ACKNOWLEDGEMENTS

A deep sense of gratitude is expressed to Dr. M. Robson, Dean (since Retired), Lakshmibai National College of Physical Education, Gwalior, for his valuable guidance, timely suggestions and encouragement given to the scholar in successfully completing this study.

The scholar is indebted to the members of the Research Degree Committee in Physical Education, Jiwaji University, Gwalior, for their critical evaluation of the project outline which gave immense confidence to him in successful completion of his study.

Appreciation is expressed to Dr. A.K. Uppal, Deputy Dean and Dr. R.M. Dey and Dr. T.S. Brar, Readers, Lakshmibai National College of Physical Education, Gwalior, for their constructive and helpful suggestions from time to time.

Sincere thanks are also due to Shri R.L. Chopra, Lecturer, Lakshmibai National College of Physical Education, Gwalior, for helping the scholar in finalising the manuscript.

The scholar records his appreciation of the
ACKNOWLEDGEMENTS (Continued)

assistance rendered by Shri S. Mukherjee, Lecturer, Shri Rajender Singh, Miss Ranjot Gill, Miss Manga P.J., Miss Usha Menon and Shri V.K. Shrivastava, Research Assistants and M.P.E. students of the Lakshmibai National College of Physical Education, Gwalior, for their help in the collection of data.

The scholar places on record his gratefulness to the students of Kendriya Vidyalaya No.1, Gwalior, who acted as subjects for this study and without their whole hearted cooperation and eagerness this study could not have been completed successfully. He also records his gratitude to the Principal, Kendriya Vidyalaya No.1, Gwalior, for permitting his students to act as subjects and Physical Education Teachers of the same school for their kind cooperation, help and assistance in many ways during the course of this study.

B.S.B.