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**Special Issue of Department of Physical Education  
Lokmanya Mahavidyalaya Warora,  
Dist. Chandrapur, (MS)**

# **Effect of Corona Pandemic on Various Sports Sectors**



6<sup>th</sup> May 2021



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**Chief Editor**

Dr. Subodh Kumar Singh  
Principal

**Editor**

Assit. Prof. Uttam R. Deulkar

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On

**EFFECT OF CORONA PANDEMIC ON  
VARIOUS SPORTS SECTORS**

**Chief Editor**

Dr. Subodh Kumar Singh  
Principal

**Editor**

Assit. Prof. Uttam R. Deulkar  
Head, Department of Physical Education

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### **Principal's Message.....**

Lokmanya Mahavidyalay, Warora, Dist. Chandrapur, run by Lok Shikshan Sanstha, Waroda and affiliated to Gondwana University, Gadchiroli faced NAAC and was assessed and accredited with 'C' status in the first cycle in 2010 and 'B' in the second cycle in 2017. The college could do much in such a small period simply because of the unhindered guidance and support from Prof. Shirkant Patil, President, Principal Anil Dongre, Vice-President, the Secretaries Shri Shrikrishnaji Ghadyal Patil and Dr. Milind Despande and honorable members of Lok Shikshan Santha, Waroda. It is only because of their candid and unfailing support that the college could take the shape that it has today. However, the active and enthusiastic support of the faculty and members of administrative staff cannot be down-played. The entire success story of the college has, in fact, been essayed by the teachers, administrative staff, and the students, who leave no stone unturned for the desired output.

Today, education and research are highly interdisciplinary. Research as a careful critical inquiry of examination in seeking facts or principals or new knowledge through a systematic scientific and analytical approach in any branch of knowledge. Lokmanya Mahavidyalaya has constituted a research committee to promote, monitor and address the issue of research.

It is matter of great pleasure to note that the Department of Physical Education & Sports has organized One-Day National E-Seminar on June 12, 2021, Saturday, With the academic objective to deliberate upon **“Effect of corona pandemic on various Sports Sectors”**. Participation of intellectuals and academicians form across the country with defiantly make the endeavor of the department and those who take pains in making it succeed, fruitful.

Obviously, efforts of the Department of Physical Education & Sports will open up new vistas, and prove to be a step forward in the field of research and new learning. As the chairman of organizing committee, I express satisfaction for the seminar and academic exercised an extend my best wishes to virtual conference. Research Paper are invited form scholars and academicians form the different part of the country. These papers are published in an International Peer Review, Refereed **Scholarly Research Journal for Interdisciplinary Studies** with **ISSN 2319-4766, Impact factor (SJIF) 2021-7.380, April-June-2021, VOLUME – 10, ISSUE-54.**

I am sure the ideas expressed in the research paper will open up new areas of quality enhancement of higher education.

**Dr. Subodh Kumar Singh**  
Principal



### **EDITORIAL....**

After December 2019 the world has seen the growth of corona virus (COVID-19) in the countries all over the world. You can see that the field of sports also affected during this period. Therefore, to discuss this effect of COVID-19 on various sectors of sports, our college has organized One-Day National e-Seminar on the “**EFFECTS OF CORONA PANDEMIC ON VARIOUS SPORTS SECTORS**” on 12<sup>th</sup> June 2021, Saturday. The pandemic of corona has immobilized the world in totality with its adverse effects on the socio-economic, political, religious and sports sectors. The entire sports world is affected by the corona. The purpose of this E-seminar is to talk analytically over the impacts of the Corona Pandemic on the world of sports. Sports and everything related to them are badly impacted; so we invited the research papers and articles based on analytical data from various peoples related to sports. Therefore, to explore this topic we have invited keynote speaker Asst. Dir. Dept. of Physical Education Dr. Vikas Prajapati (Maharaja Saiyajji Gaikwad University, Baroda). We have also invited Dr. Sherish Topre (Bhartiya Mahavidyalay, Morshi, Amarawati), as the resource person; and the chairperson is Dr. Subodhkumar Singh, Pricipal of Lokmanya Mahavidyalaya, Warora; Inaugurator Prof. Shrikant J. Patil president of (Lok Shikshan Sanstha, Warora). Dr. Stalin Rafael (St. Joseph College, Irinjalakuda, Kerela) is chairperson for research paper presentation session. . I express my thanks to all the concerned.

**Assit. Prof. Uttam Deulkar**

Editor & Head, Department of Physical Education  
Lokmanya Mahavidyalaya, Warora, Dist. Chandrapur

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## **SIGNIFICANT ROLE OF SPORTS ACTIVITIES IN STUDENT'S LIFE AND IMPORTANCE OF EXERCISE NUTRITION**

**Anand N. Wankhade**

*Director of Physical Education, F. E. S. Girls College Chandrapur*

### ***Abstract***

*Sports relates to any type of cutthroat active work or game that means to utilize, keep up or improve actual capacity and abilities while giving satisfaction to members and, sometimes, amusement to onlookers. Sports can, through easygoing or coordinated interest, improve one's actual wellbeing.*

### **Introduction**

Sports is just about as old as humankind itself. It's kept social orders fit and solid while building solid networks and boosting spirit. In this advanced universe of iPhones and workstations, the significance of sports is more important than any other time. Serious actual exercise not just propels youngsters and grown-ups to get outside and stays in shape, however it likewise imparts significant qualities. For some, individuals, sport is underestimated. It's something that exists behind the scenes however isn't viewed as especially significant. Perhaps it's viewed as a touch of fun toward the end of the week at the end of the day, not too significant. This couldn't possibly be more off-base. Game issue and the significance of sports should be all the more broadly examined. Without it, numerous parts of present day culture will disintegrate. From wellbeing and satisfaction to training and society, sport matters. Advancing games, rousing youthful competitors, and expanding solid rivalry will help people and networks to thrive. Here's a finished guide illustrating the advantages and significance of sports.

### **The Role of Sport in Society**

The significance of sports doesn't end in secondary school. Games are regularly the focal point of networks, uniting individuals. Each city on the planet has a lot of sports groups who go after the diversion of thousands of onlookers. For some, watching your group no matter what is the main piece of the week. Like Sunday church, an outing to the arena at the end of the week carries importance to the existences of millions. Due to their fame, sports groups are additionally significant to neighborhood economies. Dallas Cowboys, for example, utilizes over 1,000 individuals, acquiring an income of \$950. This is cash that returns into society through assessments and good cause work. Each town and city across America have their own games groups fund-raising, giving positions, and keeping the neighborhood economy above water. Towns require their own feeling of personality similarly that individuals from a state or country feel a feeling of having a place and association. Sports groups help to make this character. From their tones to the mascots and team promoters, networks are reinforced over their common obligation to a specific game. In global occasions, there's a feeling of solidarity as nations return together to their group on the world stage. This can prompt a flood of hopefulness, for example during the Women's Soccer World Cup 2019 when the USA group was triumphant. Ladies' soccer may not be a significant occasion in the USA yet many felt unimaginable pride watching

their group win. On the off chance that you were in any uncertainty about the significance of sports, ideally, this data has assisted you with seeing why they matter. On an individual level, wellbeing and prosperity are so significant. For society overall, notwithstanding, accepting games implies an all the more profoundly instructed populace, brought together over their common love of the game. Game covers each part of life. Regardless of whether you're an enormous fan or couldn't mind less, the donning scene influences you. From the nature of your youngster's schooling to the quantity of occupations accessible around there, a decent donning industry has extraordinary advantages. Sports foster the physical just as mental strength in understudies. Day by day actual exercise is fundamental for understudies since practice assists understudies with remaining solid, however it additionally assists with improving their passionate wellness. Sports ought to be a significant piece of the school educational plan since, supposing that understudies stay sincerely and truly solid, they can without much of a stretch spotlight on their examinations. Understudies need to partake in school sports to build certainty, mental sharpness, and confidence. Sports are significant in schools since it assists with training different abilities to understudies like initiative, tolerance, persistence, collaborations, and social abilities. Here we are examining a few advantages of the significance of sports in Schools.

**1. Stay Healthy** Sports assist understudies with remaining solid. On the off chance that understudies do day by day proactive tasks, it assists them with staying away from undesirable sickness. These days understudies eat a great deal of lousy nourishment which isn't appropriate for their wellbeing. So to remain solid games is fundamental for understudies. Sports assist understudies with expanding cardiovascular wellness and furthermore increment bone thickness. It additionally assists with lessening the glucose levels, persistent solid pressure, and reinforce the lungs. Understudies become more lively due to sports.

**2. Great Fitness Level** These days, understudies eat a great deal of low quality nourishment, and they acquire fat at an exceptionally youthful age. So to diminish the bloatedness sports exercises are vital for understudies. Sports exercises keep away from the development of abundance fat, and understudies stay fit and thin. Every day sports exercises assist understudies with keeping a decent wellness level. The interest in open air games additionally decreases indoor exercises like sitting in front of the TV and computer games.

**3. Foster Leadership abilities** Realizing that they need to lead the group will support their initiative characteristics, and this assists them with turning out to be acceptable chiefs. Being a pioneer, their obligation isn't simply to lead the group yet in addition need to support and like the group.

**4. Positive Mentoring** During sports exercises, each sportsperson is empowered by their folks, mentors, and the care staff for making progress. This positive coaching will likewise help understudies in different periods of their life. Understudies will figure out how to perform better and make progress in their life. Positive coaching additionally permits understudies to foster a positive mentality. However, don't feel upset when you lose any game regard the Authorities' choice and acknowledge your disappointment.

**5. Lift Emotional Fitness** he proactive tasks assist understudies with invigorating their brains and make joy in them. Sports likewise assist understudies with remaining happy and genuinely fit by decreasing pressure and mental sadness. In the event that understudies are sincerely and intellectually solid, it can likewise help in their examinations and assist them with accomplishing their objectives. In the event that understudies increment their advantage in sports exercises, they can likewise make it an energy and furthermore make a vocation from it.

**6. Foster Social Life** Sports likewise foster the public activity of understudies. At the point when understudies are essential for any games group, so it assists them with interfacing with numerous individuals of various ages. It's simpler for understudies to make new companions and regard the distinction with an open attitude. Connection with senior understudies and mentors urges them and assists with confronting everything with a cheerful face. It likewise assists with creating trust in understudies to approach to deal with the issues and never stay back.

**7. Foster Discipline** Sports exercises set up the characteristics of control which help in each field of life. The games exercises show the actual mental and strategic preparing to understudies. Understudies ought to need to keep the standards and guidelines of the game, comply and regard the choice of the mentor. By doing this, understudies can understand their objectives and assist them with acquiring achievement.

**8. Better Performance in Academics** The games exercises can likewise assist understudies with performing better in scholastics. The day by day proactive tasks assist understudies with improving their memory and revive their psyches. In the event that games are essential for every day schedule, understudies can perform better in their scholastics. Since understudies become genuinely and intellectually solid, so this will assist them with zeroing in on their examinations. Importance of sports



**Sports nutrition** Sports nutrition is a specialization inside the field of nourishment that accomplices intimately with the investigation of the human body and exercise science. Sports sustenance can be characterized as the use of nourishment information to a useful every day

eating plan zeroed in on giving the fuel to actual work, working with the maintenance and modifying measure following hard actual work, and streamlining athletic execution in cutthroat occasions, while additionally advancing by and large wellbeing and health. The space of sports nourishment is regularly thought to be held for just "competitors," which implies the incorporation of just those people who are performing at the world class level. In this content, the term competitor alludes to any person who is consistently dynamic, going from the wellness devotee to the cutthroat beginner or expert. Contrasts may exist in explicit supplement needs along this assigned range of competitors, making the energizing test of individualizing sports nourishment plans. To completely comprehend and hence apply sports sustenance ideas, experts training competitors on legitimate eating techniques first need to have an order of general nourishment just as exercise science. The subsequent advance is to acquire the information on how nourishment and exercise science are interlaced, understanding that actual preparing and dietary propensities are dependent on one another to deliver ideal execution. The last advance can be viewed as quite possibly the most basic—the commonsense use of sports sustenance information to singular competitors taking part in any game or active work

**Significance of sports nutrition** At the most fundamental level, nourishment is significant for competitors since it gives a wellspring of energy needed to play out the movement. The food we eat impacts on our solidarity, preparing, execution and recuperation. Not exclusively is the sort of food significant for sports nourishment however the occasions we eat for the duration of the day likewise affects our exhibition levels and our bodies capacity to recuperate in the wake of working out. Suppers eaten when exercise are the most significant in sports nourishment yet you should be cautious with all that you put into your body. When in doubt of thumb competitors ought to eat around two hours prior to practicing and this feast ought to be high in starches, low in fat and low to direct in protein. Sugars are the principle wellspring of energy that powers your activity system and protein is needed to help muscle development and fix. In the wake of practicing you need to supplant the starches you have lost and you need to guarantee legitimate muscle recuperation by remembering protein for your post preparing feast.

Nourishment for game and exercise

We should all expect to eat a sound, differed diet dependent on the standards of the Eatwell Guide, and this is additionally the situation when you are dynamic. At the point when truly dynamic, your body will go through more energy (calories). This can assist with weight control or in the event that you are not hoping to shed pounds, you may discover you need more food to supplant the additional energy utilized. It is likewise essential to keep all around hydrated.

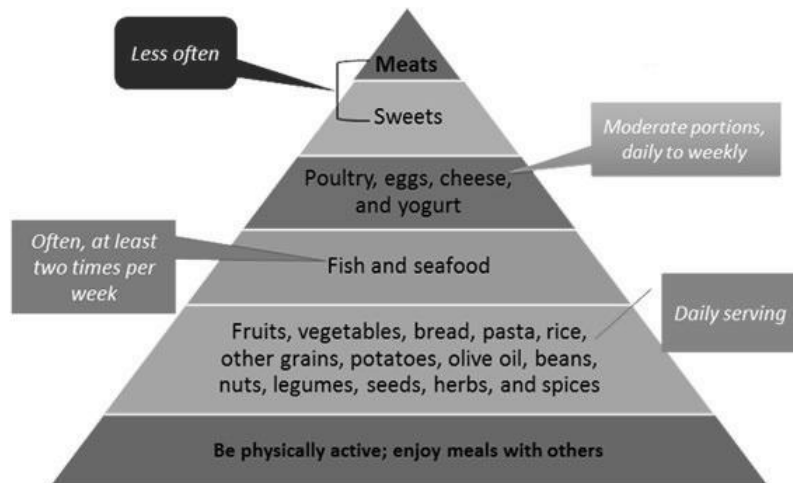
Eating great for active work and game can have numerous advantages including:

- allowing you to perform well in your picked game or movement;
- reducing the danger of injury and ailment;
- ensuring the best recuperation after practice or a preparation program.

Notwithstanding, the dietary examples that will best suit an individual will rely upon the sum and force of movement. This can go from the individuals who are simply beginning to get more dynamic, those gathering the movement rules (of 150 minutes moderate action each week), the

individuals who are dynamic at more significant levels, (for example, those preparation for a perseverance occasion like a long distance race or doing coordinated group activities) or expert competitors. For proficient competitors, getting customized sustenance exhortation from a certified games nutritionist or dietitian is probably going to be a significant piece of their preparation support.

### Healthy diet



### Conclusion

Sports are a vital piece of an understudy's development and advancement. They help in the improvement of psychological wellness and actual wellness of the body. Through cooperation in sports and games, an understudy acquires different abilities, experience and certainty that are useful for fostering their character.

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**CORONA PANDEMIC AND PROBABLE CHANGES IN SPORTS COACHING PEDAGOGY****Miss. Anuradha D. Kamthe\****\*(M.P.Ed. Student, K.C.E. Society's College of Education & Physical Education, Jalgaon)***Mr. Tejas S. More\*\****\*\* (M.P.Ed. Student, K.C.E. Society's College of Education & Physical Education, Jalgaon)*

**Corona Virus Pandemic and Sports:** Covid-19 is the disease caused by coronavirus called sars-cov-2. The coronavirus, a virus which was first reported in November 2019 in Wuhan province in China, had spread to various countries, across a large region, for instance multiple continents or worldwide, affecting a large number of people by January 2020. Due to this most countries of the world, imposing international travel ban and regionwide lockdowns, to control the spread of the virus. Coronavirus directly effect on respiratory system leads the breathing difficulties. Suddenly loss of taste, smell is the initial indication of the virus. Then it includes the dry cough, fever and shortness of breath symptoms. That's why it has led huge loss of human life worldwide and giving an unusual challenge to public health, food systems and the world of work. Physical exercises have become an important part to improve the immunity to have less impact of corona virus. The inconvenience of such severe rules affected sports sector. Sports is a significant contributor for economic and social development of country. The contribution of sports to empower the young peoples, children's, individual's communities to promote health and fitness. Corona virus effected on national tournaments, international tournaments, sports centres, coaching closed, financial benefits of sports persons, coaches and sports organizations, technical training, physical training, tactical training, and famous sport of India IPL cricket postponed etc.

**Sports and Coaches:** It is broadly known that coaches play a critical role in the lives of every athlete and have the potential to influence, positively or negatively, their sporting experiences. Sports are associated with the quality of this relation (Rhind and Jowett, 2010), with the capacity of the coaches to effectively promote the sports development of the athletes and its implications on the quality of sports training. Coaching involves a central philosophy of improving team or athlete performance that requires a cognitive activity to make decisions upon a multitude of dynamic situational factors. According to Jones et al (2003) the process of becoming an expert coach is influenced much more by their interactive, situational coaching experiences, observations of peers and knowledge sharing with other coaches than any professional preparation programs. Therefore, reality proves that the evolution of the athlete's performance requires better and improved knowledge on the part of the respective coach.

**Probable Changes in Sports Coaching Pedagogy:** Pedagogy, defined as 'any conscious activity by one person. It refers both the ways in which children and young people learn and the pedagogical knowledge and skills that teachers and coaches need to support them to learn effectively. Sport pedagogy is the study of the place where sport and education come together.



The study of sport pedagogy has three complex dimensions that interact to form each pedagogical encounter:

- Knowledge in context - what is regarded as essential or valuable knowledge after pandemic to be taught, coached or learnt is depends upon historical, social and political contextual factors that define practice.
- Learners and learning -at the core of sport pedagogy is expertise in complex learning theories, and a deep understanding of diversity and its many impacts on the ways in which young learners can learn.
- Teachers/teaching and coaches/coaching - effective teachers and coaches are lifelong learners who can harness the power of sport for diverse children and young people. Gaining knowledge and understanding of the three-dimensional concept of sport pedagogy is the first step towards ensuring that the rights of large numbers of children and young people to effective learning experiences in and through sport are not denied.

**Coaches should have work on following aspects so sports sector can face any problems like corona virus pandemic:**

- **Mental Health:** Mental health refers to our cognitive behavior and emotional well-being. Due to this pandemic, mental health issues got an adverse impact on sports players. This effect is compounded considering the implications of corona pandemic for athletes such as restrictions on training, periods of isolation and cancelation of competition. Sports is an emotional state where sportsman lose their confidence after losing a match. Even mental health can be caused by low mood swings, lack of sleep, frustration of game, anger etc. The major cause of mental health problem for a sports player could be a poor form, no selection in team, lack of consistency in game. Not only with games, mental health can be caused through physical also in terms of injury, lack of rest, lack of recovery, overtraining etc. Much of this work highlights a link between the athlete environment and experiences of depression and anxiety. For example, serious injury causing early retirement and loss of identity, organizational-level pressures and occupational demands, public scrutiny of performance and person, have all been linked with mental health disorders.

“India captain Virat Kohli said confining players to 'bubbles' for months on end is not sustainable and the game has to consider scheduling changes to reduce the mental toll tours are taking during the COVID-19 pandemic.”

To overcome on mental health issues coach should support sportsman and understand them in various ways such as to take care of their body and training pattern, health issues, mood swings and coach should also motivate them in worst scenario also for example (if they lose match or match gets cancelled, they should always keep positive approach towards it). Coach can act as a friend of them rather than too be a coach, so players will explore themselves in front of coaches.

Coach can take their athletes to a peace and natural place once in a week for training session and indulge them in various relaxation and entertainment activities such as meditation, breathing exercises, funny games and some sort of simple exercises through games which helps them to keep their mental health developed and become strong. For corona infection the regular physical exercises are proven helpful especially in times of anxiety, crisis and fear. Physical exercises are good for health to improve the immune system and physical health.

- **Mental Tolerance:** Mental tolerance refers to remain strong, positive and competitive to face various challenges in life. Lack of mental tolerance in athletes results in breaking down of will power, giving up in training sessions and matches due to which athletes unable to perform best what they have trained for. To develop mental tolerance of an athlete the coach can find out what an athlete is going through and help them to motivate them through training sessions and always encourage them to do the right things.

Also, coach should help athletes to stay consistent for training sessions, build confidence in oneself, focus on strength and work on weaknesses, avoid tension of failure and learn from it, setting up goal, which help an athlete to fight from mental tolerance and help to build them strong for any situation coming in their way. One of the main challenges for coaches is to help youth develop psychosocial skills such as emotional control and empathy that can be considered foremost for youth endeavoring to develop within the Covid-19 pandemic.

Mostly athletes are facing various types of mental tolerance issues such as consistency, lack of interest, self-awareness which results in degrading themselves. To look after this coach should take initiative and help to build their mental tolerance strong.

- **Individual Practice and Development of Equipment:** Individually focused development programs can assist for athletes to identify personal/vocational goals and acquire the skills necessary to achieve them. Individual training meets a genuine human resource need. This is important to help foster an equal non-athletic personality, the skills to manage life-sport balance and to prepare for the eventual end of competitive sport. Social distancing cannot be done in games like Boxing, Wrestling, Judo, Taekwondo, Kick Boxing, Karate, Kabaddi, Kho-Kho which are the physical contact sports will get performance down and cannot play for many days.

So, coaches can conduct individual training sessions where athlete can build the individual fitness, mental ability to perform alone. In team games like cricket, badminton, boxing, table tennis etc. Players need to be done practice in team with social distancing. Coaches cannot conduct the training session for this there is need to develop the equipment which will support players to do individual practice and can help them in training sessions for example; bowling machine in cricket, this machine throws the ball continuously and player practice to hit the ball. Same it is available in badminton game where machine delivers the shuttle. So, this technique should develop in all possible sports. Therefore, it is an essential to introducing players and coaches to digital learning technologies will build their capacities and prepare them for a new future post pandemic.

- **Isolation and Training:** Isolation is a state where someone has to stay at home alone with proper social distancing, avoid going in public places and avoid someone to get into your room. Isolation for players has become a major issue due to which players unable to visit on ground and join their team for training sessions which might players get affected and go through mental stress.

The veteran Indian off-spinner, Ravichandran Ashwin said, "I was at home for the last five-six months. But I had people to fall upon. I was doing my own work on my YouTube channel, trying to keep myself occupied on Instagram Live and all that. But for me, those six days can easily be called out as one of the worst times in my life. Because the first day was like I was looking out and I can see Dubai Lake. It is wonderful but how long can one sit outside and watch? And it is extremely hot."

To overcome on Isolation period, the coaches have to adopt various training sessions' schedules for players which could help them to stay fit and healthy related to their games. Looking for positive, isolation will help players to get trained themselves and mastery over skills which coach has told to do so.

Isolation will prove a boon to the players and coaches, as coach would assign one task to them for example (20days challenge to mastery over one skill, such as to do shadow practice of batting in cricket or get a football and do juggling or dribbling with it). The task which is assigned by the coach could help players to get mastery over the skill and also it will work as a stress buster to get rid of mental stress.

In the absence of practices and games during the pandemic, athletes can still Sharpe their physical skills exclusively. Even without admittance to a gym, they can run, do yoga, sweat through calisthenics activity. How to sharpen the mental skills of team sport expecting a pass, improving reaction time, remaining calm in competition is less obvious. But there are still ways to exercise the "muscles" of the brain, and the utility of intellectual training programs is now being completely appreciated as athletes train in isolation. Whether you're using brain mapping, or in case you're drawing inspiration from the military or video games, there are now more resources than ever before to refine your mental game not just in sports but across general life.

- **Hygiene of players:** According to the World Health Organization (WHO), "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases."

Hygiene for sport's players is very much important to get rid of various diseases. Good hygiene by the players and team management is very much important to stop the spread of corona Virus, so that it would help players to actively take part in sports with joy and happiness. If players failed to do so, then it may give invitation to corona Virus, not only corona virus but also other diseases. In this they should take care of social hygiene and personal hygiene.

1. Social hygiene: -Most of the players on ground used to spit during training sessions and matches due to which it could affect other players also. During this Covid-19 pandemic spitting on ground is very much dangerous which can easily get transmitted. So, the coaches should tell players not to spit on ground for their

safety and hygiene concern. But it will not be done only by telling it should become a habit. For this they can conduct awareness program, behavior change program neediness of hygiene, arranging campaign on cleanliness etc.

2. Personal hygiene: - Proper hygiene should be followed by players on and off the field such as wiping of sweat, having bath after a training session, covering face while cough and sneezing, use of gloves, always clean equipment and sanitize them after training sessions, use clean surface for training sessions, avoid touching anything and avoid touching body parts also during training sessions. Also, it is significant to cleaned and covered any cut or scaped area with use of first-aid to prevent from dirt and infection.

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## **SIGNIFICANT ROLE OF MANAGEMENT IN SPORTS IN MODERN ERA**

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### **Abstract**

*Sports management is an interdisciplinary field, drawing on parts of advertising, law, money and business. A particular graduate degree assists understudies with creating fundamental abilities in business organization, financial matters, money, law, brain science and showcasing – all with a particular spotlight on the games area. At the present undeniable degree of sports accomplishments on the planet, and the use of sports science and innovation, more consideration is paid to human asset the executives in game and business positions in sports associations. Better games results accomplished lately in different games, generally changed the discernment and character of the game and set new necessities for settling the current errand on a fundamental premise. Beginning, improvement and fast changes in sports-innovation and business-control capacity of present day sports associations are without a doubt on the planet today is perhaps the main motivations change sports and business capacities, and theory, and the turning of man as far as anyone is concerned and inventive and imaginative potential, as the main creation and advancement assets.*

### **Introduction**

The management in sport associations give sports advancement, general arranging exercises in the field of sports, sorts out every applicable asset, cycles and capacities, practiced an arrangement of HR improvement, coordinated games and business capacities, give correspondence and coordination, settling on the execution of most proper arrangements, cycles and controls dispose of ruinous clash. The executives and sports promoting are quite possibly the main, likewise the most unpredictable exercises, which guarantee that game and business capacities did in the more sane, practical and proficient way. Showcasing organizations in the game today are not just associated with the exchanges, publicizing and guaranteeing, yet additionally offer numerous different types of assistance. A portion of the vital variables for progress and upper hand both in administration, showcasing and sports, and overall are fine, possessing and overseeing data, to distinguish and react to changes in climate, use of new innovative turns of events, advancement of old and securing of new information. Sports the board as an expertise and unstructured experience of skilled directors of individual competitors, groups and clubs arose with the presence of the principal elite athletics association. The presence of an efficient, logical information on sport the board is connected to the development of professionalization of game and its accommodation to the laws of market economy and the rise of the executives science, first in the benefit area, corporate business and afterward it's spreading to the area of non-benefit public and private area.

Game chiefs complete these abilities in an assortment of authoritative settings, for instance: school sports; elite athletics; beginner sports including the Olympics, sport showcasing and the executives firms; sport correspondences and news media firms; corporate sponsorship and promoting firms; outdoor supplies firms; fields, arena, and urban focuses; among numerous

others. As indicated by Parkhouse (2005), the latest exploration on the financial effect of game distinguishes it as a \$213 billion-a-year industry, making it the 6th biggest industry in the United States. Other than customary games, the games business presently includes new other option, activity, and outrageous games (skating, boogie boarding, ice climbing, snow kayaking, and so forth) and new elite athletics, particularly for ladies. An upsurge in the numbers and assortment of sports distributions, sports related web locales, and upgraded broad communications show and openness of games and exercises is bringing about an increment in the requirement for people with exceptional capabilities in sport correspondences/media. Similarly, development in the number and assortment of particular games offices, an increment in sports the travel industry and experience travel, the fast movement of the globalization of sports, and the arrangement of game related labor and products for different market portions, is adding to the proceeded with development of the games business. These advancements guarantee that the games business will keep on positioning among the biggest and most assorted ventures in the country, consequently, supporting profession openings for what's to come. Game utilizes a large number of individuals all throughout the planet, is played or watched by most of the total populace, and, at the world class or expert level, has moved from being a novice diversion to a huge industry. The development and professionalization of game has driven changes in the utilization, creation and the board of games and associations at all degrees of game. Nations with arising economies like Brazil, hosts of the 2014 World Cup for football and the 2016 Olympic Games, progressively consider game to be a vehicle for driving interest in framework, for elevating their country to the world to animate exchange, the travel industry and venture, and for invigorating public pride among their residents. Overseeing sport associations toward the beginning of the twenty-first century includes the utilization of procedures and systems obvious in most of present day business, government and not-for-profit associations. Game administrators take part in essential arranging, oversee huge quantities of paid and deliberate HR, manage broadcasting contracts worth billions of dollars, deal with the government assistance of first class competitors who now and then acquire multiple times the normal working pay, and work inside exceptionally incorporated worldwide organizations of global games leagues, public game associations, government offices, media companies, supporters and local area associations. Understudies looking for a vocation as a game director need to foster a comprehension of the uncommon highlights of game and its unified ventures, the climate where sport associations work, and the sorts of game associations that work in people in general, charitable and proficient areas of the game business. The rest of the section is dedicated to a conversation of these focuses and features the exceptional parts of game association the board.

**Management in Sport** Administrators need to administer the uncommon abilities and information. Oversee, lead, organize, choose - it should know. The board, notwithstanding science, it is likewise craftsmanship. The accomplishment of any association, as business frameworks, and public areas, culture, sports, workmanship, relies upon the abilities of directors. Craft of making, administering, overseeing, putting together, determining, arranging, planning, can be viewed as a sort of craftsmanship. The executives is, accepted, the Sciences and Arts.

Science and craftsmanship are integral, as they work in collaboration, not rejected. No workmanship by science, or science with creation, the portion of craftsmanship. Human asset the executives in sport is another hypothetical, logical and down to earth approach, which from one perspective, alludes to the administration of competitors by mentors, group of specialists and sports researchers, then again, the proficient and viable administration of the whole game association by control in sport, sports directors, promoting supervisors and sports volunteers. The board of sports includes the investigation of confused and demonstrated information on how a games association accomplishes its objectives, acquiring, dispersing and the utilization of restricted human, material, data and monetary wellsprings of its prosperity. Sports Management as the craftsmanship and specialty experimental, unstructured experience of gifted chiefs of individual competitors, groups and clubs arose with the presence of the primary elite athletics association. The presence of a methodical, logical organized information on sports the board is associated with the development of professionalization of game and its principles assurance - administration market economy, and the rise of the executives science, first in the benefit area, corporate business, and afterward, and it's spreading to the area of non-benefit public and private area. Start sports the executives as a logical field related with the 1980s for quite a long time (Bittel, 1988). This was gone before by the improvement of examination in the field of business the executives abilities driven by new data innovation. During the 1960s and 1970s age framework dependent on PC models created regarding the elements of preparation and control, ruled the writing on administration. The most effective method to broaden the organization of "mechanical based economy" to "administration based economy, the board strategies have happened to developing ward on the complex/unobtrusive types of information preparing and transmission of data. During the 1980s years, the board scholars have grown new models of vital arranging and dynamic with the developing accentuation on business and the utilization of showcasing procedures. With this improvement is identified with the time of building up the scholarly control of sports the board. Albeit the games the executives programs arose in the last part of the 1960s and mid 1970s, college educational plans have started to incorporate broad projects for the readiness of sports chiefs just since the 1980s years. Advancement of the North American Society for Sport Management (NASSM) and the establishing of the Journal of Sport Management in 1986 were extra markers that the games the executives treated appropriately in the scholastic climate.

**Sports Management Environment** Globalization has been a significant power in driving change in the manners in which game is created and burned-through. The improved incorporation of the world's economies has empowered correspondence to happen among makers and customers at more noteworthy speed and assortment, and game has been one area to receive the rewards. Customers of first class sport occasions and rivalries like the Olympic Games, World Cups for rugby, cricket and football, English Premier League Football, the National Basketball Association (NBA), and Grand Slam competitions for tennis and golf appreciate uncommon access through standard and online media. Beside really going to the occasions live at an arena or scene, fans can see these occasions through allowed-to-air and pay or satellite TV; hear them out on radio and the web; read about game examinations, their #1 players and groups through papers and magazines in both print and computerized releases; get progress scores, editorial or vision on their cell phones or tablets through sites or web-based media stages like Twitter; and pursue exceptional arrangements and data through online memberships utilizing their email address or favored web-based media stage. The worldwide game commercial center has gotten extremely swarmed and sport directors trying to cut out a

specialty need to comprehend the worldwide climate in which they should work. Hence, one of the subjects of this book is the effect of globalization on the manners in which game is created, burned-through and oversaw. Most public governments see sport as a vehicle for patriotism, monetary turn of events, or social turn of events. In that capacity, they think of it as their part to sanction arrangements and enactment to help, control or manage the exercises of game associations. Most public governments support world class preparing establishments to help with creating competitors for public and global contest, give financing to public donning associations to convey superior and local area level projects, support sport associations to offer for significant occasions, and work with the structure of major arenas. As a trade-off for this help, governments can impact sports to enlist more mass members, offer types of assistance to discrete areas of the local area, or have sports order approaches on liquor and medication use, betting, and general wellbeing advancement messages. Governments likewise control the exercises of game associations through enactment or authorizing in regions like mechanical relations, against segregation, tax assessment and corporate administration. A further subject in the book is the effect that administration strategy, subsidizing and guideline can have in transit sport is delivered, burned-through and oversaw.

**Conclusion** It is vital satisfactory (preparing) of workers in sport (sports organization) to stay up with the improvement of data advancements and how to maximize the advancement that we permit new advances. With the approach and advancement of data innovation in our nation at home and abroad are progressively the inquiry is ability sports organization (sports the executives) to sufficiently and appropriately do their positions and how to save time and assets of their association. The vast majority of the games association tolerating the advancement of new innovation learning, create and embrace new strategies (data and correspondence innovation) that will assist them with improving their items and benefits and carry them nearer to their clients. To accomplish the greatest in the game, it is important to make, change, put together, and constantly to execute anongoing and last readiness of first class competitors, and alongside that, work on finding themost appropriate authoritative structures, strategies and substance of work in planning eliteathletes for the most elevated level delegate brandishing accomplishments. Contemporary expressions association in the present powerful climate described by continuous changes andnumerous contenders can not make due without the executives.

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## **ANALYSIS OF PHYSICAL FITNESS VARIABLES OF VOLLEYBALL AND KHO-KHO PLAYERS**

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### **Abstract**

*Volleyball and Kho-Kho games are majorly popular in Maharashtra; they are played at every district of Maharashtra as well as in India. Kho-Kho game has reached up to international level and Volleyball is already an international game. Volleyball and Kho-Kho games are highest participated sports amongst school and colleges.. kho-kho game is having nearly hundred years of history and Volleyball has got 125 years of history. Due to its popularity there was a curiosity in the mind of researchers to know comparative result of physical fitness variables of these two games. This study purpose was to compare the variables of physical fitness between Volleyball and Kho-Kho players of college boys. 15 Volleyball and 15 Kho-Kho players from Sipna Arts, science and commerce college, Chikhaldara were selected to achieve the purpose of the study, who didn't participate in any of the coaching program or special training. However they were allowed to participate in their regular physical activities in the college as per their daily routine. The subjects taken for the study were aged between 18 to 25. For the study, the physical fitness variables selected were agility and flexibility. To find out whether there was any significant difference between Volleyball and Kho-Kho players, the dependent 't' ratio was used. The result of the study showed that there was a significant difference in agility and flexibility between Volleyball and Kho-Kho players of college boy's.*

**Keywords:** *Agility, flexibility*

**Introduction:** Brief history Volleyball: William G. Morgan (1870-1942), who was born in the State of New York, has gone down in history as the inventor of the game of volleyball, to which he originally gave the name "Mintonette A brief report on the new game and its rules was published in the July 1896 edition of "Physical Education" and the rules were included in the 1897 edition of the first official handbook of the North American YMCA Athletic League." In 1900 Canada became the first foreign country to adopt the game. By 1913 the development of volleyball on the Asian continent was assured as, in that year, the game was included in the program of the first Far-Eastern Games, organized in Manila. Until the early 1930s volleyball was for the most part a game of leisure and recreation, and there were only a few international activities and competitions. There were different rules of the game in the various parts of the world. Brief history Kho-Kho: India is famously known for its rich culture, heritage and forms of art. Yet, there are a few notable sports and games which are believed to have originated from the state of India. Kho-Kho being one of those, has always been at the heart of rural India. People from all walks of life, love to play this game though it is nothing but a highly modified version of 'Run Chase'. Originating in Maharashtra, Kho-Kho in ancient times was played on 'raths' or chariots and was known as RATHERA. The present appearance of the game was an adoption from

the time of World War I in 1914. But at that time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The modern form of Kho-Kho was shaped by the Deccan Gymkhana of Pune which was founded by Lokmanya Tilak. The Deccan Gymkhana tried to structuralise this ancient game by including and modifying some rules and regulations to make it more acceptable amongst common people. The very first Kho-Kho competitions in the modern form can be traced back to the year 1914, but it was not until the year 1959 that the game was played at the national level. In between this period various efforts were undertaken to globalize Kho-Kho but none of them bore any success. The Kho-Kho Federation of India was then established as Akhil Bhartiya Kho Kho Mandal in the year 1955 and it was under this federation that the first national championship was held in Vijayawada during the 1959-60 seasons. In the modern scientific age, athletes are being trained by highly sophisticated means for better achievement in their own participating sports. A sport is an outdoor or indoor activity involving mental and physical effort and skill, a game where people compete with each other as per fixed rules. People take up sports activity during their free time, usually for amusement, recreation, entertainment or fun. It is used to be considered, a part time, an appendage and a peripheral activity to the core of life which life can do without a refuse for the escapist. But such a definition of sports has undergone a big change in the modern days when sports have become indispensable for life to be wholesome and meaningful, both playing sports and watching sports. Fitness means an ability of an individual to live a well balanced and happy life. It involves not only physical but emotional, intellectual, spiritual and social aspects of an individual. Interdependence and Interaction of these phases of a man's health are such that any deviation from normal in any aspects of these components of fitness will make a man unable to meet the demands placed on him by his work or way of life. Physical fitness is the capability of lungs, blood vessels, muscles and the heart to function an optimal efficiency.

**Methodology:** For the purpose of this study was to compare the physical fitness variables between Volleyball and Kho-Kho players of college. To achieve the purpose of the study , selected 15 Volleyball and 15 Kho-Kho boys players from Sipna Arts , science and commerce college, Chikhaldara. Who didn't participate in any of the coaching program or special training? However they were allowed to participate in their regular physical activities in the college as per their daily routine. The subjects taken for the study were aged between 18 to 25. For the study, the physical fitness variables selected were agility and flexibility.

**Analysis and interpretation of data:** Single group design used for the study. The following statistical procedure was used to analyze the obtained data. To find out whether there was any significant difference between Volleyball and Kho-Kho players, the dependent 't' ratio was used. To test the level of significance of difference between the means 0.05 level of confidence was fixed.

**Table 1: Computation's' Ratio of (shuttle run) for Volleyball and Kho-Kho players of college boys players.**

Group	Number	Mean	S.D.	Obtained 't' ratio
Volleyball	15	2811	395.86	3.85*
Kho-Kho	15	2295	336.62	

Significance of 0.05 level,  $t(0.5)_{19}=2.06$

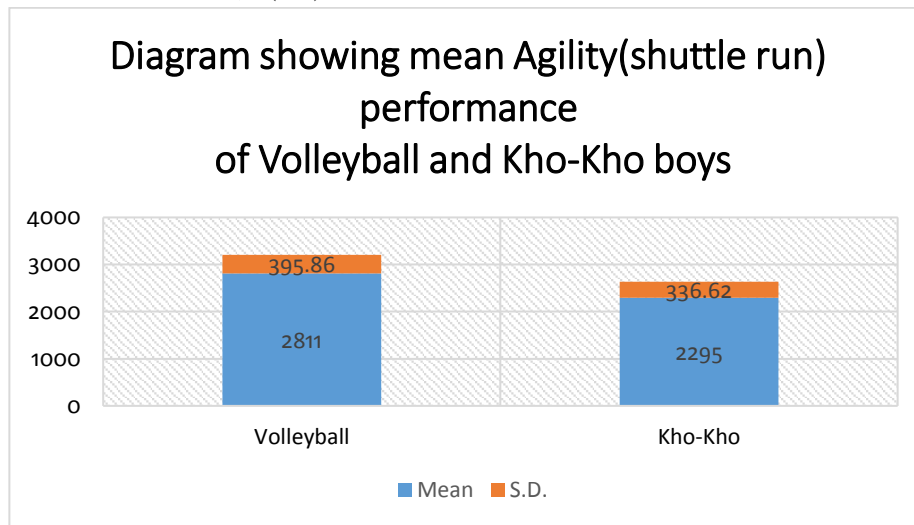


Diagram: showing mean agility (shuttle run) performance of volleyball and Kho-Kho college boys. The analysis of the data in table 1 revealed that the mean agility of college volleyball and Kho-Kho boys were 2811 and 2295 respectively. The standard deviation of Volleyball players was 395.86 and Kho-Kho players was 336.62. The mean difference in Agility of Volleyball and Kho-Kho players were 515. The standard error of mean difference in endurance of two groups were 134.27. The obtained 't' ratio in endurance was 3.85. The obtained 't' value of 3.85 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of freedom. It was found to be statistically significant. The mean value of flexibility (12 minutes Run/Walk) performance of Volleyball and Kho-Kho college.

**Table 2: Computation 'T' Ratio of flexibility (12 minutes Run/walk) for Volleyball and Kho-Kho players of college boys**

Group	Number	Mean	S.D.	Obtained 't' ratio
Volleyball	15	24.31	3.61	4.05*
Kho-Kho	15	28.76	2.94	

Table 2 revealed that the mean flexibility of college Volleyball and Kho-Kho boys were 24.31 and 28.76 respectively. The standard deviation of Volleyball and Kho-Kho players in flexibility were 3.61 and 2.94 respectively. The mean difference in flexibility of two groups was 0.7. The standard error of mean difference in speed of two groups were 0.22. The obtained 't' ratio in

flexibility was 3.17. Since the obtained 't' ratio value of 3.17 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of freedom. It was found to be statistically significant.

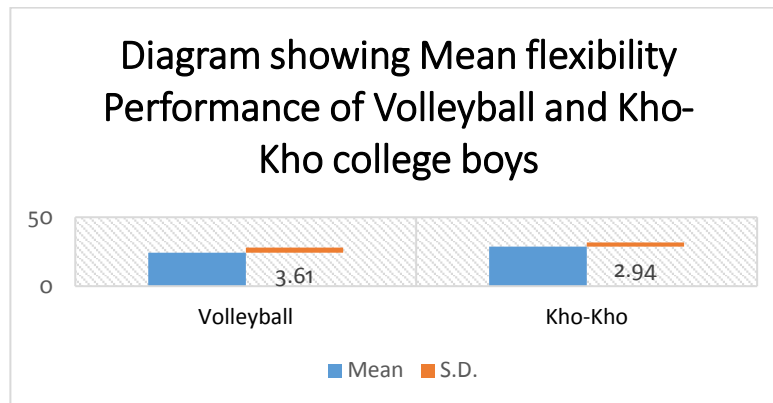


Diagram: showing mean flexibility performance of volleyball and Kho-Kho college boys

**Conclusion:** The result of the study showed that there was a significant difference in Agility and flexibility between Volleyball and Kho-Kho players of college boys. As a result it was concluded that specific motor fitness test should be used for talent identification and monitoring purposes need to replicate the demands of the sports as closely as possible.

**Recommendation:**

- (01) Some new research should be carried out on these Volleyball and Kho-Kho players at different level of performance and different variables.
- (02) In the present study sample size of Volleyball and Kho-Kho players was very small. Therefore it is recommended to replicate such an investigation with larger sample size.
- (03) The present investigation involved Volleyball and Kho-Kho players. The fitness profile at national and international level may be accentuated for various reasons. Therefore an investigation involving Volleyball and Kho-Kho players of national and international standard may be undertaken.
- (04) The result of the present study may also be useful in future for development of training program and searching the player's talent identification for Volleyball and Kho-Kho players.

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## A COMPARATIVE STUDY OF AGILITY OF UNIVERSITY LEVEL ATHLETES AND SWIMMERS OF CHANDIGARH UNIVERSITY

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### **Abstract**

*For Athletes and Swimmers Physical as well as Motor fitness are the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of Agility between University Level Running Athletes and Swimmers of Chandigarh University. Total number of 40 University Level Running Athletes and Swimmers (20 Running Athletes and 20 Swimmers) were selected randomly from the University Level Competitions of Chandigarh University. The criterion measure adopted for this study was Agility. The data collection tool used in the study was Shuttle Run. Data of Agility between Running Athletes and Swimmers was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant. It was found that in Agility, there was significant difference between Running Athletes and Swimmers. Mean scores showed that Running Athletes were better in Agility as compare to Swimmers. Based on the results it was concluded that Running Athletes are good in Agility as compare to Swimmers.*

**Keywords:** Agility, Running Athletes and Swimmers.

**Introduction:** Agility is the ability to change the direction of body or its parts rapidly' is dependent on strength, reaction time, speed of movement and muscular coordination. Quick start and stops and quick changes in direction are fundamental to good performance in Football and Hockey (Nabhendra Singh, 2010). For Athletes and Swimmers Agility, is the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of Agility between University Level Running Athletes and Swimmers of Chandigarh University.

**Materials and Methods:** Total number of 40 University Level Running Athletes and Swimmers (20 Running Athletes and 20 Swimmers) were selected randomly from the University Level Competitions of Chandigarh University. The criterion measure adopted for this study was Agility. The data collection tool used in the study was Shuttle Run. Data of Agility between Running Athletes and Swimmers was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

### **Results**

#### **Descriptive statistical of Speed and Agility between Running Athletes and Swimmers**

Agility	Groups	Total Samples	Mean	Standard Deviation	St. Error Mean
	Running Athletes	20	10.72	0.61	0.112
	Swimmers	20	11.58	0.6	0.205

**Table No.2****Independent sample 't' test of Speed and Agility between Running Athletes and Swimmers Discussion of Findings**

Component	't' value	df	Sig. (2-tailed)	Mean Difference
Agility	3.17	38	0.042	0.86

It was found that in Agility, there was significant difference between Running Athletes and Swimmers. Mean scores showed that Running Athletes were better in Agility as compare to Swimmers. Based on the results it was concluded that Running Athletes are good in Agility as compare to Swimmers.

**Conclusion**

Based on the results it was concluded that Running Athletes are good in Agility as compare to Swimmers.

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**SPORTS JOURNALISM****Dr. Amit G. Chaudhari***(Desai C.M. Arts & Commerce College, Viramgam-Gujarat)***Abstract**

*Today in every sphere of life, the concept of sport has great importance and demonstrates itself. The developments pertaining to different sports branches, particularly football, are conveyed to large masses by means of the mass media. The media monitors the sports world accordingly by means of the journalists specialized in this area. At this point, in order to enable the due coverage of various sports branches in the media and their being held in a more scientific and qualitative way, it is very important to provide and sustain specialization in sports journalism. Based on the fact that sport contributes a great deal to the physical and spiritual development of societies, the purpose of this study is to highlight the importance of the education to be provided in this area through different perspectives.*

**Keywords:** *sport, sports journalism, education*

**Introduction**

Starting from its coming into view until today, the fact of sports has transformed to a trading area by showing various changes with its importance and profitability felt by everyone. Sports has transformed to the state of a big industry with its advertisement incomes, sponsorships, live broadcasts, club products devoted to the fans, club's stock exchange securities, sport materials sold in the stores, match ticket fees paid by the audiences setting their hearts on the club, combines cards and even with the 'special credit cards of the banks for the fans' and it has come off from its amateur spirit and transformed to a professionalized phenomenon. At the present time, an important reason for the sports to become popular is also most of the youngsters who saw that sports yields money and what is more, great amounts of money; choose the sports not only for pleasure but also, as a profession. Again, by hoping the road going to success, believing in luck, they imagine to become rich. Because, there are millions of youngsters on one side who have the purpose of making big monies by becoming a star sportsman and there are millions of youngsters on the other side who dream about making money from the games of chance related with sports. Mass media has assumed a big function for the sports to come into prominence and they have become the driving power to have the sports reach large masses of people. Together with works devoted to fast and technological progress encountered in the field of communication, a development related to sports taking place in any place of the world can be transmitted all around the world. With the extensive usage of different communication instruments; distribution and transfer of the information related to sports has gained acceleration. However, printed media has a different position in the eyes of the reader by always reflecting the news in the direction of its specific publishing understanding and making the topics or news in hand colorful and understandable with the using of photograph item.

**\* Definition of Sport and its General Characteristics**

Beyond physical training and leisure time concepts, sports is a form of the work interpreting the life through games. Within its general integrity, sport has developed with the aid of many different scientific disciplines and there is the possibility to define it by being based on its basic

features. “With the shortest cut of wording, it means game, distraction, entertainment and getting away from the work... Additionally, sport is the occupation combining game with the racing, rewarding the winners as they have more physical capabilities, entailing continuous and intensive effort as it requires top level game, challenge and heavy muscle works” (Fişek, 1985, pp. 5-8). At the present time, it is also possible to have the sports concept in hand with different forms by having various standpoints on it with accelerated scientific studies: “In our world giving ground to daily developing political rivaling, technical changes, social fluctuations, universal languages that can be perceived by everyone are considerably rare. Sport is one of them” (Bourg, 1992, p. 59). In sports, basic purpose is to win. This ideal is pursued sometimes in the form of team and sometimes individually. “Sport games mean the success for the targets by using body technology under the pressure of time and opponent” (Yaman, 2003). The struggle in these games is sometimes done at the level of countries and sometimes it takes place with the personal competition. However, it must never be done by going beyond the rules of gentlemanship in order to win. Because, gentlemanship and friendship underlie in all of the sports games. If these concepts are harmed, then the entire meaning and purpose of sports shall become dirty. “It is possible to take the fact of sports until the known history of the humankind and it attracts the attention of the masses especially during the last two centuries with ever-increasing rate” (Sert, 2000, p. 14). There are many factors coming in the forefront in this: Having the sports, and especially the branches like football and basketball, take place with priority in the government policies of the countries, having mass media give wide place to sports in ever-increasing way with every passing day, acceptance of the sports by the people from every age as an inevitable reality for a healthy living, having sport-economy relation offer a great potential and the impacts brought by sports-politics relation are known as the basic reasons. Nowadays, sport is started to be done in the direction of multiple purposes. Sports done with the purpose of recreation is now done in the direction of many purposes such as healthy living, relaxation, to be able to work in the business life with more planned and programmed way, to decide instantaneously, consistency of the decisions given, improving defense and attack strategies. (Kaya, 2000, p. 246) Sports provide contribution in gathering the people from different continent of the world having different ethnical, religious and cultural roots and it helps to bind them together. Live broadcastings of sports games all over the world from televisions cause millions and even billions of people share the same excitement at the same moment. Sports competitions can also help to eliminate the international disagreements between the countries: Table tennis game played between USA-China, competition of USA-Iran national football teams in 1998 World Cup, joint application of Turkey and Greece for the nomination in 2008 European Football Championship, Friendship game played in the Olympic Stadium in Istanbul between Galatasaray and Olimpiakos can be given as the examples. If there is the need to take the topic in hand from another view point “Sport is the way of struggle of a person sustained with moral and physical activities first given against himself, then to nature, time and human. Sports can also provide a healthy, disciplined character to the person by giving respect for the rules and to be able to establish relationships in the society with love and understanding”



(Ünlütepe, 1991, p. 61). In Turkey, very few young people choose sports as an amateur occupation or as a professional vocation. Many difficulties such as inadequate sport salons, insufficient incentives of the State, limited support of the public are the most important reasons why we cannot bring up sportsmen. If we overcome these kinds of issues, sports shall also progress in our country and it shall be able to reach the level deserved by it.

**\* Vocational Qualifications Required to Be in the Sports Journalist**

Sports pages of the newspapers are taking the lead among the sections attracting most of the attention of the current readers. It is an accepted reality that the newspapers are generally read by starting from their back pages. Messages carried in the commentaries, news and even the photographs in the sports pages are able to have influence on public masses and they direct sports public opinion within short period. Like in the journalists assuming duties in different areas, sports journalist must primarily have social responsibility. First step of a journalist's social responsibilities is to forward news to its readers. In addition, the sports journalist must not ignore compliance with the reality when he informs the society with his news. He must not give wrong and missing information. In order to fulfill this responsibility completely, sports journalist must be the person who handles every subject with sensitively by having broad sports culture and renewing himself continuously, following the sports agenda as well as vocational training. A journalist does not create the events by himself, he transfer the happenings to public by taking the events in hand within the framework of certain principles. Sports journalists must reveal the issues either in the agenda of sports or in the area of sports press and he must be able to discuss the same. He must be neutral and independent; he must put the realities in the forefront but not his thoughts. On the other hand, "In order to be able to transfer the observed events, developments and news to the readers correctly and in understandable way, written expression ability of a journalist must be developed, he must use dictation and punctuation in a good way and at the same time he must know the technical terms related with the topic. News must be written with a language having plain expression that can be understood by everybody as well as the content of the news and time, having the existence of the articles having literal beauty in the newspaper are among the expectations of the readers. Since sports pages of the newspapers are also one of the leading sections of the school-age young generation, the language used by the media can also be seen as an important indirect element of the education" (Özsoy & Doğu, 2006, p. 132).

**\* Importance of Vocational Education in Sports Journalism**

Especially in the leadership of TSYD, vocational training courses, seminars or certificate programs must be arranged with the collaborative works of the press establishments and related departments of Communication Faculties. Again, press establishments must bring sports writers, experts, trainers and technicians from the leading sport clubs, sport schools and printed press organs of the world and they must contribute to development of young sports journalism candidates in the subject of the novelties becoming evident in the world and for the practices connected to this. In order to have the reflection of different points of view, to write up quality articles, review essays satisfying the readers in terms of information in the sports pages, it is

required to cause the sports journalism candidates gain researchers spirit. There must be training seminars arranged within the institution in order to be able to use rapidly developing communication technologies and to be able to use this technology in the vocational area efficiently and fast. Again, in the scope of these trainings, archive awareness and top-level sports history knowledge must be provided for the sports journalist. This kind of furnishing gives the possibility to establish connection with the past and comparison when sport events are transferred to the readers and at the same time, it shall bring the advantage in making commentaries. For example, when a sports journalist has detailed information about the previous performance of the athlete while watching the competition of an athletics, for example while writing the news about the record breaking event on the track, it shall be very useful to give the information to the readers about the athlete who had that record previously as well as providing the time and the place of the same information. Additionally, in the scope of vocational training, required information must also be provided about national and international sports organizations: “To have the knowledge about the structures, operations, organs, committees, boards as well as the directors of the national organizations such as General Directorate of Youth and Sports, Sports Federations and international institutions such as International Olympic Committee (UOK), International Football Federation (FIFA), European Football Federation (UEFA), International Basketball Federation (FIBA), International Wrestling Federation (FILA) are among the information to take place in the repertoire of the journalist while writing the news” (Özsoy & Doğu, 2006, pp. 138-139). In order to have the success by a sports journalist, he must have expertise in at least one sports branch. “Today, many of our people believe that they know better than the technical director of the team in the topic of which player must play, in which system the team must play. For this reason, sports journalists must have deep knowledge about the sports branch they shall narrate to their readers... There is a definite specialization in European countries and between the sport journalists in USA. The ones who are not the expert of that branch cannot do any work in that branch. For example, expert of every branch assumes the duty related with his/her branch in the Olympics. Even olympizm has its specialist. In Turkey, other than football, there are limited number of specialists only in basketball, athletics and wrestling... In the sports media of our country, which is currently called as ‘football media’ as well, ‘sports club specialization’ is understood in place of ‘sports branch specialization’ when specialization is mentioned” (Özsoy & Doğu, 2006, p. 139).

#### **\* Conclusion**

As is in different areas of journalism, specialization also in the field of sports has big importance in terms of having reliability of the news as well as its acceptance and gaining attention, validity, to have it taken into consideration and to follow it. The news written up by a journalist who is the expert of his subject always arouses more interest. Specialization in this area is also important in terms of the institutional identity, prestige of the press institution where journalist works as well as the contention of the same institution with the competitors in the sector. Education focused activities obtained by the journalists on the basis of school during the education years on the path of specialization or throughout the process for the ones who stepped

in the vocational life shows itself also in the areas of sports journalism. Also in many universities of abroad, there are educations continues in the area of sports journalism and specialist sports journalists are brought up in this direction. It is especially observed in the sports pages of the daily newspapers and in the daily sports newspapers published in the western countries that sports correspondents are specialized in different sports branches. On the other hand, in Turkey, specialization has inadequate level other than football. In order to specializing at this point, in order to be able to employ successful, qualified sports journalist of the subject, there is the requirement to have close cooperation of Press Institutions with the Faculties of Communication and Sport Vocational High Schools or Sport Sciences Faculties. Continuity and characteristic of vocational education is important in order to adopt the principle to reflect the sports to its readers with the expression language to encourage friendship, brotherhood, peace, sportsmanship and competition medium suitable with the rules instead of the articles having fanaticism in the forefront with the purpose of obtaining circulation, having dominance upon the reader, directing the reader.

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## **SIGNIFICANCE OF SPORTS AND PHYSICAL ACTIVITY FOR YOUTH: SPORTS BOOSTING IMMUNITY**

**Prof. Dr. Manoj P. Armarkar**

*Shri. Dnyanesh Mahavidyalay Nawrgaon, Tah. Shindewai, Dist. Chandrapur*

### ***Abstract***

*Sports assume a central part in the instructive, preparing and disciplinary interaction of kids. The battle sports specifically are exceptionally powerful, since they require a few abilities and actual coordination to play out the entirety of their particular procedures, which require extraordinary order and will, joined by an excellent actual preparing, with a high mental fixation. Sports are the best approach flawlessly through redundancy and systematization, it requires the utilization of both cerebral halves of the globe to play out the strategies on the privilege and left, developing in the passionate and physical for every one of its specialists.*

### **Introduction**

In the last ages, we can see issues of undesirable way of life. We sit increasingly more on the love seat, encircled by present day advancements, yet we don't understand, that sport and proactive tasks are essential. In many socialized nations individuals rather play PC games or carry on with the present current way of life and they watch sport just on TV. At that point, obviously, it is no big surprise, that these youngsters are large or in any case wiped out or have mental issues. Deficient actual work prompts corpulence, however to numerous other medical issues like heart illnesses thus. Game is just about as old as humankind itself. It's kept social orders fit and solid while building solid networks and boosting spirit. In this cutting edge universe of iPhones and workstations, the significance of sports is more pertinent than any time in recent memory. Serious actual exercise not just persuades kids and grown-ups to get outside and stays in shape, however it additionally imparts significant qualities. For some, individuals, sport is underestimated. It's something that exists behind the scenes however isn't viewed as especially significant. Perhaps it's viewed as a touch of fun toward the end of the week at the end of the day, not too significant. This couldn't possibly be more off-base. Game issue and the significance of sports should be all the more generally talked about. Without it, numerous parts of present day culture will disintegrate.

From wellbeing and bliss to training and society, sport matters. Advancing games, rousing youthful competitors, and expanding sound rivalry will help people and networks to prosper.

### **Medical advantages of sports**

Perhaps the best justification children and grown-ups to play sport is for the unfathomable medical advantages. With specialists suggesting 150 minutes of moderate exercise seven days, it very well may be elusive the time and inspiration to fit this into a bustling timetable. Game makes it simple. First and foremost, the game will in general include energetic exercise, which means you just need to focus on 75 minutes every week to get similar advantages. This makes accomplishing a solid degree of activity simpler. Also, the game is enjoyable. Everybody can track down an active work that gets them energized, regardless of whether that is volleyball,

cycling, kayaking, or rock climbing. The tremendous scope of sports accessible implies that it's feasible to discover a type of activity that is agreeable. Indeed, this makes practice energizing and to a lesser degree a task, expanding the odds of you discovering the inspiration to do it.

Past these reasonable medical advantages, the significance of sports lies by they way they empower other solid conduct. To perform well and dominate matches, you will smoke less, drink less, eat better, and get more rest. Having this cutthroat inspiration implies that you live more strongly across all parts of your life. Exercise is so fundamental to keeping a sound weight and staying away from cardiovascular issues. For some, be that as it may, nothing is more overwhelming than an outing to the rec center. Game, on the other hand, doesn't feel like a weight. It's fun, social, energizing, and satisfying. Thus, accomplishing all the previously mentioned medical advantages is quickly more attainable.

### **Physical Health**

The actual significance of sports is notable yet you probably won't know about what it means for your emotional wellness. Taking part in proactive tasks has an amazingly gainful impact on your joy. This lift in joy comes from a scope of sources, both neurological and mental.

#### **1. Neurological Benefits**

Thus, your danger of gloom is decreased by up to 30%! These alleged joy synthetic compounds are fundamental for a steady and positive temperament. Any type of activity invigorates their creation yet sport appears to do so more adequately, particularly when you score an objective or dominate a match.

This also has been appeared to improve disposition and lower the indications of wretchedness. Taking nutrient D tablets can be utilized as a treatment for gloom however getting it straightforwardly from the sun is a more characteristic and viable strategy.

#### **2. Mental Benefits**

It's not simply melancholy that is diminished when you attempt sports. Through delivering strain and expanding mental energy, you'll probably find that your nervousness levels are brought down also. Part of this comes from the sensation of being in the zone; that practically reflective state when you're totally grounded in the present and zeroed in on the job needing to be done.

Indeed, even conditions like ADHD can be improved through sport. Notwithstanding being basically physical, there's a lot of mental fixation expected to partake. Sports players are continually deciding, speaking with others, and observing speedy activity. This improves center and memory maintenance. On the off chance that you're attentive about taking ADHD medicine, doing game can have a lot of a similar impact.

Moreover, sport is unbelievable for your ability to be self aware worth. Every day that you have a game, you've given your life a reason. The point is clear: score a greater number of focuses than the other group. At the point when you win, this pride assembles certainty. At the point when you lose, you're finding out about flexibility.

### **The Role of Sport in Society**

The significance of sports doesn't end in secondary school. Games are regularly the focal point of networks, uniting individuals. Each city on the planet has a lot of sports groups who vie for the diversion of thousands of onlookers. For some, watching your group no matter what is the main piece of the week. Like Sunday church, an outing to the arena at the end of the week carries importance to the existences of millions.

In view of their ubiquity, sports groups are likewise pivotal to nearby economies. Dallas Cowboys, for example, utilizes over 1,000 individuals, getting an income of \$950. This is cash that returns into society by means of charges and noble cause work. Each town and city across America have their own games groups fund-raising, giving positions, and keeping the nearby economy above water.

Towns require their own feeling of character similarly that individuals from a state or country feel a feeling of having a place and association. Sports groups help to make this personality. From their shadings to the mascots and team promoters, networks are reinforced over their common obligation to a specific game. In global occasions, there's a feeling of solidarity as nations return together to their group on the world stage. This can prompt an influx of hopefulness, for example during the Women's Soccer World Cup 2019 when the USA group was successful. Ladies' soccer may not be a significant occasion in the USA yet many felt extraordinary pride watching their group win.

### **Physical activity and immunity**

In the new years, the significance of sports in regular day to day existence has quickly expanded. Asthma and respiratory sensitivity are among the most widely recognized issues to be managed in those people rehearsing sports and subsequently, the symptomatic and remedial parts of hypersensitivity in competitors have gotten as of late an extraordinary interest. The exploratory investigations performed on hypersensitivity and game have lead to take in thought a more broad viewpoint, that is the impacts of activity on the invulnerable framework. Truth be told, it has been seen that activity can instigate critical and quantifiable immunological changes, including a transient resistant concealment (changes in number and movement of neutrophils, lymphocytes, macrophages, and emission of cytokines). This is most likely the motivation behind why competitors appear to be more inclined to upper respiratory viral diseases. These contaminations typically show up after practice end (inside 3 days) especially in those competitors rehearsing sports which require a drawn out exertion and obstruction. The issue is additionally muddled by the impact of nourishment, since sustenance routine itself and dietary supplementation were exhibited ready to meddle with the insusceptible reaction. In the current article we will survey the current information and exploratory information concerning the impacts of game on resistant framework and probably the main clinical ramifications.

Active work is viewed as one of the principle segments of sound living. Notwithstanding the capacities identified with the anticipation of abundance body weight, foundational irritation and persistent non-transmittable infections, a likely advantage of actual exercise in diminishing transferable sicknesses, including viral pathologies, is proposed.

The act of actual exercise, both in its intense structure and in its constant structure, altogether adjusts the resistant framework. Studies show that the regulation of the safe reaction identified with practice relies upon elements like routineness, power, length and sort of exertion applied. Moderate-force actual activities animate cell resistance, while drawn out or extreme focus rehearses without suitable rest can trigger diminished cell invulnerability, expanding the penchant for irresistible sicknesses. As per the International Society for Exercise and Immunology (ISEI), the immunological reduction happens after the act of delayed actual exercise, that is, after 90 min of moderate-to extreme focus active work

### **Conclusion**

Sports is fundamental for each human existence which keep them fit and fine and actual strength. It has extraordinary significance in each phase of life. It likewise improves the character of people groups. Sports keep our all organ alarm and heart turns out to be generally more grounded by customary playing some sort of sports.

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**AEROBICS****Dr. Bhairat Suhas Nivrutti**

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**Abstract**

*Aerobics is exercise form of physical exercise which is combination of rhythmic aerobics exercise with stretching and strength training routines with the goal to improve all elements of fitness i.e. flexibility, muscular strength, and cardio-vascular fitness. It is usually performed on music and may be practiced in a group setting led by an instructor we can also call them as fitness professionals, although it can be done solo and without musical accompaniment. Both the term and the specific exercise method were developed by Dr. Kenneth H. Cooper, an exercise physiologist, and Col. Pauline Potts, a physical therapist, both of the United States Air Force. In this article history of aerobics, benefits of aerobics, equipment's used, kinds of aerobics these parts are included with information about competitive aerobics in this article.*

**Introduction**

The word Aerobic literally means, 'with oxygen' or 'in the presence of oxygen'. Aerobic activity trains lungs, heart and cardiovascular system to process and deliver oxygen more quickly and more efficiently to every part of body.

Aerobics is exercise form of physical exercise which is combination of rhythmic aerobics exercise with stretching and strength training routines with the goal to improve all elements of fitness i.e. flexibility, muscular strength, and cardio-vascular fitness. It is usually performed on music and may be practiced in a group setting led by an instructor we can also call them as fitness professionals, although it can be done solo and without musical accompaniment. Aerobics done with the goal of preventing illness and promoting physical fitness, practitioners perform various routines comprising a number of different dance-like exercises. Formal aerobics classes are divided into different levels of intensity and complexity and will have five components: warm-up (5–10 minutes), cardiovascular conditioning (25–30 minutes), muscular strength and conditioning (10–15 minutes), cool-down (5–8 minutes) and stretching and flexibility (5–8 minutes). Aerobics classes may allow participants to select their level of participation according to their fitness level. Many gyms offer different types of aerobic classes. Each class is designed for a certain level of experience and taught by a certified instructor with a specialty area related to their particular class.

**History of Aerobics:**

Both the term and the specific exercise method were developed by Dr. Kenneth H. Cooper, an exercise physiologist, and Col. Pauline Potts, a physical therapist, both of the United States Air Force. Cooper, an exercise enthusiast, was puzzled about why some people with good muscular strength were prone to perform poorly at activities such as long-distance running, swimming, and bicycling. He began using a bicycle ergometer to measure sustained performance in terms of a person's ability to use oxygen. In 1968, he published *Aerobics*, which included exercise programs using running, walking, swimming and bicycling. At the time the



book was published there was increasing awareness of the need for increased exercise due to widespread weakness and inactivity. Cooper published a mass-market version *The New Aerobics* in 1979.

Aerobic dancing was discovered by Jacki Sorensen in 1969, inspired from Cooper's book. Sorensen began teaching her method and spreading it throughout the U.S. in the hands of hundreds of instructors in the 1970s. At the same time, Judi Missett's *Jazzercise* was taking off in the form of dance studio franchises in the U.S. Aerobics gained greater popularity, spreading worldwide after the release of Jane Fonda's *Workout* video in 1982, sparking an industry boom.

### **Benefits of Aerobics:**

Following are some of the benefits of Aerobics;

- Strengthen your heart muscles, body muscles.
- Help to burn calories and control your weight
- The heart function more efficient and becomes stronger.
- Decreases the risk in developing diabetes, heart diseases and obesity.
- There is an increase in good cholesterol and reduction in bad cholesterol.
- Increases the quality of sleep that refreshes you early next morning.
- Helps to decrease chronic diseases like heart disease and hypertension.
- Recovers your mood and decreases the depression, stress and anxiety.
- Increase muscles flexible.

**Equipment:** Aerobic equipment simulates the movements of aerobic exercises such as walking, jogging, rowing, skiing, hiking, biking, and climbing. These activities rhythmically and continuously move your large muscles; the key to getting your heart beating fast enough and long enough for aerobic conditioning.

Aerobic equipment can comprehend Floor mats, Dumbbells, Balls, Steps, Ropes, Bicycles, Trampolines etc.

### **Kinds of Aerobics:**

➤ **Freestyle Aerobics:** Freestyle aerobics is also called as Aerobic Dance, is an aerobics style in which a group instructor choreographs several short dance combinations and teaches them to the class. This is usually achieved by teaching the class one to two movements at a time and repeating the movements until the class is able to join the whole choreography together. Aerobic music is used throughout the class. This is sometimes followed by the strength section which uses body weight exercises to strengthen muscles and a stretch routine to cool down and improve flexibility. Classes are usually 30 to 60 minutes in length and may include the use of equipment such as a barbell, aerobic step or small weights. In freestyle aerobics, the instructor choreographs the routine and adjusts it to the needs and wants of her/his class. There is often no difference between base movements in freestyle and pre-choreographed programs. It is practiced to improve aerobic fitness, flexibility and strength.

➤ **Step Aerobics:** Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on joints. It improves overall fitness by building strength, reducing fat and boosting cardiovascular health. It also burns calories, making it an ideal

way to maintain target body weight. Research has even shown that doing step aerobics can boost mood and energy levels also. The moves target legs, upper body and core, building strength and flexibility. This also improves balance, coordination and agility. The social component of a group class can be beneficial in forging new connections and may help to raise motivation levels. Step aerobics is helpful in managing blood pressure and diabetes. People with osteoporosis or osteopenia can do this low-impact exercise to improve bone strength. People with arthritis can use a chair or stable object for extra balance during a step class.

➤ **Water Aerobics:** Water aerobics is also known as waterobics, aquatic fitness, aqua fitness, aquafit. It is the performance of aerobic exercise in water such as in a swimming pool. These type of exercises done mostly vertically and without swimming typically in waist deep or deeper water. It is a type of resistance training. Water aerobics is a form of aerobic exercise that requires water-immersed participants. Most water aerobics is in a group fitness class setting with a trained professional teaching for about an hour. The classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music. Different forms of water aerobics include: aqua zumba, water yoga, aqua aerobics, and aqua jog.

➤ **Aerobic Kickboxing:** Aerobic kickboxing is also known as cardio kickboxing. It is a workout that combines elements of martial arts, boxing and aerobics into a high-impact, high-intensity program that is quite popular in gyms. Some experts state that aerobic kickboxing can burn between 500 to 800 calories per hour, while increasing strength, stamina and flexibility. Many women also use kickboxing as a way to increase their self-defense abilities. Aerobic kickboxing includes boxing moves such as kicking, punching and striking with the knees, into an aerobic program of rapid stepping, squats, and jumping jacks, among others. Many cardio kickboxing classes are structured similarly, with 10 to 15 minutes of active warm-ups, followed by 30 to 45 minutes of kickboxing and then a cool-down period of approximately 10 minutes.

➤ **Aerobic Dance:** Aerobic dance exercise is any physical activity that makes you sweat. Which results into breathes harder and gets heart beating faster than at rest. Aerobic dance strengthens heart and lungs and trains cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout body. Aerobic dance uses large muscle groups, is rhythmic in nature and can be maintained continuously for at least 10 minutes.

➤ **Sport Aerobics:** Sport Aerobics is a hard and competitive sport that has a singular connection of aerobic choreography and gymnastics elements. This sport generate a chance for adolescents, and adult individuals to compete in a sport that demands less risk than gymnastics while keeping the artistic quality and fun of aerobics. Code of Points 2001-2004 defines the sport as: "Sports Aerobics is the ability to perform continuous complex and high intensity movement patterns to music which originate from traditional aerobic dance. The routine must demonstrate continuous movement, flexibility, strength and utilization of the seven basic steps with a high degree of perfectly executed elements of difficulty."

Sports aerobics is an interesting, recreational and competitive sport that demands performing active movement patterns to fast paced music. It is a sport that is less strenuous, in comparison

with the gymnastics but it offers the fun and artistic quality of aerobics. The competitive form of aerobics started in the year 1984. Actually is a controversy, if Sport aerobics had its origin in the United States or Japan. However, it was only in 1995 that the Federation International de Gymnastic (FIG) adopted Sport Aerobics as the 4th discipline of Gymnastics. Aerobic gymnastics also known as sport aerobics may combine complicated choreography, rhythmic and acrobatic gymnastics with elements of aerobics.

Some of the key features of competitive aerobics are as follows;

- Performance is divided into categories by age, sex and groups.
- In International competition there are different events: Individual Women, Individual Men, Mixed Pairs, Trios, Group (five athletes), Step Dance (both eight athletes)
- The performance area is 7X7 meters (23 ft) square for juniors or 10X10 meters (33 ft) square for adults.
- Each competitor performs for 1-minute and 45- sec. aerobics sequence.
- Performances are scored in the following areas: artistry, execution, difficulty.
- If the combined scores are the same, the tiebreaker is the team with higher execution scores.

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**KARMA YOGA OF BHAGAVAD GITA AND ITS SIGNIFICANCE IN MODERN LIFE****Dr.Banamali Nath***Asst.Professor, Chhaygaon College, Chhaygaon, Kamrup, Assam, India***Abstract**

*Karma Yoga is a mental discipline that allows us to carry out our duties as a service to the entire world as a path of enlighten. The practices of Karma yoga have a great potential to provide relief from any kind of mental stress in the stressful working environment of our modern life. It determines the path towards work in positive attitude that helps to remain happy and healthy with a purified mind by keeping free from anxiety. This paper, therefore, deals with the Karma Yoga and its significance in modern life to encourage the people to follow Karma Yoga to sustain mental, physical and spiritual health. The findings of this study about Karma Yoga would help an individual throughout their life journey whether it is in social or personal life to enhance happiness, peace and satisfaction. The various dimensions of Karma-Yoga discussed in this paper and by doing present a challenge to every individual who seeks to aspire to live and fulfil them daily.*

**Keywords:** Karma Yoga, Karma, Salvation

**Introduction:**

“Karmanye-Vadhikaraste ma phalesu kadacana”

That means: ‘you have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions’. This is one of the most significant and common verses of Bhagavad Gita which offers deep insight into the spirit of the work and is invariably quoted in discussion of Karma Yoga. Bhagavad Gita is not only a holy book that includes a concise description of Sanatan Hindu Philosophy but it is also a real hand book and compass to a meaningful life (Easwaran, 1997). The context of Gita is such that it has proved inspiration for a huge variety of different individuals.

