record my sincere appreciation for the dedicated efforts put in by Dr. H.S. Dwivedi, Ex Vice chancellor, Guru Ghasi Das University, Bilaspur, Dr. D.S. Chandel, Dean, Student welfare Jiwaji University, Gwalior, Dr. A.P.S. Chauhan, Head, Political Science Department Jiwaji University Gwalior and Dr. Shobha Yadav Principal, Sanskrit Degree College, Gwalior.

I can never forget the nick line meritorious services extended by Mr. Rajeev Chaudhary and Mr. Vijay Chahal (Research Scholars) at various stages of present study. I received ungrudging help from several other colleagues Mr. Praveen Jadon, Mr.Brij Kishore, Dr. Uma Shankar Tripathi, Mr. Anil Chauhan and Dr. Bushra Malik, I am thankful to them.
I am thankful to Judokas of Lakshmibai National Institute of Physical Education (Deemed University) and Jiwaji University who acted as subjects in the study.

My sincere thanks to all faculty members and non teaching staff of Lakshmibai National Institute of Physical Education (Deemed University) for their help in due course of this study. I thank to librarian and his staff of Lakshmibai National Institute of Physical Education (Deemed University) for this timely help and co-operation in the completion of this study.

My thesis is really the labour of love entirely because of the care and advice of my mother and father, without whose blessing and constant encouragement this work could never have been completed. My dear sisters Dr. Seema Sisodia, Dr. Bhawna Singh and Brother-in-law Mr. R.M. Singh, brothers Mr. Vishwas, Nirbhay and Nayan deserve appreciation for the affection and warmth extended by them whenever my spirit flagged and I was about to falter from my objective. I express my heartfelt thankfulness to Mr. Azhar Mannan and Mr. Vardhan Gaur for their invaluable co-operation. I also acknowledge the encouragement of all relatives and friends.

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

A.S.