ACKNOWLEDGEMENTS

The author is thankful to Dr. N.N. Mall, Professor and Dean, Lakshmibai National College of Physical Education, Gwalior for the permission to work on this project and making available the facilities at the College.

The author is indebted to Dr. A.K. Uppal, Professor and Deputy Dean, Lakshmibai National College of Physical Education, Gwalior, for his encouragement and suggestions given to him without which the thesis could not have been completed.

Sincere thanks are due to Dr. S.R. Gangopadhyay, Reader, Lakshmibai National College of Physical Education, Gwalior for helping the scholar in finalising the manuscript.

Thanks are also due to Mr. Apta, Principal, Shrimati P.G. Garodia English School, Bombay for the permission to conduct experiment and collect data on subjects who had come to participate in the coaching camp organised by the school.

Sincere appreciation is expressed to Mr. R.P. Mishra, Mr. P.K. Agarwal, Mr. R.P. Pandey, Teachers of Physical
ACKNOWLEDGEMENT (continued)

Education, Smt. P.G. Garodia English School, Bombay, Mr. N. Dutta, Mr. G. Goswami, Mr. S. Chatterjee, Mr. B. Ali Khan, scholars of Lakshmibai National College of Physical Education, Gwalior and others whom the scholar has failed recognise for their valuable and timely help.

The scholar is thankful to the subjects for their sincerity and enthusiasm for this project, without which the study could have not been possible.

P.R.