**Historical Background:**

The Bhagavad Gita belonging to the epic Mahabharata explains the philosophy of right action of Karma Yoga. The whole text of the Bhagavad Gita is a conversation between Lord Krishna and Arjuna in the battle ground of Kurukhetra, where Krishna explains the meaning of life, the place of work within life, and the right way in which to work. Before discussing about Karma Yoga, we first need to introduce about the fundamental beliefs of Indian Philosophy which forms the foundation of Karma Yoga. The teaching of Karma Yoga forms the heart of the Indian Philosophy (Mulla& Krishna, 2006). Indian philosophy is based on three fundamental beliefs:

- Theory of Karma: All actions that are done have future results that may be good or bad and be the cause of joy or sorrow and lead to re-birth.
- The existence of a permanent entity (Atman or Soul): This is our true unknown nature, untouched and pure.
- Doctrine of Salvation or Mukti: The ultimate goal of humankind is to attain Moksha or liberation from the cycle of birth and death.

The Bhagavad Gita builds on these three beliefs and suggests a way out of the cycle of birth and death by selflessly performing one’s duties depending on his position in the society.

The great Indian philosopher Swami Vivekananda(1907) observed that multiple paths are also another unique feature of Indian philosophy that are accepted as ways to reach the same ultimate destination. So, each individual have their own right to choose the most suited path to his her or her temperament.

**Importance:**

The findings of this study about Karma Yoga would help an individual throughout their life journey whether it is in social or personal life to enhance happiness, peace and satisfaction. The various dimensions of Karma-Yoga discussed in this paper and by doing present a challenge to every individual who seeks to aspire to live and fulfil them daily.

**Concept of Karma Yoga:**

The word Karma is derived from the Sanskrit word 'Kri', which means doing affairs or activity and includes all actions performed by a person whether they are of body, speech or mind. The word Yoga originated from the Sanskrit-root 'Yuj' which means 'to join'.

**Aim of this study:** The aim of this study is to gain an understanding of the concept of Karma Yoga and its place in Bhagavad Gita and how this philosophical thought can be impact one's conduct and mindset.

**Dimensions of karma Yoga:**

Karma Yoga is the path that leads to salvation through action (Arun Kumar & Sanjay Kumar, 2018). In order to understand its dimensions, we must read each of the verses of the Bhagabad Gita (Gandhi,2001) and the verses were categories into activities prescribed to reach the ideal state of a person (69 verses), description of the ideal state of a person (145 verses) and outcomes on achieving the ideal state( 76 verses). Karma Yoga is the path to reach the ideal liberated state through work and hence we looked into the types of activities prescribed to reach the ideal state. In Bhagabad Gita Krishna says to Arjuna that persons who survive on this earth and use its resources without working are living in sin, and hence man is obliged to work selflessly in order to fulfil his duty towards the world (Radhakrishnan, 1993). Hence, based on this content analysis, a study conducted by Mulla & Krishnan (2006) to measure the case beliefs in Indian Philosophy and Karma Yoga identified two dimensions of Karma Yoga:

- Sense of Obligation towards others ( duty oriented)
- An absence of desire for rewards.

**Sense of Obligation towards others:** All actions motivated by a desire bind the soul into the cycle of Birth and Death (Bhagabad Gita). Hence the only way one can effectively function in society is by developing a sense of obligation or duty towards others. In this manner, all actions become a repayment of a debt and the actor is free of any motive for the actions. The belief in the law of Cause and Effect makes us realize that we are placed in a particular situation because of unfulfilled past obligations on our part and we develop a sense of connectedness with all beings. When our belief in the law of cause and effect is coupled with the belief in the doctrine of salvation, it makes us strive to live a moral life for the benefit of the society, which creates in us a sense of duty or obligation towards others.

**Absence of a Desire for Rewards:** when an individual is able to discriminate between what is eternal (Soul) and what is transient (Body) and is able to increasingly identify with the soul, one's actions are more spontaneous and not motivated by any material gratification. Besides, reduced identification with the body creates resilience towards physical pleasures and pain. As a result of this, there arises in the individual, an absence of desire for rewards.

Hence, their findings indicate that a belief in Indian Philosophy increased duty orientation, and life satisfaction is enhanced when there is an absence of desire for rewards. The findings of their study further indicate that "higher the individual dutifulness, higher they are on karma Yoga". However, interestingly the same author in 2009 have found three dimensions of Karma Yoga adding one extra construct which is Equanimity as third construct.

In Another research works, sing and Sing (2010) proposed four dimensions of salesperson's Karma orientation:

- Work as selfless action
- Work as duty towards others
- Detachment from work-related rewards.
- Equanimity or calmness under environmental influences

Moreover, In another research, Rastogi and Pati(2014) by reviewing various earlier constructs of karma Yoga, identified two important construct :

- Absorption
- Service consciousness.

Now we have tried to make the following table to show the dimensions of Karma Yoga in view of various reviews:

Sl. No	Authors	Year of mentioned	Dimentions	
			No	particulars
1	Narayanan and Krishnan	2003	2	i. Doing one's duty ii. No attachment with the actual outcome
2	Mulla& Krishnan	2009	3	Sense of obligation towards others An absence for desire rewards Equanimity
3	Sing and Sing	2010	4	Work as selfless action Work as a duty towards others Detachment from work-related rewards Equanimity or calmness under environmental influence

4	Pradhan S	2013	5	Emphasis on process than outcome Obligation towards others To act with equanimity Seek perfection/ excellence in action Regarding work as an offering to higher self
5	Rastogi and Pati	2014	2	Absorption and Service consciousness

Thus from the above discussions and review of various literature we may summarize that the concept of operationalisation of Karma Yoga lacks consensus.

#### **Types of Karma, Meaning and Philosophical understanding:**

According to Bhagavad Gita, there are two types of Karma (or actions):

- i) Sakam Karma: action with expectations of fruit
- ii) Niskama Karma: Action without any selfish desire.

An action done with some expectations about the outcome is called Sakama Karma and the action done without being attached to the fruit by taking it as a duty is called Niskama Karma. A true karma yogi offers the fruit of actions to God and works for the benefits of the society without any pride as the attitudes of Karma Yoga are

- Narayana Bhava (all is based on the will of God)
- Nimitta Bhava ( I am an instrument of God)
- Narayanarpan bhava ( I surrender myself and fruits of Actions unto the God)

Again, a true Karma yogi bears the qualities – Maitri (Friendliness), Mudita (Cheerfulness), Karuna (Compassion), and Upeksha (Indifference towards evil minded).

Hence, as focused in Bhagavad Gita, Sakama karma is the causes of bondage from birth and death and on the other hand Niskama karma paves the way to attain Moksha, that is, liberation from this birth-death cycle. The doctrine of Niskama karma yoga is very contemporary in nature and has global relevance and is very practical and can be applied in virtually any context irrespective of Spiritual, Psychological, religious or social belief.

Niskama karma is a composite concept based on two words namely Niskama and karma. Again, Niskama is also a composite concept having two words- Nih and kama. 'Nih' means a sense of denial or negation. Hence, niskama means denial of kama.

It is observed in various reviews that the word Kama as mentioned in Bhagavad Gita means of sensuous desires but not the satisfaction of sensuous desires (pal, 2001). Moreover, various researchers suggest that both concept of Kama and Karma are used in different point of view with different meanings that confused someones. However, in Bhagavad Gita these concepts are used without any ambiguity in which Karma is used as a sense of action while kama is used to mean of sensuous desire. But if we tried to understand the meaning of desires,

then we find that this conception is linked to the notion of attachment. Different scholars of Bhagavad Gita have interpreted the concept of 'Niskama karma' in terms of non-attachment action or desireless action. The Gita identifies two distinctive types of actions: desireful and desireless.

But there arise some questions based on the understanding of Niskama Karma—

- Is there any human action that is desireless?
- Is this desire linked to the outcomes of action?

So, now we have tried to understand these concepts with its actual explanation on basis of Bhagavad Gita. If we assume there is no desire in action that means there is no action, then people become inactive, which ultimately means Akarma( non-action). The concept is not promoted in Bhagavad Gita as its profound message. Action is the Dharma of people and hence the Lord Krishna taught Arjuna the teaching and principles of Karma-Yoga throughout his discourse. His teaching of Karma Yoga means Niskama Yoga that is without having any desire for the consequences. Lord Krishna said to Arjuna that no one can give up the action due to their Psycho-physical make-up. For him, renunciation is not enough, there is no choice but to act. Therefore, the concept of action conceptually involves with the notion of element of desire for a specific action. Although there is no element of desire for the outcome of our action, but it is important that individuals should act with the alignment of their own understanding of truth and such positive awareness of use of tools in such a way that is no negative consequences arise from our own actions. The practice of Niskama Yoga helps in cleaning of self and purifies the Chitta i.e., mind, thoughts or emotions.

#### **Analysis/ Discussion:**

The summary of Karma Yoga is focused in the Bhagavad Gita, which is a part of the Epic Mahabharata. Karma Yoga should cause a person to ask question of themselves and their priorities. We have to understand the exact bearing of the Gita on the question of work of karma. The ethics of Gita is different other for it is ethics of activism, which does not support the ascetic ethics. Action without any hope or reward or feedback is called true action, but it is not renunciation of action. Bhagavad Gita's ethic of Niskama Karma has similarity with Immanuel Kant's of 'Duty for duties sake'. The ethics of both advises us to perform our duties without any desire for fruits or any consideration of ends and consequences. But Kant regards good will as the highest good where as Gita's goal is the attainment of God.

#### **Conclusion:**

The concept of Karma Yoga is still relevant to improve ourselves with a great personalities as well as our work in daily activities to reach the highest enlightens. It is noteworthy to mention that all the great personalities of the world follow the ethical path of the Bhagavad Gita as the Gita is translated almost in all the national languages of the other countries. Action is inevitable till we attain liberation. One need to work for the sake of liberation and when one attain it, he has to work as instruments that action will not be the cause of bandage. It is also worth mentioning, that the modern life style in the global world, is so complex that it is not so easy to live in peace as they are always busy with work schedule to full fill their demands for owns life.



For a stress-free happy and healthy life, the aim of every action should be the welfare of humanity and it will be possible only by following this path of Karma Yoga.

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**THE RELATIONSHIP ON PHYSIQUE AND PERFORMANCE BASED PHYSICAL ACTIVITY AMONG HOCKEY AND FOOTBALL PLAYERS. -- A STUDY****Dr. Edgar Joseph Mackenzie***Physical Edu. Teacher, SFS College, Nagpur, RTM Nagpur University***Abstract**

*Physical activity fitness is a matter of fundamental importance to individual wellbeing and to the progress and security of nation. It is the basis for all other forms of excellence. With increased mechanization there has been a corresponding decrease in the number of tasks that require an expenditure of energy, sufficient vigorous exercise are not done to develop and maintain adequate level of fitness, many individual must rely on various form of exercises to attain an acceptable level of physical activity fitness. The study was further delimited to following physical activity fitness variables: Strength, Endurance, Speed, Flexibility, and Coordinative abilities.*

**Materials and Methods :** *For the purpose of this study 300 male hockey and football players of Nagpur who had participated in district and school level championships were randomly selected as subjects. The ages of the subjects were below 18 years. . Arm strength was measured by Pull-ups, maximum number of correctly execute Pull-ups were recorded as scores of the test. Leg strength was measured by standing broad jump and horizontal distance recorded in centimeters. Abdomen strength was measured by sit-ups; total numbers of correctly excepted sit-ups in one minute were recorded. Speed was measured by 50 yards dash and time recorded in 1/10<sup>th</sup> of second. Endurance was measured by 12 minute run/walk, the distance recorded in meter. Agility was measured by shuttle run and the time recorded in 1/10<sup>th</sup> of second. Flexibility was measured by sit & reach test and distance recorded in centimeters. To determine the relationship of physique and performance based physical activity among hockey and football players. mean, standard deviation and Pearson's Product moment and multiple correlations was used at 0.05 level of significance.*

**Discoussion:** *It was hypothesized that physical activity fitness variables with hockey and football performance. the hypothesis is not accepted in cases of above mentioned physical activity fitness variables with hockey and football performance.*

**Conclusions:-** *There were significant relationships between shot put performance and arm strength, - abdomen strength, speed, endurance, agility, and flexibility and leg strength. The combined contribution of physical activity fitness variables were highly related to the hockey and football performance of district level players of Nagpur.*

**Keywords:** *Physique, Physical Activity, Physical fitness.*

**Introduction :-**

Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. All four factors are critical to peak performance.

Physical fitness has been great significance in the lives of human beings from times immemorial. In the pre historic times, physical fitness was the key element for the survival of human being. A specified level of physical fitness, which in turn may improve one's self concept, should be developed prior to participation in leisure activities if maximum social benefits are to be gained from this participation. Motor fitness is a matter of fundamental importance to individual well being and to the progress and security of nation.

**Statement of The Problem**

The purpose of this study was to determine the relationship On physique and performance based

physical activity among hockey and football players.

### **Delimitation**

1. The study was delimited to male players only.
2. The study was delimited to 300 hockey and football of players of Nagpur only. i.e. 150 hockey and 150 football.
3. The age of the subjects was between age group below 18 years.
4. The study was further delimited to following physical activity (fitness) variables :
  - i. Strength ii. Endurance iii. Speed iv. Flexibility v. coordinative abilities

### **Limitation**

1. The socio-economic condition, training and dietary pattern were the limitations of this study.
2. Non-availability of sophisticated instruments for the limitation of this study.
3. Certain factors like diet, daily routine, food habits, facilities, training, geographical conditions that might have affected the results of the study was also considered as limitation of the study.

### **Hypothesis**

From the scholar's own understanding of the problem and as gleaned through the literature, it was hypothesized that, there would be no significant relationship between physique and physical activity with performance of Nagpur hockey and football players.

### **Significance of the Study**

The study may make the following significant contribution:

1. The results and findings of this study may provide criteria for selecting potential athletes of young age.
2. The findings of this study may be used as a screening technique in analyzing and classifying the players.
3. This study may enable the coaches and trainees to develop sound training programmes at various levels of participation.

### **Material And Methods**

In this chapter selection of subjects, selection of variables, criterion measures, collection of data, experimental design, administration of tests and statistical technique for the analysis of data has been described.

### **Subjects**

For the purpose of this study three hundred male hockey and football players of Nagpur. who had participated in inter-school & district championships were randomly selected as subjects. The ages of the subjects were below 18.

### **Selection Of Variables**

The study was taken on the basis of available physical activity variables and their tests findings of the related research studies. Keeping in the mind about specific purpose of the study following physical activity fitness variables were selected:

After the review of literature, the following Physical activity fitness variables were taken into

consideration.

• Speed • Strength • Endurance • Agility • Flexibility

**Collection of Data:** The data collected for each variable administering their respective tests. To ensure that the data collected were reliable, sufficient number of trials was given to each subject to perform their respective tests for each variable. Before the administration of test and measurement of hockey & footballers. Performances of players were recorded, For this purpose trials were given to each players and the best was recorded. The tests were explained to the subjects prior to their administration.

#### **Criterion Measure**

1. Arm strength was measured by pull-ups, maximum number of correctly execute pull-ups were recorded as scores of the test.

2. Leg strength was measured by standing broad jump and horizontal distance recorded in meters.

3. Abdomen strength was measured by sit-ups; total numbers of correct sit-ups in one minute were recorded.

4. Speed was measured by 50 yards dash and time recorded in 1/10<sup>th</sup> of second.

5. Endurance was measured by 12 minute run/walk, the distance recorded in meter.

6. Agility was measured by shuttle run and the time recorded in 1/10<sup>th</sup> of second.

7. Flexibility was measured by sit & reach test and distance recorded in centimeters.

**Design of the Study:** 30 subjects were selected randomly to determine the relationship between physical activity fitness variables with hockey & football performance. Static group comparison design was used in the present study.

The reliability of data was insured by establishing the subject's reliability, instrument's reliability, the tester competency and reliability of tests. The reliability coefficients of test-retest scores of players are shown in table

**Table No.- 1**

#### **Reliability Coefficient of Test - Retest Scores hockey and football players**

S.Nos.	Variables	Coefficients
1	Arm Strength	82
2	Leg Strength	86
3	Abdomen Strength	82
4	Speed	84
5	Endurance	82
6	Flexibility	83
7	Agility	87

#### **Statistical Technique for Analysis of Data**

To determine the relationship between physical activity fitness and selected characteristics with performance of hockey & football players mean, standard deviation and Pearson's product moment and coefficients was used at 0.05 level of significance. To determine the relationship between selected physical activity fitness variables with performance in hockey and football players Pearson's product moment correlation was used.

**Findings :-** The result pertaining to the relationships of selected physical activity fitness variables to shot put performance have been presented in tabular form:-

**Table No,-2 Mean and Standard Deviation of hockey and football players in Relation to physical activity Fitness Variables**

S. Nos.	Variables	Mean	Standard Deviation
1	Arm Strength	21.54	2.03
2	Abdomen Strength	41.56	5.67
3	Leg Strength	2.36	0.21
4	Speed	6.98	0.33
5	Endurance	2361.28	49.55
6	Agility	10.012	0.87
7	Flexibility	25	1.95

**Discussion of Findings:** The statistical analysis of the data has clearly indicated that there were significant relationships between the physical activity fitness variables such as arm strength and leg strength with hockey and football players performance. There were also relationships between hockey and football performance with abdomen strength and agility but it was not significant. There was significant relationship between physical activity fitness variables and. Hockey and football performance, therefore it can be stated that all the physical activity fitness variables are important factor in hockey and football performance.

**Discussion of Hypothesis:** It was hypothesized that physical activity fitness variables with hockey and football performance. There were significant relationships found between physical activity fitness variables such as; arm strength, leg strength, abdomen strength, speed, endurance agility and flexibility and hockey and football performance therefore the hypothesis is not accepted in cases of above mentioned physical activity fitness variables with hockey and football performance.

**Conclusions:-** On the basis of the findings following conclusions may be drawn:

1. There were significant relationships between shot put performance and arm strength, - abdomen strength, speed, endurance, agility, and flexibility and leg strength.
2. The combined contribution of physical activity fitness variables were highly related to the hockey and football performance of district level players of Nagpur.

#### **Recomondations**

1. Similar type study may be repeated by selecting larger sample.
2. Same study may be conducted by selecting physiological and psychological variables.
3. Same type of study may be conducted on female subjects.

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## IMPORTANCE OF REST

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### **Abstract**

*Many of us are tired but still working constantly at maximum capacity. Reason is our needs are increased and we are running repeatedly to accomplish it. Many times we do the things unnecessarily. Sportspersons also work hard to get the best performance in matches. Generally sportspersons perform workout and practice for 2 to 3 hours a day, but when it comes to elite level the time span increases to 6 to 8 hours a day. If they go on working continuously, the body will give up because of no energy remain. To perform best for the next day one can need to recover the energy. The way to recover the energy is quality food and complete rest. This study is carried out using survey method with the objectives like as to know about the rest, to know the need of rest, to know the importance of rest and to know the benefits of rest. We have all heard about the negative effects of sleep deficiency. Aside from health risks, studies say that it is also one of the main causes of auto accidents. In conclusion researcher said that rest is most important of the life, one can adjust his or her schedule for getting proper rest.*

**Keywords:** *rest, performance, energy, workout, fatigue, recover.*

### **Introduction:**

In today's world, we often watch that our life is being busy, hectic and stressful, which generally direct to feelings of being tired, fatigued and nervous. We have become a nation of over worked human beings; we are tired due to over work but still working continuously with full capability. Our needs are increased and we are chasing constantly to fulfill it. Many times we do the things unnecessarily.

Sportspersons work hard to get the best performance in matches. They do extra work compare to the non sportspersons. They perform their day to day work along with specific exercises to remain fit. The need of fitness differs to the game they play. Generally sportspersons perform workout and practice for 2 to 3 hours a day, but when it comes to elite level the time span increases to 6 to 8 hours a day. Kellmann distinguishes between passive, active and proactive approaches to recovery. Passive methods may range from the application of external methods like massage to implementing a state of rest characterized by inactivity. Active recovery like cool down involves mainly physical activities aimed at compensating the metabolic responses of physical fatigue. Proactive recovery like social activities implies a high level of self-determination by choosing activities customized to individual needs and preferences.

One can surely get tired of a hectic day schedule as they lose lot of energy to carry it out. If they go on working continuously, the body will give up because of no energy remain. Under recovery appears to describe a broader condition of inadequate recovery in reaction to general stress says Meeusen et al. To perform best for the next day one can need to recover the energy. The way to recover the energy is quality food and complete rest. In addition, the Rating-

of-Fatigue Scale, the Acute Recovery and Stress Scale (ARSS), and the Short Recovery and Stress Scale (SRSS) have recently been developed as short and economic measures of recovery and stress. Let's know more about the factor, REST.

**Objective:**

- To know about the rest.
- To know the need of rest.
- To know the importance of rest.
- To know the benefits of rest.

**Method**

This study is carried out using survey method. Internet articles, News paper cuttings, discussion with few doctors, sports persons, Coaches, Physical Directors and Physical Training Instructors were the sources of information.

**Definition:**

- 1: A bodily state characterized by minimal functional and metabolic activities. Repose, sleep specifically.
- 2: Rest means, freedom from activity or labor, a state of motionlessness or inactivity and the repose of death.

**How can rest be very important for the human body?**

It's necessary for our health and for being at our best when we are working. Rest improves cardiovascular health, and lower blood pressure and cortisol levels. Rest days are important to prevent overuse injuries, and to allow for muscles and body to recover from the exercise. It also improves thinking process. As we see that the way to recover the energy is quality food and complete rest like sound sleep for adequate period. Relationship between sleep and stress is vital. We all know that stress is a huge hazard nowadays.

**How can sleep so important?**

Sleep is very essential, often neglected, component of every person's overall health and well-being. Sleep is important because it enables the mind and body to repair and be fit and ready for another day. Getting satisfactory rest may also help prevent excess weight gain, heart disease, and increased illness duration.

**How much rest does a person need?**

Sleep requirements be different slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night to function at their best. Children and teens need even more. And despite the belief that our sleep needs decrease with age, older people still need at least 7 hours of sleep.

**Benefits of Rest:**

We forget the importance of rest and sleep. We usually treat it as a commodity that we can exchange for something that will give us more value, like working more to get ahead by allowing the body and mind to rest; you enable the body to activate its own inner healing cascade. This allows the body to return to its natural state of homeostasis, enabling the body to repair, recover and reset. When we rest we automatically activate our parasympathetic nervous

system, which is our rest, digest and repair system – the exact opposite to our sympathetic nervous system which is fight or flight – a state of being many of us spend far too long operating from today.

**Some benefits of rest-**

- Boosts your immune system
- Reduced risk of disease and illness & improves your health
- Reduced stress and anxiety
- Improves your memory
- Restores and energizes
- Stimulates creativity
- Helps with weight management
- Helps you stay mentally and emotionally fit
- Slows down the aging process
- Makes you happier
- Can help you experience less pain
- Increased clarity, focus and concentration
- Increased happiness and sense of peace
- Increased level of inner ease and harmony
- Increased productivity and performance
- Improves thinking capacity

**Sleep recommendations**

Sleep needs differ from person to person, depending on their age. The person ages, they typically require less sleep to function properly.

According to the CDC, the breakdown is as follows:

- Newborn (0–3 months): 14–17 hours
- Infant (4–12 months): 12–16 hours
- Toddler (1–2 years): 11–14 hours
- Playgroup age (3–5 years): 10–13 hours
- School age (6–12 years): 9–12 hours
- Teen age (13–18 years): 8–10 hours
- Youth (18–60 years): 7–8 hours
- Adult (61–64 years): 7–9 hours
- Senior citizen (65+ years): 7–8 hours

**Guidelines to improve sleep quality:**

- Avoid eating late or heavy at night.
- Don't watch thrilling movies before bed time.
- Avoid sleep when you have had enough sleep.
- Going to bed around the same time each night.
- Spending more time outside and being more active during the day.
- Reducing stress through exercise, therapy, or other methods.
- Meditation before sleep.



- Bed should be comfortable. Use deem light in bedroom.
- Don't drink too much water before going to bed.

**Conclusion:** When you're sleeping well, it's much easier to manage stress in all areas of your life. According to health experts, for an adult, the optimal amount of sleep they need is 7 to 8 hours of good sleep each night to function properly. We have all heard about the negative effects of sleep deficiency. Aside from health risks, studies say that it is also one of the main causes of auto accidents. If you think you are too busy to get enough sleep, think about your priorities and your health. You already know sleep is important for survival. But, are you making it a high priority in your life? You need to be in good health to function at your best. Try to schedule more hours for sleep and relaxation. The positive effects are endless.

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## PHYSIOLOGY OF RECREATIONAL ACTIVITIES AND WELLNESS

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### **Abstract**

*Living a healthier life can not only extend our life, it can also improve the quality. Feeling physically better and having control over your own life can greatly increase your mental health as well. Although there are some aspects of physical and mental health that are beyond an individual's (and science's) control, there are many things that people can do to improve their quality of life. Good health has traditionally been viewed as freedom from disease. While everyone agrees that the absence of illness is one part of being healthy, it doesn't indicate whether you are in a state of well being. Lack of recreational activity is mainly responsible for much health complication in children young and old age persons. To prevent these health troubles, a proper fitness is essential for everyone. Fitness should be a key component in anybody's life simply for the fact that it makes you feel better.*

**Key words :** Physical education, Sports, recreational activity and wellness.

### **Introduction**

#### **Meaning of recreational activity**

Barrow defined recreational activity as an physical activities of and through human movement where many of physical and educational objectives are achieved by means of big and small muscles activities involving sports, games, gymnastics, dance and exercise.

#### **Health and wellbeing**

Personal growth is also important to our overall wellbeing. Well being has objective and subjective components. The objective components are relative to such concerns as slandered of living and level of living. The subjective components of well being are referring to as quality of life.

#### **Need of recreational activity**

1. Recreation activity is needed because due to advanced technology the lifestyle of proper becomes sedentary and they become passive entertainer.
2. Recreational activity is needed throughout the life for proper growth and development.
3. It is beneficial during adulthood to maintain good health and fitness.
4. During old age, recreation activity is important to prevent and treat various ailments and disease.
5. It is important as it provides us the knowledge of our bodies from musculoskeletal, physiological and biochemical point of view.
6. Recreational activity teaches us various physical actives that can be practiced now in later life such as motor skills for the games and sports of volleyball, tennis, swimming and so on.
7. Recreational activity also teaches us the value of ethical behaviour in sporting situations.
8. Recreation activity teaches us the value of physical fitness and how to become physically fit.

9. It is important for aesthetic reasons as by participation in physical fitness programmes like gymnastics and dance, beauty and grace is cultivated in the movement.
10. It is also important for catharsis reasons with mean releasing of energy, emotion, tension or frustration and some people let off their extra steam by participating in various games and sports which are part of physical activity.

#### **Importance of recreational activity**

Recreational activity provide a unique opportunity for individual to acquire physical, social and personal benefits that can help them throughout their lives., individuals athletes generally do better in schools.

#### **Playing recreational activity can**

1. Improve physical fitness.
2. Improve confidence through learning skills and success
3. Help individuals learn to control their impulses this is necessary for success in sport as well as social relationships.
4. Help build friendships
5. Start lifetime interest
6. Help individual learn about rules and fair play
7. Help individual to cope with winning and losing
8. Help individuals do better at school work.
9. Children and young people can enjoy the competition and still be learning skills. Some children at 11-12 years age are showing special talent at and interest in a particular sport and can benefit from individual coaching.
10. Children young people need to learn about how to behave when playing winning and losing.
11. Recreation activity at the 10-12 years stage can involve trips away with a team and opportunities for team leadership.
12. It is important not to push any young people beyond what they are physically ready for and to find out about what is appropriate in relation to their age and the sport they are playing.

#### **Benefits of recreational activity**

It is widely acknowledged that recreational activity is essential to individual's growth and development. Regular recreation activity can have a positive impact on individual's physical, mental, and social well-being. In particular, recreational activity is likely to have an impact on individuals achievement, readiness to learn, behaviour and self esteem. Positive experiences with recreation activity at a young age also help lay the foundation for healthy, produce lives. Research also indicates that individuals are in danger of developing serious diseases associated with obesity, which can result from a lack of recreation activity. The following are benefits taken from the research on this subject.

### **Benefits**

1. Along with the diabetic diet, regular recreation activity will decrease the lipid levels in blood circulation.
2. Regular aerobic activity, will strengthen the cardiovascular system.
3. It restricts the acidosis which is a dangerous sign for diabetic coma.
4. It causes for more oxygen supply and nutrients to the pancreas for better function.
5. It decreases the adhesion nature of platelets and regulates the heparin secretion in blood vessels.
6. It controls hypertension and plaques in coronary arteries causes for atherosclerotic injury may lead to myocardial infarction.
7. Micro-vascular diseases can also be avoided by regular recreation activity.

### **Social acceptance**

Participation in recreational activities can help young people make friends and gain acceptance from their peers. Regular recreational activity, fitness, exercise and critically important for the health and well-being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular recreation activity, whether they participate in vigorous exercise or some type of moderate health-enhancing recreational activity. Even among frail and very old adults, mobility and functioning can be improved through recreational activity. Therefore, physical fitness should be a priority for all ages. Regular recreational activity has been shown to reduce the morbidity and mortality from many chronic diseases. Millions of people in the world suffer from chronic illnesses that can be prevented or improved through regular physical activity. Despite the well-known benefits of recreational activity, most individuals lead a relatively sedentary lifestyle and are not active enough to achieve these health benefits. A sedentary lifestyle is defined as engaging in no leisure-time recreation activity.

### **Enjoyment of recreational activity**

If recreational activities are fun, young people are more likely to participate in them. Also, an enjoyable recreational activity can be more appealing to young people than a less engaging sedentary one.

**Development of competence in recreational skills:** Young people enjoy and gain confidence from developing and demonstrating physical fitness and movement skills.

### **Wellness**

The term wellness was first used by a physician named Halbert L. Dunn, who published a small booklet entitled "High Level Wellness" in 1961. Dr. Dunn saw wellness as a lifestyle approach for pursuing elevated states of physical and psychological well-being. He described it as a disciplined commitment to personal mastery. Wellness, as a state of health, is closely associated with our lifestyle. Each person has a responsibility to provide for such health essentials as good nutrition, proper weight control, exercise and controlling of risk factors such as smoking, alcohol and drug abuse.

**Benefits of wellness**

1. High self esteem and a positive outlook
2. A foundation philosophy and a sense of purpose
3. A strong sense of personal responsibility
4. A good sense of humor and plenty of fun in life
5. A concern for other s and a respect for the environment
6. A conscious commitment to personal excellence
7. A sense of balance and an integrated lifestyle
8. Freedom from addictive behaviours of a negative or health inhibiting nature
9. A capacity to cope with wheatear life presents and to continue to learn
10. Grounded in reality
11. Highly conditioned and physically fit
12. A capacity to love and an ability to nurture
13. A capacity to manage life demands and communicate effectively

**Components and determinants of well being**

1. Physical : movements
2. Spiritual : belief
3. Social : interaction
4. Intellectual : knowledge
5. Occupational : Work
6. Emotional : feeling

**Conclusion :** The benefits to fitness and wellness make us to live much healthier life. It helps us to deal successfully with the difficult situations arising in our day to day life. Today everyone knows that life because more faster and if we want to go with that speed we should be fit physically as well as mentally. Stress, obesity, diabetes, acidity and much more diseases are the gift of our unhealthy lifestyle. Due to lack of recreational activities not only elders but youngster are also facing plenty of problems in their life. If we want to avoid it then the only answer is recreational activities and wellness.

**Recommendations:** Regular physical activity is a life saving activity.; it keeps the cardiovascular system always healthier and protects from the effect of hyperglycemia or hyperlipidemia in diabetics patients. Daily quality and quantity of recreational activity is an important part of a citizens comprehensive, well rounded program and a means of positively affecting life long. Health and well being. Daily recreation activity may be incorporated into the whole day in a variety of ways. For instance, twenty minutes or more of recreation activity during a scheduled health would meet the daily recreational activity requirement. Since recreational activity is only one component of a complete health program. Integrating recreational activity into other working areas is one appropriate strategy.

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**THE ROLE OF YOGA IN THE CRISIS OF COVID-19 PANDEMIC & GLOBAL LOCKDOWN****Dr. Jitendra Ganesh Weekey***Assistant Professor of English, Shivaji Mahavidyalaya, Dhanora Road, Gadchiroli (Maharashtra) Jitendraweekey9@gmail.com (M) 8208856472***Abstract**

**Background:** At present, we are facing second wave of Covid-19 pandemic, which has become very terrible. During this ongoing coronavirus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods of time, can be mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless nights causing fatigue. Many of us are unable to relax our mind during this time thereby increasing the stress on our minds. Stress is the element that triggers our sympathetic nervous system causing all these health issues and in such situations, yoga is the only measure, which can help us to stay calm. The posture and asanas of yoga help us to reduce muscle tension, joint issues and relax our sympathetic system, resulting in a relaxed mind. There are a lot of yoga poses which help us to manage our blood pressure level and anxiety. Yoga also teaches us to regulate our breath, which can make a person feel relaxed and at peace. During this time, it is important to understand that mental and physical health is very important for survival. We can go to Gym for physical health, but what about mental health, naturally this question will arise in our mind. So, yoga is the only way, which can keep us mentally and physically fit. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle, stay connected to our loved ones, and practice yoga regularly at home.

**Objective:** This study focuses on the need of Yoga practice at work places and at home during the global lockdown due to the COVID-19 pandemic. Because this is the only way, where one can maintain his or her health by practicing Yoga. Yoga has power to boost up the immune system of body, and protect from the infection risk of Corona Virus.

**Methods:** Literature was searched using PubMed and Google Scholar for COVID-19-related stress and anxiety at work and society due to the worldwide lockdown. The predisposing comorbidities, viral mechanism of action and treatment regimen were also searched. Yoga-based intervention studies and online programs were also searched.

**Results:** As the lockdown cannot last forever and workplaces will have to be functional soon, there is an increased possibility of recurrent infection. Therefore, Yoga can provide the necessary tool for risk reduction, amelioration of stress and anxiety and strengthening of the immune function. The online platforms provide a good media for Yoga training at work places and homes.

**Conclusion:** Due to social distancing norms, the availability of Yoga trainers has become restricted. Yoga practice is actively sought to achieve reduced anxiety and stress so that improved sleep may positively impact immunity. As a consequence, there is a spurt in social media, catering to daily online Yoga sessions which apparently prove useful in providing accessible means to achieve mental as well as physical well-being.

**1 Introduction**

As we know that, COVID – 19 has come to us from Wuhan City (China) due to the eating of some animals' flesh, whose meat eating is not in common vague, it can not be granted as regular food as we take mutton, chicken and fish as non-vegetarian food sources. Chinese have proved themselves to be notorious about the eating of animal's flesh, they do not leave any animal,

they may eat the flesh of any kind of animal like :- Bat, Crocodiles, Monkey, Elephant, tiger anything, they can eat different types of insects, Cockroaches, and many types of Sea foods, Snakes etc. Now China had put the lives of the people of whole world in danger and we do not know when we come out from this danger. Our lives has become Hell due to this COVID – 19 pandemic, which has compelled us to live restricted life. We can not go to attend the marriage ceremony of any dear ones. We can not go to attend the funeral rites of our dear ones, only 19 people are permitted to go for funerals. And if the dead person is found Corona positive, then we cannot attend funeral rites also, the Municipal Corporation take the responsibility of funeral rites of such body and they can not allow anybody to involve in this custom and bid last good bye to our dear ones. We can not go for work outside from the house as we used to go earlier for the office, now we are forced to work from home because the reason is only that, the Government wants to break the chain, and this is our collective responsibility to overcome from this difficulty and stand with Government in this crucial time. And in the private sector, the situation is more dangerous, because the Boss is not ready to give the payment to his employees, he thinks that no work no salary, but they must understand that, the situation is very different employee cannot be called for work in the office because in this situation they will be unable to maintain the protocol of COVID – 19. Some people have lost their job, some are compelled to continue their job in 50% or less than 50% salary. Such people are unable to pay the installment of bank loan. Some people are committing suicide. As we have lost lot of film actors last year due to harassment and pressure, which they could not handle and committed suicide in which, Sushant Singh Rajput's suicide mystery was also in the T.V. channels, T.V. News and his death became mystery for all and we could not truth about his death so far. In this painful and stressful situation, many of us, may think about suicide. And here Yoga is the only way, which can play important role in the life of such persons, who has become disappointed due to lack of job and source of money and they feel they can not do anything in their future. Because they do not have any source of income, and they are forced to do any work of less interest for their livelihood. And during the situation of constant stress and anxiety they need to feel relax, and yoga is the only way, by practicing yoga regularly everyone can keep themselves fit and fine.

2. Pre-existing health conditions increase the mortality rate of COVID-19 infection Coronaviruses have been observed as primary sources of respiratory and intestinal infections which embrace influenza, respiratory syncytial virus and pneumonias—a trigger to cardiovascular diseases

3 There is a universal anxiety due to the current COVID-19 pandemic. This permeates through all sections of society. Some underprivileged sections of the society, especially migrant workers, are more prone to the present circumstances, because of its profound impact on their 'daily wage' employment composition. On the other hand, there is a section of society which has witnessed increased cases of domestic violence due to the lockdown. Similarly, a shortage of protective gears to take care of COVID-19 patients generates a sense of fear among frontline workers which makes them susceptible to stress and anxiety. As workplaces have been closed and businesses have been affected due to a nationwide lockdown, the general anxiety and stress

exerts a significant impact on physiological changes in individuals. These physiological alterations make them more vulnerable to viral infections. It is widely accepted that stress, insomnia and anxiety can lead to a decrease in melatonin levels (a natural antioxidant) in the human body. Various studies have demonstrated that the melatonin level decreases with age. As a result, the elderly appear more prone to the COVID-19 infection. Thus, increased melatonin levels may partially compensate for the age-related risk of COVID-19 infection. Further, it is pertinent to point out that the current lockdown has also adversely affected the daily schedule and sleep cycle, thus affecting the circadian rhythm with a bearing on the immune system. This highlights the importance of self-regulatory mind-body interventions such as a structured daily schedule and Yoga practice.

4. You should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Drink enough water. Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains like unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava, and foods from animal sources (e.g. meat, fish, eggs and milk). For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.

I have always said that a strong immune system, good health and beauty are complimentary to each other. Unless you are healthy from the inside, you cannot reflect true beauty. For a flawless skin, shiny hair and a slim figure, good health must be on top of the list. In fact, I am a big believer in the Ayurvedic principles of holistic health, with yoga as an integral part of the program. This concept of holistic beauty care is unique and is practised worldwide.

Yoga is very relevant in today's day and age, especially in the context of our fast-paced modern lifestyle, for both health and beauty. Personally, it has been a part of my life and I have experienced its numerous benefits.

5 Current therapies for prevention and treatment of the COVID-19 pandemic Currently, various vaccines and drugs are in the clinical trial phase for the prevention and treatment of COVID-19. **For example**, the drugs **hydroxychloroquine (HCQ)**, **remdesivir**, **rotonavir-lopnavir** and **convalescent plasma therapy** are undergoing clinical trials. So far none of these drugs have been proclaimed as a final call for the COVID-19 infection. Therefore, high quality multi-centric randomized trials with larger sample sizes are required to evaluate the efficacy of prospective drugs. The aforementioned alternative therapies which can enhance the immunity and prevent the infection are imperative. An interdisciplinary task force under the supervision of Health Ministry AYUSH (**Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy**) and Indian Council of Medical Research is planning to conduct an **HCQ** versus **Ashwagandha** clinical trial to understand the comparative effectiveness of prophylaxis in healthcare workers. Since the lockdown eventually has to be relaxed and the workplaces have to be fully operational with social distancing norms, a good immune system based on cost effective non-pharmacological intervention seems to be an attractive choice to combat infection.



**Table 1: Tabulated Common Yoga Protocol**

S. no.	Asanas	Protocol	Duration
1.	Prayer	To enhance the benefits of practice.	2 minutes
2.	Loosening practices	Increases microcirculation:	5 minutes
		• Neck bending	
		• Trunk movement (Katishaktivikasak)	
		• Knee movement	
3.	Yogasanas (1 minute per Asana)	Standing postures	15 minutes
		• Tadasana (Palm tree pose)	
		• Vrkasana (Tree posture)	
		• Padahasthasana (The hands and feet posture)	
		• Ardhaakrasana (The half wheel posture)	
		• Trikonasana (The triangle posture)	
		Sitting postures	
		• Bhadrasana (The firm auspicious posture)	
		• Ardhastrasana (The half camel posture)	
		• Sasankasana (The hare posture)	
		• Ardhastrasana	
		• Vakrasana (The spinal twist posture)	
		Prone postures	
		• Bhujangasana (The cobra posture)	
		• Salabhasana (The locust posture)	
		• Makarasana (The crocodile posture)	
		Supine postures	
		• Setubandhasana (The bridge posture)	
		• Uttanapadasna	
		• Ardhaahalasana (Half plough posture)	
		• Pavanamuktasana (The wind releasing posture)	
		• Savasana (The dead body posture)	
4.	Kapalbhati	Forceful exhalation by contracting the abdominal muscles.	2 minutes
5.	Pranayama (2 minutes each)	• Nadishodhana or Anulomvilom (Alternate nostril breathing)	8 minutes
		• Satali Pranayama	
		• Bhramari Pranayama	
		• Dhyana in Shambavi Mudra	
6.	Meditation	For stress-free deep relaxation and silencing of the mind.	12 minutes
7.	Sankalpa	Commitment to be a healthy, happy, peaceful and joyful human being.	1 minute
8.	Shanti Path	Prayer for happiness, health and peace for all.	1 minute

On the occasion of International Yoga Day, renowned yoga guru Nandan Gautam, CEO, Bharat Thakur Artistic Yoga, shares the benefits of practicing yoga during the pandemic while showing a few asanas to cope with stress, anxiety, and depression while boosting immunity. The theme during the current year's International Day of Yoga is '**Yoga at Home and Yoga with Family**'. Unite all your relatives and attempt these asanas recommended by the yoga master!

**Watch the live video:** The advantages of practicing yoga during the COVID-19 can support invulnerability, diminish stress and anxiety. Specialists additionally state that customary yoga can improve recuperation post a disease. The customary act of yoga has additionally been connected to expanded sentiments of prosperity, joy, and by and large happiness. The following are some straightforward yoga postures to attempt at home to help insusceptibility and assuage pressure.

#### Ardha Matsyendrasana

Practicing this asana can expand your resistance, support absorption, and detoxify your body.

#### **The most effective method to do it**

- ◆ Sit up with your legs loosened up straight before you, keep the spine erect.
- ◆ Now bring your right leg over the left knee, keep the bottom of your right foot on the tangle/floor.
- ◆ Now, place the right hand behind you and the left hand on the right knee.
- ◆ Twist the abdomen, shoulders, and neck to one side to look over your correct shoulder.
- ◆ Hold the situation for a couple of moments and rehash on the opposite side.
- ◆ Do this activity multiple times.

#### Uttanasana

This is a reversal practice that can help revive your invulnerable framework. It is an incredible posture to ease clog and keep your sinuses and bodily fluid layers solid. Uttanasana can enable you to unwind, diminish mellow discouragement and beat sleep deprivation.

#### **Step by step instructions to do it**

- ◆ Stand straight in a Tadasana or Mountain Pose, with your legs and feet together.
- ◆ Exhale and twist a little from the hips, not the abdomen and lay your hands on the feet or floor.
- ◆ If you can, attempt to bring the palm of your hands by the side of your feet.
- ◆ Bring your brow to your knees. At that point shut your eyes and loosen up the body.
- ◆ Exhale and gradually come back to the starting position.
- ◆ Practice multiple times for a couple of moments at first and afterward progressively increment as long as a moment.

#### Kid's Pose (Balasana)

Kid's Pose is extraordinary compared to other yoga asanas for stress alleviation and vitality rebuilding. It advances adaptability, improves course to the muscles, joints and spine, quiets the cerebrum and soothes pressure and weariness.

#### **The most effective method to do it**

- ◆ Kneel on the floor keeping your toes together and knees hip-width separated. Spot your palms on your thighs.

- ◆ Exhale and lower your middle between your knees.
- ◆ Stretch out your arms close by your middle, your palms ought to look down.
- ◆ Relax your shoulders toward the ground.
- ◆ Stay in this posture for whatever length of time that required.

**Leaned back Bound Angle Pose (Supta Baddha Konasana)** This posture extends the hips, inward thighs, and crotch all spots where you can hold pressure and stress. The ordinary act of this asana can help calm the side effects of pressure, nervousness, and sadness.

**Step by step instructions to do it** ◆ Lie down on your back. Bring the bottoms of the feet together, knees loosen up to the sides. You can keep yoga squares, supports, or collapsed covers underneath the knees to make the posture increasingly helpful.

- ◆ Take your arms overhead and hold each elbow with inverse hands, or you can lay them on the floor close by your middle. Some lean toward putting one hand on the heart and the other on the gut.

Remain in this posture as long as you feel good!

6. These sessions comprise experts from Yoga, science and spiritual fields to promote the philosophy of Yoga practice and to provide demonstrations of Yoga practices, seemingly helpful in anxiety and stress management. These online platforms have been endorsed by the Ministry of AYUSH (@Ministry of AYUSH, Government of India). In this context, it is important to note that Nagarathna et al. have recently proposed an age-specific Yoga protocol which postulates the therapeutic effect of Yoga in COVID-19 prevention and management. They conducted a study using an eight pronged Yoga breathing procedure which consists of very simple neck muscle relaxation movements and Asana with breathing techniques, including adaptation to a chair. These modules are available on <http://svyasa.edu.in> and have been developed with the help of experts in Yoga techniques. A clinical study on these protocols demonstrates interest and recovery among hospitalized COVID-19 patients in various countries, communicated as a separate publication.

7. Some Yoga practices which are a part of the Common Yoga Protocol [13] have been described to successfully decrease stress and anxiety levels, and have presented other benefits as well. These practices include: **Anulom - Vilom Pranayama** (alternate nostril breathing), **Bhramhari Pranayama** and **meditation**. Practices like **Kapalbhati** (forceful exhalation by contracting the abdominal muscles) have been found useful to purify the frontal air sinuses and also aid to overcome cough disorders which maintains the health of respiratory tract and boosts immunity. Along with the above-mentioned Yoga practices, certain Asanas, if practiced under supervision, have also been shown to relieve stress. This includes **Sasankasana** (hare posture), **Bhujangasana** (cobra posture), **Makrasana** (crocodile posture) and **Setubandhasana** (bridge posture). Most of these constitute a part of the Common Yoga Protocol practiced on International Yoga Day. The practice of some of these protocols at workplaces/offices can enable risk reduction for COVID-19.

**8 Conclusion** The COVID-19 pandemic has resulted in a global shutdown with people becoming more vulnerable to new mental, emotional and physical challenges as they have been restricted to work from home. The exacerbation of existing comorbid conditions and further deterioration in mental health can be addressed by work from home-adapted Yoga techniques (e.g. 5min Y break AYUSH Protocol) by utilization of online portals and novel Yoga modules. 45 minute Common Yoga Protocol practiced on International Day of Yoga is recommended for

this. Maintaining health due to the unavailability of drugs and vaccines to combat COVID-19 is crucial. Based on the current evidence, Yoga practice can reduce the risks of comorbid conditions and strengthen the immune system by relieving stress and anxiety or directly improving immune markers or both. Yoga can be employed at home and workplaces alike.

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## **EFFECT OF THREE WEEKS TRAINING ON THE PHYSICAL FITNESS PERFORMANCE OF BOYS & GIRLS (U-14 TO 16 YEARS) FOOTBALL PLAYERS OF DESAIGANJ**

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### **Abstract**

*The aim of the present study was to find out the effect of Three weeks training on the physical fitness test performance of Boys under 14 to 16 years Football players of Desaiganj, Gadchiroli, India. To achieve the aim of the study total 20 Boys and 20 Girls District level performers was selected on a random basis. The age limit of the subjects was from 14 to 16 years. To investigate the effect of Three weeks training on physical fitness, AAHPER physical fitness test was administered to the subjects. Further the subjects were given training for Three weeks during the morning and evening sessions. After the training, physical fitness is again measured in terms of performance of the players in all the five physical fitness tests used in pre-training condition. Thus the performance of subjects' pre and post training are taken to evaluate the physical fitness. 'T' test was applied to the analysis data. The level of significance judged at 0.05 levels. Results showed that the significant difference was found in 50 mt. dash, sit and reach, flexed arm hang, 12 min. cooper run and walk test except agility. Hence there is a significant effect of Three weeks physical fitness training on the performance of boys & Girls players under 14 to 16 years Desaiganj. It is concluded that physical training must be given by coaches to football players to improve the quantities such as speed, flexibility, agility, strength & endurance to achieve excellence in sports.*

**Keywords:** *Physical fitness, football players, training etc.*

### **Introduction**

Physical fitness is central to all objectives of physical education. It is an essential for the reconstruction and enjoyment of life. The movement like "Fitness for all and sports for all" are formed the basis of community building that is a directive for fitness awareness among the people. Everyone agrees that physical fitness is a basic necessity without which one can't perform or carry out assigned tasks comfortably. There have been innumerable physical fitness test batteries developed abroad, especially, in the United States. In India too, there have been two national attempts to develop such batteries, Physical fitness includes speed, flexibility, rhythm, power, strength, coordination, muscular endurance, cardiovascular endurance, agility etc. These characters are all equated with the healthy functioning of the body. Another important part of physical fitness is the athletic powers. The various aspects of physical fitness and the skills are interrelated. Physical fitness is the ability of a person's body to meet the demands placed upon it by his work, by his way of life and by the necessity to meet emergency situations. Fitness is one of the basic elements which are essential for better performance. The players must needs be in top physical condition. Physical fitness is considered as the fitness of the body, but in the modern concept physical fitness means fitness of both body and mind.

### **Statement of the problem**

Effect of Three weeks training on the physical fitness performance of Boys & girls under 14 to 16 years Football players of Desaiganj in Gadchiroli.

### **Hypothesis of the study**

There would be a significant effect of training on the physical fitness test performance of Boys & girls Football players.

### Materials and Methods

**Subjects:** The subjects for the present study consists of 20 boys & 20 girls football players within the age of 14-16 years who have participated in Gadchiroli district School Football Tournament during the year 2018-19 were taken for the study. The selected subject's physical fitness was measured in five motor tests -speed, flexibility, agility, strength and endurance. Further the sample was given training for Three weeks during the morning and evening sessions. After the training, physical fitness is again measured in terms of performance of the players in all the five physical fitness tests which were used in pre training condition.

**Table 1: Details of the physical fitness variables and test to measure them.**

Physical Fitness Test (AAPHER)	
Variables	Test
Speed	50 mtrs. Dash
Flexibility	Sit and Reach
Agility	Shuttle Run (4 x 10 yards)
Strength	Flexed Arm Hang
Endurance	12 minute Cooper Run and walk

**Methods:** As shown in table – 1, the 50 meter dash test was used to estimate the speed. The time taken by the subjects to complete the test in sec. was the net score of the subjects. Sit and reach test was used to assess lower body flexibility (score in inches). Shuttle run test was used to monitor the speed and agility of subjects (time in sec.). The time taken by the subjects between the audible signal start and the finishing of the run was recorded to be the score (time in sec.). The flexed arm hangs for Boys & girls to measure the arm and shoulder muscle strength (in 60 Sec.). The 12 min. cooper run & walk test was used to estimate the cardiovascular endurance of the subjects (distance covered measure in mtr.)

### Statistical Analysis

To achieve the purpose of the study the data were statistically treated and interpreted in accordance with the rule. The Mean, Standard deviation and t-test is calculated and data analyzed.

**Table 2: Five Physical Tests Performance of Football boys & girls in two conditions (Pre and Post)**

Tests	Conditions	Mean	S.D.	t-value	Significant at 0.05 level
Speed	Pre	9.21	0.593	5.622	Significant
	Post	8.96	0.556		P < 0.05
Flexibility	Pre	12.97	5.974	7.061	Significant
	Post	17.59	5.620		P < 0.05
Agility	Pre	10.67	0.548	1.519	Not Significant
	Post	10.61	0.496		-
Strength	Pre	7.27	4.811	6.614	Significant
	Post	13.65	8.257		P < 0.05
Endurance	Pre	2486.89	479.469	4.761	Significant
	Post	2582.84	403.888		P < 0.05

\* Significant at 0.05 levels

**Analysis and Interpretation of Result:** Table 2 indicates that the pretest mean value of speed test performance of the pretest is 9.21 and post test is 8.96. The mean value shows that the Football boys & girls have taken more time to complete the given task in pre training while less time is taken in post training condition. The standard deviation of speed in pre and post is 0.593 and 0.556 respectively. Whereas the 't' value is 5.622. The difference in mean score is significant at 0.05 levels. The mean value of flexibility test performance is 12.97 and posttest is 17.59. The results show that flexibility is found to be improved after post training. The S.D. of pre and post training is 5.974 and 5.620 respectively. Whereas the 't' value is 7.061 which is significant at 0.05 level. The pretest mean value of agility test performance is 10.67 and post test mean value is 10.61. There is a difference of 0.6 sec. It shows that girls have taken more time to complete the given task in pre training while less time taken after pre training condition. The S.D. of pre and post is 0.548 and 0.496 respectively. Whereas the 't' value is 1.519. Hence there was no significant difference was found in regard of agility. It is also evident that the pretest mean value of strength test performance is 7.27 and posttest mean value is 13.65. It indicates that the Football boys & girls strength is found better after post training condition. The S.D. of pre and post is 4.811 and 8.257 respectively. Whereas the 't' value is 6.614 which is significant at 0.05 level. The pre tests mean value of 12 min. cooper run & walk test performance is 2486.89 and posttest mean value is 2582.84. It indicates that Football boys & girls have covered less distance in pre training while more distance is covered in post training conditions. The standard deviation of endurance in pre and post is 479.469 and 403.888 respectively, whereas the 't' value is 4.761 significant at 0.05 level.

**Conclusion:** Within the limitations of the present study, the following conclusions are drawn on the basis of obtaining results. There is a significant difference in physical fitness test performances of speed, flexibility, agility, strength and endurance. There is no significant difference was found in the physical fitness test performance of agility test performance between pre and post training condition. There is a significant effect of three week physical fitness straining on the performance of boys & girls (Under 14-16 years) football players of desaiganj.

**Recommendations:** It is recommended that physical fitness training must be given by coaches to football players to improve the major quantities such as speed, flexibility, agility, strength and endurance to achieve excellence in sports. Similar studies can be conducted on other games and sports at the primary level.

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## TO STUDY THE SCOPE OF KHELO INDIA SCHEME FOR ACHIEVING MEDALS IN INTERNATIONAL COMPETITIONS

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### **Abstract**

*Government of India has launched several programmes to encourage sports in the country. However, we are yet to achieve a place of pride in international sports. We are lagging much behind even among the Asian countries. To promote sports in India, Government of India had issued a number of sports policies over a period of time such as National Sports Policy in 2001, Rural Sports Program launched in 1970, North East Sports Festivals (NSF) 1986, Panchayati Raj Institution, Sports Authority of India etc. To search the sports talent from grassroots level the Central Government, in conjunction with the state governments has organized Khelo India. In 2019 second edition of the event was held at Shree Shiv Chhatrapati Sports Complex, in Belawadi, Pune, Total 16 sports events has been selected for the event. This will reselts in Awareness of Physical fitness and sports, world class caching and training and upliftment of athlete economic condition.*

**Key words :** *Khelo India, National Sports Policy, Rural Sports Program, North East Sports Festivals (NSF), Central and State Government sports, economic condition*

### **1. Introduction**

Over the years, the Government of India has launched several programmes to encourage sports in the country. However, we are yet to achieve a place of pride in international sports. We are lagging much behind even among the Asian countries. This indicates that implementation of sports programs in the country leaves for much space for progress. To promote sports in India, Government of India had issued a number of sports policies over a period of time such as National Sports Policy in 2001, Rural Sports Program launched in 1970, North East Sports Festivals (NSF) 1986, Panchayati Raj Institution, Sports Authority of India etc. Despite various schemes, the Country has not yet succeeded in achieving the desired result.

In India, rural population comprising about 70 per cent of the country's total population with a higher level of physical fitness, physiological and morphological status with respect to the others, seem to be a pillar of strength in the Country's sports arena. To search the sports talent from grassroots level the Central Government, in conjunction with the state governments, the Indian Olympic Association (IOA) and the National Sports Federation on 31 January 2018, Prime Minister, Narendra Modi, inaugurated Khelo India School Games, based on Guru-shishya tradition which was held at Indira Gandhi Arena. Khelo India School Games were afterwards renamed to Khelo India Youth Games. In 2019 second edition of the event was held at Shree Shiv Chhatrapati Sports Complex, in Belawadi, Pune, In the presence of Ministry of Youth Affairs & Sports, Government of India, Rajyavardhan Singh Rathore and Chief Minister of Maharashtra, Devendra Fadnavis.



## **2. Games and Sports selected in the Program 2019:**

Merely 16 sports events has been selected namely Athletics, Archery, Hockey, Badminton, Basketball, Boxing, Gymnastics, Judo , Kabaddi, Volleyball, Wrestling, Football, Kho Kho, Weightlifting , Swimming, Shooting. Table-Tennis

## **3. Criteria for Participation in 2019 and scholarship:**

Include Competition, under 17 years and under 21 years age group both for boys and girls. Scholarship of Rs. 5lakhs each to 1000 athletics will be given for a period of 8 years and every year new 1000 will be added respectively.

## **4. Important Outcome Expected:**

1. Large number of participation has been from rural areas. At the early youth stage an important national competition with all the facilities, top class coaches and technical assistance, followed by financial aid to the sports persons will definitely enhance the chances to win medals in international competitions.
2. Awareness of Physical fitness and sports among the Indians will increase resulting qualitative and quantitative sports talents.
3. Healthy competition within the country will enable to compete with international standards and more opportunities to win the medals.
4. In India averagely 20% of population is below poverty and about 35% of populations is poor. Most of this population is resides in remote rural and tribal areas. Khelo India scheme will definitely motivate and encourage the youth to participate them into the competition and win the same for the sake of upliftment of their family economic condition.

## **5. References:**

### **5.1 Journal Article**

*Evaluation / Impact Assessment of "Rural Sports Programme" submitted to Planning Commission, Government of India*

### **5.2 Website**

*www.kheloindia.gov.in*

## IMPACT OF THERA-BAND EXERCISE ON FREESTYLE AND BACKSTROKE ABILITY AMONG COLLEGE MEN SWIMMERS

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### **Abstract**

*The purpose of the study was to find out the effect of Thera-Band exercise on freestyle and backstroke ability among male college swimmers. To achieve this purpose, twenty-four swimmers studying in various swimming pools & swimming clubs were randomly selected as subjects from various places around Nagpur town, Maharashtra. The age of the subjects were ranged from 19 to 22 years. The subjects were further classified at random into two equal groups of twelve each, in which group - i underwent Thera-Band exercise for three days per week for twelve weeks and group - ii acted as control who were not undergo any special activities other than normal routine swimming playing. The selected criterion variables such as freestyle and backstroke were assessed before and after the training period. The swimming playing ability of each subject was subjectively rated by three judges on freestyle and backstroke performance. The collected data were statistically analysed by using 't' - test and analysis of covariance (ANCOVA) to find out the mean differences within and between groups. From the results of the study it was found that there was a significant improvement in swimming playing ability, such as, freestyle and backstroke performance for Thera-Band exercise group when compared with the control group.*

**Key Words:** *Swimming playing ability, Freestyle, Backstroke, Thera-Band exercise and ANCOVA*

### **INTRODUCTION**

Swimming is a game in which each individual has to swim according to certain rules and regulations. During the 16<sup>th</sup> century it was played in Greece which is known as the oldest game in the world. It is developed as game of Swimming from a game which is played by jumping in water pool. There are plenty of structures of swimming, such as, freestyle swimming, backstroke, butterfly, breast stroke, sidestroke, Indoor swimming, etc.[1] swimmer stay at the pace for as long as possible, sometimes for periods of over competition. To maintain be in this position, must be maintain to stay focused, have a good coordination, strength and fitness.[2] Constructing an exercise programme is called as training which develops the athletes or sportsperson for a specific event.[3] Resistance Training (RT) is an extra-ordinary way of physical conditioning which requires the growing use of a maximum range of resistive loads from minimum to high intensity, such as medicine ball to plyometric that improves or maintain muscular fitness.[4,5,6] More research were done on the impacts of various methods of resistance including free weights, body weight exercises and weight machines among young adults.[7,8,9,10] The elastic resistance band, i.e. Thera-band, which is helpful to improve the strength, function and mobility with reducing the joint pain.[11,12] It is also a type of resistance training tool for people those who wants to exercise at home, during travel, involving with rehabilitating programme.[13] Available in multiple resistance levels that are in colour and thickness and providing the resistance at weight training, assistance during mobility training and sometimes provide stability.[14] Bands are coming in various diameters and thickness in wall which provides the increasing levels of resistance and the colors are representing of the thickness and resistance grade.[15]

**MATERIALS AND METHODS**

Twenty four (24) swimmers from various swimming pools & clubs, Nagpur, Maharashtra, India were selected. The age of the subjects were ranged from 17 to 22 years. All the players were assigned into two groups of twelve each, such as, group – I underwent Thera-Band exercise and group – II acted as control and the participants were informed all possible risks involved in this study, and necessary consent were obtained from each participant. The subject's age, height and weight were presented in table - 1.

**Table – 1: Participant's Characteristics by Group**

	Age (yr)	Height(cm)	Weight(kg)
Thera-Band Training Group	19.8 ± 1.3	172.51 ± 4.47	65.25 ± 4.1
Control Group	19.6 ± 1.2	174.42 ± 4.12	66.12 ± 4.4

This study was evaluated only the playing ability among male swimmers of various college. According to the available literature [16, 17] the freestyle and backstroke test were used to collect the relevant data. Details of the test items were given in table – 2.

**Table – 2: Freesty leand Backstroke Test Items**

Criterion Variables	Test Items	Unit Of Measurement
Freestyle	Expert Rating Method	In Numbers / Marks
Backstroke	Expert Rating Method	In Numbers / Marks

The swimming playing ability of each subject was subjectively rate by three judges on freestyle and backstroke performance. To see the degree of agreement between the three qualified coaches, rank order correlation was used in this study. The results revealed high correlation, which means that there was a close agreement in rating between the coaches/experts and the same presented in table - 3.

**Table – 3: Rank Order Correlation for Coaches Rating Scores on Swimming Playing Ability**

S. No.	Coaches	'r'
1	I vs II	0.93
2	II vs III	0.92
3	I vs III	0.90

While constructing the training programmes the basic principles of sports training (progression of over load and specificity) were followed during the training programme and the individual differences were also considered. It was a twelve week progressive Thera-Band resistance exercise programme for the experimental group at progressive intensities. Pre and post tests data were collected from experimental group and as well as from the control group. The duration of training session in all days was between one hour to one and half hours approximately which included warming up and limbering down. The training programme was presented in table – 4.

**Table – 4: Training Programme for Thera-Band Exercise Group**

Week	Color of Thera-Band	Intensity of Thera-Band	Rep:rest:set:rest	Description of Exercise
I - III	Yellow	Thin	10:30sec:2:4min	Shoulder flexion and extension, elbow flexion and extension, wrist flexion and extension, hip flexion and extension, knee extension and flexion, ankle dorsi flexion and ankle plantar extension.
IV – VI	Red	Medium	12:45sec:2:4min	Shoulder adduction and abduction, overhead press, concentration curl, chest press, wrist pronation, hip abduction and adduction, quick kicks, dead lift, leg press, lunge, ankle inversion and eversion.
VII – IX	Green	Heavy	15:45sec:3:3min	Shoulder flexion and extension, lateral and front raise, elbow flexion and extension, wrist flexion and extension, hip flexion and extension, knee extension and flexion, leg press, squat, ankle dorsi flexion and ankle plantar extension
X - XII	Blue	Extra Heavy	17:60sec:3:4min	Shoulder adduction and abduction, overhead press, concentration curl, chest press, wrist pronation, supination, hip abduction and adduction, quick kicks, dead lift, leg press, lunge, ankle inversion and eversion.

The control group did not participate in any special training programme on strenuous physical activities apart from their day to day swimming playing activities. The experimental group underwent Thera-Band exercise programme under the instruction and supervision of the investigator. The data were collected on selected criterion variables such as freestyle and backstroke were measured by coaches rating scale at before and after the twelve weeks of training programme. The 't' test and Analysis of covariance (ANCOVA) was applied to find out significant difference if any within and between the experimental and control groups, presented in Table - 5.

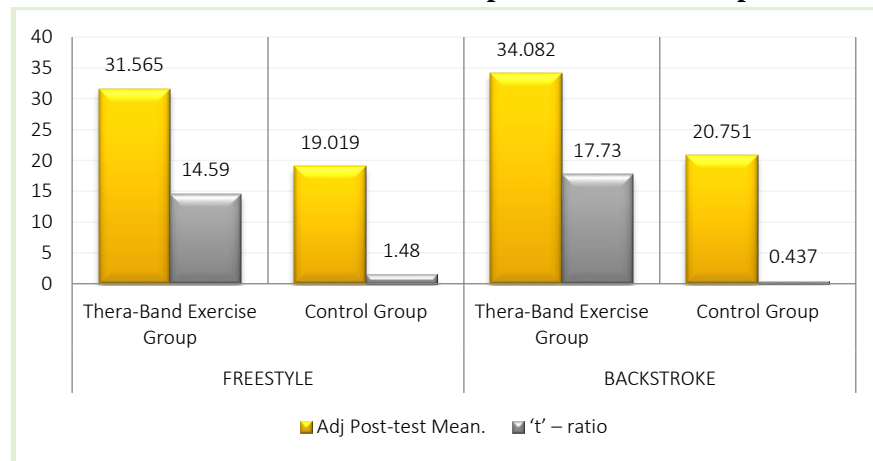
**Table – 5: Analysis of Covariance for Freestyle And Backstroke of Thera-Band Exercise Group and Control Group**

Variable Name		Thera-Band Exercise Group	Control Group	'F' Ratio
<b>FREESTYLE (in Points)</b>	<b>Pre-test Mean ± S.D</b>	17.50 ± 1.88	16.083 ± 1.70	0.642
	<b>Post-test Mean ± S.D.</b>	31.58 ± 2.31	19.00 ± 1.61	220.20**
	<b>Adj Post-test Mean.</b>	31.565	19.019	203.64**
	<b>'t' – ratio</b>	14.59*	1.48	--
<b>BACKSTROKE (in Points)</b>	<b>Pre-test Mean ± S.D</b>	20.75 ± 1.60	21.08 ± 2.54	0.146
	<b>Post-test Mean ± S.D.</b>	34.08 ± 1.73	20.75 ± 1.29	458.62**
	<b>Adj. Post-test Mean</b>	34.082	20.751	434.77**
	<b>'t' – ratio</b>	17.73*	0.437	--

\* Significant at 0.05 level of confidence. (Table value required for significant at 11 is 2.20)

\*\* Significant at 0.05 level of confidence. (The table values required for significance at 0.05 level of confidence for 1 and 21 & 1 and 22 are 2.96 and 2.95 respectively).

**Graph 1: Analysis of Adj. Post-test Mean & 't' – ratio for Freestyle And Backstroke of Thera-Band Exercise Group and Control Group**



## RESULTS

Table – 5 and graph 1 showed the pre, posttest mean and 't' ratio values of Thera-Band exercise group was 17.50 ± 1.88 and 31.58 ± 2.31, and 14.59, indicates that there was a significant improvement in freestyle ability. The pre, post test mean and 't' ratio values of control group was 16.083 ± 1.70, 19.00 ± 1.61 and 1.48 and indicates that there was no significant difference in freestyle ability. Further, the above table showed the pre, post test mean and 't' ratio values of thera-band exercise group was 20.75 ± 1.60 and 34.08 ± 1.73 and 17.73,

indicates that there was a significant improvement in backstroke ability. The pre, post test mean and 't' ratio values of control group was  $20.75 \pm 1.60$ ,  $34.08 \pm 1.73$  and 0.437 which indicates that there was no significant changes in backstrokeability. Table – 5 also showed that the 'f' ratio value for pre test mean was 0.642, which was not significant between the experimental and control groups on freestyle ability, but the 'f' ratio value for post and adjusted post test mean was 220.20 and 203.64, which was significant difference between the groups on freestyle ability among experimental and control group. The result of the study also showed that 'f' ratio value for pre test mean was 0.146 which indicates there was no significant difference between the groups on backstroke ability. The 'f' ratio value for post and adjusted post test mean was 458.62 and 434.77 resulted there was a significant difference between the thera-band exercise group and control group on backstroke ability.

**CONCLUSIONS** Fitness helps to improves the stroke fast with maximum power, more reaction time, swimmingspeed and it also does to every swimmers without fail.[18] freestyle in swimming utilized their skills to achieve the score through the speed by applying the kinetic energy on the stroke, with the help of physical fitness this success may be attained.[19] the stronger upper body freestyler are favored to swim primarily when the swimmingcompetition requires some power strokes.[20] fast backstroke or pace backstroke is in the form of swimming, pace swimmer, pace men, etc., because they are having the specific fast backstroke technique such as, swing of backstroke. [21] several studies recommend that certain skill package training have an impact on skill performance among swimmers.[22,23] Yadav and Khichi (2016) found that isometric and isotonic exercise was enhanced the swimming playing ability.[24] Dabir Ur-Rahaman Qureshi (2015) found that there was a significant improvement in playing ability of swimmers after the plyometric training.[25,26] In the present study, we found that the Thera-Band exercise was a better tool for improving the swimming ability for college male swimmers. Thera-Band exercises showed a better tool to strengthening shoulder muscles when compared with the traditional strength training programme.[27,28]

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**PEDAGAGY IN PHYSICAL EDUCATION****Dr. Sandip B. Chaudhari***Sheth H.L. Science College, Mansa-Gujarat***Abstract**

*The paper is the José María Cagigal Scholar Lecture presented at the AIESEPI World Congress in Edinburgh 2018. In the paper I argue that the only real sustainable aim for physical education is more physical education, where different ways of being in the world as some-body are both possible and encouraged. To reach this aim, a focus on the art of teaching is vital as a way of critically scrutinizing and designing transformative and genuinely pluralistic physical education practices. In order to do this I discuss education as being educative, a certain view of the child as well as teaching as a continuous act of making judgments about the why(s), what(s) and how(s) of education, normative judgments about desirable change. The take home messages involves: (i) reclaiming a certain view of the child in education, (ii) reclaiming the open-endedness of physical education, and (iii) reclaiming the art of teaching in physical education, which is about being educative and making judgements about what to bring to the educational situation. We then must start with the purpose of education – the why – before deciding on the what and how.*

**\* Prologue**

I would like to thank the AIESEP Board and Conference Planning Committee for inviting me to present the keynote lecture today in honour of AIESEP's former President José María Cagigal. It is humbling to look at the list of distinguished scholars who have delivered this lecture before me. I am also (to be honest) slightly frightened by the fact that it is me who is giving the lecture today, rather than any of the prominent scholars who are not on the list! Some of you are here today. I never did meet José María Cagigal, but in my preparation for this keynote I first talked to one of the PhD students from my department who is from Spain, and he told me wonderful stories about the contributions of Cagigal, the essays they wrote about him and the sports days they held in his honour. I also read some of his work published in English and was particularly captivated by his papers Sport and human progress published in 1976 and Education of the corporeal man [sic!] published in 1979, in which he draws attention to the importance of starting with the child and children's play when discussing the values and contributions of physical education and sport. Cagigal and I both share an interest in children and children's play and I will come back to this idea later when I talk about the view of the child.

**\* Introduction**

In this lecture I will argue that: 1. The only real sustainable aim for physical education is more physical education, where different ways of being in the world as some-body are both possible and encouraged, and that 2. to reach this aim, a focus on the art of teaching is vital as a way of critically scrutinising and designing transformative and genuinely pluralistic physical education practices. In order to do this I will talk about education as being educative, a certain view of the child as well as teaching as a continuous act of making judgements about the why(s), what(s) and how(s) of education, normative judgements about desirable change. So, why are these aspects of physical education important? Well, as I see it, they are important in relation to a discussion regarding transformative learning and teaching in physical education and sports

pedagogy, and important in relation to the question of who or what should be transformed in order for transformative learning and teaching to occur. In the presentation, I draw on my re-readings of the work of John Dewey, Hannah Arendt, Gert Biesta and Sharon Todd, but also on the work of many colleagues who are present here today. I hope that I will do your contributions justice, and that I also have something to add to the discussion about education in physical education.

