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2018-2019

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1.	Physical Education and 21 st Century Learners: A Consensus Statement	Research Journey Multidisciplinary International E-research Journal Year 2018- 19	International	1-6
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2.	Importance of communication and Social media in sports.	Ayushi International Inter-disciplinary Research Journal (AIR) Special issue. 61Year Dec 2019-20 www.aiirJournal.com	International	3135
3.	A comparative Study of Sports Competition Anxiety between open competition Volleybal, and BasketBall players.	Research Journal of India Peer Reviewed multi-Disciplinary Annual National indexed Research Journal Vol.7 Issue Year: Jan 2019-20 www.sjifactor.com	National	36-45
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Impact Factor - 6.262

ISSN-2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S
RESEARCH JOURNEY

Multidisciplinary International E-research Journal

PEER REFEREED & INDEXED JOURNAL

December : 2018

Special Issue - LXXVI (A)



The Journal is indexed in:

University Grant Commission (UGC) Sr. No. 40107 & 44117

Scientific Journal Impact Factor (SJIF)

Cosmos Impact Factor (CIF)

Global Impact Factor (GIF)

Universal Impact Factor (UIF)

International Impact Factor Services (IIFS)

Indian Citation Index (ICI)

Dictionary of Research Journal Index (DRJI)

'RESEARCH JOURNEY' International Multidisciplinary E- Research Journal
Impact Factor - (CIF) - 3.452, (SJIF) - 6.262, (GIF) - 0.676 (2013)
Special Issue 76 (A) : Self Employability Skills Development in
Physical Education and Sports Sciences
UGC Approved No. 40107 & 44117

ISSN :
2348-7143
December
2018

Impact Factor – 6.262

ISSN – 2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S
RESEARCH JOURNEY

Multidisciplinary International E-research Journal

PEER REFREED & INDEXED JOURNAL

DECEMBER -2018

SPECIAL ISSUE- LXXVI (A)

For 3rd National Conferance

on

Self Employability Skills Development in
Physical Education and Sports Sciences.

Chief Editor :

Dr. Dhanraj T. Dhangar

Editor :

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SWATIDHAN INTERNATIONAL PUBLICATIONS

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Physical Education and 21st Century Learners: A Consensus Statement

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Abstract :

Exercise and physical activity produces a wide variety of benefits for individuals. From a traditional viewpoint, physical education programs have often been narrowly focused on acquisition of sport, skills and knowledge. Further, as physical education teachers have been prepared, they, likewise, have gained knowledge often limited to the teaching of sport skills as well as teaching methods, styles and procedures. However, does this model effectively meet the needs of 21st Century learners? For example, how does technology and the need for effective assessment and accountability in the classroom and beyond manifest itself in terms of the design of a contemporary physical education curriculum? How is the role of physical education integrated in terms of one's daily living beyond the classroom setting? What skills and knowledge will be required to adequately advance one's physical literacy as well as one's knowledge and skills required to live a health active lifestyle?

Introduction:

The Global Forum for Physical Education Pedagogy 2010 (GoFPEP 2010) was convened in a two- day intensive format to address many of the aforementioned issues and concerns. The event was attended by 70 invited educators, professionals, administrators, business leaders and policymakers from 25 countries. The event was the first ever international summit held in the United States following previous concaves resulting in similar documents documents such as UNESCO's International Charter for Physical Education and Sport adopted at its General Conference in Paris, 1978; The Berlin Agenda for Action for Government Ministers, accepted at the 1st World Summit of Physical Education, 1999; and the Magglingen Commitment for Physical Education approved in 2005 in Switzerland.

Delegates focused their dialog and discussion on several major themes including: 1) reframing health and physical education pedagogy internationally by promoting dialogue and discussion on critical themes and issues; 2) explore a new mock-up of pedagogy for preparing health and physical education teachers which promotes accountability, builds community life, employs a greater use of reflection to improve practice and embeds learning in practice; 3) examining the extension of health and physical education based school programs into community life; 4) reviewing the application of technology as related to the teaching of health and physical education; 5) promoting the establishment of



partnerships between the school, community, university, nongovernmental organizations and commercial enterprises; 6) rethinking the relationship between health and physical education as a plan for promoting lifelong active living; and 7) stimulating forward thinking.

A primary outcome of GoFPEP 2010 was the crafting of a global Consensus Statement entitled Health and Physical Education Pedagogy in the 21st Century. To generate the Consensus Statement, invited delegates were asked to provide information in advance of the event, offering recommendations regarding innovative teaching strategies and methods, ideas for reforming physical education teacher preparation and suggestions to be included in the consensus document. These statements were crafted into posters and presented in the forum program. Delegates participated in a series of keynote and invited presentations and workshops and discussion groups. Discussion groups were organized to include different geographical regions of the world and areas of professional interests. All of the information was analyzed using the Qualrus data analysis software package to identify and refine consistent themes. Following, a writing team drafted the statement and it was then vetted by several key individuals and, ultimately, by all delegates. Table 1 presents the Consensus Statement.

Table 1 Global

Forum for Physical Education Pedagogy 2010 Health and Physical Education Pedagogy in the 21st Century A STATEMENT OF CONSENSUS

Physical education programs in the 21st Century can inspire, motivate and prepare learners to live in an ever-changing world, increasingly marked by the epidemic of obesity and overweight individuals. Increasingly, globalization, explosion of knowledge and changing demographics have a significant impact on the knowledge, skills and dispositions required to live, work and play in the 21st Century. Children and youth will be required to gain critical thinking and problem solving skills, operate with agility and adaptability, effectively analyze information, communicate in various oral and written forms, reflect superior interest, imagination and innovation in their thinking and develop healthy active lifestyles.

Worldwide, physical education programs, as well as physical education teacher preparation programs, need to be rethought and reformed. Hosted by the University of Northern Iowa (USA) and the Grundy Center, Iowa (USA) Community Schools, the Global Forum for Physical Education Pedagogy 2010 (GoFPEP 2010) was organized to examine 1) a new pedagogy for preparing physical education teachers; 2) utilization of technology to help teach physical education; and 3) the building of school, university, community and corporate partnerships. GoFPEP 2010 drew 70 invited delegates from 25 countries representing 64 universities, schools, businesses, community organizations and professional organizations and societies.



The Health and Physical Education Pedagogy in the 21st Century Statement of Consensus calls for action by students, physical educators, health and leisure professionals, policy makers and legislators, citizens and leaders from business and industry to encourage programs that promote a committed effort to enhancing and maintaining the health and wellbeing of individuals

Physical Education Pedagogy

- Focusing on comfortable and methodologies to build up healthy active lifestyles for children and youth. This requires the integration of ability improvement, physical wellbeing, health, nutrition and planning for leisure

Redesigning the physical education curriculum to promote active student-centered learning and empowering individuals to develop life skills that lead to lifelong, self-directed engagement in physical activity

Accentuating the importance of co-operation of stakeholders in the community (teachers, administrators, parents, community members, business leaders and others) to advocate, promote, educate and develop individuals to incorporate physical actions into their daily life through formal and informal education

- Establishing physical education and health programs as models of social justice which foster a safe learning environment, promote the joyful participation of physical activity with appreciation of

cultural, racial, ethnic and social and economic differences

Linking knowledge, skills and dispositions required by 21st Century learners with program outcomes such physical competency (skills and fitness), health literacy and leisure planning throughout all subject matter and disciplines in the school

- Using technology to support individualized learning processes and assessment

Re-conceptualizing the strategies of assessment with appropriate measurable and performance based goals and objectives tied to standards which promote greater accountability

- Insuring that qualified professionals teach physical education and health, physical activities and sport and leisure

Physical Education Teacher Preparation



Emphasizing the acquisition of teaching techniques and strategies for assisting individuals in developing a healthy active lifestyle; one which recognizes the importance of the integration of health and physical education.

- Advocating for policies and a broad continuum of programs including healthy nutrition, weight management, physical activity and leisure planning
- Creating a positive learner-centered environment reflecting best practice to encourage students to become active participants in the learning process
- Promoting the development of partnerships with parents, schools and community organizations to embed and provide contextually based program elements which enhance physical education teacher preparation
- Developing sensitivity for one's role in addressing racial, ethnic, cultural differences, socio- economic levels, funding levels, access to equipment and facilities, as well as approaches to mitigate these issues

Including assessment and educational strategies which provide program accountability, as well as a focus on educational processes and individual developmental outcomes

- Relating practice to theory, promoting the use of reflection and the use of effective technology to accentuate learning opportunities
- Linking the evaluation of students in physical education teacher preparation programs to relevant knowledge, skills and dispositions directly tied to best practice

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Special Issue Published By,

Aayushi International Interdisciplinary Research Journal (AIIRJ)

ISSN :- 2349-638x

Impact Factor :- 4.574

Peer Reviewed and Indexed Journal

Website :- www.aiirjournal.com

Email :- aiirjpramod@gmail.com

Date :- Special Issue Published in Dec.2018

Disclaimer :-

Research Papers / Articles published in this book are the intellectual contribution done by the authors. Authors are solely responsible for their published work. The organizer of this National Conference and Publisher of this *Special Issue* are not responsible for legal complications, if any.

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Factors Influencing Ball Throwing Velocity in Young Female Handball Players

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Introduction

Throwing is considered as one of the most important technical skills in competitive team hand ball as it is a major determinant of all actions taken by the players. For a proper execution of a throw, the achievement of maximal voluntary velocity is necessary, depending on the sort of the throw, whilst accuracy is always a demand [1, 2]. Those skills should be developed by all players, regardless of the team's role distribution and playing post. Gender and age [2-5], muscular strength and neuromuscular coordination [6, 7], ball weight and ball size [8], are reported as factors that influence ball velocity. However, there is still a discussion concerning the influence of anthropometric characteristics [6, 9]. Baytos [10] reported ball velocity to be positively correlated to body size, upper and lower extremities' length. Skouras et al. [11] reported significant correlations between ball velocity and hand spread probably because the later contribute to the safe holding of the ball [8, 11]. Sakurai & Miyashita [4] studied the development of throwing skill in boys and girls aged 3 to 9 years with respect to upper limb movement. They report sex-related differences in throwing ability between the ages of five and seven years. After the age of 7 years, improvement in performance of the females depended on kinematic characteristics of the upper limbs and muscular power, while in males the same factors needed to be combined with practice. Pawels [3], investigated the relation of several anthropometric measures and physical skills of 12 to 19 years old non-experienced boys, with ball velocity. It was found that below the age of 16, strength is the most significant factor determining ball velocity, with body size also being a key factor.

Anthropometric Characteristics

Body height and arm span are positively correlated to the throwing ball velocity. It is generally accepted that body height is positively affecting all body dimensions [2]. This positive correlation of the height to the ball velocity is in accordance with previous studies involving male and female athletes [2, 10], although there are also conflicting results [6, 9, 11]. A strong positive correlation between ball velocity and arm span is reported by Skouras et al. [11]. Pawels [3] report that there is a positive correlation between ball velocity and segmental body length measurements in boys aged 14-16 years, while similar correlations were not evident in subjects aged 16-19 years. According to studies, when an athlete has increased segmental body length measurements, he/she can throw the ball with higher velocity. The combination of a longer humerus and a higher angular velocity results in higher linear ball velocity [5, 13, 14]. Mechanically, an increase of a rotation radius should cause a proportional increase of the force applied to the ball, and consequently an increase of the ball's linear velocity. During an overarm throw, the movement's rotation axis is consisted from the arm's longitudinal axis [15]. Reasonably, an overall longer limb has a positive effect on ball release velocity. Opposing to these results, the study of Jons et al. [6] did not find any correlation between ball velocity and segmental body lengths. They claim that athletes with short segmental body measurements are capable to reach high throwing performance levels as a result of a more efficient energy transition.

Physical Fitness Characteristics

Running speed and explosive power are important prerequisite factors in competitive handball [19, 20]. The power of the lower extremity and the maximal running speed, as expressed by standing long jump and 30-meter speed, respectively, had a significant correlation with ball throwing velocity. The former association has been also reported in high level handball male and female players [20]. Our data are also in accordance with a study of volleyball players which reports a significant correlation between vertical jump and ball velocity during spiking [17] and with another study which reported a correlation between squat jump performance and medicine ball throwing velocity [21]. Most researchers agree that explosive lower limb power may be highly associated with throwing ball velocity [6, 22-24]. This is supported by the fact that the main factor affecting ball velocity is the effective energy transition from ground to the lower extremities and through the kinematic chain to

the throwing upper limb [6, 23]. The correlation of running speed with ball throwing velocity indicates that as long as the ability of attaining maximal speed increases, the ball throwing velocity also increases. In the literature there are no reports to aid to a comparison of our results to relevant studies. This correlation may be attributed to the type of the muscle fibers [25]. In high velocity movements like throwing, fast motor units are preferentially recruited.

Players who trained more, managed to achieve higher ball velocities, and at the same time they probably improved their muscular coordination, which was directed to their upper extremities reflecting in improved throwing performance [3, 37]. In water polo it was also reported, that senior female player with 9.8 years of experience demonstrated a significantly higher throwing velocity than junior female elite players with 6.4 years of experience [16]. Freeston and colleagues [38], do not report any training experience effects on ball velocity between elite senior females and elite under-19 years females cricket players. However, he suggested that training experience as well as training volume played a potential role, because they seemed to affect peak and mean maximal throwing velocity.

