ACKNOWLEDGEMENTS

Research in any field is exciting as well as challenging. For me this project was a very educative and gratifying experience. I wish to record the invaluable contribution of all those individuals who helped me with guidance, advice, suggestions, support and assistance and thus enabled me to accomplish my task.

My guide and research supervisor, S. Gurbakhsh Singh Sandhu, Former Chairman, Department of Physical Education, Punjab University Chandigarh has taken great pains for me right from the onset of my project. His competent guidance and counseling has been instrumental in sustaining me throughout my work. I am deeply indebted to him for his patience and meticulousness in correcting my work and giving me precise directions at each stage of my research.

The Chairman and all faculty members of Department of Physical Education have been very co-operative and forthcoming in helping me whenever I needed any assistance. I am grateful to all of them for their efforts.

I appreciate the contribution of all the authors on whose works I have leaned heavily and convey my gratitude to them. I specially thank Dr. Jagtar Singh Gill, Punjab Engg College, Chandigarh, for his expert advice on statistical analysis.
I feel deeply obliged to Mr. S.K. Mahendru, Mrs. Saroj Bala and Mr. K.K. Puri, Department of Computer Science, Punjab University, Chandigarh for helping me in computing and analyzing the data.

I am grateful to all my friends and colleagues who helped me in collection of data, reference material and conduct of fieldwork for this study. In this regard I would like to make special mention of Mrs. Jasmel Kaur, Govt, College of Physical Education, Patiala, Dr. G.S. Brar and Mrs. Meenu Rathi, Department of Physical Education, Punjab University, Chandigarh, Mr. G. S. Mangat, P.C.S., Mrs. Rajinder Pal and Mr.Govind Singh of Dev Samaj School, Sector 21C, Chandigarh.

I express my gratitude to my husband (Lt Col R.K. Singh) for his unstinted support and continuous encouragement that kept me on course in finishing my work in the present form and also in the required timeframe. I appreciate the patience of my children (Deepshikha, Satya Priya Singh and Dev Priya Singh) for bearing with me while I was busy with this assignment. I am grateful to my elder sisters (Mrs Suman Vohra and Mrs Sunil Bhutani) and brother-in-law (Mr. Vinay Bhutani) for their consistent help and assistance.

I thank my friends and members of the family for their sincere wishes and much needed moral support, without which it would not have been possible for me to accomplish this assignment.

Date: 18 Jun 2001

(SUMATI BALA)