ACKNOWLEDGEMENT

With my boat smoothly sailing to the shores, it is my proud privilege to express my sentiments of everlasting gratitude and respect for my revered teacher, Dr. N.N. Laha, Lecturer (Medicine), G.R. Medical College, Gwalior. It was under his umbrella, keen interest, insight illustrative study, deep scholarship, inspiration and noble guidance, critical supervision and personal touch that I was able to give this study its desired form. He has been my 'Guru'.

I am indebted to Dr. (Mrs.) T. Mall, Reader, LNCPE., Shakti Nagar, Gwalior, for her valuable guidance, timely suggestions and encouragement given in successfully completing this study.

I owe my gratitude to Dr. N.N. Mall, Dean, Dr. P.K. Pande, Reader and Mr. J.P. Verma, Lecturer cum statistician of LNCPE., Gwalior, whose guidance, constant persuasions and painstaking efforts were a big help to me. They were pillars of strength. Without them my work could not have dreamt of its present materialization.

A deep sense of gratitude is expressed to Dr. B.N. Chattoraj, Dy. Director, Indian Institute of Criminology, Delhi for his constructive and helpful suggestion regarding the subject from time to time.
I wish to acknowledge my sincere thanks to the library staff of the G.R. Medical College, Gwalior and INSDOC, persons for providing me the reference materials.

Appreciation is also expressed to Mr. Manilal K.P., Research Assistant, LNCPE., Gwalior for helping in computation.

I am also indebted to Dr. S.R. Gangopadhyay, Mrs. S. Avasthy & my wife Mrinal for correcting the manuscript and final draft.

I record my thanks to Mrs. Monika Dey (LNCPE., Gwalior), Mr. G.S. Bawa (NSNIS., Patiala) Miss Prabhjot Kaûr (MLNSS, Rai), Dr. M.L. Kamlesh (Patiala) and all the organisers, coaches and sports persons who so very kindly helped me in collecting the data.

I am thankful to Mr. G.D. Lulla, artist G.R. Medical College Gwalior and a friend of mine who took all the pain in making graphs. My thanks also goes to Mr. Manohar Singh my student for having snapped the photographs.

Last but not the least my warmest and sincere gratitude to my Papa, Amma, brother Ajay and the newly wedded wife, Mrinal, for making herculean efforts to dispel the moments of anguish and despair, so often
met with the process of achieving a cherished goal. They were the rays of light and brightness to me.

(AMAresh Kumar)