Acknowledgements

It is the proud privilege of research scholar to express his sentiment of everlasting gratitude and respect to his esteemed supervisor Prof. Kanwaljeet Singh, Head, Department of Physical Education (A.T.), Guru Nanak Dev University Amritsar for his valuable direction, noble guidance and critical supervision for the successful completion of this study.

My appreciation also goes to Dr. Sukhdev Singh, Head, Department of Physical Education (T), Guru Nanak Dev University Amritsar for their encouragement and suggestions rendered during the study.

A deep sense of gratitude is also expressed to Sh. Satnam Chand, Sh. Ashok Kumar and Kashmir Kumar for their co-operation, assistance and empathy.

Warm appreciation to my father Sh. Kashmri Lal Luthra, Mother Smt. Raj Rani, Wife Geeta Luthra, Daughter Vanshika and Son Garvit, Nephew, Dolly, Varun & Vishakha who had been a repeated source of inspiration ever since and directed me with enthusiasm, moral support and sheer innovation to undertake and complete the study.

Heartiest thanks and appreciation are extended to all the subjects without whose help this study could not have been completed.

Last but above all, I thank with heart and soul to the almighty who graced me with right thoughts and power to convert those thoughts into action.

Shashe Bhushan Luthra