Conclusion

The aim of the present study was the examination of the relations between anthropometric variables and physical abilities and ball velocity in young female handball players. Fitness, as expressed through these specific tests, combined with training experience and anthropometric characteristics such as hand spread and arm span, seem to be the main factor correlating with ball velocity in 14-year old female handball players. Trainers should take into account these characteristics during handball talent selection, because they tend to be a requirement for future high level performance.

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Peer Reviewed Referred and
UGC Listed Journal
(Journal No. 40776)

ISSN 2277 - 5730

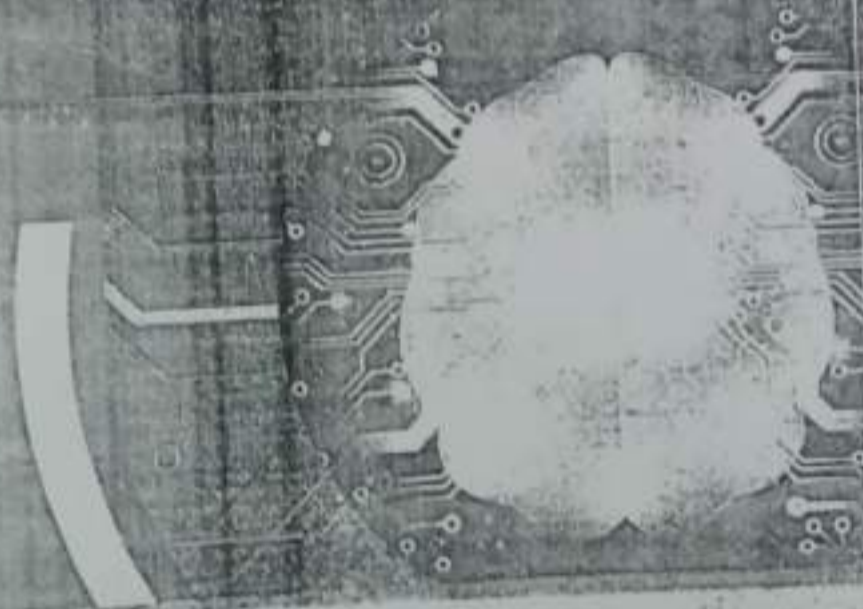


AJANTA

Volume VIII, Issue-I
January - March - 2019
English Part-I

IMPACT FACTOR/
INDEXING 2018-2019
www.sjifactor.com

**Ajanta
Prakashan**



ISSN 2277 - 5730
AN INTERNATIONAL MULTIDISCIPLINARY
QUARTERLY RESEARCH JOURNAL

AJANTA

Volume - VIII Issue - I English Part - I January - March - 2019

Peer Reviewed Referred
and UGC Listed Journal

Journal No. 40776



ज्ञान-विज्ञान विमुक्तये

IMPACT FACTOR / INDEXING
2018 - 5.5
www.sjifactor.com

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Ajanta Prakashan
Aurangabad. (M.S.)

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6. Comparative Study of ARM Strength and Abdominal Strength between Inter Collegiate Kho-Kho and Handball Players

Asst. Prof. Rajani W. Bhoyar

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Abstract

The aim of this investigation was to find out the Comparison of Arm Strength and Abdominal Strength between Inter Collegiate Kho-Kho and Handball Players of Sant Gadge Baba Amravati University. In the current study, forty male students were selected at random by simple random sampling technique; from inter collegiate kho-kho and handball players of Sant Gadge Baba Amravati University. 20 male students were selected from kho-kho players and another 20 male students were selected from handball players. The age group was ranging from 18-25 years. The variables selected for the research work like that Arm Strength and Abdominal Strength. The data of arm strength was collected by pull-ups and abdominal strength was collected by Bent knee Sit-Ups. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment. To test the hypothesis the level of significance was set at 0.05 level of confidence, after the statistical analysis of data related to the arm strength and abdominal strength between inter collegiate kho-kho and handball players, it is found that there is significant difference in arm strength and abdominal strength between inter collegiate kho-kho and handball players of Sant Gadge Baba Amravati University. Hence the researcher's pre-assumed hypothesis is accepted.

Keywords: Arm Strength, Abdominal Strength, Kho-Kho and Handball Players.

Introduction

Muscular Strength

Maximal contraction power of the muscles is recognized as muscular strength. The muscular strength is usually measured with respect to individual group of muscles performing

Muscular strength is tested with the help of dynamometers and or densitometers which measure the amount of force exerted in a single effort by a particular group of muscles.

Muscle strength refers to the amount of force a muscle can create with a single maximal effort. Size of muscle cells and the ability of nerves to stimulate them are related to muscle strength. Examples Building muscle strength helps with body alignment, makes performing everyday activities easier, increases metabolism and relieves stress. You don't need to go to the gym to raise your muscle strength. Easy exercises can be done at home without equipment. Test out these workouts and resources to improve your muscle strength and boost your calorie burning potential.

Strength: Strength is defined as the capacity to exert force or as the ability to do work against resistance.

Arm Strength: Arm strength will be defined as the capacity of a person to exert muscular force of the arm.

Abdominal Strength: Abdominal strength may be defined as the capacity of a person to exert muscular force of the abdominal.

Objectives

The main purpose of this study was to find out the Comparison of Arm Strength and Abdominal Strength between Inter Collegiate Kho-Kho and Handball Players of Sant Gadge Baba Amravati University.

Hypothesis

On the basis of literature searched and the researcher's own perception it was hypothesized that there would be significant difference in arm strength and abdominal strength between inter collegiate kho-kho and handball players of Sant Gadge Baba Amravati University.

Methodology

Source of Data

In the present study subjects were selected from Inter Collegiate Kho-Kho and Handball Players of Sant Gadge Baba Amravati University.

Selection of Subjects

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 Table No. 1

Comparison o

Game
Kho-Kho
Handball

Forty male subjects (20) from Kho-Kho and (20) from Handball were selected for the collection of data. The age group was ranging from 18-25 years.

Sampling Method

The subjects were being selected by using simple random sampling method.

Collection of Data

For the collection of data, the subjects were given full administration of the tests. The data of Arm Strength was collected by Pull-Ups and the data of Abdominal Strength was collected by Bent knee Sit-Ups. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment.

Criterion Measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

S. No	Variables	Equipment's
01	Arm Strength	Pull-Ups
02	Abdominal Strength	Bent knee Sit-Ups

Level of Significance

To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

Analysis of the Data

After the collection of data from Kho-Kho and Handball Players of Sant Gadge Baba Amravati University, the raw data were converted into standard one by using a statistical technique 't' test for testing of hypothesis.

Table No. 1

Comparison of Arm Strength between Kho-Kho and Handball Players

Game	Mean	S.D.	Mean Difference	Degree of freedom	O.T	Tabulated 't'
Kho-Kho	10.60	3.02	2.00	38	2.82*	2.02
Handball	12.60	2.44				

Table No.1: indicates that the mean of kho-kho players is 10.60 which is less than the mean of handball players which is 12.60. So this mean difference is found as 2.00. The calculated value of 't' is found as 2.82 which is greater than tabulated 't' which is 2.02 at 0.05 level of significance. Hence the hypothesis which was given by the researcher is accepted.

Graph-1

Graphical Representation of Mean difference of Arm Strength between Kho-Kho and Handball Player

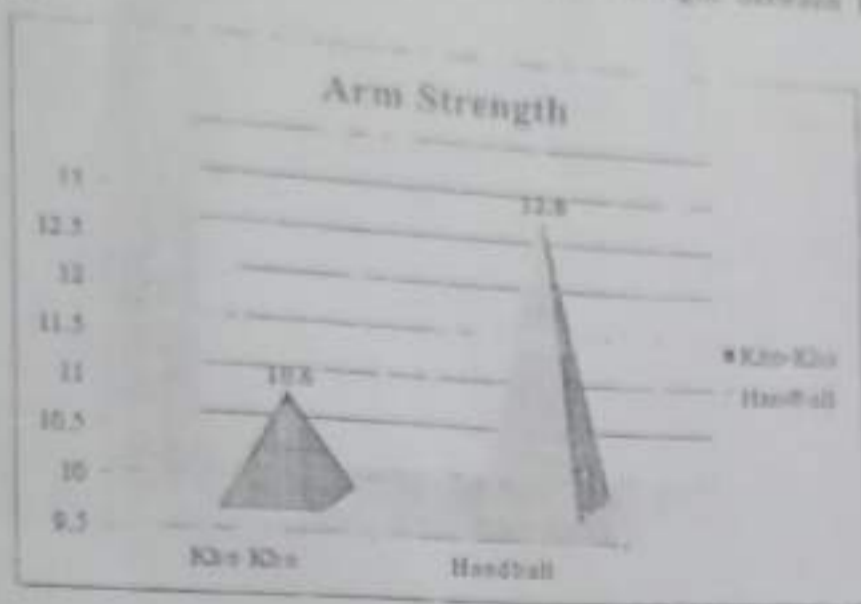


Table No. 2

Comparison of Abdominal Strength between Kho-Kho and Handball Players

Game	Mean	S.D.	Mean Difference	Degree of freedom	O.T	Tabulated 't'
Kho-Kho	30.83	11.10	4.97	38	2.04*	2.02
Handball	25.87	7.43				

Table No. 2: indicates that the mean of kho-kho players is 30.83 which is greater than the mean of handball players which is 25.87. So this mean difference is found as 4.97. The calculated value of 't' is found as 2.04 which is greater than tabulated 't' which is 2.02 at 0.05 level of significance. Hence the hypothesis which was given by the researcher is accepted.

Graph-2
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Conclusion

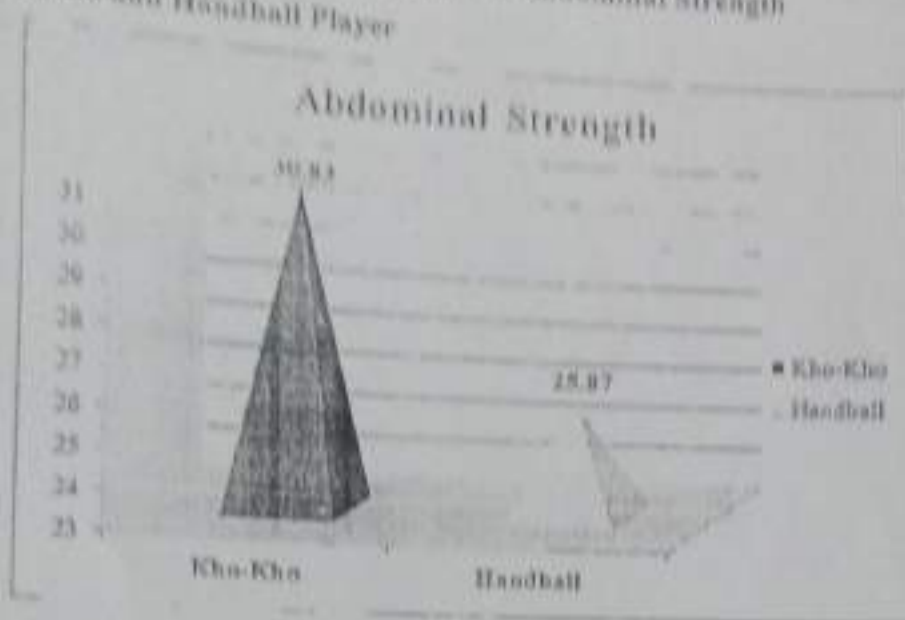
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Graph-2

Graphical Representation of Mean difference of Abdominal Strength between Kho-Kho and Handball Player



Conclusion

In the beginning of this study it was hypothesized that there would be significant differences in arm strength and abdominal strength between inter collegiate kho-kho and handball players of Sant Gadge Baba Amravati University. But after the statistical analysis of data related to the arm strength and abdominal strength of kho-kho and handball players, it is found that there is significant difference in arm strength and abdominal strength between inter collegiate kho-kho and handball players of Sant Gadge Baba Amravati University. Hence the researcher's pre-assumed hypothesis is accepted.

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Abstract

The aim of this study is to explore the role of physical education in the 21st century. Physical education is a discipline that is essential for the development of a healthy and active population. It is a part of the curriculum that is designed to promote physical fitness, mental health, and social skills. Physical education is a discipline that is essential for the development of a healthy and active population. It is a part of the curriculum that is designed to promote physical fitness, mental health, and social skills. Physical education is a discipline that is essential for the development of a healthy and active population. It is a part of the curriculum that is designed to promote physical fitness, mental health, and social skills.

Keyw

curriculum

Introduction

In the 21st century, the role of physical education has become increasingly important. It is a discipline that is essential for the development of a healthy and active population. It is a part of the curriculum that is designed to promote physical fitness, mental health, and social skills.

ENGLISH PART

ROLE OF VOLLEYBALL IN PHYSICAL FITNESS OF RECREATIONIST

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ABSTRACT

Volleyball is the second most popular sport in the world today. It is a fast and dynamic sport that is widely accepted as a highly competitive and recreational game. Unlike to the game it most popular in Asia and Europe. This game offer greater opportunities for the development of strength, agility, endurance, flexibility and coordinative abilities to the players. Volleyball performance does not depend on technical aspects but also depends on its main aspects such as psychological, physical, sociological, economical, physical structure, physical fitness etc. which are help to acquire high level performance.

