Acknowledgement

It is my proud privilege to acknowledge my sincere gratitude for the guidance, valuable advice and constant encouragement to me by my supervisor Dr. D. S. Toor, Professor, Physical Education Department, Panjab University, Chandigarh.

I take this opportunity to express thanks to Dr. N.S. Mann, Professor and Chairman, Department of Physical Education, Panjab University, Chandigarh, for inspiration and making everything available needed to complete this study.

Thanks are also due to Dr. Biswajeet Basmatari, Lecturer, L. N. I. P. E., Gwalior.

My heartfelt thanks are due to Dr. Rajeev Choudhary, Lecturer, L. N. I. P. E., Gwalior for guidance and suggestion during the course of study.

I sincerely thank to Mr. Rattan Sign, Lecturer, Physical Education Department, Panjab University, Chandigarh for Analysing and interpretation of data on S.P.S.S. Computer System.

Appreciation is also to all the male judokas who offered their help during collection of data.

Last but not the least thanks are also due to the library staff, of L. N. I. P. E., Gwalior and Panjab University, Chandigarh for their continuous help and which has made this work possible.

Jitender Singh