ACKNOWLEDGEMENT

First of all, my head bows down before Almighty who has blessed me with opportunity, skill and capacity to achieve the goal of my life.

Words fail in expressing my profound feeling of gratitude to my esteemed, highly intellectual and learned supervisor Prof. Shamsher Singh (Retd.) for his scholarly guidance and valuable help in completing this study. His painstaking supervision, constructive criticism and inspiring discussion have left an indelible imprint on my doctoral research work.

I express my gratitude to Dr. B.S.Rathi, Former Head and Dr. (Mrs.) Indira Dhull, Head Department of Physical Education for their constant interest in monitoring the progress of my study.

I extend my sincere thanks to all the subjects, coaches, Physical Education teachers, my friends Mr. Davender (Mattu), Mr. Bhagat Singh, Mr. Satish Malik and Dr. Dinesh Yadav who have rendered their service for my present work.

I also appreciate the helping hand extended to me in the completion of this work by all members of the teaching and non teaching staff of Dept. of Physical Education, M.D.U. Rohtak.

I am grateful to my brother Sh. Dharmender Kadian, Assistant Professor, Physical Education, Sh. Wazir Goyat, Assistant Professor, Physical Education and Dr. Deepak Dhaka, my fellow researcher, for their sublime suggestions during the course of this study.

I record my appreciation for the cooperation by central library staff of M.D.U.Rohtak, P.U.Chandigarh, K.U.Kurukshetra and C.D.L.U. Sirsa. I am extremely grateful to various authors whose books, articles, research work have been used as references for carrying out the study.

No words can adequately express my gratitude to my family. I am indebted to my parents for their encouragement and blessings, who enabled me to complete my work. Their steadfast support and endurance have helped me immensely. I must convey my deepest affection and applause to my wife Mrs. Seema and my Children Master Vedant Kadian and Naitik Kadian, as without their unfailing patience,
encouragement, motivation and evergreen showering of love and affection it would not have been possible to accomplish this mammoth task. They always stood by me at every stage of my research work.

I would like to thank Mr. Rajender Pahwa, Prop. of S.S Computer, Rohtak for giving the study a well designed look.

Nov. 2012

(Bhupender Singh)