ACKNOWLEDGEMENTS

The research scholar wishes to express his sincere appreciation and gratitude 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 the scholar for the successful completion of the study. Dr. A. K. Uppal, Dean, Lakshmibai National College of Physical Education, Gwalior for providing him an opportunity to work on this study and the facilities extended to him in carrying out the same successfully.

The scholar would like to mention here his deep sense of gratitude and sincere thanks to Dr. Rajender Singh, Director, Dept. of Physical Education, Jiwaji University, Gwalior for his generous advice, competent guidance and great enthusiasm for the successful accomplishment of the study.

Sincere thanks also due to Dr. G. Kishore, Deputy Director, Nethaji Subhash National Institute of Sports, Southern Center, Bangalore for his generous help to avail all the necessary instruments needed for collection of data.
ACKNOWLEDGMENTS ( Contd.)

The scholar records his appreciation of the assistance rendered by Mr.Laxman.N and Mr.Dinesh Kumar, Computer Programmers, Mr.Sunil.T.T, Mr.Biju.N and Mr.Vinod.J, Lecturers of Govt.Model Polytechnic, Vadakara for their help in analysis of the data and preparing the manuscript.

The scholar also records his appreciation of the assistance rendered by Mr.Moby Thomas, Mr.Jude Antony and Mr.Jaya Kumar for their help in the implementation of the programme and collection of the data.

Thanks are also due to M/S Manoj K.P., Anil. R, Dominic Thomas, Research Scholars, Mathews. J and Presannan, M. Phil Scholars of Lakshmibai National College of Physical Education, Gwalior for their timely help to the successful completion of this study.

The scholar places on record his gratefulness to the students of Rotary Institute for Mentally Retarded, Vazhuthacad, Trivandrum, who acted as subjects for the this study and without whole hearted co-operation and eagerness this study could not have been completed successfully.

He also records his gratitude to Mr.Mathan Kyyalakkayam, Secretary and Mrs.Jalaja S.Nair, Principal of the Rotary Institute for the Mentally Retarded for Providing students subjects.
ACKNOWLEDGMENTS ( Contd.)

Special recognitions and sincere thanks is extended to the research scholar wife, Nigi and daughtar Pooja for their patience, understanding, encouragement and sacrifice throughout the course of this study.

T.I.M