ACKNOWLEDGEMENTS

All praise is due to Almighty Allah, the source of all knowledge, without whose mercy, this work could have never been completed. Anything that is new, unusual and unorthodox should be carried out delicately, with a proper direction and immaculate supervision. My supervisor Dr. Ikram Hussain with his proactive approach, tireless effort and keen interest earnestly fits the bill. I thank him for his enthusiastic and energetic attitude towards the completion of this venture. He shall always inspire me, in all my endeavors.

I would like to thank Prof. Jawaid Ali, Chairmen, Department of Physical Health And Sports Education, Aligarh Muslim University, Aligarh, for his constant encouragement, sympathetic understanding and attitude. He provided me with all necessary facilities which were required for this thesis work.

I thank my co-supervisor Mr. Asim Zafar, Sr. Lecturer, Department of Computer Science, Aligarh Muslim University, Aligarh, for his constant inspiration, encouragement, motivation and guidance.

I am deeply indebted to all the teachers, Department of Physical Health And Sports Education, Dr. Kabir Shah Khan, Dr. Rajender Singh, Dr. Brij Bhushan Singh, Dr. Zamirullah Khan and Mr. Syed Tariq Murtaza and other staff members for their invaluable suggestions and inspirations during the research work.

I am also grateful to Dr. Haseeb Athar and Dr. Rafiq Ullah Khan, Department of Statistics, Aligarh Muslim University, Aligarh, for their help and suggestions during the course of study.

I am thankful to all the organizing secretary of tournaments, who have facilitated the data collection, coaches and subjects, whose cooperation have lead to the completion of this research work worth.

I am also indebted to all my colleagues and friends. Special thanks to the members of Department of Physical Health And Sports Education, Aligarh Muslim University, Aligarh, for their constant motivation.
I also express my deepest gratitude to my mother and other family members who are the pillar of my standing and have lovingly nurtured my dreams and stood by me through the thick and thin.

Last but not the least, there is a limit to man's attainments that may only be traversed by his longing. What I am and hope to be, I owe it to my mother.

Thanks Almighty Allah, he may pave the way for my achievement in academic and personal pursuits and provide me the opportunity to offer honorable services to my country and society.

(Mohammad Ahsan)