## LIST OF ILLUSTRATIONS

Figure		Page
	Flow chart showing the training adopted for experimental group I –	
1.	progressive muscular relaxation of intercollegiate hockey players (1 <sup>st</sup> - 12 <sup>th</sup> week)	110
2.	Flow chart showing the training adopted for experimental group II –	119
3.	autogenic training of intercollegiate hockey players $(1^{st} - 3^{rd} \text{ Week})$ Flow chart showing the training adopted for experimental group II –	120
	autogenic training of intercollegiate hockey player ( $4^{th} - 6^{th}$ Week) Flow chart showing the training adopted for experimental group II –	121
4.	autogenic training of intercollegiate hockey players (7 <sup>th</sup> – 9 <sup>th</sup> Week) Flow chart showing the training adopted for experimental group II –	122
5.	autogenic training of intercollegiate hockey players (10 <sup>th</sup> – 12 <sup>th</sup> Week) Flow chart showing the training adopted for experimental group III –	123
6.	transcendental meditation of intercollegiate hockey players (1 <sup>st</sup> - 12 <sup>th</sup>	
	week)	124
7.	Flow chart showing the training adopted for experimental group IV –	
	Mental Imagery of intercollegiate hockey players (1 <sup>st</sup> – 3 <sup>rd</sup> Week)	125
8.	Flow chart showing the training adopted for experimental group IV –	
	Mental Imagery of intercollegiate hockey players (4 <sup>th</sup> – 6 <sup>th</sup> Week)	126
9.	Flow chart showing the training adopted for experimental group IV –	
	Mental Imagery of intercollegiate hockey players (7 <sup>th</sup> – 9 <sup>th</sup> Week)	127
10.	Flow chart showing the training adopted for experimental group IV –	
	Mental Imagery of intercollegiate hockey players (10 <sup>th</sup> – 12 <sup>th</sup> Week)	128
11.	Figure showing the field markings of hit test	136
12.	Figure showing the field markings of scoop test	138
13.	Figure showing the field markings of flick test	140
14.	Research flow chart	145

Figure	LIST OF ILLUSTRATIONS (Continued)	Page
15.	Bar diagram on adjusted means of concentration without distraction	152
16.	Bar diagram on adjusted means of concentration with distraction	157
17.	Bar diagram on adjusted means of attention (TMT A)	162
18.	Bar diagram on adjusted means of attention (TMT B)	167
19.	Bar diagram on adjusted means of Cognitive Anxiety	172
20.	Bar diagram on adjusted means of Somatic Anxiety	178
21.	Bar diagram on adjusted means of Self-Confidence	184
22.	Bar diagram on adjusted means of Tension	190
23.	Bar diagram on adjusted means of Depression	195
24.	Bar diagram on adjusted means of Anger	200
25.	Bar diagram on adjusted means of Vigor	205
26.	Bar diagram on adjusted means of Fatigue	210
27.	Bar diagram on adjusted means of Confusion	215
28.	Bar diagram on adjusted means of Hit	220
29.	Bar diagram on adjusted means of Scoop	225
30.	Bar diagram on adjusted means of Flick	230
31.	Bar diagram on adjusted means of Playing Ability	235