ACKNOWLEDGEMENTS

Successful completion of a task is often due to innate talent of an individual more than to the fact that he has been blessed by the Almighty and fortunate to be with the individuals who can show the right path.

It is my proud privilege to express my sincerest regards and deep sense of gratitude to my esteemed and venerable teacher, a healthy critic and intellectual guide Dr. Gurbaz Singh (Retd), Reader, Department of Physical Education, Panjab University, Chandigarh whose excellent supervision, painstaking efforts and constructive criticism was the main strength in making this mountainous task consummating to a smooth end.

It is my proud privilege to acknowledge the keen, invaluable and ever available guidance rendered to me by my revered teacher, learned guide and co-supervisor Dr. (Mrs.) Nirmaljit Kaur Rathoe, Senior Lecturer, Department of Physical Education, Panjab University, Chandigarh without whose helping hands this task would not have been possible. This research work right till the last full stop reflects her unflinching magnanimity, experience and expert guidance.

I extend my thanks whole heartedly to the Chairman of the Department of Physical Education, Panjab University, Chandigarh and the other faculty members of the department who inspired me and took keen interest in the study.

My sincere thanks are due to Sh. Uttam Chand, Librarian, Department of Physical Education, Panjab University, Chandigarh for his untiring and unreserved cooperation.

I extend deep and immemorial thanks to Dr. Harmeet Singh, Technical Officer, Department of Physical Education, Panjab University, Chandigarh who has always been a source of inspiration, encouragement and constant motivation and with his experiences and brilliant insight he gave me useful guidelines to make this study successful.
I am grateful to the non-teaching staff and groundmen of the Department of Physical Education, Panjab University, Chandigarh for their help and cooperative behaviour.

I owe special thanks to Dr. Kewal Singh, Director Sports, Panjab University, Chandigarh who helped me to contact with the organizers of different university teams for collection of data.

I wish to convey my special thanks to Mr. Gurmeet Singh, Manager and Mr. Sukhvinder Singh, Coach of Panjab University Athletic Team, who assisted me with their experiences and optimistic way enabling me to contact the subjects from different universities for collection of the data at the Inter University Athletic Championship held at Gulbarga University, Gulbarga (Karnataka).

Deep sense of gratitude is due to the Board of Sports of Inter-University Athletic Meet and Dr. Partap Singh Tiwari, Director of the Meet and Director of Physical Education, Gulbarga University, Gulbarga, and other officials of the Meet who helped and gave me valuable opportunity for collecting the data successfully.

I am indebted to all the team managers/coaches of the respective universities of Northern and Southern regions who helped me to interact with the subjects for collection of data.

I am also thankful to the players from different universities who acted as the subjects for collection of the data for this research work. Without their cooperation this study was impossible.

I have no words to express my ardent sentiments to my beloved parents Mr. Dilmohan Singh and Mrs. Surinder Kaur and younger sisters Ms. Paramjeet Kaur, and Dr. (Ms.) Harpreet Kaur. Due to their affection, inspiration and moral support I was able to complete this study successfully.

(Adarash Pal Singh)