Keywords: Volleyball, Fitness, injury

INTRODUCTION

Volleyball is a great sport that can be enjoyed by people of all ages and skill levels. It can be played year round as it can be played both indoors and outdoors. Aside from the pure enjoyment of the game.

VOLLEYBALL

"A game for two teams, usually of six players, in which a large ball is hit by hand over a height net, the aim being to score points by making the ball reach the ground on the opponent's side of the court".

FITNESS BENEFITS OF VOLLEYBALL

Volleyball is a team sport that requires great and can be very rewarding when played properly.

- Burn calories and fat
- Tones and shapes the body
- Increases Metabolic rate
- Improves hand-eye coordination
- Builds agility, coordination, speed and Balance.
- Heart healthy
- Builds muscular strength
- Increases aerobic ability
- Improves Interpersonal skills
- Boosts mood and increases drive to succeed.
- Reflexes and balance
- Teamwork and communication and is a great social activity.

FITNESS COMPONENTS FOR VOLLEYBALL

SPEED

Volleyball serves and smashes result in very fast ball speed, so players also need to be quick to get

to the right position to return or pass the ball. Speed built in terms of movement and reaction time can be developed by performing sports specific exercises such as multidirectional sprinting and using a uneven ball called a reaction ball which bounces unpredictably.

AGILITY

Agility is the ability to move your body quickly and efficiently in to a position of your choosing. In volleyball this means getting in to the right. Place at the right time to play a shot. Players often have to dodge, duck and dive to make successful plays and the better their agility. The better they will be able to do this. Training for agility involves performing activities that mimic the demands of the sport including jumping drills, playing shots from awkward positions and multidirectional running, jumping and sprinting.

POWER

Power is your ability to generate strength at high speeds and is very important in volleyball. A volleyball net is 10 feet high so players need leg power to be able to jump high enough to block and smash the ball during play hitting the ball with plenty of heat requires upper body power. Power is commonly developed by performing variations of the Olympic lifts, plyometrics or jumping exercises and by training with medicine balls.

FLEXIBILITY

Squatting or lunging down low to return a volleyball requires limber limbs properly called flexibility. Tight muscles do not stretch readily and if stretched too quickly or too far, may become injured. Flexible muscles are more elastic and capable of greater ranges of movement. Flexibility

is developed by stretches held for 30 seconds or longer. You can also increase your flexibility with proprioceptive neuromuscular facilitation or PNF stretching, which involves contracting a muscle hard before stretching. It to increase flexibility more rapidly.

ENDURANCE

Volleyball matches are usually played to the best of 25 points, and that can take some time if the teams are closely matched. To play continuously for an extended period of time requires good muscular, aerobic and mental endurance. Endurance is best developed by performing sub-maximal or lower intensity activities for long periods of time. Examples include body weight, squats, pushups, situps, jogging cycling and extended volleyball practice periods.

Volleyball has strong technical skills and confrontational. It is a skill type sports day net class confrontation, although the two small force will occur physical contact and confrontation, but with a strong psychological quality, physical quality and the technical and tactical requirement in sport. Volleyball training course if you do not pay attention to prevention of sports injury most likely caused by sports injury into the training process. Therefore, it is of great significance for the prevention of sports injury and the improvement of the overall level of volleyball training to strengthen the prevention and analysis of sports injury in volleyball training so many coaches pay more attention to the explanation of tactics and basic technology.

PREVENTING VOLLEYBALL INJURIES

- Stretch and warmup before playing
- Eat a balanced diet and drink plenty of water
- Keep up your cardiovascular fitness and core strength.
- Get enough rest you may want to avoid playing for multiple teams to reduce the risk of overuse injuries.
- Practice good technique, consulting a specially coach will help you make the most of the mechanics.

COMMON VOLLEYBALL INJURIES

- Shoulder injuries

- Knee injuries
- Ankle sprains
- Finger injuries
- Lower Back pain

CAUSES OF VOLLEYBALL INJURIES

Most volleyball injuries are a result of overuse and overtraining playing on multiple teams during the year gives the young athlete less time for proper rest between practice and games.

The Volleyball injury refers to all injury in volleyball, occurrence factors of volleyball injury has multiple, related to the technical movement Training arrangement, training level psychological quality and other factors, especially because of volleyball technology often is done in the squat state or jump in to the air. It is very easy to cause injury of the knee, stomp, waist, shoulders and other parts.

The characteristics of volleyball outstanding not only requires more height but also must have the required sensitivity, strength and endurance, which requires high quality cable and psychological quality for the body. Treat injuries as they occur and allow your body to completely recover before heading back out on the court.

EAT WELL FOR YOUR VOLLEYBALL SUCCESS

The key to great volleyball performance is optimal nutrition every day, not just competition day. For quick burst of energy like jumping, anaerobic metabolism kicks in and is fueled by stored carbohydrates also known as muscle glycogen.

Endurance requires optional blood sugar and a combination of circulating fats and amino acids from protein. Proper hydration is also essential. Don't expect that your performance will improve by miracle or luck you need to fuel your body well and fit.

CONCLUSION

Volleyball is a great game that has sustained its reputation for fantastic fun and competitive play for over a century. If you are looking for a high-energy game that supports teamwork and athleticism then this may be the perfect sport for you.

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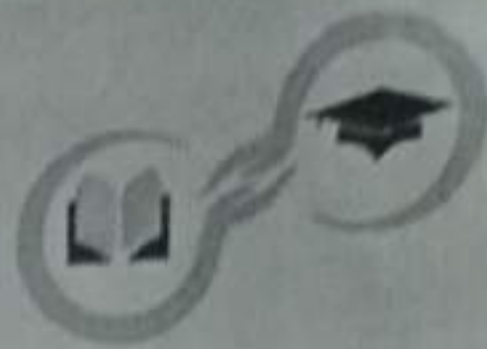
Special Issue

ISSN - 2319 9318

(Vol. II) Aug. 2019

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COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLES OF HANDBALL AND VOLLEYBALL PLAYERS OF AMRAVATI UNIVERSITY

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Abstract:

The aim of this investigation was to find out the Comparison on Selected Physical Fitness Variables of Handball and Volleyball Players of Amravati University. In the current investigation, forty female players were selected at random by purposive sampling technique, from affiliated colleges of Sant Gadge Baba Amravati University, Amravati (M.S.). 20 female players were selected from Handball and another 20 female players were selected from Volleyball Players during the academic year 2017-2018. The age group was ranging from 18-25 years. The Physical Fitness variables selected for the research work like that Arm Strength and Explosive Leg Strength. The data of Arm Strength was collected by Pull-Ups and Leg Strength was collected by standing broad jump. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment. To test the hypothesis the level of significance was set at 0.05 level of confidence, after the statistical analysis of data related to the Selected Physical Fitness Variables of Handball and Volleyball Players, it is found that there is significant difference in Arm Strength and Explosive Leg Strength of Handball and Volleyball Players of Sant Gadge Baba Amravati University, Amravati. Hence the researcher's pre-assumed hypothesis is accepted.

Keywords: Arm Strength, Leg Strength, Handball and Volleyball Players.

Introduction:

Muscular Strength: Maximal contraction power of the muscles is known as muscular strength. The muscular strength is usually measured with respect to different group of muscles acting together. Muscular strength is tested with the help of dynamometers and densitometers which measure the amount of force exerted in a single effort by a particular group of muscles.

Muscle strength mentions to the amount of force a muscle can produce with a single highest effort. Size of muscle cells and the capability of nerves to activate them are connected to muscle strength. Examples Building muscle strength helps with body position, makes performing daily actions easier, increases metabolism and relieves stress. You don't need to go to the gym to increase your muscle strength. Simple exercises can be done at home without equipment. Check out these workouts and resources to improve your muscle strength and boost your calorie burning potential.

Strength: Strength is the ability to overcome resistance or act against resistance. Strength should not be considered a creation of only muscular contraction. It is in fact a product of voluntary muscle contractions caused by the neuro-muscular system.

Arm Strength: Arm strength will be defined as the capacity of a person to exert muscular force of the arm.

Leg Strength: Leg strength will be defined as the capacity of a person to exert muscular force of the Leg.

Objectives:

The main purpose of this study was to find out the Comparison on Selected Physical Fitness Variables of Handball and Volleyball Players of Amravati University.

Hypothesis:

On the basis of literature searched and the researcher's own perception it was hypothesized that there would be significant difference in Selected Physical Fitness Variables of Handball and Volleyball Players of Sant Gadge Baba Amravati University.

Methodology:

Source of Data:

In the present study subjects were selected from affiliated colleges of Sant Gadge Baba Amravati University, Amravati, for the collection of data.

Selection of Subjects:

Forty female subjects (20) from Handball and (20) from Volleyball were selected for the collection of data. The age group was ranging from 18-25 years.

Sampling Method:

The subjects were being selected by using purposive sampling method.

Collection of Data:

For the collection of data, the subjects were given full administration of the tests which was used for the collection of data in the study. The data of arm strength was collected by Pull-Ups and the data of explosive leg strength was collected by standing broad jump. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment.

Criterion measures:

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

S. No	Variables	Equipment's
01	Arm Strength	Pull-Ups
02	Leg Strength	Standing Broad Jump

Level of Significance:

To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

Analysis of the Data:

After the collection of data from Handball and Volleyball Players of Sant Gadge Baba Amravati University, Amravati, the raw data were converted into standard one by using a statistical technique 't' test for testing of hypothesis.

Table No. 1
Comparison of Arm Strength between Handball and Volleyball Players

Game	Mean	S.D.	S.E.	Mean Difference	Degree of freedom	O. 't'	Tabulated 't'
Handball	6.20	2.44	0.714	1.75	38	2.450*	2.021
Volleyball	4.45	1.93					

Table No. 1: indicates that the mean of Handball players is 6.20 which is greater than the mean of Volleyball Players which is 4.45. So this mean difference is found as 1.75. The calculated value of 't' is found as 2.45 which is greater than tabulated 't' which is 2.02 at 0.05 level of significance. Hence the hypothesis which was given by the researcher is accepted.

Graph-1

Graphical Representation of Mean difference of Arm Strength between Handball and Volleyball Players

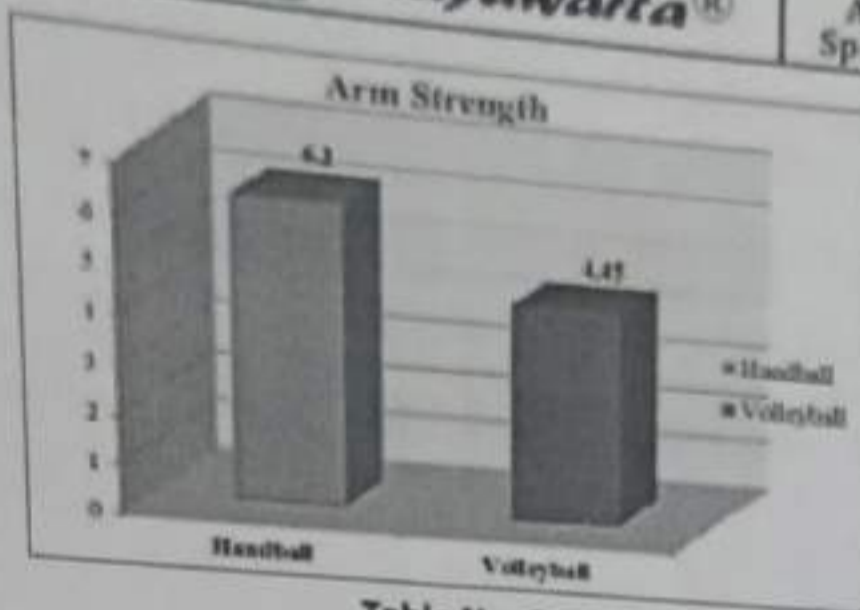
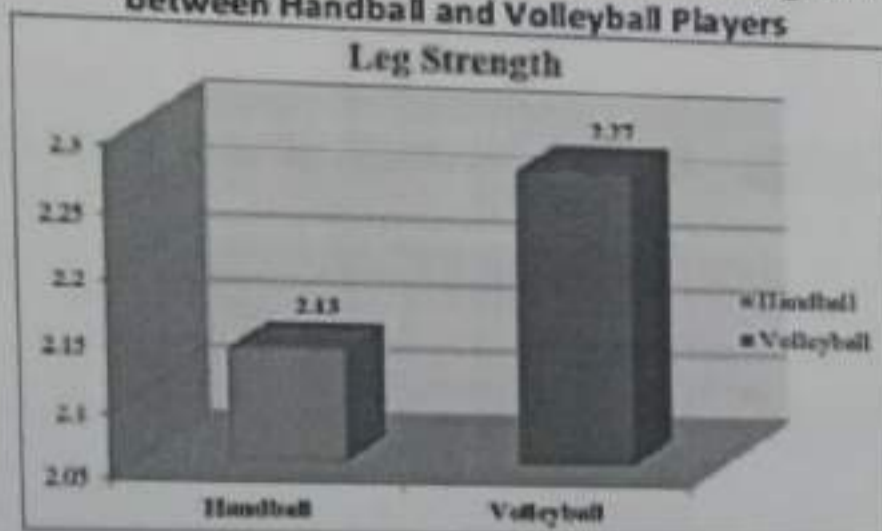


Table No. 2
Comparison of Leg Strength between Handball and Volleyball Players

Game	Mean	S.D.	S.E.	Mean Difference	Degree of freedom	O. 't'	Tabulated 't'
Handball	2.13	0.16	0.052	0.14	38	2.718*	2.021
Volleyball	2.27	0.15					

Table No. 2: indicates that the mean of Handball players is 2.13 which is less than the mean of Volleyball Players which is 2.27. So this mean difference is found as 0.14. The calculated value of 't' is found as 2.718 which is greater than tabulated 't' which is 2.02 at 0.05 level of significance. Hence the hypothesis which was given by the researcher is accepted.