**\* Physical education as educational**

For me, education should be at the heart of what is done in school, and when the E in PE is under attack, there should be an urgent call for education from education. Many of you will most likely agree with me on that. The question is rather what is educational about physical education? Also, what should physical education be educational about? On this we might not agree. But if we embrace the view of the child as being in a continuous process of becoming, then the responsibility of education and, thus, physical education must be thought of as opening up for different ways of being in the world as some-body (cf. Todd, 2014). I previously argued that physical education with little concern for the E in PE is in danger of becoming a mere doing of sport, fitness instruction, physical activity facilitation or obesity prevention. It is not that doing, training, instruction or facilitation are not part of what could be called education. The problem is rather whether the doing, training, instruction or facilitation is educative. Here I turn to the work of John Dewey. In much of his work Dewey argued that education should not be conceived of as a preparation for an idealised future set up as a pre-given standard for children to achieve. Rather, he argued that education is a continual transforming of experience that add to even further growth of experience (1916). So, if what happens in education is to be regarded as educative, it should involve experiences that lead to the growth of further experience (Dewey, 1938). On the other hand, experiences that restrict the growth of further experience, or where the learner is not affected at all, can be seen as non-educative, or even mis-educative. In this way, change is always constant, and education should offer 614 M. QUENNERSTEDT opportunities for children's active, continual engagement and desire to go on learning (Dewey, 1938; see also Garrison, 1997). Dewey accordingly argues that there is 'nothing to which education is subordinate save more education' (Dewey, 1916, p. 49). This implies that 'the educational process has no end beyond itself' (Dewey, 1916, p. 50) and that there cannot be an end to education when school ends. But how does this come about? According to Dewey, one important ingredient is encountering and living through gaps or interruptions – what Dewey calls indeterminate situations – where students can deliberate, inquire and use intelligent action to solve a problem more intelligently – not towards a fixed predetermined homogenous end, but open ended in different directions and towards different outcomes. In line with Dewey, Sharon Todd describes that for education to be educative, aspects of what she calls disturbance and unknowingness are important. According to Todd, disturbance occurs: 'not simply through the curriculum but through small, transformative moments that punctuate classroom life' (Todd, 2014, p. 232). This uncertainty opens up for our own and others' opportunities to become some-body and, in that sense, become transformative. So, it is neither the child nor the content per se

that is to be transformed. It is not about increasing knowledge or modifying behaviour. Instead, it is about teaching in such a way where the possibilities for a change in how we view the world, the society and ourselves occur. In this sense transformation is about the meaning of experience in relation to a future unknown or rather a future yet undecided.<sup>2</sup> But where is the disturbance in physical education? Where are the interruptions in doing sports? Where is the indeterminacy in fitness instruction? And where are the transformative elements of physical activity facilitation? As many colleagues have described over the years, physical education has been about sport techniques, behaviour modification in relation to physical activity, playing sport in ready-made packages within a movement culture of competitive sports (Kirk, 2009; Tinning, 2012; Ward & Quennerstedt, 2016). If we follow Dewey, these practices have, for some or even many students, been non-educative because they do not necessarily involve experiences that lead to the growth of further experience. An example of this is from Gavin Ward's PhD thesis (2015) in which he describes how students in primary physical education in the UK often spend their PE classes endlessly queuing in a long line of children and sometimes hitting, but mostly missing, a tennis ball. In many cases, physical education has also been what Dewey calls mis-educative, where practices privileging norms that prioritise white, male, heterosexual and fit bodies restrict the experiences of many. For example, Azzarito (2009) describes how the students in her study express a quite narrow gendered and racialized idea of ideal bodies in terms of shape, size and appearance that includes 'pretty, active and ideally white' (p. 19) students, while other shapes, sizes and appearances are marginalised. Students who do not fit these norms are accordingly offered experiences that restrict the growth of further experience, which means that physical education is potentially miseducative. Educative physical education is a physical education that leads to the growth of further experience, where educative elements are ongoing and in relation to a future. There are several good examples of this in the field. One is the work of Kim Oliver (Oliver, 2001; Oliver & Hamzeh, 2010; Oliver & Lalik, 2004), who over the years has worked to pedagogically create a more equitable physical education with girls. Oliver supports them to identify, critique and negotiate inequitable practices thus improving physical education. Another parallel example of educative physical education is offered by Enright and O'Sullivan (2010), where students are encouraged to negotiate the curriculum in terms of content and pedagogies. This involves a teacher asking questions and listening (Eimear in this case), encompassing genuine decision-making and moving beyond strict teacher/student roles with the clear ambition for the students to transform barriers by 'naming inequities; broadening horizons; and change agency' (p. 208). From a Deweyan point of view, these examples are genuinely educative. They also align with a view of children and young people in education previously mentioned. In this sense, they support my argument of the open-endedness of education and that a reasonable aim for physical education **SPORT, EDUCATION AND SOCIETY** 615 is more physical education in which different ways of being in the world as some-body are both possible and encouraged. What these two examples also highlight is the crucial role of teaching in order for physical education to become educational.

**\* The art of teaching**

Education always involves teaching. Teaching is also a position of power – the power to change and the power to preserve – a licence to mess with young people’s minds as they are becoming somebody. Teaching is one aspect of what makes education being about education. Note here that I am talking about teaching and not necessarily teachers, even if teaching often is authorised to teachers in education. If we, at least for now, accept my arguments about education and the view of the child, then teaching matters. But how does it matter, and for what? Building on the works of Biesta (2013, 2016, 2017), the art of teaching can be seen as a relation where something is taught by some-one to some-body for certain purposes. For teaching to occur we accordingly need teachers, students, content as well as educational purposes. When Biesta (2017) tries to restore teaching in education he agrees with the critique of teaching understood as an act of control, where the teacher guides, what I have talked about here as the unfinished child, towards a small set of predefined (and often measurable) learning (but not always learning) outcomes. According to Biesta, teaching is then concerned with ‘what works’ and students become the objects of teachers’ intentions in terms of cause and effect. In teaching understood as an act of control, teaching as instruction, as production, as conformity, as compliance and as delivering recipes for action become reasonable logics. This kind of teaching can be found in teaching described as imitation, as following certain rules, as instruction in relation to a fixed and correct norm (Quennerstedt, 2013). However, teaching can, according to Biesta (2017), also be understood as the responsibility of bringing something to the educational situation that was not already there; something the students were not asking for going into the educational situation. In this sense, he resonates with (and uses) the work of Hannah Arendt, who argues that the essence of education is the introduction of newcomers and newness to the world. Arendt develops this idea in her book ‘The human condition’, where she talks about children as beginners bringing new beginnings to the world. This is not about the beginning of something, but of some-body, who is a beginner where: ‘the newcomer possesses the capacity to begin something anew’ (Arendt, 1958, p. 9). Arendt also draws attention to the idea of visiting as a specific way of acting and coming into being in a public space like education. Visiting is how we act with and amongst others in a plurality of familiar and unfamiliar beginnings. This involves meeting people other than oneself asking questions like: ‘how would you see the world if you saw it from my position’ (Ljunggren, 1999, pp. 55–56). If we follow Arendt, the art of teaching is about fostering new beginnings in terms of always preserving newness by visiting and bringing something uniquely new to the educational situation. In this endeavour, teachers should constantly create new beginnings and thereby prepare children and young people to take responsibility for the world. However, teachers cannot control the forms the beginnings take, because as beginners pupils also bring something uniquely new to the situation. Instead, the teacher’s responsibility is to bring something unexpected, and in that lies the educative and transformative potential in terms of how pupils respond to teachers’ and other pupils’ beginnings (Biesta, 2013). Instead of controlling young people’s behaviour and knowledge development, teaching then becomes a responsibility to bring new beginners and new beginnings to education.

Hence, I would argue that one of the major responsibilities in teaching is about judgements and making choices about what to bring, how and, not least, why. The art of teaching is accordingly about asking questions regarding the why, what and how, questions concerning the content, purpose and relations in education. This brings me to the concept of didaktik, and Comenius who in 1657 wrote that didaktik ‘signifies the art of teaching’, which he developed rather as the foundations of the art of teaching. He further (not very modestly) added in his 616 M. QUENNERSTEDT book *Didactica magna* that didaktik involved ‘the art of teaching everybody everything – the whole art of teaching all things to all men [sic!], and indeed of teaching them with certainty, so that the result cannot fail to follow’ (1657, p. 5).<sup>3</sup> Didaktik scholarship exists in many different forms, but often involves the questions: ... what, how and why, in terms of what and how teachers teach, what and how students learn and why this content or teaching is taught or learned. Questions such as who is teaching, who is learning, when and with whom are also relevant in this context. (Quennerstedt & Larsson, 2015, p. 567) A central assumption in most didaktik theory is that education involves a range of different choices made in classrooms, gyms and schools, but also in politics and other areas of society. These choices are, for example, about the content of the teaching, the form of the teaching and the purposes of teaching. Teaching is thus, just as for Arendt and Biesta, understood as a political and moral act that should be explored in terms of judgement and its educational consequences. Another central tenet is that education is understood as a relation between students, teachers, content, school and society at large. This is beautifully illustrated by my colleague Öhman (2014).

#### \* Conclusion

To conclude, I want to stress that I am a critical optimist when it comes to physical education. I think that physical education matters. So, in order to engage with the question of how physical education can be educative, rather than mis-educative or non-educative, I will now return to my two main arguments and conclude with my thoughts about how we can embrace this educative potential.

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## **FINDIN THE EFFECTING FACTORS TO WOMEN PARTICIPATIONS IN THE SPORTING FIELD OF INDIA**

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### **Abstract**

*India's women in sport is this an issue is directly relate to the country's culture, Social & Economic development ratio all over the country. Geographical status, human status, Biological factors also gain positive and negative prevalence on the humans today's grade. India is the multi ligula and multi-disciplinary country in the world and really is the purity of our country. In Marathi we are saying "Anekata me Ekata". As per this discourse analysis we seen everywhere those forums are discussing about the women role in the sporting field. Such things are work behind them and it's a fact; but today some we seen some progressive measures are work for it. And its result in our country improve the ratio of the women's participations in sport is more than our neighbor country.*

**Keyword:** *women's participation, sport & field*

**Introduction:** In this study I was underline some areas to find common issues effected to participation of women's in sporting field , in this zone I was found the some issues are working on the secondary school level and it's a fact. Some research is completed on this subject. They survey 3 different district of Punjab and Pakistan with 165 sample and they get conclusion the gender difference is work on the women ration in sport. I was prepare on questionnaire of 12 question and circulate it to the 50 participant in this participant I was select some P.T. teacher (Male & Female), Head masters of Secondary School, Parents and sportsmen (male and female). They all be of the same mind on the sport is the relevant for the all of us and sport participation is useful for human all-round development and it's proven every time to time. But all these persons also not equality on his mind to women's participation are valuable or not for the societies view. But they are conclude that sport participation has also been shown to have positive effects on physical health, psychological enhancement, stress reactivity and mental wellbeingness on both gender male and female. Thinking is not same but the conclusion just similar and they all admit the importance of sport and games are good for us. Generally we see those female are play sport they have higher levels of confidence and self-esteem and lower levels of depression. From childhood to adulthood, females who play sports have a more positive body image and experience higher states of psychological wellbeing than girls and women who do not play sports. Women's empowerment is important for every countries overall development. Importance of women's empowerment in societies Empowerment is one of the main procedural concerns when addressing human rights & development. Women's empowerment and achieving gender equality is essential for our society to ensure the sustainable development of the country.

**Statement of the Research problem & its explanation:**

**Finding the effecting factors to women participations in the sporting field of India**

For countries balanced development in every stage the both gender involvement is essential. Recent sport is not only for the time pass activity but it change very well and it became a business and the earning source of young generation because todays sporting world is the new faculty of carrier. So many sports are more powerful in the economic status. Like football, lawn tennis, rugby, cricket these all sport give the lot of glamour, status and wealth also. So many players are the famous for only his sporting talent.

**Research Method:** Research is the mind part of the human beings. And it the main foundation pillar of the human beings today's gross development. Nobody can avoid this. We see everywhere the recent developments are made by today science and technology only. The research is more important for every section of human beings life. There are many types of research methodology, and theirs compounding the research problem working area. As per subject requirement researcher are choose the research method. I am selecting the survey method for my study. And as per my opinion this method is useful with multiple dimensions. Today's new electronic technology is beneficial for this type of research method to collecting the data in different ways like phoning, emails, internet, Facebook, histogram, e-book, e-journals etc. these are new sources for the researcher he has collecting gross data in minimum effort. Researcher easily collecting vast data in minimal time period and he subsequently go for the advance study in selected subject. As per my subject need I was choose survey method for my study.

**Testing hypotheses:** In educational research researcher using so many types of hypotheses like Simple Hypothesis, Complex Hypothesis Working or Research Hypothesis, Null Hypothesis, Alternative Hypothesis, Logical Hypothesis, Statistical Hypothesis etc. as per my study I was selecting the

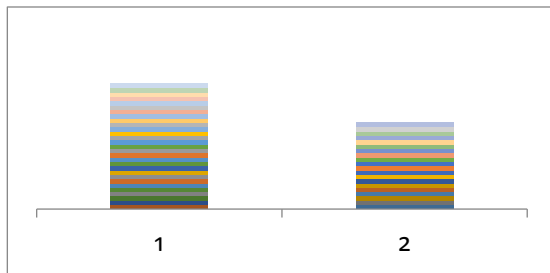
1. Status of the society is affecting the women's sport participation.
2. Gender differences are affecting the women's sport participation.
3. Social emotions are attached with the women's level of status.
4. Majority of society is not clear idea about relation of sport and women.

**Method of sampling:** In every new research how he select the samples for the study it is very important. Because every research is has stand on the particular issue. And the samples are the real zone of the problem. When researcher not chooses correct sampling area then he didn't find the proper & on topic conclusion from his study. So it is very important. For this subject I was selecting the random sampling methods purposive method of sampling. So I select the 50 samples for my study from the different cadres those are direct or indirect related to the sport. And I was using the one questioner for him.in this supplement I was introduced 12 questions.

**Tools for data Collection & Analysis:**

1. Selected Questioner
2. Mean





**NO.1 IS INDICATING OF YES AND NO TO INDICATES NO.**

These yes and no are the related of hypothesis choices.

Yes is near about 65% and the no is 45 %

**Recommendations:**

1. This study is recommended to farther study.
2. This subject guide to the new researcher for the source of the data area.

**Conclusion:**

1. Society's leaving couture is affecting to the ratio of women's participation in sports.
2. Social status of person is also affecting the ratio of women's participation in sports.
3. Thinking status of person also affecting the ratio of women's participation in sports.
4. Gender difference is also affecting the ratio of women's participation in sports.
5. Age also affecting the ratio of women's participation in sports.
6. Social emotions are related to the women's social status.
7. Economic status has affecting the ratio of women's participation in sports.
8. Majority of society is known about the importance of sport involvement.
9. Overall communities not clear about women's participation in sport.

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**AN ATTEMPT TO COMPILE A DICTIONARY OF EQUIVALENT HINDI WORDS FROM ENGLISH IN THE FIELD OF SPORTS**

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**Abstract**

*Dictionary is an inevitable book and guide in any branch of education. There are many Dictionaries available on diverse subjects in the market. Some of them are purely basic while others are applied. While there are some dictionaries and encyclopedias on physical education and sports in English, there is no dictionary on physical education and sports in English-Hindi medium languages India is a land of diversity where a number of languages are spoken in different states. But the common and connecting languages are Hindi and English. Physical education and sports taught in India includes many national as well as international games. Most of the literature available on physical education and sports is in English. Since physical education and sports is an applied science it includes the study of other disciplines like health sciences, psychology, philosophy, history, management, organization etc and so on. Most of the "terms" used in this discipline are in English. Sporadic information on terminology of physical education and sports is available. It becomes very much difficult for Hindi medium students to understand the related and equated terms that originally quoted in English language. The students of physical education and sports who have opted Hindi medium for their undergraduate and postgraduate courses, face a lot of problems and difficulties on comprehension and understanding English terminology, related to this discipline. They are unable to explain the terms properly and satisfactorily. The scholar also faced a similar problem during his studies. For this reason the students of physical education and sports in their undergraduate and postgraduate level courses have to depend upon multiple books to acquire a sound knowledge of the words. It is needless to size the importance of dictionary of synonymous Hindi words from English of physical education and sports to the students and lectures, academicians, research. Scholar of this discipline as well as translators. Hence, it has been decided to compile a dictionary of equivalent Hindi words from English related to physical education and sports<sup>1</sup>*

**Key words:** *An Attempt to Compile a Dictionary of Equivalent Hindi Words from English in the Field of Sports.*

**Nature and Scope:** This dictionary will be particularly useful to the academicians related to physical education and sports who are pursuing their studies in Hindi medium. The dictionary will include words related to physical education and sports as well as words related to different games and definitions. The dictionary is designed to be as lucid and easy as possible. The majority of the words and senses in this dictionary are all parts of standard Hindi words which means that they are the kinds of words likely to be used in physical education and sports. The meaning of the words will be explained with suitable examples in context with the Indian situation. If there is no synonymous term available in Hindi, the English word will be kept intact without changing the meaning. The meaning of the term will be explained in Hindi. Full sentence and example and will also be included to explain the meaning of the words. Every attempt will be made to insert as many references as are to be found in the popular dictionaries of the English language.<sup>1</sup>

In many languages, words can appear in many different forms, but only the underlined or unconjugated form appears as the headword in most dictionaries. Dictionaries are most commonly found in the form of a book, but some newer dictionary on Mac OS X, are dictionary software running on Pads or computers. There are also many online dictionaries accessible via the internet<sup>2</sup>

**History** The first dictionary of the Chinese language, the **showmen jiezi**, was written around 100 CE. According to the **The Chronicles of Japan, Japanese dictionaries** originated in 682 CE, although the first dictionary dealt with the deciphering of **Chinese** characters. The first dictionary ever written was done by the **Babylonians** in 6<sup>th</sup> Century B.C. The earliest dictionaries were bilingual dictionaries. These were glossaries of French, Italian or Latin words, along with definitions of the foreign words in English. An early alphabetical list of 8000 English words was the elementary created by **Richard mulcaster** in 1582.

**STATEMENT OF THE PROBLEM** The problem is an attempt to compile a dictionary of equivalent Hindi words from English in the field of sports.

**DELIMITATION**

- The study is delimited to the terminology of sports.
- The study is delimited to 7 following games.
  1. Cricket
  2. Football
  3. Hockey
  4. Volley ball
  5. Hand ball
  6. Kho-Kho
  7. Kabaddi
- The study will include only the important terminology which is commonly and frequently used in sports and exercise sciences as well as the allied sciences to it.
- The study will provide synonymous Hindi terms only and explanations in Hindi.
- The study will be delimited to B.P.Ed and M.P.Ed Theory syllabus according to Rashtrasant Tukdoji Maharaj Nagpur University Nagpur.

**LIMITATION:**

1. Since the present research is literary research, the research scholar will entirely depend upon the information provided by various sports dictionaries in English, sports encyclopedias, internet as well as newspapers.

**HYPOTHESIS:**

Since the present research is literary research, the hypothesis is null and void.

**DEFINITION AND EXPLANATION OF TERMS**

**Dictionary:**

1. A dictionary is a book of alphabetically listed words in a specific language with good definitions, etymologies, pronunciations and other information. A book of alphabetically listed words in one language with their equivalents in another, also known as a lexicon.<sup>6</sup>

**OBJECTIVE OF THE STUDY**

1. To find out the development of words related to physical and sports and allied exercise sciences.
2. To create an immediate support to students pursuing career education in physical education and sports through Hindi medium.

**SIGNIFICANCE OF THE STUDY**

1. The study will be helpful to the students pursuing courses in physical education and sports through Hindi medium.
2. The study will also be helpful to academicians, researchers, translator etc. of physical education and sports.

**METHODOLOGY**

**In these chapter sources of data procedure of collection and method of presentation is described.**

**SOURCES OF DATA** Sources of data will be physical education books, sports books, journals, news paper, internet, magazine and experts in physical education guides and Hindi-to-English & English-to-Hindi dictionaries will be the sources of data.

**COLLECTION OF DATA**

The data will be collected from standard physical education books, sports and games books, journal, standardize dictionaries, National News paper, Authorized websites.

**METHOD OF PRESENTATION**

The data collected through literature and presented in form of dictionary in the field of physical Education.

**State of Aim:** - To compile a dictionary of equivalent Hindi words from English in the field of and sports.

Sr. No.	Name of Subjects	Course	No. of Words Explained
1	Cricket	B.P.Ed. + M.P.Ed. 2nd Year	296
2	Football	B.P.Ed. + M.P.Ed. 2nd Year	257
3	Kabaddi	B.P.Ed. + M.P.Ed. 2nd Year	160
4	Volleyball	B.P.Ed. + M.P.Ed. 2nd Year	211
5	Hockey	B.P.Ed. + M.P.Ed. 2nd Year	200
6	Handball	B.P.Ed. + M.P.Ed. 2nd Year	193
7	Kho-Kho	B.P.Ed. + M.P.Ed. 2nd Year	179

**Summary & Conclusions. Recommendations****Conclusions:**

1. The Research scholar while collecting the data for present investigation found that maximum Literature of Sports and allied exercise sciences is available in English.

2. Very less literature of Sports is available in Hindi medium as compared to English books by experts of Sports. It did not cover the complete syllabus. Hence, syllabus has to be covered up from the books of other related subjects.

3. The meaning of many words of Physical Education & Sports in English completely changes meaning when used in the context of Physical Education & Sports situations.

4. The word 'Bully' means a person who frightens weaker persons  $\frac{1}{4}$  nknk $\frac{1}{2}$  nknkxjh djusokyk this meaning of bully is given in the oxford Dictionary But the meaning of the word 'Bully' changes in the context of 'Hockey' in Hockey, Bully is used for the action of Hockey players of standing together in a circle and touching the hockey sticks just before starting the hockey –match.

5. The term 'Banana Kick' is related to the game of football. It is not found in any dictionary since it is exclusively a sports term. While making the goal a football player kicks the ball in the form of an arch like a banana and not straight. The scholar explained the meaning of the term in Hindi.

6. The term popping crease is a term related to the game of cricket and exclusively a sports term which is not found in any dictionary. The term means the limits of the pitch in Cricket.

7. the names of foreign games like volleyball, cricket, football, Hockey, Handball, Basketball, Badminton, was not translated in Hindi. They were kept intact by the Research Scholar.

8. The names of indigenous games like kabaddi and Kho-Kho were not changed. They were also kept untouched.

9. Many new words were coined by research scholar in Hindi for some words which were not having any equivalent Hindi terms. The word captain was translated as 'Sanghnayak'^la?kuk;d\* in Hindi.

10. In a dictionary we get the meaning of a word where as the terms or words of Physical Education & Sports are generally compound words like, penalty Kick, Floating Service, Banana Kick, Round Arm Service, LBW etc. which are generally not found in a dictionary.

Recommendations:

1. Bilingual dictionaries of Physical Education & Sports terminology involving one Indian and one foreign language can be compiled by Research scholars.

2. Bilingual dictionaries of Physical Education & Sports terminology involving two Indian languages can be compiled by Research scholars.

3. Bilingual dictionaries of Physical Education & Sports terminology involving two foreign languages can be compiled by various physical Education Researchers.

4. Separate subject wise bilingual dictionaries of Physical Education & Sports terminology can be compiled by Researchers o Physical Education.

5. Separate games wise bilingual dictionaries of Physical Education & Sports can be compiled by Research Scholar of Physical Education.

6. Indidigenus terminology of Indian game of sports can be compiled by research scholars of physical education and sports

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## YOGA AND PHYSICAL EXERCISE DEVELOPING HEALTH AND WELLNESS DURING COVID-19 PENDING

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### **Abstract**

*Standard physical development can improve your muscle quality and lift your continuation. Exercise passes on oxygen and enhancements to your tissues and empowers your cardiovascular structure to work even more capably. Exercise keeps passionate prosperity strong. Normal exercise, yoga, and physical movement advance solid muscles and bones. It improves respiratory, cardiovascular wellbeing, and generally speaking wellbeing.*

**Keywords:** *Exercise, yoga, wellbeing*

**Introduction** Normal exercise can have a significantly positive effect on wretchedness, uneasiness, ADHD, and the sky is the limit from there. It additionally mitigates pressure, improves memory, encourages you rest better, and lifts your general state of mind. Also, you do not get to be a wellness devotee to receive the rewards. Yoga is essentially a profound order hooked into a really unpretentious science, which centers around bringing congruity among the brain and body. It is craftsmanship and the science of sound living. One who encounters this unity of presence is meant to be in yoga and is known as a yogi, having achieved a condition of opportunity alluded to as mukti, nirvana, or moksha. Along these lines the purpose of Yoga is Self-acknowledgment, to beat a good range of sufferings prompting 'the condition of freedom' (Moksha) or 'opportunity' (Kaivalya).

**Importance of Yoga in Our Daily Life** Yoga isn't a faith, it's a way of living that points towards a sound brain during a solid body. Man is a physical, mental, and otherworldly being;

- Attainment of perfect equilibrium and harmony
- Promotes self-healing.
- Enhances personal power
- Yoga to live with greater awareness
- Yoga for better relationships

**Importance of Physical Exercise in Our Daily Life** More keen memory and thinking. Similar endorphins that cause you to feel better likewise assist you with concentrating and feel intellectually sharp for jobs needing to be done. Exercise likewise animates the development of new synapses and forestalls age-related decrease.

**Higher confidence-** Standard movement is an interest in your brain, body, and soul. At the point when it becomes propensity, it can cultivate your feeling of self-esteem and cause you to feel solid and incredible. Better rest. Indeed, even short eruptions of activity in the first part of the day or evening can help manage your rest designs. On the off chance that you like to practice around evening time, loosening up activities, for example, yoga or delicate extending can help advance rest.

**More Vitality-** Expanding your pulse a few times each week will surrender you more get and-go. Start off with only a couple of moments of activity every day, and increment your exercise as you feel more invigorated.

**More Grounded flexibility-** At the point when confronted with mental or passionate difficulties throughout everyday life, exercise can assist you with adapting in a sound manner. Standard exercise can likewise help support your insusceptible framework and diminish the effect of pressure.

### **Methods of developing Health and Wellness.**

#### **1. High-intensity aerobics**

High power style exercises consolidate both oxygen-consuming activity and quality preparation. These circuit exercises should be possible with or without gear.

Goals: The high-intensity aerobics technique for practice is useful for those individuals who are searching for weight reduction, are in a period crunch or are searching for in general broad wellness, an all-out body exercise, and conditioning. Many states this is the place you get the most value for your money since you can get the outcomes you are searching for in less time.

#### **2. Oxygen consuming Training**

This kind of preparing is by and large summed up as signifying "with oxygen" or cardio preparing.

Goals: The high-impact preparing style is useful for those hoping to get more fit, for explicit preparing programs like long-distance races, for competitors hoping to expand execution and perseverance just as recuperate fittingly, and for those attempting to decrease the danger of incessant ailment like corpulence, coronary illness, and diabetes.

#### **3. Pulse Training**

This kind of preparation is explicit to every person and their own zones. You can peruse progressively here about HR preparing, however, this preparation technique is centered around zones like fat consumption, cardiovascular continuance, top execution, and recuperation. Much of the time, HR preparing is seen as the inside and out best preparing strategy there is.

Goals: For anybody and everybody! Ordinarily, individuals preparing for perseverance races like Spartans or long-distance races, or competitors focusing on max results and recuperation, for the individual who is completely worn out after every exercise, and right to individuals who are on meds that influence their pulse.

#### **4. Adaptability Training**

In spite of what I realize everybody is thinking, it's not simply yoga! Disregard the overall generalization of mothers strolling into the rec center with lattes, flip-flops, and their yoga tangle; this preparation style is likely the most significant, yet the most dismissed. It consolidates restorative activities, extending (both static and dynamic), and developments from head to toe.

Goals: Another strategy for preparing that is for everybody! On the off chance that you are not a yoga individual, it's an ideal opportunity to begin! Yoga people, artists, sprinters, this is for you, as well! Adaptability preparing is for everyone who needs to improve their preparation in any capacity.



### **Conclusion**

The specialty of rehearsing yoga helps in controlling a person's psyche, body, and soul. It unites physical and mental controls to accomplish a serene body and psyche; it oversees pressure and nervousness and keeps you unwinding. It additionally helps in expanding adaptability, muscle quality, and body tone. It improves breath, vitality, and imperativeness. Rehearsing yoga may appear simply extending, yet it can do significantly more for your body from the manner in which you feel, look and move. Yoga asanas assemble quality, adaptability, and certainty. Customary acts of yoga can help get in shape, calm pressure, improve insusceptibility and keep up a more beneficial way of life.

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## **EFFECT OF CORONA PANDEMIC ON INTER COLLEGIATE SPORTS AT GOA UNIVERSITY**

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### **Abstract**

*The article is all about a alternative solution and means as to how we can survive in these pandemic with special reference to university sports programme and what we can do as the association to the sports students who are deprived of sports merit marks at Goa university, when NSS and NCC students are given merit marks in these pandemic times also.*

### **INTRODUCTION**

These articles I am writing for the students who are deprived of the sports merit marks and no alternate solution till now for the deserving sports students available. Inter-collegiate tournaments/ championships give the players of various colleges a platform to display the skills they have got and also a chance to go up at higher level of the tournament like inter-zone, inter-university, world inter-university championships. Just like inter-class activities inter-collegiate tournaments are also very important because it's the only official tournament where a student is eligible for getting merit sports marks also called as grace marks of sports. As a college director of physical education, it's a responsibility to see to that maximum number of well-trained students participate at inter-collegiate tournaments at the university level. As a university it's the duty of the sports department to ensure that the show goes on and that each and every student who participate gets the benefit of participation and winning the championships, having said so, it's also the duty of university to also plan and execute a well-designed mechanism in special circumstances such as these pandemic time to come out with some solution which is feasible enough to carter the students of various colleges who are deserving but are not able to get the chance of participation because of the pandemic.

### **SPORTS POLICY OF GOA UNIVERSITY**

**Goa University** had its own sports policy which makes provision of merit marks for students participating at various levels of championships.

Just before the pandemic came i.e., up to march 24, 2020, the goa university sports merit marks system which was in force was as under for various levels of participation from inter-collegiate to all India inter-university championships.

Table showing merit marks issued at inter-collegiate level tournaments at Goa University Level.

**Table 1.**

Sr.no	Inter-collegiate tournaments	Place	Sports merit marks
1	Football (for example)	I	16 (10+6)
2	Football (for example)	II	14 (10+4)
3	Football (for example)	III	12 (10+2)
4	Football (for example)	- (participation only)	10

Table showing merit marks at inter-university tournaments at west zone inter-university championships.

**Table 2**

Sr.no	Inter-university championship	Place	Merit marks
1	Football (for example)	I	32 (16+16)
2	Football (for example)	II	30 (16+14)
3	Football (for example)	III	28 (16+12)
4	Football (for example)	Participation only	16

Table showing merit marks at All India Championships

**Table 3**

Sr.no	Inter-university championship	Place	Merit marks
1	Football (for example)	I	36 (20+16)
2	Football (for example)	II	34 (20+14)
3	Football (for example)	III	32 (20+12)
4	Football (for example)	Participation only	20

The university has also made provision for merit marks at state level, national level and other championships which are recognized and affiliated at various sports bodies and which are registered at the state and national level sports bodies and councils headed by govt of India.

### **RESULTS AND DISCUSSION**

1. Since the out-break of the pandemic not a single tournament has been conducted by the university, of course taking into account of safety of the students and the safety of the families of the participating and organizing associations. But the private and other association have conducted the tournaments specially I would like to say about tennis ball cricket association which conducted state level and further national level championships, from my college two students participated at state level and further national level championships and the students have submitted their participation certificates to college and I have forwarded it to the university sports section for certification of the merit marks.

2. Previously at Goa University there was a system a giving star for the students under mass participation at college level In that the college director was taking various test of students and giving them the 1,2 or 3 stars as per the student's performance at the test batteries which were applied different for men and women.

3. I won't say that it's the University at mistake or something wrong the university has done by not conducting the tournaments and by stopping the ongoing championships when the lock down was declared last year and subsequently not conducting the same, since they are following the instructions from higher ups and in the interest of students at large, but some mechanism must be devised for the students who are practicing and are not given opportunities to compete.

4. N.S.S & N.C.C students are getting their marks so the students continuously ask us about sports merit marks, Even the officers training academy at KEMPPTI is functional and from GOA also officers are gone for training. Even they have taken the physical test and periods to give marks and assessment and written exams too. Apart from online activities.

Its only Sports students who are at losing side since the only platform they have lost and there is no alternative mechanism devised so far to take into consideration the students of sports.

5. The pandemic will be there for quite some time now and all have to ponder on the thought and come out with something concrete to tackle the issue of merit marks and try and give deserving sports students some relive and give them some positive news to continue what they are doing.

6. We has a responsible stakeholder at the ground level by mean time has formed a association of the college directors forum and registered it and have given a representation at higher education and at university level, so that the star system at least come back and the students get something if not everything.

For that we have to be more creative and study the other universities how they function and adopt to the changing environment.

**CONCLUSION:** Working positively and accurately we will have to devise a mechanism where in the sports students don't feel left out and cheated

We should stop thinking about winning the championships for colleges and win the hearts of the students by providing them something special in these special times.

I hope and pray that everything will be normal very soon, but till then we should be vigilant and anything new which will be beneficial for students should be immediately implemented in the university setup.

**ACKNOWLEDGEMENT:** The inputs received from my fellow college directors, I am thankful for the suggestions and reasoning given by these seniors and juniors.

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#### **SUPPORTING INFORMATION**

1. Certificates of the students who participated at state level and national level tennis ball cricket tournament.
2. Goa University sports policy.

## **A STUDY OF PHYSICAL FITNESS AND SKILL PERFORMANCE OF MAHARASHTRA STATE SENIOR MALE HANDBALL PLAYERS**

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### **Abstract**

*The purpose of this study was to show the physical fitness status of senior handball players of Maharashtra state. Since, there is a lack of evaluative measures in handball for assessing the ability, grading and predicting the performance handball player. For this purpose 982 players of different district of Maharashtra state were randomly selected as subject. The performance evaluation Dr. S.E. Kangane handball physical fitness and skill test battery which was developed for the junior handball players of Maharashtra state chosen for the purpose of the study. The data was collected by administering the test for the selected items during the training sessions, various districts or state championship. The data, which was collected by administering the test, was statistically treated to develop norms for all test items. Descriptive analysis was done by calculating the Mean, Median, Mode and Standard Deviation. The norms were constructed by using Percentile techniques analysed through the statistical packages the scores were further classified in to five grades Excellent, Very good, Good, Average, and Poor under normal distribution. The present study shows that only 22 to 25% player's physical fitness and skill performance level is excellent. Excellent Physical fitness and skill performance players get advantages during the training and match situation. Poor and Average physical fitness and skill performance players performance success rate is not satisfactory. For performance enhancement players need to improve physical fitness and skill. On the basis of analysis of the player's performance physical fitness and skill training programme applied on players as per their individual need.*

*Keywords: Physical Fitness, Skill, Performance, Handball Players*

### **1. INTRODUCTION:**

Handball is an Olympic sport played professionally in many countries. As compare to other games handball is most popular and second fastest game in the world. It needs good physical structure, physical fitness and skill and also handball is a complex sport, which requires players to have well developed aerobic and anaerobic capacities, motor ability such as a sprinting, jumping, flexibility, throwing velocity, explosive power of the leg and arms, sprinting velocity and kinaesthetic feeling in ball control. In fact, modern handball players are able to perform many different moves like jumping, running, change of directions and technical movements in very short time and with an order determined by the tactical situation. Players run with and without the ball, in line and with different paths, jumping, throwing, passing and receiving in motion or during flight represent the technical characteristics of a modern top handball player. Handball matches have duration of 60 minutes divided in two halves lasting 30 minutes each. During this time players cover a total distance ranging from 2000 to 6000 meters, based upon different situations position on the field, tactical defensive and offensive characteristics of the team and characteristics of the game itself and so far and so forth. Physical activities are considered as important aspects of the game and contribute to the high performance of the team. However, what is important to say is that handball player's needs to excellent physical fitness

and skill for match winner performance therefore the present study shows the physical fitness and skill performance of senior Maharashtra state handball players.

## 2. MATERIALS AND METHOD:

The aim of this study was to find out Physical Fitness and handball skill performance of the senior handball players of Maharashtra state. For this purpose, 982 district and state level Handball players of different district of Maharashtra state were randomly selected as subject for the evaluation. The physical fitness and skill of senior handball players were measured on the basis of **Kangane (2005)** team handball test battery which was developed for the junior handball players of Maharashtra state. The details of test item to represent each dimension have been presented in table 1.

<b>Sr. No.</b>	<b>Dimensions</b>	<b>Test Item</b>	<b>To Measure</b>	<b>Scoring</b>
1.	Physical fitness	12Min Run/Walk	C.V. Endurance	Meters
		50 Meter Dash	Speed	Seconds
		Shuttle Run	Agility	Seconds
		Vertical Jump	Explosive Strength	Centimetres
		Standing Broad Jump	Explosive Strength of Leg Muscle	Meters
		Sit & Reach	Flexibility of Back & Hamstring	Centimetres
		Sit Ups	Muscular Endurance of Abdominal Muscle	Number of Repetition
		Push Up	Muscular Endurance	Number of Repetition
		Handgrip Strength Test	Muscular Strength of Forearm	Kilograms
		2.	Skills	Front Shoot
Accuracy Throw	Throwing Accuracy			Points
Speed Pass	Passing Ability			Points
Agility	Dribbling Ability			Time
Dribbling				
Foot Work	Defensive Foot Work			Points

### Procedure of Test Administration:

The test items were administered to all the subjects by the investigator. The scores of test recorded by the investigator on the basis of performance of test. The subjects were given essential guidelines as well as demonstration and practice trails as per their need. The subjects were encourages to perform their finest performance. The data was collected by administering the test for the selected items during the training sessions, various districts or state

championship. The data, which was collected by administering the test, was statistically treated to develop norms for all test items. Descriptive analysis was done, for the normality of the data Skewness and kurtosis applied. The norms were constructed by using Percentile techniques analysed through the statistical packages the scores were further classified in to five grades Excellent, Very good, Good, Average, and Poor under normal distribution. For handball players, physical fitness and skill performance the researcher create a consolidate chart on basis of established norms. the investigator categorise less than five points as a poor, six to twenty five as a fair, twenty six to fifty points as average, fifty one to seventy five points as a good and seventy five above points as excellent physical fitness and skill Performance.

### 3. RESULTS:

The Descriptive statistics of handball player's physical fitness tests and skill tests performance presented in table 2. Handball player's performance divided in to five categorise, Excellent, Very good, Good, Average and Poor.

**Table 2**  
**Descriptive Statistic of the Handball Player Performance**

Variables	TOTAL (400)			
	M	SD	Skewness	Kurtosis
12m R/W	2175.7082	365.96801	.230	-.586
50 meter Dash	7.1526	.62656	.196	-.623
Shuttle Run	11.0011	1.06645	.357	-.598
Vertical Jump	42.2456	10.42455	-.188	-.684
Standing Broad Jump	1.7729	.30722	.019	-.151
Sit and Rich	30.6166	9.23509	.107	-1.072
Sit Ups	33.2413	11.42288	.211	-.768
Push Ups	34.0387	9.48998	-.246	-.697
Hand Grip Strength	43.3897	8.57758	.302	-.176
Front Shoot	16.2592	4.41831	.037	-.083
Accuracy Throw	15.5305	3.61255	-.055	-.498
Speed Pass	29.1194	5.70495	.396	.142
Agility Dribbling	4.9353	.67706	.773	.032
Footwork	16.3933	2.26505	-.174	-.694

Note: The table 2 indicate the Mean, SD, Skewness and Kurtosis of the physical fitness and skill test performance of senior handball players of Maharashtra state on the scores of physical fitness and skill test it was found that Skewness and kurtosis it is known that the scores are normal. The physical fitness and skills tests performance of senior male handball players of the Maharashtra state are presented in table 3 and 4.

Table 3

**Physical Fitness Test Performance of the senior Handball Player of Maharashtra State.**

Test	Excellent	Good	Average	Fair	Poor
12m R/W	2451 above	2450 to 2281	2280 to 2061	2060 to 1837	1836 below
Percent	25	25	24	21	5
50 meter Dash	6.69 below	6.70 to 7.04	7.05 to 7.39	7.40 to 7.86	7.87 above
Percent	28	26	25	19	2
Shuttle Run	10.05 below	10.06 to 10.82	10.83 to 11.44	11.45 to 12.12	12.13 above
Percent	29	25	24	19	3
Vertical Jump	53 above	52 to 46	45 to 41	40 to 34	33 below
Percent	24	23	27	20	6
S.B.J.	2.04	2.03 to 1.86	1.85 to 1.70	1.69 to 1.55	1.54 below
Percent	24	26	25	20	5
Sit and Rich	41 above	40 to 35	34 to 28	27 to 22	21 below
Percent	25	23	23	23	5
Sit Ups	45 above	44 to 36	35 to 30	29 to 24	23 below
Percent	25	24	26	19	6
Push Ups	44 above	43 to 38	37 to 33	32 to 27	25 below
Percent	24	26	25	20	5
Hand Grip Strength	52 above	51 to 46	45 to 42	41 to 37	36 below
Percent	24	22	25	24	5

**Cardiovascular Endurance Performance of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 5% player's performance was poor, 21% performance was fair, 24% player's performance was in average, 25% player's performance good and 25% player's performance was excellent.

**Speed Performance of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 2% player's performance was poor, 19% performance was fair, 25% player's performance was in average, 26% player's performance good and 28% player's performance was excellent.

**Agility Performance of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 3% player's performance was poor, 19% performance was fair, 24% player's performance was in average, 25% player's performance good and 29% player's performance was excellent.

**Explosive Power of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 6% player's performance was poor, 20% performance was fair, 27% player's performance was in average, 23% player's performance good and 24% player's performance was excellent.

**Explosive Strength of the leg of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 5% player's performance was poor, 20% performance was fair, 25%



player's performance was in average, 26% player's performance good and 24% player's performance was excellent.

**Flexibility of the Back and Hamstring Muscle of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 5% player's performance was poor, 23% performance was fair, 23% player's performance was in average, 23% player's performance good and 25% player's performance was excellent.

**Muscular Endurance Abdominal of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 6% player's performance was poor, 19% performance was fair, 26% player's performance was in average, 24% player's performance good and 25% player's performance was excellent.

**Muscular Endurance of Senior Handball Players of Maharashtra State:** From the table 3 it is found that 5% player's performance was poor, 20% performance was fair, 25% player's performance was in average, 26% player's performance good and 24% player's performance was excellent.

**Muscular Strength of The Forearm Senior Handball Players of Maharashtra State:** From the table 3 it is found that 5% player's performance was poor, 24% performance was fair, 25% player's performance was in average, 22% player's performance good and 24% player's performance was excellent.

**Table 4**

**Skill Test Performance of the senior Handball Player of Maharashtra State.**

Test	Excellent	Good	Average	Fair	Poor
Front Shoot	21 above	18 to 20	16 to 17	23 to 15	12 below
Percent	22.00	22.00	31.00	18.00	7.00
Accuracy Throw	20 above	18 to 19	16 to 17	13 to 15	12 below
Percent	20.00	21.00	28.00	26.00	5.00
Speed Pass	35 above	32 to 32	28 to 31	25 to 27	24 below
Percent	23.00	23.00	24.00	22.00	8.00
Agility Dribbling	4.33 below	4.75 to 4.34	5.09 to 4.76	5.70 to 5.10	5.71 above
Percent	29.00	23.00	26.00	19.00	3.00
Footwork	20 above	19	17 to 19	15 to 16	14 below
Percent	21.00	15.00	29.00	23.00	12.00

#### **Shooting Ability Performance of the Senior Handball Players:**

From the table 4 it is clear that 7 % player's performance was poor, 18 % player's performance was fair, 31 % player's performance was in average, 22 % player's performance was good and 22 % player's performance was excellent.

#### **Throwing Accuracy of the Senior Handball Players:**

From the table 4 it is clear that 5 % player's performance was poor, 26% player's performance was fair, 28 % player's performance was in average, 21% player's performance was good and 20 % player's performance was excellent.

**Passing Ability of the Handball Players:** From the table 4 it is clear that 8 % player's performance was poor, 22 % player's performance was fair, 24 % player's performance was in average, 23 player's performance was good and 23 % player's performance was excellent.

**Dribbling Ability of Senior Handball Player's:** From the table 4 it is clear that 3 % player's performance was poor, 19 % player's performance was fair, 26 % player's performance was in average, 23 % player's performance was good and 29 % player's performance was excellent.

**Defensive Footwork Performance of Senior Handball Player's:** From the table 4 it is clear that 12 % player's performance was poor, 23 % player's performance was fair, 29 % player's performance was in average, 15 % player's performance was good and 21 % player's performance was excellent.

**4. DISCUSSION:** The result shows that physical fitness and skill test performance are very important for handball players because the game of handball entails physical contact in which specific physiques and skill with a high level of strength and power and handball related skill may provide an advantage. The physical characteristics and skills of handballers are considered in the choice of players to implement the game plan. In this study player clearly indicates the lack of physical fitness and their skill level being nominal even when the players are playing at state level. Only 20 to 25 percent of players are found to be in the excellent category which is appalling aspect of the players and should be taken into consideration while planning training schedules for players. The percentage of players in the poor and average category is a reason to worry as they form a large chunk of the total population of players and this is one major reason for teams not being successful.

**5. CONCLUSION:** In conclusion, handball is a fast, strenuous and skill full Olympic sports that places emphasis on running, jumping, sprinting, change in direction, arm throwing, shooting, blocking and pushing. For these reasons, it is believed that physical fitness and skills are most important factor of the sports. For better performance at national and international level players must be improve physical fitness and skill.

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**THE EFFECT OF WEIGHT TRAINING ON OVERWEIGHT INDIVIDUALS:  
MUSCLE STRENGTH, BODY MASS INDEX (BMI) AND ENDURANCE****Dr. Vijay E. Somkuwar***Sardar Patel Mahavidyalay, Dist. Chandrapur***Abstract**

*Weight training is a typical sort of solidarity preparing for building up the strength and size of skeletal muscles. It uses the power of gravity as weighted bars, hand weights or weight stacks to go against the power created by muscle through concentric or unconventional compression. Weight training is one of the strategy that regularly been utilized to acquire muscle strength and size. The point of this examination was to distinguish the impacts of weight training on weight list (BMI), body mass index, muscle, hand grasp strength. This investigation was directed utilizing exploratory strategy through pre-and post-test. Body structure analyzer was utilized to quantify BMI and bulk. Muscle strength was estimated by utilizing the most extreme hand grasp test while muscle perseverance by utilizing the greatest push-up test. The subjects of this investigation were comprised of 20 people (male, BMI  $25.76 \pm 1.35$ , age  $23.05 \pm 2.14$  years old). Weight preparing mediation was directed 3 times each week for about a month.*

**Keywords:** *Weight training, skeletal muscle, muscle strength, body mass index, pushup test*

**Introduction**

Weight training preparing has pulled in the adolescent internationally. The youths might want to build up their muscles to seem as though their good examples specifically Arnold, Rambo, and Salman Khan. Presently a day in every one of the films saints' display sound physical make-up with excellent arms, chest, shoulders, and abs (6 packs) and the youthful age might want to duplicate their legends. They know that such physical make-up must be created through the opposition preparing. Weight preparing assists with looking better, yet it likewise assumes a significant part in keeping up personal satisfaction. Weight preparing is likewise advantageous to every one of the top competitors since it improves in general actual wellness. This separated there are part of advantages from weight preparing, as it assists with reinforcing the bones, decline the resting pulse, improves solid strength, makes the heart more proficient, beneficially affects practically every one of the major and minor 650+ muscles, and improves one feel and solid. As of late the control of force lifting has made an imprint as a main game separated from weight lifting and working out. This game has gotten so mainstream with the understudies that practically huge layers of these understudies enjoy rehearsing it.

Overweight is characterized as abundance muscle versus fat or a strange measure of fat that can influence your wellbeing. The utilization of weight list (BMI) is frequently used to distinguish proportions of overweight or stoutness for both genders (people) and for different ages. Notwithstanding, this weight list (BMI) ought to be viewed as an unpleasant guide as it may not compare to various degrees of fat in various people. Besides, weight preparing or actual exercise is a sound movement for everybody paying little heed to any age and sexual orientation. Furthermore, active work is any action that upgrades or keeps up weight and in general wellbeing and prosperity. These exercises are completed for an assortment of purposes,

including advancing development and extension, forestalling maturing, fortifying the muscles and heart frameworks, reinforcing athletic abilities, getting thinner or perseverance, just as for the sake of entertainment. Actual preparing isn't only for normal individuals yet actual preparing is additionally utilized by competitors in sports. Typically competitors perform proactive tasks like anaerobic or oxygen consuming to improve their games execution.

### **Review of literature**

Raghu (2011) appeared here how Progressive Weight Training improves Selected Health Related Physical Fitness Components among Degree College Male Students by utilizing Health as one of the pre-essentials for a glad, even life and Physical wellness is perhaps the main things throughout everyday life and quite possibly the most significant resources one can at any point have.

Bansode (2010) inferred that Training improves vigorous limit and glycogen focus in red muscle strands. This has a constructive outcome on speed perseverance, yet additionally on the ability to recuperate after loadings of sub greatest and most extreme power

Mr. Macnoyar concentrated what diverse exercise types mean for the physiological capacities of respiratory parcel and solid perseverance. The preparation picked included wrestling b-ball and soccer. The preparation was led by the understudies for as long as about a month and a half. These understudies were given 5 days of activity seven days. The excess two days were given unwinding. Notwithstanding these games, the primary gathering was allowed a brief running activity and the subsequent gathering had a 3 moment venturing exercise. Be that as it may, some other exercise for the fourth gathering was excluded.

Lingor and Olson analyzed the techniques used to meet accreditation weight for wrestling and to quantify the progressions in body sythesis during one season for school grapplers. They announced that subjects' Fat-Free Mass (FFM) expanded a normal of 1.8 kg, while Fat Mass (FM) diminished 2.2 kg from the start to the furthest limit of the period.

In the examination led by St. Cloud State University in 1978, the test consequences of body piece had shown that there were over portion of the grapplers in the past examination made load by shedding a few pounds (as much as 11 pounds). Weight losing showed up in the last not many days not long before their matches all through the standard season. Indeed, four of the public wrestling quilters lost more than 9.5 pounds (one shed 20 pounds) inside a couple of days going before the public titles. Two of them made it to the finals and progressed to a higher Division while in another got AII American distinctions. Every one of the four competitors wrestled in a weight class that was equivalent to or beneath their slender body loads. None of these grapplers were underneath 6.2% fat at that point. Among all extraordinary body arrangement estimations, skin crease estimation would in general make the competitors had all the earmarks of being less fat than what was really the situation. Drying out had all the earmarks of being the favored strategy for quick weight decrease among grapplers and a consequence of the standards overseeing the game.

**METHODOLOGY**

Participants A sum of 20 male students will be chosen as members in this examination. Determination of the examination members was the utilization of target inspecting strategies. The examination members will be chosen based on consideration and rejection rules including solid male understudies, 21-24 years of age, Body Mass Index (BMI) in the reach 23.0-27.4, Study members ought to be liberated from insight, and Not take any enhancements all through This investigation was directed. Notwithstanding, the choice of members will be disposed of in the event that they have endured muscle fits over the most recent 2 years, are as yet in therapy or clinical meetings, and have had body medical procedures throughout the previous 2 years.

**Data Collection**

This meeting required members go to the lab to quantify body arrangement utilizing the Inbody 230 apparatus to gauge weight record (BMI), bulk. Furthermore, members were estimated utilizing a dynamometer handgrip to quantify their greatest grasp and the members additionally needed to perform most extreme pressing factors to decide their chest area strength. Then, for Inbody 230 body organization estimation the members should stand upstanding on this gadget by taking off the shoes and the assistants to keep away from blunders during the test. In like manner, the member ought to play out a most extreme grasp strength test utilizing the Handgrip dynamometer. The member should stand upstanding and stand firm on the gadget at 90<sup>0</sup> hand situation and not touch any piece of the body. During this meeting members need to go to the rec center for 3 weeks per week for 4 successive weeks. The activities they will perform are seat press works out, twisted turn over, biceps twist and overhead rear arm muscle expansion. During this stacking exercise, members needed to make 60-70% 1RM (reiteration limit) of 3 sets with 10 redundancies of each set, members resting for 1-2 minutes between sets for the first and second weeks. Preparing will proceed for as long as about a month and 1RM will be expanded to 80%. Factual examination will be performed utilizing the Statistical Package for the Social Sciences (SPSS) Version 23. Normal in general score, weight record, bulk, skin thickness, most extreme hold and greatest strength in chest area in the examination utilizing T-Test Two Tailed factual test.

**PRE- AND POST- WEIGHT-TRAINING TEST FOR BODY MASS INDEX**

Test	M	N	SD	T
Pre	25.76	20	1.35	0.554
Post	25.65	20	1.21	

This indicates that although there was no significant effect on the study findings, there was still a slight increase of 0.9% fat in the post-test.

#### MUSCLE MASS SCORE OF PRE AND POST-WEIGHT TRAINING INTERVENTIONS.

Test	M	N	SD	T
Pre	32.74	20	3.97	-1.452
Post	33.60	20	4.09	

The above given data did not show any kind of significant change, there was only a slight increase in post-test

#### SCORE OF TEST PRE AND POST-WEIGHT TRAINING INTERVENTION.

Test	M	N	SD	T
Pre	33.6650	20	7.33149	1.399
Post	35.7700	20	5.28494	

Results showed that the mean post-test mean score ( $M = 28.3$ ,  $SD = 10.55$ ) was higher than the pretest ( $M = 21.9$ ,  $SD = 11.41$ ). This indicates that there is a significant effect on the mean score of the post-test compared to the pre-test after the four-week load training.

#### PRE AND POST TEST WEIGHT TRAINING FOR MAXIMUM ENDURANCE SCORE

Test	M	N	SD	T
Pre	21.9000	20	11.41974	-6.377
Post	28.3000	20	10.55362	

**Discussion:** Methods to build muscle mass and muscle strength, this investigation has been done to decide if weight preparing can decrease weight file (BMI), increment bulk, increment hold strength and increment muscle perseverance (push up). Past examinations that have considered the impacts of weight preparing are helpful to getting thinner and acquiring an ideal body.

**Conclusion:** In rundown, the consequences of this examination found that body mass index, muscle mass and greatest arm strength had no huge impact on present moment (4-week) weight preparing among overweight people. Notwithstanding, there was a critical impact on the maximum repetition of the pushup after the weight preparing mediation. In view of the discoveries of this investigation, this section has talked about in detail the potential reasons why such discoveries are found in examinations dependent on help and importance produced using past examinations. Likewise, the specialists discovered ideas for development in future investigations.

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## A COMPARATIVE STUDY OF PHYSICAL FITNESS BETWEEN HANDBALL AND KABADDI PLAYERS OF SAVITRIBAI PHULE PUNE UNIVERSITY, PUNE

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### **Abstract**

*The purpose of the current study is to examine the significant difference of selected physical fitness variables between Handball and kabaddi female players of Savitribai Phule Pune University. The present research is a descriptive and Comparative Survey study. A survey research design was used in this study to measure Physical fitness of Inter zonal Handball and Kabaddi female teams from Savitribai Phule Pune University. The researcher selected 50 Handball and 50 Kabaddi female players of age group 18 to 25 years who at least participated in Inter Zonal level and represents the zones i.e. Pune District, Pune City, Nashik District and Ahmednagar District under the Savitribai Phule Pune University, Pune. Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility & Body Mass Index were used as variables to measure physical fitness. 12 Min run & walk, Modified push-ups, Sit-ups, Sit & reach and Body mass index test were used to measure physical fitness. It was hypothesized that there may be significant differences with respect to selected physical fitness variables between Handball and Kabaddi female players. The mean was calculated to compare physical fitness of Handball and Kabaddi female players. An independent sample T- test discovered that there is a significant difference between Handball and Kabaddi female players regarding Cardio vascular Endurance and Muscular Endurance. It was also found that there is no significant difference between Handball and Kabaddi female players regarding Body Mass Index, Muscular Strength and Flexibility. It was found that Cardio vascular Endurance of Handball female player are better than Kabaddi female players whereas Muscular Endurance of Kabaddi female players is better than Handball female players.*

**Keywords:** *Physical fitness, Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Body Mass Index, Flexibility.*

### **Introduction :**

**Physical Fitness :**Physical fitness is the key factor for development in normal as well as in sports life. However, the concept of physical fitness is very difficult to explain. Physical education and sports are exceptional in the field of education in any country. A country should focus on the development of physical education and sports. On one side Sports is highly increasing by social media but on the other side it is being neglected in the education System.

In order to improve such conditions, it is necessary to develop the infrastructure that helps in the discipline of the game. Sports and games have been accepted as cultural events. One thing which has not been changed is the continuous effort to achieve high performance. So, in today's world one should have optimal fitness to achieve highest performance in sports.

For any sport there is need of Physical fitness factors such as muscular strength, muscular endurance, speed, power, agility and coordination. That's why so many athletes and athletes live far beyond their capacity and abilities to enjoy the sports activities in which they participate. Even if the skills and techniques of a particular game sport are well matured on them, if they doesn't have the physical fitness good then they perform poorly in those games.

**Handball:** The game of handball entered England in the sixteenth century. Handball matches

began to take place in Ireland in the 1850s, and the Irish took Handball to the United States. Around 1890, the German gymnast Konrad Koch developed the structure and rules of the game of handball. After World War I, German Hirschmann and sports educator Carl Schulz contributed to the spread of handball. The game was widely accepted in Europe until 1920. It is considered to be the youngest game in the Ballgames. The International Amateur Handball Federation was established in Amsterdam in 1928 after the game was regulated. By 1934, The game was adopted by 25 countries. Handball has been a part of the Olympic Games since the 1936 Berlin Olympics. That year, the German team won the gold medal. Austria and Switzerland came in second and third respectively. On July 11, 1946, the International Handball Federation (IHF) was formed. 166 countries have joined the IHF (2015). France (2009; 2011) and Spain (2013) won the men's handball, while Russia (2009) and Norway (2011) won the women's handball. In India, the Handball and Handball Federation of India was established by Shri Jagat Singh Lohan. Jagat Singh Lohan is a Jat from Rohtak (Haryana), who was a student of YMCA Physical Education (now Chennai) in Madras. Lohan was the founder of handball, netball and throwball games. His efforts during the Munich Olympics in Germany led to the formation of the Handball Federation of India. The member countries were Andhra Pradesh, Uttar Pradesh, Haryana, Vidarbha and Jammu and Kashmir. He was also elected as the first General Secretary of the Handball Federation of India. In the year 1922, the first Senior Men's National Handball Championship was held at Sir Chhotu Ram Stadium in Rohtak (Haryana). Haryana won the gold medal and Vidarbha won the silver medal in this competition.

**Kabaddi :** Kabaddi is originated in the southern state of Tamil Nadu in ancient times. Modern Kabaddi is a synthesis of a game played under different names. Kabaddi had an international exposure at the 1936 Berlin Olympics. The game started in 1938 at the Indian National Games in Calcutta. In 1950, All India Kabaddi Federation (AIKF) came into existence and rules were made. AIKF was established in 1972 by the Amateur Kabaddi Federation of India (AKFI). The first national competition for men was held in Chennai.

Kabaddi is a contact team sport. A game played between two teams of seven players requires a player on offense to be referred to as a "raider", as well as to move half of the court against the opponent, tag out their defenders as much as possible, and return to their own half court, all By some rescuers and without a single breath. Points are earned for each player tagged by the rider, while the opposing team earns points for stopping the rider. Players are removed from the game when they are tagged or confronted but are brought back for every point made by their team from the tag or tackle.

**Sehgal, N. (2013)** studied inter-collegiate handball, volleyball and hockey to determine the level of adjustment and physical fitness among female players. For this study, subjects were randomly selected from 45 subject samples (15 Hand Handball, 15 Volleyball and 15 Hockey players). It has been found that hockey players are better at speed, abdominal strength, trunk flexibility, and cardio vascular endurance than the handball and volleyball groups. Volleyball players were

better at leg strength than handball and hockey groups, while handball players were better at shoulder strength and agility than volleyball and hockey groups. **Shekhar. (1981)** studied selected physical fitness components i.e. speed, strength and leg explosive power and overall coordination of the body, respiratory endurance of football and basketball players. This study found that basketball players have increased flexibility and dynamic flexibility compared to footballers, and found that footballers are higher in abdominal strength, leg explosive power, and overall body coordination

**Objectives:**

- 1) To Measure the Physical Fitness of the Handball and Kabaddi Female Team Players participated in Inter Zonal competition from Pune District, Pune City, Ahmednagar District and Nashik District affiliated to Savitribai Phule Pune University.
- 2) To Compare the Physical Fitness of the Handball and Kabaddi Female Team Players participated in Inter Zonal competition from Pune District, Pune City, Ahmednagar District and Nashik District affiliated to Savitribai Phule Pune University.

**Material and Methods:**

**Methodology of the Study:** The current research is a descriptive and comparative survey study. The study used a survey research design to measure the physical fitness of Handball and Kabaddi female players participated in inter zonal competitions under Savitribai Phule Pune University.

**Population:** The objective of the study is to measure the physical fitness of women in handball and kabaddi in an inter-zonal competition organized by Savitribai Phule Pune University. The population of this research represents the population of Pune district, Pune city, Ahmednagar district and Nashik district and the players participating in the inter-zonal competition organized by Savitribai Phule Pune University in the year 2018-19.

**Sample:** Convenience sampling method (Prakash, V.G., Best & Khan) was used for this study to select the sample from the available population. Players participated in inter zonal handball and kabaddi competitions in handball and kabaddi. (Pune District, Pune City, Ahmednagar District and Nashik District) organized by Savitribai Phule Pune University in the year 2018-19. Total of teams participated were used as samples for this research

**Variables and Tools:** The following variables have been delimited to study the difference between the physical fitness variables e.g. Cardio-Vascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Mass Index of Handball and kabaddi female players.

**Table 1**

<b>Variables and Tools</b>			
<b>Dimensions</b>	<b>Variable</b>	<b>Tool</b>	<b>Equipment</b>
Physical Fitness	Cardio-Vascular Endurance	12 minute run & walk Test	Stopwatch
	Muscular Strength	Modified Push ups	Mats, stopwatch, whistle
	Muscular Endurance	Sit ups	Mats, stop watch, whistle
	Flexibility	Sit & reach	Measuring tape
	Body Mass Index	Body Mass Index	Stadiometer, weighing scale

A 12-minute run and test were used to measure cardio-vascular endurance as shown in the above table. Cardio-vascular endurance is measured by the distance covered in meters by a subject within 12 minutes. To measure muscular strength of a subject modified push-up test was used. The number of modified push-ups performed by the subject in 1 minute is the score of the test. To measure muscle endurance of a subject the sit-up test was used. The number of sit-ups performed by the subject in 1 minute is the score of the test. To measure flexibility the sit and reach test was used. The distance measured in cm by sit & reach test performed by the subject is the score of the test. Body mass index test is used to measure of body weight (measured in kilograms) and height in squares (measured in meters). The formula to calculate body mass index i.e.

$$\text{BMI} = \frac{\text{body weight (kg)}}{\text{height (m}^2\text{)}}$$

**Statistical stools:**

**Table 2**  
**The mean, Standard Deviation and “T” ratio of Handball & Kabaddi Players of Physical Fitness Test.**

Variable	Game	Number	Mean	Standard Deviation	T ratio
Cardio vascular Endurance	Handball	50	2392.6	228.86	3.33*
	Kabaddi	50	2250.2	196.32	
Muscular Strength	Handball	50	28.56	7.41	1.49
	Kabaddi	50	30.92	8.37	
Muscular Endurance	Handball	50	23.9	7.68	4.76*
	Kabaddi	50	31.52	8.32	
Flexibility	Handball	50	42.82	8.48	0.85
	Kabaddi	50	41.64	4.86	
Body Mass Index	Handball	50	20.66	3.12	1.31
	Kabaddi	50	21.50	3.31	

\* Significant at 0.05 level;

### Result & Discussion:

The above table shows that the mean of Cardio vascular Endurance of Handball and Kabaddi female players was 2392.60 and 2250.20 respectively. The mean of Muscular Strength of Handball and Kabaddi female players was 28.56 and 30.92 respectively. The mean of Muscular Endurance of Handball and Kabaddi female players was 23.90 and 31.52 respectively. The mean of Flexibility of Handball and Kabaddi female players was 42.82 and 42.64 respectively. The mean of Body Mass Index of Handball and Kabaddi female players was 20.65 and 21.50 respectively. The T value of Cardio vascular Endurance (3.33\*) and Muscular Endurance (4.76\*) which shows there is significant difference between Handball and Kabaddi female players regarding Cardio vascular Endurance and Muscular Endurance whereas the T value of Muscular Strength (1.49), Flexibility (0.85) and Body Mass Index (1.31) shows that there is no significant difference between Handball and Kabaddi female players regarding Body Mass Index, Muscular Strength and Flexibility. It was found that Cardio vascular Endurance of Handball female player are better than Kabaddi female players this is clearly accordance to previous research like (Poonam, 2017) in which by independent sample T test it was found that there is a significant difference in six-hundred-yard run Basketball and Kabaddi players. Kabaddi players took more time in six-hundred-yard run than Basketball players.

**Conclusion:** In this study it was found that there is significant difference between Handball and Kabaddi female players regarding Cardio vascular Endurance and Muscular Endurance. It was found that Handball female players covered more distance in 12 minutes run and walk than Kabaddi female players. It was found that Kabaddi female players do more sit ups than Handball female players. It was also found that there is no significant difference between Handball and Kabaddi female players regarding Body Mass Index, Muscular Strength and Flexibility. From

the above result and discussion, we can conclude Cardio vascular Endurance of Handball female player are better than Kabaddi female players whereas Muscular Endurance of Kabaddi female players is better than Handball female players.

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## **EFFECT OF EIGHT WEEKS SAHAJ YOGA ON STRESS AND ANXIETY OF MALE STUDENTS OF VANSHREE ARTS AND SCIENCE COLLEGE KORCHI**

**Dr. Murlidhar Wasudeo Rukhmode**

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(Physical Education)*

### **Abstract**

*These paper is related to of Effect of Eight Weeks Sahaj Yoga on Stress and Anxiety of Male Students of Vanshree Arts and Science College Korchi. The objective was to compare mean scores of Pre-test and Post-test of Stress and Anxiety of Male Students of Vanshree Arts and Science College Korchi. The Null Hypothesis was that there is no significant e difference of mean scores of Pre-test and Post-test of Stress and Anxiety of students of Vanshree Arts and Science college Korchi Gadchiroli district, when Stress assessed by Stress Scale developed by Dr. M. Singh, 2002 and Anxiety assessed by Anxiety Test Srivastava and Tiwari, 1973. The selection of sample on the basis of Simple Random Sampling Methods and size of sample was 44 Male Students of Vanshree Arts and Science College Korchi. The Anxiety Scale was used developed by Dr. M. Singh, 2002 for assessing Stress Level and Anxiety Test was used developed by Srivastava and Tiwari, 1973 of Male Students of Vanshree Arts and Science College Korchi. Correlated Sample t-Test was used for analyzing the data. Stress and Anxiety mean scores were found to be significant.*

### **INTRODUCTION**

The word 'Sahaja' in Sanskrit has two components: 'Saha' is 'with' and 'ja' is 'born'. A Dictionary of Buddhism gives the literal translation of Sahaja as "innate" and defines it as "denoting the natural presence of enlightenment (bodhi) or purity and Yoga means union with the divine and refers to a spiritual path or a state of spiritual absorption. According to a book published by Sahaja Yogis, Sahaja Yoga means spontaneous and born with you meaning that the kundalini is born within us and can be awakened spontaneously, without effort. The term 'Sahaja Yoga' goes back at least to the 15th Century Indian mystic Kabir<sup>1</sup> and has also been used to refer to Surat Shabd Yoga. Stress is unavoidable in the current scenario, where the entire world is facing the coronavirus pandemic. With the toll of deaths and positive cases of coronavirus on rise, every person in this world is under stress and anxiety. Higher levels of stress adversely affect the physical as well as psychological health of the individuals concerned. Therefore, it becomes highly essential to manage stress at initial stages, so as to avoid severe consequences of high stress on health. Sahaja Yoga is a scientifically proven technique of meditation which involves the awakening of the dormant primordial energy- the Kundalini, and integrating it with the all-pervading cosmic energy. Regular practice of Sahaja Yoga meditation leads to the inner transformation of an individual, whereby one becomes more moral, integrated, balanced and healthy. Stress refers both to the circumstances that place physical or psychological demands on an individual and to the emotional reactions experienced in these situations. It leads to severe effects on the physical as well as psychological health of the individuals concerned such as

frequent headaches, heart disease, myocardial infarction, cardiovascular disease, musculoskeletal disorders, diabetes, high anxiety, depression, post-traumatic stress disorder and so on. Since, stress is a psychological phenomenon, its management can be best realised by treatment focused at the mental level. Sahaja Yoga Meditation

The word 'Sahaja' means 'spontaneous' and 'Yoga' means 'union with the self'. Sahaja Yoga was founded in 1970 by Mrs. Nirmala Srivastava, more widely known as 'Shri Mataji Nirmala Devi'. Shri Mataji was spiritually enlightened since birth and granted en-masse realisation to people free of any materialistic consideration. For 40 years since 1970, she travelled tirelessly across the globe to teach Sahaja Yoga meditation worldwide at her own expenses. The process of Sahaja Yoga meditation works through the subtle system which comprises of three energy channels (nadis) and seven energy centres (chakras). Amongst the three channels (Nadis), the left channel called Ida Nadi represents our desires (Ichha shakti); the right channel called Pingla Nadi represents our working ability (Kriya shakti); and the central channel called Sushumna Nadi represents our assent. The seven energy centres in the body correspond to the seven nerve plexuses: the pelvic plexus (Mooladhara Chakra), the aortic plexus (Swadhistana Chakra), the solar plexus (Nabhi Chakra), the cardiac plexus (Heart Chakra), the cervical plexus (Vishuddhi Chakra), the optic chiasma (Agnya Chakra) and the limbic area of the brain (Sahasrara Chakra). These energy centres are responsible for maintaining their surrounding physical organs in the body.

### **Objectives**

- i. To compare the mean scores of Pre-test and Post-test of Stress of Male students of Vanshree arts and science college Korchi Gadchiroli District.
- ii. To compare the mean scores of Pre-test and Post-test of Anxiety of Male students of Vanshree Arts and Science college Korchi Gadchiroli district.

### **Hypotheses**

- i. There is no significant difference of mean scores of Pre-test and Post-test of Stress students of Vanshree Arts and Science college Korchi Gadchiroli district, when Stress assessed by Stress Scale developed by Dr. M. Singh, 2002.
- ii. There is no significant difference of mean scores of Pre-test and Post-test of Anxiety of students of Vanshree Arts and Science college Korchi Gadchiroli district, when anxiety assessed by Anxiety Test Srivastava and Tiwari, 1973.

### **Methodology**

Forty-Four Male students from B.A. and B.S.C. First Year of Vanshree Arts and Science college Korchi Gadchiroli district through Simple Random Sampling Method. The age of the subjects was ranged from seventeen to Twenty years. Single Group Pre-post Test Experimental Design was chosen. Pre-test was conducted to measure their initial performance of Stress and after



Eight Weeks Sahaj Yoga Practices at morning and evening then the post test was conducted to measure the final results.

### Selection of Test and Criterion Measures

- i. Stress Scale
- ii. Anxiety Test

### Collection of Data

The necessary data pertaining to the study were collected using the Stress Scale Questionnaire and Anxiety Test Questionnaire mentioned above from Male students studying in Vanshree Arts and Science college Korchi Gadchiroli District.

### Analysis of Data

The data pertaining of the Stress Scale and Anxiety Test were examined statistically by Dependent Sample t-Test in order to determine the significant effect if any. The level of significance to test the hypothesis was set at 0.01.

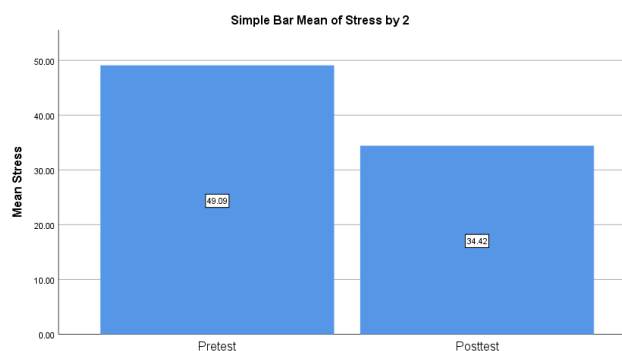
### Testing-Wise Comparison of Means Scores of Stress of Student of Vanshree Arts And Science College Korchi , When Eight Weeks Sahaj Yoga was Given as Treatment

The first objective was to compare the mean scores of Pre-test and Post-test of Stress of Male students of Vanshree arts and science college Korchi, Gadchiroli District. The data were analysed with the help of Paired Samples t-Test and the results are given in Table.

**Table-1**

**Description of Mean, Standard Deviation and Paired Samples ‘t’-Values for the data on Stress of Male students studying in Vanshree Arts and Science College Korchi Gadchiroli District**

Components	Mean		Standard Deviation		N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post			Pre	Post	
Stress	49.09	34.42	4.85	4.52	44	14.67	0.74	0.69	13.84**



From Table 1 it can be seen that the Correlated t-value is 13.84 which is highly significant at 0.01 Level with df=43. It indicates that the pre-test Mean scores of Stress of Male students of

Vanshree arts and science college Korchi Gadchiroli District and after given the treatment the posttest mean scores of Stress of Male students of Vanshree Arts and science college Korchi Gadchiroli differ Significant. Thus, the Operational Hypothesis in Null Form There is no significant e difference of mean scores of Pre-test and Post-test of Stress students of Vanshree Arts and Science college Korchi Gadchiroli district, when Stress assessed by Stress Scale developed by Anxiety Test Srivastava and Tiwari, 1973is Rejected. Further the mean scores of Pre-test of Stress is 49.09 which is significantly Higher than that Post-test of Mental Health whose mean scores is 34.42. It may, therefore, be said that the Eight Weeks Sahaj Yoga was found to be effective to minimizing Stress Level of Male students of Vanshree Arts and science college Korchi Gadchiroli to improving of Mental Health of students.

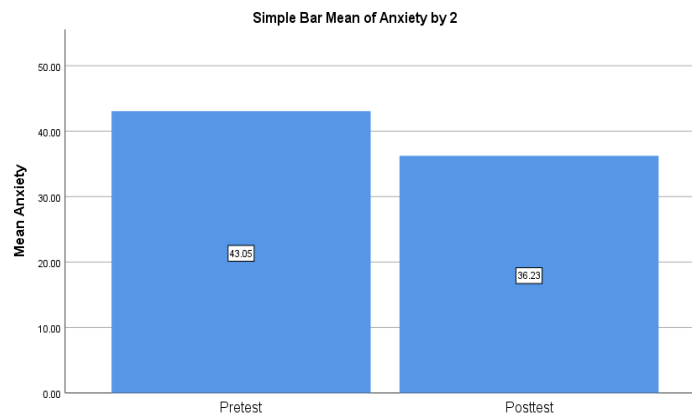
### Testing-Wise Comparison of Means Scores of Anxiety of Student of Vanshree Arts And Science CollegeKorchi, When Eight Weeks Sahaj Yoga was Given as Treatment

The Second objective was to compare the mean scores of Pre-test and Post-test of Anxiety of Male students of Vanshree arts and science college Korchi Gadchiroli. The data were analysed with the help of Paired Samples t-Test and the results are given in Table.

**Table-2**  
**Description of Mean, Standard Deviation and Correlated 't'-Values for the data on Respiratory Rate of Female students studying in B.A. and B.Com. of Lokmanya Mahavidalaya Warora**

Components	Mean		Standard Deviation		N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post			Pre	Post	
Anxiety	18.71	16.68	5.55	4.30	44	6.81	0.84	0.65	12.55**

\*\*= Significant at 0.01 Level



From Table 2 it can be seen that the Correlated t-value is 12.55 which is highly significant at 0.01 Level with  $df=43$ . It indicates that the pre-test Mean scores of Stress of Male students of Vanshree arts and science college Korchi Gadchiroli District and after given the treatment the

posttest mean scores of Stress of Male students of Vanshree Arts and science college Korchi Gadchiroli differ Significant. Thus, the Operational Hypothesis in Null Form There is no significant e difference of mean scores of Pre-test and Post-test of Anxiety students of Vanshree Arts and Science college Korchi Gadchiroli district, when Stress assessed by Stress Scale developed by Dr. M. Singh, 2002 is Rejected. Further the mean scores of Pre-test of Stress is 43.05 which is significantly Higher than that Post-test of Mental Health whose mean scores is 36.23. It may, therefore, be said that the Eight Weeks Sahaj Yoga was found to be effective to minimizing Anxiety Level of Male students of Vanshree Arts and science college Korchi Gadchiroli to improving of Mental Health of students.

