ACKNOWLEDGEMENT

I think alone, starts with the guidance of my teachers and completion of the research project with many persons. I helped by all of them according to nature of their jobs. I want to acknowledge personally for their contribution and co-operation in my research project.

To my patient teacher and guide Dr. G.S. Kang Head, Department of Physical Education, Punjabi university Patiala. I fold my hands to wish him in grateful acknowledge for his valuable cooperation, help and support rendered to me all time during the course of my study.

My sincere thanks to Dr. Jaswinder singh and Mr. Sukhdeep singh SAI NS Patiala for their precise and precious suggestions to complete the thesis work.

I owe an unpayable debt of gratitude to Mr. Parveer Singh, Mr. Rajinder Singh, National Athletic coaches from Department of Athletics, SAI NS NIS, Patiala for their constant encouragement, which has inspired me to successful conclusion of my research project both on and off the field.
My humble thanks are certainly due to my friends, colleagues and seniors Mr. Bharat Singh, Athletic coach, Mr. Rustam Khan, National coach, Amarjeet singh and Jaswinder Singh Athletic coaches and Nishan singh Deol, Reader, Punjabi university Patiala who helped me through difficult process of assimilation and documentation of the volumes of material collecting data that needed final shaping and sorting out of my thesis. It is the encouragement of my wife that helps me lot.

I am deeply thankful to those who helped me directly or indirectly, on and off the field.

(SUKHRAJ SINGH)

Date __________________________