Graph-2
Graphical Representation of Mean difference of Leg Strength between Handball and Volleyball Players



Conclusion:

In the beginning of this study it was hypothesized that there would be a significant difference in Selected Physical Fitness Variables of Handball and Volleyball

related to the Arm Strength and Explosive Leg Strength of Handball and Volleyball Players, it is found that there is significant difference in Arm Strength and Explosive Leg Strength of Handball and Volleyball Players of Sant Gadge Baba Amravati University, Amravati. Hence the researcher's pre-assumed hypothesis is accepted.

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Aayushi International Interdisciplinary Research Journal

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ISSN 2349-638x

Special Issue No.61

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Importance Of Communication And Social Media In Sports**Dr. Rajant W. Bhojar**

Smt. Vatsalabai Naik Mahila Mahavidyalay Pindal, Dist Yavatmal

Abstract

The advantages of using social media is that it can help sports organizations to build relationships with the public, to reduce their marketing costs and to increase sales etc. Organizations can use social media to promote two-way conversations with the public and build a community under their mission. Third, social media has got attraction as an essential tool for connecting with sports fans. For individual sports fans, social media is a very important tool for them to interact and share information with other individuals, to engage in two-way communication with sports organizations. Finally, athletes can benefit from using social media to connect with their fans, to build a personal brand and to promote themselves etc.

Introduction

The rising of mobile phone users and social media has changed the way we look at variety things in today's society, including our engagement in sports. There are many different social media platforms like Facebook, Twitter, Instagram and YouTube etc.; people can use these social media tools really conveniently in their daily lives. Social media has become an important tool for distributing contents and attracting new readers, as well as creating more participation. The social media tools have impacted the sports from many different ways, such as communications and sports marketing. Despite of the many benefits, there are still some negatives of social media in sports. For example, bad contents can be spread more quickly than ever before; players may have no idea of using the social media appropriately; negative comments from fans could affect the performance of the athletes or the team, etc. There are lots of cases indicating that the use of social media among athletes need to be trained and one bad post can dramatically influence the athletes as well as the sports organizations. All in all, social media is still at its infancy and will continue to grow, and the engagement of social media in sports is one of the most significant issues in the sports industry. The sports fans and athletes, as well as sports organizations are embracing social media as the most important tools to promote, to communicate and to interact.

Role of communication and social media in sports

Social media and sport have been intertwined since the latter came into existence. A large part of sport fandom is talking about the game you love, and social media gives fans a 24/7 medium for discussion, with people from all over the world connected by a shared interest. The Twittersphere is ignited every match day, Facebook is awash with sports videos, and any attendee of a game will post an obligatory Instagram photo of the field. But social has a role to play commercially, from live streaming to digital marketing, and teams are starting to grapple with this seemingly limitless potential.

Social media has also emerged as a perhaps unlikely platform for live streaming of games. The giants of Twitter and Facebook have been making movements towards live streaming for some time, with the latter pushing user-generated live content to its users particularly enthusiastically. This commitment to live video is reflected in social media's designs to broadcast live sports, with Twitter partnering with the NFL to show 10 games (for \$10 million) and Facebook mimicking it with talks to host MLB games.

Sports like soccer, basketball, and football are fairly far along the curve when it comes to exploiting social media. In other sports, though, the potential is yet to be properly explored. Formula One racing driver Lewis Hamilton believes racing, for example, should relax its existing restrictions on social media for the good of the sport. 'If you look at football, social media is so much greater, they utilize social media a lot better in football, in the NBA, in the NFL. In F1 every time for example would have posted a picture or a video I would have got a warning from the FIA, or notice telling you to take it down.' Issues with broadcasting rights are the key concern for social media use in racing but, as the seventh-most popular sport in the world, it might be time it reassessed its policy.

Importance of social media in sports

Every team, player or athlete is considered to be a commercial brand now. A brand needs a protected and strong reputation on social media. This allows one player to unite millions of fans and receive an enormous amount of revenue. 93.3% of global sports leaders expect a sustained growth of fans on social media in 5-10 years. This is possible because many TV channels lose thousands and even millions of their subscribers each year. ESPN, an American sports TV channel, lost 12 million subscribers by 2012 and \$52

million in revenue. Another TV channel, British Sky Sports, lost 19% of viewers in 2016. However, 80% of sports fans are active on their social media accounts while watching a game on TV. So be calm, we are not losing TV sports broadcasting yet, it's just that TV is not enough for sports fans anymore.

Uses of social media and communication in sports

1: Share pictures

Boosting interest and enthusiasm for the teams by sharing pictures of events is another positive use of social media. Frequently posting pictures and videos of events help the student-athletes feel important and supported. Coaches will be leading by example when they post a positive message and picture of the team in camaraderie while cultivating further interest in the program. Sharing helps keep people connected and reminds the student-athletes that they represent more than just themselves; they represent the team.

2: Show benefits and core values of programs

People want to know where the school budget is being utilized, and if it is a positive influence on their children. Using social media to present benefits and core values of programs can help alleviate any concerns as well as gain athletes support and opportunities. Sharing individual profile stories, sportsmanship experiences, and community involvement remove any incorrect perceptions about one or more programs at the school.

3: Promote sporting events

Attendance is physical proof of support that can be raised through social media platforms. They allow schools to keep the community and fans up to date with game schedules and relevant sporting activities. Football, basketball, and baseball are usually the most popular sports, but social media promotions can raise awareness for other sports as well. Track, crew, waterpolo, and tennis may find stronger support because they can generate support and create a spotlight in which to compete.

4: Social media marketing is more affordable

Working with a TV service provider, buying TV time, newspaper ads, bench ads, and other marketing channels can be too expensive for a school's budget. People are sensitive to how schools spend their money, so extra costs such as marketing are heavily scrutinized. Social media platforms offer a free marketing option that actually performs better than most paid options. The concept of sharing stories and information freely offers an infinite reach that is bolstered through the personal touch it requires. Communities are more willing to read news and stories from a student-athlete or coach than paid advertisement.

5: Students create positive image for recruiting

"If you want to be a good recruiter in today's college football, you have to be on social media," John Kuceyeski said. He is the Iowa State director for recruiting, and believes in positive social media use. He went on to say, "If you're not doing it, you're going to get beat by somebody that's doing it. You have to be out there. You have to be different. You have to be completely visible and be accessible, and the best way to do that in today's recruiting world is through social media."

Recruiters are using social media as a way to familiarize themselves with potential recruits. They have discovered that student-athletes may be a much different person online than who they are with coaches and administration. It's important for student-athletes who are serious about recruitment keep in mind their social media presence is permanent. Things said are archived, shared, and repeated, making social media platforms giant echo chambers. Keeping their online identity respectful and positive will help when recruiters are doing research and deciding who potential stars are.

Social media is one of the few marketing strategies that allow you to connect directly with your audience. You know who is interested in your business because they choose to follow your social media account.

This social media advantage helps sports in numerous ways:

- **You get to know them better:**
When you know your audience better, you can deliver more valuable contents. You make the content more personalized to their interests, which leads to more engagement on your page and with your sports
- **You provide better guidance:**

- A direct connection with your audience allows you to resolve issues easier. You can address them personally, deal with their issues 1-on-1, and build your brand in a positive light in the process.
- **You gain valuable insight:**
 The direct connection with your audience helps you get to know your audience better. You see who interacts with your posts regarding sports and how they interact with them. It helps you adapt your strategy to make it better for your followers.
 - **You see how your audience perceives your sports**
 It's always good to know how others view yourself. With social media marketing, you know what your audience thinks of your views. It's a huge advantage of social media marketing because you can capitalize on aspects people like about your thinking and fix elements they don't like.

Conclusion

Effective media relations and direct communication with customers are essential for all sports organizations. Successful managers in sports field must have a clear understanding of how Information and Communication Technology works to manage the communication process. Instagram, facebook can be a highly-targeted visual advertising channel for sports clubs. Nowadays, most people use social media and have a profile on social networking sites.

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DARWHA

Peer Reviewed Multi-Disciplinary
Annual National Indexed Research Journal
Published as per UGC (India) Guidelines

Impact Factor
5.455
www.sjifactor.com

ISSN 2349-9370
Vol. 7 Issue 1
Jan. 2020
Special Issue

Research Journal of India

www.researchjournal.net.in

www.indiramahavidyalaya.com

www.mmcdarwha.org



Special Issue

One Day Interdisciplinary National Conference on
Recent Trends and Issues in Humanities
Organized by Mungasaji Maharaj Mahavidyalaya, Darwha
11 January 2020

Published By
DBMRC

INDIRA MAHAVIDYALAYA

KALAMB, DIST. YAVATMAL, MAHARASHTRA 445 401 (India)

In Collaboration with
Principal

MUNGASAJI MAHARAJ MAHAVIDYALAYA

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Impact Factor 5.455

p-ISSN 2349-9370

e-ISSN 2582-4848

RESEARCH JOURNAL OF INDIA

Peer Reviewed Annual National Research Journal for
Multi-Disciplinary Studies since 2014

Volume 7 Issue 1 January 2020 Special Issue
URL: www.indiramahavidyalaya.com/ISSUES%20ALL.php?u=RDJ%20SPECIALS%20ISSUES&y=2019-2020

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Printer: Seva Prakashan, Vijay Colony, Rukmini Nagar, Amravati, Maharashtra 444 606
Cover Page Design & Computer Work: Dr. Pavan Mandavkar

Online Access Free / Subscription for hard copy for a year including special issues Rs. 500/-
by crossed Cheque or by DD or by RTGS/IMPS A/c in favour of **Director, Dr. Bhau Mandavkar**
Research Centre, A/c No. 60175373000, Bank Of Maharashtra, Branch - Azad Maidan Road,
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MESSAGE

It gives me immense pleasure to know that Mungasaji Maharaj Mahavidyalaya Darwaha is organizing the National Interdisciplinary Conference on "Recent Trends and Issues in Humanities" on 11th January, 2020.

I whole heartedly appreciate the courage and conviction of the organizers for venturing the organization of an academic event of such a huge magnitude at the Taluka place. The key focus of the conference is on exploring the latest developments, recent trends and issues in the field of Humanities. I understand that very eminent researchers are going to grace and bless this occasion. I am very sure that this event shall certainly prove a great motivation for many contemporary institutions and shall cultivate the innovative temperament and research culture among the teachers and students.

I convey my hearty greetings and the best wishes to the organizers for the fruitful success of the conference.

(Dr. Murlidhar Chandekar)

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(या नियतकालिकात प्रकाशित झालेल्या लेखांचे किंवा शोधनिबंधांचे अधिकार सुरक्षित असून इतर प्रकाशनार्थ संपादक मंडळाला परवानगी देणे गरजेचे आहे. मात्र या लेखांमधून अथवा शोधनिबंधांतून प्रकाशित मातांशी संपादक मंडळ, सल्लागार मंडळ किंवा प्रकाशक सहमत असतीलच असे नाही. मूळ संदर्भ तपासून देण्याची विनंती वाचकांना व अभ्यासकांना करण्यात येत आहे. मुद्रणदोषासह कोणत्याही चुकांवरून दिलागिरी व्यक्त केली जाईल; मात्र कायदेशीर बाबी कळव घेतील न्यायालयांतर्गतच सोडविता येतील.)

A Comparative study of Sports Competition Anxiety between Open competition Volleyball and Basketball Players

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Abstract

The purpose of the study was comparing the Sports Competition Anxiety between Volleyball and Basketball male players. The subjects for this study were (N=40) male were 20 each from Volleyball and Basketball male players and age ranged from 18 to 25 years were purposive selected from Yavatmal and Amravati district (M.S.). For the acquirement of Sports Competitive Anxiety questionnaire developed by Martin (1990) was used. The independent test was used to analyze data. Results indicated that there is no significant difference was found between Volleyball male players and Basketball male players in their Sports Competition Anxiety.

Keywords: Competition, Anxiety, Volleyball and Basketball.