### Testing Hypotheses

In the beginning of this study hypothesis were formulated and on the basis of statistical findings the formulated hypothesis not rejected or rejected are given in the following table-

Hypothesis	Statement	On the basis of statistical results
H1	There is no significant e difference of mean scores of Pre-test and Post-test of Stress Male students of Vanshree Arts and Science college Korchi, when Stress assessed by Stress Scale developed by Dr. M. Singh, 2002.	H0 is Rejected
H2	There is no significant e difference of mean scores of Pre-test and Post-test of Anxiety of Male students of Vanshree Arts and Science college Korchi Gadchiroli district, when anxiety assessed by Anxiety Test Srivastava and Tiwari, 1973.	H0 is Rejected

### Findings

- i. Eight Weeks Sahaj Yoga was found to be effective to minimizing Stress Level of Male students of Vanshree Arts and science college Korchi Gadchiroli to improving of Mental Health of students.
- ii. Eight Weeks Sahaj Yoga was found to be effective to minimizing Anxiety Level of Male students of Vanshree Arts and science college Korchi Gadchiroli to improving of Mental Health of students.

### Discussion on Findings

Based on the statistical findings the result was justified scientifically and logically.

Findings from Table 1 and Table 2 that there was significant mean difference between the pre-test and Post-test of Male students of Vanshree Arts and Science college Korchi Gadchiroli in the variable of Stress and Anxiety. Further it was revealed that regular practice of Sahaj Yoga helps to Stress and Anxiety Relief, Ability to Stay Calm and Non-reactive, Relaxation, Improved

Attention and Focus, Better Overall Emotional Health, Long-term and Sustained Resilience, Improved Sleep Quality, Many Physical Health Improvements, Increased Emotional Intelligence, Ability to Focus Energy on Holistic Healing, Increased Sense of Higher Purpose and Spirituality, Increased Skills for Career Advancement and Professional Success

### **Conclusions**

Recognizing the limitations of this study and on the basis of statistical findings the following conclusion may be drawn:

1. Significant effect was found in between the pre-test and post-test in relation to Stress of Male students of Vanshree Arts and Science College Korchi.
2. Significant effect was found in between the pre-test and post-test in Anxiety of Male students of Vanshree Arts and Science College Korchi.

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## RELATIVE EFFECT OF YOGA PRACTICES AND PHYSICAL EXERCISES ON SYSTOLIC AND DIASTOLIC BLOOD PRESSURE OF HYPERTENSIVE PATIENTS

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### **Abstract**

*The purpose of the study was to find out the relative effect of yoga practice and physical exercises on systolic and diastolic blood pressure of hypertensive patients. To achieve the purpose of the study the investigator selected thirty hypertensive patients as subject in the age group of 40 years to 45 years from Health Centre Alagappa University Karaikudi. They were divided into three equal groups of ten each (n=10) at random. Group-I performed yoga practice, group-II performed physical exercises and group-III acted as control. ANCOVA was used to find out the adjusted mean difference between the groups. The result of the study reveals that due to the effect of yoga practices and physical exercises the systolic and diastolic blood pressure of the hypertensive patients was significantly changed. It was also concluded that yogic practices was significantly better than physical exercises in altering systolic and diastolic blood pressure of hypertensive patients.*

**Key Words:** *Yogic Practice and Physical Exercises, Systolic and Diastolic Blood Pressure, Hypertensive Patients.*

### **INTRODUCTION**

Hypertension sometimes called arterial hypertension is a chronic medical condition in which the blood pressure in the arteries is elevated (Chobanian et al., 2003). This requires the heart to work harder than normal to circulate blood through the blood vessels. Blood pressure is summarized by two measurements. They are systolic and diastolic blood pressure, which depend on whether the heart muscle is contracting (systole) or relaxed between beats (diastole) and equate to a maximum and minimum pressure, respectively. The middle aged people's normal blood pressure at rest is within the range of 90-140mmHg systolic (top reading) and 60-90mmHg diastolic (bottom reading). High blood pressure is said to be present if it is persistently at or above 140/90 mmHg. There is no cure for primary hypertension, but blood pressure can almost always be lowered with the correct treatment. The goal of treatment is to lower blood pressure to levels that will prevent heart disease and other complications of hypertension. In secondary hypertension, the disease that is responsible for the hypertension is treated in addition to the hypertension itself. Successful treatment of the underlying disorder may cure the secondary hypertension. Guidelines advise that clinicians work with patients to agree on blood pressure goals and develop a treatment plan for the individual patient. Actual combinations of medications and lifestyle changes will vary from one person to the next. Treatment to lower blood pressure may include changes in diet, taking antihypertensive medications and getting regular exercise. Exercise aims at building up stamina on the other hand yoga needs regular practice to attain perfection. Yoga must have a Guru or a Teacher to impart the knowledge of yoga to you. On the other hand one need not learn exercises from a trainer. These are some of the differences between yoga and exercises. Exercise is also a type of physical activity, but there is the intent and purpose of improving certain aspects of health. Exercise is planned physical activity that leads to visible

improvement in health and general well being. Physical exercises are repetitive movements whereas yoga exercise involves very little movement and only postures maintained for a period of time. Physical exercises lay emphasis on strong movements of muscles whereas yoga opposes violent movements. Yogic postures tone up the body and the mind whereas physical exercise affects mainly the body. The caloric requirement in yogic asanas varies from 0.8 to 3 calories per minute while the caloric requirement of a physical exercise varies from 3 to 20 calories per minute. The main purpose of physical exercise is to increase the circulation of the blood and the intake of oxygen. This can be done by yoga's simple movements of the spine and various joints of the body with deep breathing, but without violent movements and asanas, the various blood vessels are pulled and stretched and blood is equally distributed to every part of the body. The stretch and blood is equally distributed to every part of the body. Physiological functions of the body may be improved by exercise. In order to assess the training impact on systolic and diastolic blood pressure among hypertensive patients, the investigator selected yoga practice and physical exercises as the independent variable. Information related to the impact of yoga practice and physical exercises among hypertensive patients is scanty. So the present study is planned.

## **METHODOLOGY**

### **Selection of Subject**

To achieve the purpose of the study the investigator selected thirty hypertensive patients from the inhabitants of Health Centre Alagappa University Karaikudi, a small town in the southern state of Tamil Nadu, India as subject in the age group of 40 years to 45 years. They were divided into three equal groups of ten each (n=10) at random. Group-I performed yoga practice, group-II performed physical exercises and group-III acted as control. All the subjects selected for the experimental treatment was subjected to medical evaluation and certification from a doctor ensuring their health capacities to undergo the training program.

### **Training Programme**

Training programme was administered to the hypertensive patients for twelve weeks with six training units per week. The experimental group-I performed yoga practice and group-II performed physical exercises. The subjects performed each asanas four to six times and the duration of each repetition is one to three minutes. The yogasanas such as padmasana, sarvagasana, bhujangasana, dhanurasana, salabhasana, shivasana, vajrasana and halasana were included in the training programme. The physical exercise protocol consisted of three set of fourteen aerobic exercises, starting with slow followed by fast repetitions were performed.

### **Collection of the Data**

The pretest data was collected prior to the training programme and posttest data was collected immediately after the twelve weeks of yoga practice and physical exercises, from the experimental groups and a control group.

### **Experimental Design and Statistical Technique**

The data collected from the three groups prior to and post experimentation on selected dependent variables were statistically analyzed to find out the significant difference if any, by applying the analysis of covariance (ANCOVA). Since three groups are involved, whenever the obtained 'F'

ratio value was found to be significant for adjusted post test means, the Scheffe's test was applied as post hoc test to determine the paired mean differences, if any. In all the cases the level of confidence was fixed at 0.05 for significance.

## RESULT

The data collected from the experimental and control groups on systolic and diastolic blood pressure is statistically analyzed by ANCOVA and the results are presented in table-I.

**Table-I: Analysis of Covariance on Systolic and Diastolic Blood Pressure of Experimental and Control Groups**

Variables	Yogic Practice Group	Physical Exercise Group	Control Group	S o V	Sum of Squares	Df	Mean Squares	'F' ratio
Systolic blood pressure	125.71	128.86	132a 4	B	530.59	2	265.30	37.63*
				w	183.38	26	7.05	
Diastolic blood pressure	83.23	85.93	88 09	B	169.76	2	84.88	25.11*
				w	87.90	26	3.38	

(The required table value for significance at 0.05 level of confidence with degrees of freedom 2 and 26 is 3.22) \*Significant at .05 level of confidence

Table-I shows that the adjusted post test means on systolic blood pressure of yogic practices, physical exercise and control groups are 125.71, 129.06 and 136.14 respectively. The obtained 'F' ratio value of 37.63 on systolic blood pressure is greater than the required table value of 3.22 for the degrees of freedom 2 and 26 at 0.05 level of confidence. It was observed from this finding that significant differences existed among the adjusted post test means of experimental and control groupson systolic blood pressure.

Table-1 also shows that the adjusted post test means on diastolic blood pressure of yogic practices, physical exercise and control groups are 83.23, 85.93 and 88.09 respectively. The obtained 'F' ratio value of 25.11 on diastolic blood pressure is greater than the required table value of 3.22 for the degrees of freedom 2 and 26 at 0.05 level of confidence. It was observed from this finding that significant differences existed among the adjusted post test means of experimental and control groups on diastolic blood pressure.

Since, the adjusted posttest 'F' ratio value was found to be significant the Scheffe's test is applied as post-hoc-test to determine the paired mean differences, and it is presented in table-II.

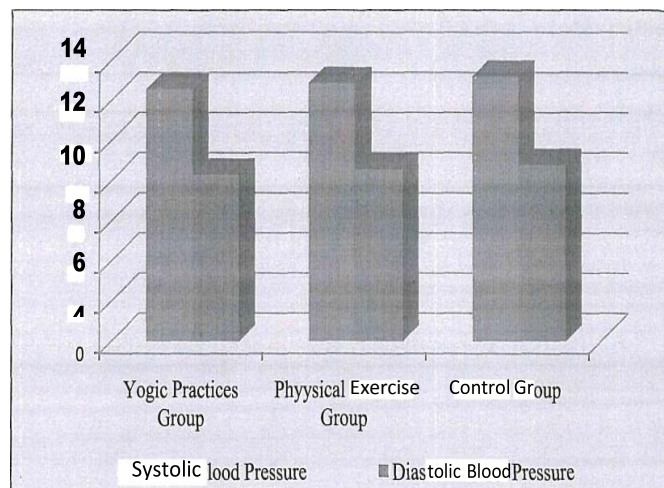
**Table-11: Scheffe's Test for the Difference between the Adjusted Post Test Paired Means of Systolic and Diastolic Blood Pressure**

Variables	Adjusted Post Test Means			Difference between Means	Confidence Interval
	Yogic Practice Group	Physical Exercise Group	Control Group		
Systolic blood pressure	125.71	128.86		3.15*	3.07
	125.71		132.14	6.43*	3.07
		128.86	132.14	3.28*	3.07
Diastolic blood pressure	83.23	85.93		2.70*	2.13
	83.23		88.09	4.86*	2.13
		85.93	88.09	2.16*	2.13

\*Significant

Table-11 shows that there was significant difference existed between yogic practices and physical exercise groups, yogic practices and control groups, physical exercise and control groups on systolic blood pressure. Since, the mean differences 3.15, 6.43 and 3.28 are higher than the confidence interval value of 3.07. It reveals that both experimental groups had significantly decreased the systolic blood pressure. However, yogic practices were significantly better than physical exercise in altering the systolic blood pressure. Table-11 also shows that there was significant difference existed between yogic practices and physical exercise groups, yogic practices and control groups, physical exercise and control groups on diastolic blood pressure. Since, the mean differences 2.70, 4.86 and 2.16 are higher than the confidence interval value of 2.13. It reveals that both experimental groups had significantly decreased the systolic blood pressure. However, yogic practices were significantly better than physical exercise in altering the diastolic blood pressure. The adjusted post test mean values on systolic and diastolic blood pressure of the experimental and control groups is graphically represented in figure- I for better understanding.

**Figure — I: Adjusted Post Test Mean Scores of Experimental and Control Groups on Systolic and Diastolic Blood Pressure**





## **DISCUSSION**

Yoga helps to tone up the entire body to regularize blood compositions and improve blood circulations, tones up glands and visceral muscles. Regular practice of yoga helps to keep our body fit, controls cholesterol level, reduces weight, normalizes blood pressure and improves heart performances. Regular exercise results in an increase in the blood flow and improves oxygen carrying and waste removal capacity and further increases work load capacity (Vitale, 1973). Exercise increases the volume of hemoglobin and erythrocyte of the blood. Also blood vessels are seen to maintain elasticity and suppleness when stressed systematically probably by the beneficial effect of the heart. Several older books make a mention of the usefulness of yoga in the treatment of certain diseases and preservation of health in normal individuals. Yoga can play an important role in risk modification for cardiovascular diseases in mild to moderate hypertension (Damodaran et al., 2002). Yogic practices demonstrated a significant difference in heart rate, with breathing practices and asanas lowering heart rate significantly so yogic practices into a lower-impact workout may be beneficial. Chaya et al., (2008) reported that long-term practice of yogic asanas along with pranayama and meditation causes reduced sympathetic activity resulting in reduced metabolic rate and greater metabolic efficiency in yoga practitioners. Hagins et al., (2007) suggested that yoga is a mind-body practice where practice of physical postures is combined with control of breathing, meditation along with stretching exercise, isometric exercise, and dynamic exercises of skeletal muscles. Raub (2002) find that Practice of hatha yoga may help control such physiological variables as blood pressure, respiration, HR and metabolic rate to improve overall exercise capacity.

Gillett and Elsenman (1987) in their study determined the effect of 16 weeks aerobic dance programme and was concluded significant improvement in the physiological variables such as breath holding time and heart rate. Wool May et al., (1998) conclude that 18 week walking programme appeared to improve aerobic fitness, there was no evidence of improvements in the blood lipids or associated apolipoproteins of the walking groups. Dengel et al., (1998) observed that six month programme of aerobic exercise training plus weight loss intervention substantially lower BP and improves glucose and lipid metabolism in obese, sedentary, hypertensive men.

## **CONCLUSION**

The result of the study reveals that due to the effect of yoga practice and physical exercises the systolic and diastolic blood pressures of the hypertensive patients were significantly changed. It is also concluded that yogic practices significantly better than physical exercises in altering systolic and diastolic blood pressures of hypertensive patients. Therefore, in order for exercise physiologists and trainers to create successful training protocols for hypertensive patients, a more complete understanding of physiological benefits of yogic practices and physical exercises is essential.

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**A STUDY OF INTERCOLLEGIATE HANDBALL PLAYERS OF NAGPUR CITY AND NAGPUR DISTRICT ON THE LEVELS OF PHYSICAL FITNESS****Janardan Roy Pramanik***Ph.D Research Scholar, R.T.M. Nagpur University, Nagpur, Maharastra.**Janardanroy19@gmail.com***Abstract**

*The purpose of this study was to compare the physical fitness of intercollegiate Handball players of Nagpur City and Nagpur District. The purpose of this study was to compare the rural and urban intercollegiate Handball players and to find out which of these two categories is more physically fit in response to tests administered so as one can improve the standard and level of physical fitness in rural and urban intercollegiate Handball players. A total of 100 intercollegiate Handball players (Nagpur City 50, Nagpur District 50) were selected randomly from R.T.M. Nagpur University, Nagpur, during intercollegiate competitions. The research was a descriptive comparative method. The criterion measures adopted for this study were, muscular strength and Endurance, Flexibility and speed. The data collection tools used in the study were Sit Ups, sit & reach, 50 yard dash. Data of Physical Fitness Components between Nagpur city and District Handball players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was significant difference between intercollegiate Handball players of Nagpur city and Nagpur district. The results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed Nagpur district intercollegiate Handball players were found to be better than Nagpur city intercollegiate Handball players. Finally the researcher concluded that the Nagpur district intercollegiate Handball players are more fitness compare to Nagpur city intercollegiate Handball players.*

**Keywords:** *Physical fitness, Inter College, Handball players.*

**Introduction**

Fitness concepts in elementary physical education centre on children's understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. However, with increased leisure time, and changes in life styles wrought by the industrial revolution, which took a large proportion of the population away from farm life and into more urban areas, this definition is no longer considered comprehensive enough. The definition for physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, not only at a set point in time, but at various ages and stages within a person's life cycle. The key is in finding optimum health within the limits of one's lifestyle, in order to be able to resist hypo kinetic diseases. General fitness implies the ability of a person to live most effectively with his/ her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated. The purpose of this study was to compare the physical fitness of intercollegiate Handball players of Nagpur City and Nagpur District. The purpose of this study was to compare the rural and urban intercollegiate Handball players and to find out which of these two categories is more physically fit in response to tests administered so as one can improve the standard and level of physical fitness in rural and urban intercollegiate Handball players.

### Material and Methods

In the study a total of 100 intercollegiate Handball players (Nagpur City 50, Nagpur District 50) were selected randomly from R.T.M. Nagpur University, Nagpur, during intercollegiate competitions. The research was a descriptive comparative method. The criterion measures adopted for this study were, muscular strength and Endurance, Flexibility and speed. The data collection tools used in the study were Sit Ups, sit & reach, 50 yard dash. Data of Physical Fitness Components between Nagpur city and District Handball players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

**Table No.1.1: Descriptive statistics of Sit-ups, Sit & reach and Speed between intercollegiate Handball players of Nagpur city and Nagpur district**

Variables	Nagpur City				Nagpur District			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Sit-ups	50	25.22	4.42	0.62	50	29.54	7.08	1.00
Sit & reach	50	15.65	4.93	0.69	50	20.91	3.97	0.56
Speed	50	8.461	0.93	0.36	50	8.17	0.43	0.45

**Table No.1.2: Independent sample 't' test of Sit-ups, Sit & reach and speed**

Physical fitness variables	't' value	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Sit-ups	3.659	98	0.001	4.32000	1.18063
Sit & reach	5.873	98	0.001	5.26000	0.89556
speed	1.987	98	0.049	0.28960	0.89556

### Discussion and Findings

The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was significant difference between intercollegiate Handball players of Nagpur city and Nagpur district. The results of descriptive statistics have indicated that the subjects mean scores in sit-ups, sit and reach and speed in case of Nagpur city Handball players were found (25.2200 + 4.42299, 15.6500 + 4.93245, 8.461 + 0.93) respectively while in case of Nagpur District Handball players the mean scores in sit-ups, sit and reach and speed were found (29.5400 + 7.08033, 20.9100 + 3.97144, 8.17 + 0.43) respectively.

### Conclusion

In the present the results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed Nagpur district intercollegiate Handball players were found to be better than Nagpur city intercollegiate Handball players. Finally the researcher concluded that the Nagpur district intercollegiate Handball players were more fit as compare to Nagpur city intercollegiate Handball players.

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## COMPARATIVE EFFECT OF REPETITION TRAINING AND INTERVAL TRAINING ON CARDIOVASCULAR ENDURANCE OF SOCCER PLAYERS

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### **Abstract**

*The present study was conducted to find out the effect of Repetition Training and Interval Training on Cardiovascular Endurance of soccer players. For the present study, data was collected from 30 Inter-collegiate players of Sant Gadge Baba Amravati University. The age of the subjects were ranging from 18-25 years. Random Sampling method was adopted for the selection of subjects for the present study. For the collection of data, the researcher selected Harvard Step Test to measure Cardiovascular Endurance. It was hypothesized that, there is significant effect of Repetition Training and Interval Training on Cardiovascular Endurance of Soccer players and that Repetition Training shows more significant effect than Interval Training on Cardiovascular Endurance of Soccer players. To compare the effect of Repetition Training and Interval Training on Cardiovascular Endurance of soccer players dependent t-test and 'F'-test (ANOVA) were used. To test the hypothesis the level of significance was set at 0.05. Repetition Training and Interval Training had significant effect on Cardiovascular Endurance of Soccer players and Repetition Training showed more significant effect than Interval Training on Cardiovascular Endurance of Soccer players*

**Keywords:** *Repetition Training, Interval Training, Cardiovascular Endurance, Soccer Players*

### **INTRODUCTION**

Physical fitness has been acclaimed as one of the essential requirements of personality development; it is a quality of men and women athletes in all spheres of life. Throughout the world physical fitness movement has grown in size and it gives special importance to youth. Increasingly, the medical profession generally agrees that proper exercise is highly desirable as an integral part of maintaining health is far more enjoyable than trying to regain it. Fitness is a product of exercise and training that has been shown through research to process important implications in the general health of people. First, a focused, structured, individualized training program can increase our breathing rate and our efficient use of oxygen. It can also help our body work at a higher level of exercise for a longer time because it helps it to get rid of lactic acid. It also helps our body convert more fat to energy (that is lipid metabolism). Third, changes in the physical nature of muscles occurs by making them more indulgent to the stresses caused by prolonged exertion, particularly by strengthening the connective tissue between fibers of muscle so that they come across lesser micro-traumas.

Cardiovascular Endurance is the level at which the heart, lungs, and muscles work together when the individual is exercising for an extended period of time. The individual with a good Cardiovascular Endurance is generally capable of exercising for longer periods without getting tired because their lungs and heart are able to use oxygen optimally. Ordinary exercise makes these frameworks more effective by growing the heart muscle, empowering more blood to be siphoned with each stroke, and expanding the quantity of little corridors in prepared skeletal muscles, which paves way for more blood to working muscles. Exercise improves the

respiratory framework as well as the heart by expanding the measure of oxygen that is breathed in and appropriated to body tissue. A survey exhibited that physical movement intercessions are viable for expanding Cardiovascular wellness. There are numerous advantages of Cardio-respiratory wellness. It can decrease the danger of coronary illness, lung malignant growth, type 2 diabetes, stroke, and different maladies. Cardio-respiratory wellness improves lung and heart condition, and expands sentiments of prosperity. Also, there is mounting proof that CRF is possibly a more grounded indicator of mortality than other set up hazard factors, for example, smoking, hypertension, elevated cholesterol, and type 2 diabetes. Essentially, CRF can be added to these conventional hazard components to improve chance forecast legitimacy. Soccer or Football is the most played and spectated sport all over the whole world. It's a sport which demands physical and mental fitness. You must execute skilled movements under game-related conditions of restricted space, limited time, physical and mental fatigue, and opposing players. The players must be able to cover several miles during a match, mostly at sprint like speed, and respond swiftly to a variety of rapidly changing situations during play. The talent to meet all these challenges determines how better you perform on the field. Soccer is good medicine, by its very appeal; there is a vital outlet for emotion and something which provides an essential diversion from the ever increasing problem of modern society so, all the classes of people are united by its unfailing attractiveness and appeal. Repetition Training simply means the training methods which consist of repetitive cyclic movements with no intervals in between. The tensions the muscles exert directly depend on changing the tempo of Repetitions. The amount of time which the muscles the undergoing such tension from the exercise determines the effect of the training program. Interval Training in simple terms conveys that training methods which follows exercises that has definite and particular volume of intervals or recovery periods in between which may be sufficient or insufficient depending upon the main course activity. It includes sets of low, medium and high level intense physical activities with relief time in

**PURPOSE OF THE STUDY** The prime purpose of the study was to find out the effect of Repetition Training and Interval Training on Cardiovascular Endurance of soccer players.

### **HYPOTHESIS**

On the basis of researcher's own experience, it was hypothesized that-

H1 There is significant effect of Repetition Training and Interval Training on Cardiovascular Endurance of Soccer players.

H2 Repetition Training shows more significant effect than Interval Training on Cardiovascular Endurance of Soccer players.

**METHODOLOGY** For the present study, data was collected from 30 Inter-collegiate level Soccer Players of Sant Gadge Baba Amravati University. The age of the subjects were ranging from 18-25 years. Simple Random Sampling method was adopted for the selection of subjects for the study. The variables selected for the study was Cardiovascular Endurance, Repetition Training and Interval Training. For the collection of data, the researcher selected Harvard Step Test to measure Cardiovascular Endurance.

The total subjects were divided unbiased and equally into three groups namely: Experimental Group-A which got special treatment in Repetition Training, Experimental Group-B which got special treatment in Interval Training and Control Group which didn't get any special treatment. It was hypothesized that, there is significant effect of Repetition Training and Interval Training on Cardiovascular Endurance of Soccer players and that Interval Training shows more significant effect than Repetition Training on Cardiovascular Endurance of Soccer players. To compare the effect of Repetition Training and Interval Training on Cardiovascular Endurance of Soccer Players, dependent t-test and 'F'-test (ANOVA) were used. To test the hypothesis the level of significance was set at 0.05 which was considered adequate and reliable for the purpose of this study.

**RESULT AND DISCUSSION** It is evident from the findings of below Table-1 that the calculated F- Value of 0.0006 is too less than that of tabulated F-Value of 3.35 is required to be significant at .05 levels for the 2.27 degrees of freedom, which indicates that there is no significant difference among the Pre-test means after distributing three Groups. Since the F-Ratio is found to be insignificant, therefore post. Hoc Test is not applied to determine the paired mean difference. Mean comparison has been shown graphically in Fig. 1. The findings of below Table-2 reveal that there are significant difference in between Pre-test and Post-test of Experimental Group-A i.e., Repetition Training Group and Experimental Group-B i.e. Interval Training group because the calculated t-values of 7.945 and 3.091 are greater than the required tabulated t-value of 2.26 at .05 level for the nine (9) degrees of freedom. The findings of the above table also indicate that there is no significant difference between the Pre and Post Test of Group-C i.e., Control Group as the obtained t-value of 0.826 is quite less than the tabulated t-value of 2.26 which was needed to be significant at .05 level for the nine (9) degrees of freedom. The comparison of means has been shown picturesquely in Fig.2. Findings of the below Table-3 indicates that the calculated F-value of 4.31 is higher than the tabulated F-value of 3.35 for the 2,27 degrees of freedom at .05 level, which shows mean difference among the groups is statistically significant. Since the obtained F-ratio is found to be significant, therefore to determine the paired mean difference Least Significant Difference (LSD) Post Hoc Test is employed. And it has been shown in Table-4. It is comprehensively understood from below Table-4 that the difference between the means of Repetition Training group and control group (MD=5.086) is only statistically significant because it is quite greater than the Critical Difference Value of 3.598 at .05 level. This table also shows that there is no significant difference between Repetition Training and Interval Training Group (MD= 1.845) as well as Interval Training and Control Group (MD= 3.241) as both the obtained mean difference values are less than that of Critical Difference value of 3.598 needed to be significant at .05 level. Ordered mean difference has been presented graphically in Fig.3

**DISCUSSION ON FINDINGS** The findings of table-1 showed no significant difference among the pre-test means of the three groups. It may be attributed to the fact that the groups were formed after the collection of pre-test data; the scholar manually arranged the subjects by shuffling to make the equal groups, hence insignificant difference is observed among the means



of three groups. The findings of table-2 showed significant difference between the Pre-tests and Post- tests of both the Interval Training and Repetition Training Groups. It may be attributed to the nature of training because both the training programs are specially designed by the sports trainer for the development of Cardiovascular Endurance. Through systematic training may bring out the physiological changes which are associated with increased ventricular cavity, decreased heart rate, increased stroke volume, increased blood volume, hemoglobin content, and increased in Max. VO<sub>2</sub>, ventilator efficiency, larger lung volume and larger diffusion capacity through which might have improved the Cardiovascular Endurance of the soccer players of both the experimental groups. Finding of table-2 also revealed that the subjects of Control Group did not show any significant improvement in the Cardiovascular Endurance, it may be because subjects didn't undergo any training program which were effective in developing the Cardiovascular Endurance of the Soccer Players

The findings of table 3 and 4 show significant mean differences among the Repetition Training and Control Training Group. The findings also revealed there is no significant difference between Repetition Training and Interval Training Group as well as Interval Training and Control-Group. It may be attributed to the fact that Repetition Training was far more effective than Interval Training in developing the Cardiovascular Endurance of the Soccer players. It may be due to the nature of testing method which was employed to measure the Cardiovascular Endurance i.e., Harvard Step Test. This test required repeated movements of 'up up down down' of the feet and during the test there was no intervals in between. Both the repeated cyclic movements and absence of intervals of the administered test supported Repetition Training in better improvement in Cardiovascular Endurance than Interval Training.

### **Conclusion**

On the basis of statistical findings it may be fairly concluded that-

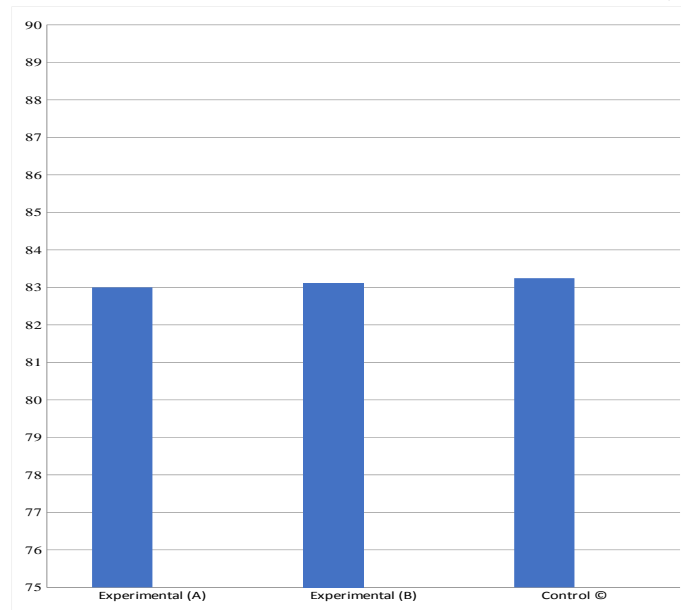
- 1 Repetition Training and Interval Training has significant effect on Cardiovascular Endurance of Soccer players.
- 2 Repetition Training showed more significant effect than Interval Training on Cardiovascular Endurance of Soccer players

**Table – 1: Summary of One Way Analysis of Variance for the Pre-test Data on Cardiovascular Endurance through Harvard Step Test of two Experimental Groups and one Control Group Of Soccer Players**

Source variance	of	Degree freedom	of	Sum of square	Mean square	sum of	F-ratio
Between groups	the	K - 1 3 - 1 = 2		0.322	0.161		0.0006@
Within groups	the	N - K 30 - 3 = 27		780.916	28.92		

@Not significant at .05 level

Tabulated  $F_{.05(2, 27)} = 3.35$



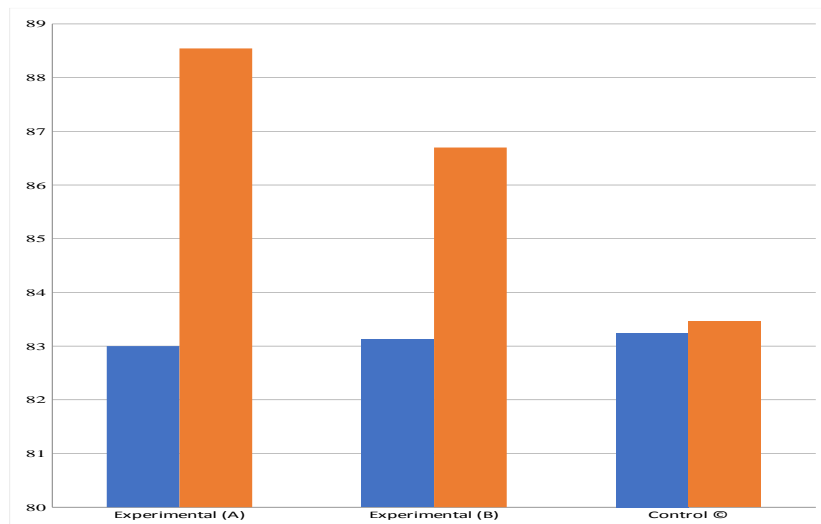
**Fig: 1-Comparison Of Means Of Pre-Test Data On Cardiovascular Endurance Of Two Experimental And One Control Group**

**Table-2: Comparison of Pre-test and Post-test Means of Two Experimental and Control Groups for the Data on Cardiovascular Endurance Tested through Harvard Step Test of Soccer Players**

Group	Pre-Test Mean	Post-Test Mean	Difference between Pre-Test and Post-Test Scores (D)	Standard error of sum of D	t-Ratio
Experimental (A) Repetition Training	83.00	88.543	55.43	6.977	7.945*
Experimental (B) Interval Training	83.124	86.698	35.74	11.562	3.091*
Control (C)	83.254	83.457	2.33	2.82	0.826

\*Significant at .05 level

Tabulated  $t'_{.05(18)}=2.26$



**Fig: 2-Comparison Of Pre-Test And Post-Test Means Of The Two Experimental Groups And One Control Group Of Soccer Players**

**Table-3: Summary of One Way Analysis of Variance for the Post-test Data on Cardiovascular Endurance through Harvard Step Test of two Experimental Groups and one Control Group of Soccer players**

Source of Variance	Degree of freedom	Sum of Squares	Mean Sum of Squares	F-ratio
Between the Groups	$K - 1$ $3 - 1 = 2$	132.585	66.292	4.31*
Within the Groups	$N - k$ $30 - 3 = 27$	415.11	15.37	

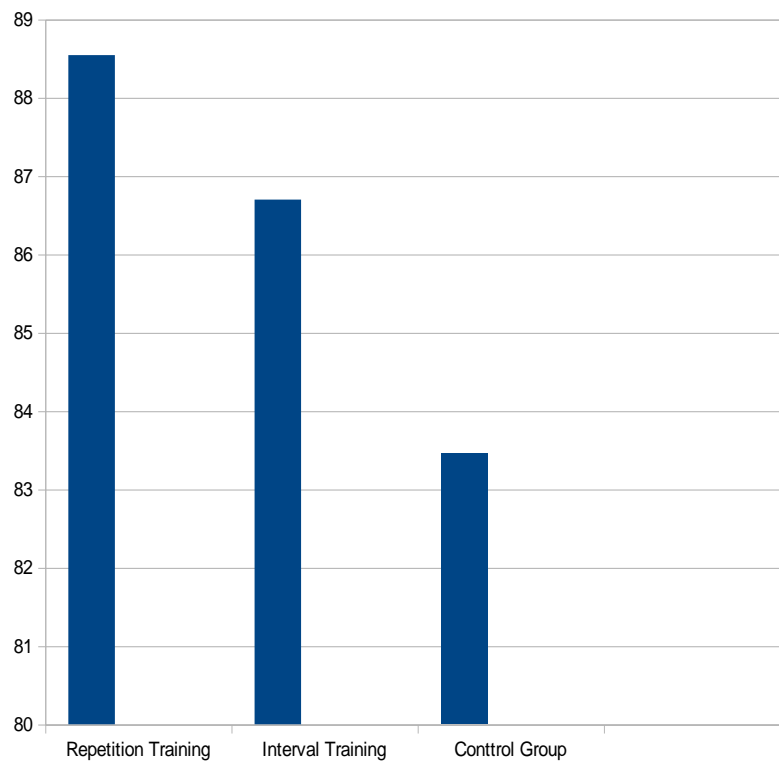
\* Significant at .05 level

Tabulated  $F_{.05(2, 27)} = 3.35$

**Table-4: Paired Mean Difference among the three Groups for the Data on Cardiovascular Endurance Tested through Harvard Step Test**

Mean of Repetition	Interval	Control	Mean Difference	Critical Difference
88.543	86.698	-	1.845	3.598
88.543	-	83.457	5.089*	3.598
-	86.698	83.457	3.241	3.598

\*Significant at .05 level



**Fig:3-Orderly Mean Difference Between three Groups**

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## **EFFECT OF RESISTANCE CIRCUIT AND COMBINED TRAINING PROGRAMME ON EXPLOSIVE STRENGTH AMONG AMATEUR BADMINTON PLAYERS**

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### **Abstract**

*The purpose of the study was to find out the influence of resistance circuit and combined training programme on neuromuscular variable explosive strength among amateur badminton players. To achieve the purpose of the study sixty (N=60) male badminton players were randomly selected. The age group of the subject was 14 to 17 years. Selected subjects were equally divided into two groups namely control and experimental group. Control group was not given any type of training. Experimental group was given resistance training, circuit training and combined resistance and circuit training for a period of ten weeks. The pre-test and post-test data on explosive strength was collected on both the groups before and after the experimental training. Collected data was analysed by using ANCOVA to find significant difference among mean at 0.05 level of confidence. It was concluded that experimental group combined resistance and circuit training group significantly ( $p \leq 0.05$ ) improved the explosive strength when compared to control group of the amateur badminton players.*

**Keywords:** Resistance training, circuit training, combined training, and explosive strength.

### **Introduction**

Badminton is a sport that has a huge following in the games and sports world. It's a game of manipulation and masterful ability, as well as anticipation and concentration. Many countries play the game for fun as well as rivalry. The game of badminton is now enjoyed by both fans and players. The stretch and bend of the leg and back, the flick of the wrist, and the sudden, rapid leap into the air make it a graceful perfection game. It involves constant action and constant adaptation to dynamic environment. It is an excellent sport for both boys and girls; it requires hard work, provides good exercise, and is a lot of fun. Badminton is diverse from other sports in that it has a wide range of explosive movements and flight. It is a grand energetic game that provides fun and pleasure while also requiring fitness and commitment. (Singh, M.K. (2006). Badminton is a physically demanding sport. It uses a variety of muscles in unison to combine muscles from both the upper and lower body. In badminton, we use all of our muscles at the same time. As a result, training in the same manner makes sense. Compound exercises are those that target several muscle groups at the same time. This is the most effective and beneficial way to increase your stamina for the sport. Lifting more weight with compound exercises allows you to improve your whole body. Your core muscles are also used in these exercises. Core muscles are often overlooked when it comes to training, but they are one of the most important areas to focus on. They support the spine, preventing back injuries, stabilising movements and balance, and assisting in the generation of strength. There are a variety of reasons why these badminton player's muscles should be strengthened. To avoid overstressing the weaker side or allowing the stronger side to overcompensate (Imbalance), make sure the less powerful side is just as strong.

It will also assist you in recovering from a shot and returning to your starting spot (Speedy recovery). The smash is created by your legs transmitting energy through your body and the efficient movement of each muscle (powerful shots). Jumping, stopping and starting quickly, and changing course often are all detrimental to our joints.(**Stuttlesmash 2019**).

**Objectives:**The main objective of the study is to find out the effect of a resistance training, circuit training and combined resistance and circuit training on explosive strength among amateur badminton players.

**Method:**To achieve the purpose of the study 60 amateur badminton players were selected. Selected subjects were equally divided into four groups namely experimental group I resistance training group (RTG) (n = 15), experimental group II circuit training group (CTG) (n = 15), experimental group III combined resistance and circuit training group (RCTG) (n = 15) and a control group (CG) (n = 15). The control group performed only the game practice during the study. Experimental group was given resistance training, circuit training and combined resistance and circuit training. The training programme included warm up (10 mins), work out (40 minutes) and cool down (10 mins) sessions for a duration of 40 min in three days of a week in the morning followed by warm up and end with proper warm down for ten weeks. The data were analysed by ANOVA to determine the difference between initial and final mean for experimental and control group at 0.05 level of significance. The formula was applied at 95% Confidence Interval and significant p values set at 0.05. The results were taken to be significant at  $p \leq 0.05$ . Pre-test and post test data was collected on control group and experimental groups before and after the ten weeks of experimental training by using following authenticated tests, Explosive strength was measured using the standing Broad Jump test (**Pargonkar, 2002**)

### Analysis

Table I showing the analysis of covariance on explosive strength,

Table I: Analysis of covariance on explosive strength of control and experimental group

Group		RTG	CTG	RCTG	CG	SoV	SS	Df	MS	F ratio
Pre Test	Mean	1.88	1.93	1.86	1.92	BG	0.064	3	.021	1.253
	SD	.1153	.1424	.1355	.1283	WG	1.3	76	.017	
Post Test	Mean	2.04	2.08	2.05	1.92	BG	0.287	3	.096	7.28 *
	SD	.0990	.1168	.1164	.1250	WG	0.999	76	.013	
Adjusted Post Test Mean		2.05	2.06	2.08	1.91	BG	0.364	3	.121	17.09*
						WG	0.532	75	.007	
Mean Gains		0.16	0.15	0.19	0.001					

\*Significant at 0.05 level 3 and 56 (df) =2.79, 3 and 55 (df) =2.79

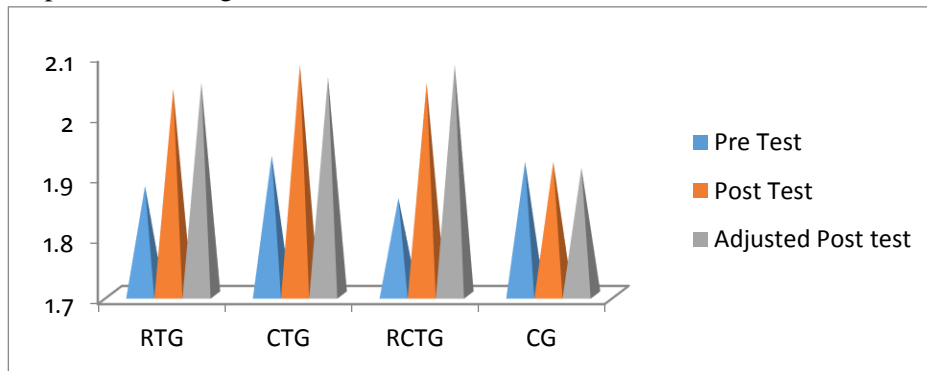
The attained F-ratio for the adjusted post-test means of 17.09 was greater than the table F-ratio value of 2.73. Hence, the adjusted post-test means F-ratio was significant at 0.05 level of confidence for the degrees of freedom 3 and 75. This evidenced that there was a significant difference among the means due to the experimental trainings on explosive strength.

There were significant differences recorded in the test results. Hence, the data was exposed Scheffe’s post hoc test for post hoc analysis. The results are given in the Table III.

**Table II: THE SCHEFFE’S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST-TEST MEANS ON EXPLOSIVE STRENGTH**

Adjusted Post-test Means				Mean Difference	Required CI
Resistance Training	Circuit Training	Combined Training	Control Group		
2.05	2.06	---	---	0.01	0.05*
2.05	---	2.08	---	0.03	
2.05	---	---	1.91	0.14*	
---	2.06	2.08	---	0.02	
---	2.06	---	1.91	0.15*	
---	---	2.08	1.91	1.17*	

Table II shows that adjusted post-test mean difference of resistance training and control group, circuit training and control group, combined training and control group were 0.14, 0.15 and 1.17 respectively. They were greater than the confidence interval value at 0.05 level which indicates that there were significant differences among resistance training and control group, circuit training and control group, combined training and control group on explosive strength which is represented in Fig- 1



**Fig1. Showing explosive strength mean values of pre-test, post-test and adjusted post test of control and experimental groups (mts.)**

**Discussion on findings:**

The post hoc test analysis through Scheffe’s Confidence test proved that due to resistance training, circuit training, combined resistance and circuit training groups improved explosive strength than the control group and the differences were significant at 0.05 level. Further, the post hoc test analysis shows that there was significant difference between the experimental groups, clearly indicating that combined resistance and circuit training group was



better than the resistance training and circuit training in improving the explosive strength of the amateur men badminton players.

In the recent times resistance and circuit training is offered as a better method for developing explosive strength. The results and discussions of the present study proved that the combined resistance and circuit training procedure was beneficial for improving the explosive strength among amateur badminton players and this study was supported the study conducted by **Pablo Jorge Marcos-Pardo et al., (2019)**. and they established that twelve weeks of moderate-to-high intensity resistance and circuit training on different parameters which produced significantly higher values of explosive strength. The findings of this study can also be substantiated by observations made by **Kamalesh John H (2014)** and he found combined circuit training and resistance training have significantly improved explosive strength of football players.

#### **Conclusions:**

From the results of the study and discussion the following conclusions were drawn.

1. There is a significant difference on explosive strength between all the groups.
2. There is a significance improvement on explosive strength due to combined resistance and circuit training.

#### **Recommendations**

1. Similar study may be conducted for various age groups.
2. The same study may be extended to further time period.
3. The present study is mainly focused on females only. The same study may be done on elite badminton players.

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<https://shuttlesmash.com/strength-in-badminton/>

## **ROLE OF YOGA AND PHYSICAL EDUCATION IN SCHOOL STUDY AND SOCIETAL GROWTH**

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Yoga is the union of mind, body and spirits. It is a physical mental and spiritual practices or disciplines which originated in ancient India. Yoga and physical education, particularly school education, aims at the holistic development of children. It provides students with opportunities to grow and develop as adults to be useful for the society. It is important for us to know that one of the most important requirements for growing into healthy adulthood is the physical growth which supports cognitive development. It is, therefore, necessary that all children get adequate opportunity to participate in free play, informal and formal games, sports and yoga activities. It is in this context that health has been made a significant component of the subject of Yoga and Physical Education in the school education system has to development of personality of the child to its fullest and perfection in body, mind and spirit through engaging in regular physical activities. Yoga also contributes to physical efficiency, mental alertness and the development of qualities like perseverance, team spirit, leadership and obedience to rules. It develops personal and social skills among the learners and makes a positive impact. Physical education and Yoga thus, can be defined as a subject that is not only focused on physical fitness but is also concerned with development of a number of skills, abilities and attitudes for leading a healthy lifestyle. It instructs values like cooperation, respect to others, loyalty, self-confidence, winning with grace and losing with hope. In some schools, selected students play games like football, cricket, volleyball, hockey, basketball and so on along with the Yoga. The aims of Yoga and Physical Education in school to develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports. It's true that Yoga played an important role for our day to day life. In current situation when whole world is suffering badly due to pandemic situation, Indian traditional system of Yoga has been established as means to boost immunity, improve overall health and wellbeing. A couple of Yoga routine and food regimen that can help to maintain our good immunity in long term.

### **Physical benefits of yoga**

Yoga improves the functioning of the brain and boosts the nervous system. It lowers the blood pressure and stress levels of the yogi. Yogic postures relieve back pain and chronic joint pains. Yoga boosts immunity and improves your posture as well as strength. A stronger body is what keeps you going nonstop. Yoga maintains sugar levels and keeps anxiety and heart diseases at Bay. All of these help you stay active and agile.

Yoga enhances blood circulation, thus making you infection-free and more resistant to external health stigmas. Yoga reduces premature aging. It slows down the process of aging and imparts your longevity. You get fitter with an improved cardiovascular health and respiratory functions. Also, you attain better gastro intestinal functions increased metabolism.

Yoga can help you get in shape and control the weight loss and obesity.

### **Psychological benefits of yoga**

A positive outlook is what acts as the salt in your life, making you more valuable, and important in your surroundings. It is great for your wellbeing too. Yoga adds to positivity. It contributes to self-control in a world of temptations and addictions. Make it your strength. It brings self-acceptance and boosts self-esteem. Confidence is definitely important. This routine helps fight depression and anxiety, gives better sleep and uplifts the mood. You smile and make the most of life all your life.

Yoga relieves us from the hustle and bustle of modern life. Regular practice of Yoga maintains a better and deeper sleep which means you will be less stressed less tired. Yoga improves the immunity system boosting and lowering it when needed. The act of practicing yoga encourages children to clear their mind and focus on the effort. As a result of the single focus to achieve a particular pose or stay balanced. It helps children to focus and concentrate in school and get better grades. Yoga incorporates breathing exercises, meditation and poses designated to encourage relaxation and reduce stress. Yoga also is a holistic to everyday health and its regular practices provide the child much needed physical fitness. The unique quality of Yoga is that asanas and pranayama help in maintaining quality functioning of internal organs as well. It's also beneficial for the individual health on the long term and helps in digestion.

### **Yoga and today's world**

Elevated cholesterol, hypertension, coronary illness, Diabetes, malignant growth, stroke Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body thought and action restraints and fulfillment harmony between man and nature a holistic approach to health and wellbeing. It is not about exercise but to discover the sense of oneness with yourself the world the nature by changing our life style and creating conscious and well being. We all want pollution free healthy world and Yoga is the only way to stay safe and healthy. But the situation is changing rapidly and everybody is on high alert. The issue is critical, for our childhood, yet for us as guardians, as educators, as overseers and as confidants in grown-ups, to give them direction, backing and condition for a more advantageous future. Obviously the kids in our nation merit a superior arrangement than what we've been giving them, and now is the ideal opportunity.

Obviously, it is notable that great nourishment and physical movement are basic for the sound improvement and weight support of youngsters and adolescents. What's more, being that our kids and youngsters go through, all things considered, 7 hours of their day at school, we trust that schools have the ability to positively affect understudy wellbeing results, especially through the incorporation of activity amid P.E. furthermore, break.

**Yoga and pandemic**

Whole world is suffering badly due to covid 19 when whole world is facing financial, social, physical and mental disaster in covid lock down situation and stay at home condition. Yoga help us a strong physical, mental and spiritual health system, when combined with breathing and meditation it acts as the best element to take care of our mind body and soul. There are different forms of Yoga that can helps us to stay physically strong and mentally balanced. Asana, Prananyam, Mudra, Bandha has been recognised internationally.

**Yoga , Physical Education and Social Development**

In the previous 30 years, youth stoutness has dramatically increased in kids and quadrupled in teenagers, which implies that more than 33% of our country's childhood are overweight or hefty (CDC, 2015). This pandemic of youth heftiness accompanies a variety of sad and well-known, results, both in the short and long haul.

Yoga is a sound lifestyle, began in India. Presently it is accepted to be a type of science acknowledged everywhere throughout the world. The western culture additionally is tolerating it as a sound type of logical exercise. In spite of the fact that the source of yoga is dark, it has a long custom. In course of time, different schools of yoga created. The significant schools of yoga are Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga. These schools of yoga advocate specific sort of strategy which incorporates an assortment of systematized practices of yoga relying upon their specific methodology. Be that as it may, all these are prompting the shared objective of self-acknowledgment and incorporation of body and psyche.

**8 Path of Yoga**

- Yama – Restraints, moral discipline.
- Niyama – Positive duties or observance
- Asana – Posture
- Pranayanam – Breathing control
- Pratyahara – Sensewithdrawal
- Dharana – Focussed Concentration
- Dhyana – Meditation
- Samadhi – Bliss of enlightenment

The psychological accentuation of the present yoga educational modules for school-going kids is to build up their physical wellness, psychological advancement and passionate dependability as opposed to on the otherworldly part of yoga.

Stances or asanas structure a significant premise of these educational modules. These have, accordingly, been given more weight age. However, other yogic exercises have additionally been incorporated into the educational programs. The word 'Yoga' is gotten from Sanskrit root yuj which signifies 'join' or 'join together'. This might be taken as the association of body, psyche and soul, and is utilized in the writing both as an end just as methods. As an end, yoga implies 'reconciliation of identity' at the most abnormal amount. As methods, yoga incorporates different practices and systems which are utilized to accomplish the advancement of such coordination. These practices and strategies are implies in the yogic writing and are also alluded by and large as 'Yoga'. Yoga is s not a mechanical process. It's helps in reducing stress level and tension in

the physical body in our mechanical day to day life. Yoga including Physical Education also helps in the attainment to perfect equilibrium and harmony. Regular practice of Yoga helps to control weight loss and obesity as it's the current challenge due to maximum use of junk food. Yoga also increases flexibility and muscle strength means its very important part of our day to day life to live safe and healthy life- 'Yoga is only the answer all of its'. Yogic exercises do not mean only stretching your body in extended postures. It is a holistic exercise or fitness process that develops and heals the body at the physical, mental, social and spiritual levels. Yoga connects one to the divine and teaches one to respect and appreciate life with a peaceful state of mind. It balances all aspects like work, family and personal wellbeing. Importance of yoga in contemporary modern life is undisputed. City dwellers go through stress, fatigue, and concentration issues right from their young ages. Yoga helps them to relax and shift their attention from all the chaos to the inner peace. People start having blood pressure, thyroid, cardio, and psychological problems in their 30s. Yoga addresses all these issues and adds to the energy levels and strength of the body. It also converts negative energy into positive energy, imparting yogis a positive outlook which is the most valuable gift of the day. Also not to forget, it is the most productive and result oriented downtime activity that suits the convenience of the modern man.

### Conclusion

Yoga heels and benefits holistically. It also includes right diet, right sleep patterns, and lifestyles and attitudes. It has far-fetched physical and psychological aspects. Practicing it regularly lets you thrive in a competitive and stressful environment. Family cultures, social practices, and work practices have changed. Stress has pervaded yogic practices. The practice has come as a rescue. In addition to all the former benefits, it works on the subconscious and helps one to connect with the divine. What more can one ask from a downtime activity. So bring back your harmony with your environment and gain recognition of your peace. Practice balanced yoga regularly and experience life-balance. Realize the importance of yoga in your life and it will lead to the realization of so much more.

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## **BENEFITS OF YOGA IN SPORTS**

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### **Abstract**

*Yoga has practice for around 5000 years. If you are competitive Sports it is best to tailor your yoga practice to your training schedule because a particular Sports can develop muscle group while ignoring other. This process causes imbalance in the muscle and joint leading to overuse injuries .Yoga help the muscle tendon and ligaments move through a full range of motion thus cultivating balance and strength which is a huge benefit to sports. The mind body connection in yoga is essential to help Sports develop mental acuity and concentration*

### **Introduction**

The Sports Ministry of India on 17<sup>th</sup> December declared yoga as a competitive Sports which enable the ancient practice to be available for governments funding Sports require to move body and its commonly known fact that exercise is good health. Yoga is distinctly different from other kinds of exercises it generates motion without causing strain and imbalanced in the body. Therefore the practice is an ideal complements to other forms of exercise and an extreme advanced to any Sports. Yoga is both preventive and therapeutic and has shown to offer both physical and mental benefit. They systematically work all the major muscle group including the back neck and shoulder deep abdominals hip and buttock muscle and even ankle wrists and hand. The most poses are non aerobic in nature they do in fact send oxygen to the cell in the body by way of conscious deep breathing and sustained stretching and contraction of different muscle group. The Ministries of Ayurveda yoga and Naturopathy Unani Sidda Homeopathy and Sports have worked in collaboration toward making it happen with the aim of spreading awareness about yoga and benefit offered and the discipline spiritual energy among the young sports. Hon'ble PM Shri Narenfra Modi vision to popularize toga and to make yogasana as Sports is fulfilled today .Ministry of youth affairs and Sports has officially recognized yogasana as a competitive Sports. As Yoga is Indian gift to the World .

### **Fitness and yoga Sports.**

1 :Improve Strength : Yoga asanas has helped built strength and improvement lean muscle mass. These gains have enhanced core body stability and significantly impeded overuse injury by strengthening the supportive but otherwise under developed muscles surrounding the more utilize muscle.

2 :Balance: Balance and Co ordination means enhanced control how move body which in turn to better techniques.

3 :Flexibility: Yoga invariable improves joint and muscular, in the performance latitude for a particular movements

4 :Meditation: A mental practice proven to reduce anxiety and stress. Reduce cortical level and increase calming hormones .Improve cognitive function

One of the main reason many people choose to participate in Sports is in order to maintain their overall fitness. Participating in Sports is an excellent way in order to help maintain your overall health. One of the reasons that have become so popular in society is overall entertainments value.

**Objective Of Yoga:** Many Sports do better academically Sports teach teamwork and problem solving skill Physical health benefit of Sports Reduce pressure and Stress with Sports. Keeping active through physical activity and sports has many benefits for the body. Some of these yoga benefit include increased cardiovascular fitness bone health decreased risk of obesity improved sleep and better co ordination and balance. Yoga are a crucial part of as student growth and developments they help in the development physical fitness

**Conclusion:** Yoga is to mobilized joints stretch tissues and ligaments tone muscles bring flexibility to the spine and strengthen internal organs Yoga exercises are based on the formula of stretching relaxation deep breathing increasing circulation and concentration. As highlighted above find out that yoga in Sports as important other think it help us in different way and different level in a sports men life. We have improved our performance by daily yoga practice in order to perform a Sporting action efficiency and effectively, a person need to have a high degree of concentration and focus with a mind that is calm and controlled.

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## **STRESS MANAGEMENT THROUGH YOGIC PRACTICES**

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### **INTRODUCTION**

yoga is popularly considered an easy way to good health. But yoga is neither easy nor was it designed primarily as a means to good health. Using selected yogic practices for promoting health for treating disease is highly restricted application -some would even say a misapplication of an ancient system philosophy which treatment of was aimed originally at spiritual growth. Yoga helps in the treatment of a variety of diseases because it includes at least three of the most significant components of a healthy lifestyle, physical exercise, good nutrition and mental relaxation. any type of regular physical exercise improve cardiorespiratory reserve. Now it is known exercise also releases endorphins, which may account for the mental relaxation which results from exercise. But several studies have shown yogic postures (asanas) to be better than some other forms of exercise.

### **DIET -**

The yogic diet is simple balanced vegetarian diet which is consumed in a quantity which is just enough. A prudent diet of this type is similar to the type of diet advocated today by medical scientists for prevention and treatment of obesity ,diabetes and coronary heart diseases .Besides a vegetarian diet provide a rich variety of phytochemicals many of which are antioxidants and provide protection against infections ,degenerative diseases and cancer .In addition, the yogic attitude of looking at food not as a sensory pleasure, but rather as a necessity to maintain the physical body as an efficient instrument of the Divine Will ,is relaxing for the mind.

### **MENTAL RELAXATION-**

The yogic practice of meditation itself relaxes the mind .But the true role of one or two daily sessions of meditation is to remind the individual about the yogic attitude during the rest of the day. The yogic attitude, which includes self-denial, equanimity, and unconditional universal love, promotes spiritual growth, and brings lasting peace and calm as a by-product. One or two sessions of meditation everyday are meant to facilitate permeating the rest of the day with the yogic attitude. Unless that happens meditation by itself may not be able to achieve much. Why mental relaxation is so important for good health is being increasingly realized as a result of recent advances in our understanding of the mind - body relationship.

### **MEANING-**

Stress is the body's physical, mental and chemical reaction to two circumstances that frighten ,excite, confuse, challenge ,surprise ,anger, endanger or irritate .The events that cause stress may be good or bad.



**DEFINITION-**

Stress can be defined as a state that occurs when people are face with demands from the environment that requires them to change in some way. Stress may be due to environmental, physical or psychological factors .The stress producing circumstances or conditions are known as a "stressors". There is no psychological stress without physiological involvement . The general response or the general adaptation syndrome (GAS) consists of three stages

1 The Alarm Reaction .

2 The resistance stage

3 The Exhaustion stage.

one man's stress may be another man's pleasure .

Developing an anti -stress plan

Stress reduction references chart

**PROBLEMS-**

1 High Blood Pressure

2 Colitis

3 Ulcer and digestive Trouble

4 Asthma

5 Cancer

6 Arthritis

7 Depression

8 Heart trouble

**STRESS REDUCTION TECHNIQUE**

1 Controlled breathing, aerobic and flexibility exercise, deep relaxation and diet .

2 Deep relaxation and breathing exercises.

3 Controlled breathing, aerobic exercises and deep relaxation .

4 Breathing Mechanics ,abdominal strengthening exercises, posture and stretching exercises.

5 Controlled breathing ,flexibility and aerobic exercises, deep relaxation.

6 Flexibility and posture improvement exercises.

7 Deep relaxation training .

8 Control breathing, flexibility exercises ,deep relaxation and yogic diet .

**YOGIC RELAXATION**

Dos -

1 Do eat regularly at intervals of 3-6 hours and enjoy your food.

2 Do include Proteins

3 Do include Vitamin B Vitamin C and vitamin A in your diet .

4 Do deep breathing exercises .

5 Do regular exercises for physical fitness .

6 Include in hobbies paint, write or work in the garden ,cook etc.

7 Joint a social aid or voluntary movement it will focus your attention away from your stress.

8 Take regular holidays and frequent breaks during your work day .

9 Let off steam as soon as possible talk to a trusted friend or to an understanding spouse .

10 Watch your posture, poor posture can contribute to stress see that your body is well balanced and muscles are relaxed .

11 To get enough rest and sleep.

12 Learn to say "no"

#### **Don't s**

1 Don't take too much tea or coffee.

2 Don't resort to cigarettes or alcohol.

3 Don't resort to self meditation .

4 Don't take too much refined food sugar ,white flour ,processed food etc.

5 Don't eat when tense .

6 Don't work continuously for several hours without break.

7 Don't take out your irritation on family members or colleagues.

8 Don't feel guilty if you are free, sometimes you need to recharge yourself.

9 Don't bottle of negative emotions.

10 Don't ever assume think about others.

11 Switch off after work don't carry your office problems home.

12 Don't ignore stress signals, consult a doctor, if necessary

#### **CONCLUSION-**

The twentieth century has seen changes in Lifestyle, the pace and extent of which is unprecedented in human history. It is now widely accepted that a wide variety of diseases prevalent today, particularly obesity, diabetes ,hypertension and coronary heart diseases ,are closely related to these changes. Yoga is the best Lifestyle ever devised by mankind: hence the current revival of interest in yoga as means of prevention and treatment of diseases of the modern civilization. By inculcating a way of life and a view of life which ensures a balanced development of the body and mind ,yoga promotes good health and in disease lets the healing mechanism of the body to their best.

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## NEED FOR DIGITAL LITERACY IN MENTAL HEALTH DURING COVID -19

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### **Abstract**

*This paper discusses the importance of digital mental health literacy in this covid 19 pandemic situation. There is a need for immediate improvement in the knowledge of peoples on digital mentalhealth which suggests that programs need to be developed such that people can seek help from valid resources if the need were to arise and have appropriate knowledge on whom to approach for help. As a major virus outbreak in the 21st century, the Corona virus disease 2019 (COVID-19) pandemic has led to unprecedented hazards to mental health globally. While psychological support is being provided to patients and healthcare workers, the general public's mental health requires significant attention as well. Online therapy is the provision of mental health services through the Internet, is a growing field that has sparked an abundance of interest and controversy.*

### **Introduction**

Mental health conditions are major contributors to the disease burden globally (14%). The World Health Organization in 2002 reported estimates that depression affects about 154 million people while schizophrenia affects about 25 million globally. Mental disorder is sometimes believed to be incurable which can cause delay or prevention for help seeking and can be damaging. The prevalence of mental health conditions in India is at about 18-207/1000 population while about 2-3% are known to suffer from major mental illnesses. Smartphones are used by patients and clinicians alike. Vast numbers of software applications (apps) run on smartphones and carry out useful functions. Clinician- and patient-oriented mental health apps, telecommunications via videoconferencing, audioconferencing etc. have been developed. Smartphone-based mental health apps represent a unique opportunity to expand the availability and quality of mental health treatment. The number of mobile health (mHealth) apps focused on mental health has rapidly increased; a 2015 World Health Organization (WHO) survey of 15,000 mHealth apps revealed that 29% focus on mental health diagnosis, treatment, or support clinician-oriented apps that support assessment, diagnosis and treatment as well as patient-oriented apps that support education and self-management. Apps are available for a large number of mental health conditions and are also known as Mental Health apps. Many of these apps have already been investigated by researchers and include apps for psychosis, depression, anxiety, alcohol use disorders, smoking cessation, sleep disturbances and weigh. In India there is very much gap in urban and rural area people in digital literacy. And also great difference in both gender in the use of mobile and mobile applications among men and women.

Ability	Rural		Urban	
	Male	Female	Male	Female
Able to operate a computer	12.6%	7%	37.5%	26.9%
Able to use internet	17.1%	8.5%	43.5%	30.1%

Why digital mental health is important during covid 19?

Under lockdown, every aspect of our lives appears to be being lived out online. Mobile phone apps for mental health management have seen a global surge in popularity under lockdown. According to mobile app marketing intelligence firm Sensor Tower, the world's top ten English-language mental wellness apps generated two million more downloads in April, as the seriousness of the situation began to dawn on people, compared to the halcyon days of January. Likewise, digital therapy workstation Kara Connect has seen a 16-fold increase in usage of its platform since the pandemic began. This increase in public interest around mental wellbeing is to be expected during a period of significant global crisis, disruption and uncertainty. It's fair to say that a lot of this interest is likely to stem from people with diagnosed mental health conditions that predate the pandemic. And after all Digital mental health appears to be post-pandemic friendly.

#### **Telemental health (TMH)**

Telemental health (TMH) is not well described for mental health service delivery during crises. Most child and adolescent psychiatry training programs have not integrated TMH into their curricula and are ill equipped to respond during crises to their patients' needs. The need for digital mental health has been increased during this pandemic situation but . Most of the peoples are not aware about digital mental health or smartphone application for mental health. Most of them fail to receive adequate mental health services, especially in rural or underserved communities. The supply of child and adolescent psychiatrists is insufficient for the number of children in need of services and is not anticipated to grow. This calls for novel approaches to mental health care. Telemental health (TMH) offers one approach to increase access. TMH programmes serving people are developing rapidly and available studies demonstrate that these services are feasible, acceptable, sustainable and likely as effective as in-person services. TMH services are utilized in clinical settings to provide direct care and consultation to primary care providers (PCPs), as well as in non-traditional settings, such as schools, correctional facilities and the home. Delivery of services to young people through TMH requires several adjustments to practice with adults regarding the model of care, cultural values, participating adults, rapport-building, pharmacotherapy and psychotherapy. Additional infrastructure accommodations at the patient site include space and staffing to conduct developmentally appropriate evaluations and treatment planning with parents, other providers, and community services. For TMH to optimally impact young people's access to mental health care, collaborative models of care are needed to support PCPs as frontline mental health-care providers, thereby effectively expanding the workforce. Peoples living in rural areas have difficulty accessing psychological services

due to a lack of psychologists and other behavioral health professionals, especially those with expertise in treating youth. Telepsychology helps bridge this access gap

### **LITERACY GAP**

Along with a prevalent urban-rural divide, there also exists a deepening male-female digital literacy gap in India. Data from NSSO's 75th round national survey (2017-2018) shows a significant gap between the male and female population in rural and urban areas with regard to the ability to operate a computer and use the internet. As shown in Table 1, only 8.5% of women in rural India are able to use the internet as compared to their male counterparts (17.1%). For urban areas, the percentage of users is significantly higher, but the gender gap remains

### **VIDEOCONFERENCING**

Videoconferencing for psychological assessment and treatment in adults to support telepsychological treatment for youth. In addition, the basic components needed to begin and sustain a telepsychological practice are explored. Individuals with mental health problems may face barriers to accessing effective psychotherapies. Videoconferencing technology, which allows audio and video information to be shared concurrently across geographical distances, offers an alternative that may improve access. Videoconferencing has become well established as a feasible and acceptable mode of psychological treatment delivery. Therapeutic alliance (TA) is an essential factor underlying successful therapy across therapeutic models. In order to determine the state of knowledge regarding TA in psychotherapy via videoconferencing, a literature review was conducted on research studies that formally measured TA as primary, secondary or tertiary outcome measures over the past 23 years. psychotherapy by videoconference, with clients rating bond and presence at least equally as strongly as in-person settings across a range of diagnostic groups. Therapists also rated high levels of TA, but often not quite as high as that of their clients early in treatment. The evidence was examined in the context of important aspects of TA, including bond, presence, therapist attitudes and abilities, and client attitudes and beliefs. Barriers and facilitators of alliance were identified. Future studies should include observational measures of bond and presence to supplement self-report. The studies indicate that VCP is feasible, has been used in a variety of therapeutic formats and with diverse populations, is generally associated with good user satisfaction, and is found to have similar clinical outcomes to traditional face-to-face psychotherapy.

### **Some mental health applications**

Electronic interventions are not new to psychology; there is robust literature showing that Internet-based cognitive behavioural therapy (CBT), a therapeutic approach that aims to change problematic thoughts and behaviours, can be effective for treating conditions such as depression, anxiety and eating disorders. But many of these online therapeutic programmes are designed to be completed in lengthy sessions in front of a conventional computer screen.

Smartphone apps, on the other hand, can be used on the go. "It's a way of people getting access to treatment that's flexible and fits in with their lifestyle and also deals with the issues around stigma — if people are not quite ready to maybe go and see their doctor, then it might be a first step to seeking help," says Jen Martin, the programme manager at MindTech, a national centre

funded by the United Kingdom's National Institute for Health Research and devoted to developing and testing new mental-health technologies.

### **PTSD Coach**

In its first three years in app stores, PTSD Coach was downloaded more than 150,000 times in 86 different countries. It has shown promise in several small studies; in a 2014 study of 45 veterans, more than 80% reported that the app helped them to track and manage their symptoms and provided practical solutions to their problems<sup>2</sup>. More results are expected soon. Kuhn and his colleagues recently completed a 120-person randomized trial of the app, and a Dutch team is currently analysing data from a 1,300-patient trial on a similar app called SUPPORT Coach.

### **FOCUS**

Smartphone apps can also interact with users proactively, pingging them to ask about their moods, thoughts and overall well-being. Ben-Zeev created one called FOCUS, which is geared towards patients with schizophrenia. Several times a day, the app prompts users to answer questions such as “How well did you sleep last night?” or “How has your mood been today?” If users report that they slept poorly, or have been feeling anxious, the app will suggest strategies for tackling that problem, such as limiting caffeine intake or doing some deep-breathing exercises.

Small feasibility studies — which are generally designed to determine whether an intervention is practical, but do not necessarily evaluate its efficacy — have shown that patients use and like both apps, and a 2014 study found that those who used FOCUS for a month experienced a reduction in psychotic symptoms and depression<sup>3</sup>. FOCUS and ClinTouch are both now being evaluated in randomized, controlled trials.

### **Even well-intentioned apps**

Even well-intentioned apps can produce unpredictable outcomes. Take Promillekoll, a smartphone app created by Sweden's government-owned liquor retailer, designed to help curb risky drinking. While out at a pub or a party, users enter each drink they consume and the app spits out an approximate blood-alcohol concentration. When Swedish researchers tested the app on college students, they found that men who were randomly assigned to use the app ended up drinking more frequently than before, although their total alcohol consumption did not increase. “We can only speculate that app users may have felt more confident that they could rely on the app to reduce negative effects of drinking and therefore felt able to drink more often,” the researchers wrote in their 2014 paper

### **Calm**

- Calm is a mental health app that can help you relax, meditate and fall asleep easier.
- Each day, a new 10-minute Daily Calm program is added that helps you ease into the new day or relax before bedtime.
- Beginner to advanced user levels with 7- to 21-day programs available.
- Calm Masterclasses taught by world-famous experts that can help you change your life.
- More than 30 tranquil nature sounds and scenes you can use while meditating, doing yoga, or falling asleep.

### **Moodpath**

- Moodpath is one of the mental health apps that you can customize to help you manage anxiety, depression, and stress. Moodpath has three main features:
- It is an assessment tool that aids in tracking your physical and emotional well-being. You answer questions each day. The app summarizes the data for a bi-weekly summary report. You can share reports with mental health professionals.
- Use Moodpath to track your mood and to journal. The app also provides a snapshot of your emotional states each day. This feedback enables you to reflect on your emotional well-being throughout the day. The app gives you support for further understanding of your patterns and triggers.
- Moodpath teaches you how to let go of negative thought patterns and overwhelming emotions with exercises based on CBT. Everyday mindfulness, sleep improvement, stress management, and self-compassion exercises are also available.
- Free to download and use.

### **CBT-I Coach**

CBT-I Coach is a mental health app created by a collaborative effort between the VA's National Center for PTSD, Stanford School of Medicine, and DoD's National Center for Telehealth and Technology.

Lack of sleep can lead to many mental and physical health problems. CBT-i uses cognitive behavioral techniques to improve your sleep habits. The app provides a structured program that can be used with therapists at CBT sessions. The app can also be used alone.

### **Simple DBT Skills Diary Card**

Dialectical Behavior Therapy (DBT) is a popular form of therapy in the treatment of mental health disorders. DBT is used to treat substance use (SUDs) and personality disorders. DBT focuses on practicing skills that help users control the intensity of their reactions in emotional situations. DBT is a method for teaching skills that help you maintain an emotional balance, and this app helps you stay on that track.

- 28 DBT skills that have descriptive reminders, skill examples and a calendar, all set against beautiful graphics.
- A handy daily reminder you can set up for specific times to do DBT skills.
- Statistics based on 1, 7, 28 or all days. If you are in DBT classes, stats can be used to track your progress based on your class schedule.
- Full Version Users: Can send PDF files with stats + notes via email or printer. Email your therapist/counselor stats in an easy to read and print format.
- You can add custom tracking data.
- You can evaluate anxiety and depression using a modified K10 test.
- You can also monitor target behaviors and your responses to them.

## Benefits of mental health applications

- Use at home during
- High Patient Engagement
- Anonymity and Consistency

**CONCLUSION**

Digital mental health platforms not only have the potential to improve the quality of care, but are also going to play a transformational role in improving access and affordability across India. The country has a severe shortage of professional psychologists and even the available resources are heavily concentrated in the major cities. Under such a scenario, easy smartphone based digital apps are going to drive away the taboos and help people access the required mental health support in a safe, convenient and on-demand basis. Mobile apps have significant potential to deliver high-efficacy mental health interventions. Given the global shortage of psychiatrists and the lack of mental health care access in rural regions, apps have emerged as a viable tool to bridge the mental health treatment gap. Technology is well-poised to transform how mental health treatment is delivered and accessed, but this transformation requires the combined mobilization of science, regulation, and design.

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## **EFFECT OF LADDER TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE MEN HANDBALL PLAYERS**

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### **Abstract**

*The purpose of the study was to find out the effect of Ladder Training on selected physical and physiological variables such as Explosive Power ,Agility and Resting Pulse rate of college men students studying various Arts & Science Colleges affiliated to Madurai Kamaraj University, Madurai District, Tamil Nadu, India were randomly selected as subjects. Thirty men Handball players were selected as subject. The subject's age were ranged from 18 to 23 years. The selected subjects were divided into two equal groups of thirty subjects each at randomly, which were one experimental groups and a control group. Experimental Group underwent the Ladder Training programme. The training period of an experimental group was six weeks. Control group did not undergo any training programme rather than their routine work. The data were collected on physical fitness variables namely Explosive Power ,Agility physiological variables namely Resting Pulse rate for all the two groups before the experimental period ( Pre-test), after six weeks of training period (Post -test) respectively. In order to test the effect of training, the collected data from all the two groups before, during and after experimentation on Physical, Physiological variables were statistically analyzed by using one-way factorial analysis of variance with last factor repeated measures. When the obtained 'T' ratio value in the simple effect is found significant, to determine which of the paired mean had significant differences. In all the cases the level of confidence is fixed at 0.05 to test the significance. The result of the study also revealed that there significantly improved in the Explosive Power ,Agility and Resting Pulse rate were significantly reduced due to ladder Training among college men students after effect of ladder training on selected physical and physiological variables among College men Handball players.*

**Key Words:** *Ladder Training, Explosive Power ,Agility , Resting Pulse rate*

**Introduction** The agility ladder is a time tested and proven effective tool for improving our footwork. The training effect is similar to jump rope, but with several advantages. First, agility ladder training is multi – directional. In most sports, we are not staying in one sport. We are moving forward, sideways and sometimes backwards, second, our feet are also allowed to move independently I more complex patterns than jumprope allows. And third, the cycle time can be result is that you can train your feet to move quickly through complex footwork patterns. The benefits to any ground based sport are huge. Agility ladder training will improve our speed, coordination, timing and balance. Plus, it will set your calves on fire. I am not muscle isolationist, but this is seriously effective calf training because it engages the fast twitch muscles.

