Acknowledgement

All the praises for Almighty Allah and his messenger Profit Mohammed (PBUH) who is most gracious, beneficent and merciful bestowing me wisdom, knowledge, courage, dedication and chance to complete this thesis.

I am feel great pleasure to present this thesis for the award of Ph.D degree in physical education through Department of Education university of Kashmir.

First of all I would like to record my deep gratitude to my supervisor Dr. M. Y. Ganaie who is the man of moral character, decent, helpful and dedicated. I am highly grateful to him for his guidance and advice during the course of the present study. I am highly thankful to Almighty Allah and BORS member of the university for providing me such a nice and pious supervisor. I really enjoy my research under his guidance and I didn’t face problem during the study.

I owe a sense of gratitude to Prof. N. A. Nadeem Dean and Head, Department of Education university of Kashmir for his encouragement, valuable suggestions, comments and help during the course of the study.

I have the honour of extending my sincere gratitude to Dr. Khursheed Ahmad Tarzan Ex. Directorate, Department of Physical Education university of Kashmir for his help, guidance, suggestion and encouragement. I am also thankful to him for facilitating me with important materials and suggestions.
My great full thanks to Prof. N. A. Baba Ex- Head of the Department, Political Science University of Kashmir and Prof. Bashir Ahmad Ex- Head of the Department, economics University of Kashmir for their help and suggestions.

I am highly thankful to Mr. R.K Gupta Ex-Director; J&K youth services and sports Department for his encouragement and valuable suggestions. My special thanks to Mr. G.M. Want District officer, youth services and sports Srinagar and his activity staff especially to Mr. Showket Indrabi for providing all important information and material regarding my study.

I will not forget to pay my thanks and regards to Mr. A.S. Sodi Ex-principal, college of physical Education Ganderbal for providing me necessary material, guidance and appreciations.

I am very thankful to Dr. P.M. Sumblı lecturer physical education, GHSS Anantnag for his help and time to time suggestions.

My high regards to Mr. Shahzada Mir Ex- Principal GHSS Kothibagh for her help, encouragement and cooperation, and my special thanks to clerical staff of the said institution for their help and cooperation. My thanks to my friend Shubina for computerising important documents of my thesis.

I am thankful to all my friends especially Zahid Ahamed Wani for their assistance cooperation and encouragement.

I am highly grateful and paying my regards to all the head of the institutions, their staff members, and clerical staff for their cooperation. I am grateful to Physical education staff of selected institutions for their help
and assistance to collect the data regarding physical fitness and in assessment of sports performance.

My special thanks to all physical education lecturers of J&K for their help and encouragement. My heartiest gratitude to my parents and whole family especially to my mother who cooperate and encourage me during the course of my study.

I am highly thankful and pay all my love to my younger brother master Saqlain Bhat student of class 6th studying in Woodlands house school Sonwar for his innocent help and encouragement. My thanks and love to the entire students who formed samples for my study.

I would like to thank to library staff of Education Department University of Kashmir for providing me books and material for my study.

I should fail in my duty if i do not record my thanks to Mr. M D. Zargar Director Academics, J&K board of School Education for his valuable suggestions.

Lastly I should be extremely thankful to allied printers Lal Chowk, Al-Kitab printers and publishers’ Residency Road for printing important documents of the study. I am also thankful to Al-Khaleel computers to computerize important documents of my thesis.

I am highly thankful to Mr. Mohammad Ashraf Mir for typing my thesis with meticulous care and under heavy time schedule.

Basharat Ali
Investigator.