ACKNOWLEDGEMENT

The research scholar first of all praise and thank the almighty for giving him abundant grace, good health, motivation, dedication and knowledge to do this study.

The research scholar wishes to express his sincere appreciation and gratitude to the Research Degree Committee for giving him opportunity to undertake this study.

Words are not sufficient to express thanks to highly respected guide, Dr. N.S Mann, Retd. Prof. Dept. of physical education, Panjab University Chandigarh, for his valuable direction, supervision, suggestions and guidance at each step in the formation and completion of this study.

The research scholar acknowledges his special thanks to Dr. G S Brar, Chairman, Dept. of physical education, Punjab University Chandigarh for his cooperation necessary for the successful completion of the study.

The research scholar expresses his affectionate thanks to his grand father Mr. P S Thapa, grand mother Mrs. Satya Devi, father Mr. N S Thapa, mother Mrs. Kamlesh Thapa, wife Neha, Brother Ankush for their motivation and encouragement besides all the pain they have taken in the due course of the study.
A deep sense of gratitude is express to Dr. Sushil Kalta and Dr. Sanjeet Sardar, lecturer, department of physical education, govt. college, sec-11, Chandigarh for their timely help and suggestion in finalizing this study.

Hearty gratitude is express to Mr. Sandeep Kumar for devoting his time for type setting the thesis.

The research scholar acknowledges his special thanks to Dr. R.S. Brar, Head of the Department and all the members of the staff, department of Physical Education, PGGC, Sector 11, Chandigarh, for their timely help and suggestion for this study.

The research scholar wishes to express his never ending thanks to all the players of all the colleges and universities of Punjab, Haryana, and Delhi who have served as the subject for the study. Without their cooperation and help the study would never been completed.

Anshull