Introduction

"Rivalry is a social procedure that happens when compensate are given to individuals based on how their execution contrast and the execution of other doing likewise errand or partaking on a similar occasion" (Coakley, 1994). Examined the uneasiness and execution in chose non-proficient competitors and result propose that there was an altogether negative connection between's tension scores and execution on the touchiness, wretchedness and nervousness poll Hannon, B. and Fitzgerald, P. (2006). Our capacity to get free proportion of psychological and substantial state nervousness has extraordinarily upgraded our insight about the athletic circumstance. One of the components that are accepted to essentially impact the characteristics of the athletic experience is the dimension of state uneasiness amid the time paving the way to rivalry. Pre aggressive uneasiness begins moderately high and stays high and steady as the season of the occasion approaches. (Richard H. Cox - 2007). Some of the time, nervousness might be useful in assignments that require quality or powers however in some different occasions, an abnormal state of tension might be damaging. A few specialists including Singer (1972) Tutko (1977) have discovered supporting proof for the upset 'U' theory, estimating the impact of uneasiness on the execution of competitors. The modified 'U' theory expresses that a competitor will perform best when tension is moderate. Execution will in general fall apart when nervousness is either as well low or as well high (Burton, 1988. Weinberg and Genuchi, 1980 as referred to in Caruso et al, 1990).

Volleyball is a group activity in which two groups of seven players every (six outfield players and a goalkeeper pass a ball utilizing their hands with the point of tossing it into the objective of the other group. A standard match comprises of two times of 30 minutes, and the group that scores the most objectives wins. There is no defensive hardware worn while playing. Present day Volleyball is played on a court of 40 by 20 meters (131 by 66 ft), with an objective amidst each end. The objectives are encompassed by a 6-meter (20 ft) zone where just the shielding goalkeeper is permitted; objectives must be scored by tossing the ball from outside the zone or while "plunging" into it. The game is typically played inside, yet outside variations exist in the types of Volleyball and Czech Volleyball (which were more typical before) and shoreline Volleyball. The amusement is quick and high-scoring; proficient groups currently commonly score somewhere in the range of 20 and 35 objectives each, however

lower scores were normal until a couple of decades back. Body contact is allowed by the safeguards endeavoring to prevent the assailants from moving toward the objective. Ball is a group activity in which two groups, most generally of five players each, restricting each other on a rectangular court, contend with the essential target of shooting a ball (around 9.4 inches (24 cm) in distance across) through the protector's band (a container 18 inches (46 cm) in width mounted 10 feet (3.048 m) high to a backboard at each finish of the court) while keeping the contradicting group from shooting through their own circle. A field objective is worth two points, except if produced using behind the three-point line, when it is worth three. After a foul, coordinated play stops and the player fouled or assigned to shoot a specialized foul is given at least one-point free tosses. The group with the most focuses toward the finish of the amusement wins, yet on the off chance that direction play lapses with the score tied, an extra time of play (additional time) is ordered. Players advance the ball by bobbing it while strolling or running (spilling) or by passing it to a colleague, the two of which require extensive expertise. On offense, players may utilize an assortment of shots—the lay-up, the hop shot, or a dunk; on safeguard, they may take the ball from a dribbler, capture passes, or square shots; either offense or guard may gather a bounce back, that is, a missed shot that bobs from edge or backboard. It is an infringement to lift or drag one's rotate foot without spilling the ball, to convey it, or to hold the ball with the two hands at that point continue spilling.

All games include physical and mental exercises that are sought after for more than just valuable reasons. For example, running, when done as a game, happens for reasons past just moving starting with one place then onto the next. Esteem is picked up from this movement when it is directed just for the good of its own. Sports make individuals rationally solid. Achievement and disappointment are the two sections of games and additionally life. A games man realizes that there will be times when he will win matches, there will likewise times when he will lose them. A sportsperson realizes how to deal with annihilation and in this manner, treats achievement and disappointment similarly. This is a vital exercise too, which sports can show a man.

Other than this, another significance of games for youngsters or for grown-ups is that it shows them how to deal with rivalry.

METHODOLOGY

For the present study 20 Volleyball male players and 20 Basketball male players were randomly selected to serve as subjects of the study. Those who had participated in Yavatmal and Amravati district level competition. Age of the subjects ranged between 18-25 years. In this study Sports Competition Anxiety Test (SCAT Martens *et al.*, 1990) was used to measure Sports Competition Anxiety.

Administration of the Test

Based on expert opinion and by personal understanding the Sports Competition Anxiety Test (SCAT) by Martens *et al.*, 1990 was used. Before administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase the motivation level. SCAT had fifteen items out of which five were spurious questions which were added to the questionnaire to diminish response bias towards actual test items these five questions were not scored. The subjects were instructed to respond to each item according to how he generally felt at the time of competition.

Every player had three possible responses i.e.

(a) Rarely (b) Sometimes (c) Often

The ten test items which were taken for scoring purpose were 2,3,5,6,8,9,11,12,14,15, the remaining items which were not scored out were, 1,4,7,10,13.

Scoring of SCAT

Sports Competition Anxiety Test (SCAT) by Martens *et al.* 1990 consists of total 15 statements. Scores obtained for each statement was added up which represent an individual's totalscore on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

Statistical Analysis

Descriptive Statistic, Mean, Standard Deviation and Independent t-test was applied to compare the degree of Sports Competitive Anxiety between Volleyball and Basketball male players. The level of Significance was set at 0.05.

RESULTS

The scores were obtained by using the key as suggested by Martens *et al.* 1990. All the individual SCAT Score was used to judge the level of anxiety.

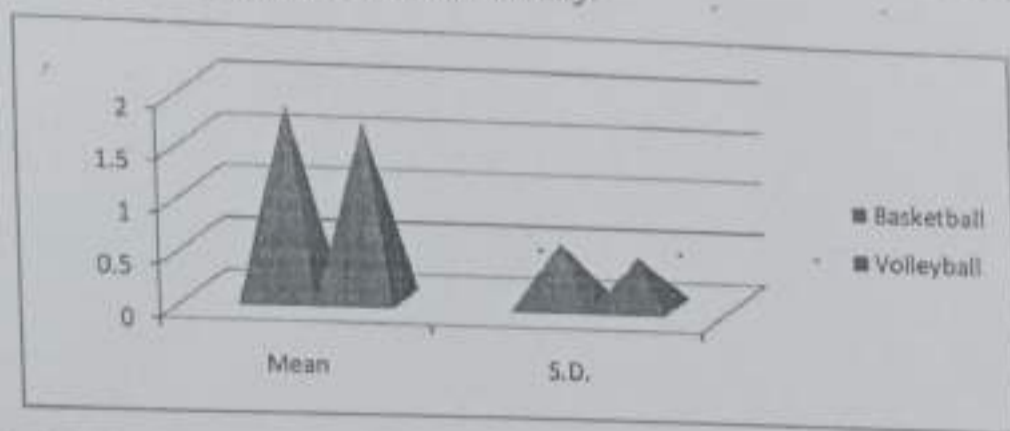
Table 1: Comparative and descriptive table of District level male Volleyball and Basketball players in relation Competitive Anxiety.

Name	N	M	SD	T- Value
Basketball	20	1.85	0.58	0.892
Volleyball	20	1.70	0.47	

Level of significance 0.05

From table 1 it was reveals that the calculated t-value (0.892) was less than the tabulated t-value (2.00), so there was no significant difference between the Competitive Anxiety of the two groups of District level Volleyball and Basketball players of Yavatmal and Amravati district (T.N).

Graph 1: Graphical representation of Mean and SD of District level Volleyball and Basketball players in relation to Competitive Anxiety.



As the Graph 1, shows that the mean score of Basketball players (1.85) was greater than the mean score of Volleyball players (1.70). So it revealed that the Basketball male players have more Competitive Anxiety level than the Volleyball male players.

CONCLUSION

The following conclusions were drawn on the basis of the analysis of the present data:

1. No significant difference was found between the Volleyball male players and Basketball male players of Amravati & Yavatmal District (M.S.) in relation to Sports Competitive Anxiety.
2. Basketball male players were having greater Sports Competitive Anxiety level than Volleyball male players.

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ISSN-2349-638x



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Aayushi International Interdisciplinary Research Journal

ISSN 2349-638x

Special Issue No.74

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11th March
2020

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Stress Management and Wellness

Dr. Rajani W. Bhojar

Smt. Vatsalabai Naik Mahila niv. Pusad

Dist: Yavatmal (Ms)

Introduction

Stress can be described as both an environmental Variable and an emotional response to a specific situation much like anxiety the effects of stress on performance is down to how the athlete perceives this stress. Selye in Horn highlighted that not all stress is negative eustress (good Stress) and distress (bad stress) Environmental Stresses often deemed as distresses are somewhat unavoidable, unpredictable therefore the sports psychologist has very little control over their effects on performance. Emotional stresses however, can be improved the athlete can be thought how to better 'cope' with stresses where they may perceive an imbalance between the demands of the situation and his or her response capabilities.

Definition of Stress

Stress is the body's reaction to a change that requires a physical mental or emotional adjustment or response.

Stress is that teeth gritting traffic Jam when you are late for work. It is you're in- laws arriving unexpectedly for a long holiday weekend. It is that short fall in your bank account this month. In sum stress is all the aggravations of modern life. But the word stress also describes the way your body reacts to these events when your heart races your palms sweat and your mouth goes dry that's the stress response. And it's not for nothing stress serves a biological purpose.

Top 10 Causes of Stress

The Situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on you or forces you to adjust can be stressful.

1. Death of a spouse
2. Divorce
3. Marital Separation
4. Jail term
5. Death of a close family member
6. Personal injury or illness
7. Marriage
8. involuntary Job loss
9. Marital reconciliation
10. Retirement

How to Avoid Stress

> Aim to exercise regularly

Exercise dissipates the adrenaline that builds up in stressful situations and leaves us feeling with a sense of achievement and control.

> Eat Healthily

Ensure you are getting adequate Vitamins and Minerals in your diet one recommendation that Very few of us manage is to eat live servings of fruit and vegetables daily.

> Enough Sleep

Make sure you are getting enough sleep people need varying amounts ranging from five or six hours night By trial and error you will know how much sleep you need to perform at your best learn to think clearly and set yourself realistic goals and objectives. work through one problem at a time in a logical way

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If you feel a panic or anxiety attack coming on think through the problem by breaking it down

Imagine the worst that can happen. Nine times out of ten it then appears less serious say no to tasks and projects you cannot take on. People will not think any less of you After all they haven't got Esp Remember that you are human and mistakes are inevitable learn to view mistakes as learning opportunities and problems as challenges

Practice positive Visualization

Think about a time or a Place when you were relaxed and at peace. It could have been on a holiday or day off. Try to recreate the situation again in your mind, thinking about the sights, sounds and smells you experienced visualize yourself back into the scene you will find that after five to ten minutes you feel much more relaxed as your brain does not know the difference between imagining a situation and actually being there some people call it day dreaming but visualization is a very powerful tool in reducing stress and anxiety.

Take time out for yourself

Make sure you are doing some things in your Life because they are important to you rather than because you ought to or should do you deserve to take a break occasionally don't feel guilty enjoy it.

Accept your strengths and weakness and like yourself anyway

If you don't like yourself you can't expect anyone else to understand also that you can't change anybody else only yourself practice physical relaxation techniques progressive relaxation contracting andrelaxing all the body parts is a very effective way of reducing tension.

Sports massage is an alternative method of helping to relieve tension and to relax you

Easy Solutions to stress

Lean on other people

Studies of both animals and humans show that social contact can help tone down the body's physical response to stress. It can even boost immunity. So cultivate a network of people you can turn to. Share what's bothering you with a friend and ask for some helpful advice Avoid people who always need something without giving back or who are constantly moody or depressed.

De-clutter your world

Stop hoarding old magazines and throw away those old receipts and tax returns you no longer need. clutter- Freesurroundings will help prevent the frustration of not being able to find something you need, and give you the reassuring knowledge that everything is in its place.

Eliminate last-

Eliminate lastminute rushes leave the house is minutes early for appointments set up a system for paying your bills, refill your prescriptions a week ahead of time and stock up on birthday cards whenever you see ones you like A little advance planning can spare you a lot of headaches

Keep a Journal

Reflect on your day, your emotions and your personal goals include everything that stresses you so you can start to recognize patterns and take appropriate action writing is also a great way to relax and put things into perspective.

Get Organized

Set aside a place for bills, paper work, letters store items you use most often in accessible places spend five minutes straightening your office or main living area at the end of the day keep a long range calendar and a short- range to do list check off items as you finish them.

Get Massage

Massage not only relaxes tense muscles, it decreases the level of stress hormones in the bloodstream and stimulates the release of serotonin a brain chemical associated with relaxation and feeling of well being studies show that massage can even lower your heart rate and blood pressure.

Chop Your to do list in half

Most of us set the bar too high After you have written your to do list decide what's most important to you in the long run then cut the list in half. If you can't Eliminate certain task, try to have someone else do them for instance, hire a neighborhood teenager to do the you work, or skip cooking and order in

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have to cut out an activity to make time for your hobby or a warm bath- then do it or spend some time reading or listening to music you love

Avoid Crowds

Schedule your commute to avoid traffic go for lunch 15 minutes before the usual rush, make Thursday or Saturday, your night out, shop for groceries on a weeknight, and order your clothes and prescription drugs through the mail.

Laugh a little

When you laugh, you send chemicals called endorphins to your brain that ease pain and enhance your feeling of well-being. Laughter also stimulates the heart lungs and muscles and boosts your resistance to infection if you laugh for 20 seconds, your body gets the same amount of beneficial oxygen good for stress relief as it does in three minutes of aerobic exercise. Plus, it is nearly impossible to stay tense while you are laughing find cartoons videos, TV shows writers and comics that make you laugh share jokes with friends over email.

