ACKNOWLEDGEMENTS

First of all I would humbly thank the almighty Lord, who provided me with the opportunity and environment that I could complete my doctoral thesis.

I am feeling scarce of words in expressing gratitude to my humble and honourable supervisor Dr. Brij Bhushan Singh. It has been a very precious and big fortune for me to work under his guidance. His hardworking nature, dedication and devotion to work and enlightened thoughts have always spirited me to forward my work up to this level.

I am thankful to Prof. Jawaid Ali Khan (Chairman, Department of Physical Health & Sports Education, A.M.U.) for his great co-operation. He provided me with help, guidance and inspiration at every step with all the facilities needed for my research work.

I am also grateful to the teaching staff of the Department of Physical Health & Sports Education, A.M.U., Aligarh, which includes Dr. Zamirullah Khan, Dr. Rajendra Singh, Dr. Ikram Hussain, Dr. Kabir Shah Khan and Mr. Tariq Murtaza, for their co-operation and technical assistance from time to time. I also wish to thanks Afroz Alam, Babul Akhtar, Dr. Sanjog Tiwari, Gulab Chand and Sanjay Rai.

I am also thankful to my friends and hostel mates especially Saleem Javed, Akram hannon, Dau Dayal Yadav, Nilabh Bhargav, Gufran Akhtar, Abdul Haleem and Mohd Afzal Khan.

My special thanks will also go to S.M. Idrees, Mohd Shareef and Ghulam Mohd Rather for their valuable support and great co-operation during this whole work.

At last but not the least, I can not underestimate the help, co-operation, ceaseless encouragement and emotional support of my parents, Mr. Quamaruddin Ansari, Mrs.Khurshida Begum. I would also express my gratitude to my loving brothers (Mahmood Alam Ansari and Mansoor), sisters (Nasreen, Kaisar and Ishrat) and sister-in-law Shama Parveen. It was without their help this Herculean task could not have been completed, their sacrifice and ceaseless encouragement restored my confidence.

(Manjoor Alam Ansari)