

**EFFECT OF SHADOW TRAINING ON THE BEGINNERS  
AND ADVANCE PLAYERS IN ACHIEVING HIGH  
PERFORMANCE IN BADMINTON**

प्रारंभिक और अग्रिम बैडमिंटन खिलाड़ियों के भौतिक चर के चयन पर  
छाया प्रशिक्षण के प्रभाव का एक तुलनात्मक अध्ययन

**A  
Thesis**

**Submitted for the Award of the Ph.D. degree of  
PACIFIC ACADEMY OF HIGHER  
EDUCATION AND RESEARCH UNIVERSITY**

By

**AYUSH H RAWAT**

आयुष एच रावत

Under the supervision of

**Dr. NEELAM YADAV**

Associate Professor  
Department of Physical Education



**FACULTY OF PHYSICAL EDUCATION  
PACIFIC ACADEMY OF HIGHER EDUCATION  
AND RESEARCH UNIVERSITY, UDAIPUR**

**2024**