**Methodology** The purpose of the study was to find out the effect of Ladder training on selected physical and physiological variables such as Explosive Power ,Agility and Resting Pulse rate of college men handball players studying various Arts & Science Colleges affiliated to Madurai Kamaraj University, Madurai District, Tamil Nadu, India were randomly selected as subjects. Thirty men handball players were selected as subject. The subject's age were ranged from 18 to 23 years. The selected subjects were divided into two equal groups of thirty subjects each at randomly, which were one experimental groups and a control group. Experimental Group

underwent the Ladder training programme. The training period of an experimental group was six weeks. Control group did not undergo any training programme rather than their routine work. The data were collected on physical fitness variables namely Explosive Power ,Agility, physiological variables namely Resting Pulse rate for all the two groups before the experimental period ( Pre-test), after six weeks of training period (Post -test) respectively. In order to test the effect of training, the collected data from all the two groups before, during and after experimentation on Physical, Physiological variables were statistically analyzed by using one-way factorial analysis of variance with last factor repeated measures. When the obtained 'T' ratio value in the simple effect is found significant, to determine which of the paired mean had significant differences. In all the cases the level of confidence is fixed at 0.05 to test the significance.

**Table 1:Analysis of 't'-ratio the pre and post-test for control and experimental group on explosive power**

Variable	Group	Mean		SD		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Explosive power	Control	2.12	2.06	0.12	0.28	0.03	14	1.08
	Experimental	2.15	2.21	0.04	0.04	0.07		<b>18.36*</b>

\* significance at 0.05 level of confidence

The Table - 1 shows that the mean values of pre-test and post-test of control group on explosive power were 2.12 and 2.06 respectively. The obtained 't' ratio was 1.08 since the obtained 't' ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on explosive power were 2.15 and 2.21 respectively. The obtained 't' ratio was 18.36 since the obtained 't' ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in explosive power. It may be concluded from the result of the study that experimental group improved in explosive power due to six weeks of Ladder Training.

**Table 2: Analysis of ‘t’-ratio the pre and post-test for control and experimental group on agility**

Variable	Group	Mean		SD		Sd Error	df	‘t’ ratio
		Pre	Post	Pre	Post			
Agility	Control	11.10	11.10	0.69	0.68	0.18	14	0.56
	Experimental	11.16	10.81	0.19	0.18	0.18		<b>12.01*</b>

\*Significance at .05 level of confidence.

The Table - 2 shows that the mean values of pre-test and post-test of control group on agility were 11.10 and 11.10 respectively. The obtained ‘t’ ratio was 0.57 since the obtained ‘t’ ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on agility were 11.16 and 10.81 respectively. The obtained ‘t’ ratio was 12.01 since the obtained ‘t’ ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in agility. It may be concluded from the result of the study that experimental group improved in agility due to six weeks of Ladder Training.

**Table – 3: Analysis of ‘t’-ratio the pre and post-test for control and experimental group on resting pulse rate**

Variable	Group	Mean		SD		Sd Error	df	‘t’ ratio
		Pre	Post	Pre	Post			
Resting pulse rete	Control	72.80	72.87	1.82	2.07	0.47	14	0.56
	Experimental	72.93	70.47	0.69	0.46	0.53		<b>7.67*</b>

\*Significance at .05 level of confidence.

The Table - 3 shows that the mean values of pre-test and post-test of control group on resting pulse rate were 72.80 and 82.87 respectively. The obtained ‘t’ ratio was 0.56 since the obtained ‘t’ ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on resting pulse rate were 72.93 and 70.47 respectively. The obtained ‘t’ ratio was 7.67 since the obtained ‘t’ ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in resting pulse rate. It may be concluded from the result of the study that experimental group improved in resting pulse rate due to six weeks of Ladder Training.

**Conclusions** On the basis of the limitations and the statistical analysis of the data, the following conclusions were drawn from the result.

1. It was concluded that Explosive Power, Agility were significantly improved and Resting Pulse rate were significantly reduced due to the Ladder Training among college men Handball Players.
2. The result of the study reveals that Ladder Training would positively improve the college men Students physical and physiological variables significantly.

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## **EXERCISE AND YOGA INTEGRATION FOR HEALTHFUL AND FIT LIFE**

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### **Abstract**

*Exercise and yoga integration for healthful and fit life, exercise and yoga two sides of a coin, as exercise is for health and mind but yoga for physical, mental, spiritual. As Covid -19 scare grapples the whole world, people are getting worried about their health. Yoga is one way we can naturally uplift our vitality without having to step out of the comfort of our home during this lockdown. Yoga and exercise has been used for centuries in keeping the body functioning holistically, fit and fine. Certain yoga positions can help, balance, support and boost the immune system. It can also help fight oxidative stress which poses a risk to the healthy cells. If done regularly yoga reduces stress systemically in the body which in turn cuts down inflammation and degeneration.*

**Keywords:** *fitness, immune system, health.*

### **Introduction**

Bodily movements are the integral components of exercise and yoga both, which is why people commonly consider yoga as a type of exercise for remaining healthy and fit. Exercise causes muscles, bones, tissues and vital organs like lungs and heart in the body to become energized, active and improves upon in their function and secretions by improving blood circulation. Exercise physiology that helps us to understand the effects of exercise and physical activity on our muscular system, circulatory system, respiratory system digestive system etc. Primary goal of exercises for the healthy person is to improve upon the level of health related fitness. There are some other types of exercises that are therapeutic in nature and are helpful in rehabilitating a person from temporary disability or injury. Yoga does not only deal with the physical health of an individual also tells us to lead a fulfilling and joyful lifestyle. Yoga proponents believe that having a fit, healthy and balanced physical body is an essential pre requisite to accomplishing this higher state of consciousness. That is why most of the yoga practices are initially physical exercise oriented in one form or the other.

- Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting flu, cold or other illness.
- The brief rise in body temperature during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection better.
- Exercise causes change in antibodies and white blood cells. WBC are the body's immune system cells that fight disease. These antibodies or WBCs circulate more rapidly so they could detect illnesses earlier than they might have before.
- Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.

### **Topic brief introduction**

It is prof in many study physical exercise and yoga are beneficial for human being, the reason so many people are falling in love with yoga is because they are discovering how wonderful it is for your mind, spirit and body.

- **Yoga improves breathing:**  
Controlled breathing can increase energy levels and relax the muscles, while reducing stress, depression and anxiety. On a physiological level, regular yoga practice has been found to improve lung capacity and breathing both in healthy adults and those who suffer from asthma.
- **Yoga encourages your body's natural healing process:**  
The body has an incredible ability to heal itself, given the appropriate conditions. Yoga practice can be a wonderful way to create an environment which allows the body's innate healing powers to kick.
- **Yoga helps you to make healthier life choices:**  
It is very true yoga changes life style, habits and better nutritional choices or reduced reliance on alcohol or tobacco.
- **Yoga lowers blood pressure:**  
Having high blood pressure is a serious medical condition which is associated with increased risk of both heart attacks and strokes. As well as several aspects of yoga practice are thought to directly improve blood pressure. The relaxation and deep breathing of yoga can reduce high blood pressure even after the practice is finished.
- **Yoga reduces stress:**  
Many people begin yoga to improve their flexibility but they keep coming back because they find it makes them feel so much better.
- **Yoga is a powerful mindfulness practice:**  
Yoga is about uniting the body, mind and breath. In doing this it brings you into the present moment. Mindfulness has proven benefits for whole ranges of health conditions, and is particularly effective in promoting positive mental health.
- **Yoga Prevents cartilage and joint breakdown :**  
Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by “squeezing and soaking” areas of cartilage that normally aren't used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads. Hatha yoga is the best yoga for hips with arthritis because of its simple, gentle movements. The simple movements increase lubrication around the hip joints. Increased lubrication can help slow down the breakdown of cartilage which is often the cause of arthritic pain.

➤ **Yoga Drains lymph's and boosts immunity:**

When you contract and stretch muscles, move organs around, and come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells). This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning.

➤ **Yoga Helps you focus:**

An important component of yoga is focusing on the present. Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores. People who practice Transcendental Meditation demonstrate the ability to solve problems and acquire and recall information better—probably because they're less distracted by their thoughts, which can play over and over like an endless tape loop.

**Conclusion:**

Exercise and yoga is most important in day today life to good health, improves posture, reduce decease, increases flexibility, build strength, keep joints healthy, reduce stress, lowers blood pressure, healthier life choices and many more. There are a number of variations being practiced in the name yoga to adapt to western tastes and preferences. This is why there is power yoga, hot yoga, and dance yoga, cross training that has yoga combined with cardio to gain the benefit of both yoga and exercise.

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**CONCEPTS OS SPORTS AND PHYSICAL EDUCATION IN INDIAN SOCIETY****Mr. Munawar Ali Khan S.N.***Physical Education Director R.T.E.S Arts, Science and Commerce Degree College Ranebennur  
581115***Abstract**

*Physical Education & Sports forms an important part of educational system even when it never received the importance it deserves. Even though it is included as part of the curriculum from the early stages of education, it has never been taken seriously by the educational administrators, the academicians and the students. Physical Education is the only profession where you talk as well as play / perform. The concept of Physical Education in the mind of the general public is big round, play & play and no work. Abraham Lincoln quoted in one of his addresses, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution / University. . At present compare to earlier years and now we can come across the decline of physical education in education compare to present is, one needs to overcome the hurdles and battles to improve the structure and infrastructure status in around to develop the overall discipline in physical education and sports.*

**Keywords:** Concepts, Sports, Physical education, Indian society

**INTRODUCTION**

Physical Education and Sports is one of the important yardsticks and also integral part of education in any country at any point of time. Thus each country should try to set out a framework of action plan for promotion and development of Physical Education and Sports Paradoxically, sports is witnessing a spectacular boom in the media spotlight all over the world including India while it is being seriously neglected within the educational system. Physical Education act as well as the provision of resources for the nation and in the construction of evaluation system in education developments and it proms the development physical education in a country. At present compare to earlier years and now we can come across the decline of physical education in education compare to present is one needs to overcome the hurdles and battles to improve the structure and infrastructure status in around to develop the overall discipline in physical education and sports

**Present Status of Physical Education and Sports in New Era.**

Despites efforts by member state to promote and develop Physical Education and Sports with international cooperation; its distinctive nature and importance to education remains a constant source of concern. Physical Education and Sports proved alarming (particularly within educational system), which given the social importance and media-coverage of sports. Its impact may be seen in the shift by Physical Education and Sport Public authorities towards higperformance and high media friendly sports (at a national level, across the public and private system). A significant example in the absence of clear separation between the Ministries of Youth Affairs and Sports and Ministries of Education.

The status of Physical Education and Sports convened the Physical Education World Summit in Berlin this initiative was promoted by reports revealing the increasing critical situation of



Physical Education and Sports in many countries. A world wide comparative study collect data and literature for nearly 120 countries came out with following significant findings.

- a. Reduced time devoted to Physical Education in Educational Programmed.
- b. Reduced budgets plus inadequate financial, material and staff resources.
- c. The subject suffers from low status.
- d. In many countries teachers are not properly trained.
- e. Existing Physical Education guidelines are not properly applied.

### **Physical Education & Sports in Indian society**

Physical Education & Sports forms an important part of educational system even when it never received the importance it deserves. Even though it is included as part of the curriculum from the early stages of education, it has never been taken seriously by the educational administrators, the academicians and the students. Physical Education is the only profession where you talk as well as play / perform. The concept of Physical Education in the mind of general public is big round, play & play and no work. Abraham Lincoln quoted in one of his address, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution / University.

The problem of defining Physical Education is not only that the term is broad based and complex, including so many kinds of phenomena, but also it means different things to different people. Someone has suggested that Physical Education is whatever Physical Educators do. J P Thomas sums up that Physical Education is education through physical activities for the development of the total personality of the child and its fulfillment and perfection in body, mind and spirit. Even though these definitions differ significantly with regards to emphasis on different aspects, they still have many common elements. Some of them may be noted as: Physical Education is a phase of the total Education process. It is the sum of total experience and their related responses. Experience grown and responses developed out of participation in big muscular activities. All-round development of individual' – physical, mental, social, moral is the real aim of Physical Education. It is the same as in General Education.

In the Indian context, Physical Education is perhaps the only aspect of education which has not been given due attention. That is due, most probably to the fact that we have remained satisfied with that the British have handed over to us, with no sincere efforts on our part to prepare any concrete and farreaching programmed for Physical Education especially suited to our conditions. We have ever-stressed the academic aspects, the physical one being relatively untouched. This has resulted in an increasingly large number of Indians who are neglecting their bodies, to whom Physical Education is similar to physical training, whose physical fitness is not what it should be they are getting 'soft'. One of the main objectives of any Physical Education activity is to maintain and improve the health of the youngsters in our school and colleges. And the School has the responsibility to see that all students achieve and maintain optimum health, not only from a moral point of view, but from the standard point that educational experience will be much more meaningful if optimum health exists.

A child learns easier and better when he is in a state of good health. Even ones' values have much to do with health building and destroying activities. Unfortunately, a large number of people suffer from 'value illnesses', i.e. They know what they are supposed to do to keep well, yet they fail to do so. They know that tobacco smoking can cause death from Lung Cancer; even then they do not give up smoking. They understand how alcohol affects the driving ability, yet they drive in a state of drunkenness. They appreciate the role of regular exercise in weight control, yet they do little to alter their sedentary way of living. Education and health & medical authorities have, therefore, long recognized the need for a programmed of director Physical Education activities in school curriculum. It is during the formative and rapidly growing period of elementary school-age that foundation of proper habits, attitudes and appreciations toward all physical activities, including play is laid and desirable citizenship traits acquired, so that in adulthood, he will be equipped with the knowledge, sound thinking processes, physical stamina and emotional maturity live effectively in an ever-changing and highly complex society. In that respect, teachers bear a major responsibility in answering that challenge effectively. It is said, "An idle mind is the devil's workshop".

#### **WHY STUDY PHYSICAL EDUCATION AND SPORTS?**

To study Physical Education and sports is not merely to discuss performance, technique or records journalistic-ally but to look at some of the implicit assumptions held by the general population about Physical Education and Sports. Despite the significance of sports, it has been primarily a vehicle of 'escape' more than an avenue of education. A sport has been viewed as a distraction from the trials of everyday life. Ask some friends why they are involved in sports. The response will probably have something to do with "fun" or "enjoyment".

#### **Analysis:**

Every College / University should have an Elective Subject of Physical Education, if not compulsory, where 60% stress should be given to theory and 40% to practical. Another viewpoint is that all the first year students should undergo a minimum Physical Education programmed like National Physical Fitness Test, otherwise they will not be given the degree. We should have colleges of Physical Education with 4 to 5 years degree course, like Indian Institute of Physical Education and Sports Science (IPESS). Physical Education and Sports are seen not merely as a playground but also as a laboratory in which the theories of each discipline may be tested and/or as a phenomenon whose worthiness value, and effect on people and society must be continually scrutinized.

#### **SUGGESTIONS & RECOMMENDATION**

1. Revision & Reconstruction of Physical Education syllabus in con- text with need of Society.
2. Periodical Refresher course for Physical Educational personnel by an unified agency.
3. Updating and Upgrading of the subject and related area in collaboration with top Educational &Physical Education bodies. Strict implementation and follow-up of the prescribed Physical Education standard.
4. An honest and sincere appraisal system for total evaluation and feedback.

5. The academic study of Physical Education and Sports may be as stimulating and fun as experience as one's actual participation in sports.

6. Once the rule, subject matter, and 'spirit' of both games are understood, they may be equally rewarding. General Education is for the masses, so also Physical Education.

7. 'Recreation' is as important as 'reading', 'writing' and 'arithmetic', in the life of common man. Physical activities do the work of 'Physical Education' when the focus is on the means used, namely, big muscles, 'Recreation' when the focus is on 'life is worth living' (joyful) attitude or leisure time.

### CONCLUSIONS

A nation's biggest power is the youth. Franklin D. Roosevelt did rightly say "We cannot always build the future for our youth, but we can build our youth for the future". Good habits formed at youth can make all the difference and thus, discipline, dedication and determination should be inculcated in every young individual of the country. Physical fitness can play an important role in helping an individual lead an active and healthy lifestyle. Every young human being should get indulged in active sports in order to develop a sense of competitiveness and sustain in this immensely challenging world. Physical fitness of the youth can be improved by developing strong programs of health education and physical education. Physical Education and Sports activities in educational institutions should aim at 'Health Related' and 'Performance Related' areas so as to ensure 'enhancement of performance in competitive sports'. Hence, it is of utmost importance for any Physical Education organization to imbibe positive attitude among physical educators themselves and make them realize that physical education remains an integral element of school or college curriculum.

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**JOURNEY OF SH. NARENDER SINGH SAINI AS A COACH AS WELL AS PLAYER.  
A DISTINCTION BETWEEN COACHING AND PLAYING ABILITY****<sup>1</sup>Mr. Pawan & <sup>2</sup>Prof. R. P. Garg**<sup>1</sup>Research Scholar, Dept. of Physical Education, Maharshi Dayanand University, Rohtak<sup>2</sup>Professor, Dept. of Physical Education, Maharshi Dayanand University, Rohtak**Abstract**

The present study has been designed to investigate the variation between coaching and playing ability of Sh. Narender Singh Saini, Dronacharya Awardee. To accomplish the study, two self-structured tools were used to assess the playing ability as well as coaching ability of Sh. Narender Singh Saini. The questionnaires or tools are developed with the help of supervisor and the members of research advisory committee (RAC). The subjects were the trainees and colleague of Sh. Narender Singh Saini whom were play together were selected to analysis the playing ability and trainees were selected to assess the coaching ability. The prime objective of the study was to find out the relationship between playing ability and coaching ability. It was hypotheses that normal players become a elite coach.

**Key Words:** Narender Singh Saini, Coaching Ability, Playing Ability

**INTRODUCTION**

Hockey is a National Game of India. It is game which played all over the globe but, India has a specific identity in Hockey in account of 8 gold medals in Olympics. Recently, The men's team maintained fourth place in the world hockey rankings while the women's team was ninth at the end of 2020. Behind these success our Hockey coaches work very hard with teams. Therefore, the credit of this achievement goes to our coaches who are working from grass root level to recognize talent and prepare them for international competitions. This study explore a elite personality in Indian Hockey as a coach who contribute their self for coaching and after observed their remarkable contribution in development of Hockey, Indian govt. honored him from "Dronacharya Award" the highest honor in coaching field in India named 'Sh. Narender Singh Saini'.

Hockey is not only a popular sport in India and all over the globe but it is National Game of India also. Since we have heard only excellent sportspersons of Hoceky, for instance, Major Dhyanchand, Dhanraj Pillai and so on. But the coaching aspect in Hockey was untouched by the historian and researcher till now. There is an excellent coaching capability for Hockey is known as Sh. Narender Singh Saini, who contribute a lot in development of Hockey in Indian perspective. In account of their incredible contribution in Hockey Indian, govt. regarded him from Dronacharya Award in 2013 respectively. He is known for his extraordinary coaching capability to prepare new talent. He was born on 17 October 1957 in Saini Pura, District Rohtak (Haryana) and his father ram Kishan Saini and mother Bhgwani Devi belongs to a normal family. His father was a government employee. He was not much educated and that's why he had to work really hard. Narender Kumar Saini education was started from Rohtak.

When he was 5 year old his parents enrolled him in Saini Primary School. This school was up to 5th standard only. After completing formal education up to 5th class his parents got admitted in Saini High School. When he brought admission in high school from that time onwards, he

had a great intrust in sports. In locality as well as in family there was a great craze for hockey and I started playing hockey under the supervision of my brothers. One main reason behind this immense craze for hockey was the prevailing at early phase of hockey. Almost everyone in the locality was follower of hockey. Everybody use to play this game. Watching others and senior players we become so use to this game that a day spent without playing hockey fells like forgetting to perform an urgent task.

### Methodology and Procedure

For accomplish the study a total 138 individuals belongs to Sh. Narender Singh Saini directly or indirectly were selected as subjects to assess the coaching ability. The subjects were persons, who analyze the working pattern and experience the knowledge of Sh. N.S. Saini during their coaching period. Whereas, N = 28 subjects were selected to identified the playing ability of Sh. Narender Singh Saini. The coach-ability and Playing ability of Sh. N.S. Saini was assess through the questionnaires prepared under the supervision of field expert and concerned supervisor. The obtained data were analyzed through percentage method and responses were illustrated with the help of suitable tables and diagrams.

### Results of the Study

**Table 1 Showing Responses in terms of Percentage of Coaching-ability**

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
He educates his hockey players about doping.	42.8	48.6	0.7	0	8
He is a committed professional.	45.7	42	10.9	0.7	0.7
His approach to sports is very scientific.	86.2	13.8			
He has natural ability of sporting talent.	99.3	0.7			
He emphasizes the use of modern techniques in coaching.	79	21			
He gives adequate freedom to players for new ideas.	83.3	16.7			
He encourages budding Hockey players in order to promote hockey.	99.3	0.7			
He keeps complete profiles/records of his trainees.	93.5	6.5			
He is always sincere to his efforts.	74.6	25.4			
As a coach, he treats all the players equally.	87.7	12.3			
His all-training sessions are inspiring.	55.8	44.2			
He knows how to impart proper training.	54.3	45.7			
He has the ability to nurture talent.	76.8	23.2			
His daily schedule of training is scientifically based.	97.8	2.2			
He is always ready to adopt good suggestions.	70.3	29	0.7		
His knowledge about positional play are clear.	76.8	23.2			
He possesses deep knowledge of his game.	62.3	37.7			
As a coach, he adopts different strategies.	63	37			

(N=138)

The table no 1 explore the responses of subjects in context of coaching ability of Sh. Narender Singh Saini. It was observed that there was total 18 statements regarding Coaching-ability and responses were taken into 5 Likert scale ranged from 1(strongly agree) to 5 (Strongly

disagree). It was taking into notice that majority of respondents responds positively towards the statements. No negative response were observed from the table given above.

**Table 2 Showing Responses in terms of Percentage of Playing-ability**

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
He possessed a variety of sport skills	42.9	0	14.3	39.3	3.6
He maintained good relations with other hockey players	28.6	71.4	0	0	0
He attracted spectators, Referee & Coach with his behavior	71.4	28.6	0	0	0
He always motivated the other player by giving out his best	39.3	28.6	32.1	0	0
He was well-disciplined player on ground	46.4	14.3	39.3	0	0
He kept regular record of his schedule	0	50	25	25	0
He never displayed laxity and laziness during practice and competition	35.7	32.1	32.1	0	0
<b>*He was technically very sound player</b>	0	35.7	39.3	25	0
He never played selfish game	53.6	25	21.4	0	0
<b>*He was an aggressive hockey player</b>	0	25	35.7	39.3	0
He was not punctual in his training	0	0	0	67.9	32.1
He did not respect his opponents	0	0	0	0	100
He was a hard working hockey player	0	50	32.1	17.9	0
<b>*He had good locomotors ability (speed)</b>	0	42.9	28.6	28.6	0
While playing he had the ability to comprehend the situation and solve the problem	0	67.9	32.1	0	0
He never lost his patience after defeat	25	60.7	14.3	0	0
He was always receptive to new ideas.	39.6	60.7	0	0	0
<b>*He was a player of very high caliber</b>	0	28.6	35.7	35.7	0

(N=28)

The table no 2 explore the responses of subjects in context of coaching ability of Sh. Narender Singh Saini. It was observed that there was total 18 statements regarding playing-ability and responses were taken into 5 Likert scale ranged from 1 (strongly agree) to 5 (Strongly disagree). It was taking into notice that majority of respondents responds positively towards the statements. No negative response were observed from the table given above. But Some statements given in the table above and highlighted by (\*) are directly related to playing ability of Sh. Narender Sigh Saini and it was observed that in context of these statements some subjects were disagree. It means that Sh. Narender Singh Saini was not a player of high caliber but he has an extraordinary coaching skills which are statistically proved in table no. 1.

### CONCLUSIONS OF THE STUDY

After analysis the both tables (as a coach and as a players) it was concluded that Sh. Narender Singh Saini was not identified as a elite or extraordinary player but a extraordinary Coach. Therefore, it was concluded that, "there is no relationship between coaching and playing ability of a person". A simple or national level player may be have extraordinary coaching skills also.

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## **SIGNIFICANCE OF YOGA DURING COVID-19**

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### **Introduction:**

Yoga is a path towards total harmony of body, mind, and spirit. The word Yoga comes from the Sanskrit word Yuj, which means union. Union of the individual consciousness with the universal consciousness. Yoga is not merely a form of exercise for the body. It is an ancient wisdom - for a healthier, happier, and more peaceful way of living - which ultimately leads to union with the Self. It is an inherent desire in humans to be happy. The ancient sages, through inquiry about life, were able to reach a state of consciousness in which the secrets of healthier, happier, and meaningful living were revealed to them.

Though yoga comes from Hinduism, the knowledge of yoga transcends any religion or culture. Yoga is a spiritual and physical science that organized in ancient India different forms of yoga appear in Hindu Buddhism and Jainism. The basic meaning of yoga is to take care of the body and mental state through meditation and ananas. Its first form is found in Hindu text in the Mahabharata and Patanjali yoga Sutra. Yoga is a complete lifestyle as well as, yoga is a spiritual practice. From young to old man and women of any religion can practice yoga. Yoga has given human beings a positive outlook of life. Due to Maharshi Patanjali's yoga proper discipline has been established that is a yoga is so important in human life both physical and mentally.

### **What Yoga?**

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root Yuj meaning "to join", "to yoke" or "to unite".

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as mukti, nirvāna, kaivalya or moksha.

"Yoga" also refers to an inner science comprising a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

**Definition:**

Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization. The literal meaning of the Sanskrit word Yoga is 'Yoke'. According to Maharishi Patanjali, Yoga is the suppression of modifications of the mind.

**Types of Yoga:**

There are dozens of types, or schools, of yoga. They evolved over the centuries as different yogis developed their own philosophies and approaches and taught them to eager students, who then passed them on to their own students and disciples. For instance, Hatha yoga, arguably the most popular type of yoga taught in the U.S., was developed by Yogi Swatmarama in India in the 15th century and described by Swatmarama as "a stairway to the heights of Raja yoga (Raja being one of the six orthodox schools of Hindu philosophy, outlined by Patanjali in his Yoga Sutras) and a preparatory stage of physical purification that renders the body fit for the practice of higher meditation." Likewise, Kundalini yoga, which is reported to be more than 5,000 years old, was introduced to the west in 1969 by Yogi Bhajan when he traveled here from India.

**Most Popular 8 Types of Yoga:**

- Ashtanga yoga.
- Hatha yoga.
- Hot yoga.
- Iyengar yoga.
- Kundalini yoga.
- Power yoga.
- Restorative yoga.
- Vinyasa yoga.

**Meaning of Ashtanga yoga:**

Ashtanga Yoga is a vinyasa based yoga system. It is a method of practicing asanas in a therapeutic sequence where every movement is synchronized with the breath. Vinyasa means "movement linked with the breath." The breath initiates the movement on the inhale or the exhale. Ashtanga Yoga is a vinyasa based yoga system. It is a method of practicing asanas in a therapeutic sequence where every movement is synchronized with the breath. Vinyasa means "movement linked with the breath." The breath initiates the movement on the inhale or the exhale. Ashtanga yoga literally means "eight-limbed yoga," as outlined by the sage Patanjali in the Yoga Sutras.

According to Patanjali, the path of internal purification for revealing the Universal Self consists of the following eight spiritual practices:

- Yama [moral codes]
- Niyama [self-purification and study]
- Asana [posture]

- Pranayama [breath control]
- Pratyahara [sense control]
- Dharana [concentration]
- Dhyana [meditation]
- Samadhi [absorption into the Universal]

**Importance of Yoga during Covid 19:****Develops our Physical Health:**

Different types of exercise are done for health. It achieves movement of body muscles. Increases blood circulation. Pure air was available so it was healthy. Gains mental health and peace of mind. Yogasana exercises all the muscles in the body, the internal organs, and the glands and makes them more efficient. The organ was throbbing. The body was light. Along with the body, the mind also takes a turn. "हेयंतुःखअनागतम्" means that future sorrows can also be avoided due to yoga. That is, yoga is a preventative science.

**Development of Mental Health:**

The destruction of Shadripu does not cause stress. Behavior occurs according to social norms. Non-violent and truthful, Tyagi mentality is formed. Enmity is destroyed and brotherhood is formed. Brahmacharyavrata leads to fearlessness.

**Due to Asana:**

Circulation increases the supply of oxygen to the brain. Accelerates brain function, reduces impulsive behavior and helps concentrate the mind. The senses become capable, the emotions are controlled. Sitting asana helps in Kundalini awakening. Resolving emotions strengthens the heart. Phonology is awakened by hearing the inner voice. Elimination of psychiatric illness strengthens mental concentration, creates a mindset for meditation

**Development of Social- emotional**

Emotional Development develops self - awareness. One of the main goals of yoga is to get students out of their heads and into their bodies. Builds self - confidence. Self - confidence equips students with the skills to try new challenges, cope with mistakes and try again. Improves focus and concentration. Relieves stress, Improves behavior.

**Why Yoga:**

- Exercise is provided for internal muscles as well as external muscles.
- Regular blood supply to all working bodies.
- Of these, the digestive system is the right one.
- All round and regular development of the body adds to both beauty and goodness.
- Yogasana can create semen, control and elevation.
- Diseases do not revolve around.
- Tolerance, concentration, confidence, self-regulation etc. Points are created.
- Mental concentration and introversion come into life. Positive thoughts are formed.
- Yogasana makes the body light and active. So there is no such thing as fatigue.

- There are many benefits in a short time and with a little vitality. Vital energy is saved and stored.
- Weak and old people can get benefits by doing this.
- Yoga Improves Muscle strength, muscle tone, flexibility and stamina. Reduces stress and tension. Improves Concentration and Creativity. Helps to burn belly fats. Stimulates the Immunity Power. Creates Senses of well-being and calm.
- Makes me strong and charismatic. No other tools required, no partner required. Enjoy without spending.

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## **EFFECTS OF YOGA ASANAS ON THE SELECTED MOTOR ABILITIES OF MALE STUDENTS**

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### **Abstract**

The goal of the investigation was to find out the effect of yogasanas on the selected motor abilities of male students. To complete the aim of the investigation forty (40) male students studying in Dr. Shyamaprasad Mukherjee Arts College, Shendurjanaghat TQ WarudDist Amravati (M.S.). The participants were divided into two equivalent groups of Twenty (20) subjects each groups such as control group and yogasanas training. The yogasanas training was given a systematic and yogasanas training for six days for twenty four weeks. Control group did not contribute in any training program and followed the daily routine. The subject's age ranged from 18 to 22 years. Agility was measured by 6 X 10 Meters Shuttle Run and Speed was measured by Fifty Yard Dash. The analysis of covariance (ANCOVA) method. The level of significance was fixed at 0.05 level of confidence. It was concluded that yogasanas group significantly improved agility and speed compared to control group.

**Keywords:** Yogasanas, Motor Abilities

### **INTRODUCTION:**

On June 21, 2015, the first International Yoga Day was celebrated globally. This day hundreds of cores of people did the yoga in the world which was a record. Yoga is such an successful form of exercise, through which it is not only balance in body parts but also in mind, brain and soul. This is the reason that yoga can be found in addition to physical ailments besides mental problems. The word yoga is derived from the use of culture, which means union with the universal consciousness of the soul. Yoga is being adopted for more than ten thousand years. According to the Vedic codes, it is mentioned in Vedas since ancient times about ascetics. Even in the Indus Valley Civilization, sculptures displaying Yoga and Samadhi were obtained. Yoga civilization was adopted from the beginning in the Hindu religion by the sadhus, sannyasis and yogis, but this mode has expanded in the ordinary people, it does not last much longer. Regardless of this, knowing the importance and significance of yoga, it is being adopted on a large scale for a healthy lifestyle, whose main reason is its positive effect in a busy, stressful and unhealthy routine.

### **METHODOLOGY:**

The goal of the investigation was to find out the effect of yogasanas on the selected motor abilities of male students. To complete the aim of the investigation forty (40) male students studying in Dr. Shyamaprasad Mukherjee Arts College, Shendurjanaghat TQ WarudDist Amravati (M.S.). The participants were divided into two equivalent groups of Twenty (20) subjects each groups such as control group and yogasanas training. The yogasanas

training was given a systematic and yogasanas training for six days for twenty four weeks. Control group did not contribute in any training program and followed the daily routine. The subject's age ranged from 18 to 22 years.

#### SELECTED VARIABLES:

**Agility:** Agility was measured by 6 X 10 Meters Shuttle Run. The time taken by the performer to complete the course of 6 x 10 meters to the nearby 1/10th of a second is recorded as score of the test. Only one chance is given.

**Speed:** Speed was measured by Fifty Yard Dash. The elapsed time from the starting signal until the runner crosses the finish

line is measured to the nearest tenth of a second

#### STATISTICAL ANALYSIS:

The information collected from the two groups on the selected motor abilities were used for the statistical treatment to find out whether or not there was any significant difference between the two groups by the analysis of covariance (ANCOVA) method. The level of significance was fixed at 0.05 level of confidence.

**Table No. 1: Analysis of covariance of agility between yogasanas group and control group**

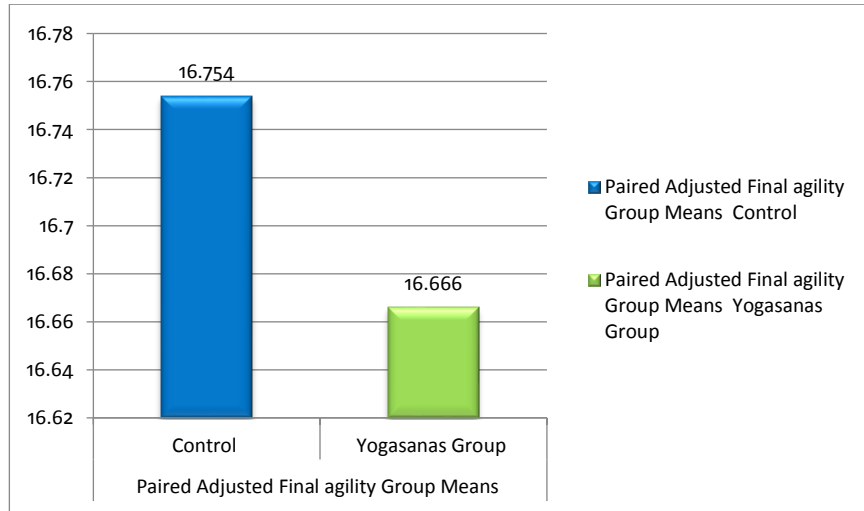
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Intercept	.003	1	.003	.768	.386
Agility_Pre	9.708	1	9.708	2578.534	.000
Group	.074	1	.074	19.735*	.000
Error	.139	37	.004		
Total	11178.980	40			

Table No.1 shows that analysis of covariance of yogasanas group and control group on agility. Since the computed value of F ratio was 19.735, which was significantly higher than the table value. Therefore, there is need of post hoc test.

**Table No. 2: Paired mean difference of agility between yoga training group and control group**

Paired Adjusted Final Group Means		Mean Difference	Std. Error	Sig
Control	Yogasanas Group			
16.754	16.666	.088	.020	.000

Table-2, the mean difference values of Control Group and yogasanas Group (.088) reveal that there is significant difference in agility as the obtained mean difference values is found to be significant at .05 level of significance.



**Graph No-1:** agility of adjusted mean values difference between pre and post test of yogasanas group and control group

**Table No. 3: Analysis of covariance of speed between yogasanas group and control group**

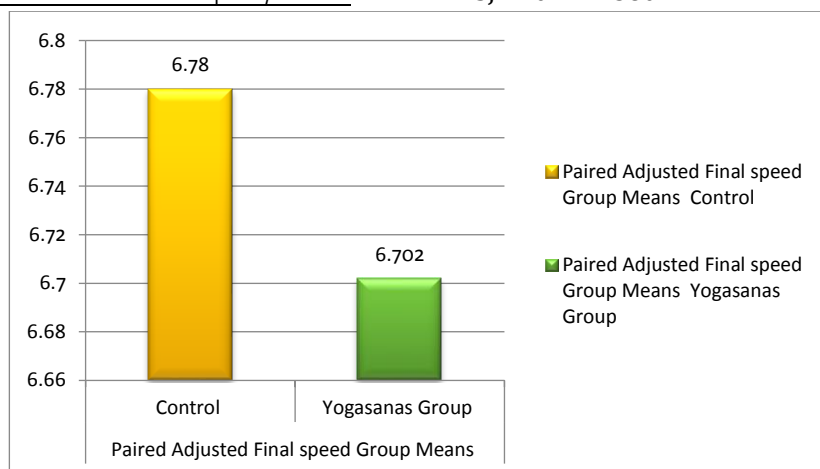
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Intercept	.009	1	.009	2.745	.106
Speed_Post	9.503	1	9.503	3052.831	.000
Group	.060	1	.060	19.300	.000
Error	.115	37	.003		
Total	1827.557	40			

Table No.3 shows that analysis of covariance of yogasanas group and control group on speed. Since the computed value of F ratio was 19.300, which was significantly higher than the table value. Therefore, there is need of post hoc test.

**Table No. 4: Paired mean difference of speed between yoga training group and control group**

Paired Adjusted Final speed Group Means		Mean Difference	Std. Error	Sig
Control	Yogasanas Group			
6.78	6.702	.078	.018	.000

Table-4, the mean difference values of control group and yogasanas group (.078) reveal that there is significant difference in speed as the obtained mean difference values is found to be significant at .05 level of significance.



**Graph No-2:** speed of adjusted mean values difference between pre and posttest of yogasanas group and control group

#### CONCLUSION:

It was concluded that yogasanas group significantly improved agility and speed compared to control group. Yoga involves many exercises that have the ability to cure respiratory problems. It not only helps in curing respiratory but many other diseases related to our digestive tract, stomach problems, joint problems etc. For example, —tilt action|| is done to strengthen joints and muscles, balancing verbs|| to strengthen hands and legs, and —sitting yoga action|| to reduce flexibility and mental stress. Apart from this, there are many other different types of actions involved.

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## COMPARATIVE STUDY OF PHYSIOLOGICAL VARIABLES OF KABADDI AND HANDBALL PLAYERS

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### **Abstract**

*The main purpose of this study was to find out the Physiological Variables (Haemoglobin and Pulse Rate) variables. For the present study the source of subjects were selected from Interuniversity Players of Sant Gadge Baba Amravati University Amravati. Fourty (40) subjects were selected for this study. Twenty (20) subjects were taken from Kabaddi, while the remaining twenty (20) were taken from handball Interuniversity Players in Sant Gadge Baba Amravati University Amravati. The data pertaining to each of the Haemoglobin and Pulse Rate variables were examined by the special statistical methods viz. mean, standard deviation and 't' test. The subjects were selected by using simple random sampling method. It was hypothesized that there would be significant difference of diurnal variations in the selected Haemoglobin and Pulse Rate variables of Kabaddi and Handball Players.*

**Key Words:** *Haemoglobin and Pulse Rate Variables of Kabaddi and Handball Players.*

### **INTRODUCTION:**

The meaning of human physiology is the study of body function. In physiology we study how our organs, systems, tissues, cells and molecules within cells work and how their functions are put together to maintain our internal environment. Physiology is the study of how human body functions? Physiologists study the various characteristics of living things. Their studies range from the most basic unit of organism, the cell, to the more complex organs and organ systems such as the brain and respiratory systems. Pulse rate is actually the frequency of pressure waves (waves per minute) propagated along the arteries such as carotid as radial arteries. Hemoglobin is basically organic material with a very interested organic structure known as haeme. The interesting thing about this structure is that it contains iron and this iron is capable of combining with oxygen to form oxyhae moglobin in Red Blood Cells by means of this function oxygen is carried to the tissues from the lungs.

The determination of blood constituents are of great importance in relation to health and disease in human beings. Physically fit consumes more oxygen. In fact, the hemoglobin is responsible for the transport of oxygen wherever the concentration of hemoglobin increases which helps in the required supply of oxygen. The normal average Red Blood Cells count in adult male is taken as 5.5 million per cubic millimeter and female 4.8 million per cubic millimeter. Increasing the Red Blood Cell Status of an individual it is necessary to evaluate the hemoglobin percentage.

Handball is also one of the fastest games it is a game played by 7 players including the keeper in a short field. Passing, throwing and running in this game has made it faster. In handball, throwing is the only means by which it is possibly to score goals. It is probably the most important skill in the game of handball. In Handball synchronization of all the body

movement is most important. Each movement is a chain reaction which result in good results i.e. throwing and shooting the goal.

Today Kabaddi Is the Faster Games It is also the fastest growing sports in the world. It is for every it is played by both sexes of all ages and sizes and also by the physically challenge, including those in the wheel chair, A rare beauty of Kabaddi all in that it can be alone. All you need is ball basket, a confined space (such as a driveway or playground) and your imagination to provide a competitive game like experience that other sports simple cannot match. In India National Kabaddi federation was formed in the year 1949 and organized a professional competition in which fourteen teams participated, those teams were divided into east and west called world champion.

#### **SOURCE OF DATA:**

The data pertaining to this study were collected from the players participating in Selection among Kabaddi and handball players Trial of Sant Gadge Baba Amravati University, Amravati.

#### **SELECTION OF SUBJECT:**

The researcher was selected the (40) subjects were selected for this study. Twenty (20) subjects were selected from Kabaddi players, while the remaining twenty (20) were selected from handball Players in Sant Gadge Baba Amravati University Amravati.

#### **Sampling Method:**

The simple random sampling was applied to select the subjects for this study.

#### **Criterion Measures:**

The following criterion measures were chosen for testing the hypothesis.

#### **Physiological Variables measures were:**

**Pulse Rate:** Stop watch was used to measure the pulse rate.

**Hemoglobin:** HB percentage of the subjects was measured by HB apparatus (Sahil's Haemometer).

#### **STATISTICAL ANALYSIS AND INTERPRETATION**

The data collected on 40 subjects was Analyzed by Applying 't' test to compare Pulse Rate and Hemoglobin variable and co-relation test was applied to find out relationship between Kabaddi and hand ball players with their performance.

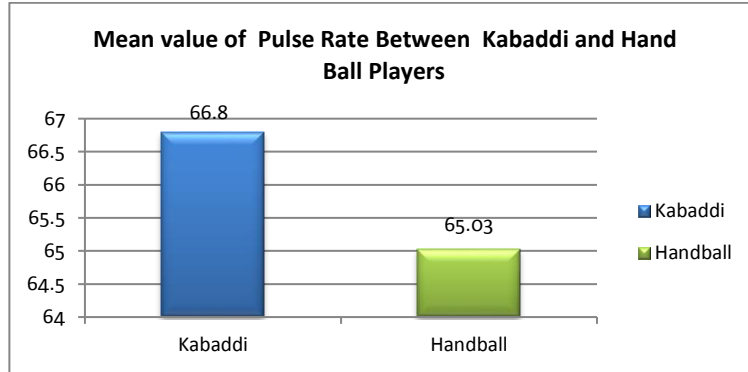
#### **Level Of Significance:**

To test the hypothesis, the level of significant was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

**Table 1 Comparison of Pulse Rate Between Kabaddi and Hand Ball Players**

Group	Mean	S.D.	S.E.	M.D.	O.T.	T.T.
Kabaddi	66.80	6.442	1.849	0.120	0.065	2.000
Handball	65.03	6.631				

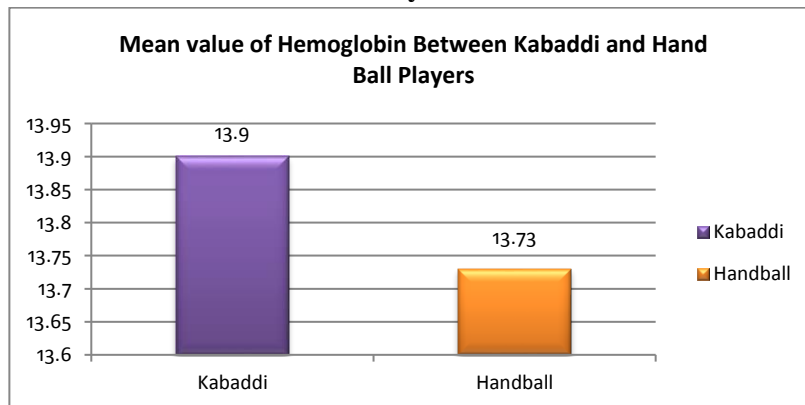
**Graph 1 Showing the Mean value of Pulse Rate Between Kabaddi and Hand Ball Players**



**Table 2 Comparison of Hemoglobin Between Kabaddi and Hand Ball Players**

Group	Mean	S.D.	S.E.	M.D.	O.T.	T.T.
Kabaddi	13.904	1.060	0.293	0.032	0.109	2.000
Handball	13.73	1.011				

**Graph 2 Showing the Mean value of Hemoglobin Between Kabaddi and Hand Ball Players**



**Conclusion:**

On the basis of finding and within the limitation of present study the following conclusion have been drawn:

On the basis of result it was found that there was insignificant difference in the Pulse Rate and hemoglobin variables of Kabaddi and Hand Ball Players. In the beginning it was Hypothesized that there will be Positive relationship Between in physiological variables(Pulse Rate and hemoglobin) of Kabaddi and Hand Ball Players with their performance on the Basis of Result it was found there was Negatives Relationship between Kabaddi players and Hand Ball players with their performance.

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**Special Issue of Department of Physical Education,  
Lokmanya Mahavidyalaya Warora,  
Dist. Chandrapur**

On

**EFFECT OF CORONA PANDEMIC ON  
VARIOUS SPORTS SECTORS**

**Chief Editor**

Dr. Subodh Kumar Singh  
Principal

**Editor**

Assit. Prof. Uttam R. Deulkar  
Head, Department of Physical Education

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### **Principal's Message.....**

Lokmanya Mahavidyalay, Warora, Dist. Chandrapur, run by Lok Shikshan Sanstha, Waroda and affiliated to Gondwana University, Gadchiroli faced NAAC and was assessed and accredited with 'C' status in the first cycle in 2010 and 'B' in the second cycle in 2017. The college could do much in such a small period simply because of the unhindered guidance and support from Prof. Shirkant Patil, President, Principal Anil Dongre, Vice-President, the Secretaries Shri Shrikrishnaji Ghadyal Patil and Dr. Milind Despande and honorable members of Lok Shikshan Santha, Waroda. It is only because of their candid and unfailing support that the college could take the shape that it has today. However, the active and enthusiastic support of the faculty and members of administrative staff cannot be down-played. The entire success story of the college has, in fact, been essayed by the teachers, administrative staff, and the students, who leave no stone unturned for the desired output.

Today, education and research are highly interdisciplinary. Research as a careful critical inquiry of examination in seeking facts or principals or new knowledge through a systematic scientific and analytical approach in any branch of knowledge. Lokmanya Mahavidyalaya has constituted a research committee to promote, monitor and address the issue of research.

It is matter of great pleasure to note that the Department of Physical Education & Sports has organized One-Day National E-Seminar on June 12, 2021, Saturday, With the academic objective to deliberate upon **“Effect of corona pandemic on various Sports Sectors”**. Participation of intellectuals and academicians form across the country with defiantly make the endeavor of the department and those who take pains in making it succeed, fruitful.

Obviously, efforts of the Department of Physical Education & Sports will open up new vistas, and prove to be a step forward in the field of research and new learning. As the chairman of organizing committee, I express satisfaction for the seminar and academic exercised an extend my best wishes to virtual conference. Research Paper are invited form scholars and academicians form the different part of the country. These papers are published in an International Peer Review, Refereed **Scholarly Research Journal for Interdisciplinary Studies** with **ISSN 2319-4766, Impact factor (SJIF) 2021-7.380, April-June-2021, VOLUME – 10, ISSUE-54.**

I am sure the ideas expressed in the research paper will open up new areas of quality enhancement of higher education.

**Dr. Subodh Kumar Singh**  
Principal





### **EDITORIAL....**

After December 2019 the world has seen the growth of corona virus (COVID-19) in the countries all over the world. You can see that the field of sports also affected during this period. Therefore, to discuss this effect of COVID-19 on various sectors of sports, our college has organized One-Day National e-Seminar on the “**EFFECTS OF CORONA PANDEMIC ON VARIOUS SPORTS SECTORS**” on 12<sup>th</sup> June 2021, Saturday. The pandemic of corona has immobilized the world in totality with its adverse effects on the socio-economic, political, religious and sports sectors. The entire sports world is affected by the corona. The purpose of this E-seminar is to talk analytically over the impacts of the Corona Pandemic on the world of sports. Sports and everything related to them are badly impacted; so we invited the research papers and articles based on analytical data from various peoples related to sports. Therefore, to explore this topic we have invited keynote speaker Asst. Dir. Dept. of Physical Education Dr. Vikas Prajapati (Maharaja Saiyajji Gaikwad University, Baroda). We have also invited Dr. Sherish Topre (Bhartiya Mahavidyalay, Morshi, Amarawati), as the resource person; and the chairperson is Dr. Subodhkumar Singh, Pricipal of Lokmanya Mahavidyalaya, Warora; Inaugurator Prof. Shrikant J. Patil president of (Lok Shikshan Sanstha, Warora). Dr. Stalin Rafael (St. Joseph College, Irinjalakuda, Kerela) is chairperson for research paper presentation session. . I express my thanks to all the concerned.

**Assit. Prof. Uttam Deulkar**

Editor & Head, Department of Physical Education  
Lokmanya Mahavidyalaya, Warora, Dist. Chandrapur

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## RELATIONSHIP BETWEEN LITERATURE AND PSYCHOLOGY

**Prof. Sangita R. Bambode**

*Director of Physical Education & Sports, Vivekanand Arts & Commerce College Bhadrawati,  
Dist. Chandrapur (M.S.)*

### **Abstract**

*The aim of the present paper is to study about Literature, psychology and their correlation. There is a close connection between Literature and psychology. Literature is prose, poetry, essays, articles, letters, everything that is informative or recreative whether it be written or non-written. Psychology is the study of mental processes and behaviour of human beings in society or individually. Since modern age demands are financial growth of nations, citizens work with different groups and both these branches of study help them to cope up with one another better and also solve their problems that may crop up easily and speedily. Prevention is always better than cure. But life is life. It cannot leave anyone all alone. An individual has to express his aims and work that way. Scholars are researchers who work for possible solutions and help the society. The relation between Literature and psychology is beneficial to human societies as whole if applied in realistic situations.*

**Key words:** literature, psychology.

### **Introduction:-**

Literature refers to the texts, contents, plays and dramas, prose , poetry , essays , letters, articles , research and any informative or recreative material be it verbal, or written. An expert's lecture is literature of that subject whether it be saved or not. Ramayana and Mahabharata are Indian ancient Hindu religious texts. It is said that the Buddhist literature was formed in the Nalanda University in Bihar and Taxila University in the present Afghanistan. The ancient Hindu university was Kashi Vidyapeeth and there is an Islamic Library in Patna wherein only ancient Islamic texts are available and it is world heritage nowadays. At the Royal scientific society of London literature on scientific researches are stored. In modern age there are various universities pertaining to different fields of knowledge wherein related literature is generated like technology, sports, agriculture, engineering, law, medicine etc and many more.

Literature for a reader means poetry, novels and drama.

### **Importance of Literature:**

Literature is very important since it is not created outside the society. It is the need of human beings who are tired after a day's hard work. Just as "the cuckoo sings to tired travellers in the hot sandy deserts" or "a solitary reaper sings of some unknown song while working on a farm" or how you feel to experience a beautiful morning in a busy polluted city on a busy bridge"; A poet can make you laugh and cry and cry; Unknown worlds are revealed through literature that may amaze you; you won't ever forget those beautiful nursery rhymes , will you? And beautiful colourful pictures in those books. They are the necessity of the kids. If you are old enough you may like to read more serious plays of Shakespeare or enjoy a novel of Charles Dickens.

Literature attracts you towards unsown mysterious stories and also digresses you from your main aims and targets of life and intrudes upon your valuable time if you don't earn even

a rupee from it. If you want to reform a complicated and angry person you just make him listen to stories and he will be April fooled forever. This is just what's the starting of the Arabian Nights. That cruel king was tamed by his learned wife Sheherjade through her 1001 stories from the Arabian Nights. The ancient Mughal emperor Akbar had Tansen, the musician and Birbal, the wit as his constant courtiers. What for? One of his wives cultivated a rose garden for him. Rose garden is a different farm full of rose fragrance. Because despite of being warriors, they needed something else for refreshing and recreating themselves.

Robert Borrowing's dramatic monologues terrorise and shock you in the end. One may not like to read them again. Literature reveals you the learning of great philosophers through their essays as of Bacon, Lamb and many others. Literature reflects the life and age of the people. The Elizabethan age popular playwright was Shakespeare whereas Victorian novelists Charles Dickens, Thomas Hardy, Thackray were as prominent as the Victorian poets – Mathew Arnold, Browning and Tennyson.

**Psychology Today** – ‘Psychology today is devoted exclusively to everybody's favourite subject: Ourselves.’ Psychology today covers all aspects of human behaviour, from the workings of the brain to the bonds between people and the larger cultural forces that drive our most intimate decisions.

**National Institute of Mental Health (NIMH)** – ‘Transforming the understanding and treatment of mental illnesses.’

**America Psychology Association** – ‘Our mission is to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.’

**Psych Central News** – ‘The Internet's largest and oldest independent mental health social network. Since 1995, our award-winning website has been run by mental health professionals offering reliable, trusted information and over 250 support groups to consumers.’

**Psychology –Reddit** – A Reddit community for the sharing, and discussing, science-based psychological materials.

**Psychology of Eating** – ‘We're on a mission to forever change the way the world understands food, body and health.’

**Healthy place Biogs**– ‘Trusted information on psychological disorders and treatments, plus mental health support.’

**Psy Biog by Dr Satender B.Singh**– ‘This site is all about scientific research into how the mind works.’

**BPS Research Digest**– ‘Your free, fortnightly roundup of the latest psychology research from the British Psychological Society.’

**Beck Institute for Cognitive Behaviour Therapy** – ‘Welcome to the leading international source for training, therapy, and resources in Cognitive Behaviour Therapy.’

### **Psychology**

As Aristotle remarked if a person can live alone he is either a deity or a devil. Human being are egregious by nature and can't live alone but in a society. The study of behaviour of human

beings and their mind is Psychology. As per William McDougall Psychology helps us to understand the control of behaviour of an organism as whole.

### **Importance of psychology**

Psychology helps us to understand the behaviour and reactions of different groups of peoples to different situations. For that you have to study sociology too. The study of society and a member of that group are very easy; there are many novels written by different writers; the writers belong to their group or class. You just have read a regional or a cartelists or a groupies novel and you come to know how the members of that group respond to a particular situation; But Indian society has water tight compartments ; hence one group of people may not like another one's literature or life stories. If you want to change your own psychology and that is your aim you can read their literature. You may get reformed for a few days and forget since no one can change your own reality but you on your own self. For many backward classes wherein agriculture and farming constitutes the main business --- fear cannot do. If a child gets afraid he has to overcome that fear. Otherwise how will he enjoy his life? For players are aggressive on playground; may hurt others in their excitement. To control that anger isn't that easy; many teachers and coaches have to keep a constant vigil and train the players slowly, gradually and perfectly. The guides and coaches therein have to train themselves hard under expert guides and coaches and read literature on that issue and help their players to become psychologically fit and tough and even after a defeat stand on the ground again.

Every literature has a case for psychological study. Freud is a example who gave the connection between literature and psychology. Hi did psychological studies related to literature and psychology. Many writers, poets inspired by Freud ideas e.g. Alfred Adar, C. G. Jung, J. Lacan, R. May etc. Literature i.e. novel has a relationship with human life. Literature is the psychological background of expression of writers.

Psychology and literature has a connection with human life. Literature and psychology deals with the human expression, behaviour, thought, motivation etc. Psychology is a scientific study of behaviour both external and internal. Psychology can be explaining phenomenon of human life. It explains the basic things that move human next life that is motivation. Psychology always connected to the human life. For the achievement in the life motivation play important role in human life. There are many things human can face are not as complicated as human imagine.

### **Psychology of Literature**

**The Psychological Study of the Writer as a Type and an Individual** The study of how people think, act, influence and relate to each other is part of the context of Social Psychology, a branch of Psychology that, in the 20th century, has been devoted to an attempt to dialogue with the Social Sciences, also dealing with the social experience acquired by the individuals who participate in different social movements. Within the first context, stated that denominations of the following type: "man-who-perceives", "man-who-needs" and "man-who-solves-problems" only represent a repartition that acts as a didactic artifice for the study of man. In other words, according to the author, in psychology "there exists only one individual - who perceives and



struggles and thinks” (i.e., an individual who is characterized by having a “pattern of perceptions, motives, emotions and adaptive behaviours” that “is unlike the pattern of anybody else”). Within this context, the writer, as an individual, is a unique being highlighted in the uniqueness that conjugates the human ensemble of individuals. His world is made up of what he perceives, feels, sees, thinks and imagines in a manner that cannot be identically reproduced by any other person. The world, perceived in this manner, precedes the writer's linguistic creation, primarily making him think with his senses. As a consequence, the individual perception of a writer is his thought, his invention, an observation about what is perceived.

In turn, as a type, a writer has his personality taken into considerations (i.e., his traits, skills, beliefs, attitudes, values, motives, forms of adjustment and temperament, his outer aspect), the way he is perceived by others and influences them, are analyzed and often generalized as a “scheme of understanding”, used here as an expression by Eduard. The traits are in the person; the types in an external viewpoint. Thus, for example, according to the particularities of each classification, there are philistines versus bohemians, apollineans versus dyonisiacs, and rationalists versus empiricists. Stranger, when focusing his analysis on fundamental human values, admits theoretical, aesthetic, social, political, and religious types. It is not that a person fully belongs to one of these types, but rather we may understand a person by examining his values through these denominations.

It should be emphasized that, as abstractions created to support these schemes of understanding, none of these typologies explains the individual as a whole. There are authors who advocate the use of ideal types (derived from rational methods such as those of Stranger), and authors who advocate the use of empirical types (which presume to cover a broad area of personality of many persons, extremes of a continuum, such as introverted versus extroverted individuals); cultural types (influenced by their participation in groups, whether typical or dissident, such as a trader, a farmer, a barber, a priest, a politician, etc.) and propedeutic types (who introduce basic knowledge about a topic, such as constitutional, perceptual, cognitive, maturity and immaturity types etc.). However, although being a type who is part of a social group, a personality is regulated by traits (i.e., by its active nature which resides inside the individual and not in his profession).

When dealing with the question of types in Psychology, clarifies that this “is a partial approach to individuality” which often seeks generality and amplitude, (i.e., the possibility of classifying a type as a “liberal, narcissistic, cerebrotonic, or authoritarian” person, among others), in order to find an “ample and valid categorization of human beings”. However, still according to the author (p. 438), “starting from types, researchers often reach useful information about complex traits and nothing more than that”.

Relationship of literature and psychology are given as follows:

- Psychology helps to solve the literature problems.
- To gained deep understanding.
- Literature can studies various psychological approach.

- Psychology represents personality of novelist, dramatists, creative writer etc.
- There is a mutual relationship between literature and psychology.
- Psychology noticed the author's biographical circumstances.
- Literature can be analyzed by using psychological theories that find the human soul in real life.
- It studied the creative process.
- It studied the types and principles of psychology applied to literature work.
- It studied the influence of writers on the reader.

**Conclusions:**

Psychology in literature is the psychological analysis of motivation of the writer and his work. Writer's psychological state is unconsciously reflected in various part of the work such as character, symbols, setting, language etc. the psychological criticism is not concern with the intentions of the author.

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## IMPORTANCE OF PHYSICAL ACTIVITY

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#### Abstract

Physical Fitness is becoming one of the important aspect in our life. Inactive lifestyle may cause of various disease. Whether school going children, college student, women, middle age person or old age person everybody should know importance of regular physical activity. Globally 27.5% people are physically inactive and not even meeting the WHO norms. Women found less active than men. Children are also becoming less active because of excess use of mobile phone as well television. They are spending more time on mobile instead of playing in ground or park. Thus to get Physical fitness Physical activity is must for all, behavioral changes from sedentary lifestyle to physically active living is needed.

**Keywords:-**Physical Activity

**Research Methodology:-** The prepared paper is descriptive study in nature. The study has been carried out relevant secondary data collection was based on various sources such as article published in different journals and conference paper newspapers and website etc.

**Introduction:-** Nowadays Indian government started fit India campaign for the better health of Indian citizen as well to motivate people for daily physical activity, SAI organizes training programme for coaches regarding community health. In Covid 19 pandemic situation its our health and healthy lifestyle which can survive us and will give us strength to fight against disease. It's our duty to keep own self fit in any circumstances and also right to healthy life.

“Physical activity simply means movement of the body that uses energy”

Eg .Swimming, Jogging, Walking, Biking, Gym activities

Physical activity is defined by its duration, intensity, and frequency

- Duration is the amount of time spent participating in a Physical activity session
- Intensity is the rate of energy expenditure
- Frequency is the number of physical activity sessions during a specific time period(e.g.one week)

#### Physical Activity as per Intensity

- **Low-intensity**-slight increase in breathing rate e.g., walking, tidying the house, cooking
- **Moderate-intensity**-moderate increase in depth and rate of breathing, while still allowing comfortable talking e.g., walking, water aerobics, cycling, cleaning the house, hiking, gardening
- **Vigorous-intensity**-noticeable increase in depth and rate of breathing, will not be able to allow more than a few words without pausing for a breath e.g. speed walking, jogging, cycling, and aerobic dancing, and jumping rope

**Global Recommendation on Physical Activity for Health by WHO**

- 1. Children and youth aged between 5-17 years old should accumulate at least 60 minutes of moderate –to vigorous –intensity physical activity daily.
- 2. Amount of physical activity greater than 60 minutes provides additional health benefits
- 3. Most of the daily physical activity should be aerobic Vigorous–intensity activities should be combined, including those that strengthen muscle and bone, at least 3times per week.

In adult age 18-64 years old physical activity included leisure times physical activity, transportation (e.g. walking and cycling) occupational (e.g. work) household chores , Play, games , sports or planned exercise in the context of daily, family and community activities. Inactive People should start with small amount of physical activity and gradually increase duration frequency and intensity over time .Inactive adult and those with disease limitations will have added health benefits when they became more active

**Benefits of Physical Activity**

- 1 Improve muscular strength
- 2. Strengthen Bone and Joint
- 3.Improve Blood Circulation
- 4.Weight loss
- 5. keep away from Diseases
- 6. Better sleep
- 7. Improve Stamina
- 8. Help to improve your self-image and self-confidence.
- 9. Reduces stress and tension.
- 10.Physical activity can relive anxiety depression and anger
- 11.Prevent from type 2 diabetes

Regular physical activity makes muscles, bones, ligaments and tendons strong and healthy. It's also improve heart muscle performance, reduces heart disease risk, maintain blood sugar level .Regular physical activity decrease risk of other disease,also reduces risk of fall and facture in old age people

**Conclusion:-**Every person should recognize the importance of physical activity and should inculcate culture of daily exercise, physical activity for better life span as well to get quality life

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## LEANGAINS PROTOCOL: HOW EFFICIENT METHOD FOR BURNING FATS IN OBESE PEOPLE IN THE MODERN ERA

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### Abstract

**Background:** Intermittent fasting is an eating pattern where eating periods and fasting periods are altered intentionally. In short intermittent fasting induced ketosis process that burn the fats of the person. Leangains protocol or 16:8 method is one of highly practice Intermittent fasting pattern. This protocol is a viable and efficient method for burning fats in obese people in this modern era of 21st century. **Methods:** The studies included were considered eligible if: (1) This study used One Group Pretest-Posttest Design. (2) Participants were adult (35–45 years old); (3) Treatment of leangains protocol was for 8 weeks; (4) Subjects are selected only if they were sedentary population; (5) Respondents mean BMI  $\geq 30$ ; (6) Convenient and snowball sampling pattern for selecting the respondents; (7) Total number of respondents was 20 (10-Male and 10-Female) **Results:** The study showed that the average BMI of subjects was 32.955, where the lowest score was 30.022 and the highest was 43.848 before conducting the Leangains protocol. After 8 weeks of Leangains protocol or 16:8 method of intermittent fasting, the average response of the subjects in BMI 32.001 where the lowest score is 28.189 and the highest is 41.657. The two-tailed P value is less than 0.0001, The mean of Pre-test Group minus Post-test Group equals 0.954470 where 95% confidence interval of this difference: From 0.588851 to 1.320089. The Intermediate values used in calculations:  $t = 5.4640$ ,  $df = 19$  where standard error of difference = 0.175, which indicate that by conventional criteria, this difference is considered to be extremely statistically significant, which means which means there is an effect of Intermittent fasting (Leangains Protocol) on the management of BMI, in Duliajan, Assam **Conclusion:** This study recommends fitness expert, physical instructor, gym trainer to educate and encourage Intermittent fasting (leangains protocol) to manage obesity in larger scale.

**Keywords:** Intermittent fasting; Leangains protocol; 16:8 method; adolescents; (Body Mass Index (BMI)

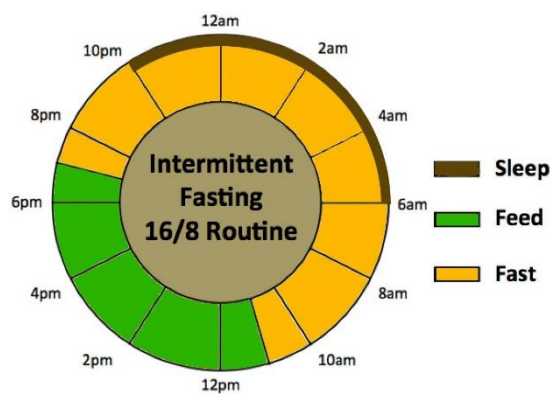
### Introduction:

Obesity is a condition of excess body fat. Until late 18th century the adverse effect of being overweight or obese were not even noted in medical literature. After technological advancement of public health measures resulted in the betterment of the quantity, quality, and variety of food. By the mid of 19th century, being excessively overweight, or obese, was recognized as main culprit of ill health, and after another century later, declared deadly. Obesity is a major public health problem and has become an epidemic in both developed and developing nations. “In the past 50 years, obesity has become an international public health issue that affects the quality of life, increases the risk of illness, and raises health-care costs in countries in all parts of the world”. (George A B et al, 2016). “Obesity is a complex, multifactorial, and largely preventable disease affecting along with overweight, over a third of the world’s population today. If these trends continue, by 2030 an estimated 38% of the world’s adult population will be overweight and another 20% will be obese” (Hruby A, 2016 & WHO 2019). Modern research researchers identify that obesity is a complex health problem with different factors such as genetic, environmental, behavioral, and social factors. These factors have a great role in people’s fat percentage & higher weight problems. The obesity or overweight is calculated by the body fat

percentage, Fat-cell size and Fat Cell count, Waist Circumference and BMI (Body Mass Index). Body mass index (BMI) is a measure of body fat by a person's weight to height ratio. (Center for Disease Control and Prevention, CDCP). In this modern world, Obesity has become a chronic disease for children, teens, and adults. To overcome this problem, "a new concept that is the combination of Intermittent Fasting (IF) and Low carbohydrate-high Fat Diet (LCHF) become very popular among people to overcome Obesity/Overweight related problems". (Harris et al, 2018)

### Intermittent Fasting

Intermittent fasting has been a very modern concept in recent years. Intermittent fasting is an eating pattern where eating periods and fasting periods are changed intentionally. Intermittent fasting never says anything about what to eat, but rather when to eat. Intermittent fasting is a condition of a set period of time (IF 16/8) in which people do not eat any food except non-caloric beverages. In our daily eating habit, we have two categories of pattern i.e. fasting and eating. This two is very clear phases of intermittent fasting. Generally, peoples' eating window is 16 hours & one fasting window is 8 hours. In intermittent fasting, the fasting and eating windows are altered to keep the body in the lipolysis process.



### Objectives of the study

The basic objective of the present study is to identify, how efficient leangains method for burning fats in obese people in this modern era. However, study is guided by the following sub-Objectives.

- To assess the effect of Intermittent Fasting on anthropometrical parameters i.e. Body Mass (Kg), BMI (kg/m<sup>2</sup>), Body Fat Percentage

### Methodology of the study:

The research methodology includes a detailed description of the methodological part of the study, which includes research design, sampling, data collection, sample description, research instrument followed by the statistical analysis approach that is explained.

A pre-test and post-test experiment design will be selected to meet the various objectives of the study. The study is experimental in nature, planned for management of obesity, the overall well-being of health, by means of intermittent fasting (16/8). The obese people being selected from different urban city of Dibrugarh district of Assam as the obese population for the present study. Initially, the subjects selected through the newspaper, local TV advertisements, gym & door-to-door contact and snowball technique. On the basis of mean score of BMI the respondent are selected for this treatment. A total number of 20 samples in-between age group 35-45 years are selected by means of convenient and snowball sampling, where 10 male and 10 female respondents are included. This experiment program was imparted to the samples for a period of

8 weeks. In addition, after completing 8 weeks of intermittent fasting various tests was performed to measure the variables.

**Hypothesis:**

H1: There is a significant difference of intermittent fasting on Body mass for burning fats in obese people

H2: There is significant difference of intermittent fasting on BMI for burning fats in obese people

H3: There is a significant difference of intermittent fasting on Body fat percentage for burning fats in obese people

**Review of Literature**

Golbidi S, et al (2017) stated in an article that fasting or periodic calorie restriction prevents unwanted effects of chronic energy restriction such as malnutrition. Intermittent fasting, byacting as an acute intermittent stressor, activates stress-response pathways that lead to an improvement in well-being.

Teng N.I. et al (2013) clinically diagnosed in two groups of age 50–70 years (Calorie restriction of 300–500 kcal/d combined with 2 days/week of Muslim Sunnah Fasting) revealed that a combination of Calorie restriction and Muslim Sunnah fasting improved body composition, energy and macronutrient intake, blood pressure, lipid profile and oxidative stress markers among healthy older adult.

Azevedoa F. R, Ikeokab D, &Caramellia B. (2013) assessed the impact of intermittent fasting (IF), in different aspects of metabolism such as obesity, metabolic syndrome (MS), and diabetes mellitus type 2 and concluded Traditional approaches to counter cardiovascular risk factors have been proven ineffective in most individuals. In this study, discussed authors exert a positive effect on metabolism and cardiovascular outcomes.

Davis CS, (2016) carried out a study on caloric restriction and IF and recommended that intermittent fasting may be a promising weight-loss method.

Patterson RE and Sears DD, 2017 studied in review based paper and describe suggests that even a single fasting interval in humans (e.g., overnight) can reduce basal concentrations of many metabolic biomarkers associated with chronic diseases, such as insulin and glucose. Intermittent fasting regimens may be a promising approach to losing weight and improving metabolic health for people who can safely tolerate intervals of not eating, or eating very little, for certain hours of the day, night, or days of the week.

Aksungar FB et al (2017) executed a study to recognize the relationship among BMI, fasting glucose, insulin, HbA1C. In the study, after the 24 months follow up, BMI, fasting glucose, insulin, HbA1C, levels of all subjects decreased gradually over time. They again suggested long-term Calorie restriction and physical exercise have great beneficial effects on the health of obese patients. They observed decreasing HbA1C concentrations shows that the least risk of type 2 diabetes and metabolic syndrome. During intermittent fasting, BMI did not change significantly, but after the intermittent fasting period, it again began to drop with ongoing Calorie restriction.

Tinsley GM & Horne BD. (2017) compare different types of fasting on fat loss, lipid profile, and blood glucose profile. The major findings from these investigations were that intermittent fasting has produced a weight loss of 3–8% over the course of 3–24 weeks. On average, alternate day fasting produced a weight loss of 0.75 kg/week, whereas PF produced a weight loss of 0.25 kg/week. Additionally, it has been reported that individuals who consume a greater proportion of energy later in the day experience less and slower weight loss than those who consume a lower proportion of energy later in the day. Interestingly researcher reported that hunger is at its lowest point during the biological morning (i.e., 8 AM) and peaks during the biological evening (i.e., 8 PM)

Cho Y et al (2019) systematically evaluate the effectiveness of an Intermittent Fasting Diet to reduce body mass index and glucose metabolism in the general population without diabetes mellitus. In conclusion they found that IF significantly improves glycemic control and insulin resistance with a reduction in BMI, a decrease in leptin level, and an increase in adiponectin concentration in the general population without chronic metabolic disease.

### Primary Data

Table 1:

	Male		Female	
	Mean Pre-test	Mean Post-test	Mean Pre-test	Mean Post-test
Height (cm)	165.95	165.95	155.5	155.5
Mass (Kg)	91.66	81.10	79.06	76.65
BMI	33.20	32.29	32.71	31.71
Body fat %	29.41	28.08	43.69	42.36

### Data Analysis and Interpretation:

Table 1: It is understood from the above table that 50% are Male respondents and 50 % are Female respondents. All the male and female respondents fall under the age group of 35-45 years. The mean of male respondent height is 165.95 cm whereas female respondent is 155.5 cm. The mean of male body mass before experiment 91.66 kg and post test it comes down to 81.1 kg, whereas female respondents is 79.06 kg to 76.65kg. In the BMI category mean of male is 33.20 to post experiment is 32.29 contrast to female 32.71 to 31.71. Interestingly mean of the pre-test body fat percentage is 36.55 and posttest is 35.22. As per the Data shown in table 2 regarding the Leangains Protocol on Body mass, the two-tailed P value is less than 0.0001. In confidence interval the mean of Pre-Test minus Post-Test equals 2.500. 95% confidence interval of this difference is from 1.453 to 3.547. By conventional criteria, this difference is considered to be extremely statistically significant. Therefore, the result of t-test about Body mass is significant and hence alternate hypothesis is accepted.



