ACKNOWLEDGEMENT

I owe my grateful thanks to my guide Dr. J.S. Naruka, for his constant guidance with deep insight; and innovation in my research, leading to a fruitful and satisfactory conclusion.

Great appreciation is placed on record for Dr. P.M. Joseph (Founder Principal - L.N.C.P.E., Gwalior), and Dr. N.N. Mall (Professor and Dean, L.N.C.P.E., Gwalior), for inspiring the researcher towards successful attempt of the project.

My sincere sense of gratitude is expressed for Prof. M. Robson (Annamalai University), Prof. Karan Singh (B.H.U., Varanasi), Shri J.S. Manjul (C.H.E.B., New Delhi), Dr. A.K. Uppal and Dr. P.K. Pande (L.N.C.P.E., Gwalior), for their appropriate and professional guidance, specially in the preparation of the questionnaire.

I express my deep sense of gratitude to Prof. S. Srivatsan (Dean, G.N.D.U., Amritsar), Drs. P.K. Khurana, O.P. Sharma (I.I.T., Delhi), and Dr. S.N. Sharma (Lecturer, Punjab University, Chandigarh), for their constant and abiding help in designing the methodology, statistical procedure and analysis as well as presentation of the details in a systematic manner.

I am thankful to Shri K.K. Batra (SIPE), Miss Santosh Khurana, Mrs. Satnam Sawhney, Miss Anita Ghosh, Sarvshri Sultan Singh, B.S. Rana, J.S. Ahlawat and R.S. Lakra for their readily available help and cooperation in the collection of data.

I express my gratefulness to the Librarians of L.N.C.P.E., Gwalior; Punjab University, Chandigarh; Delhi University; N.C.E.R.T.; the Physical Education
Branch and Hindi Academy, Delhi, for facilitating my access to literature.

Shri R.K. Chugh deserves a special thanks for typing and finalising the manuscript. The untiring work of Dr. G.K. Kamal for editing the manuscript most intently, deserves special mention and sincere appreciation.

Last but not the least, I owe my earliest thanks to the subjects, respective Principals, and staff for their most valuable cooperation in conducting the research.

S.D.