ACKNOWLEDGEMENT

It is my great privilege to express my heartfelt gratitude to my esteemed guide Dr. Sukhdev Singh, Associate Professor and Head, Department of Physical Education (Teaching), Guru Nanak Dev University, Amritsar, under whose guidance this research has been completed. I am very gratefully acknowledged his sustained encouragement and valuable guidance throughout the period of this study. I express my thanks to Dr. G.S. Kang, Former Head, Department of Physical Education, Punjabi University, Patiala for his valuable suggestion from time to time.

I am extremely thankful for invaluable help, moral support and encouragement given by Mr. Amandeep Singh and Dr. Baljinder Singh Bal, Assistant Professors, Department of Physical Education (Teaching), Guru Nanak Dev University, Amritsar and Dr. Gobind Singh, Assistant Professor, Guru Nanak College, Moga throughout the study.

I also wish to offer my thanks to all the teacher of the Department of Physical Education (Teaching), for giving constructive suggestions in the completion of my work.

I take this opportunity to express special thanks to Mr. Mandeep Singh Bal, Research Fellow, Department of Physical Education (Teaching), Guru Nanak Dev University, Amritsar, for his moral support and painstaking efforts during the course of this work.

I am very thankful to Mr. Jagdeep Singh (Volleyball Coach), Mr. Lakhvir Singh (Kho-Kho Coach), Sukhbir Singh, Inderjit Singh, Gurbir Singh, Sandeep Kumar and Baljit Singh Bath of Department of Physical Education, Guru Nanak Dev University, Amritsar for their co-operation and help during collection of data.

It is my pleasure to express deep gratitude to all the physical education teachers of the colleges of northern India, who provided useful help in the collection of data specially to Dr. B.B. Yadav, Assistant Professor, DAV College, Amritsar, Dr. Jaspal Singh, Assistant Professor, Lyallpur Khalsa College, Jalandhar, Dr. Pritam Singh, Director of Physical Education, S. N. College, Banga, Dr. Karanjit Singh, Assistant Professor, Baba Budha College Bir Sahib, Tarn Taran and S. Charanjit Singh, Director of Physical Education, Guru Nanak college, Batala, Gurdaspur.

I express my special thanks to Non-Teaching Staff of Department of Physical Education, Guru Nanak Dev University, Amritsar.

My heartiest thanks to my brother-in-law Mr. Rajesh Kumar who helped me a lot for my data assembling.
I feel honoured in getting unfailing sense of accommodation, encouragement and all sorts of active assistance from my parents and my wife, during the time I worked on the study.

I also very thankful to those Team-Managers and Coaches who extended me their enthusiastic co-operation in collecting the necessary data and to all those volleyball players without whom this research was not possible. I would also like to acknowledge all the friends and relatives whose guidance and help I received in this project.

I acknowledge the immense help received from the scholars whose articles are cited and included in references of this study. I am also grateful to authors/editors/publishers of all those articles, journals and books from where the literature for this study has been reviewed and discussed.

At last, I want to thank every person who helped me directly or indirectly and whose name couldn’t mention here, I will always remain grateful to them.

On the top of all, I thank the Lord Almighty under whose invisible guidance and blessing, I could complete the course of this study successfully.

Vishaw Gaurav