As per the Data shown regarding the Leangains Protocol on BMI, The two-tailed P value is less than 0.0001. In confidence interval the mean of Pre-Test minus Post-Test equals 0.9545. 95%

```
T-TEST PAIRS=PreWeight PreBMI PreBodyFat WITH PostWeight PostBMI PostBodyFat (PAIRED)
/CRITERIA=CI (.9500)
/MISSING=ANALYSIS.
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**T-Test**

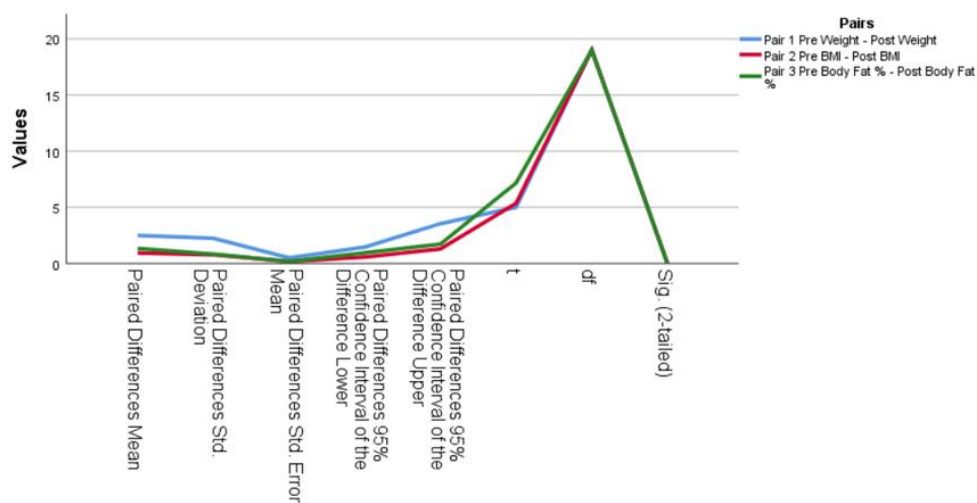
**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre Weight	85.36000	20	13.597113	3.040407
	Post Weight	82.860	20	12.3851	2.7694
Pair 2	Pre BMI	32.940	20	4.0846	.9133
	Post BMI	32.010	20	3.7390	.8361
Pair 3	Pre Body Fat %	36.5510	20	7.77771	1.73915
	Post Body Fat %	35.2170	20	7.80106	1.74437

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	Pre Weight & Post Weight	20	.990	.000
Pair 2	Pre BMI & Post BMI	20	.984	.000
Pair 3	Pre Body Fat % & Post Body Fat %	20	.994	.000

**Paired Samples Test**



confidence interval of this difference is from 0.5888 to 1.3202. Intermediate values used in calculations:  $t=5.4625$ ,  $df = 19$ , standard error of difference = 0.175. By conventional criteria, this difference is considered to be extremely statistically significant. Therefore, the result of t-test about BMI is significant and hence alternate hypothesis is accepted.

As per the Data shown regarding the Leangains Protocol on BMI, the two-tailed P value is less than 0.0001. In confidence interval the mean of Pre-Test minus Post-Test equals 1.3340. 95%

confidence interval of this difference is from 0.9445 to 1.7235. Intermediate values used in calculations:  $t=7.1692$ ,  $df = 19$ , standard error of difference = 0.186. By conventional criteria, this difference is considered to be extremely statistically significant. Therefore, the result of t-test about Body fat percentage is significant and hence alternate hypothesis is accepted.

### Conclusion

The human body is amazingly clever. If food is restricted in one meal, body will discharge Ghrelin hormone and increase hunger thus we consume more calories at the next meal, and even slow down metabolism to match calorie consumption. Intermittent fasting has many potential health benefits, but it should not be assumed that if followed strictly it is guaranteed to produce massive weight loss and keep our body out of disease. It is a useful tool, but many tools may need to be implemented to help in attaining and sustaining optimal health.

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## **EFFECT OF TEN WEEKS BARE-FOOT MORNING WALK PROGRAM AT HOME ON SELECTED HEALTH RELATED FITNESS OF MALE SENIOR CITIZENS OF AMRAVATI DISTRICT**

**Rajiv Mondal**

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### **Abstract**

*These paper is related to of Effect of Ten Weeks Bare-foot Morning Walk Program at Home on Selected Health-related Fitness of Male Senior Citizen of Amravati District. The objective was to compare mean scores of Pre-test and Post-test of Selected Health-related Fitness of Male Senior Citizen of Amravati District. The Null Hypothesis was that there is no significant difference in mean scores of Pre-test and Post-test of Selected Health-related Fitness of Male Senior Citizen of Amravati District. The selection of sample on the basis of Purposive Sampling Methods and size of sample was 29 Male Senior Citizen of Amravati District. The Senior Fitness Test was used developed by Dr. Roberta Rikli and Dr. Jessie Jones for assessing Selected Health-related Fitness of Male Senior Citizen of Amravati District. Correlated Sample t-Test was used for analyzing the data. Six minutes Walking mean scores were found to be significantly.*

### **Introduction**

COVID-19 is changing elder people's daily practices, the care and support they receive, their ability to stay socially connected and how they are perceived. Older people are being challenged by requirements to spend more time at home, lack of physical contact with other family members, friends and colleagues, temporary cessation of employment and other activities; and anxiety and fear of illness and death – their own and others.

Physical Fitness is a positive and a dynamic quality on a continuous from abundant life to death. It is related to the ability to meet the demand of the environment specifically to preserve to with standard stress is minimal in the to possess the energy for an abundant life physical fitness is minimal in the seriously ill and is maximal in the highly conditioned person, while energy demands of daily task vary for individuals. Same position between these minimal and maximal poles is satisfactory for most people. Since the individual is totally non-divisible into discrete parts physical; fitness affects all phases of human existence. It is vital for the whole person to maintain neuromuscular, cardiovascular and other organic system by improvement physical fitness through exercises. Adequate level of physical fitness should be developed early in life and then continuously maintain through regular participation in a well-designed activity program to promote the total wellbeing of an individual. We know that there is two things one is living things another is non-living things so as living organism each and every individual should to be move their machine for proper functioning of the human machine and it can maintain by do daily normal physical activities.

### **Objectives**

- i. To compare the mean scores of Pre-test and Post-test of Six Minutes Walking of Male Senior Citizen of Amravati.
- ii. To compare the mean scores of Pre-test and Post-test of Chair Stand of Male Senior Citizen of Amravati.
- iii. To compare the mean scores of Pre-test and Post-test Left Hand Biceps Curl of Male Senior Citizen of Amravati.
- iv. To compare the mean scores of Pre-test and Post-test Right Hand Biceps Curl of Male Senior Citizen of Amravati.

### **Hypotheses**

- i. There is no significant effect of Pre-test and Post-test of Six Minutes Walking of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones.
- ii. There is no significant effect of Pre-test and Post-test of Chair Stand of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones.
- iii. There is no significant effect of Pre-test and Post-test of Left-Hand Biceps Curl of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones.
- iv. There is no significant effect of Pre-test and Post-test of Right-Hand Biceps Curl of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones.

### **Methodology**

Twenty-Nine Male Senior Citizen were selected as subjects from Amravati City, Maharashtra through purposive sampling method. The age of the subjects was ranged from sixty to seventy years. Single Group Pre-post Test Experimental Design was chosen. Pre-test was conducted to measure their initial performance of health-related fitness and after Three Months walking programs the post test was conducted to measure the final results.

### **Selection of Test and Criterion Measures**

Senior Fitness Protocol

1. Six Minutes Walking,
2. Chair-stand tests
3. Biceps Curl and

### **Collection of Data**

The necessary data pertaining to the study were collected using the three tests mentioned above from Male Senior Citizens of Amravati City.

### **Analysis of Data**

The data pertaining to each of the selected fitness components i.e., Cardiorespiratory-Endurance, Muscular Strength and Muscular Endurance were examined statistically by Dependent t-Test in

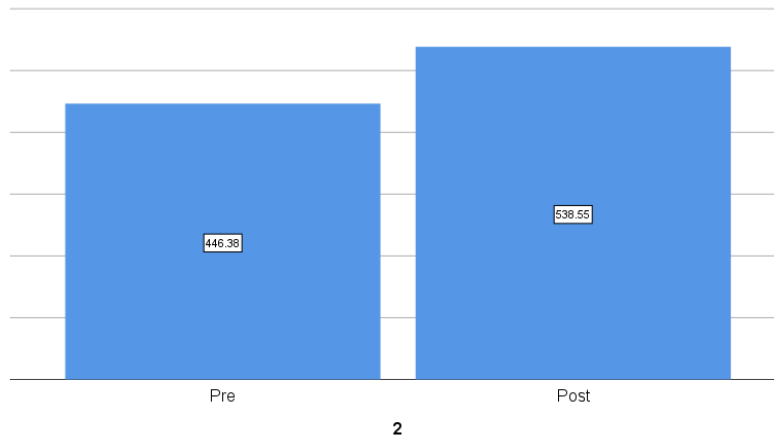
order to determine the significant effect if any. The level of significance to test the hypothesis was set at 0.01.

**Table-1 Description of Mean, Standard Deviation and Correlated ‘t’-Values for the data on Six Minutes Walking of Senior Citizens of Amravati**

Component s	Mean		Standard Deviation		r	N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post				Pre	Post	
Six-minutes walking	430.80	447.31	27.40	30.18	0.93	29	16.51	5.08	5.60	8.08**

\*\*= Significant at 0.01 Level

Simple Bar Mean of Pre-test & post-test of Six Minutes walking



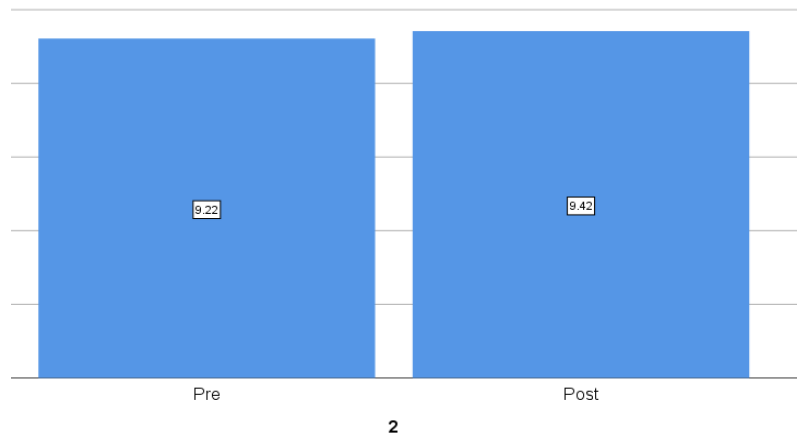
From Table 1 it can be seen that the Correlated t-value is 8.08 which is highly significant at 0.01 Level with  $df=28$ . It indicates that the pre-test Mean scores of Six Minutes Walking of Male Senior Citizen and after given the treatment the posttest mean scores of Six Minutes Walking of Male Senior Citizen differ Significant. Thus, the Operational Hypothesis in Null Form that there is no significant effect of Pre-test and Post-test of Six Minutes Walking of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones is Rejected. Further the mean scores of Pre-test of Six Minutes Walking is 430.80 which is significantly lower than that Post-test of Six Minutes Walking Whose mean scores is 447.31. It may, therefore, be said that the Twelve Weeks Morning Walk was found to be effective in improving of Cardio-respiratory Endurance.

**Table-2 Description of Mean, Standard Deviation and Correlated 't'-Values for the data on Chair and Stand of Senior Citizens of Amravati**

Components	Mean		Standard Deviation		r	N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post				Pre	Post	
Chair &Stand	7.13	7.34	1.60	1.44	0.86	29	.20	0.30	0.27	1.36

Simple Bar Mean of Pre-test & post-test of Chair and Stand

Simple Bar Mean of Post.test.six.minutes.walking by 2

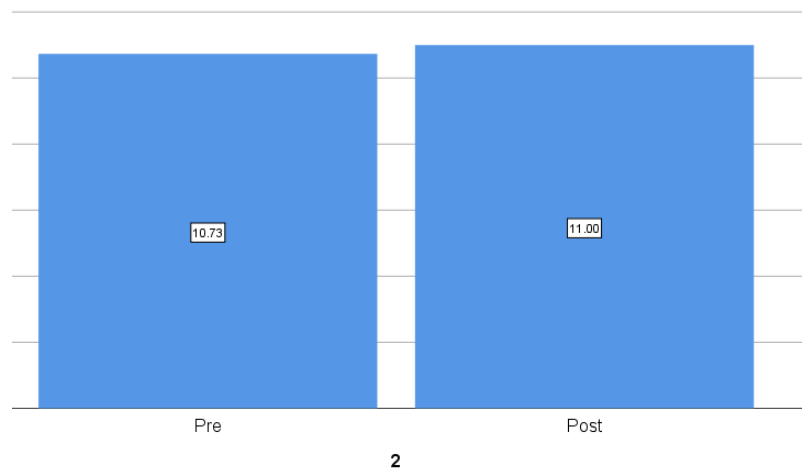


From Table 2 it can be seen that the Correlated t-value is 1.36 which is not significant at 0.01 Level with  $df=28$ . It indicates that the pre-test Mean scores of Chair and Stand of Male Senior Citizen and after given the treatment the posttest mean scores of Chair and Stand of Male Senior Citizen do not differ significantly. Thus, the Operational Hypothesis in Null Form that there is no significant effect of Pre-test and Post-test of Chair and Stand of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones is Not Rejected. It may, therefore, be said that the Twelve Weeks Morning Walk was not found to be effective in improving of Muscular Strength of Lower Extremity.

**Table-3-A Description of Mean, Standard Deviation and Correlated 't'-Values for the data Left Hand Biceps Curl of Senior Citizens of Amravati.**

Components	Mean		Standard Deviation		r	N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post				Pre	Post	
Biceps-curl (Left Hand)	8.51	8.62	1.63	1.47	0.88	29	0.11	0.33	0.32	0.72

Simple Bar Mean of Pre-test & post-test of Biceps Curl of Left Hand



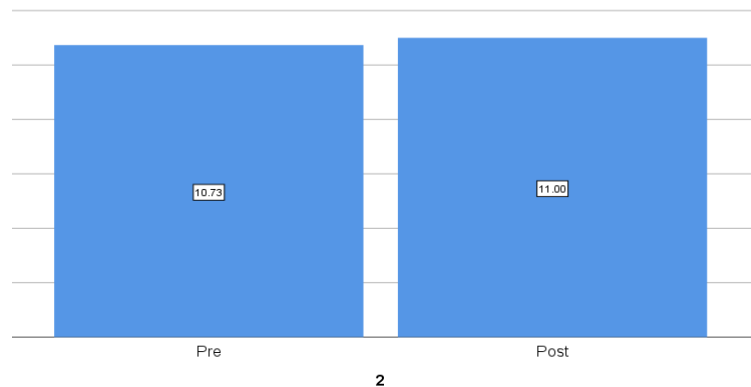
From Table 3-A it can be seen that the Correlated t-value is 0.72 which is not significant at 0.01 Level with  $df=28$ . It indicates that the pre-test Mean scores of Left-Hand Biceps Curl of Male Senior Citizen and after given the treatment the posttest mean scores of Left-Hand Biceps Curl of Male Senior Citizen do not differ significantly. Thus, the Operational Hypothesis in Null Form that there is no significant effect of Pre-test and Post-test of Left-Hand Biceps Curl of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones is Not Rejected. It may, therefore, be said that the Twelve Weeks Morning Walk was not found to be effective in improving of Muscular Endurance of Left Arm.

**Table-3-B Description of Mean, Standard Deviation and Correlated 't'-Values for the data Right Hand Biceps Curl of Senior Citizens of Amravati.**

Components	Mean		Standard Deviation		r	N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post				Pre	Post	
Biceps-curl (Right Hand)	9.67	9.86	1.75	1.80	0.88	29	0.17	0.32	0.33	1.09

Simple Bar Mean of Pre-test & post-test of Biceps Curl of Right Hand

Simple Bar Mean of Pre.test.Chair.stand by 2



From Table 3-B it can be seen that the Correlated t-value is 1.09 which is not significant at 0.01 Level with  $df=28$ . It indicates that the pre-test Mean scores of Right-Hand Biceps Curl of Male Senior Citizen and after given the treatment the posttest mean scores of Right-Hand Biceps Curl of Male Senior Citizen do not differ significantly. Thus, the Operational Hypothesis in Null Form that there is no significant effect of Pre-test and Post-test of Right-Hand Biceps Curl of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones is Not Rejected. It may, therefore, be said that the Twelve Weeks Morning Walk was not found to be effective in improving of Muscular Endurance of Right Arm.

#### Testing Hypothesis

In the beginning of this study hypothesis were formulated and on the basis of statistical findings the formulated hypothesis accepted/rejected are given in the following table-



Operational Hypothesis as Null Form (H0)	Statement	On the basis of statistical results
<b>H1</b>	There is no significant effect of Pre-test and Post-test of Six Minutes Walking of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones.	H0 is Rejected
<b>H2</b>	There is significant effect in muscular strength bet There is no significant effect of Pre-test and Post-test of Chair Stand of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones. ween pre-test & post-test.	H0 is Not Rejected
<b>H3</b>	There is no significant effect of Pre-test and Post-test of Left-Hand Biceps Curl of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones.	H0 is NotRejected
<b>H4</b>	There is no significant effect of Pre-test and Post-test of Right-Hand Biceps Curl of Male Senior Citizen of Amravati, when Selected Health-related Fitness assessed by Senior Fitness Test developed by Dr. Roberta Rikli and Dr. Jessie Jones.	H0 is Not Rejected

### Findings

- i. Twelve Weeks Morning Walk at Home was found to be effective in improving of Cardio-respiratory Endurance.
- ii. the Twelve Weeks MorningWalk at Home was not found to be effective in improving of Muscular Strength of Lower Extremity.
- iii. Twelve Weeks Morning Walk at Home was not found to be effective in improving of Muscular Endurance of Left Arm.
- iv. Twelve Weeks Morning Walk at Home was found to be effective in improving of Muscular Endurance of Right Arm.

**Discussion of Findings**

Based on the statistical findings the result was justified scientifically and logically.

Findings Table-1 showed that there was significant mean effect between the pre-test and post-test of male senior citizens in the variables of cardiorespiratory-endurance. Further it was revealed that regular walking program helps to increase the heart and lungs functions efficiency to circulate oxygenated blood to the desired places along with improved energy system that is why cardiorespiratory endurance which was tested by 6 minutes walking performance so they covered maximum distance within stipulated period of time, hence such results is observed in the present study.

The findings of Table-2, Table-3A and Table-3B revealed that there was insignificant mean effect of male senior citizens in the variable of muscular strength of lower extremity and muscular endurance of left arm and right arm. It may be because no specific exercise was given for the development of the upper arms and lower extremity hence insignificant improvement shown in this study.

**Conclusions**

Recognizing the limitations of this study and on the basis of statistical findings the following conclusion may be drawn:

1. Significant effect was found in between the pre-test and post-test in relation to cardiorespiratory endurance.
2. No significant effect was found in between pre-test and post-test in relation to muscular endurance of left arm.
3. No Significant effect was found in between pre-test and post-test in relation to muscular endurance of right arm.
4. No significant effect was found in between pre-test and post-test in relation to muscular strength of lower extremity.

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## THE ROLE OF COMMUNICATION IN SCHOOL AND COLLEGE

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### **Abstract**

*Communication plays the most important role in education system. Effective communication is very important in the field of education. If teacher have effective communication skill student learn more effectively and achieve his goal in life. Effective communication is more important for teaching a student for the success of student life. There is always a communication between teacher and student, learner and educator. Communication between teacher and student is more effective for the development of student and teacher would be a major influence for the students learning. Effective communication helps students to learn easier, strengthen the relationship between the teacher and students and create a positive atmosphere in the classroom. Communication is very important in the life of students for transformation of information, knowledge etc. Communication is differ from culture to culture, person to person, society to society and does teaching style. Communication helps to the development of learning in significant manner since communication and education are interconnected.*

**Key words:** *Communication, verbal communication, nonverbal communication*

### **Introduction**

The simple meaning of communication is the transferring information from one place, person or group to another. Every type of communication involves one sender, message and a recipient. Communication is very complex process. Transferring of message from sender to recipient is a huge process. It includes emotions, culture, medium used and location also.

Simple definition of communication, it is more than simply the transmission of information. The word communication is derived from the Latin word 'communes' means common and communication is sharing common experiences with people.

Teaching is a two way process there is student who act as receiver and teacher act as a giver. The teacher shares his knowledge and experiences with students. The teacher play important role in the life of students.

The most important objective of communication is to motivate, information, suggest, warn, order to change way of behaviour, established good relationship with others.

According to Hybels and Weaver (1995) "the communication process is made up of various elements sender, receiver, messages, channels, noise, feedback and setting".

Communication plays the major role in all walks of life of an individual. It is very essential for society and it also helps an individual to share and understanding the meaning. It play very important the role in creating understanding and establishing relationship. It is the most important tool in the society, schools and colleges. It has a power of alternation, negotiation etc.

Communication is differ from culture to culture, person to person, society to society and does teaching style. Communication helps to the development of learning in significant manner

since communication and education are interconnected. It gives importance to every types of communication for example verbal, nonverbal, teacher-student, student-student; people-people etc. communication is much more than speaking and providing information and knowledge. In the words of Petrie “communication take place when someone sends a message and other person receive the message”.

Effective communication plays vital role in education system. Teacher required effective communication for teaching a student for the success of student life. There is always a communication between teacher and student, learner and educator. Communication between teacher and student is more effective for the development of student and teacher would be a major influence for the students learning. Effective communication helps students to learn easier, strengthen the relationship between the teacher and students and create a positive atmosphere in the classroom. Communication is very important in the life of an individual for transformation of information, knowledge etc.

In some particular cases the teacher-student conversation cannot be considered as efficient communication between the teacher and student. Student-student, learner-learner communication has a vital role in the classroom. Lynch mention that “the students tend to understand their peer group statements as personal attack”. Face to face communication with each other helps to accept feedback as a important part of leaning.

In Paulo Freire’s Pedagogy of Oppressed mention a new relationship between teacher, students and society. Learners are act as an empty piggy bank and teacher fill them with information and knowledge. Effective communication needed listening to others, maintaining eye contact with speaker, seeking opinion, accepting ideas from others, clear explanation etc.

### **Types of communication**

Communication had been divided into two parts i.e. verbal communication and non verbal communication. In verbal communication involves the use of language and non verbal communication involves expression, action etc. verbal and non verbal communication are very important for understanding of content when it comes in teaching and learning process. Verbal communication plays the most important role in the transfer of knowledge and information in all over the world.

### **Purpose of communication**

- 1. Flow of information:** the related information has a flow continuously. The care should be taken that no student should be misinformed. The information should reach at each and every student that they can understand better about the subject. Teacher does not use any difficult word during the teaching in the classroom.
- 2. Coordination:** through communication the efforts of all the staff in the school and colleges can be coordinate with each other that they can achieve the organisational goal.
- 3. Learning Management Skills:** communication gives flow of information, ideas, beliefs, perception, advice, opinion order instructions etc. it is important for learning management skill.

4. **Preparing people to accept change:** effective communication is an important tool in the hands of teacher student
5. **Preparing students to accept change:** the effective communication is important tool of school for make the student to accept change and respond positively.
6. **Developing good human relationship:** teacher and students exchange their ideas and thoughts with each other through communication. This helps students to understand the teacher and subject.

#### **Role of communication**

1. **To learn more from teachers:** students require more practical knowledge about the subject. For better learning from teacher student must have asked the questions about related subject and clear the doubt about the topic and they have to discuss the subject related difficulties and interact with teacher positively. Good communication skill helps student to understand the subject. It improves confidence, gain knowledge, courage etc.
2. **Being friendly with peer group:** communication builds strong friendship. It improves confidence.
3. **Career development:** student requires good communication for their bright future.
4. **Enhancement in team work:** communication develops good teamwork. It develop positive attitude.
5. **Development of professionalism:** effective communication developed professionalism.
6. **Social networking:** improve social networking effectively with the help of communication.
7. **Improvement in memory:** effective communication improves memory of the student.
8. **Improvement in knowledge:** communication helps in the improvement of the knowledge of students
9. **Base for action:** communication act as a base of action. Any activity begins with communication.
10. **Means of coordination:** communication is an important tool for coordination.
11. **Provides effective leadership:** communication is one of the most important tools in leadership. It brings leader near to their subordinates and exchange ideas, knows their opinion, seek advices etc

#### **Types of school communications**

How and when to share school information has changed dramatically in recent years. What hasn't changed, really, are the kinds of information that need to be shared. Most of your school information you want to share falls into the following categories:

- Promotion of school happenings and news (e.g., achievements, events, etc.)
- Time-critical school information (e.g., school closings, policies, etc.)
- PTO events and other important issues
- Leadership and education improvement ideas (e.g., parent resources)
- School levy and community outreach (including fundraising)
- Stories and imagery of the school's impact on the community (cool human interest content, alumni, photos, videos)

Now we can ask, “How do I use today’s channels for sharing this information?” While schools are not in the business of technology and communication, you still have to do your best and rely on providers that specialize in these channels. Hopefully, you can find partners who provide simple ways to communicate without having to hire multiple vendors to achieve success.

### **Key school communication channels**

I’ve listed below a matrix that shows how to use each channel and discuss a little more in detail each of the areas. There are plenty of options, and each channel is used differently and in some cases, at the same time. The goal here is to communicate continuously and while recognizing the purpose and limitations of each channel. When used properly, your parents, staff and students will appreciate it. Not all channels are meant for every kind of communication from your school. While a text message to a parent is helpful when there’s a one-hour weather delay, text messages about, say, the score of the Friday night football game, is hardly news that needs to be pushed via emergency notification.

The importance of understanding these channels and how to use them are critical for effective communication. I’ve list below each channel and the key purpose of each to help you better utilize them.

1. District and school website
2. Mobile app
3. Notifications and alerts
4. Email
5. Social Media
6. Video

### **1. Create a safe environment**

Create a safe and supportive environment where students feel comfortable to open up and express their thoughts and ideas. An atmosphere that allows students to ask if they need help is crucial to their academic success. It is important that at all stages of the teaching process that you nurture this kind of non-judgemental environment. By having an open door policy and allowing students to pop in and talk about anything that may occur is a great way to promote good communication. Giving students extra support, tuition or explanations before and after class helps shy students that don’t feel comfortable in class to ask questions to learn.

### **2. More teamwork**

Doing more team activities, and group work is a great way to take the focus off competing with one another and concentrate more on working together to get the best results. It can encourage communication, cooperation and collaboration and help students talk more and effectively express themselves with their peers. Something that is transferable across all aspects of life and particularly important in their future working lives.

### **3. Don’t stand at the front of the classroom**

Moving around the classroom and getting involved with the students will create less of a student-teacher feel. By moving away from the front of the classroom and joining them either at their

desks to discuss ideas and getting involved in small discussions will help them feel more comfortable and more likely to open up.

#### **4. Active listening**

Listen to hear your students, not just to respond and give an answer. Sometimes just lending an ear can be extremely useful in promoting a supportive and caring environment. Other times, students have a question about homework or need some clarification about a topic that has been discussed where an answer is needed. Listening to your students enables you to provide better assistance and consequently a better education.

#### **5. Positive feedback**

Often teachers forget to mention when a student has performed well and instead focus on the negative aspects such as bad behaviour. This can have significant effects and demoralize students. Although negative feedback can create positive outcomes by helping students to improve, giving positive feedback is a necessary part of promoting effective communication in the classroom. It has been shown that students that receive praise are more likely to believe that they can accomplish tasks and be successful. Other benefits are that it can help to build a student's confidence, create a good rapport and supportive environment. On the reverse side, it can be beneficial to encourage your students to give you feedback. Allowing them to share their feedback on lessons or teaching styles shows that you appreciate and value their opinion as well as helping to improve learning.

#### **Conclusion**

It is concluded that communication is very important and vital part of an individual life. It is very important in school and college for the development of student. With the help of communication students become mentally, socially and intellectually active. Communication provides enough opportunities to enhance the performance in day to day life. Communication play vital role in the life of school and college students. Students require more practical knowledge about the subject it is possible only through communication.

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## **YOGA BREATHING: LIFE BOOSTER OF HUMAN BODY**

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**Introduction:-** Yoga is a very old practice in India, our Hrishni and Munis were practicing it for fitness and good health. It is 2500 old tradition of India. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi are the eight Limbs of the Yoga. Today's Asana, Pranayama and Dhyana mostly practiced by common peoples of the world and Yogi Breathing generally referred as Pranayama. Pranayama is commonly defined as Breath Control but its not a complete meaning of Pranayama. Pranayama is combined with two word i.e. Prana and Ayama, Prana means Vital Energy and Ayama means Extension or Expansion. Thus the word Pranayama means 'extension or expansion of the dimension of Prana.(Asana Pranayama Mudra Bandha by Swami Satyanand Saraswati books Page No. 369). Pranayama have the Three aspect of breathing Purak (Inhalation), Kumbhak (Pausing Breath) and Rechak (Exhalation of Breath) and Kumbhak have the two part Antar Kumbhak (Retention of Breath inside) and Bahir Kumbhak (Retention of breath externally). These are practicing during the Pranayama performance. Breathing exercise always has some techniques and there are four types of techniques mentioned in Swami Satyanand Saraswati's books Asana Pranayama Mudra Bandha page no. 378 to 384. These are Natural Breathing, Abdominal or Diaphragmatic breathing(The breathing which inhale maximum in the abdomen area), Thoracic or Intercostal Breathing (The breathing which inhale maximum in Lungs), Clavicular Breathing( The breathing which expand our clavicular area it is the slightly more inhalation of Thoracic Breathing) and Yogic Breathing(It is the full combination of all rest of the breathing techniques). Yogic breathing systematically improves the lung efficiency by Bhastrika Pranayama, Anulom Vilom (Alternate Breathing) because it insert oxygen in blood at extreme level and help in supply of nutrient to each tissues and organ.

**Key Word:-** Yogic Breathing, Pranayama, Respiratory rate, Anulom Vilom, Bhastrika, Kapalabhati.

**Yogic Breathing Techniques:-** Sit in the Meditative posture or in Shavasana Posture, inhale slowly and deeply, allowing the abdomen to expand fully, try to breathe so slowly and or no sound of breath can be heard, feel the air reaching into the bottom of the lungs, at the end of abdominal expansion, start to expand the chest outward and upward, when the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the base of the neck, the shoulders and collar bone should also move up slightly, some tension will be felt in the neck muscles, the rest of the body should be relax, feel the air filling the upper lobes of the lungs, this completes one inhalation. The whole process should be one continuous movement each phase of breathing merging into the next without any obvious transition point. There should be no jerks or unnecessary strain. The breathing should be like the swell of the



sea. Now start to exhale. First, relax the lower neck and upper chest, then allow the chest to contract downward and then inward. Next allow the diaphragm to push upward and toward the chest. Without straining, try to empty the lungs as much as possible by drawing or pulling the abdominal wall as near as possible to the spine. The entire movement should be harmonious and flowing. Hold the breath for a few seconds at the end of exhalation. This completes one round of yogic breathing. At first perform 5 to 10 rounds and slowly increase to 10 minutes daily. Relax any effort and once again watch the spontaneous breathing pattern. Bring the awareness back to observing the physical body as a whole. Be aware of the surroundings and gently open the eyes.[1]

**Literature Review:** -Yogic Breathing helpful in decreasing respiratory Rate and increasing in O<sub>2</sub> consumption. As per study on 40 bronchial Asthma patients through Yogic training done by Reena Kaur Ruprai and Manisha Kurwale Assistant Professor, Department of Physiology of Government Medical College, Nagpur and Prathmesh Kamble, Assistant Professor, Department of Physiology of B.J. Government Medical College, they found There was a significant increase in breath holding from  $33.10 \pm 4.62$  second to  $45.95 \pm 5.37$  and was decrease in Respiratory rate  $17.25 \pm 2.00/\text{min.}$  to  $12.58 \pm 2.51/\text{min.}$  after yoga session[2]

Another study was conducted in the department of Physiology, Seth G.S. Medical College and K.E.M. Hospital, Mumbai after the institutional ethical clearance and written consent from each participant. The participants were divided into control and study groups with 45 members each of both the sexes at the age group of  $20 \pm 2$  years. The study group was asked to perform Kapalbhathi, Anulom Vilom, Bhramari and Udgeeth pranayama. The duration of the study was eight weeks. They found decrease in respiratory rate in study group 31.58% from  $15.10 \pm 1.09/\text{min}$  to  $10.33 \pm 0.95/\text{min}$ , and they also found in the study increase in breath holding time 25.85% from  $47.80 \pm 7.41/\text{sec.}$  to  $64.47 \pm 8.13/\text{sec.}$ [3]

**Conclusion:-** Majority of human being do not breathe properly and incomplete breathing does not properly exercise the lungs especially air sacs of the lungs not get exercised properly which is situated in the lower part of lung and resulting deposition of more Kapha which caused diseases and if these sacs closed permanently there will be the insufficiency of oxygen in the blood also improper exchanges in oxygen and carbon dioxide during the respiration which result will be weakness because body could not supply oxygen to the tissues of the body in proportion form. Yogic breathing like Bhastrika and Ujjayi Pramanyama (Thoracic and clavicular breathing combination) Anulo Vilom ( Diaphragmatic, Thoracic and clavicular breathing combination) and Kapalbhathi (Abdominal breathing exercise) has the potential to extend human life by practicing regular Pranayama, average human being takes breathe 16- 20 time in a second and if they practice yogic beathing regularly 10-15 minutes, it help in decreasing the respiratory rate and will increase in breath holding time. If a person decreasing their respiratory rate through Yogic Breathing means their lung life also will increase and function efficiency will increase, it improves vital energy systematically. Yogic breathing can increase the human life more than normal life if it will practice regularly on daily basis. Yogic breathing enhances the life of cells

because it reduces cell degeneration and improves in generating the body cell and its extended the normal day of life.

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**A SPORTS POLICY FOR COLLEGE IN TODAY'S SCENARIO: BRIEF STUDY**

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***Abstract***

Excellence in sports enhances the sense of achievement, national pride and patriotism. Sports also provides beneficial recreation, improve productivity and, foster social harmony and discipline. The government therefore needs to budget for the activities it finances... As a result inadequate funding is available for mass participation and college sports to develop sport at college and grassroots level. Colleges working in rural/ tribal areas, they have more challenges to uplift the sports participation. To increase the sports and games participation, sports infrastructure in college campus, give sports person advance sports facilities, Emphasize sports facilities specially for women, provide IT infrastructure to the players. If the policies which are referred implemented Indian sports can gain world wide exposure. If worked properly on all the objectives, students studying in higher education have bright future in sports in coming days for sure.

**Introduction:-** Activities related to sports and physical education are essential components of human resource development, helping to promote good health, comradeship as a spirit of friendly competition, which, in turn, has positive impact on the overall development of personality of the youth. Excellence in sports enhance the sense of achievement, national pride and patriotism. Sports also provides beneficial recreation , improve productivity and, foster social harmony and discipline. A need has, therefore, been felt to reformulate the national sports policy in more concrete terms for college players, spelling out the specific measures required to be taken by the various agencies to promote college sports activities, which are involved, in various ways, in promoting sports in the university affiliated colleges. As per as college sports is concern no proper resources is provided by the government to reach them at International level. Lots of policies should be studied and implement the big changes at college level sports. It is based on recognition of the important role which sports plays in the life of the individual, the community, the nation, the region and in the world. The policy however must be seen more as a process rather than as a final product. The government plays an important role in promoting and financing sports. The government therefore needs to budget for the activities it finances... As a result inadequate funding in available for mass participation and school sports to develop sport at grassroots level. The following policy is being prepared to fulfil the lacunas when sports of college is facing lots of problems. Colleges working in rural/ tribal areas, they have more challenges to uplift the sports participation. Why it is happening? That is main purpose to

prepare the college sports policy proposal, to overcome the all weaknesses. Here discussion of all the lacunas is must to prepare the policy. To inculcate healthy environment in the college campus is important need of the hour that is kept in mind while preparing this college sports policy. All the sports activities, inter collegiate competitions held under university laws. Even all the achievements is compulsorily shown to NAAC Bangalore to gets the required points for the purpose of the college gradation. That is why to fulfil good result, it is must to make college sports policy by considering all the weaknesses.

**Objective of the policy:-**

- (01) To increase the sports and games participation
- (02) To provide sports infrastructure in college campus.
- (03) To give sports person advance sports facilities
- (04) To Emphasize sports facilities specially for women
- (05) To provide IT infrastructure to the players
- (06) To give Olympic slandered equipments to the rural and tribal players
- (07) To compulsorily grant the playing land to all colleges running under UGC
- (08) To provide International standard coaches at university level.
- (09) To strictly follow sports ordinances of the universities to recruits women as well as men DOPE's in Colleges.
- (10) To implement strictly the workload, practical as well as theory of DOPE's at colleges.
- (11) To start physical education theory subjects, to enhance sports awareness among students.
- (12) To provide Scientific research based knowledge of sports.

To study the present situation firstly must know ordinance no. 3 of physical education and sports of which college has to follow and work accordingly. University sports policy must be understood.

**Summary:**What is policy:- Policy refers broadly to a set of actions designed to address an issue or achieve specific outcomes. It is often seen as being about allocation of resources deciding who gets what and how it is paid for.

What is Sports policy:- Sports policy refers to the formal rules and regulations of a sport organization (or government) which are intended to guide employee actions. A sport policy is an outline of the direction a sport should take, according to maker of a policy.

University sports policy: Sant Gadge Baba Amravati University , Amravati established in the year1983. There are more than 360 affiliated colleges are running under this university. There are many educational courses, run under this university for the benefit of students. Physical education is the integral part of this university along with education of the students. Right from the beginning of this university the physical education department for having physical education degrees for the students to get job in sports area and along with it university is having Sports and recreation department for the purpose of organization of various competitions of the games approved by Association of All India University. Krida Mahostava, Ashwamedh, and West Zone, All India level competitions are being organized every year for the players. Director of physical education and sports are working under the laws of this

university that means ordinance 3, of the university. Under the sports policy of the university, Workshop for DOPE of the various colleges are being conducted to upgrade their knowledge about day to day changes happened in the field of games and sports. Incentive marks are being given to the players for their participation in games and sports. Addition to this awards and rewards are conferred to outstanding sports persons coaches and managers, who achieve medals in All India level competitions and winner of zonal tournaments in both Men and Women category.

**College Sports policy:-**To increase the sports and games participation,sports infrastructure in college campus,give sports person advance sports facilities,Emphasize sports facilities specially for women,provide IT infrastructure to the players. To provide Olympic slandered equipments to the rural and tribal players,compulsorily grant the playing land to all colleges running under UGC,provide International standard coaches at university level, strictly follow sports ordinances of the universities to recruits women as well as men, implement strictly the workload of DOPE's in Colleges, practical as well as theory of DOPE's at colleges, start physical education theory subjects, to enhance sports awareness among students. It is very important that without the raising of sports fund, that means availability of fund it is not possible to provide all the said things.....Policies to be implemented, for the same following policies should be considered by college authorities and related university and state and central government

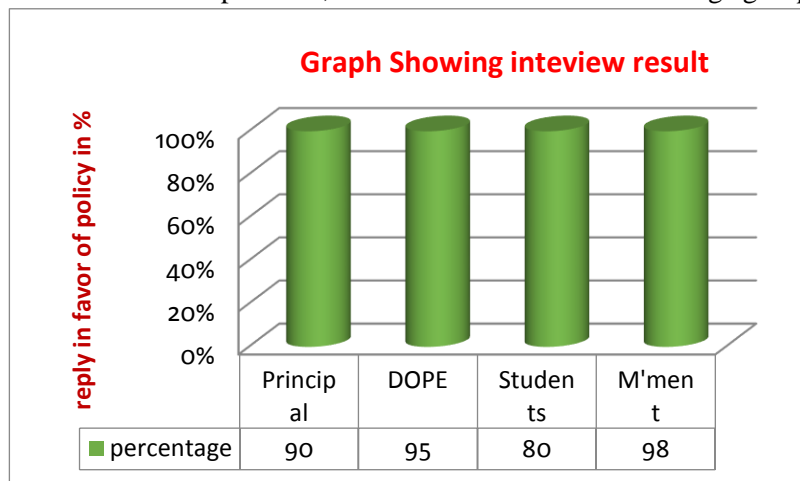
College is affiliated to Sant Gadge Baba Amravati University, Amravati. As per university rules and regulations college takes part in all the sports activities conducted by university. Admitted students who has interest in sports and games participates. Sports Policy of college is totally depend on the amount collected from the admitted students under the games and sports head. It is noted that all the sports events college conducts or takes part ; it is supposed to be use the amount which has been collected from every students while taking admission in the college.

**Method:**Sample for the study was taken randomly from various colleges of Vidarbha region. Total 60 Samples, interviewed 15 each from all category i.eManagement, .Principal, DOPE, Students.The results were drawn as per the views kept by all the samples. Questions to be interviewed were fixed commonly for the college sports policy on which research is being carried out for all the samples of the groups.

**College Sports:-**

- (a) Participation of Intercollegiate tournament:- Admitted students can take part in university inter collegiate tournaments.
- (b) Organization of Intercollegiate tournament:- College organizesIntercollegiate tournament for whole university affiliated colleges, which develops student's interest as well as local residents.
- (c) Organization of Gathering tournament:-Sports for all is the main aim of this tournament. Every one participates in it including teaching and non teaching staff. Sports talent can be invented through these recreational competitions.
- (d) Organization of others sports activities:- Along with university organization other sports participation is also important.

(e) Organization of association & school District Sports Office tournament:- Indian sports is totally depend on association competitions, which is conducted in various age groups.



Graph showing interview result in favour of policy to be implemented

#### **Policies to be implemented:**

**(I) Resource mobilization for College sports:** Insufficiency of financial resources has been a major constraint in promoting sports in colleges. While the union and state governments would need to arrange higher budgetary provisions, special efforts are equally called for to mobilize corporate funds for the developments of sports in the colleges and universities.

As per the rules of the university college takes sports fee from students at the time of admission, which is very less, and it become worse when the college is in rural or tribal area. Because number of students admitted in the college are very less. That amount should be increased as per need of the expenditure needed for organization or participation. Authorities must think on this important aspect and take decision to hike the amount.

**(II) UGC Grants:** University grants commission must provide grants for sports infrastructure development, and it should be given as per the need of rural, tribal or urban colleges. It has been the observation of the past practices that fixed items are provided compulsorily, which is useful to urban colleges only, so as per the need of the colleges it should be given. It is being brought to your notice to provide as per need of tribal, rural and urban areas, it should be divided in three parts.

**(III) Incentives to sports persons:** Incentive provides recognition and financial security to distinguished sports person. During after their sporting careers and also motivate the youth in the serious pursuit of sports activities. Adequate assistance will be extended for insurance cover and medical treatment in the event of such eventuality and requirement. Job reservation for sports persons as per the prescribed categories will be provided to outstanding college players, there by parents get motivated to send their wards in sports field. Eminent sports persons of established merits of colleges will be encouraged to set up and manage sports Academies.

**(IV) Sports equipments:** Suitable measures will be initiated to ensure access to sports equipments of high quality should be provided to college players to improve their performance. If you take the example of cricket bat, if it is of low cost, then performance is automatically goes down, when batsman plays six shot with low quality bat, then it becomes catch. So good quality equipments plays a vital role in the performance of players.

**(V) Scientific back up To sports persons:** The significance of scientific backup to sports stands well established. Which is completely missing in colleges running in tribal areas. Accordingly action will be initiated to strengthen this area, in accordance with international standards. Experts will be associated with each sports discipline or groups of sports discipline. This is distance dream away from colleges working rural and tribal areas on a continuing basis, to provide the requisite supports in terms of nutrition, psychology, medicine etc. It should be planned desperately at college level. Appropriate research and development measurements will also be initiated for the promotion of sports and to impart special skills to promising sports persons so that they are enabled to give of their best in international and other prestigious competitions, as college sports is the back bone of Indian sports.

**(VI) Women sports:** It is very important point that colleges located in rural and tribal areas, women sports problems are totally different compare with urban areas colleges. They should be motivated by giving special incentives for their sports participation and big achievements. Social environment is also one of the reason of negligence of participation in sports. Due to this reason, point must be noted that Second post in the colleges must be filled with women category. Actually there is a ordinance of the same. But government due to finance problem not filling the second women post in the colleges. It should be strictly implemented. The thinking level of parents in rural areas are totally different than urban, so emphasis must be given to motivate them by giving special incentives to the girls students.

**(VII) Fund of MLA:** The MLA fund must be supported to college players for their increase in participation. There should be firmed rules to use his grants for college sports.

**Conclusion:** India expects its citizens to have the qualities of true sportsmen. If we all acquire these qualities, there will be no grievances and no injustice for sports. India in recent years has been making proactive efforts to host several mega sporting events like Asian games, Commonwealth games, World cup in cricket which is a nice to have opportunity to society to observe it closely. On the other hand colleges working in rural and tribal areas and in urban areas facing lots of difficulties to provide sports facilities and infrastructure. If the policies which are referred above implemented Indian Sports can gain world wide exposure. If worked properly on all the objectives, students, players studying in higher education have bright future in sports in coming days for sure.

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## **SIGNIFICANT ROLE OF SPORTS FOR YOUNGSTERS AND ELDERLY IN MODERN ERA: HEALTH AND SPORTS NUTRITION**

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### ***Abstract***

*"Winning in a game doesn't involve desperate – it is considerably more significant than that". This donning banality summarizes a demeanor towards sport that is progressively regular all throughout the planet. The object of this article is to inspect how game has become a particularly central point in regular day to day existence. Sports sustenance is likewise pretty much as significant as active work.*

### **Introduction**

Game relates to any type of serious actual work or game that means to utilize, keep up or improve actual capacity and abilities while giving satisfaction to members and, at times, amusement to onlookers. Sports can, through easygoing or coordinated cooperation, improve one's actual wellbeing. Many games exist, from those between single candidates, through to those with many synchronous members, either in groups or contending as people. In specific games like dashing, numerous competitors may contend, at the same time or successively, with one champ; in others, the challenge (a match) is between different sides, each endeavoring to surpass the other.

Game is for the most part perceived as arrangement of exercises situated in actual physicality or actual aptitude, with significant rivalries, for example, the Olympic Games conceding just games meeting this definition. Different associations, like the Council of Europe, block exercises without an actual component from characterization as sports. Notwithstanding, various serious, yet non-physical, exercises guarantee acknowledgment as psyche sports. The International Olympic Committee (through ARISF) perceives both chess and scaffold as real games, and SportAccord, the worldwide games league affiliation, perceives five non-actual games: connect, chess, drafts (checkers), Go and xiangqi, and limits the quantity of psyche games which can be conceded as sports.

Game is generally administered by a bunch of rules or customs, which serve to guarantee reasonable rivalry, and permit reliable mediation of the champ. Winning can be dictated by actual occasions like scoring objectives or intersection a line first. It can likewise be dictated by judges who are scoring components of the brandishing execution, including unbiased or abstract estimates like specialized execution or imaginative impression.

### **Active work and wellbeing**

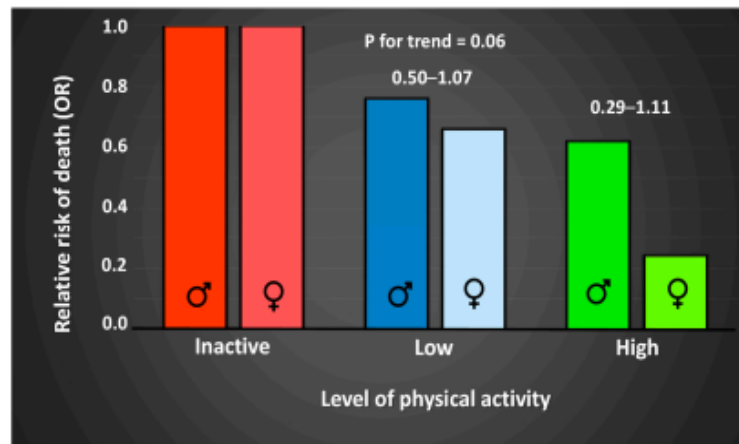
Definitions and terms depend on "Active work in the anticipation and treatment of infection" (FYSS, [www.fyss.se](http://www.fyss.se) [Swedish], World Health Organization (WHO) and the US Department of Human Services. The meaning of active work in FYSS is: "Active work is characterized simply physiologically, as all body development that builds energy use past resting levels". Wellbeing is characterized by the World Health Organization (WHO) as: a condition of complete physical,

mental and social prosperity and not only the shortfall of infection or ailment". Actual work can happen unexpectedly (relaxation/work/transport) or coordinated and be partitioned by reason: Physical exercise is pointed essentially at improving wellbeing and actual limit. Actual preparing is pointed principally at expanding the person's greatest actual limit and execution. Actual inertia is portrayed as the shortfall of body development, when energy utilization approximates resting levels. Individuals who don't meet suggestions for active work are considered actually dormant and are in some cases called "stationary". Game can be coordinated by age, sex, level of aspiration, weight or different groupings. Game can likewise be unconstrained and characterized as a subset of activities attempted exclusively or as a piece of a group, where members have a characterized objective. General proposals for active work are found in Table 1, not thinking about regular exercises. One can meet the day by day suggestions for actual work by brief, extreme focus work out, and remaining genuinely latent for the remainder of the day, along these lines making a "polarization" of active work: Having a high portion of cognizant actual preparing, regardless of having a low energy use in ordinary life because of high volumes of stationary time. Polarization of actual work may prompt expanded danger of chronic weakness in spite of meeting the proposals for active work. During the majority of our lives, energy consumption is more noteworthy in ordinary day by day life than in sport, actual preparing, and exercise, with the special cases of kids and the older, where arranged active work is more significant.

#### **Health Effects of Physical Activity and Training**

Human science requires a specific measure of active work to keep up great wellbeing and prosperity. Natural adaption to existence with less active work would take numerous ages. Individuals living today have, pretty much, similar prerequisites for active work as 40,000 years prior. For a normal man with a body weight of 70 kg, this compares to around 19 km day by day strolling notwithstanding ordinary active work. For the vast majority, every day active work diminishes, while arranged, cognizant exercise and preparing increments. Sadly, normal every day energy admission is expanding more than day by day energy yield, making an energy excess. This is one justification the expanding number of overweight individuals, and a solid supporter of numerous medical conditions. More inactive living (not arriving at suggested level of active work), joined with expanded energy admission, hinders both physical and mental capacities and builds the danger of illness. Regardless of this, Swedes (for instance) appeared to be as genuinely dynamic and pushed however would be wise to general wellbeing in 2015, contrasted with 2004. Contrasted with 2004–2007, the Swedish populace in 2012–2015 detailed better in general wellbeing (more province dabs are blue) and less exhaustion (more modest region dabs) with comparative degree of active work (~65% demonstrated in any event 30 min day by day actual work) and stress (~13% were focused).

Relative risk (odds ratio; OR) of premature death in relationship to level of physical activity, in 286 male and 148 female twin pairs, adjusted for smoking, occupational group, and use of alcohol



There is solid scientific proof supporting a relationship between actual exercise/preparing and great physical and psychological well-being. For instance: A decrease in musculoskeletal problems and diminished inability because of constant illness, better emotional wellness with diminished tension sleep deprivation, wretchedness, stress, and other mental issues. Physical and emotional wellness issues are identified with an expanded danger of building up some of our significant general wellbeing infections and may add to unexpected passing.

### **What Sport Means for Health**

Game's fundamental designs are to advance actual work and improve engine abilities for wellbeing and execution and psychosocial advancement. Members likewise acquire an opportunity to be important for a local area, grow new groups of friends, and make accepted practices and mentalities. In solid people, and patients with psychological maladjustment, sport investment has been appeared to furnish people with a feeling of significance, personality, and having a place. If the game development exists, preparing and rivalry including active work will occur. Game's additional qualities, notwithstanding the medical advantages of active work, are along these lines of interest. Some contend that it is far fetched, or if nothing else not affirmed, that wellbeing advancement can emerge out of game, while others accept that sound game is some different option from wellbeing, inspected inside and out by Coakley. In a brandishing setting, wellbeing is characterized as abstract (e.g., one feels better), natural (e.g., not being debilitated), utilitarian (e.g., to perform), and social (e.g., to team up). Holt contended that the climate for positive advancement in youngsters is unmistakably not the same as a climate for execution, as the last depends on being estimated and surveyed. All things considered, certain abilities (objective setting, authority, and so on) can be moved from a brandishing climate to different everyday issues. The most ideal approach to move these capacities is, right now, indistinct.

### **Game's Effects on the Health of Children and Young People**

The impacts of cooperation in coordinated games for youngsters and youngsters are straightforwardly connected to actual work, with long haul auxiliary impacts; a functioning way

of life at a youthful age cultivates a more dynamic way of life as a grown-up. As numerous sicknesses that are decidedly influenced by active work/practice show up further down the road, proceeded with support in sport as a grown-up will diminish dreariness and mortality. It should be underlined that acceptable physical and psychological well-being of kids and youngsters taking an interest in sport requires information and association dependent on everybody's cooperation. Early specialization balances, in all respects, both wellbeing and execution improvement.

### **Game's Effects on the Health of Adults and the Elderly**

Grown-ups who quit taking part in sports diminish their actual work and have wellbeing hazards equivalent to individuals who have neither done games nor been physical. Absence of adherence to practice programs is a huge impediment in accomplishing wellbeing objectives and general actual work proposals in grown-ups and the older. While a few financial components are identified with practice adherence, it is basic that mentors and medical care suppliers are educated about factors that can be balanced, like mediation force (not too high), length (not very long), and management, significant for higher adherence, tended to additional inside and out by Rivera-Torres, Fahey and Rivera. Sound maturing is reliant on numerous elements, like the shortfall of illness, great physical and emotional wellness, and social responsibility (particularly through group activities or gathering exercises). Expanded dismalness with age might be mostly connected to diminished actual work. Hence, remaining or getting dynamic further down the road is firmly connected with solid maturing. With expanded age, there is less contribution in preparing and rivalry and just 20% of grown-ups in Sweden are dynamic, in any event somewhat, in sports clubs, and the biggest extent of grown-ups who exercise do it all alone.

### **Sports nutrition**

Sports nourishment assumes a critical part in enhancing the advantageous impacts of active work, regardless of whether you're a jock, proficient competitor in preparing or practicing to improve your psychological and actual wellbeing. Settling on educated choices with your nourishment and hydration can bring about improved execution, injury anticipation and faster recuperation yet it's hard to tell where to begin with such a lot of clashing data promptly accessible. That is the place where the assistance of an expert nutritionist can help your choices, and eventually improve your presentation.

Nourishment experts offer an assortment of administrations to help your wellbeing and brandishing objectives. This can go from a day by day food journal to tips for eating after exercises or a far reaching nourishment plan for preparing and rivalries.

### **The significance of sports nourishment**

Devouring the correct equilibrium of food and drink is significant for everybody and those effectively partaking in sport should know that it can likewise influence execution. For instance, competitors may require a greater number of calories than the normal individual or people preparing for lifting weights rivalries may have to build their protein consumption: a decent nourishment plan is vital to your prosperity.

### **Sports execution and energy**

Fuelling your body with the correct food sources is fundamental for sports execution, critically fats, protein and carbs which keep up the body's energy.

- Carbohydrates are the essential fuel utilized by working muscles, so satisfactory admission is fundamental for forestalling muscle exhaustion.
- While it's critical to screen your fat admission, you shouldn't eliminate it from your eating regimen totally. Fats give unsaturated fats that can be utilized as a wellspring of energy - particularly if your activity meetings last more than 60 minutes. Fats likewise give the structure squares to chemicals and the development of cell dividers.
- Protein can be utilized as a wellspring of energy and is basic for building new muscle tissue. In case you're participating in obstruction preparing, your body will require extra protein.

### **Supplements**

Supplements are fuel for the body. All together for our physical and psychological wellness to stay solid and sound, we need to burn-through a fair eating regimen of supplements that can bring you through regular daily existence. While performing sports movement, however previously and a short time later. Significant supplements include:

#### **Carbohydrates**

There are two key types of carbs – dull or complex, and basic sugars. Straightforward sugars are starches found in refined items and give a sweet taste like white bread and sweet grains. Normally found in milk items, products of the soil, they can likewise be added to food sources like white sugar, earthy colored sugar, nectar, molasses and maple syrup and so on Despite the fact that the entirety of the sugars which we eat (regardless of whether they happen normally or are added) are utilized by the body similarly, it is smarter to get your straightforward sugars from food varieties which they happen normally in, as these food sources likewise contain fiber a significant supplement.

Complex carbs, otherwise called starches, incorporate grains like bread, pasta and rice. Additionally to straightforward sugars, there are some perplexing carbs that are superior to other people. Handled refined grains, for example, white rice and white flour are less good as the supplements and fiber are eliminated. All things considered, nutritionists suggest that where potential, people choose crude grains, which are as yet stuffed loaded with nutrients, minerals and fiber.

#### **Fats**

Fat is a fundamental part of any eating regimen as it assists the body with engrossing supplements just as being an extraordinary wellspring of energy. In spite of the fact that fats are significant, we should in any case endeavor to screen the amount we are eating. Enormous sums could prompt overabundance weight acquire and could bring about an expanded danger of genuine wellbeing concerns.

**Protein**

Protein is available in each cell of the body and is significant for assisting with building and fix tissues. It's likewise used to make catalysts, chemicals and an assortment of extra body synthetic compounds just as shaping the structure squares of bones, muscles, ligament, skin and blood.

**Conclusion**

Sports is fundamental for each human existence which keep them fit and fine and actual strength. It has extraordinary significance in each phase of life. It additionally improves the character of people groups. Sports keep our all organ caution and heart turns out to be generally more grounded by standard playing some sort of sports. At the most essential level, nourishment is significant for competitors since it gives a wellspring of energy needed to play out the movement. The food we eat impacts on our solidarity, preparing, execution and recuperation.

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## **EFFECT OF SELECTED PHYSICAL EXERCISES AND YOGIC PRACTICE ON HAEMATOLOGICAL VARIABLES AMONG COLLEGE FEMALE STUDENTS**

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### **Abstract**

*Physical exercise is an activity in which every human being engages to one degree or another during the course of their life. It is one of the most vital facts to know physiological mechanism that endures and acts as the basis of every response to exercise. In the course of physical exertion a number of coordinated and compensatory adjustments take place throughout the body which involves metabolic functions and the nervous, muscular, circulatory and respiratory systems. Exercises are very important to maintain the sound physique. The aim of exercise is to improve the functions of the body systems. In early ages the concept of yoga was the union of supreme soul and the self. But today, this conception of yoga itself has taken a lot of changes. Today we know it simply as the synchronization between our body and our mind. There is a vast difference between yoga and other physical exercises. Asanas are psychophysiological, disparate physical exercises which are purely outer. Although asanas develop body consciousness, they also generate internal consciousness and stabilize the mind. Yoga is a culture of the body actions may be done with precision, while in yoga, along, with precision, a limitless awareness is cultivated, bringing stability of body and mind.*

### **INTRODUCTION**

According to World Health Organization (1981), "health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity". The combination of proper diet and a fair amount of physical workout ensure good health. One who fails to do enough exercise to his body, he fails to maintain his fitness. So, it's necessary that the individual has to participate in specific program of exercise to develop the overall fitness.

### **PHYSICAL EXERCISES**

According to AAHPER (1983), physical exercise is any organized activity that involves continuous participation. Exercise occupies a leading role in keeping a person fit. It will be quite difficult to adjust one's life in terms of stress, diet and sleep and so on without proper exercises. Physical exercises are very effective in balancing fitness of the body. The sufficient amounts of physical exercise are needed to maintain adequate health. In general, physical exercise improves and strengthens the muscles, joints, tendons, and ligaments and improves the blood circulation, lessens the blood pressure, lowers the heart rate. Physical exercise is an activity in which every human being engages to one degree or another during the course of their life. It is one of the most important facts to know physiological mechanism that sustains and acts as the basis of every response to exercise. In the course of physical exertion a number of coordinated and compensatory adjustments take place throughout the body which involves metabolic functions and the nervous, muscular, circulatory and respiratory systems.

### **Need and Importance of Physical Exercise**

Exercises are very helpful to keep the sound physique. The aim of exercise is to improving the functions of the body systems. In physical exercise, muscles and limbs of the body powers are exerted. The main aim of this exertion will be either to maintain the health or to improve the health. All systematic training programs have originated from physical exercises. People, invariably are interested in keeping good physical fitness and thus health, but try to opt for short cut method. Physical exercise is capable of giving better living, exercise keeps muscular motions, joints and tendons and circulation in motion. Exercise can also be used to control blood pressure. Hypertension causes inordinate amount of pressure on the walls of the arteries in the brain which is called stroke. If hypertensive individual exercises regularly, it lowers the blood pressure, thereby helping to prevent stroke, one of the leading cause of death in the world. Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological wellbeing, reducing surgical risks and strengthening the immune system. (Kamen, 1989). Exercises are helpful to maintain sound body. Achieving and maintaining physical exercises helps to prevent the premature occurrence, numerous illness and diseases. Many researchers strongly support that regular exercises helps one to keep a strong and healthy heart and to prevent cardiovascular diseases. (Kamalesh, 1991).

### **YOGA**

In ancient period the concept of yoga was the union of divine soul and the ordinary self. But today, this concept of yoga itself has taken a lot of changes. Today we know it simply as the co-ordination between our body and our mind. Yoga is one of the greatest disciplines in the world and can be practiced at each stage with positive result. It aims at controlling blood; the degree of tension in the muscle and in the nerves is all subjected to progressive control. (Devi, 1994). "Yoga is the true union of our will with the will of Good". (Iyengar, 2012). Yoga is a practical aid, not a religion, yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and wellbeing, and also a feeling of being at one with their environment. The practice of yoga makes the body strong and flexible. It also improves the functioning of the respiratory, circulatory, digestive and hormonal systems. Yoga brings about emotional stability and clarity of mind. In the practice of yoga the ultimate aim is one of self-development and self-realization. (www.parmarth.com).

### **Differences between Physical Exercise and Yogic Asanas**

There is a vast difference between yoga and other physical exercises. Asanas are psychophysiological, unlike physical exercises which are purely external. Although asanas develop body consciousness, they also generate internal consciousness and stabilize the mind. Yoga is a culture of the body movements may be done with precision, whereas in yoga, along with precision, a deeper awareness is cultivated, bringing equipoise of body and mind. Asana develop muscles, as do physical exercises, and they remove stiffness so that body movements become free. However, they are concerned more with the physiological body and the vital organs than with the physical body. They strengthen and revitalize organs such as the



liver, spleen, intestine, lungs, and kidneys. Each asana works on the entire system. It is an organic exercise which eradicates toxins. (Iyengar, 2006).

### **HYPOTHESIS:**

**H1.** There would be significant difference in the selected hematological variables due to physical exercises among college women students.

**H2.** There would be significant difference in the selected hematological variables due to yogic practices among college women students.

**H3.** There would be better improvement in the hematological variables due to physical exercises than yogic practice among college women students.

### **REVIEW OF RELATED LITERATURE:**

**Yogaraj, Abirani and Elangovan (2011)** quoted the purpose of the present investigation is to find out the “effect of suryanamaskar and physical exercise on selected hematological variables among college women students”. To achieve these purpose 90 women students were selected from A.K.D. Dharmarajawomen’s college, Rajapalayam, Tamilnadu as subjects. Their age ranged from 18-25 years. They were divided into three equal groups of 30 subjects each and assigned to experimental group-I, experimental group-II and control group. In a week the experimental group-I underwent suryanamaskar practice, experimental group-II underwent physical exercise and control group was not given any specific training.

All the subjects underwent three areas of test namely RBC count (Red Blood cell count) WBC Count (White Blood cell Count) and Hemoglobin. They assessed before and after the training period of six weeks. The analysis of covariance was used to analyze the data. The study revealed that the above said criterion variables were significantly improved due to the influence of suryanamaskar and physical exercises on selected hematological variable among college women students.

**Schumacher, et.al., (2002)** investigated the characteristics of the red blood cell system and the iron metabolism in athletics of different sporting disciplines and at different levels of performance. It was studied among 851 male subjects about (747 athletes, 194 untrained controls), Hemoglobin (Hb), hematocrit (HCT), red blood cell count (RBC), iron, transferrin, ferritin (Fe), and hemoglobin and they were analyzed in standardized blood samples, obtained after 2 days of rest considering levels of performance (internationally, nationally, locally, competitive and leisure time), distinctive sporting category endurance (END), Strength-(POW), and mixed trained (MIX), and, within endurance athletes, distinctive disciplines cycling (CYC) and running (RUN), Physical training itself had no significant effect on selected hematological variables in athletes compared with untrained controls. The specific type and duration of exercises was of major importance in the adaptations of the blood cell system and the iron metabolism.

### **METHODOLOGY**

The purpose of the study was to find out the effect of physical exercise on hematological variables among college women students. To achieve the very purpose of the study, female students from Akola, 90 subjects were selected as subjects at random and their age was 18 to 22

years. The subjects were divided into three groups namely physical exercise group, yogic practice group and control group. Each group consisted of 30 subjects. The duration of the training was 12 weeks. The subjects of the control group were not allowed to participate in any of the training programmes except in their routine activities.

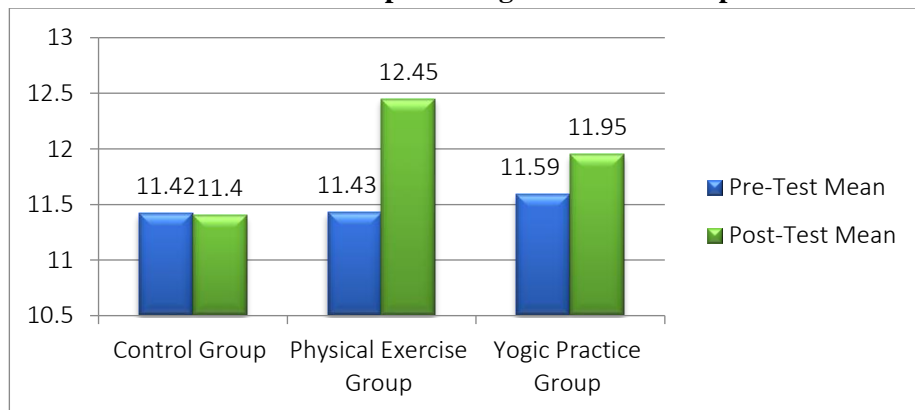
**Table 1: The Summary of Mean and Dependent t-Test for the Pre and Post-Tests on Hemoglobin of Control Group, Physical Exercise Group and Yogic Practice Group (Scores in gm/ml)**

	Pre-Test Mean	Post-Test Mean	't' Test
Control Group	11.42	11.40	0.681
Physical Exercise Group	11.43	12.45	8.253*
Yogic Practice Group	11.59	11.95	4.464*

Significant\* Table value required for 0.05 level of sig with df 29 is 1.699

The table 1 shows that the pre-test mean values of control group, physical exercise group and yogic practice group are 11.42, 11.43 and 11.59 respectively, and the post-test means are 11.40, 12.45 and 11.95 respectively. The obtained dependent t-ratio values between pre and post-test means of control group, physical exercise group, and yogic practice group are 0.681, 8.253 and 4.464 respectively. The table value required for significant difference with 29 at 0.05 level is 1.699. Since, the obtained 't'-ratio value of experiment groups are greater than the table value. It is understood that physical exercise group and yogic practice groups significantly improved the performance of hemoglobin. However, the control group has

**Graph 1: Mean for the Pre and Post-Tests on Hemoglobin of Control Group, Physical Exercise Group and Yogic Practice Group**



Bar Diagram showing comparisons of Mean for the Pre and Post-Tests on Hemoglobin of Control Group, Physical Exercise Group and Yogic Practice Group

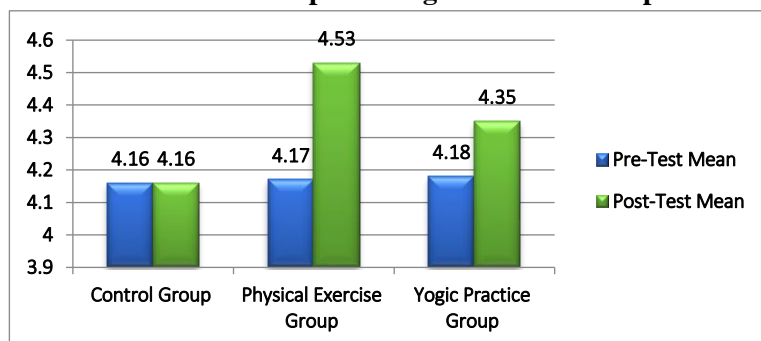
**Table 2: The Summary of Mean and Dependent t-Test for the Pre and Post-Tests on Red Blood Cells of Control Group, Physical Exercise Group and Yogic Practice Group (Scores in million / cu ml)**

	Pre-Test Mean	Post-Test Mean	't' Test
Control Group	4.16	4.16	0.273
Physical Exercise Group	4.17	4.53	7.486*
Yogic Practice Group	4.18	4.35	5.277*

\* Significant Table value required for 0.05 level of sig with df 29 is 1.699

The table 2 shows that the pre-test mean values of control group, physical exercise group and yogicpractice group are 4.16, 4.17 and 4.18 respectively, and the post-test means are 4.16, 4.53 and 4.35 respectively. The obtained dependent t-ratio values between pre and post-test means of control group, physical exercise group, and yogic practice group are 0.273, 7.486 and 5.277 respectively. The table value required for significant difference with 29 at 0.05 level is 1.699. Since the obtained 't'-ratio value of experiment groups are greater than the table value. It is understood that physical exercise group and yogicpractice groups significantly improved the level of red blood cells. However, the control group has not improved significantly as the obtained 't'-value is less than the table value, because they were not subjected to any specific training.

**Graph 2: Mean for the Pre and Post-Tests on Red Blood Cells of Control Group, Physical Exercise Group and Yogic Practice Group**



Bar Diagram showing Summary of Mean for the Pre and Post Tests on Red Blood Cells of Control Group, Physical Exercise Group and Yogic Practice Group (Scores in million / cu ml)

#### **DISCUSSION ON FINDINGS OF HYPOTHESIS:**

1. There would be significant difference in the selected hematological variables due to physical exercises among college women students. The findings of the study showed that there was significant difference in selected hematological variables such as red blood cells and hemoglobin due to physical exercises among college women students.

2. There would be significant difference in the selected hematological variables due to yogic practice among college women students. The findings of the study showed that there was

significant difference in selected hematological variables such as red blood cells and hemoglobin due to yogic practice among college women students.

3. There would be better improvement in the hematological variables due to physical exercises than yogic practice among college women students. The findings of the study showed that there was better improvement in selected hematological variables such as red blood cells and hemoglobin due to physical exercise than yogic practice among college women students.

#### **CONCLUSIONS:**

Based on above findings, the following conclusions were made:

1. The red blood cells are increased significantly for the physical exercises group and yogic Practice when compared with the control group.
2. The hemoglobin is increased significantly for the physical exercises group and yogic Practice when compared with the control group.

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## **BIO BUBBLE – THE NEW NORMAL SCENARIO IN SPORTS**

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### **Introduction:**

The whole world is now witness of how the pandemic was affected everything including human lives, health, education and economies. In this regarding one question raised in everyone's mind that how we can survive ourselves in our daily lives with the current environment. It has surrounded most of things and making us to rethink about our purpose of life. It has been disturbing to see the pandemic affecting millions of lives across the world. It has put stops on local as well as international affairs.

Naturally then, sports has been significantly affected, like everything else. Due to this, over the last several months, sporting bodies and managements have redefined and restructured the way of sports are played. It has been the same with all games and sports, and then many competitions began with strict COVID-19 protocols, including bio secure bubbles to ensure that the competitions is played without risking the safety of participants.

The sporting world has managed to overcome the COVID-19 pandemic by creating bio bubbles. These are sanitised areas that can be accessed only by a certain peoples who are not infected with the corona virus. From the Indian Premier League (IPL) to the US Open and the NBA, competitions have taken place in the last year using this strategy.

With this background, we can definitely say that, the bio bubble will be the new normal scenario in sports to defeat future pandemic. Now in this article author tried to explore the all features of bio bubble.

### **Meaning:**

A bio bubble, also known as a bio-secure bubble, a bubble,<sup>1</sup> or hub city,<sup>2,3</sup> is a hosting arrangement for sporting events that emerged during the COVID-19 pandemic, under which events are held at a centralized site, often behind closed doors, with strict quarantine and safety protocols in order to prevent the spread of COVID-19. A bubble may be established for a single sports season, tournament, or for an ongoing series of events, allowing them to still be held and made available to broadcast audiences.

In simple words, a bio-bubble is an invisible shield that is used to host sporting events during the ongoing COVID-19 pandemic. It is a safe and secure environment that can only be accessed by a certain set of people who have tested negative for COVID-19 to minimise the risk of transmission of the coronavirus from one person to another during the course of the event.<sup>4</sup>

**Nature:**

A bio-secure bubble typically consists of multiple sites comprising a secure limit, including player residences, training facilities etc. All participants, including players, team staff, and other staff are screened and tested for COVID-19 before entering the bubble,<sup>5</sup> live within its limitations for the duration of the event, and may not cross the limits until they have completed play. The participants are screened and tested regularly for COVID-19, and are restricted from access to the general public. Participants may be penalized if they cross bio bubble protocols.<sup>5 1</sup>

**Entry in Bio Bubble:**

To enter a bio bubble, a player needs to clear the RT-PCR test before leaving his home country. Upon arrival at the destination, he will be tested again for COVID-19 and has to isolate in a room until the results are declared. There is a mandatory self-isolation process before joining the event. The ones arriving in the bubble for the first time will have to undergo a mandatory seven-day quarantine in the hotel room, while testing's will be done on the second, fifth and seventh day. Only after negative results player would be allowed to come out of quarantine. At the same time, post-quarantine, everyone would be tested twice a week on the second week, followed by every fifth day until the tournament conclusion.

**Ten-Day Quarantine for a Positive Test:**

Meanwhile, if any player tests positive for COVID, he will have to attend a ten day quarantine in a separate facility inside the bubble. During the isolation, the individual will be tested on day nine and day ten. Two consecutive negative RT-PCR test results taken 24 hours apart, full resolution of symptoms, no fresh symptoms for more than 24 hours and no use of medications for more than 24 hours are mandatory for re-entry into the bio bubble.

**Importance:**

A safe and secure environment that is isolated from the outside world to minimise the risk of COVID-19 infection, a bio bubble permits only authorised sports persons, support staff and match officials to enter the protected area after testing negative. Naturally, individuals must be regularly tested, temperature checked with respective health reports filed accordingly. The bio-bubble does not just limit itself to the pitch or field; it is mandatory that all entities participate in this new form of quarantine for minimising risk.

**Limitations:**

There is a one major limitation and that is availability of advanced technology. To maintain zero transmission risks, unavailability of advanced technology on a large scale is required. For example, IPL's secure bio bubble has been created by a UK-based safety and technology firm, Restrata. Its software is COVID-19 regulations compliant, comprising a trio of tech we have seen mentioned on a quotidian basis: testing, contact tracing and Artificial Intelligence. Restrata had installed Bluetooth technology (with a six-foot detection range) and Artificial Intelligence to automate this continuous data collection in stadiums to accurately track and trace any suspected COVID-19 outbreaks in real time.

**Player Perspectives:**

Former India captain and current National Cricket Academy head, Rahul Dravid had questioned the concept of bio-bubble in May when ECB (England and Wales Cricket Board) proposed the idea of keeping players in isolation for the entire tour to keep cricket up and running amid the pandemic. At a webinar in May for non-profit organisation YUVA, Dravid called the plan “unrealistic”. He raised questions on what will happen if a player tests positive during the test match.

Concerns have been raised over "bubble fatigue", as players are isolated from their families and the outside world for an extended period of time until the event concludes or they are eliminated.<sup>6,7</sup> IPL player ShikharDhawan described the experience as being "almost like Big Boss [the Indian version of Big Brother]", and a test of his "mental strength".<sup>8</sup>

"In no way would we judge. Having spoken to the players, they felt safe. They felt the BSE (Bio-Secure Environment) was a really good experience in India. They never felt at risk. But that's the nature of what COVID brings," Smith, a former South Africa captain, said during a news conference.

Living in bio-bubbles can definitely take a toll on players' mental health as they are subjected to their hotel rooms and can go out only to the stadium for training. Playing in bio-bubbles for long periods can take toll on players' mental health, says ViratKohli.

**Future Perspectives:**

Even as 'bio bubbles' becomes a new entrant in the cricket lexicon as sport adjusts to the new normal amid the coronavirus pandemic, Indian captain ViratKohli believes that the amount of time spent within these bubbles can have a bigger impact on cricket. Kohli said that the length of cricket tours in the future and even player selection and motivation to play certain series could well be affected by the bubble life.

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**SPORTS EXPERTISE: A PEDAGOGY IN SPORTS****Dr. Tejas R. Sharma**

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**Abstract**

