ACKNOWLEDGMENT

On the completion of the present research, I wish to express my humble thanks to the 'Almighty' for being gracious in giving me strength and wisdom to accomplish this work. It gives immense pleasure to acknowledge those who have generously supported me.

I would like to express my deep gratitude and heartfelt thanks to my esteemed supervisor, Prof. (Dr.) Kanwaljeet Singh, Director (Sports), Guru Nanak Dev University, Amritsar, (Punjab) for his enthusiasm, inspiration, and great efforts to explain things clearly and simply. Throughout my research work period, he provided encouragement, sound advice and lots of good ideas. I would have been lost without his direction. It has been proud privilege to work under his guidance.

I express my sincere gratitude to Dr. Sukhdev Singh, Associate Professor & Head Department of Physical Education, Guru Nanak Dev University and other faculty members of the Department for their kind and cooperative attitude towards this endeavor.

I am immensely grateful to Dr. Gurpreet Singh Kang, Professor and Dr. Nishan Singh Deol, Professor, Department of Physical Education, Punjabi University for their kind and valuable support towards this endeavor.

I feel glad in giving heartfelt thanks to Dr. Gurmeet Singh, Associate Professor & Head Department of Physical Education, Panjab University, Chandigarh for providing me all possible help in completing this research work.

I also extend my cordial thanks to all my subjects belonging to Guru Nanak Dev, Panjab, Punjabi and Lovely Professional Universities and different colleges of physical Education of Punjab and Chandigarh for their cooperation and facing all types of difficulties during my work and for their help extended in the collection of data.

I will be failing in duty if I do not thank the famous authors’ work which I have made extensive use of their literature, opinion and their work to complete this experiment.
I express my special thanks to Dr. (Mrs.) S. K. Bawa, Dean, Lovely Faculty of Education, Lovely Professional University, Phagwara (Punjab) for her inspiration and help that made it possible to fulfill this task.

I also extend my thanks to Mr. Rakesh Mohindru for his worthy guidance in the statistical analysis of the study.

Finally, I would like to thank all the teachers, Heads, Principals of Physical Education Colleges and my friends, relatives who helped me directly or indirectly and rendered all cooperation to complete this work. I am indebted to my many colleagues and friends for providing a stimulating and fun environment in which to learn and grow. I am especially grateful to Dhanwant Singh, Amandeep Singh, Navdeep Dhaliwal, Amit Dutt, Inderjit Singh, Sumit Gupta, Vijay Chechi, Dr. Satish Sharma, Dr. Brij Kishore, Mandeep Singh bal and Vikrant Rana who provided help in thesis work.

(Gurpreet Singh)