ACKNOWLEDGEMENT

I stand grateful to almighty ‘Waheguru ji’ for blessing me with precious life and strength to pursue the path of learning. The success of this thesis is attributed to the extensive support and assistance from my supervisor, Dr. Dalwinder Singh, Professor, Department of Physical Education, Panjab University, Chandigarh for his valuable direction, noble guidance and critical supervision for the successful completion of this study. Without his constant trust and gentle prodding, this thesis would not have been completed.

I am indebted to Dr. Th. Nandalal Singh, Associate Professor & Chairperson, Department of Physical Education, Panjab University, Chandigarh for his inspiration and propositions rendered during the study. I also bow my regards to Dr. Jagtar Singh Gill, Professor & Head Department of Physical Education, PEC University of technology who enlightened my path throughout this research in the right direction. I would like to express my deepest indebtedness to all faculty members especially to Prof. G.S. Brar, Prof. Gurmeet Singh, Dr. Raj Kumar Asst. Professor.

I am grateful to my colleagues and friends Dr. Parminder Singh Asst. Professor, Dr. Sonia Saini Asst. Professor, Dr. Manju and Mr. Baljinder Singh Asst. Professor. Last but not the least Dr. Anju Lata Divedi, Asst.Professor, Head, Department of Physical Education, MCM DAV College, Sector-36, Chandigarh who provided me support to complete this research work.

I would also thankful to Director School Education, District Education Officer, All Heads/Principals of schools of Union Territory of Chandigarh for permitting me to visit their schools for collection of data. I must express my gratitude to all teachers from various recognized schools of Union Territory of Chandigarh who acted as subjects for this study.

I am indebted to my father Sh. Roop Singh, mother Smt. Amarjit Kaur, my better half Harmeeet Kaur and my brothers for their constant encouragement which inspired me towards successful conclusion of my research study. I am deeply thankful to all those who helped me directly or indirectly for the completion of this research work.

Date ______________________ (SARBJIT SINGH)