ACKNOWLEDGEMENTS

I express my sincerest gratitude to my supervisor Dr. Ajmer Singh (Arjuna awardee) Director sports, Panjab University, Chandigarh for his consistent supervision and valuable guidance to accomplish this task.

I am deeply indebted to Dr. Jagtar Singh Gill, Head, Department of physical education Panjab Engineering College, Chandigarh and Dr. Bhupinder Singh Ghuman, Sr. Lecturer S.K.R College of Physical Education, Bhago Majra (Kharar) for their willing co-operation, timely help and encouragement to move forward for the completion of this research project.

Thanks are due to all the athletes, Heads of the Institutions and lecturers in physical education who helped in furnishing and collection of data.

I express my deep regards to Mrs. & Mr. Amarjit Singh Sandhu for hospitality and encouragement. I am also thankful to Sh. Swarn Singh programmer, for computerizing the data and in giving the final shape to this research project. Last but not the least my thanks are also to Mrs. Jasbir Brar, my wife, daughter Jasdeep Brar and son Khushdeep Brar for lot of patience, perseverance and incessant motivation extended to me throughout the period of research project.