ACKNOWLEDGEMENT

It is a privilege to offer my sincere thanks to all those who have contributed in the successful completion of this thesis.

A deep sense of gratitude and indebtedness is expressed to my esteemed supervisor Prof. Daljit Singh Toor, who has been a source of constant encouragement and his support and favour extended to me. His valuable and precious guidance helped me in completing this study. He is not only a guide, a teacher but also a great human being.

I feel so nice to express my respects to Dr. Gurmeet Singh, Chairman, Department of Physical Education, Panjab University, Chandigarh for heartily cooperation, encouraging attitude and timely assistance in all respect.

The scholar is grateful to Dr. Sanjeev Sharma, NDDY, Sarvodya Bhawan, Jalandhar(Punjab)for granting permission to conduct the study and providing cooperation, help in many ways for the completion of the study.

It gives me immense pleasure to record a special note of appreciation and gratitude for my parents and husband Dr. Ashish Kumar Lal whose time I robbed while achieving this academic goal. I have absolutely no words to express my gratitude for the entire in-law’s family for their co-operation and constant encouragement in accomplishing this task.

I highly acknowledge the assistance given by my nephew Arshdeep.

Appreciable acknowledgement is also due to the Department of Physical Education Panjab University to draw out the Analysis and Interpretation of Data.

Last but not least thanks are due to the women for their best co-operation and who volunteered to serve as subjects in the completion this project.

I offer my sincere thanks to ‘All’ who have directly or indirectly contributed to this task.

Isha Sagar