ACKNOWLEDGEMENT

I have no words to express my deep sense of gratitude to my revered supervisor S. Gurbaksh Singh, (Retd.) Reader, Department of Physical Education, Panjab University, Chandigarh for his constant guidance, motivation, invaluable supervision, untiring help and critical assessment, which helped me accomplish this research successfully.

I feel deeply obliged to Dr. N.S. Mann, Chairman, Department of Physical Education, Panjab University, Chandigarh who from his vast experience bestowed me his valuable advice and guidance.

I regard it my duty to thank Dr. R.P. Josh, Govt. College, Sector-42, Chandigarh for his valuable support and sincere help,

A special thank to Dr. Nirmaljit, Dr. G.S. Brar, Dr. Dalwinder Singh and Dr. J.K. Gill for their appropriate help from their research experience that was readily available to me throughout my studies.

Librarian of Department of Physical Education and Staff of Computer Department of Panjab University also deserve my special thanks for their assistance in collection and analysis the data.

My Bhabhi Ji, Mrs. Bhupinder Kaur Sandhu deserve my gratitude for her love, affection and cooperation.

Ranjit Dhillon and Simrat deserve my great thanks for their hospitality, always their willingness to help me in my research work.
I wish to thank to my mother-in-law Surinder Kaur who looked after the needs of all family members. Thanks are also due to my sister-in-law, my sister, Bhoparai family and my nephews.

I owe a lot to my mother who in her lifetime could not see this dream come true. However this work should make my father a proud father.

Word will not do justice to express my heartfelt indebtedness to my husband S. Shamsher Singh Randhawa for providing me the emotional support. Who suggested this work and whose faith in me made it possible. Sumreet and Subhkarn my children, whose complete cooperation and inspiration played an important role in motivating me.

There are many others who helped me directly and indirectly in my study and I convey my sincere thanks to all of them.

(PARMINDER SANDHU)
21.10.03