*Development and assessment of expertise is of great importance in sports; both from heredity and training aspects. Specifically addressed are hereditary account of overall health and well-being, physical attributes, personality characteristics, information processing capabilities, and intelligence. Notions concerning differences in genetic predispositions that may influence the adaptability and responsiveness to training are also considered. With respect to role of practice a particular mission was to focus on recent research dealing with the quality of the practice setting, rather than debating the duration needed to achieve expertise. In this respect, the role of self regulation and competitive simulation is discussed. Finally, current ideas surrounding the potential environmental influences that allow the genetic potential and practice capabilities of aspiring athletes to come to fruition are described. Conclusion are offered suggesting that to advance the understanding of expert performance beyond its current status, proponents on polar ends of the nature-nurture continuum must adopt a less confrontational, more integrative approach in future research endeavours.*

**Key words:** heredity, intelligence, genetic.

**Introduction:**

Perspectives on explaining the attainment of expertise in sport vary, considering hereditary contributors (Bouchard, Malina, & P'erusse, 1997) and the role of dedicated practice over many years (Ericsson & Charness, 1994). Of course, the relative influence of each is difficult to delineate clearly. Both obviously interact, along with other factors, to produce excellence. Further more, even the title 'expert' defies interpretation, which in turn makes it difficult to analyse the research literature in which 'experts' have been categorised in many ways.

High level performance is rare and low level performance is frequent in most domains, according to Walberg, Strykowski, Rovai, & Hung (1984). Statistical analysis of many fields reveals positively skewed distributions of exceptional performance. Clearly, expertise is more than merely possessing knowledge in some domain. Sternberg and Frensch (1992) propose that expertise depends 'on one's ability to pack new information, in a usable way, into local processing systems and to gain access to this information as needed'. To extrapolate to sport, the great athlete not only knows what to do in a variety of situations, but also how to apply this knowledge as translated into appropriate actions. Furthermore, the process of acquiring expertise involves proceeding from external / social support to making the transition to self-regulation (Glasser, 1996). With experience, motivation and improvement, dependence on others decreases as increases occur in self-reliance, self-mechanisms, self-judgement and self-learning. Of course, this concept refers to self-improvement. Dependence on others comes into play in team sports: An individual's success in sports is associated with the chemistry and skill of team members.

**The Significance of Deliberate Practice and Natural Selection:**

When considering the development of expertise, it is difficult to ignore the growing body literature, in the sport domain and outside of it, that address the role of practice, and the conditions of practice, that lead to high levels of performance. Perhaps most relevant is the work initiated by DeGroot (1965) and Chase and Simon (1973), and then subsequently elaborated by (Ericsson and Charness, 1994; Ericsson, Krampe, and Tesch-Romer, 1993). Based on DeGroot's original the original contributions, Chase and Simon proposed a general mechanism underlying expert performance entailing the acquisition of vast amounts of task-relevant information and 'pattern based retrieval' due to many years of experience in the chosen domain of expertise. This conceptual basis is consistent with other theories of skill acquisition (Anderson, 1983,1987; Fitts and Posner, 1967; Schmidt, 1975) that emphasize the development of an experience-based means of acquiring what appears to be eventual automatically in decision-making and movement. Ericsson et al. (1993) expanded this notion by suggesting that the realisation of expertise is virtually undetermined by natural abilities and genetically-disposed traits, while espousing an overwhelming influence of 'deliberate practice' Ericsson (1996) writes that, '...the quantity and quality of deliberate practice is related to the attained level of performance.' More dramatically, Ericsson and Charness (1994) conclude '....recent research in different domains of expertise has shown that expert performance is predominantly mediated by acquired complex skills and physiological adaptations.'

Deliberate practice involves:

- 1 A task that is well-defined and that is challenging to the person,
- 2 The presence of informative feedback, and (30 opportunities for repetition and error correction. As defined by Ericsson et al. 1993),

Deliberate practice is also distinguished by three primary sub-components that interact to predict eventual expertise levels, including:

- 1 The total number of hours of deliberate practice directly related to the level of expertise achieved.
- 2 Effort, determination and concentration as requisite characteristics of deliberate practice and,
- 3 Deliberate practice not being inherently enjoyable.

Ericsson has received much attention as a strong advocate of the position that almost anyone can attain a level of expertise, with lengthy, effortful, and purposeful practice. The 10-years rule is offered as the guideline. Based on research with master chess players, musicians, and experts in other domains, a conclusion proposed is that at least 10-years of meaningful practice is a requirement for expertise in a particular specialization.

**Predicting Sport Success:**

Genetics – Because the attainment of the highest levels of excellence in sport depends on so many variables, it is not easy to partial out the role of heredity. However, genetic predispositions for:

- (a) Personality characteristics associated with being a tough competitor and yet

- under personal control,
- (b) Physique and body composition,
  - (c) Such motor abilities as speed, power, agility and flexibility,
  - (d) Adaptability to training,
  - (e) Processing information appropriately and making effective decisions, and
  - (f) Health, are suggestive of possible contributions to the probability of reaching a level of expertise in a specific sport.

Very few individuals attains expertise in its truest sense in more than one sport. This may be due to the genetic-specific principle for specific sports, and/or the inability to dedicate sufficient practice and training for two sports simultaneously.

Non athletes, what can be surmised about predicting athletic potential, or talent, on the basis of heredity? Discussion is presented on contemporary directions in general with regard to the brain and genes, as well as typical research protocols. This is followed by an overview of the research on the potential influence of heredity on various human dimensions, especially considering developmental factors. Lastly, in this section, specific parameters will be reviewed that might bear on athletic success in externally paced, time-constrained, unpredictable events.

#### **Current Directions: Research on the Brain and Genes**

Historically, great philosophers and writers, and even dictators, have envisioned utopian societies based upon the mating of couples with ideal characteristics. The premise that genetic determines are more powerful than experiences and environments in life is not new. Indeed, throughout this century, conjecture as well as science have been offered as arguments to support the position that specific ethnic or racial groups are inferior to others in intelligence; that others are superior in physical attributes and athletic abilities (See for example, the special issue of *Science*, 1994, in which the theme was 'Genes and Behaviour'). Likewise, convincing counter-arguments have been made in favour of explaining human achievements as a direct result of situational opportunities and ideal nurturing circumstances (Bloom, 1985). The scientific and educational literature does not clarify many nature-nurture issues. Indeed, it is not unusual to see reviews that conclude strongly in favour of genetic influences on behaviour.

Research paradigms to determine human differences in inherited characteristics have primarily involved the study of monozygotic (MZ) twins (twins from the same egg and therefore possessing genes in common), dizygotic (DZ) twins (twins from separate eggs and who have one-half of their genes in common), and non-twin siblings, raised together or reared apart. Also, adopted children have been of interest. Researchers have studied genetically unrelated children growing up in the same family as well as genetically-related children who grow up in different families. The magnitude of correlations when certain populations are studied, such as MZ twins, suggest the relative contributions of environment versus genetic structure with regard to characteristics of interest. For example, the correlation of over 0.80 on a general measure of intelligence recorded with MZ twins (Plomin, Owen, and McGuffin, 1994), implies a considerable genetic contribution.

However, a more precise estimate can be determined by calculating the heritability ( $h^2$ ) statistics. It describes the proportion of variance for a characteristics that is associated with genetic differences among individuals. Likewise,  $1-h^2$  is the variance associated with environmental factors and errors of measurements (Neisser, Boudoo, Bouchard et al., 1996). One statistical approach for determining  $h^2$  is by collecting data on a measure such as intelligence with MZ twins and DZ twins. The difference between the correlations obtained for each group would be doubled. A hereditary figure of 0.60 is interpreted that 60% of the variance is explained by genetic determination. As a word of caution, heritability estimates are sample or population-specific. They may not apply to other populations or individuals. These are basic top down approaches, which most of the genetic research has been based upon until now. In other words, researchers look for family/twin similarity in a trait and work down to try to determine the genetic basis. More recent work encompasses potential bottom-up approaches. Researchers attempt to identify to identify genetic markers, and work up to explain a manifest phenotype.

It is beyond the scope of this paper to discuss the controversies and differences in opinion generated by genetic research in:

- 1 Interpreting data,
- 2 Methodologies used and samples selected and
- 3 The moral desirability of attempting to genetically account for non-desirable behaviours as predetermined and therefore beyond the control of a person.

Furthermore, research with lower forms of life in which it is possible to induce laboratory manipulations and mutations in genetic structure to examine predictable effects (as with fruit flies, rats, and mice) lead to controversies as well. It may be difficult to generalise from one species to another. To the degree such findings are applicable to understanding human behaviour is unclear. They are suggestive of the use of techniques or specific chemicals that might alter gene activity when there is an association with present or potential health and behavioural disorders.

There is little arguments that genes influences behaviour and the potential to accomplish in specific domains. The ideal genetic disposition and environmental conditions help to optimize the probability of athletic success. Of primary relevance for understanding genetic contributions to sport excellence is research on physical characteristics, health, personality traits, intelligence, and speed of information processing.

### **Physical Characteristics and Performance**

Because sport and dance are associated with ideal physical requirements (e.g., dimensions, a body free from injury and ill health, and a body condition to yield superior performance), domains that emphasize movement mastery are somewhat different from many other domains. Perhaps conclusions about what it takes to attain mastery in sport may differ some what from those made in other domains of expertise. In many sports, 'ideal' physical attributes are associated with preparing seriously and ultimately attaining a level of proficiency. Envisioned can be the prototype gymnast, driver, football player, and basketball. The heritability of stature is very high, perhaps 95%, when different environments are accounted for the

equalised (Oliver, 1980). The assumption is that this increase is due to better nutrition and health standards. Shields (1962) reported correlations of 0.96 for MZ twins raised together and 0.82 for those raised apart. Lykken (1992) found that MZ twins correlated approximately 0.94 in height, even when considering age and sex, and the correlation was 0.50 for DZ twins. Body stature heritability may range from 0.69 to 0.96 as to genotype (the genetic composition of a person) influence, according to research discussed by Bouchard, Malina and P'erusse (1997). More specifically, this conclude that 'The available evidence indicates that a significant portion of the variation in body size and proportion, physique, skeletal lengths and breadths, limb circumference, and bone mass is genetically determined' presuming healthy and adequately nourished individuals.

Body composition and morphology are no doubt genetically influenced to a reasonable degree as well. In 1987, Cowart suggested that genetics play an important part in aerobic capacity, adaptability to training, and the composition of muscle tissue. Most recently, Bouchard and his colleagues (Bouchard, Malina & P'erusse, 1997) have prepared a unique and comprehensive overview of the genetic and molecular bases of physical fitness and performance in sport. For example, they summarise research about individual differences in trainability. The ability to perform well in many energy-demanding sports requires conscientious and continual physical training. Bouchard et. al. conclude that there is strong evidence for the relationship of genotype with responsiveness to training. In other words, the same training (or conditioning) program may result in very little change in maximal oxygen uptake in some individuals, and a great deal in others. Responsiveness to various types of training programs appears to be quite individualistic, and is associated with genetic variation.

Also discussed by Bouchard, Malina & P'erusse (1997) are research findings on activity life style (depth and extent of vigor and movement activity) and the contribution of genetics. They point our that children with active parents tend to be 5.8 times more likely to also be active than the children of inactive parents. Most likely this is an indicator of the multiple effects of genetics, family environments, and particular cultural values. Research has also been conducted on other aspects of the lifestyles of young people, and the influence of genetics. For example, with regard to participating in sport activities, Bouchard, Malina & P'erusse (1997) summarise research in which MZ and DZ twins and families were studied. An estimation of 45% was given for the heritability of sport involvement. In another study, the contribution of heritability for age-adjusted physical activity level was reported to be 62%. Yet, in other studies, genetic factors were found to contribute only to a small degree in the familial aggression of leisure time energy expenditure.

Bouchard, Malina & P'erusse (1997) explain how to study the genetic basis of complex phenotype, summarise the evidence accumulated so far, and generally conclude that there is a still a long way to go before understanding the true contribution of genetic differences among people. They make two general observations following an extensive review of the research: 'First, the elite athlete is probably an individual with a favourable profile in terms of the morphological, physiological, metabolic, motor, perceptual, bio-mechanical and personality

determinants of the relevant sport. Second, the elite athlete is a highly responsive individual to regular training and practice.’ In the latter case, those with similar genotypes (identical twins) seem to respond similarly to training as compared to those with different genotypes. In other words, some individuals are more favoured genetically to adapt to and benefit from serious exercise training programs, especially in the case of VO<sub>2</sub> max (aerobic capacity) associated with endurance training. Endurance athletes tend to possess a higher percentage of slow twitch muscle fibres, while sprinters have a greater proportion of fast-twitch fibres. It is believed that the distribution of particular fibre types has a genetic base possibly a heritability of 40-50 % in humans (Simoneau and Bouchard, 1995), although they can be modified to some extent with training.

With such consideration in mind, dedicated practice alone will typically not suffice to achieve world-class recognition for excellence in a sport. Assuming that certain individuals are more favourably endowed with physical attributes, potential talent, and trainability (adaptations to strenuous exercise and conditioning), their possibility to achieve at very high levels of skill in a specific sport are obviously greater than those less favoured.

Another perspective of gaining some insights into the potential contributions of heredity to performance excellence in a sport is by examining research in which fine or gross somewhat unique motor skills have been administered to twins. Lack of task familiarity would rule out prior experiences with them and environmental influences on wanting to achieve in them. MZ and DZ twins are typically compared in performance. In reviewing the literature, Williams and Gross (1980) concluded that heritability estimates range considerably, but that there is at least a moderate genetic contribution to individual differences. In addition, MZ twins generally yield higher intra-class correlations than DZ twins. In the Williams and Gross study, both sets of twins learned to perform a stabilometer balance task over 6 days. Heritability was observed to be low in the early days of practice but increased and stabilised or about 65% toward the end of the practice days. Such research suggests the impact of heredity on learning and performing isolated motor skills. Of course, it is difficult to generalise the results from one task to another. Yet, the implications are considerable for structuring ideal environmental and practice conditions for the purpose of enhancing proficiency.

### **Health**

With regard to health, a mutation in a single gene can have serious consequence, (which is the situation with disorders such as Huntington’s diseases). Such advances in molecular genetics can reveal DNA markers, the gene, and the mutations responsible for single gene diseases. However, it is becoming clear that the majority of diseases and behaviours need to be explained through the study of multiple gene traits, as is the case with intelligence (however is to be defined). Furthermore, recent trends indicate approaches to encompasses genetic and environmental sources of influence. Plomin (1995) writes that ‘The new frontier for molecular genetics lies with such common, complex dimensions and disorders influenced by multiple genes as well as multiple environmental factors.’ The question, now for many scientists is not whether or how much genetic factors contribute to individual differences. ‘A major advance in

behavioural genetics during the past decade has been multivariate genetic analysis, which focuses on genetic and environmental contributions to the covariance between measures rather than the variance of each measure separately’.

Having good health in general is significant in the life of an athlete motivated to be the best that he or she can be. Some diseases are more debilitating than others. They can cause temporary set backs, more severe constraints, career-ending decision, and even premature death. Much of the current excitement and impetus for major research programs in molecular genetics is to determine a specific gene or gene profile that might be predictive early in life of major diseases later in life. DNA markers of genetic risks, according to Plomin (1995), will be mainstays in psychology research at the turn of the century. Such linkages will lead to pharmacological developments and other approaches to mitigate dire consequences. Of course, moral and ethical issues come in to play here. People might not want to know about such risks. Employers might prescribe medical tests predictive of major health problems.

### **Genetics of Disaster**

Erosion of some of the most vital resources for human survival goes on with no notice from the public and very little attention from the scientific community, which should be better informed. The germ plasma base requirement for improvement of the basic food crops that feed the world is being rapidly destroyed. This destruction of genetic resources is caused primarily by the very success of modern plant breeding programs, Jack (1972).

### **Controversial issues are endless.**

Without going into the extensive contemporary research on gene-health topics, suffice to say here that major or minor deficits in gene activity contributing to poor health make it more challenging or even impossible for a dedicated young athlete to succeed at the world-class level.

### **Conclusions**

Genetic potential cannot be exceeded. A conducive environment is more likely to bring potential to fruition. Research is increasing at a rapid rate in an attempt to determine the genetic base of health and behaviours (Personality, intelligence, psychological and others) with implications for early detection and possible modification of less than desirable genetics structures. This research does not bear directly on understanding the realisation of sport expertise.

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## INTRODUCTION OF TACTICAL ATTACKING SKILL IN KHO-KHO: DELICATE JUDGMENT KHO (DJK)

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### **Abstract**

Among semi-professional and recreational games is the Indian game of tag Kho-Kho which has its etiology in the Maharashtra state (Marathi Kho-Kho); it is a team sport where contact from the opponents is to be avoided. Earlier known as *Rathera* on account of being played on Indian chariots (Raths), the game has emerged as a version of tag, a modified form of 'run-and-chase' in which the purpose is to pursue/chase and touch the opponent. Even though a team sport, Kho-Kho at individual level requires the variables of endurance, strength, stamina, agility, and the skills of feinting dodging and bursts of speed because the game is combative in nature and vigorous. To date limited scholarly attention has been given to tactics and innovation in Kho-Kho. Current research indicates that innovation can be a valuable tool to combat demanding challenges in sports. Therefore, innovation needs specific attention within the Kho-Kho game. Knowledge about the game is not enough to win the tournament. Innovations and introduction of skills, tactics are crucial for improvement. Skills with tactics are required in any game that allows a team or player to effectively use of it and talent to the best possible advantage which are adopted before or during the competition for successful participation. So need to discuss about some necessary tactical skill. Researcher's themselves are National Kho-Kho players, NIS coach and having 38 years of experience in the field. They have gone through literature on Kho-Kho where they have not found the skill which is being introduced in this paper and was never discussed, written in the literature & talked anywhere before.

Therefore for the present study, the purpose was to investigate, introduce and being named the tactical skill *Delicate Judgment Kho (DJK)*. To achieve the purpose of the study selected 32 Kho-Kho players aged 19-25 years, were taken from Sipna Ambadevi Krida Mandal, Chikhaldara.

**Key words:** *Delicate Judgment Kho (DJK), Tactical Skill*

**Introduction:** A sport is an outdoor or indoor activity involving mental and physical effort and skill, a game where people compete with each other according to fixed rules. It is an activity people take up during their free time usually for fun, amusement, entertainment, or recreation. Yet there are a few notable games and sports which are believed to have originated from the state of India. Kho-Kho is our non expenditure highest participated sports in India, majorly popular in Maharashtra. The game demands the highest degree of brisk and quick movements, very high grade of nerve reflexes and tremendous stamina which are characteristic of a good player. The game requires all motor qualities like strength, speed, agility, endurance, flexibility and neuromuscular coordination.

This sport long ago appeared in Pune, Gymkhana the state Maharashtra. At that time, there were neither any dimensions of the play ground nor the poles which demarcate the central lane. The origin of Kho-Kho is very difficult to trace, but many historians believe that it is a

modified form of 'Tag'/'Catch', which in its simplest form involves touching and chasing a person. The present appearance of the Kho-Kho was an adoption from the time of World War I in 1914. But at that time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The time factor was missing. The Deccan Gymkhana club of Pune so named and baptized by the great Indian leader Bhai Nerurkar & Lokmanya Tilak drafted the first ever rules and regulations which symbolized the metamorphosis of the game soon to follow. This initial stage marked the limitation of the playground and yet lacked the poles demarking the central line in the field. Instead, less experienced players were posted squatting at the ends of the latter and chasers ran around them to return to the midfield.

But, even then the game caught the imagination of the experts in the field. They took no time to realize that the game demands the highest degree of quick and brisk movements, very high grade of nerve reflexes and tremendous stamina which are characteristic of a good player. The game requires all motor qualities alike speed, endurance, flexibility, agility, strength and neuromuscular coordination. As per merit, it is appreciated by spectators, press and media.

The game with its fast pace, so fascinated the spectators that the Governor of Bombay Presidency H.E.Lord Willingdon also admired the potentials of Kho-Kho. The team size was restricted to 9 players per team and sport was played without the poles. At the beginning of the match, players used to take 3 rounds of the court from post to post and then started the match. The years 1923-24 saw the foundation of the Inter School Sports Organization, and Kho Kho was introduced to develop at the grassroots and consequently popularize the sport. The move certainly showed the results and the game of Kho Kho mainly owes it to the efforts taken by the Deccan Gymkhana and Hind Vijay Gymkhana. In the year 1938, Kho Kho moved one step forward when Akhil Maharashtra Sharirik Shikshan Mandal organized zonal sports at Akola which attracted tremendous response from the budding enthusiasts as well as organizers.

. Kho-Kho team from HVPM, Amravati demonstrated this game in Berlin Olympics in the year 1936. The first national championship was held in Vijaywada during the 1959-60. It is being played by school, college, university & association as a competitive game. First Asian Kho-Kho championship held in 1996 at Calcutta, India. Second held at Dhaka in 2000, Bangladesh and third held at Indore, M.P. India, in 2016.

It is played by teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (Chasing Team), and 3 extra (Defending Team) who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent. Three players will remain as extras while chasing as well as while defending turns. The runner or the chaser is decided by toss. The side that scores more wins a match.

Researchers themselves are national players and worked as coaches. While coaching they used various skills which are actions of players used to get advantage in the game or competition. Tactics plays a vital role in Kho-Kho game. The result of Kho-Kho game can be changed with the help of good tactical skills.

Through this research paper, the efforts are being made by researchers to bring this tactical skill before Kho-Kho lovers. Numerous skills one must find in books which are used in kho-kho but here we are trying to introduce the skill which is not discussed prior anywhere or even in books. After introduction of this tactical skill, players will get clear idea to use it in Kho-Kho game. To know “Delicate Judgment Kho (DJK)”, “Judgment Kho”, tactical skill is need to be explained before as DJK is related to Judgment Kho skill.

**Judgment Kho:-** Various attacking skills are mostly used by Kho-Kho coaches and players in their training and competitions “Judgment Kho”, also one of them in Kho- Kho game. Judgment kho is a fake kho, kho, which force the defender to take wrong judgment. active chaser judges the movement of defender and drops kho at the nick of time by using his all strength. Judgment kho is given to put out defender, to put pressure on defender and to confuse the defender. Judgment kho can be given when defender is well settled at the post, when defender is about settle at the post. The effectiveness of judgment kho is depend upon faking ability, the attacker and seated chaser at the last square, height of the chaser, psychology of defender. It is mostly used by chaser who is sitting 2<sup>nd</sup> square, some time active chaser who is coming from other square can apply this skill. This skill is mostly a pre planned tactical skill. It is a combination of mostly first seated chaser and second seated chaser. Attackers main intension is to force defender little put away from post. This skill is used as a tactical part of the game where defender is enforced to go on post where chaser try to put him out in a diagonal attack.. Attacker from second square goes towards first seated chaser to whom he drops Kho. Judgment kho skill can be used anywhere in court. But this skill usually performed in combination in between first and second seated chaser. After receiving Kho, attacker sitting on first square concentrate at defender and runs speedily to put him out. Here attacker pretends to run directly towards defender but gives kho to first seated chaser. Due to his faking action defender thinks that attacker is coming directly towards him. Defender will leave the post, runs opposite direction where first seated chaser try to put him out by running towards defender with diagonal attack. Judgment Kho skill is always used with diagonal attack skill.

**Delicate Judgment Kho (DJK):** Delicate Judgment kho (DJK) is a fake kho, which force the defender to take wrong judgment. Active chaser judge the movement of defender and drops kho at the nick of time with not using full force. The main intension is to disturb, confuse, panic defender on post and to take him not in diagonal attack to put him out but on post or after post turning. In this condition attacker directly hop at post where defender due to confuse mind get slower and attacker take advantage of it. Attacker either on post or after post turning try to put him out. Delicate Judgment kho is given to put out defender, to put pressure on defender and to confuse the defender. Delicate Judgment kho can be given when defender is well settled at the post, when defender is about settle at the post. The effectiveness of delicate judgment kho is depend upon faking ability, the attacker and seated chaser at the last square, height of the chaser, psychology of defender. Attacker who is giving Delicate judgment kho (DJK) should be very skilled. He has to use calculated force to just shake defender on post. Effect of his action should be only defender should fumble, little move and not totally run at side line due to result of

attackers action. It is a totally planned attack of first and second seated chasers. Difference in between judgment Kho and delicate judgment kho is, in judgment kho defender totally goes out towards side line due to confusion, and in delicate judgment kho(DJK) the main intension of attacker is to only disturb defender on post due to which first seated chaser (attacker) can hop at him towards post. Post Target of putting out defender is either on post or after post turning.

**Method:-**The participants in this study were 32 boys. In this efforts of introducing this tactical skill researcher made a two groups of 16 each (two teams) as subjects. No sampling method applied. All subjects were advance players. Prior to conduct matches between two teams all the subjects were taught, educated, coached many tactics of this game along with this ‘Delicate Judgment kho (DJK)’ tactical skill. But not informed them about a particular skill is being scored. It was done to get a pure result. All the matches were videotaped as they performed each of the match. Researcher kept three scorers to collect data of the tactical skill and asked to record data. Three observers were trained to qualitatively evaluate the aspects of Delicate Judgment kho (DJK).

**Compilation of Data:** In this study researchers themselves are experienced qualified coaches, On the basis of their vast experience they are introducing the said skill. The study is conducted at Sipna Ambadevi Krida Mandal, Chikhaldara The subjects were aged between 19-25. Every Sunday two matches played and total 24 matches organized in three months for the collection of data. Subjects were asked to use tactics along with all the Kho-Kho skill including tactical skill “Delicate Judgment kho (DJK)”. In every match attackers tried this skill 08 to 12 times in a two turns. Three scorers collected score as data of every practice match. Players were asked to put in 100% efforts and concentrate to get points performing this tactical skill.

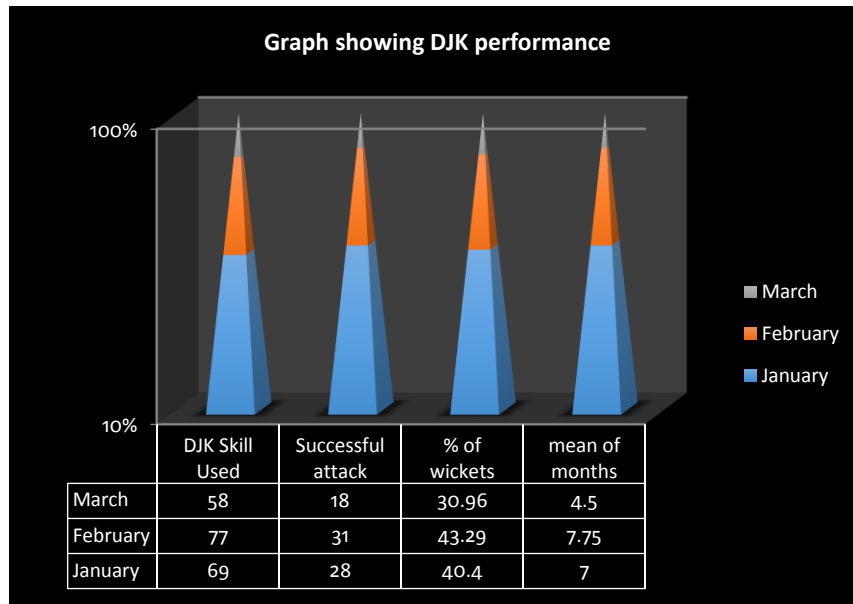


Picture: showing tactical skill Delicate Judgment Kho (DJK)

**Table:- Showing points scored by attacker using a tactical skill; Delicate Judgment kho (DJK)**

Month	January				February				March			
	(every Sunday two matches score is taken in this table)											
Sundays 1=4	1	2	3	4	1	2	3	4	1	2	3	4
DJK Skill used	20	18	15	16	24	19	22	12	12	1	17	14
Successful attack	07	08	07	06	08	09	10	04	04	0	06	04
Percentage of wickets	35	44.44	44.66	37.5	33.33	47.36	47.05	45.45	33.33	26.66	35.29	28.57
Mean of Month	07				07.75				04.5			
Mean of All Months	06.41 ( points scored 06.41 for 2 match) per match 3.20											

**Chart showing data collection, Total DJK, successful DJK attacks,% successful attacks**



Graph showing Total DJK Attempt, successful DJK attacks, % of successful attacks

**DJK skill** – Delicate Judgment kho; **S Attack** -Successful attack; **% wickets** -successful % of wickets

**Conclusion:-**The result of the study show that Significant improvement is seen, when used this tactical skill in the practice matches. To see the proper guanine result researcher experimented practically. Three months practice matches conducted of the Delicate Judgment kho (DJK)

tactical skill to see the outcome. After the study it was found that this skill is very useful to achieve the goal. After using this skill nearly 3.20 wickets attacking team is getting per match (1.60 per turn). That means out of many skills, if players are execute this tactical skill and getting such a nice result is good outcome as per statistics. Two seated chaser near post mostly uses this skill. Hence the finding of the study suggest coaches and players must work on this skill and use in the game practically. However, it must be noted that the researchers in this study had strong content, knowledge of Kho-kho game due their repeated exposure to this skill nice result is seen.

**Recommendation:**

- (01) Mostly used only when the defender seems very strong on post.
- (02) Have mastery over skill.
- (03) After proper application can get best result.
- (04) Mostly use it looking situation of the match.
- (05) Only experienced attackers recommended.

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**YOGA, SPORTS AND SOCIETY**

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**Abstract**

*Yoga is mind and body discipline developed in India. In fact, yoga is going to be popular through the world for the overall development of human society. Many athletes are taking to yoga to improve their on-field performance. Yoga has become a proven match-winner in improving athletic performance. Whatever sport you may be practicing, you can be assured that yoga will help you become better at it. Yoga for sports. The most important benefit of yoga is physical and mental therapy. The aging process, which is largely an artificial condition, caused mainly by autointoxication or selfpoisoning, can be slowed down by practicing yoga. By keeping the body clean, flexible and well lubricated, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation.*

**Key words:** *Benefits Yoga for Sports, Benefits Yoga for Society,*

**INTRODUCTION:**

Yoga is mind and body discipline developed in India some 2000 years ago. Almost two decades ago, the fitness industry rediscovered this ancient form of physical activity and a new category called mind-body exercise was created. In a more recent article, Larkey, Jahnke, Etnier, and Gonzalez proposed the term “meditative movement” to classify exercise activities which focus on physical movements, conscious breathing, a calm state of mind, and deep states of relaxation. Contrary to popular belief, yoga is not only for increased flexibility and relaxation, but also increases muscular endurance, decreases perceived stress, and improves overall health perception.

Ultimately, the goal of yoga is purely psychological. As defined in the Yoga Sutras of Patanjali, one of the authoritative texts in yoga, yoga is the control of the mental fluctuations and energies. In Ashtanga, the purpose of working the body out is to burn the six poisons of the heart - desire, anger, delusion, greed, envy, and sloth. Simply put, the goal is to live a peaceful life free from hatred and negativities.

**Yoga for Sports**

Many athletes are taking to yoga to improve their on-field performance. Yoga has become a proven match-winner in improving athletic performance. Whatever sport you may be practicing, you can be assured that yoga will help you become better at it. Read on to learn more about the efficacy of yoga for sports.

**Benefits of Yoga**

- Yoga poses improve body balance and increase the flexibility of the joints and spine.
- Yoga can prevent injuries by strengthening the muscles and increasing flexibility.
- Yoga can improve your endurance, strength, footwork and concentration.
- Pranayama and yoga meditation can improve your concentration and keep you focused.

- Yoga relieves physical and mental stress, enabling you to perform at your peak.
- Yoga is a great for cross-training, which is essential for sports persons who perform the same exercise routine every day.

### **Yoga for Society**

The most important benefit of yoga is physical and mental therapy. The aging process, which is largely an artificial condition, caused mainly by autointoxication or self-poisoning, can be slowed down by practicing yoga. By keeping the body clean, flexible and well lubricated, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation. Regular practice of asanas, pranayama and meditation can help such diverse ailments such as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins and heart conditions. Laboratory tests have proved the yogi's increased abilities of consciously controlling autonomic or involuntary functions, such as temperature, heartbeat and blood pressure. Research into the effects of yogic practices on HIV is currently underway with promising results.

According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body.

Yoga acts both as a curative and preventive therapy. The very essence of yoga lies in attaining mental peace, improved concentration powers, a relaxed state of living and harmony in relationships.

Through the practice of yoga, we become aware of the interconnectedness between our emotional, mental and physical levels. Gradually this awareness leads to an understanding of the more subtle areas of existence. The ultimate goal of yoga is to make it possible for you to be able to fuse together the gross material (annamaya), physical (pranamaya), mental (manomaya), intellectual (vijnanamaya) and spiritual (anandamaya) levels within your being.

### **Knowledge**

Yogic theory and practice lead to increased self-knowledge. This knowledge is not merely that of the practical kind relating to techniques, but especially of a spiritual sort pertaining to grasping something about the nature of the self at rest.

Knowing the self at rest, at peace, as a being rather than merely as an agent or doer, is a genuine kind of knowledge which usually gets lost in the rush of activities and push of desires. The value of discovering one's self and of enjoying one's self as it is, rather than as it is going to be, is indeed a value as well as a kind of knowledge.

### **Conclusion**

Yoga for sports is thus a boon for athletes as it can help them to cross-train, reduce injuries, alleviate boredom and add variety to their daily training routine Yoga Benefits for society.



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**SPORT PSYCHOLOGY: AN UNDERVALUED AND IGNORED NECESSITY****Yogesh Nimgade**

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Email: [yogeshnimgade@hotmail.com](mailto:yogeshnimgade@hotmail.com) Mob: 9763611257**Abstract**

Now a days sports persons are coming forward and talking about mental health and psychological training without hesitation. Sport psychology is still in its infancy. Very few sport psychology trained psychologists are available to athletes and sports person. Sport psychology is an application of principles derived in psychology to sports setting to improve the performance of the sports persons. There are many psychological variables like vigor, which is positive trait responsible for mental soundness and performance. Self- efficacy and intrinsic motivation are positive influencer. Sport-confidence necessary characteristic of sport person can be developed through proper training and accomplishment. Like this anxiety, arousal, stress, mood are predictor of performance. Especially arousal and performance shows inverted U relationship. Despite the many evidences sport psychology is ignored and devalued sector which need to recognize as soon as possible and start its application to raise the performance of athletes and player on the ground. In order to prepare athletes and players for competition only sport or physical training is not sufficient. Along with proper sport training psychological skill training is also needed. Therefore it need of time, that we should seek help of sport psychology to withstand the tough competition by sport person.

**Key Words:** Sport, Sport psychology, Athletes, Sport person, Psychological skill.

**Introduction**

Sanjana Kiran is a Singapore based sport psychologist who's service is sought for the training of shooters- Manu Bhaker and Angad for preparation for Tokyo Olympics. BCCI hired the sport psychologists Sandy Gordon in 2014 from the Boxing Day test match. Before that in 2008 Paddy Upton was appointed as mental conditioning and strategic leadership coach along with Garry Kirsten as a coach. Under the coaching of both M. S. Dhoni's team won the ICC world cup in 2011. According to article in Times of India by Saptaparna Biswas on dated 12<sup>th</sup> March 2021, there is a need of sport psychologists to deal issues of mental health faced by cricketers and athletes as recommended by Indian cricket team skipper Virat Kohli and Olympic gold medal winner Abhinav Bindra. In the same article Rehan Poncha an Olympic swimmer asserts that sports is very challenging and to deal with stress and strain of training and competition and to build the resilience and coping mental health is the only solution.

In recent days athletes and sports persons are feeling the needs of sports psychologists during their training and various meets. Still in India, not only there is scarcity of trained sport psychologists, and very few psychologists has been appointed also. In India psychology as such is not much recognized field, and sport psychology is least demanded branch of psychology. However, there is growing awareness about psychological issues and need of psychologist in general and sport psychologists in particular. Sport training and competition is highly stressful and demanding venture requiring fullest resources and involvement from participants. Having aptitudes and abilities for particular athletics or game is one thing and to survive in competition and

win is another. Many times only abilities can never win game for player. We have example of then France football team captain Zidane who strike head-butt to Italy's Materazzi after provoking and getting red card, which may be turning point in winning of 2006 world cup by Italy. Even after securing gold in world championship in shooting many Indian shooters failed to get gold in Olympics. We can cite many examples and evidences in support of ability is not the only requirement. Along with abilities there are many psychological factors that determine the performance of the athlete and these factors are highly ignored and devalued in training of sportsperson. This ignorance is in very great amount in the India, and this is reflected in not hiring any regular sport psychologists for national teams and athletes, neither there are professional training institute which impart training in sport psychology.

In this article author wish to explore development of sport psychology as separate discipline, and necessity and importance of sport psychology specifically in Indian sports context. For this purpose author reviewed some original research article stating importance specific psychological factor related to sports or athletics event and reviewed some review articles where importance of sport psychology is cited.

### **History of Sport Psychology**

It has been believed that in classical Greek period sport psychology was used as adjuvant along with training for games. However formal beginning of sport psychology is considered with the research of Dr. Norman Triplett, is an American psychology professor belonging to Indiana University. His research during 1890s on the performance of bicyclist in the presence of companion on the rear seat or without any person on rear seat (Davis, Huss, & Becker., 2009). Works of Triplett is considered as founding stone, whereas Coleman Griffith is known as pioneer in sport psychology because of establishment of first sport psychology laboratory at Illinois University (Weinberg & Gould., 2003).

However, Europeans acknowledge that sport psychology term was apparently given by founder of Olympic Games- the Pierre de Coubertin in 1900. The first international congress on sport psychology in 1913 in Lausanne held following this Coubertin published essays on sport psychology. In 1920 Robert Werner Schulte established psycho- technical laboratory at the German High School for Physical Exercise in Berlin. Parallel to the development of sport psychology in America European countries like Soviet Union also formed sport psychology laboratory in Rudik in 1925 in Moscow (Wylleman & Seiler, 2016).

In Europe sport psychology's growth was speeded by the establishment of International Society of Sport Psychology (ISSP) in 1965 in Rome. In the same year first world congress of sport psychology was held where approximately 500 professionals from Europe were present. Since then there is tremendous increase in the various foundations and societies of sport psychology also there is increase in taking service of professional sport psychologists in America and Europe. During 1980s many sport psychologist in America were working with international teams for Olympic games. Hence, we can say that there is commendable boon in the field of sport psychology evident by nearly 3000 members of sport psychology associations only in America (Madhushani, 2012) .

### **Sport Psychology in India**

Beginning of sport psychology in India can be traced to the development Indian Association of Sport Medicine (IASM) in 1970 and interests of association delegates in psychological aspects of sports in 1977 annual conference of IASM. In 1983 Faculty of Sports Science under the Netaji Subhash National Institute of Sports in Patiala, Punjab. Sport Psychology of India recently conducted conference where near about 650 people participated. This projects the positive prospects for sports psychology. Albeit many sports persons and both men and women cricket teams appointing sport psychologists there is need to grow scope and use of sports psychology. In India still there is very limited use of psychology in sports despite of proven utility of psychological principles and techniques in the improvement of performance of sportspersons and athletes.

### **Sport Psychology: Meaning and Need**

#### **A) Meaning of Sport psychology**

The term Sport Psychology is combination of two different words- sport and psychology. Sport according to definition is a leisure activity principally used for recreation. However, now a days once was recreational activity is now fully grown professional venture, competitions are held from village to world level. Psychology is a scientific study of behaviour and mental processes. Therefore, psychology can be defined as an applied branch of psychology which deals with the application of scientific principles derived in psychology to the sport setting for improvement of the performances of the athlete and team games. In 1996 European Federation of Sport Psychology defined Sport psychology in following way: "Sport psychology is the study of the psychological basis, processes and effects of sport."

Sport psychology is differentiated in two categories by American sport psychologists in the following way: one is academic sport psychology and another is applied sport psychology. Academic sport psychology deals with factors affecting participation and performance in sport, whereas applied sport psychology's subject matter is applying psychology to improve performance of sports person (Jarvis, 2005).

#### **B) Sport psychologist's job**

Sport psychologists can be teacher, researcher and consultant. Therefore, education, research and consultation are three primary activities performed by the sport psychologists. As a teacher sport psychologists can educate students of undergraduate or post graduate course. S\he teaches subjects like sport and exercise psychology, applied sport psychology and social psychology of sport etc. Not only to students of formal degree, educator sport psychologist teaches to athletes and coaches also. Their goal is to help athletes develop necessary psychological skills through education and training. As a researcher sport psychologists are the knowledge creating members of this field. Sport psychologist conduct research on various psychological aspects of sport including theoretical as well as applied. This results in theoretical advancement or invention of techniques of intervention. Third role performed by the sport psychologist is the role of consultant sport psychologists. In this the psychologist provides consultation to athletes and teams to improve on the psychological dimensions for better training and better performance in

competition. Some consulting psychologists work full time either with team or individual athlete. While others work as part time consultant, (Weinberg & Gould., 1995; Jarvis, 2005; LeUnes, 2011). There are specialized clinical sport psychologist who has extensive training in clinical psychology as well as sport psychology. Clinical sport psychologist's main work is to treat the emotional and psychological disorders of sports person or athletes, (Weinberg & Gould., 2003).

### **C) Need of Sport Psychology**

A Football team is very strong as its all player are strong and well trained for their respective job on the ground however another team with mediocre player wins the game, how? Sprinter practiced whole year for race and on the day s\he was so stressed that s\he fouled and eliminated from the race. Mr. X the chess player due to unable to control his anxiety played very poor and lose the game. These hypothetical examples stating same thing that team was strong, player was strong however because of certain psychological factors they lose the game. Hence, we can say that psychological factors are very important determinants of results of game. There are many studies which differentiate athletes and non-athletes in personality. Also Morgan studied traits of more successful and less successful athletes and prepared mental health model also known as the ice berg profile. This model predicts that positive mental health is directly related to success of athletes and better performance (Weinberg & Gould., 2003). Therefore, according to Morgan's model training should be provided such that vigor the positive trait should be high and other traits like tension, anger, fatigue, and confusion should be low. Self- efficacy is an important variable which has effect on the performance of both individual as well as team. Self- efficacy is a belief in ones potential to perform task to obtained desired results. According to reported study by Feltz et al. in 2008, self –efficacy is a stronger predictor of ensuing performance (Jackson, Beauchamp, & Dimmock., 2020). Self- efficacy belief is not only beneficial to the individual but also to the team as a whole. Sometime called collective self- efficacy having group has a better performance than the group exhibiting lower team self- efficacy (Cox, 2011).

Motivation is another important psychological variable which has impact on the performance of sports person. Intrinsic motivation which originate in person as the mastery over task gives internal pleasure and learning the task is fun giving activity for the individual. Higher the motivation better are chances of athlete or team member to perform at higher level (Cox, 2011). The Vealey's multidimensional model of sport- confidence is a model of motivation in which sport- confidence is like trait having sources of achievement, self- regulation, and social climate. In a survey done by Hays, Maynard, Thomas, and Bawden in 2007, training preparation, performance, accomplishments, and quality performance are key constituents in the development of sport- confidence and subsequently performance (Cox, 2011).

Arousal, anxiety, mood, and stress, these four variables are extremely effective in determining the performance of an athlete or sports person. Many examples can be mentioned when because of excessive or poor arousal, inappropriate anxiety, negative mood state, and excessive stress became detrimental to the performance of sport person. Psychological skill training, stress

management, handling negative emotions, coping, resilience etc. are innumerable variables which can affect performance of athlete and sports person. Arousal and performance has inverted U relationship. Due to lack of space we cannot discuss at full length the necessity and application of psychology in sport. Nevertheless, we need to focus on above discussed psychological variables along with sports training. By ignorance and negligence of sport psychology and its application we are paying price in terms of lower performance of athletes and team games players.

### Conclusion

From above discussion it can be concluded that, till now we are highly ignoring the valuable sport psychology and its application in sports to raise the performance. However, now time has come when we need to take service of sport psychology for betterment of sports.

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## **EXERCISE PHYSIOLOGY**

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### **Abstract**

*Exercise physiology plays an important role in maintaining proper health of overall body's system. Exercise physiology is utilised in finding role of exercises in molecular, chemical processes which helps athletes to achieve their peak performance, and non-athletes achieve better health through exercise. For athletes it is crucial for them to increase their body's capacity in order to give their best performances during the sport, which requires strength, capacity and stamina more than normal level and to gain such functioning exercise physiologist helps them to achieve that.*

### **Introduction:**

Exercise physiology is the study of the body's responses to physical activity. These responses include changes in metabolism and in physiology of different areas of the body like the heart, lungs, and muscles, and structural changes in cells. The word exercise comes from the Latin exercitus, "to drive forth," while physiology comes from the words physis ("nature") and logia ("study"). Exercise physiology is a specialization within the field of kinesiology. These medical professionals study the body's responses to physical activity as well as how the body adapts to physical activity over time. Exercise physiologists are responsible for conditioning clients to higher levels of physical fitness and improved health.

Exercise physiology expresses the body's functional capacity during and following exercise. Exercise physiology is a profession that supports medical and health professions. It defines the different body's system adaptations to acute physical bouts and long-lasting exercise training. Following an exercise training program, functional changes of the muscular, cardiovascular, and neurohumoral systems improve body's overall functional capacity. In addition, chronic exercise training increases cellular metabolic rate as an adaptive response. Exercise physiology helps to detect, by means of a physical exercise, health status and pathological state and use mechanisms by which exercise can reduce or reverse disease progression.. Exercise physiology plays an important role in the practice of clinical sports medicine. Exercise physiology research has identified important effects of exercise on the body's systems, tissues, and cells. Ongoing research is investigating the role of exercise in subcellular, molecular, and chemical processes. Increasingly, sports medicine physicians and other practitioners are using the findings of this research to help athletes achieve peak performance, and nonathletes achieve better health through exercise. Many areas of sports medicine practice, including exercise testing, safety, performance evaluation, correction of training problems, and prevention of problems that affect specific populations (e.g., older athletes, women, children), benefit from the application of exercise physiology theory and research. The continued demand for athletes at all levels to be better, faster, and stronger, combined with the national focus on getting all Americans involved in some form of physical activity, will require that sports medicine practitioners and exercise

physiologists increasingly work together to optimize sports and exercise performance, health, and safety.

Participation in physical activity has many motives, such as supports growth, improves strength, delays aging, increases muscle mass, improves cardiovascular system functional capacity, enhances athletic abilities, and weight loss. Amount of recommended exercise regimes may be beneficial to the individual's health profits. It depends on the exercise mode and the individual's age. Participating in any level of physical activity, even of low intensities, is far better than being physically inactive. Exercise modes are defined as dynamic or static. Dynamic exercises, such as running, walking, swimming, and cycling, reduce diastolic blood pressure (DBP) at rest and during exercise due to the reduced total peripheral resistance (TPR). However, weightlifting causes a sharp increase in systolic blood pressure (BP), DBP, and thus mean arterial blood pressure (MABP), affecting the significant increase of TPR. The physiological response to exercise is dependent on the intensity, duration and frequency of the exercise as well as the environmental conditions. During physical exercise, requirements for oxygen and substrate in skeletal muscle are increased, as are the removal of metabolites and carbon dioxide. Chemical, mechanical and thermal stimuli affect alterations in metabolic, cardiovascular and ventilatory function in order to meet these increased demands

#### **History:**

Exercise has been regarded as important to human health for thousands of years, beginning with ancient cultures. The Greek physician Hippocrates is one of the earliest-recorded and most well-known proponents of exercise. He recommended moderate exercise in order to stay healthy and even improve health. Other prominent ancient scholars throughout history followed suit, including Plato, Aristotle, and the Roman physician Galen, who believed that exercise improved general health, metabolism, and muscle tone, and even led to better bowel movements. Later, the Persian physician Avicenna also wrote in support of Galen in the medical text Canon of Medicine. Avicenna believed that exercise balanced the four body humors (an idea that was popular at the time and had been passed down from Ancient Greece). Importantly, he also recognized that too much exercise could have negative effects on the body.

In the 16th Century, around the start of Scientific Revolution, physicians began to write books on exercise. One of the earliest known books on exercise was Book of Bodily Exercise, written by the Spanish physician Cristobal Mendez. In his book, Mendez discussed benefits, types, and values of exercise, along with common exercises and why they were important to perform. In the 19th Century, some medical textbooks began to include chapters on exercise. The negative effects of lack of exercise, including poor circulation, weakness, and increased likelihood of disease, became more well-known. As the importance of physical activity became more and more important, schools also began to offer physical education classes, which required students to perform exercises for a set period of time each day.

The first true exercise physiology textbook, Exercise in Education and Medicine by Dr. R. Tait McKenzie, was published in 1910. Laboratories devoted to the study of exercise physiology were also established in the 20th Century. These included the Harvard Fatigue Laboratory,



opened in 1927, and the Physical Fitness Research Laboratory at University of Illinois, opened in 1944. These schools conducted numerous on such topics as fatigue, cardiovascular changes during exercise, oxygen uptake by the body, and the effects of training. In 1948, the Journal of Applied Physiology began to be published. This journal publishes peer-reviewed research in exercise physiology and still exists today. While contributing greatly to our understanding of exercise's effects, exercise physiology labs also trained numerous scientists who would go on to found their own exercise physiology laboratories in universities and medical schools all over the world.

**Types of Exercise Physiology:**

The two types of exercise physiology are 1) Sport Exercise Physiology

2) Clinical Exercise Physiology

**Sport Exercise Physiology:** Sport exercise physiology is, as its name suggests, related to athletes. Sport physiologists use knowledge of the body's response to exercise in order to develop training regimens for athletes. Such regimens include fitness conditioning, which is the process of training to become more physically fit through periods of exercising certain muscles and resting. Sports physiology looks at how exercise alters the function and structure of the body. A physiologist monitors how well an athlete performs using special tests and technology that are designed to accurately measure their characteristics. This allows the doctor to advice coaches and athletes on their training and competitions to ensure that they are performing at their best level. Exercise physiologists who work in non-clinical settings work with healthy to moderately healthy adults who are looking to lose weight or improve their overall physical fitness. This can include working in public fitness facilities and community organizations such as the YMCA, as well as working as strength and conditioning specialists with professional or intercollegiate athletic programs. Conditioning programs for teen athletes have also seen substantial growth within private fitness facilities.

**Clinical Exercise Physiology:** Clinical exercise physiology is the use of physical activity for therapy, treatment, and prevention of chronic diseases. One disease that can be aided by exercise is diabetes. Exercise uses the body's stored glucose, so a diabetic may use exercise to help keep their blood sugar levels down. Another disease treated with exercise therapy is osteoporosis, the loss of bone tissue that commonly occurs in old age. Osteoporosis may cause joint pain and limit movement. stress. Clinical Exercise Physiology services focus on the improvement of physical capabilities for the purpose of: (1) chronic disease management; (2) reducing risks for early development or recurrence of chronic diseases; (3) creating lifestyle habits that promote enhancement of health; (4) facilitating the elimination of barriers to habitual lifestyle changes through goal-setting and prioritizing; (5) improving the ease of daily living activities; (6) and increasing the likelihood of long-term physical, social and economic independence and work with affected individuals to show them how to exercise in a safe way that minimizes pain, and may recommend activities such as swimming that are easier on the joints. Exercise is also sometimes used as part of a treatment for anxiety and depression, either as a standalone condition or as a result of a physical disease, because it raises serotonin levels and reduces stress.

How exercise physiology is beneficial for people with disability: Exercise physiology helps people living with disability and chronic medical conditions to minimise the impact of their disability or illness through exercise and improving their physical fitness. Exercise physiologists can support people living with different types of disabilities, such as autism, multiple sclerosis, amputation, muscular dystrophy, Down syndrome, vision/hearing impairment, Parkinson's disease or cerebral palsy. They do this in many different ways, helping people: increase their mobility and strength, improve their balance and walking gait, perform daily tasks, participate in community activities, set and achieve their own physical goals, manage pain, prevent disease, increase physical and mental health, manage lifestyle changes as a result of disability. Accredited exercise physiologists (AEPs) can support people living with disability to better manage lifestyle changes as a result of their disability, such as: reduced mobility, inactivity, deconditioning, fatigue, weakness, and balance issues

**Benefits of Exercise Physiology:**

- 1) Improved mobility, strength and overall health: No matter what your age or ability, appropriate forms of exercise can help you move better, increase your strength and improve your balance. This ultimately helps you build capacity, so you can enjoy quality of life.
- 2) Pain reduction: Studies have shown that exercise can help treat and manage many types of ongoing pain for better quality of life – for example, if you have arthritis, regular exercise can help reduce pain and joint stiffness in affected areas.
- 3) Effective rehabilitation: If you've experienced an injury, illness or major surgery, rehabilitation exercises will most likely be an important part of the recovery process. Done correctly with an exercise physiologist, they can help you rebuild strength, restore motion and prevent further injury.
- 4) Manage and prevent chronic diseases: An exercise program can help you manage and reduce the symptoms of chronic conditions such as diabetes, osteoporosis or hypertension. A doctor may also recommend seeing an exercise physiologist if you are at risk of developing a chronic disease, to prevent its onset.
- 5) Improve mental health and wellbeing: The research is clear: exercise relieves tension, boosts your energy levels and releases powerful endorphins which can help lift your mood. Participating in a personalised exercise program will have plenty of mental health benefits alongside physical ones.
- 6) Effective exercise for your needs: It's possible to work hard at exercise without getting much value out of it. A health professional can help you exercise in the right way, so you are working as efficiently as possible towards your health goals.
- 7) Helps in gaining proper athlete body: athletes are highly benefited from exercise physiology as it properly guides them to achieve their respected health goal also helps in increasing strength and stamina.

**Conclusion:**

Exercise physiology is the science of how the body function during exercises and sports activities and how the body adapts to chronic exercise training. Exercise physiology is necessary not only in the fields of sports but it is also needed for people with diseases condition and people with disability. Also non- athletes or normal people who are conscious about their health can also take help to exercise physiology to maintain their daily basic health to prevent future body problems and stay fit.

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## **ROLE OF MEDIA ON MARKETING AND POLITICS**

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### **Abstract**

*The aim of the present paper was to study the role of media in marketing and politics. Media plays a vital role to aware people about marketing and politics. It educates people about brand, product, democracy, legislature, political parties etc. The objectives of the paper were to analyse the role of media in marketing and politics. Media helps to build brand awareness amongst the people. Media also plays important role in the developing awareness about voting, elections, social issues, weather condition, flood etc. Media is a source of information, and news in the life of an individual. Media have been used in political context as building relationship, campaign organization, political engagement etc. It was concluded that the media marketing and politics are interrelated to each other. Media always helps to political leaders at the time of election. It also helps to marketing to launch new product and brand. Citizen of the nation must trust upon the media to provide them political information. Media shape public opinion on political issues.*

**Key Words:** *Media, Marketing, Politics, Democracy.*

### **Introduction**

The media adopted as a means of communication to develop relationship between marketing and politics. Media maintain the relationship between marketing and politics. It is very important at the time of election in democratic and political process. Strategic communication is considered as a key factor in political campaign and process.

All over the world political organisation invested time, efforts and lots of money to making efforts during the election period. Strategic marketing techniques in politics could offer competitive advantage and structural framework for success in political campaign and process. The media rise as a form of communication, maintaining and developing social relationship within the political system. Media plays important role as strategic marketing in politics. It becomes a choice in political communication. Media have been used in political context as building relationship, campaign organization, political engagement etc.

Media emerge the most important part in the life of people. Media refers to electronic media and print media. Electronic media includes television, radio, mobile phones etc. and print media includes newspaper, magazines, journals etc. The success of any events, plans, programmes for the masses are depends on media to the great extent. Media become a part of people's life. The media is closely related associated with all types of human activities.

Media that is, print media and electronic media became a strong medium for social, political, marketing, business etc. electronic media developed rapidly as a most powerful medium of moulding and influencing most of the activities of politics and marketing and also human being. The programmes like pulse polio campaign, public health and natural calamities like earthquake, flood, drought, pandemic situation etc. all derive from the circulation through

electronic media. Media increases awareness of brand and product. Marketing is a communication between consumer and seller. There are different uses of social media in marketing for example communication, online shopping, distance education, knowledge base, banking, travel, bill pay, entertainment etc. internet is consider as a mass media market for communication e.g. email.

Media plays important role in introduction of modern democracy, spread to education, improve the means of communication etc. it introduce about election and political parties.

Objectives of media in marketing and politics

1. To examine the nature of marketing and politics.
2. Media helps to increase sales of the products.
3. Media can help to build brand awareness amongst the people of the nation.
4. Media can help to build trust among the people and political leaders.
5. Media can help to grow market.
6. Media can help to launch new products and services.
7. Media can help to enter new markets internationally or locally with the help of political leaders.
8. Media can help to enhance customer relationship.

### **Media**

Media has several types of widespread communication i.e. television, radio, cinema, newspaper, magazines and internet. Media gain power through its support from corporations and is criticised by citizens.

The simple dictionary meaning of the word media is ‘the means of communication radio and television, newspaper, magazines and the internet that reach people widely’. Media are the communication tools used to store and deliver information and data.

Media is a biggest source of communication to the individual. There are various sources in which media plays a vital role. Media is a large pillar of state after legislature executive and judiciary.

### **Types of Media are**

1. Broadcasting
  2. Print media
  3. Movies
  4. Internet
  5. Games
- 1. Broadcasting:** The main source of Broadcasting is television and radio. It gives all the information of events, news and what happening on the earth. People are interested to watching the news regarding marketing, political, business, astrological, health related news, share marketing, sports, etc. Radio is also one of the sources of Broadcasting. People can hear all kinds of news on it and also enjoy various musical programmes.

2. **Print Media:** Print Media is one of the sources of information. It includes newspaper, magazines, journals, etc. People can update their knowledge and information via print media.
3. **Movies:** It is oldest form of media and people also interested to various types of movies in the theatre and television.
4. **Internet:** Internet is a newest source of media. Nowadays, lots of people prefer internet to watch news, movies, videos, cartoon shows, advertisements, health related videos, etc. It is faster and capable than other sources of media. It connects people with latest invention and news and the world.
5. **Games:** Games are one of the form of electronic media devices. Now a day's game are easily available on mobile phones and people can easily handle and play games on mobile any time anywhere.

### **Importance of media**

Media is one of the source of information, news in day to day human life. Media update about various events around the world. People can check out the latest news current affairs, important information, general knowledge, marketing, political events by watching television, listening radio, reading newspaper every morning. It is a medium of communication for mass audience with the help of electronic media, printed media, web media the mass communication method is accomplished in a suitable way.

Across the world people uses various sources of media for keeping themselves update on various ongoing events, inventions, issues, research, etc. around the world. Media play a very important role for the whole society.

1. Media raise voice against the societies. It play constructive role for the society for raising awareness e.g. gender discrimination, racial difference, pandemic, corona virus, etc. With the help of media people aware about such issues. Media also help to reach information unveil issues to the concern authorities.
2. Raises consciousness media aware people about information and knowledge. It does not forces their opinion on public. They provide facts, figures and news that people can analyse the information and understanding what is wrong? And what is right? It depends only on individual on what he thinks about news and information etc.
3. Raise voice against problems in society. Media play a constructive role for the society. They aware people about various problems of the society, various issues, information that are important for the society. Media also helps to reach common man's voice to the concern authority. Media also help the public to solve the problem.
4. Provide true picture and live telecast for various events, issues and problems, live events can be watched e.g. sports competition, political address by prime minister, speech of president, speech of chief minister, debate, live coverage of areas affected by flood, other natural calamities etc. Media provide live telecast for almost important events, issues, matters, sports competitions, wars etc. Media plays a vital role of information, knowledge, and news to the citizens of nation.

5. Educate the society. Media gives the information about marketing, politics, social issues, weather condition, new inventions, various issues, war all over the world. People can analyze various product reviews, price comparison for various items, political news, fashion, war, weather, health with the help of media. Media can expose different issue for example poverty, illiteracy, social backwardness, conditions of tribal areas etc. Media has given to access books, articles published, journals, magazines, news bulletin etc. Media play important role in education. It provides education resources give multiple solutions clear the concept, share information about various fields. Millions of people search on Google for certain information, topic, educational information etc. Media also educate people for their rights and duties and helps enforce the laws as well.

Media has an important role in the society. The importance, effect and role of media cannot be ignored by anyone in the nation. Media gives information entertains people and helps in reforming, educating, strengthening and reshaping society.

### **Media and Marketing**

Marketing is the activity of industry or company undertake to promote the products buying and selling. Marketing includes advertising product selling, delivering product to consumers or businessmen. Marketing department try to get the attention of the audience through advertising.

Marketing is a discipline to involve all the actions of a company undertakes to draw in consumers and maintain relationships with customer.

Marketing considered as core concept of needs, wants and demands product value cost and satisfaction, exchange and transaction, networks and relation, makers and marketers etc.

### **Types of Marketing**

- 1. Traditional Marketing:** traditional marketing is refers to band promotion on any television channel because the information was not easily available. Most of the traditional marketing relied on outbound tactics such as print, television add etc.
- 2. Outbound Marketing:** outbound marketing refers to instructive promotion such as print advertisement, television ads, email etc. This method of marketing is called outbound since the brand is comes to market to spread awareness about brand to all consumers. Whether they are useful or not.
- 3. Inbound Marketing:** inbound marketing is concentrated on attracting customer. It tactics all under digital marketing as consumer are empowered to do search online. The focus of inbound is on creating experiences that have positive impact on people.
- 4. Digital Marketing:** digital marketing is the opposite of traditional marketing. Digital marketing encompasses all marketing that use an electronic device or the internet in digital marketing uses search engines, social media, email and other websites to connect with customers.
- 5. Search Engine Marketing:** search engine marketing includes all activities. There are two types of search engine marketing i.e. search engine optimization for organic search result and pay per click advertising for sponsored.

6. **Content Marketing:** content marketing is a key instrument in inbound and digital marketing. It allows audiences as well as search engines for example Google to find important information on the web. The common content marketing programmes are social media, blogs, visual content etc.
7. **Social Media Marketing:** social media marketing is creating content to promote brand and product on social media like Facebook, WhatsApp, Twitter, Instagram, etc. Social media is one of the important sources of marketing nowadays.
8. **Video Marketing:** video marketing involves using video as a medium. To boost brand social media play important role. It aware, generate conversion, close deal of the brand and product. Video marketing allows analyzing, nurturing and score leads based on the activity.
9. **Email Marketing:** email marketing includes sending educational content and messages to the people for informing. It useful for educational purpose.

### **Media and politics**

Politics is considered as government, politicians and political parties. A country to have a government and it work as per some specific guideline. It is an essential form of government. Media play important role in politics. It influences public opinion and helps to people of nation. It takes transparency. An independent media is an effective.

Media and politics always interact with each other through newspaper, television. The role of media is to keep the people inform educational updates with current news and events in their communication, state country and all over the world. In politics media can help or damage the image of politician by changing the opinion of public.

The important communication media like newspaper, television, radio, cinemas began to spreading ideas about development and progress all over the world. It is through the mass media that various ideas and opinion of people were distributed among the various people throughout the world.

### **Importance**

1. Media plays important role in contribution of well functioning of democracy. It is important in modern democracy. Democracy implies participative governance. Media can inform people about various social issues, problems of the society, give the information about debate etc..
2. Media can inform citizen's accountability and transparency.
3. Media also inform people of the nation about political legislation.
4. Inform about political leaders. Media give the information of each and every political leader about their lifestyle, nature, education etc.
5. Media also develop awareness about election amongst the citizens of the nation.
6. Media play important role in the developing awareness about voting amongst the people of the nation.
7. Media can provide platform for citizens to communicate their concerns, opinion, problems and issues with concerned authority.



8. Media can affect people behaviour and belief about the politics.
9. Media is a key to political development and success.

### **Conclusions**

Media has a strong effect on marketing and politics. Media also influence the government through the discussing the issues, social problems, of the people of the nation. Media is affected by the government. Media also help to marketing for launch a brand and new product in the market. Media plays a crucial role in informing marketing, selling, launching the product and brand, politics, campaigns, voting and election.

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**COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS AND  
PHYSIOLOGICAL VARIABLES OF INTERCOLLEGIATE KHO-KHO, KABADDI  
AND MALLKHAMB PLAYERS OF ANAND NIKETAN COLLEGE, ANANDWAN****Asst. Prof. Tanaji V. Bayskar***D.Y.Ed., B.P.Ed., M.P.Ed., M.A. in Yoga, NET and SET (Physical Education)**Director of Physical Education and Sports**Anand Niketan College, Anandwan***Abstract**

*These paper is related to Comparative Study on Selected Physical Fitness and Physiological Variables of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan. The objective was to compare mean scores of Sit-ups, Sit and Reach, Diastolic Blood Pressure and Systolic Blood of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan. The Null Hypothesis was that there is no significant difference of mean scores of Sit-ups, Sit and Reach, Diastolic Blood Pressure and Systolic Blood Pressure of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan, when strength and endurance of the abdominals and hip-flexor muscles assessed by One Minutes Sit-up Test developed by AAHPERD in 1980, Flexibility assessed by Sit and Reach Test developed by Wells and Dillon in 1952, Diastolic and Systolic Blood Pressure assessed by Mercury Sphygmomanometer developed by Scipione Riva Rocci in 1896. Seventy-five Male Intercollegiate Players of different games of Anand Niketan College, Anandwan were selected, 20 Intercollegiate Male Players from Kho-Kho, 26 Intercollegiate Male Players from Kabaddi and 29 Intercollegiate Male Players from Mallkhamb were selected as subjects from Anand Niketan College, Anandwan through Purposive Sampling Method. One-Way ANOVA was used for analyzing the data. Significant difference was found of strength and endurance of the abdominals and hip-flexor muscles among Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan.*

**INTRODUCTION**

Now the sports-man have been able to give outstanding performance because of involvement of new scientifically substantiated training methods and means of execution of sports exercise such as sports techniques and tactics, improvement of sports grass, and equipment, as well as other components and condition of the system of sports training (Powel 1983). Mallkhamb is known as "the maternal sport of ancient India". Mallkhamb is a mix of yoga, aerobic and traditional martial arts. Exercises of shafts of Mallkhamb and rope are played against the Gravity amid upward and descending development. Mallkhamb is a mix of yoga, aerobic and traditional martial arts. This Sport gives the greatest activities in least timeframe for most extreme muscles of Mallkhamb players. Game makes the player agile. Mallkhamb is an anaerobic kind of action. Kabaddi is aptly known as the "Games of The mass" due to its popularity, simple, easy to comprehend rules, and public appeal. The game calls for no supplicated equipment what so ever, which it very popular sport in the developing countries. Kho-Kho, an ancient game of undivided India, Probably was derived from the different strategy and tactics of "Kurukshetra" was in Mahabharata. The chariot

fifth during the war and zigzag pathways followed by the retreating soldiers indicates the formation of chain play a defense skill in the games of Kho-Kho.

### **OBJECTIVES**

- i. To compare means scores of Sit-ups of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan.
- ii. To compare mean scores of Sit and Reach of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan.
- iii. To compare mean scores of Diastolic Blood Pressure of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan.
- iv. To compare mean scores of Systolic Blood Pressure of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan.

### **HYPOTHESES**

- i. There is no significant difference of mean scores of Sit-ups of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan, when strength and endurance of the abdominals and hip-flexor muscles assessed by One Minutes Sit-up Test developed by AAHPERD in 1980.
