ACKNOWLEDGEMENT

A deep sense of gratitude is expressed by the researcher to his research guide, Dr. T.K. Bera, Principal, College of Physical Education, Bharati Vidyapeeth University, Pune, and research co-guide Dr. Dhairyasheel N. Savant, Asian Institute of Oncology, Mumbai, for their valuable guidance, logical criticism and scientific approach to complete this investigation. Their encouragement and inspiration for completion as well as permission for submission of this thesis is thankfully acknowledged.

The author is indebted to the authorities of Bharat Sevashram Sangh, Vashi, who permitted and helped to conduct the experiment, without their support this research would not have been possible. The scholar is also thankful to the subjects for the enthusiasm and sincerity with which they participated.

The researcher is thankful to the teaching and non-teaching staff of Physical education department, University of Pune, Pune for their cooperation and support to complete this study.

He is grateful to his father, Late. Shri Gayadin Choudhary, Mother Smt. Ramkali Gayadin Choudhary, Brother Dilip Kumar Rajak, Wife Reena Ashok Kumar Choudhary and Son Rajveer Choudhary, for their continued inspiration, moral support and encouragement during the research study.

January, 2013

(ASHOK KUMAR RAJAK)