Acknowledgment

It is due to the blessings of Almighty that I have been able to complete my research work. With his blessings only I have such generous supervisor, great teachers, supportive family, friends, seniors, and loving juniors who helped me directly and indirectly during my Ph.D. work.

It is my proud privilege to express my sentiments of everlasting gratitude and respect to my supervisor Prof. Sushma Ghildyal, Head, Department of Physical Education, Banaras Hindu University, Varanasi, for her keen interest, invaluable help, continuous supervision, untiring patience, constructive criticism and constant inspiration to do this work in which I was really interested. Like seasonal navigator she steered my efforts through the maze of thesis work. Whenever I groped in darkness of confusion and dilemma, enlightenment came from her suggestions, criticism and guidance, clearing the horizons for me. To such an intellectual elite, noble teacher completely dedicated to the profession, I render my heartfelt respect to this academic preceptor. May her academic excellence and immense erudition live long and I a novice get an iota of it.

No words are adequate to express my sentiments and sincere thank to my esteemed teacher Prof. D.K. Dureha, Ex. Head of Department of Physical Education, Banaras Hindu University, Varanasi, for his unceasing inspiration, as an ocean of infinite wisdom, professional competence as he has always been a source of encouragement for me.
I am grateful to **Prof. Rajeev Chaudhary**, Professor, Pt. R. S. University for giving me valuable help as and when required.

I own heavy debt of gratitude for unceasing care and individual help by **Dr. B.C. Kapri**, Professor, **Dr. Rajiv Vyas**, Assistant Professor, **Dr. Abhimanyu Singh**, Assistant Professor, **Dr. Akhil Mehrotra**, Assistant Professor, **Dr. Vikram Singh**, Assistant Professor, **Dr. T.Onima Reddy**, Assistant Professor, Department of Physical Education, Banaras Hindu University, Varanasi for being a constant source of inspiration and for their able guidance and suggestions.

I acknowledge all non-teaching staffs, **Mr. Alok Kumar Singh**, **Mr. Pankaj Mr. Gautam Ram**, and **Manoj** for their help in the official works.

Sincere and very special thanks to my dear friend **Dr. Vivek Singh**, Without his cooperation, inspiration and support this study would not have been possible.

My hearty thanks to senior research scholars **Vivek Tiwari**, **Shailesh Kumar**, **Sourabh Singh**, and **Richa Singh** for their suggestions and motivation.

Sincere thanks is also extended to all my friends: **Miss Sangeeta Kumari**, **Miss Geetika Singh**, **Miss Mitali**, **Dr. Anil Kumar**, **Pravesh Dubey**, **Dharmendra Kaithal**, **Dr. Ram Das**, and **shusheel Bharti**, who have helped in some way or the other for making this study a success, without their cooperation the Study would have been impossible.

I am grateful to all the **Students of Department**. They were like family members to me and helped me whenever I asked, and without their cooperation and priceless help this work would have not seen the
ray of hope towards the completion. I extend my thanks Specially to Mr. Hansraj Jaishwal, Mr. Sanjay, Miss. Vertika, Miss Anju and Mr. Kripa Shankar.

I specially thank all the subjects for their kind cooperation during my data collection work.

I am indebted to my father Late Andriyas Khakha, it was his blessing and dream which motivated me towards my Ph.D work, Mother Mrs. Hira Mani Khakha, and younger Brother Mr. Ashish Khakha for the immoral support and encouragement. They were the source of inspiration for me during my research work.

Acknowledgement would not be completed without mentioning all those who had been the constant source of inspiration either directly or indirectly.

Date:

Place: Varanasi   L.K.