- ii. There is no significant difference of mean scores of Sit and Reach of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan, when Flexibility assessed by Sit and Reach Test developed by Wells and Dillon in 1952.
- iii. There is no significant difference of mean scores of Diastolic Blood Pressure of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan, when Diastolic Blood Pressure assessed by Mercury Sphygmomanometer developed by Scipione Riva Rocci in 1896.
- iv. There is no significant difference of mean scores of Systolic Blood Pressure of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan, when Systolic Blood Pressure assessed by Mercury Sphygmomanometer developed by Scipione Riva Rocci in 1896.

### **Methodology**

Seventy-five Male Players of different games of Anand Niketan College, Anandwan, among Seventy-five Intercollegiate Male Player's, 20 Male Players from Kho-Kho, 26 Players from Kabaddi and 29 Players from Mallkhamb were selected as subjects from Anand Niketan College, Anandwan through Purposive Sampling Method. The age of the subjects was ranged from seventeen to Twenty-three years. One-Way Analysis of Variance was chosen, to measure their strength and endurance of the abdominals and hip-flexor muscles used One Minute Sit-Ups test and score count in number, for Flexibility of Lower Back and Hamstring Muscles used Sit and Reach Test and the scores was measured in Centimetres, for Diastolic and Systolic used Mercury Sphygmomanometer and the scores was measured mmHg.

**Selection of Test and Criterion Measures**

Selected Physical Fitness Tests

- i. One Minutes Sit-ups
- ii. Sit and Reach Test

Selected Physiological Variables

- i. Diastolic Blood Pressure
- ii. Systolic Blood Pressure

**Collection of Data**

The necessary data pertaining to the study were collected using the Selected Test mentioned above from 20 Male Intercollegiate Kho-Kho Players, 26 Male Intercollegiate Kabaddi Players and 29 Male Intercollegiate Mallkhamb Player of Anand Niketan College, Anandwan.

**Analysis of Data**

The data pertaining of the Sit-ups, Sit and Reach, Diastolic and Systolic Blood Pressure were examined statistically by One Way Analysis of Variance in order to determine the statistically significant means difference if any. The level of significance to test the hypothesis was set at 0.05.

**GAME-WISE COMPARISON OF MEAN SCORES OF SIT-UPS OF INTERCOLLEGIATE KHO-KHO, KABADDI AND MALLKHAMB PLAYERS**

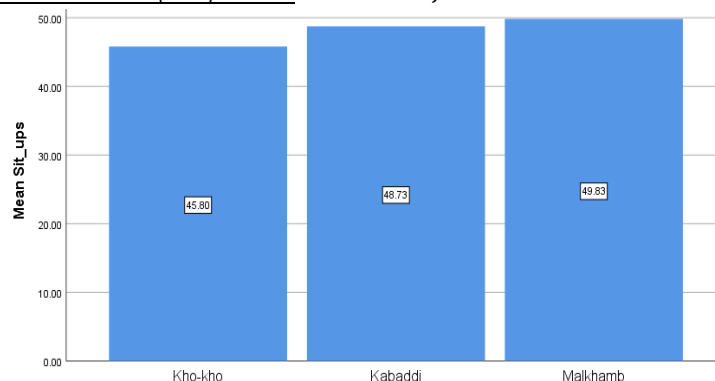
The first objective was to compare mean scores of Sit-ups of Intercollegiate Kho-Kho, Kabaddi, and Mallkhamb Games. Kho-Kho, Kabaddi and Mallkhamb were the three levels of Games. Thus, the data were analyzed with the help of One-Way ANOVA and the results are given in Table 1.

**Table 1: Summary of One-Way ANOVA of Sit-ups of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players**

**Table-1**

Source of Variance	df	SS Sum of Square	MSS Mean Sum of Square	F-Value	Remark
Games	2	197.09	98.54	12.05	P<0.05
Error (Within Group)	72	588.45	8.17		
Total	74				

\*\*= Significant at 0.05 Level



From Table 1, it can be seen that the F-Value is 12.05 which is significant at 0.05 Level with  $df=2/72$ . It indicates that there is significant difference in mean scores of Sit-ups of Intercollegiate players belonging to Kho-Kho, Kabaddi and Mallkhamb Games. There is no significant difference of mean scores of Sit-ups of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan, when strength and endurance of the abdominals and hip-flexor muscles assessed by One Minutes Sit-up Test developed by AAHPERD in 1980 is rejected. In order to know which groups, mean scores of Reasoning are significantly higher than other, the data were further analyzed with the help of t-Test and the results are given in Table 2.

**Table 2: Game-wise M, SD, N and t-Value of Sit-ups of Intercollegiate Players**

Games	M	SD	N	Kabaddi	Mallkhamb
Kho-Kho	45.80	2.14	20	3.87*	4.80*
Kabaddi	48.73	2.80	26		1.32
Mallkhamb	49.83	3.29	29		

\*Significant at 0.05 Level

From Table 2, it can be seen that the t-Value for Sit-ups of Intercollegiate Kho-Kho and Kabaddi Players is 3.87 which is significant at 0.05 Level with  $df=44$ . It shows that the mean scores of Sit-ups of Intercollegiate Players belonging to Kho-Kho and Kabaddi Games is differ significant. Further the mean scores of Sit-ups of Kabaddi Players are 48.73 which is significantly higher than those of Intercollegiate Kho-Kho Players whose mean scores of Sit-ups is 45.80. It may, therefore, be said that Kabaddi Players were found to have significantly higher strength and endurance of the abdominals and hip-flexor muscles in comparison to those of Intercollegiate Kho-Kho Players.

From Table 2, it can be seen that the t-Value for Sit-ups of Intercollegiate Kho-Kho and Mallkhamb Players is 4.80 which is significant at 0.05 Level with  $df=47$ . It shows that the mean scores of Sit-ups of Intercollegiate Players belonging to Kho-Kho and Mallkhamb Games is differ significant. Further the mean scores of Sit-ups of Intercollegiate Mallkhamb Players are 49.83 which is significantly higher than those of Intercollegiate Kho-Kho Players whose mean scores of Sit-ups is 45.80. It may, therefore, be said that Intercollegiate Mallkhamb

Players were found to have significantly strength and endurance of the abdominals and hip-flexor muscles in comparison to those of Intercollegiate Kho-Kho Players.

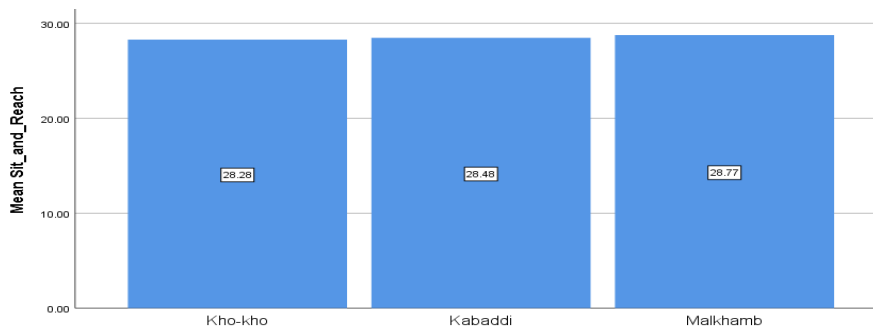
From Table 2, it can be seen that the t-Value for Sit-ups of Intercollegiate Kabaddi and Mallkhamb Players is 1.32 which is not significant. It shows that the mean scores of Sit-ups of Intercollegiate players belonging to Kabaddi and Mallkhamb Games do not differ significantly. It may, therefore, be said that Intercollegiate Kabaddi Players and Mallkhamb Players were found to have strength and endurance of the abdominals and hip-flexor muscles to the same extent.

### GAME-WISE COMPARISON OF MEAN SCORES OF SIT AND REACH OF INTERCOLLEGIATE KHO-KHO, KABADDI AND MALLKHAMB PLAYERS

The Second objective was to compare mean scores of Sit and Reach of Intercollegiate Kho-Kho, Kabaddi, and Mallkhamb Games. Kho-Kho, Kabaddi and Mallkhamb were the three levels of Games. Thus, the data were analyzed with the help of One-Way ANOVA and the results are given in Table 3.

**Table 3: Summary of One-Way ANOVA of Sit and Reach of Players**

Source of Variance	df	SS Sum of Square	MSS Mean Sum of Square	F-Value
Games	2	2.96	1.46	2.40
Error (Within Group)	72	43.98	0.611	
Total	74			



From Table 3, it can be seen that the F-Value is 2.40 which is not significant. It reflects that there is no significant difference in mean scores of Sit and Reach of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players. Thus, the Null Hypothesis There is no significant difference of mean scores of Sit and Reach of Intercollegiate Kho-Kho, Kabaddi & Mallkhamb Players of Anand Niketan College, Anandwan, when Flexibility assessed by Sit and Reach Test developed by Wells and Dillon in 1952 is not rejected. It may, therefore, be said that Intercollegiate Players in different Games were found to have Flexibility of to the same extent.

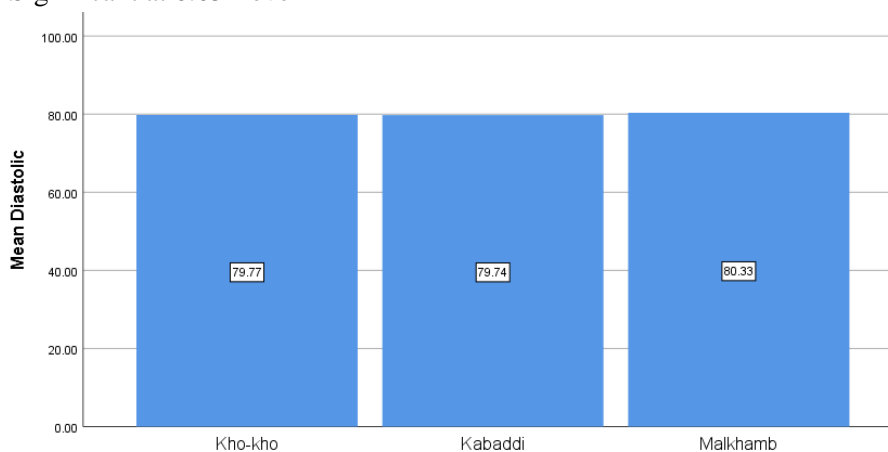
**GAME-WISE COMPARISON OF MEAN SCORES OF SIT-UPS****OF INTERCOLLEGIATE KHO-KHO, KABADDI AND MALLKHAMB PLAYERS**

The third objective was to compare mean scores of Diastolic Blood Pressure of Intercollegiate Kho-Kho, Kabaddi, and Mallkhamb Games. Intercollegiate Kho-Kho, Kabaddi and Mallkhamb were the three levels of Games. Thus, the data were analyzed with the help of One-Way ANOVA and the results are given in Table 4.

**Table 4: Summary of One-Way ANOVA of Diastolic Blood Pressure of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players**

Source of Variance	df	SS Sum of Square	MSS Mean Sum of Square	F-Value	Remark
Games	2	5.89	2.94	2.62	(n.s.)
Error (Within Group)	72	80.78	1.12		
Total	74				

n.s.= Not Significant at 0.05 Level



From Table 4, it can be seen that the F-Value is 2.62 which is no significant. It reflects that there is no significant difference in mean scores of Diastolic Blood Pressure of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players. Thus, the Null Hypothesis There is no significant difference of mean scores of Diastolic Blood Pressure of Intercollegiate Kho-Kho Players, Kabaddi Players and Kho Mallkhamb Players of Anand Niketan College, Anandwan, when Diastolic Blood Pressure by Mercury Sphygmomanometer developed by Scipione Riva Rocci in 1896 is not rejected. It may, therefore, be said that Intercollegiate Players in different Games were found to have Diastolic Blood Pressure to the same extent.

**GAME-WISE COMPARISON OF MEAN SCORES OF SYSTOLIC****OF INTER COLLEGIATE KHO-KHO, KABADDI AND MALLKHAMB PLAYERS**

The fourth objective was to compare mean scores of Systolic Blood Pressure of Kho-Kho, Kabaddi, and Mallkhamb Games. Kho-Kho, Kabaddi and Mallkhamb were the three levels of

Games. Thus, the data were analyzed with the help of One-Way ANOVA and the results are given in Table 5.

**Table 5: Summary of One-Way ANOVA of Systolic Blood Pressure of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players**

Source of Variance	df	SS Sum of Square	MSS Mean Sum of Square	F-Value	Remark
Games	2	2.32	1.16	1.05	(n.s.)
Error (Within Group)	72	78.94	1.09		
Total	74				

n.s.= Not Significant at 0.05 Level

From Table 5, it can be seen that the F-Value is 1.05 which is no significant. It reflects that there is no significant difference in mean scores of Systolic Blood Pressure of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players. Thus, the Null Hypothesis There is no significant difference of mean scores of Systolic Blood Pressure of intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan, when Systolic Blood Pressure by Mercury Sphygmomanometer developed by Scipione Riva Rocci in 1896 is not rejected. It may, therefore, be said that Intercollegiate Players in different Games were found to have Systolic Blood Pressure to the same extent.

#### Testing Hypotheses

In the beginning of this study hypothesis were formulated and on the basis of statistical findings the formulated hypothesis not rejected or rejected are given in the following table-

Hypothesis	Statement	On the basis of statistical results
<b>H1</b>	There is no significant difference of mean scores of Sit-ups of Intercollegiate Kho-Kho Players, Kabaddi Players and Mallkhamb Players of Anand Niketan College, Anandwan, when strength and endurance of the abdominals and hip-flexor muscles assessed by One Minutes Sit-up Test developed by AAHPERD in 1980.	H0 is Rejected
<b>H2</b>	There is no significant difference of mean scores of Sit and Reach of Intercollegiate Kho-Kho Players, Kabaddi Players and Kho Mallkhamb Players of Anand Niketan College, Anandwan, when Flexibility assessed by Sit and Reach Test developed by Wells and Dillon in 1952.	H0 is Not Rejected
<b>H3</b>	There is no significant difference of mean scores of Diastolic Blood Pressure of Intercollegiate Kho-Kho Players, Kabaddi Players and Kho Mallkhamb Players of Anand Niketan College, Anandwan, when Diastolic Blood Pressure by Mercury Sphygmomanometer developed by Scipione Riva Rocci in 1896.	H0 is Not Rejected
<b>H4</b>	There is no significant difference of mean scores of Systolic Blood Pressure of Intercollegiate Kho-Kho	H0 is Not Rejected



	Players, Kabaddi Players and Kho Mallkhamb Players of Anand Niketan College, Anandwan, when Systolic Blood Pressure by Mercury Sphygmomanometer developed by Scipione Riva Rocci in 1896.	
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### Findings

- i. Intercollegiate Kabaddi Players were found to have significantly higher strength and endurance of the abdominals and hip-flexor muscles in comparison to those of Intercollegiate Kho-Kho Players.
- ii. Intercollegiate Mallkhamb Players were found to have significantly higher strength and endurance of the abdominals and hip-flexor muscles in comparison to those of Intercollegiate Kho-Kho Players.
- iii. Intercollegiate Kabaddi Players and Mallkhamb Players were found to have strength and endurance of the abdominals and hip-flexor muscles to the same extent.
- iv. Intercollegiate Players from Kho-Kho, Kabaddi and Mallkhamb Games were found to have Flexibility to the same extent.
- v. Intercollegiate Players from Kho-Kho, Kabaddi and Mallkhamb Games were found to have Diastolic Blood Pressure to the same extent.
- vi. Intercollegiate Players from Kho-Kho, Kabaddi and Mallkhamb Games were found to have Systolic Blood Pressure to the same extent.

### Discussion of Findings

Based on the statistical findings the result was justified scientifically and logically.

Findings from Table-1, Intercollegiate Mallkhamb Players and Kabaddi Players strength and endurance of the abdominals and hip-flexor muscles is significantly higher than those of Intercollegiate Kho-Kho Players because in Intercollegiate Kabaddi and Mallkhamb games players more focus on strength and endurance development of core muscles than the Kho-Kho Games. Table 3, 4 and Table 5 that there was no significant difference of mean scores of Sit and Reach, Diastolic Blood Pressure and Systolic Blood Pressure of Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan.

### Conclusions

Recognizing the limitations of this study and on the basis of statistical findings the following conclusion may be drawn:

1. Significant difference was found of strength and endurance of the abdominals and hip-flexor muscles among Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan.
2. Significant difference was not found of Flexibility of Back and Hamstring Muscle among Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan.
3. Significant difference was not found of Diastolic Blood Pressure among Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan.

4. Significant difference was not found of Systolic Blood Pressure among Intercollegiate Kho-Kho, Kabaddi and Mallkhamb Players of Anand Niketan College, Anandwan.

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**EFFECT OF SEVEN WEEKS SUDARSHAN KRIYA ON MENTAL HEALTH AND SELECTED RESPIRATORY PARAMETERS OF FEMALE STUDENTS OF LOKMANYA MAHAVIDALAYA OF WARORA**

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**Abstract**

*These paper is related to of Effect of Seven Weeks Sudarshan Kriya on Mental Health and Selected Respiratory Parameters of Female Students of Lokmanya Mahavidalaya of Warora. The objective was to compare mean scores of Pre-test and Post-test of Mental Health and Respiratory Parameters of Female Students of Lokmanya Mahavidalaya of Warora. The Null Hypothesis was that there is no significant e difference of mean scores of Pre-test and Post-test of of Pre-test and Post-test of Mental Health and Respiratory Parameters of Female Students of Lokmanya Mahavidalaya of Warora, when Mental Health assessed by Mental Health Battery by Singh and Gupta, Respiratory Rate assessed by Stethoscope developed by Rene Theophile Hyacinthe Laennec in 1816 and Vital Capacity assed by Wet Spirometer developed by John Hutchinson in 1846. The selection of sample on the basis of Simple Random Sampling Methods and size of sample was 35 Female Students of Lokmanya Mahavidalaya of Warora. Correlated Sample t-Test was used for analyzing the data. Mental Health, Respiratory Rate and Vital Capacity mean scores were found to be significantly.*

**Introduction**

Sudarshan Kriya (SKY) came into being in 1982 in Shimoga, India, when global humanitarian, spiritual figure, and Art of Living founder Sri Sri Ravi Shankar went into a ten-day silence. There are said to be 450 million SKY practitioners across 150 plus countries around the world, who vouch for its life-transforming potential in wellness and mental health.

Su' means proper, and 'darshan' means vision. 'Kriya' in yogic science means to purify the body. As a whole, Sudarshan Kriya means 'proper vision by purifying action.' Sudarshan Kriya Yoga is a unique breathing practice that involves cyclical breathing patterns that range from slow and calming to rapid and stimulating. In this Kriya, you take control of your breath, which positively affects your immune system, nerves, and psychological problems. According to a 2009 published study of Harvard Medical School, Sudarshan Kriya yoga can effectively address anxiety and depression. The method is inexpensive and risk-free and has favourable effects on your mind-body connection. With environmental pollution, bad eating habits, and a sedentary lifestyle bogging you down, Sudarshan Kriya is a way out for you to lead a better life.

*Breathing is the first act of life. Within the breath is the unexplored secret of life.* Sudarshan Kriya is a powerful yet simple rhythmic breathing technique that incorporates specific natural rhythms of the breath, harmonizing the body, mind and emotions. The technique eliminates stress, fatigue and negative emotions such as anger, frustration and depression, leaving the mind calm, focused and the body energized, completely relaxed. Sudarshan Kriya brings a profound depth to life, unravelling its mysteries. It's a spiritual breakthrough giving the experience of a

glimpse of infinity. *Sudarshan Kriya is the unrevealed secret to health, happiness, peace and an insight of life beyond!*

Breath is the main source of *prana* - the vital life-force energy. *Prana* is the very basis of health and well-being for both, the body and mind. When the *prana* is high, one feels healthy, alert and energetic. Sudarshan Kriya elevates the *prana* by flushing out more than 90% toxins and accumulated stress, *everyday*. Sudarshan Kriya practitioners have reported better immunity, increased stamina and sustained high-energy levels. *Daily dose of Sudarshan Kriya can considerably reduce visit to the doctor, keeping you on a healthy, happy note, lifelong!* Breathing helps mental well-being by activating the vagus nerve which influences the human mind and body, including: The brain, Depression and anxiety, Digestive juice secretion in the gut, Heart rate variability, Blood glucose balance, Bile production, Kidney function, Fertility in women, Taste and saliva, A sense of connectedness, Mental and physical well-being, Altruistic behavior etc.

### **Objectives**

- i. To compare the mean scores of Pre-test and Post-test of Mental Health of Female students of Lokmanya Mahavidalaya Warora.
- ii. To compare the mean scores of Pre-test and Post-test of Respiratory Rate of Female students of Lokmanya Mahavidalaya Warora.
- iii. To compare the mean scores of Pre-test and Post-test of Vital Capacity of Female students of Lokmanya Mahavidalaya Warora.

### **Hypotheses**

- i. There is no significant difference of mean scores of Pre-test and Post-test of Mental Health of Female students of Lokmanya Mahavidalaya Warora, when Mental Health assessed by Mental Health Battery by Singh and Gupta.
- ii. There is no significant difference of mean scores of Pre-test and Post-test of Respiratory Rate of Female students of Lokmanya Mahavidalaya Warora, when Respiratory Rate assessed by Stethoscope developed by Rene Theophile Hyacinthe Laennec in 1816.

There is no significant difference of mean scores of Pre-test and Post-test of Vital Capacity of Female students of Lokmanya Mahavidalaya Warora, when Vital Capacity assessed by Wet Spirometer developed by John Hutchinson in 1846.

### **Methodology**

Thirty-five Female students studying in B.A and B.Com. of were selected as subjects from Lokmanya Mahavidalaya, Warora through Simple Random Sampling Method. The age of the subjects was ranged from seventeen to Twenty-second years. Single Group Pre-post Test Experimental Design was chosen. Pre-test was conducted to measure their initial performance of Mental Health and after Seven Weeks Sudarshan Kriya Practices at early morning then the post test was conducted to measure the final results.

### Selection of Test and Criterion Measures

#### Mental Test Battery

Following six popular indices of mental health were used in the present battery:

- i. Emotional Stability
- ii. Over-all Adjustment
- iii. Autonomy
- iv. Security-Insecurity
- v. Self-concept
- vi. Intelligence

#### Selected Respiratory Parameters

- i. Respiratory Rate (Stethoscope)
- ii. Vital Capacity (Wet Spirometer)

### Collection of Data

The necessary data pertaining to the study were collected using the Mental Test Battery, Stethoscope and Vital Capacity mentioned above from Thirty-five Female students studying in B.A and B.Com of Lokmanya Mahavidalaya Warora.

### Analysis of Data

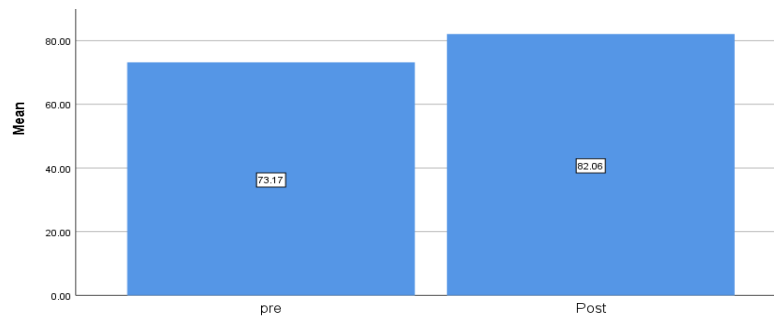
The data pertaining of the Mental Health Battery were examined statistically by Dependent Sample t-Test in order to determine the significant effect if any. The level of significance to test the hypothesis was set at 0.01.

**Table-1**

**Description of Mean, Standard Deviation and Correlated 't'-Values for the data on Mental Health of Female students studying in B.A. and B.Com. of Lokmanya Mahavidalaya Warora.**

Components	Mean		Standard Deviation		r	N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post				Pre	Post	
Mental Health Battery	73.17	82.05	6.51	6.99	0.75	35	8.88	1.10	1.18	11.13**

\*\*= Significant at 0.01 Level



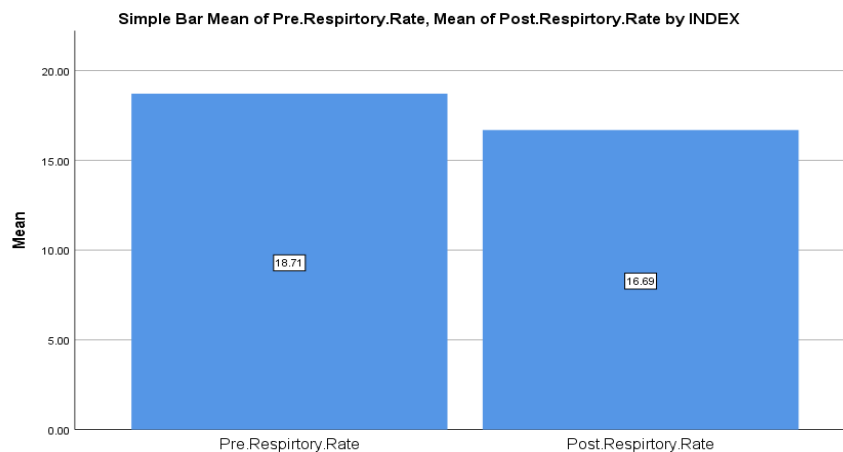
From Table 1 it can be seen that the Correlated t-value is 11.13 which is highly significant at 0.01 Level with  $df=34$ . It indicates that the pre-test Mean scores of Mental Health of Female students of Lokmanya Mahavidalaya Warora and after given the treatment the posttest mean scores of Mental Health of Female students of Lokmanya Mahavidalaya Warora differ Significant. Thus, the Operational Hypothesis in Null Form There is no significant effect mean scores of Pre-test and Post-test of Mental Health of Female students of Lokmanya Mahavidalaya Warora, when Mental Health assessed by Mental Health Battery by Singh and Gupta is Rejected. Further the mean scores of Pre-test of Mental Health is 73.17 which is significantly lower than that Post-test of Mental Health whose mean scores is 82.06. It may, therefore, be said that the Seven Weeks Sudarshan Kriya was found to be effective in improving of Mental Health of students.

**Table-2**

**Description of Mean, Standard Deviation and Correlated 't'-Values for the data on Respiratory Rate of Female students studying in B.A. and B.Com. of Lokmanya Mahavidalaya Warora.**

Components	Mean		Standard Deviation		r	N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post				Pre	Post	
Mental Health Battery	18.71	16.68	2.32	1.87	0.88	35	2.02	0.39	0.31	10.93**

\*\*= Significant at 0.01 Level



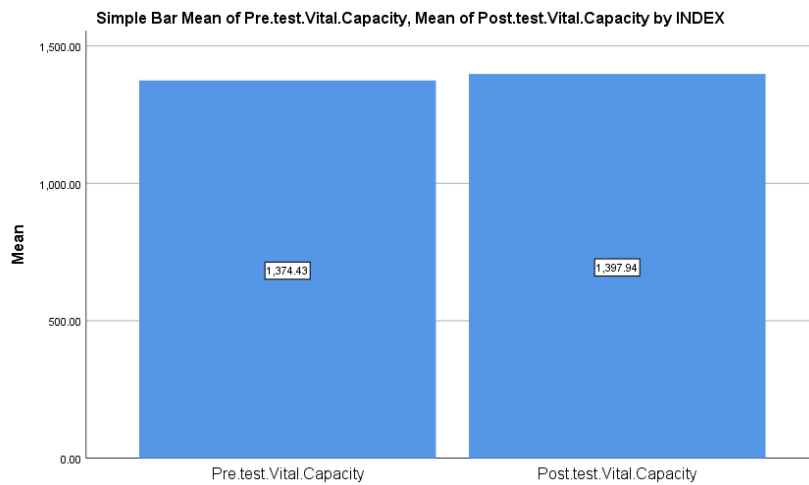
From Table 2 it can be seen that the Correlated t-value is 10.93 which is highly significant at 0.01 Level with  $df=34$ . It indicates that the pre-test Mean scores of Respiratory Rate of Female students of Lokmanya Mahavidalaya Warora and after given the treatment the posttest mean scores of Mental Health of Female students of Lokmanya Mahavidalaya Warora differ Significant. Thus, the Operational Hypothesis in Null Form that there is no significant e difference of mean scores of Pre-test and Post-test of Respiratory Rate of Female students of

Lokmanya Mahavidalaya Warora, when Respiratory Rate assessed by Stethoscope developed by Rene Theophile Hyacinthe Laennec in 1816 is Rejected. Further the mean scores of Pre-test of Respiratory Rate is 18.71 which is significantly higher than that Post-test of Respiratory Rate whose mean scores is 16.68. It may, therefore, be said that the Seven Weeks Sudarshan Kriya was found to be effective in normalized the Respiratory Rate, hence it indicate that normalize the Respiratory Rate helps to improve better functioning of Respiratory System, Circulatory System and Nervous System of Female students of Lokmanya Mahavidalaya Warora.

**Table-3**

**Description of Mean, Standard Deviation and Correlated ‘t’-Values for the data on Vital Capacity of Female students studying in B.A. and B.Com. of Lokmanya Mahavidalaya Warora.**

Component s	Mean		Standard Deviation		r	N	Mean Difference	Standard Error of Mean		t-ratio
	Pre	Post	Pre	Post				Pre	Post	
Mental Health Battery	1374.42	1397.94	94.70	93.38	0.95	35	23.51	16.00	15.78	4.92*



From Table 3 it can be seen that the Correlated t-value is 4.92 which is highly significant at 0.01 Level with df=34. It indicates that the pre-test Mean scores of Vital Capacity of Female students of Lokmanya Mahavidalaya Warora and after given the treatment the posttest mean scores of Mental Health of Female students of Lokmanya Mahavidalaya Warora differ Significant. Thus, the Operational Hypothesis in Null Form There is no significant e difference of mean scores of Pre-test and Post-test of Vital Capacity of Female students of Lokmanya Mahavidalaya Warora, when Vital Capacity assed by Wet Spirometer developed by John Hutchinson in 1846 is

Rejected. Further the mean scores of Pre-test of Vital Capacity is 1374.43 which is significantly lower than that Post-test of Vital Capacity whose mean scores is 1397.94. It may, therefore, be said that the Seven Weeks Sudarshan Kriya was found to be effective in improved the Vital Capacity of Female students of Lokmanya Mahavidalaya Warora .

### Testing Hypotheses

In the beginning of this study hypothesis were formulated and on the basis of statistical findings the formulated hypothesis not rejected or rejected are given in the following table-

Hypothesis	Statement	On the basis of statistical results
<b>H1</b>	There is no significant effect mean scores of Pre-test and Post-test of Mental Health of Female students of Lokmanya Mahavidalaya Warora, when Mental Health assessed by Mental Health Battery by Singh and Gupta.	H0 is Rejected
<b>H2</b>	There is no significant e difference of mean scores of Pre-test and Post-test of Respiratory Rate of Female students of Lokmanya Mahavidalaya Warora, when Respiratory Rate assessed by Stethoscope developed by Rene Theophile Hyacinthe Laennec in 1816.	H0 is Rejected
<b>H3</b>	There is no significant e difference of mean scores of Pre-test and Post-test of Vital Capacity of Female students of Lokmanya Mahavidalaya Warora, when Vital Capacity assed by Wet Spirometer developed by John Hutchinson in 1846.	H0 is Rejected

### Findings

- i. Seven Weks Sudarshan Kriya was found to be effective in improving of Mental Health of Female students of Lokmanya Mahavidalaya Warora.
- ii. Seven Weeks Sudarshan Kriya was found to be effective in normalized the Respiratory Rate, hence it indicate that normalize the Respiratory Rate helps to improve better functioning of Respiratory System, Circulatory System and Nervous System of Female students of Lokmanya Mahavidalaya Warora.
- iii. the Seven Weeks Sudarshan Kriya was found to be effective in improved the Vital Capacity of Female students of Lokmanya Mahavidalaya Warora .

### Discussion of Findings

Based on the statistical findings the result was justified scientifically and logically. Findings Table-1, Table 2 and Table 3 that there was significant mean effect between the pre-test and post-test of Female students of Lokmanya Mahavidalaya Warora in the variables of Mental Health, Respiratory Rate and Vital Capacity. Further it was revealed that regular practice of Sudarshan Kriya helps reduce the brain, Depression and anxiety and also increase lungs capacity and immunity as well as helps to improve better functioning of Respiratory System, Circulatory System and Nervous System



### **Conclusions**

Recognizing the limitations of this study and on the basis of statistical findings the following conclusion may be drawn:

1. Significant effect was found in between the pre-test and post-test in relation to Mental Health of Female students of Lokmanya Mahavidalaya Warora.
2. Significant effect was found in between the pre-test and post-test in relation to Respiratory Rate of Female students of Lokmanya Mahavidalaya Warora.
3. Significant effect was found in between the pre-test and post-test in relation to Vital Capacity of Female students of Lokmanya Mahavidalaya Warora.

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**POST COVID-19 MENTAL HEALTH: A CHALLENGE AHEAD****Dr. Anjum Padyal**

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**Abstract**

*The Covid-19 Pandemic has been an unprecedented global event that has presented dynamic challenges to the countries around the world. We have seen some of the world's best infrastructure under optimum pressure and on verge of failure. As a generation this has been a very new experience for all of us. We had never encountered a global phenomenon like this in many decades. The sudden and untimely death of millions of people around the world due to Covid-19 has caused widespread fear and anxiety. The after effects have been traumatic to not only those who have lost family, friends, colleagues or a neighbour, but the trauma and depression have been constant for the whole human civilization. The after effects of this devastation are going to impact the mental health of a larger section of society related directly or indirectly as a social cohesion. Moreover the media imagery has also triggered fear and anxiety in many and it's difficult for the larger section of population to take their mind off the topic. The longer duration of grief and bereavement is going to affect the health of many. It is very essential to not only recognise the symptoms but also to provide professional mental health care in this era of social distancing, repeated lockdown and inability of family and friends to grief together.*

**Key Words:** Community, Five stages of Grief, Maladaptive Behaviour, PTSD, CPT

The current pandemic has caused devastation like no other event in recent history. It has affected communities around the world physically, mentally, economically, socially and spiritually as well. The large section of the human population is under distress due to a variety of factors that originated due to Covid-19 Pandemic. Some have lost their loved ones, most of the families are under financial stress that has added hugely to fear and anxiety, the media coverage of pandemic has been sensational in most parts of the world which has been another cause of distress. Children haven't been able to lead normal lives since the virus attacked. The crux of the matter is that even if one has not been infected with the Covid-19 virus or hasn't lost a family member, still almost everybody on the planet has been directly or indirectly affected by this pandemic. It won't be wrong to assert that to come out of this pandemic and its after effects we are going to need mental health programs not only for individuals but for the community on the whole. The Covid-19 pandemic has not only defeated our minds but also has left us with the bleeding souls. The anxiety about the pandemic has reached an all time high creating fear and phobia in the subconscious mind. Therefore the holistic approach along with the conventional therapies will be required to be applied for communities around the world to heal from the effects and after effects of the pandemic.

According to Thomas Moore, Soul cannot be separated from the body, family, work, love or power. (1)The author would like to add that the soul cannot be separated from the society also. Social cohesion explained by Dick Stanly explained "The willingness of members of society to cooperate with each other in order to survive and prosper" (2). Sarason explained the psychological sense of community is "The perception of similarity to others, an acknowledged interdependence by giving to or doing for others what one expects from them, and feeling that one is a part of larger dependable and stable structure." (3).

The pandemic has affected unexpectedly and disrupted millions of lives. The Kubler-Ross Grief Cycle explained, “Grief is a natural response to the death of loved ones and denial, anger, depression, bargaining, and acceptance are the five stages of grief.”

The first stage of grief is denial. Denial of death is a major emotion among the majority of population during pandemic covid-19, it may be denial by governments, administration or your community, but after a prolonged pandemic environment news of death seems normal momentarily. The other major concern is that because of social distancing norms, lock down and fear of getting infected people are not even attending funerals and cremation of their close ones, gatherings are missing from the rituals and other traditional customs followed in respective societies after a person’s death. The rituals and customs around the societies have been designed to provide necessary comfort, support and a sense of belonging to the community, which helps the families significantly in the grieving period. Along with the constant support of friends, neighbours and family, human beings tend to move from denial mode to the acceptance of reality without affecting their mental health. Inability to perform rituals and customs properly and lack of support provided from neighbours, friends and families will enhance the duration of denial period for the grieving survivors and may affect their mental health as well.

Anger is the second stage of grief, when death of a loved one is caused by factors other than age, there is always a sense of anger that develops within the survivors knowingly or unknowingly. This anger may be against administration, government, neighbours, doctors, nature or even with self. There are times when a person develops guilt and anger against self due to many factors, Many people start feeling guilty for not doing enough to save their lost loved one. The nature of this pandemic has certainly acted as a catalyst in this phenomenon. The untimely and sudden demise of a loved one often instills feelings of guilt and anger against self. Anger and guilt both are considered to be very complex emotions which can lead a person to a state of misery and unstable mental conditions. Anger and guilt makes people more self-centered and ability to think and act logically may be hampered significantly. The pandemic has certainly caused a situation where, the inability to provide timely medical health/facility, inability to stand together with family and friends and inability to perform last rites in proper manner are definitely going to put people in anger and guilt.

The customs and ritual after the death includes prayers and the grieving family is always advised to pray and surrender to God. Every society more or less believes that the death of a person has been as per God’s will, it's part of his universal plan. This theory of greater universal plan has always conferred humans and continues to do so. While grieving, surrendering to God/universe/nature or to people close to you, provides emotional comfort and an escape from the real pain and suffering. This period provides time to adjust to reality. The negative thoughts may repetitively occur in the mind of survivors about what they could have done better. This thought of I could have done this, or someone could have done that, cultivates negative emotions within the person and doesn't allow them to think logically as the sense of guilt and anger subsides every other emotion. This situation can be fatal for a suffering person on conscious and subconscious levels.

Depression; The feeling of helplessness due to the devastating nature of the pandemic and the thought of being left alone is pushing people into a state of nervousness, anxiety, fear and depression. Many families have been dealing with the death of their loved ones all by themselves, due to Covid protocols regarding gathering and also due to fear within people of getting infected. The feeling of loneliness especially after the demise of a loved one may slide suffering people into a state of depression if not tackled holistically and immediately. It's not only about the grieving family, other related family members, friends, neighbours also develop feelings of guilt and anger for not being able to help the grieving family due to pandemic situations and protocols. There is a possibility that we might have to deal with a situation of a depressed community due to collective anger and guilt for not being able to help each other in this horrifying situation.

Acceptance becomes easier in the presence of family members and friends. There are possibilities of multiple deaths in family or within friend circles which may put survivors in a state of an emotional set back.

At present it is very important to provide people with the environment and resources in order to help them in emotional and mental recovery. In fact such initiatives have to be devised considering the mental well being of the whole society and not only individuals. The chaos caused by the pandemic, helplessness of the system, the health infrastructure, etc. The devastating imagery in the media, sensationalization of news, the heart wrenching visuals on the internet, the horrible experiences, and many other factors, all are impacting the mental health of society. Maladaptive behaviour prevents a person to adjust with best practices (4). Society is going to watch more maladaptive behaviour in the coming future as a gateway to grief.

Post Traumatic Stress Disorder (PTSD); according to the National Institute of Mental Health, PTSD is a disorder that develops in some people who have experienced a shocking, scary or dangerous event (5).

One of the studies in the US shows that people reported traumatic experiences after the unexpected death of their loved ones (6, 7). The death of someone always impacts the mind and behaviour of the survivor. The untimely or unexpected death can be devastating and can provoke strong responses because of less time to adapt to reality (8, 9). Bereavement is a stressful life experience and can cause many physical and mental disorders (10, 11).

The family members and friends can note the symptoms of PTSD. The Intrusion Symptoms i.e. nightmare, flashback of event and fearful thought can cause distress.

Avoidance symptom: Refusing to talk about incidents or avoiding situations that remind the person or the event. Symptoms that affect thinking and mood i.e. feeling of guilt and blame, detachment feeling from others, reduce interest in life, phobia, anxiety, depression etc. The reactive and arousal symptoms are anger burst, difficulty in sleeping, tiredness, dizziness, chest pain, sweating, shaking, aches and pain, headaches (12, 13).

**Recommendations:** Generally in normal situations friends, neighbours, colleagues and family are there to support for required duration which help the survivors to start adjusting with the reality and back to normalcy. During this Covid 19 pandemic a very unique situation has occurred because of lockdown, restrictions, social distancing etc. (which are essential to break

the chain). It is highly recommended that a person must reach to tele-counselling with mental health experts (14, 15,16). Cognitive Processing Therapy (CPT) can help in cognitive restructuring. Motivating people to spend time in productive activities or reconnecting with family and friends. The professional intervention is highly recommended (17).

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## **POLITICS IN SPORTS**

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### **INTRODUCTION**

Sport is most important for Physical Fitness. In all the sectors due to this pandemic covid19, everybody is talking about fitness, Yoga, immunity power as well. So no one can live without sports because it is of various types so everyone can play various types of sports according to the field as well as conditions of the area.

Politics now a days are very dangerous for all sectors in the world. Most of the fields are suffering a lot due lower grade of Politics in the world. Not a single sector is left out from this terror of Politics. In the past we have learnt about the bad things happened only because of the Politics.

Sports always come close to all the people but politics in sports becomes dangerous for youth sportsperson. It is definitely becomes an obstacle for the development of the sports as well as sportmen. Due to such lower grade politics some good and bad experiences came forward. From the lower level competitions, political interference occurred. It is due to politics that South Africa became separated from sports. In this way political interruption now a days in according to caste, creed, race, country as well as colour in the world. Sportman Spirit, Optimistic and positivity such words are only in the books because due to such politics in sports, talented players lagging behind and political supported players are coming forward.

We have also seen that, selection committee members in all types of sports are not in such calibre to select such superior players. In the same fashion, higher level sports also doing the same. The act is that countries have gone to war over sport fought for sovereign recognition through sport, and that citizens around the world have it as a daily part of their lives.

This article introduces a framework for understanding the link between sport and politics. This paper shows that it is not possible to clearly draw the line between political, autonomy of the sport movement.

Most of the professional players are using their platforms to exercise their political power support for civil rights. In this way, throughout history, sports have usually been seen as leisure for the majority of the population, separate from serious matters of politics and influence. But sports have always played some role in the distribution and use of power, particularly as a show of national strength on various stage. Today's athletes are taking more of the political power that comes with their platform and using it to explore and amplify their agendas.

Similarly when IPL 2021 was started then no one was ready to talk about Corona Virus, although it was spread from December 2019 in all over the world. All were thinking professionally. When High Objected about the same, then some matches are now stopped. It means that not a single player or Sports Icon as well as political leaders came forward to stop

it. Because everyone knew that for Cricket, India is the only country where one can get huge amount. Olympic Medal Winner Sushil Kumar, who was arrested by the police used the same type of power in his academy. That's why he is in jail.

The Indian Olympics said that it is a big setback for sports in the country. Earlier we have that Major Dhyan Chand was the greatest hockey player of that period, when India won eight gold medals in the Olympics. It was the record which is not yet compared by Indian Current Hockey Team. It is not only because of sports but the interference of the politics in this sports industry. At that time, Adolf Hitler offered him to play for Germany but he refused that proposal. At that time, he showed that one can perform without shoes also and can deserve for Bharat Ratna. But now Hockey is much behind as compared to Cricket. Unfortunately in the last few decades our politicians are taking much more interest in this game of cricket. Now cricket became the religion and the cricketers-God. Therefore other sports can not show their talents due to political pressure as well as name and fame in the industry of Cricket. So we can not blame cricket for the failure of other games. Now BCCI is one of richest sports body in the world. It is supported by the political system of India. And our political system also thinking and supporting about benefit is only in this game. So everytime when other game players win then our media also not giving them more popularity than cricket. Therefore the sports industry also supporting such type politicians who support physically as well as economically. In India there are much more traditional games like kushti, gilli-danda swimming and wrestling etc. But cricket is much more popular.

Political Obstacles are occurred in all levels in the sports now a days. Their power for taking such decisions according to their profit. That's why poor players who are unable to purchase high quality equipments which are required for playing high quality sports. At that time such political personality support the authorities of the sports and divert their views according to their wish. Such type of situations not only in India but all the world.

#### **FUNCTIONS TO BE FREE FROM POLITICS :**

The department of sports welfare is to create sports infrastructure, maintenance of the infrastructure, development of playfields, create human resource for sports and physical education to free from politics. All round development of the youth of the state through activities framed under sports for the development of the sports as well under welfare policy.

Sports diplomacy should not be obstacle in this sector of sports. Every player should be supported with all the facilities for playing all sorts of equipments for the sports. There should not discrimination of players according to caste, creed, religion and sex. Obstacles like education, expenses low quality infrastructure should be removed from their mind. And no political interference in their lifestyle of sports. The players should be thought only on their target of Medals on all levels. Then only we can say that India should win a lot of Golds Medals in Forthcoming Olympics. And our officials as well as ministers of this sports department of all level sports should be from the same industry only. In this way, sports can be free from politics as well.

## **CONCLUSION**

In order to save sport from politics , we have to take many necessary steps for the sake of high quality sports. There should not be any interference of politics in this sport sector. From lower level to higher level every member such from selection committee as well as other sport officials or other department of sports persons should be only high quality players. All the requirements of sports should be completed only by the sports authority. Sports University should be increased in the Country , so that players should be practiced easily. In this way lower level to higher level up to sports ministry members should also be from sports sector . And also they should be free from taking decisions for the sake of sports only. Our Jurisdiction department is free from Government like Election Commission . Therefore these steps should be taken in order to improve our sport and then we can think about Medals in Olympic as well.

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**A STUDY OF CATEGORIES AND SYMPTOMS OF MENTAL RETARDATION****Dr. Poonam Rani**

Haryana.

**Abstract**

Now, as per the survey the status of disability in India, particularly in the provision of education and employment for persons with mental retardation, as a matter of need and above all, as a matter of right, has had its recognition only in recent times, almost after the enactment of the Persons with Disabilities Act (PWD), 1995. According to the 'Centre for Disease Control and Prevention', in the 1990s, mental retardation occurred in 2.5 to 3 percent of the general population. Mental retardation begins in childhood or adolescence before the age of 18. It persists throughout adulthood. Intellectual functioning level is defined by standardized tests (Wechsler-Intelligence Scales) that measure the ability to reason in terms of mental age (intelligence quotient or IQ). Diagnosis of mental retardation is made if an individual has an intellectual functioning level well below average and significant limitations in two or more adaptive skill areas. Mental retardation is defined as IQ score below 70 to 75.

The present paper focused on the study of basic concept of mental retardation and categories of mental retardation with prime objectives are (i) To understand the basic concept of mental retardation. (ii) To understand the categories of mental retardation. (iii) To discuss the various Causes of Mental Retardation and Symptoms of Mental Retardation. Also the present paper is discussed Treatment on the mental retardation.

**Key Words:** Mental Retardation, Symptoms**Introduction:**

According to the 'Centre for Disease Control and Prevention', in the 1990s, mental retardation occurred in 2.5 to 3 percent of the general population. Mental retardation begins in childhood or adolescence before the age of 18.

Now the Mental Retardation persists throughout adulthood. Intellectual functioning level is defined by standardized tests (Wechsler-Intelligence Scales) that measure the ability to reason in terms of mental age (intelligence quotient or IQ). Diagnosis of mental retardation is made if an individual has an intellectual functioning level well below average and significant limitations in two or more adaptive skill in various areas. Mental retardation is defined as IQ score below 70 to 75.

Now the Adaptive skills are the skills needed for daily life. Such skills include the ability to produce and understand language (communication); home-living skills; use of community resources; health, safety, leisure, self-care, and social skills; self-direction; functional academic skills (reading, writing, and arithmetic); and work skills.

**Characteristics related to mental retardation:**

- ✓ In general, the mentally retarded children reach developmental milestones such as walking and talking much later than the general population.
- ✓ Also the Symptoms of mental retardation may appear at birth or later in childhood. Time of onset depends on the suspected cause of the disability.
- ✓ Some cases of mild mental retardation are not diagnosed before the child enters pre-school.

- ✓ These children typically have difficulties with social, communication, and functional academic skills.
- ✓ Children who have a neurological disorder or illness such as encephalitis or meningitis may suddenly show signs of cognitive impairment and adaptive difficulties.

### **Objectives of the Study:**

- (i) To understand the basic concept of mental retardation.
- (ii) To understand the categories of mental retardation.
- (iii) To discuss the various Causes of Mental Retardation and Symptoms of Mental Retardation.

### **Categories of mental retardation:**

Following various Categories of mental retardation-

#### ➤ **Mild Mental Retardation**

Approximately 85 percent of the mentally retarded population is in the mildly retarded category. Their IQ score ranges from 50 to 75 and they can often acquire academic skills up to the sixth grade level. They can become fairly self-sufficient and in some cases live independently, with community and social support.

#### ➤ **Moderate Mental Retardation**

About 10 percent of the mentally retarded population is considered moderately retarded. Moderately retarded individuals have IQ scores ranging from 35 to 55. They can carry out work and self-care tasks with moderate supervision. They typically acquire communication skills in childhood and are able to live and function successfully within the community in a supervised environment such as a group home.

#### ➤ **Severe Mental Retardation**

About 3 to 4 percent of the mentally retarded population is severely retarded. Severely retarded individuals have IQ scores of 20 to 40. They may master very basic self-care skills and some communication skills. Many severely retarded individuals are able to live in a group home.

#### ➤ **Profound Mental Retardation**

Only 1 to 2 percent of the mentally retarded population is classified as profoundly retarded. Profoundly retarded individuals have IQ scores under 20 to 25. They may be able to develop basic self-care and communication skills with appropriate support and training. Their retardation is often caused by an accompanying neurological disorder. The profoundly retarded need a high level of structure and supervision.

### **Causes of Mental Retardation**

#### **Prenatal causes (causes before birth)**

- ✓ Chromosomal Disorders: Down's syndrome, fragile X syndrome, prader wili syndrome, klinefelter's syndrome
- ✓ Single Gene Disorders: Inborn errors of metabolism like galactosemia, phenyl ketonuria, hypothyroidism, muco polysaccharidoses, tay sachs disease
- ✓ Neuro Cutaneous Syndromes: Tuberous sclerosis, neurofibromatosis
- ✓ Dysmorphic Syndromes: Laurence Moon Biedl syndrome

- ✓ Brain Malformations: Microcephaly, hydrocephalus, myelo meningocele

#### **Abnormal maternal environmental influences**

- ✓ Deficiencies: Iodine deficiency and folic acid deficiency, severe malnutrition
- ✓ Substance use: Alcohol, nicotine, cocaine
- ✓ Exposure to harmful chemicals: Pollutants, heavy metals, harmful drugs like thalidomide, phenytoin, warfarin sodium etc.
- ✓ Maternal infections: Rubella, toxoplasmosis, cytomegalovirus infection, syphilis, HIV
- ✓ Exposure to: Radiation and Rh incompatibility
- ✓ Complications of Pregnancy: Pregnancy induced hypertension, ante partum hemorrhage, placental dysfunction
- ✓ Maternal Disease: Diabetes, heart and kidney disease

#### **During delivery**

- ✓ Difficult and /or complicated delivery, severe prematurity, very low birth weight, birth asphyxia, birth trauma
- ✓ Neonatal period: Septicemia, jaundice, hypoglycemia, neonatal convulsions
- ✓ Infancy and childhood: Brain infections like tuberculosis, Japanese encephalitis, bacterial meningitis, Head trauma, chronic lead exposure, severe and prolonged malnutrition, gross under stimulation

#### **Symptoms of Mental Retardation**

- ✓ Failure to meet intellectual developmental markers
- ✓ Failure to meet developmental milestones such as sitting, crawling, walking, or talking, in a timely manner
- ✓ Persistence of childlike behaviour, possibly demonstrated in speaking style, or by a failure to understand social rules or consequences of behaviour
- ✓ Lack of curiosity and difficulty solving problems
- ✓ Decreased learning ability and ability to think logically
- ✓ Trouble remembering things
- ✓ An inability to meet educational demands required by school

#### **Treatment**

Treatment for Mental Retardation is not designed to "cure" the disorder. Rather, therapy goals include reducing safety risks (e.g., helping an individual maintain safety at home or school) and teaching appropriate and relevant life skills. Interventions should be based on the specific needs of individuals and their families, with the primary goal of developing the person's potential to the fullest.

Medications are required to treat co morbidities like aggression, mood disorders, self injurious behaviour, other behavioral problems and convulsions which occur in 40% to 70% of cases.

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## **SPORTS EQUIPMENT PURCHASE AND MANAGEMENT**

**Prof. Dr. Arvind Rambhau Kamble**

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*P.S.G.V.P.Mandal's Art's, com. & sci. College Shahada, Dist Nandurbar(M.S.)*

### **Introduction**

The purchase care and maintenance of the sports and games equipment's is a very important responsibility and task for every physical director of the institution. Equipment's expense has become one of the largest items in the Sports Budget and a great deal of money may be wasted unless equipment is purchased carefully and cared properly. A great deal has been learned about buying and caring for equipment in recent years. It is essential that every physical director know equipment thoroughly and be acquainted with the policies, methods and techniques by which equipment might be brought and cared for most economically.

### **Purchase of Equipment**

They Physical director should always be consulted in the purchasing of Games and Sports material for his institution. He has to know the specification, knowledge about the equipment, procedure of using it, and even possible once the material may be tried and tested. This practical experience with the purchase of equipment will give confidence over the games and sports material.

The physical director of the institution has to short list the required equipment of the department for the current year. Later, the total price of the equipment should be compared with the budget provision and feasibility to purchase. If it is feasible, permission must be taken from the Head of the institution and later order may be placed to the firms, which are already approved in the budget committee meeting. To purchase of material quotation has to call from the supplying firm and it could not be less than three quotations. After the receipt of quotations the physical director has to compare the rates of each item firm wise and present a consolidated statement of quotations for approval of the Head of the Institution. The head of the institution will certify the proposal submitted by the physical director later the order will be placed to the firm for supply of required equipment's to the institution.

### **Guidelines for selection and purchases of material:**

1. Verify the standardization of equipment.
2. Identify the quality maintenance.
3. Consider the previous experience with the equipments.
4. Cost and quality of equipments
5. Verify whether it is possible to purchase within the budget allocation.
6. If not what are the measures to be taken
7. Check the equipment with the order placed.
8. Find out whether the same quality equipments have been supplied.
9. Check whether bills are properly made.

10. Check whether the discount entries are properly deducted.

### **Proper Handling of Equipment:**

The development of the proper attitude among all the students regarding their games equipment is the most important consideration in the care of equipments. Much equipment is lost or damaged by carelessness or mishandling. Unless all students have a respect for property and deceive to care for their equipment properly, considerable unnecessary damage and loss will be incurred.

### **Care and maintenance of Sports Equipment:**

Care and preservation obviously cannot be dealt with generally, since different types of equipments required different precautions. It is therefore, proposed to list the main types of stores and deal with the points of care and preservation to be carried out under each head. It must be borne in mind that preservation of stores can really be effective only if the equipments are clean first.

### **The following are the few care and preservation of games equipments.**

1. **Leather Goods:** the most common sources of trouble with leather goods are high temperature and excessive moisture. There are three types of formation, which accumulates on leather only, one of which is harmful. This is green mold, which rots leather. In order to prevent green mold rot leather articles should be kept in cool, dry place. Wet leather equipment should be dried immediately by the action should not be forced. The article should be dried at normal room temperature without the use of artificial heat.
2. **Wooden Equipment:** Wooden equipment is built to last for long period of time and will do so when properly handled. Moisture is the main source of difficulty. Consequently applications of linseed oil are recommended whenever the finish of the wood requires it. Storage of wooden equipment in a cool, dry place is recommended.
3. **Net and Rackets:** Nets, which are exposes to dampness, will rot. Nets, which are used outdoors, should be taken in during bad weather, kept dry and repaired at the first indication of damage. If space is available, it is better to hang nets on pegs in a cool, dry area rather than fold or roll them. Badminton and tennis Rackets should be kept in pressure when not in use. Probably the greatest source of racket problem is too great string tension. This condition greatly increases string breakage and loss of shape of frames.
4. **Mats:** The too common practices, which are harmful to gym mats, are rolling or bending them in any way and dragging them on floor. Mats should always be kept flat. Canvas mats should be cleaned once in a month with a vacuum cleaner.
5. **Track equipment:** Metal shots should be cleaned and oiled before stored. Steel tapes should be treated similarly. Discuses should be cleaned and should stored. Javelin should always be hang from a height with the point downward to prevent become bend or out of shape.

6. **Cricket and Hockey Balls:** When wet after use, dry in the air, and if necessary, give a coating of enamel.
7. **Football:** After use dry naturally and grease with dobbin profusely.
8. **Gymnastic apparatus:** Must be tested as often as possible to avoid unexpected damage to property and life.
9. **Cricket Bats and Hockey sticks:** Coat them with linseed oil and gently tap with the ball without damaging the surface, so that the oil may be soaked in to it. Keep them vertically.
10. **Tools:** Particularly bright metal parts will be kept lightly greased and wooden items kept coated with linseed oil.

**Procedure for issue of Equipment:**

Every piece of equipment issued should be accounted for. A very desirable method of keeping a record of equipment is through stock issue register. Each student signs on the issue register to take material. The Physical Director should inspect playing equipment from time to time. The material that has been damaged should be sent to the repair immediately or condemned the article. This means of checking and repairing often saves the department considerable money. At the end of the playing season the equipment should properly cleaned, care and maintenance precautions to be taken.

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## **EFFECT OF CORONA PANDEMIC ON VARIOUS SPORTS SECTORS**

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### **Abstract**

*COVID-19 is changing the world we live in for the worst, and almost all parts of the world are stuck with hung economies and people's lockdown in their homes. This pandemic is not only taking a toll out of health care systems and peoples' lives but also its impacting world economies and resulting in job losses, business disruptions and making us head towards one of the worst times ever for people on earth. The current outbreak has had severe economic consequences across the globe, and it does not look like any country will be unaffected. This not only has consequences for the economy; all of society is affected, which has led to dramatic changes in how businesses act and consumers behave. This special issue is a global effort to address some of the pandemic-related issues affecting society. This study revealed the potential impact of the shock on various sectors like manufacturing, financial services, banking, infrastructure, real estate, and services and put forward a set of policy recommendations for specific sectors.*

**Key Words:** *Indian Economy, Economic Downturn, Corona Pandemic, Supply Chain*

### **Introduction:**

The corona virus disease 19 (COVID-19) was first identified in December 2019 in China (Wuhan) and caused clusters of respiratory illness. In short time period of three months WHO declared COVID 19 as pandemic on March 11, 2020. Recommendation include measure to control local spread by raising public awareness promotion of personal hygiene and cancellation of large scale public gatherings .Sporting events could be considered a large scale public events so crowd will be present. If sporting competition are to be resumed the goal is to be resumed the goal is to minimize the number of people congregated at one single place and time through closed competitions with cancelling press conference and interviews.

### **Review:**

Since March 2020 the COVID-19 pandemic has had a wide ranging impact on various areas of sports in the European Union and worldwide. Typically it affects or changed framework conditions with regard to the planning, financing ,organisation and implementation of nation and international sporting events. It also affects professional or business activities of athletes, coaches, staff, sports organisation leagues etc. Management problems during COVID-19 there is a lack of networking on spreading awareness about fitness and healthcare. Sports industries also had a bad impact as many sports events cancelled or postponed the owners broadcasters and sponsors stop investing on it. Many millions of jobs not only for sports professionals but also for those in related retain and sporting's services industries connected with leagues and events which include travel, tourism, infrastructure ,transportation ,catering and media broadcasting among others. Professional athletes are also under pressure while trying to stay fit at home when we talked about the closure of education institution around the world due to COVID-19 has also impacted the sports education sector while also includes national ministries



and local authorities public and private education institution, sports organisation, athletes ,NGOs and business community teachers ,scholars and coaches, parents and the most important youngsters. As the world starts recovering from the COVID-19 there was still a question how to ensure safety of sporting events at all levels and the betterment of organisation. There was lack of access to exercise and to do physical activity can also have mental health impacts which can compound stress or anxiety that mainly had experienced because of isolation from normal life. Apart from negative impact there are also positive impact happens like all age groups comes together to play indoor games like Snake and ladder, carom, Ludo, chess, cards etc. Again weekly seminars used to happen to spread awareness about fitness and health care many people start doing yoga activities at their home. Again online counselling helps many of them to get out of depression and anxiety. Many fitness studios are offering reduced rate subscriptions to apps and online video and audio classes. Due to increasing demand of online classes of Yoga, Zumba etc. Many of us can find a way to get busy in such activities and also provides employment. People also showed physiological and psychological health concerns and overdependence on social media in spending their free times. There was a gradual increase in positive self perception and motivation to overcome their dependence on gym and fitness equipment and to continue fitness exercises at home. People also used to play music as a tool while working out. The regular workout at home during lockdown greatly helped them to overcome psychological issues and fitness concerns.

**Objective:**

The main objective of this report is that ,The global outbreak of COVID 19 has resulted in closure of gyms, stadiums, pools, dance and fitness studios physiotherapy centres, parks and playgrounds. Individuals are therefore not able to actively participate in their regular individual or group activities. Due to such situation many tend to less physical activity irregular sleep patterns as well as worst diets resulting in weight gain and weight loss and low income families are especially vulnerable to negative effect of stay at home rules.

- Study of effect of Corona pandemic on Indian society and economy.
- It affects on various sports industries and sports marketing.
- How it affects the health and immunity of individuals.
- Impact on professional sport ecosystem.

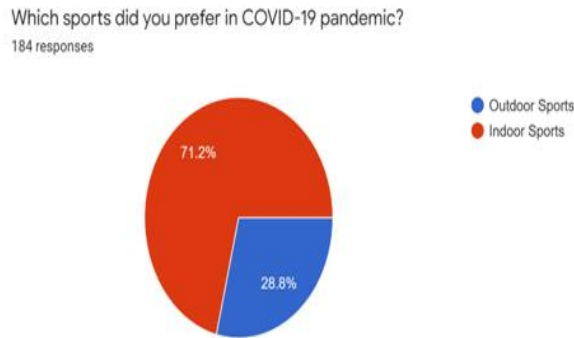
**Methodology:**

**Survey:**A set of questionnaire is created for a survey on the basis of COVID 19 pandemic and sports which is circulated within a people and approximately 200 Individuals gave their responses over the survey so on the basis of different response the final conclusion was drawn from it.

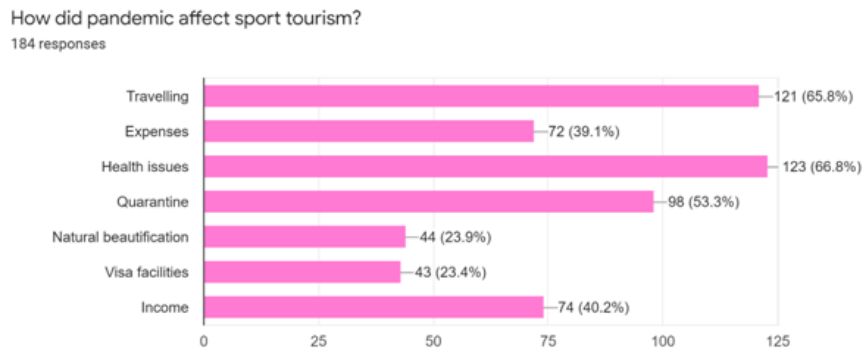
**Research Papers and Online Articles:**With the help of Internet various research papers and articles were collected which gives substantial theories and principle that supports the study in order to develop an effective approach that matches the desired objectives.

**Results:**

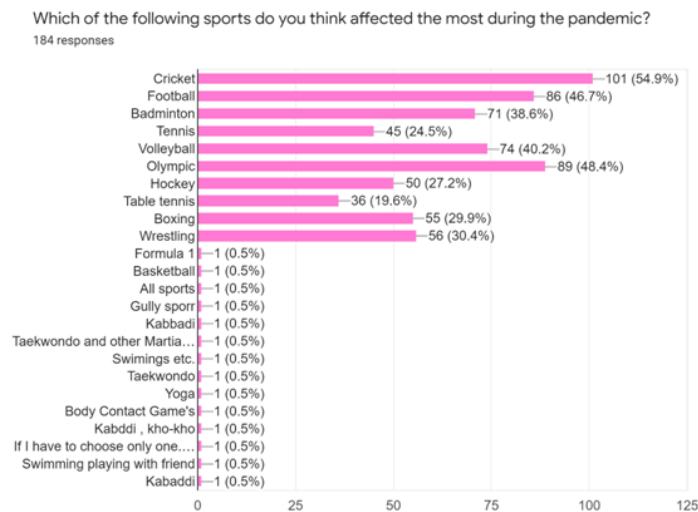
As per the survey, data was collected it was circulated within the age group of 15 to 30+ years and approximately 200 people gave the response from which 53.8% was female and 45.7% were male.



From above graph we conclude that due to this pandemic people cannot prefer for outdoor games or individual or group activities most of people prefer indoor sports that is 71.2% an outdoor sports preferred by only 28.8% of people.



Due to pandemic, sports tourism also affected factors like travelling, expenses, health issues, natural beautification, visa facilities, incomes, etc. According to the survey health issues was affected the most with the response of 123 people that is 66.8%. After that travelling is most affected with the response of 121 people that is 65.8% and according to people Quarantine also affect most of them with 53.3% an income was also affected by 40.2%. We can get clear idea from above graph.



According to the survey cricket was the most affected during the pandemic with 54.9% after that Olympics also affected with 48.4% and football with 46.7% and so on. There are many sports which is affected during the pandemic so we can get a clear view from the graph mentioned above.

**Conclusion:** To conclude the findings of the study shows that how people see social media habits of fitness Blogger who were hitting gyms for a regular workout before lockdown were greatly impacted by COVID-19 pandemic. They also experienced psychological health issues during the starting phase of the pandemic but there was a moderate change in their dependence on gym workout and switch to alternative exercises that helps them greatly to regain their mental and physical health. Also sport education is a powerful means to physical fitness mental wellbeing as well as social attitudes and behaviour when populations are locked down. Many of us who are interested in sports activities can't play outdoor games and many educational institutes are closed so it has created a drastic effect on school college students

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**EFFECT OF MENTAL IMAGERY TRAINING ON ARCHERY PERFORMANCE OF ARCHERS****Shyam B. Korde***Mahatma Jyotiba Fhule Sr. Arts College, Ashti, Chamorshi, Gadchiroli, Maharashtra (India)*  
siya2008shyam@gmail.com**Abstract**

The purpose of the study was to see the effect of imagery training on archery performance of archers. For this purposes 20 archers were selected from Mahatma Jotiba Fule Archery Club, Ashti, Gadchiroli who regularly practice Archery. Archers were selected with the help of simple random sampling method. There age limit of the archers were 20 to 25 Years. Twenty archers were divided into two groups: 10 archers in Experimental group and 10 archers in Control groups. At first Pre-Test were taken on archery performance of the archer. To test the performance of archer, researcher sets a target at 30m distance. After that archers were allowed to take 12 shots (3 arrows with 4 sets) and the scores were recorded. Experimental group were gone through various imagery training as well as shooting practice whereas control group were gone through only shooting practice. After the finish of the imagery training of 6 weeks the archers were allowed to take 12 shots (3 arrows with 4 sets) and the scores were recorded as the post-test score. Statistical analysis was done on the basis of mean, SD and 't' test and significance level was kept at 0.05 level. Result of the study shows that on the basis of mean there was difference between the means score of pre and post test of control as well as in experimental group of archers in reference to archery performance. To see this difference is significant or not at 0.05 level of significance, researcher calculated 't' test & above table shows that there is significant difference between pre and post test of experimental group as the calculated 't' value 2.932 which was greater than the tabulated 't' value 1.686. Whereas control group archers shows insignificant difference as the calculated 't' value 1.245 which was lesser than the tabulated 't' value 1.686. From the above study it can be concluded that the imagery training improve the archery performance. Experimental group archer shows better performance as compared to control group archer. Experimental group archer shows significant difference at 0.05 level, the difference may be attributed that the imagery training is performing the skill in your mind, the mind serves as a rehearsal, or practice, for the real thing. The more you practice the better you perform. Many studies have concluded that visualizing of any activity or skill in your mind can stimulate the physiological response as actually performing that activity, although to a lesser degree. Hence the scholar recommended that imagery training should be adopted by the coaches to train the archers for improving the skill and performance.

**Keyword:** Archer, Mental Imagery Training, 30m Shooting Performance.

**Introduction**

Each and every athlete wants to improve their performance during the competition. They adopt various types of training and strategy but without the psychological help the high level performance is not possible. If the physical practices are combined with mental practices the high level performance can be achieved. All top level athletics and sports persons are adopting psychological preparation and sports psychology for improving performance. Imagery training is important for mental training in sports. Imagery is also called visualization or mental rehearsal. Imagery means making of use of various senses (e.g. See, feel, hear, taste & smell) to rehearse your activity for better outcomes.

In imagery training while performing some skill in your mind, the mind serves as a rehearsal, or practice, for the real thing. The more you practice the better you perform. Many studies have concluded that visualizing of any activity or skill in your mind can stimulate the physiological response as actually performing that activity, although to a lesser degree.

It has been suggested that imagery may play a crucial role in improving the performance in sports it allows an individual to practice under conditions that recreate all aspects of actual performance. For example, if an archer imagines his/her shooting, the image contains aspects of the psychological and physiological responses associated with performing this task in a real world situation (increases arousal, tension and anxiety) then this will lead to better transfer of learning. This approach is often referred to as bio informational theory. However, no one can appear to provide a comprehensive account as to why imagery may benefit an athlete's performance. Thus it is more than likely that combined they present a more complete explanation of why imagery may aid performance.

Imagery is like a mental skill, you will need to concentrate on creating and controlling your images, imagery training can be done through imaging high quality of images for short duration of time, and then progressively improving the time you spend imaging. Always imagine as realistic as possible in your mind's eye. By including details like the opponent's position, the bonus line, preparation of skill, execution of skill and follow through, and also imagine spectator's cheering you will feel like you are really experiencing the performance in competition that you are imagining.

In archery the archer has to create information from all his/her senses like...

See: the archer holding his bow, competitors around him, sunlight, and the targets.

Smell: lubricant of the arrow, a surrounding of the archery range, etc.

Hear: sound of the shot of the bow and arrow, spectators talking around you, arrows hitting the targets, the disturbing sound and whistling sound of officials.

Feel: the humidity, rays of the sun, wind cooling/heating your skin.

The imagery training is new concept in the field of games and sports. The coaches are not aware about imagery training and they are facing problems for improving performance of their athletes and sports persons. Therefore the researcher has selected a study entitled 'effect of mental imagery training on archery performance of archers'.

### **Materials and Methods**

The purpose of the study was to see the effect of imagery training on archery performance of archers. For this purposes 20 archers were selected from Mahatma Jotiba Fule Archery Club, Ashti, Gadchiroliwho regularly practice Archery. Archers were selected with the help of simple random sampling method. Their age limit of the archers were 20 to 25 Years. Twenty archers were divided into two groups: 10 archers in Experimental group and 10 archers in Control groups.

At first Pre-Test were taken on archery performance of the archer. To test the performance of archer, researcher sets a target at 30m distance. After that archers were allowed to take 12 shots (3 arrows with 4 sets) and the scores were recorded. Experimental group were

gone through various imagery training as well as shooting practice whereas control group were gone through only shooting practice. The imagery training was design was schedule for 6 weeks and 5 days a week. In imagery training the archers were allowed to imagine the whole procedure of shooting i.e. stance, nock, set draw hand, set bow hand, pre-draw, draw, anchor, aim, shot set-up, release and follow through/reflect without arrow. After that they were allowed to take a shot. Again all the archers were asked to imagine and take a shot, in this way all the archers were attempt 10 times imagery training and 10 times shooting practice whereas control group archers were only undergone shooting practice. This training was given to the archers for 6 weeks. After the finish of the imagery training of 6 weeks the archers were allowed to take 12 shots (3 arrows with 4 sets) and the scores were recorded as the post-test score.

### Statistical Procedure

To see the effect of imagery training on archery performance of archers researcher has applied 't' test at 0.05 level of significance.

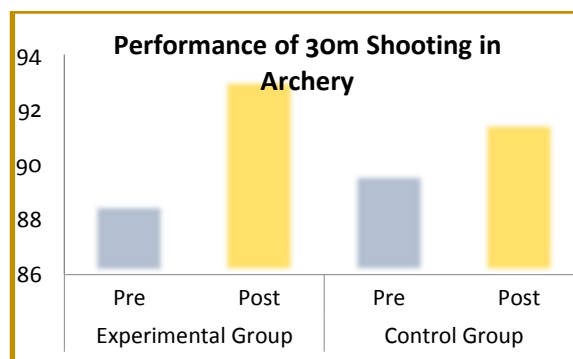
**Table**  
**Comparison of pre & post test of archery performance**

Group	Test	Mean	S.D.	S.E.	M.D	D.F	O.T	T.T
Experimental	Pre	88.6	3.082	1.55	4.54	18	2.932*	1.686
	Post	93.14	3.805					
Control	Pre	89.7	3.143	1.51	1.88		1.245	
	Post	91.58	3.594					

\*Significant at 0.05 Level

The above table shows that on the basis of mean there was difference between the means score of pre and post test of control as well as in experimental group of archers in reference to archery performance. To see this difference is significant or not at 0.05 level of significance, researcher calculated 't' test & above table shows that there is significant difference between pre and post test of experimental group as the calculated 't' value 2.932 which was greater than the tabulated 't' value 1.686. Whereas control group archers shows insignificant difference as the calculated 't' value 1.245 which was lesser than the tabulated 't' value 1.686.

### Graph



### Mean comparison of pre & post test of archery performance

### **Conclusion**

From the above study it can be concluded that the imagery training improve the archery performance. Experimental group archer shows better performance as compared to control group archer. Experimental group archer shows significant difference at 0.05 level, the difference may be attributed that the imagery training is performing the skill in your mind, the mind serves as a rehearsal, or practice, for the real thing. The more you practice the better you perform. Many studies have concluded that visualizing of any activity or skill in your mind can stimulate the physiological response as actually performing that activity, although to a lesser degree. Hence the scholar recommended that imagery training should be adopted by the coaches to train the archers for improving the skill and performance.

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## **A STUDY OF IMPORTANCE OF SPIRITUAL POWER & MEDITATION IN PHYSICAL EDUCATION**

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### **Abstract**

*The present conceptual paper is to study the objectives of the concept of Spiritual power, meditation for Spiritual Development and various activities for Mindfulness through Spiritual Development with prime aims (i) To understand the concept of Spiritual power (ii) To discuss the concept of Meditation for Spiritual Development. (iii) To discuss the various activities of Mindfulness Power for Spiritual Development in physical Education.*

*The present conceptual paper based on the Spiritual Power to face Current Challenges. Spiritual powers can offer us peace, confidence, mindfulness and hope in our lives. When we get the connection to this amazing power, we are going to feel the balance in our life. The present paper focuses on the basic concepts of Mindfulness Power. The present paper discusses the various activities of Mindfulness Power for Spiritual Development. The present paper focuses on the various activities of Mindfulness Power for Spiritual Development.*

**Key words:** *Spiritual power, Meditation, Physical Education*

### **Introduction:**

Spiritual Power represents a faith, knowledge, understanding or consciousness of God, the light or energy that exists in and around us. Spiritual powers can offer us peace, confidence, mindfulness and hope in our lives. When we get the connection to this amazing power, we are going to feel the balance in our life. We are going to feel good, calm, relaxed, positive and secured.

Spiritual Power – like all things isn't about the outside of you part. It isn't about what you can do and how much you can get others to do what you want and follow you either. Spiritual Power **is simply about you being YOU!** The best you, the real you and the YOU who fulfils what s/he came here to do.

To be spiritually powerful is to...

- Know you are safe and loved no matter what is going on outside of you or around you or even to you.
- Find the joy and sometimes humour in any situation – lightens up and enlightens.
- Not be defeated by defeat, changes course or finds a new way round instead.
- Know, trust and align to spiritual truth.
- Understand the difference between illusion and truth.
- Have given up the need to be right and make others wrong.
- Not shun the material world.
- Not criticise those you do not understand or disagree with the choices you have made about how you live.



- Know yourself and focus on your greatness.
- Commit to your gifts and never argue for your limitations.
- Follow your intuition, the wisdom from your soul through your heart.
- Not take things personally, be soulful in response.
- Know when to respond, when to say nothing and to never react.
- Celebrate the greatness that you are that you cannot yet see, because your reach, your depth, your light so far is incomprehensible to you, yet you know that in time as you claim your power it will reveal and unlock.
- Believe and trust in the bigger picture; the divine plan.

**Objectives of the Study:**

- i) To understand the concept of Spiritual power and meditation.
- (ii) To discuss the importance of Yoga in Physical Education.
- (iii) To discuss the various activities of Mindfulness Power for Spiritual Development in physical Education.

**Importance of Yoga in Physical Education:**

The aim of Yoga is the attainment of the physical, mental and spiritual health. Patanjali has recommended eight stages of Yoga discipline. They are:

- ✓ Yamas- (internal purification through moral training preparatory to Yoga)
- ✓ Niyamas- (cleanliness, contentment, mortification, study and worship of God)
- ✓ Asanas- Physical postures or exercises
- ✓ Pranayama- (Control of vital energy/ Breath control)
- ✓ Pratyahara- (Withdrawal of the senses/ making the mind introspective)
- ✓ Dharana- (Concentration of the mind)
- ✓ Dhyana- Meditation
- ✓ Samadhi- Attainment of the super conscious state

The importance of Yoga in Physical Education is too enormous to ignore. Today's education is mostly information concerned with and it needs to qualitative changes in physical, mental, spiritual development of the students in a balanced way. The education with Yoga would improve mental faculties, develop positive health, inculcate higher values, provide peace and tranquility and build up moral character which can lead us to attain highest goal of life as well as education.

The main benefits of Yoga in Education are discussed below:

1. Physical health
2. Balancing both hemisphere of the brain
3. Develop values
4. Healthy emotional development
5. Academic performance
6. Sharpen memory
7. Healthy living
8. Develop cognitive and affective domain

9. Improve senses

10. Integrated personality development

### **Mindfulness activities for Spiritual Development:**

#### **Meditation:**

Meditation is a simple way of freeing your mind, forgetting about daily anxieties and focusing on mental relaxation.

Here are five tips for beginners to learn how to meditate:

- 1) Find a quiet, peaceful place.
- 2) Sit comfortably, with eyes closed and focus on the heart.
- 3) Begin with a suggestion that the source of light is within my heart and it is attracting me inwards.
- 4) Meditate for 10 minutes, or until you feel ready to come out of the meditation.
- 5) Repeat it every day, in the morning and the evening. Incorporating this time for quiet contemplation and reflection can bring you enormous mental and physical benefits.

#### **Relaxed attention:**

Relaxed attentions very significant for spiritual development. Relaxation in psychology is the emotional state of a living being, of low tension, in which there is an absence of arousal that could come from sources such as anger and fear. Relaxation is when the body and mind are free from tension and anxiety. Relaxation involves loosening up, letting go, and finally going to sleep. Attention involves focusing energy, finding excitement

#### **Listen to People:**

Listen to People is the very important tips for Mindfulness. Even if the person who's talking to you is the most boring person you've ever met, they offer an ideal scenario to practice a mindful conversation. Instead of thinking about and judging what they are saying try mindfully listening to them, give relaxed attention to what they are saying.

#### **Focus on sensory details:**

Sensory organs are very important for every human beings. Start your morning with writing or wind up the day on the page. Focus on sensory details. Or write about your life as a passive observer. This will help limit judgment as you check in with your emotions and thoughts on the page. It can also help with awareness of emotions.

#### **Positive Affirmation:**

Positive affirmations release you from anxiety, negativity, guilt, fear, and pain. It's easy to go off on a negative tangent of thoughts. A great way to reverse this is by repeating a positive affirmation. The focus on the repetition is a mindful practice and has the added benefit of making you feel more positive.

#### **Mindful Relationships:**

Mindful Relationships is very essential for spiritual development. Even though mindfulness is a very introspective activity, it can have a positive impact on our relationships. Think of things you can do for others. Even small acts of kindness will improve your relationships and help enhance your compassion.

**Focus on the Movement:**

This ingredient is well-known to go hand in hand with mindfulness. There are plenty of ways to do this below. But a basic tip is to stop comparing the present with the past and to focus on what's good in the moment. It might be as simple as being grateful for your morning coffee or for the good weather. It could also be as simple as focusing your attention on a task you're doing.

**Exercise:**

Exercise involves engaging in physical activity and increasing the heart rate beyond resting levels. It is an important part of preserving physical and mental health.

Often, when we work out, we try to distract ourselves from what we're doing. This will help with awareness of what you're doing. Throughout remind yourself to breathe and focus on your breathing. Exercising mindfully also reduces the chance of injury.

**Enjoy a time-out:**

Every now and then it helps to take a break. This allows you to relax during the day. You may choose to take a short nap or retreat to somewhere quiet to sit for a few minutes in silence. This stillness will make you return refreshed.

**Conclusion:**

*FOR YOUR MENTAL DEVELOPMENT-*

*READ, WRITE, STUDY, DISCUSS.*

*FOR PHYSICAL DEVELOPMENT-*

*DITE, EXERCISE, REST*

*FOR YOUR SPIRITUAL DEVELOPMENT-*

*PRAY, SEEK, SERVE, LOVE*

Mindfulness power will play an important role for spiritual development. Now it is expected to help positive awareness and developing self-confidence. Mindfulness power will play a significance role for better development.

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