ACKNOWLEDGEMENT

"Thanks" are poor expressions of the deep depth of gratitude which one feels in one’s heart, yet there is no better way to express it.

I wish to express my sincere and profound gratitude to my supervisor Dr. Gurbaj Singh, Department of Physical Education, Panjab University, Chandigarh for his inspiration, goal oriented encouragement, valuable guidance which has enabled me to achieve this form of presentation.

I take this opportunity with deep conviction that execution of this exercise would have never attained fruition with an unflinching magnanimity, kind inspiring guidance, appropriate advice, invaluable supervision and constant motivation emanating from my worthy co-supervisor Dr. Jupinder Kaur Gill, Lecturer, Department of Physical Education, Panjab University, Chandigarh and words fail me in expressing my deep gratitude and regard for her.

I regard it as my solemn duty to thank Prof. Dr. N. S. Mann, Chairman and Dr. S.N. Sharma Reader, Department of Physical Education, Panjab University, Chandigarh for rendering me from time to time, with their precious, constructive advise for accomplishing this work.

I deeply acknowledged my indebtedness to Mr. Harmeet Singh (Lab Incharge), Uttam Chand (Librarian), Staff, Department of Physical Education, for their unreserved cooperation and to
Sh. S.K. Mahindru and the staff of Computer Department for their valuable contribution in analyzing the data.

I owe a bundle of thanks to Sh. S.K. Sharma (Principal) S. Kamaljit Singh (D.P.) of Government Senior Secondary School, Sector 23, Chandigarh. My special thanks are due to my ‘subjects’ who extended their fullest cooperation for the collection of data.

I wish to express gratitude to my dear Father Sh. Sunka Ram Sankhyan for his constant inspiration to the things done and his pride in my accomplishment been a source of strong motivation for me. I hold for my dear mother Smt. Gaini Devi Sankhyan whose confidence in me irrespective of the fact what I do, has been a constant source of encouragement to me. I am grateful to my brother, sister, sister-in-law, grandmother, grandfather, maternal grandfather, grandmother, uncle and aunt who shared my hardship by providing warmth and support.

I must also express my deep gratitude to Maj. Mahesh Inder Singh Gill (M.A., Ph.D) Sports Psychologist, Army Sports Institute, for his critical assessment, suggestion and valuable help in several ways in accomplishing this project.

I feel great pleasure in expressing my warm thanks to my cousin Anju and my friends B.K. Pandey, Jitender, Anjana and Devinder Ahuja for their unreserved cooperation and sincere help that was readily available at all the time.
I complete this work with the secret blessings of my religious guru Dr. Narayan Dutt Shrimali.

They observe warm and great thanks indeed.

CHANDIGARH

NEELAM KUMARI SHARMA