ACKNOWLEDGEMENT

The scholar expresses a deep and everlasting sense of gratitude to Dr. K. K. Verma Vice Chancellor Lakshamibai National Institute of Physical Education, Deemed University, Gwalior, for providing an opportunity to carry out this study and for inspiration and encouragement from for the successful completion of the study.

The scholar express his deepest sense of gratitude to Dr. S. Mukherjee, Reader, L.N.I.P.E. Deemed University, Gwalior (M.P). and supervisor of the scholar for all his generous, competent, valuable and scholarly guidance and also for inspiration and encouragement given for the successful completion of the study.

I owe my unbounded gratitude to Dr. P. K. Pandey, Reader, L.N.I.P.E. Deemed University, Gwalior (M.P) who has inspired me to the present study and given me guidance for completion of the study.

My heartful thanks are due to Dr. R.N. Dey, Reader and Dr. L.N. Sarkar, Lecturer L.N.I.P.E. Deemed University, Gwalior (M.P) for the great advise and suggestion to carryout the study.
The scholar is especially thankful to Dr. Kishore Mukhopadhyay for his valuable guidance and also for providing the idea to carry out research work on cardiological aspects.

The scholar is grateful to Dr. Thareja and Dr. Gupta for their valuable co-operation and help for collection of plasma lipid, lipoprotein and cardiological data sincere criticism and tips regarding the study. I am also grateful to the staff of Pathological Laboratory.

My sincere thanks are due to Mr. B.S. Dhir, Principal, Alwar Public School, Alwar (Raj) for his kind co-operation.

The subject of this study, the students of APS, Alwar, had co-operated sincerely for this study. I am very much obliged to them.

I extend my sincere thanks to Mr. Virendra Jain for giving me timely help in the collection and analysis of data pertaining to this study.

Hence, I express my sincere thanks to Mrs. Prashanti Menon, Miss. Stuti Chawla and Mr. Amit Dastidar for the valuable help provided to me for computer graphics and useful suggestions for application of computer technology.
Thanks are also given to the library staff of L.N.I.P.E, Deemed University, Gwalior, M.P for providing the required literature from time to time. I am grateful to them.

The scholar express his indebtedness and everlasting gratitude to Father Shri Ananda Mohan Banerjee, Mother Mrs. Anita Banerjee, Uncle Mr. S. Moitra, Aunt Mrs. M. Moitra for their help and constant inspiration for successful completion of the research work.

Special thanks to my sister Mrs. Runu Chakrobarty for her constant inspiration and encouragement given for the successful completion of the study.

Last but not the least thanks are also given to Mr. Gautam Ghosh, M.Phil. scholar, Mr. Atanu Das, M.Phil. scholar, Mr. Kallool M.Phil scholar, Mr. Some M.P.E. Student and all those who directly or indirectly helped the research scholar in various stages of the research work.

A.B.