Stress and the Sexes

Who experiences more stress, men or women?

Even though men in their forties and fifties are more likely than women to have a heart attack men don't seem to suffer from more stress- even though stress contributes to heart disease in fact a recent international survey of 30000 people found that women are much more likely than men to be stressed

The women in the survey reported symptoms including anxiety depression insomnia back pain and stomachaches. They also described such altered behaviors as a lack of appetite or eating too much exercising too much or not being able to get off the couch, and smoking more or drinking too much. One reason women experience more stress some experts believe is that they tend to have a greater total workload than men since many of them juggle jobs and the lion's share of family responsibilities. Another possibility according to Alice Domar, Ph.D. director of the mind /Body center for women's health at Harvard medical school, is that women feel more stress because they often play The role of nurturer and tend to take care of everyone else first and themselves last.

So why are women less prone to stress-linked heart disease? Researchers at Duke university found that women's blood vessels constricted less under stress than men's most likely due to the protective effects of estrogen once estrogen starts to decline during menopause a woman's risk of heart disease rises. women are also more likely than men to express their feelings and seek support, both of which have been shown to help shield of the body from the ill effects of stress

Stress Relieving Exercises

Get up and Stretch

Visualize the stress flooding from your back, legs your shoulders and pour out of your fingertips and toes.

Take a short walk after Lunch or In lieu of a Coffee break.

A brisk ten or fifteen minute walk each day is not only physically beneficial but transfers your focus from your problems to the scenery along your route, whether it's the good looking person in the hallway or the trees in the neighborhood park.

Progressive Relaxation

is especially beneficial when stress keeps you from getting a good night's sleep start at your toes and tell them to relax when you feel them relaxing move to your feet, ankles, calf muscles knees, thighs and so on up your torso to your shoulders and finally to the top of your head or alternatively down through your arms to your finger tips

Dance

Join an aerobics class a tai-chi class or just turn on the tunes and dance. dancing has a double advantage in that along with exercise, music is a great stress reducer

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Conclusion:

Stress is the body's reaction to a change that requires a physical mental or emotional adjustment or response stress can come from any situation or thought that makes you feel frustrated angry, nervous or anxious. Stress manage in changing times our life is fill good and heathy avoid negative things . every day thing positive involve any culture activity and programs more time expend in your family, plan your time table, eat healthy thing healthy.

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International Federation of Physical Education, Fitness and Sports
Science Association Healthy - - -



Volume - 43 No. 1

QUARTERLY

July 2021 to September 2021



International Federation of
Physical Education, Fitness and
Sports Science Association

www.ifpefssa.org



ISSN 2231-3265
HEALTH AND FITNESS

International Journal of Health, Physical Education & Computer Science in Sports

A Peer Reviewed (Refereed)
International Research Journal

Published by :
Indian Federation of Computer Science in Sports
www.ijhpecss.org & www.ifcss.in

Publication impact Factor I20R 4.668
ISRA Journal Impact Factor 6.897
Index Journal of





**International Journal of Health, Physical Education and
Computer Science in Sports**

ISSN 2231-3285

Volume 43; Issue 1

ISRA Journal Impact Factor 7.217

A Peer Reviewed (Refined) International Research Journal



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A Peer Reviewed (Refereed) International Research Journal



International Federation of
Physical Education, Fitness and
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Research Article

Healthy living: The importance of diet and exercise

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Received: XXX

Accepted: XXX

INTRODUCTION

Human body is like a complex and delicate machine which comprises several small parts. A slight malfunctioning of one part leads to breakdown of the machine. In a similar way, if such a situation arises in human body it also leads to malfunctioning of the body. Exercise is one of the healthy lifestyles which contribute to optimum health and quality of life. Exercises can play a significant role in keeping the society, community, and nation wealthy.

Fitting is one of the life's greatest pleasures. It is also a process that was to enhance or impair your health over time, the food you eat affects your weight, cholesterol levels, blood pressure, insulin regulation, brain function, emotional health, and immune system.

Two areas we have the most control over are our diet and exercise. These can both have huge effects on overall health and can be some of the main factors in preventing disease and other complications later in life preventing health-care measures such as proper diet and exercise can also help your health.

A healthy lifestyle is one which helps to keep and improve people's health and well-being healthy living is a lifelong effect.

The ways to being healthy include healthy eating physical activities, weight management, and stress management. Good health allows people to do many things fit people fit nation is a slogan which emphasizes that the fit citizens are Nation's best aspects and weak ones are its abilities. It is the responsibility

of every government to promote physical and mental fitness program to all citizens because it is the basic requirement to do the daily tasks effectively. It must be taken care to prevent disease for physical fitness is an ideal concept where internal and external components of persons fitness is considered. Physically, fit body is the plinth of personality. Good personality should have good physique, good appearance, good bearing capacity, and good health. The body structure of an individual is a matter of heredity but certain qualities may be acquire during the years of growth and development social interaction, education and training to improve one's personality. Here, the role of exercise plays an important role to shape physically, mentally, socially, emotionally in person to serve the society. Exercise makes by a set of physical movement. Rhythm to maintains good health and well-being which should be carried out regularly which proper rest and relaxation to get positive rest on health if improper result and relaxation the fitness of an individual is to fix better and healthier and can contribute to the society.

THE BENEFITS OF HEALTHY LIFESTYLE

The impact of good health. A healthy habit is any behavior that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good healthy habits are hard to develop and often require changing your mind set. However, if you are willing to make a sacrifices to better your health. The impact can be far reaching regardless of your age sex or physical ability.

CONTROLS WEIGHT

Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight. According to the

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Whisper Healthy living: The importance of diet and exercise

Mayo clinic being physically active is essential to reaching your weight loss goals. Even if you are not trying to lose regular exercise can improve cardiovascular health boost your immune system and increase your energy level. Plan for at least 150 min of moderate physical activity every week.

If you cannot devote this amount of time to exercise look for simple ways to increase activity throughout the day for example try walking instead of driving take the stairs instead of the elevator for pace while you are talking on the phone. Eating a balanced calorie managed diet can also help control weight when you start the day with a healthy breakfast you avoid becoming overly hungry later which could send you running to get fast food before lunch. In addition, skipping breakfast can raise your blood sugar which increases fat storage incorporates at least five serving of fruits and vegetables into your diet per day? These foods which are low in calories and high in nutrients help with weight control limit consumption of sugary such as sodas and fruit juices and choose lean meats such as fish and turkey.

IMPROVE MOOD

Doing right by your body pays off for your mind as well the Mayo clinic notes that physical activity stimulates the production of endorphins fitness. Endorphins are brain chemicals that leave you feeling happier and more relaxed. Eating healthy diet as well as exercising can lead to a better physique you will feel better about your appearance which can boost your confidence and self-esteem. Short term benefits of exercise include decreased stress and improve cognitive function. It is not just diet and exercise that lead to better mental health mood. Another healthy habit that leads to better mental health is making social connections where its volunteering joining club or are attending movie coming activities help improve mood and mental functioning by keeping the mind active and serotonin levels balance do not isolate yourself spend time with family or friends on a regular basis if not every day. If there is physical distance between you and loved ones, use technology to stay connected pick up the phone or start a video chat.

COMBATS DISEASES

Healthy habits help prevent certain health conditions such as heart disease stroke and high blood pressure. If you take care of yourself, you can keep your cholesterol and blood pressure within a safe range. This keeps your blood flowing smoothly decreasing your risk of cardio vascular disease. Regular physical activity and proper diet can also prevent or help you manage a wide range of health problems including metabolic syndrome diabetes depression certain types of cancer arthritis make sure you schedule a physical exam every year your doctor will check your weight, heartbeat, and blood pressure as well as

take a urine and blood sample this appointment can reveal a lot about your health. It is important to follow-up with your doctor and listen to any recommendations to improve your health.

BOOST ENERGY

We have all experienced lethargic feeling after eating too much unhealthy food when you eat a balanced diet your body receives the fuel it needs to manage your energy level a healthy diet includes.

* Whole grains * Lean meats

* Low fat dairy products * Fruit * Vegetables

Regular physical exercise also improves muscle strength and boosts endurance giving you more energy. exercises help deliver oxygen and nutrients to your tissues and gets your cardio vascular system working more efficiently so that you have more energy to go about your daily activities. It also helps boost energy by promoting better sleep. These helps you fall asleep faster and get deeper sleep. In sufficient sleep can trigger a variety of problems aside from feeling tired and sluggish, you may also feel irritable and moody if you do not get enough sleep. What is more poor sleep quality may be responsible for high blood pressure diabetes and heart disease and it can also lower your life expectancy to improve time improve sleep quality stick to schedule when you wake up and go to bed at the same time every night reduce your caffeine intake limit napping and create a comfortable sleep environment. Turn off lights and the television and maintain a cool room temperature.

IMPROVE LONGEVITY

When you practice healthy habits you boost your chances of a longer life. The American council on exercise reported on an 8 year study of 11,000 people. The study showed that those who walked just 30 min each day significantly reduced their chances of dying prematurely compared with those who exercised infrequently to 40% limit in their time with an old ones or not on enough to keep walking start with about 5 min walks and gradually increase the time until you are up to 30 min.

THE TAKEAWAY

Bad habits are hard to break but once you adopt a healthier lifestyle you will not regret this decision. Healthy habits reduce the risk of certain diseases improve your physical appearance and mental health and give your energy level much-needed boost you will not change your mind set and beliefs an overnight so be patient and take it one day at a time.

BALANCE IS KEY

*Aim to make breakfast a part of your routine

*Choose complex carbohydrates, lean protein sources, healthy fats and a wide variety of fruits and veggies.

Stock your veggies fridge and gum bag with healthy workout snacks, the right balance of carbohydrates, protein and other nutrients can help fuel your exercise routine.

CONCLUSION

Our environment does not sufficiently enable the public to make healthier choices easily, unhealthy diets and physical inactivity remain among the leading causes of the major NCDs

and contribute substantially to the Global burden of disease. Our involvement includes an increasing amount of health promotion and the provision of appropriate personalized safe and effective lifestyle.

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DOI PREFIX 10.22183 JOURNAL DOI 10.22183/RN ISSN 2277-0071	RESEARCH NEBULA An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences	ISSN ISSN 2277-0071
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DR. RAJANI W. BHOYAR Smt. Vatsalabai Naik Mahila Mahavidyalaya Pusad Dist. Yavatmal	One Day International E - Conference On Covid-19 Pandemic: Challenges, Opportunities & Solutions in Front of Higher Education on 21 st August, 2021 @ S.K. College Akola, AS College Kurha, S.K. Maha Dahihanda & PEFL, New Delhi. DISASTER MANAGEMENT AND PREVENTION FROM DISASTERS ABSTRACT <i>Disaster Management can be defined as the organization and management of resources and responsibilities for dealing with all humanitarian aspects of emergencies, in particular preparedness, response and recovery in order to lessen the impact of disasters.</i>
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Introduction

Disaster, as defined by the United Nations, is a serious disruption of the functioning of a community or society, which involve widespread human, material, economic or environmental impacts that exceed the ability of the affected community or society to cope using its own resources. Disaster management is how we deal with the human, material, economic or environmental impacts of said disaster, it is the process of how we "prepare for, respond to and learn from the effects of major failures". Though often caused by nature, disasters can have human origins. According to the International Federation of Red Cross & Red Crescent Societies a disaster occurs when a hazard impacts on vulnerable people. The combination of hazards, vulnerability and inability to reduce the potential negative consequences of risk results in disaster. Natural disasters and armed conflict have marked human existence throughout history and have always caused peaks in mortality and morbidity. This article examines the advances in the humanitarian response to public health over the past fifty years and the challenges currently faced in managing natural disasters and armed conflict

Disaster Management in India

Disaster management in India refers to the conservation of lives and property during natural or man-made disasters. Disaster management plans are multi-layered and are planned to address issues such as floods, hurricanes, fires, mass failure of utilities, rapid spread of disease and droughts. India is especially vulnerable to natural disasters because of its unique geo-climatic condition, having recurrent floods, droughts, cyclones, earthquakes,

and landslides. As India is a very large country, different regions are vulnerable to different natural disasters. For example, during rainy season the peninsular regions of South India is mostly affected by cyclones and states of West India experience severe drought during summer.

Methodology

The first people to respond to a disaster are those living in the local community. They are the first to start rescue and relief operations. The Red Cross and Red Crescent National Societies therefore focus on community-based disaster preparedness, which assists communities to reduce their vulnerability to disasters and strengthen their capacities to resist them.

When the capacity of a community or country to respond and recover from a disaster is overwhelmed, and upon request from the National Society, the International Federation uses its regional and international networks, assets and resources to bring assistance to the communities and National Red Cross Red Crescent Society which is assisting them. At an international level the International Federation advocates with Governments, international organisations and humanitarian donors for better practice and accountability in disaster management and greater respect of the dignity of the vulnerable people.

