ACKNOWLEDGMENTS

A deep sense of gratitude is expressed to Dr. Ajmer Singh, Director Sports, Panjab University, Chandigarh for his valuable guidance, constructive suggestions and encouragement for completing this study.

The scholar is indebted to Dr. Jagtar Singh Gill, Senior Lecturer, Panjab Engineering College, Chandigarh for his heartily co-operation, encouraging attitude and timely assistance in all respect. Thanks cannot be expressed in words.

The scholar is grateful to S. Gurcharan Singh Tohra, President, and S. Jagir Singh Khoosa, Vice President, Managing Committee and also to the Manager and the Principal, Bhupindra Khalsa Senior Secondary School, Moga, who provided the scholar an opportunity for permitting the scholar to undertake the present study and providing encouragement throughout the course of the study. Scholar is also thankful to his colleagues and non teaching staff, for their help and cooperation in many ways for the completion of the study.

Sincere thanks are due to Dr. B.S. Brar and Dr. T.S. Brar, Readers, Lakshmibai National College of Physical Education, Gwalior for their valuable suggestions and help.

Sincere thanks are also due to Mr. Gulshan Kumar Arora, Lecturer, Computer Science Department of Panjab University, Chandigarh and Dr. Safri Lal, Lecturer, S.D. College, Chandigarh, for assistance rendered by them.

(iii)
The scholar expresses his gratitude to Sh. Chittranjan Singh, Athletic Coach; Sh. Reetmohinder Singh, Hockey Coach, Sports Department, Panjab; Sh. Jaswant Singh Grewal, Head, Physical Education Department, Guru Nanak College, Moga; Dr. Piara Singh, Head, Physical Education Department, G.G.N. Khalsa College, Mahilpur; Sh. Malkiat Singh Brar, Physical Education Teacher in Bhupindra Khalsa Secondary School, Moga and S. Sukhdev Singh, Physical Education Department, D.M. College of Education, Moga for their kind help and cooperation rendered by them during the collection of data.

Willing and enthusiastic co-operation extended by the students of 11th and 12th classes of Bhupindra Khalsa Senior Secondary School, Moga who volunteered to serve as subjects for this study, is sincerely appreciated and acknowledged.

Appreciation is also extended to S. Harjit Singh and Mrs. Darshan Kaur who carefully typed and computerized the manuscript.

Last but not the least I am beholden to my wife Iqbal Kaur and daughters Jaspreet Kaur, Manpreet Kaur and son Guriqbal Singh who shared the burden of looking after me at the cost of their comforts throughout the period of this study.

(Gurmail Singh)