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

The words are inadequate to record indebtedness to Dr. L.N. Sarkar, Senior Lecturer, Lakshmibai National College of Physical Education Gwalior, for his competent guidance and great enthusiasm for the successful accomplishment of this study.

The Research Scholar is specially indebted to Dr. H. Adhikari, Lecturer, N.B.S. Mahavidyalaya, Vishnupur, Bankura, West Bengal, for his constructive criticism and assistance in formulating this study.

Words are inadequate to express thanks
ACKNOWLEDGEMENTS (Continued)

to Mr. Amiya Sengupta, Sadar Sub-divisional Sports Officer, Bankura, West Bengal, and Mr. A.N. Chatterjee, Teacher, Kenduadihi High School, Bankura, West Bengal, for correcting the manuscript.

Thanks are due to all library staff of Lakshmibai National College of Physical Education, Gwalior, for their cooperation throughout the study.

Research scholar's sincere thanks are due to Mr. Netai Karmakar, Mr. Santosh Das Chakravarty and Mr. Satyaban Dutta, Physical Education Teachers, Bankura District West Bengal, for their kind cooperation in conducting the training programme, collection and analysis of data.

The research scholar expresses special sense of appreciation to them who served as subjects and who helped the scholar in different ways in successful completion of the study.

S.K.B.

(ix)