Types of Disaster

Natural Disaster

According to the International Federation of Red Cross & Red Crescent Societies Natural Disasters are naturally occurring physical phenomena caused either by rapid or slow onset events that have immediate impacts on human health and secondary impacts causing further death and suffering. These disasters can be

- Geophysical (e.g. Earthquakes, Landslides, Tsunamis and Volcanic Activity)
- Hydrological (e.g. Avalanches and Floods)
- Climatological (e.g. Extreme Temperatures, Drought and Wildfires)
- Meteorological (e.g. Cyclones and Storms/Wave Surges)
- Biological (e.g. Disease Epidemics and Insect/Animal Plagues)

The United Nations Office for Disaster Risk Reduction characterise Natural Disasters in relation to their magnitude or intensity, speed of onset, duration, and area of extent e.g. Earthquakes have short durations and usually affect a relatively small region, whereas Droughts are slow to develop and fade away and often affect large regions

Manmade Disasters

Man-Made Disasters as viewed by the International Federation of Red Cross & Red Crescent Societies are events that are caused by humans which occur in or close to human settlements often caused as a results of Environmental or Technological Emergencies. This can include [1]:

- Environmental Degradation
- Pollution
- Accidents (e.g. Industrial, Technological and Transport usually involving the production, use or transport of hazardous materials)

Complex Emergencies

Some disasters can result from multiple hazards, or, more often, to a complex combination of both Natural and Man-made causes which involve a break-down of authority, looting and attacks on strategic installations, including conflict situations and war.

Disaster Prevention

UNISDR views Disaster Prevention as the concept of engaging in activities which intend to prevent or avoid potential adverse impacts through action taken in advance, activities designed to provide protection from the occurrence of disasters [1]. WCPT similarly highlight that while not all disasters can be prevented, good risk management, evacuation plans, environmental planning and design standards can reduce risk of loss of life and injury mitigation. The HYOGO Framework was one such Global Plan for natural Disaster Risk

Reduction, which was adopted in 2005 as a 10 year Global Plan, signed by agreement with 168 Governments which offered guiding principles, priorities for action, and practical means for achieving disaster resilience for vulnerable communities

Conclusion

When disasters strike, there is always a huge amount of goodwill from rehabilitation professionals around the world who wish to use their skills to support those affected. This brief guidance informs those who are considering responding internationally to a disaster either as individuals or as part of a team. It highlights key questions to consider before departing, whilst working in the disaster area, and on returning home. Responses to these questions considered are presented as "Do's and Don'ts" which are exemplified by recommended practices and those to avoid in the real case studies below. The guidance note is not intended to be a step-by-step or technical guide, nor is it exhaustive, and does not supersede any specific guidance provided by your own global professional body.

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Maintaining Physical Activity during the COVID-19 Crisis

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ABSTRACT

What is Physical activity as any bodily movement produced by skeletal muscles that requires energy. Physical Activity refers to all movement including during leisure time, for transport to get to and from work or as part of a person's work. Both moderate and Vigorous-intensity physical Activity improve health.

COVID-19 Pandemic Presents many challenges to maintaining of physically active and healthy lifestyle. The closure of gyms, recreation centers, walking track Grounds and pools eliminates many of our favorite fitness opportunities. Inability to participate in Group bike rides roads races picklball, Tennis, golf outings recreation sports leagues and countless other activities has also taken away many of our favorite fitness and social opportunities. Young and old people are most on important part of regular physical activity.

Government and communities must take action to provide everyone with more opportunities to be active, in order to increase physical Activity.

I. INTRODUCTION

Regular physical activity is proven to help prevent and treat non-communicable diseases such as heart disease, stroke, diabetes and breast and Colon Cancer. It also helps to Prevent hypertension overweight and obesity and improve mental health, quality of life and well being.

During lockdown Physical activity needs to be maintained as it is extremely beneficial to body and mind it is important for controlling diabetes and high blood pressure Maintaining bone strength and Muscle tone through exercise is important especially as the regular outdoor activity is curtailed during the Covid-19 Pandemic. Physical activity helps boost immunity reduces the risk to of mental health issues like depression. You can walk for short periods such as 10 minutes at a time or practice Yoga routines or interval training depending on your existing health Conditions and doctor's advice.

II. TYPES OF ACTIVITY

Cardiovascular activity:-
Cardiovascular activities make you breathe harder and make your heart and blood Vessels healthier these include :
1. Walking
2. Jogging

- ❖ ...ing
- ❖ ...ing
- ❖ ...erobics
- ❖ ...ing and Running
- ❖ ...ible Exercise classes.
- ❖ ...le riding (Stationary or on a Path)
- ❖ ...rdening activities, such as raking and pushing a lawn mower.
- ❖ ... (Without a cart)

Flexibility - enhancing activities ensure a good range of motion in the joints. loss of flexibility can be a factor for physical issues, such as Pain Syndromes or balance disorders. Gender age and genetics influence range of motion flexibility exercises include:

- ❖ ...ing.
- ❖ ... or Qi Gong

Muscle Strengthening:-

Muscle strengthening activities build up your strength. These activities work all the different Parts of the body back, Chest, Stomach, shoulders and arms- and include:

- ❖ ... gardening (digging Shoveling)
- ❖ ... weights
- ❖ ... on the Floor or against the wall.
- ❖ ... with resistance bands long wide rubber strips that Stretch)

Stretching Activity:-

Stretching keeps the muscles Flexible, Strong and healthy and we need that Flexibility to maintain a range of motion in the joints without it the muscles Shorten and become Tight. Then, when you call on the muscles they are weak and unable to extend all the way.

Two types of exercise can improve our health and Physical ability muscle strength and boost our energy.

- ❖ **Regular Physical Activity**
- ❖ ... your risk of a heart attack.
- ❖ ... your weight better.
- ❖ ... lower blood Cholesterol level
- ❖ ... the risk type 2 diabetes and some cancers.
- ❖ ... over blood pressure.

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stronger bones muscles and joints and lower risk of developing Osteoporosis.
 • Lower your risk of falls.
 • Increase your muscle strength and boost your endurance.
 • Increase the delivery of Oxygen and nutrients to your tissues and helps your cardio vascular system work more efficiently.
 • Improve your heart and lung health improve your energy to tackle daily chores.

The impact of Covid-19 on Sports Physical Activity and well being and its effects on social development. The Covid-19 pandemic has spread to almost all countries of the world Social and Physical distancing measures. Closure of businesses Schools and overall Social life which have become common place to Curtail the spread of the virus. We have also disrupted many regular aspects of life including sports and Physical activity. This paper highlights the challenges COVID-19 has poses to both the Sporting world and to physical activity. It further Provides recommendations for governing bodies and other stakeholders as well as for the UN system to support the safe reopening of sporting events and to support Physical activity during the Pandemic and beyond.

COVID-19 on sporting events and the implications for social development:-

Sporting events at International, regional and national levels have been cancelled or Post Poned. This includes, to football tournaments, athletics Championships to basketball games, hand ball to ice hockey, Tennis, Sailing, Skiing, Weightlifting, to wrestling and more. The Olympics 2 Para Olympics for the Paralympians. The history of the modern games have been Post poned, and will be held in 2021. The impact of education institutions around the world due to Covid-19 has also impacted the Sports education. This is comprised of a broad, range of stakeholders, including national ministries and Local authorities, private education institution Sports organizations and athletes, NGOs and the business community, parents and coaches, Parents and first and foremost the Mostly young - learners. The impact on the community has been severely impacted by the current crisis. It can also be a key Contributor to the recovery and to maintain and overcome it as well as in promoting rights and Values in times of social distancing.

COVID-19 on Physical activity and Well - being:-

The outbreak of COVID-19 has resulted in closure of gyms, Stadiums, Pools, Dance and Fitness Studios and Community Centre, Parks and Play Grounds. Many individuals are therefore not able to actively participate in individual or group Sporting or Physical activities outside of their homes. The World Health Organization recommends 150 Minutes of Moderate - intensity or 75 minutes of Vigorous - intensity Physical activity per week. The benefits of such Periodic exercise are proven very helpful, especially in times of isolation and fear. Lack of access to exercise and physical activity can also have mental health impacts, which can compound the physical effects. That many will experience in the face of isolation from normal social life. Possible loss family members to the virus and Impact of the virus on one's economic wellbeing and access to nutrition will also have significant effects. The global community has adopted rapidly by creating online content tailored to different people from free videos on social media to stretching, Meditation Yoga and dance classes in which the whole family can participate. Educational institutions are providing online learning resources for students to follow at home.

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III. CONCLUSION

Pandemic has had and will continue to have very considerable effects on the sporting world as physical and mental well being of people around and world. It is important for activity needs to be main fained as it is extremely beneficial to body and mind. Through exercise it diabetes and high blood pressure maintaining bone strength and muscle tone. Exercise also especially as the regular outdoor activity is curtailed during the COVID-19 Pandemic. Exercise also community reduces the risk of mental health issues like depression you can wal for short periods times at a time or practice Yoga routines or interval training, depending on your age pre existing concerns and doctor's advice.

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ISSN 2279-0306

International Journal of Physical Education Health & Sports Sciences

VOLUME : II (Special Issue) MARCH 2022



PEFI

6TH NATIONAL CONFERENCE ON PHYSICAL EDUCATION & SPORTS SCIENCES

DATE: 11 - 12 MARCH 2022, VENUE: NDMC CONVENTION CENTER, NEW DELHI

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A JOURNAL OF PHYSICAL EDUCATION FOUNDATION OF INDIA

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CHALLENGES AND TRENDS IN PHYSICAL EDUCATION

Dr. Rajni W. Bhojar¹

ABSTRACT

The intention of this paper is to perceive the modern tendencies and demanding situations in bodily training and sports activities and primarily based totally on those modern demanding situations, destiny tendencies and demanding situations might be mentioned. There are different factors which can be diminishing the hobby of college students in bodily training sports. Although the bodily training is being taught as part of curriculum in all the colleges however loss of ok time and skilled instructors, suitable centers are liable for little hobby on this area. The destiny demanding situations to make this area thrilling includes an ok curriculum, enough price range allotment for containing numerous competitions and function of era to create consciousness approximately the significance of bodily sports and sports activities in our day by day lifestyles. All those problems were mentioned in the paper.

INTRODUCTION

The significance of bodily training has in no way been emphasized greater than it's miles today. It is extensively recognized that bodily training (PE) and sports activities is applicable and critical in growing an energetic and wholesome life-style and the answer to growing weight problems costs worldwide. Although in maximum countries, bodily training is a part of the faculty curriculum, instructions aren't given, therefore main to a discounted revel in of bodily pastime for kids and youngsters. The exercise of a bodily energetic life-style in aggregate with wholesome nutrition, however, desires to be begun out in early childhood. Therefore, making sure that everyone kids have interaction in ordinary bodily pastime is crucial, and the colleges are the simplest region in which all kids may be reached. Quality Physical Education is the simplest and inclusive manner of presenting all kids, anything their ability/disability, sex, age, cultural, race/ethnicity, non secular or social background, with the abilities, attitudes, values, know-how and knowledge for lifelong participation in bodily pastime and recreation and is the simplest faculty difficulty whose number one attention is at the body, bodily pastime, bodily improvement and fitness. The gift look at will perceive the modern tendencies, problems and demanding situations in PE and sports activities primarily based totally on which destiny demanding situations can be addressed.

CURRENT TRENDS, ISSUES AND CHALLENGES IN SCHOOL PE AND SPORTS:

The "truth check" well-known shows numerous regions of persevering with difficulty concerning modern tendencies in PE and sports activities. These region embrace: bodily training now no longer being added or added with out quality, inadequate time allocation, loss of equipped certified and/or inadequately skilled instructors,

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insufficient provision of centers and system and coaching materials, big elegance sizes. It is cited that the quantity of time devoted to bodily training has been faded withinside the faculty curriculum all through the global. The obligation rests immediately at the shoulders of bodily educators to make sure that the significance in their difficulty rely is known and embraced as part of their schools' ordinary curriculum. Today, greater than ever, the bodily training curriculum desires to be related to the general nicely-being of kids and youngsters as they matriculate thru the curriculum. As has been cited, instructions found out at an early age bring into grownup lifestyles. Furthermore, the significance of bodily pastime as a manner of making extra attentiveness with inside the study room has now no longer been recognized.

DEVELOPMENT IN PE AND SPORTS:

Schools frequently paintings with network companies in all sectors of society— personal and commercial, non-governmental and authorities agencies— to plot and increase applications on a cooperative basis. An critical aspect in growing the joint use of assets is the established order of a software of communicate and interaction. As the joint use of assets implies a sharing of human financial and bodily assets, it calls for that the leaders of cooperating agencies increase near relationships and partnerships amongst people, companies, and institutions. A key element in constructing cooperative relationships is the significance of management this is inclined to triumph over problems associated with territoriality, inertia, prison mandates, tradition, worry of the lack of power, emotions of ownership, and the false impression of applications, and others. Such cooperative sports enhance the accessibility to applications and services, in addition to regions and centers. In India particularly in which there may be a lot thru specific companies to participate in specific competitions. In India particularly in which there may be a lot expertise however because of loss of economic price range, many college students lacks at the track of even being so proficient. The co-operation from specific companies will assist needy college students to exhibit their expertise at specific global stage competitions.

ROLE OF TECHNOLOGY:

Children born with inside the early a part of this millennium are called the "iGeneration" (Rosen, 2010, 2011). This institution of people has get right of entry to types of era extraordinary simply a long time ago. They have in no way acknowledged lifestyles without wi-fi high-velocity net connections, mobile telephones with statistics connections, texting or video gaming consoles. Most of them are very acquainted with era interfaces, the usage of apps and social media on a ordinary basis. The implications of such dramatic adjustments in get right of entry to to era amongst kids and youngsters must be self-glaring in all studying regions. Applications in fitness and bodily training pedagogy are to be had and may be implemented to complement and beautify curricular services in maximum faculty settings. Numerous technological programs targeted on selling bodily pastime and health are to be had and without problems accessible. Students can be required to illustrate competency in simple motor abilities and additionally competence in the usage of era. Teachers may also be required to benefit know-how of contemporary, era-primarily based totally academic strategies. Technology holds promise for the manner that scholars examine and additionally for the manner wherein instructors teach. Physical and fitness educators are challenged to end up greater aware of a era-pushed surroundings that gives greater possibilities for beginners nicely past the partitions of the conventional study room setting. Technology therefore can play critical function in producing the hobby in bodily training and sports activities sports.

CONCLUSION

The modern practices and gift curriculum desires to be changed to generate hobby of college students in bodily training and sports activities sports. The destiny demanding situations will e-particularly be the correct curriculum to be made and observed and to make to be had ok price range from numerous corporations with a purpose to guide the needy however clever kids so as to simplest attention on their recreation with out demanding approximately

the price range. The era can even play an critical function in increasing and developing the hobby in bodily sports. The significance of bodily training and sports activities sports are being recognized in today's global and efforts are being made to enhance the conditions in order that an increasing number of expertise may be recognized.

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(SJIF) Impact Factor-8.575

ISSN-2278-9308

B.Aadhar

Peer-Reviewed & Refereed Indexed
Multidisciplinary International Research Journal

May -2022

ISSUE No- 351(CCCL) B



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Scientific Journal Impact Factor (SJIF)

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International Impact Factor Services (IIFS)

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B.Aadhar' International Peer-Reviewed Indexed Research Journal



Impact Factor -(SJIF) -8.575.

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ISSN :
2278-9308
May,
2022

Impact Factor -(SJIF) -8.575.

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Role Of Physical Education And Sports Activities In School Curriculum

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Abstract

Sports assumes a full-size component in educating college students because it instructs them to get strong from internal and moreover building up a match and sound body. Joining sports activities in schooling can help understudies with constructing up a self-propelling soul to get matters accomplished all by myself and having obligation for. Being correctly engaged with sports activities can help understudies with loosening up their every day agenda of adapting direction prospectus and decrease the check stress too. It is an notable medium to maintain the entire self in a nation of concord and maintain a concord amongst paintings and play. Everyday exercise in sports activities can help understudies with absorbing management abilities. Characteristics like resilience, patience and recommendations to cope with stress is all round advised via way of means of sports activities. It moreover indicates the estimation of unity and functionality to proportion triumph and rout.

Introduction

In the occasion that recreation is to live an appealing movement for non-obligatory faculty understudies withinside the twenty first century then the ones related to advancing, overseeing and educating/educating must consider extra essentially and reexamine contemporary practices. To be exciting to kids, destiny sports must be extra evenhanded, instructive, specific and socially massive than positive practices before. In the occasion that the faculty is to make a vital dedication in educating approximately and thru recreation, Tinning and Fitzclarence (1992, p. 302) recommend: ...it calls for extra than super educating and an affection for lively paintings and recreation via way of means of the instructor. It calls for a reexamining of the concept of faculty real training [including sport in school], that is knowledgeable via way of means of an association or the concept of the postmodern world. Such a message isn't always new and people on top of things might do nicely to treat Smithells' (1964, p. 12) alert of a completely lengthy at the same time as earlier that utilizing 'managed buildings and convincing people to play recreation crushes its personal end'. In a postmodern age with a multiplication of rest exercises, kids have mixed views approximately recreation and might abstain from taking an interest, specifically while a critical degree of obligation and power is required. It has a tendency to be moreover confounded if their understanding degree is below that ordinary from vital others (Hendry, Shucksmith, Love and Glendinning, 1993). In any case, this ought now no longer be deciphered as implying that kids have an aversion for one or the opposite gambling or watching (that is getting extra predominant) recreation. Or maybe, it's miles a dismissal of the over the pinnacle requests that sometimes swarm the bounds of play and crumble the additives of amusing and immediacy that should be pervasive in recreation. As indicated via way of means of Arnold (1997), recreation in faculty should be dealt with as a schooling that has internal goals and ideas rather than an institutional middle with a purpose to in standard be extra involved approximately force, fame and glory. The spot of recreation in colleges has always been doubtful and baffled to accumulate authenticity and acknowledgment as a bit of the traditional instructional program. While some pundits contend recreation isn't welcome withinside the instructional program, others assure it's miles too vital to ever be left to opportunity and, as specific elements of schooling, it may and should be widespread for its personal herbal worth. For instance, Siedentop (1982, p. 2) expressed, 'if recreation is equal to different ludic [movement] structures (craftsmanship, show, song and dance) each for the character and the manner of life; and if extra becoming cooperation in recreation addresses a advantageous boost in social improvement at that factor recreation in training is supported'. From any other but on the identical time sturdy factor of view, Arnold (1997, p. 1) asserted, 'recreation is a trans-social esteemed exercise ... what is extra, however its debasement every so often it's miles intrinsically involved approximately ideas, ethical requirements and virtues which can be commonly pertinent and defended as a kind of schooling.

Wellbeing and Physical Education Curriculum In 1999 the Ministry of Education delivered another Health and Physical Education Curriculum. This was created around seven key zones of learning of which one was Sports Studies. In this segment of the educational program understudies



are needed to acquire insight by playing a variety of sports, consider a portion of the social and policy driven issues related with sport, and basically evaluate the educative estimation of game. The new educational plan needed understudies to have more than a 'figure out how to play' develop about sport. Nonetheless, not every person associated with one or the other instructing or advancing game concurred with the move in accentuation. A relating activity in Australia drew a comparable reaction. For this situation Tuning (2000) proposed there was a threat of attempting to move the accentuation excessively far too early from the more customary way to deal with instructing sport. Here in New Zealand, Ross (2004) scrutinized the instructive estimation of any record that recommends social improvement as a part of the educational program and learning measure - for this situation through sport. These points of view represent the troubles of endeavoring to improve the awkward relationship that has existed for quite a long time among sport and actual instruction. The present circumstance additionally gives a continuous test to actual instruction instructors, large numbers of whom have a solid donning foundation (Stothart, 2000). However, as Siedentop (1995) contends, if we like it, sport is a significant piece of our general public and how understudies will find out about this ought not occur by some coincidence. One way numerous optional schools right now work to guarantee their understudies ready to consider and basically think about both the brandishing experience and the non actual angles partner with sport is through educators utilizing the Sport Education Model (Siedentop, Hastie and Van der Mars, 1994) and showing Games for Understanding (Griffin, Mitchell and Oslin, 1997). Sports Studies has additionally been an extremely mainstream segment of the Year 13 Bursary program (presently NCEA level 3) and this accepts the goals of the new educational plan.

New education policy

Remarking on the new activity by the Modi government Saunil Majumdar, Co-ordinator, CEO and Managing Director, Sportz Village said that, "The new National Education Policy is a much needed development when the wellbeing, bliss and insusceptibility of kids are getting progressively significant because of the pandemic. The new NEP incorporates a few central issues that are instrumental for the all encompassing advancement of a kid. By killing the inflexible partition among curricular and extra-curricular exercises, the NEP recognizes sports to be similarly significant as some other subject like English or Science, accordingly expanding the Fun and Engagement that youngsters frantically look for in a school. Through Play, kids can grow genuinely, intellectually and socially. What's more, we have likewise discovered Play to contribute emphatically to scholarly results, study hall conduct and participation levels. Besides, evaluation explicit changes, for example, the advancement of the National Assessment Center and following a youngster's advancement dependent on learning results are extraordinary activities as they center around the learning progress, along these lines zeroing in on the overall improvement of a kid. We anticipate that sports and play, will be conveyed and surveyed with similar thoroughness and design as center scholastic subjects, subsequently guaranteeing all youngsters experience the enchantment of Play and Sport, and we build up a country of better and fitter kids through the educational system. The accentuation on Vocational Education is likewise an extraordinary advance towards all-round improvement of kids and we trust kids will actually want to pick Physical Activity and Sports as a Vocational subject. We anticipate the interpretation of the arrangement to reflect in a more perky, fun and connecting with school climate for kids while meeting the grown-up objectives of learning results."

Role of sports in academics

Sports in college assist plan understudies to confront the problems of life. They enhance bodily and intellectual capacities of understudies and help them with undertaking the goals in their life. One can recognize the importance of sports activities via way of means of the distinctive public and international video games coordinated anywhere at the world, in which sportspersons deal with their personal nations. The practise of the understudies starts off evolved immediately from the college level. Sports assist create estimations of not unusual place accept as true with and participation. They assist increase understudies' capacities in taking instant arrangements, and that they enhance manners of thinking. The sensation of sportsmanship or sporting soul, which creates withinside the wearing field, instructs understudies to well known sadness and to treat others. The inclination likewise enables in developing a quiet and uplifting viewpoint, and it will increase stamina via way of means of fortifying bones and muscles.

Significance for Health

By enjoying sports, you can get the best activities, which help keep up your overall wellness. Normal donning exercises can forestall constant sicknesses and help create sound heart, solid bones, and upgraded lung work. Sports help control diabetes, oversee weight, improve blood dissemination, and oversee levels of pressure. Through sports, there is a decent equilibrium of physical and mental development, which helps tone muscles and makes bones solid.

Sports teaches in understudies the significance of a solid way of life. Sports help in forestalling weight and in empowering good dieting propensities. Youngsters associated with sports regularly burn-through more products of the soil, have less opportunity to be large, and are bound to turn out to be truly dynamic grown-ups. Standard games and actual work help forestall transferable and non-transmittable sicknesses. Henceforth, sports are practical techniques to help improve the wellbeing of the overall population in created and agricultural nations.

Social and Personality Development

Sports add to actual wellbeing as well as improve social and character advancement. They help in upgrading authority abilities and in improving limit with respect to objective setting and character building. An understudy, who is dynamic in sports, will normally have more noteworthy confidence, improved social connection, and a more uplifting point of view. Sports exercises cause kids to obtain morals, values, obligation, discipline, and a feeling of certainty and shared trust. The sportsmanship soul helps an individual arrangement all the more smoothly with the good and bad times of life. He/she will lead his/her existence with great ethics and an uplifting demeanor and is along these lines more averse to be a survivor of social disasters. According to certain investigations, understudies, who contend in sports improve grades, have more certainty and graduate at higher rates. Most of them stay away from evils, such as medications, spontaneous pregnancies, weight, self destruction, and sorrow.

Conclusion

Sports schooling straightforwardly affects keeping up the youngster's wellbeing and expanding their actual endurance. Quite possibly the main thing that is needed in sports is the control, which has been gotten from the word supporter – devotee of a learned educator. Having training in sports creates submission, self-assurance and the capacity to decide winning or losing with extraordinary resolution. Instructing understudies in sports builds the force of thinking and creates mental development through steady spotlight on the current arrangement of exercises. Educators ought to continually spur and appreciate understudies for their endeavors.

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3. Training is a cycle of shaping a character with the coordinated activities of the family, school and different variables (Small reference book of instruction. Vol.1, Belgrade, 1896.)
4. Actual training is a piece of general schooling which implies that this is an arranged and orderly action which by methods for physical movement exercise as a particular food creates human character. (Zivanovic, N. 2000. Commitment to the epistemology of actual instruction. Panoptikum: Nis.)

Chapter
2021-22



Current Trends In Physical Education and Sports

Edited By
Dr. Sagar P. Narkhede

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Current Trends In Physical Education and Sports

Edited By
Dr. Sagar P. Narkhede

Published by the DnyanPath Publication (INDIA)
A Leading National Books Publishing House In India

The First edition published in: 1st April 2022

ISBN 13 : 978-93-91331-33-7

ISO 9001 : 2015
ज्ञानपथ[®]
पब्लिकेशन



- Reg. Office : FFS-A, Block C, First Floor, Venus Plaza, Shegaon Naka, V.M.V. Road, Amravati - 444 603 (Maharashtra)
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- Contact us : dnyanpathpub@gmail.com
- Phone : 08600353712, 09503237806

Printed at Shri Garudeo Printers, Amravati,
Mahatma Fule Saakul, Shegaon Naka,
V.M.V. Road, Amravati - 444603 (Maharashtra)

Price : ₹ 600/-



PREFACE

Academic excellence and quality as become inevitably necessary today. In the Education and Sports of Saraswati Kala Ma taken the initiative by publishing Edited Book "Education & Sports" is really a praise worthy.

Rapid, unprecedented development in world has compelled and necessitated to bring traditional higher education set up. The supreme higher education regulatory authority displaying reflection of global impact of digital creating, and constituting the National Level at Bangalore with its related powers and responsibilities.

Contributions and discussions of academicians will lead and certainly provide direction of bringing about quality in higher education. I wish you all the best.

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Significant Role of ICT In Physical Education And Sports

Dr. Rajni W. Bhoyar

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Abstract :

Information and communications generation (ICT) describe the form of technological equipment and sources used to produce, distribute, save and control facts and knowledge (Majoka, Fazal, & Khan, 2013). In the cutting-edge era, those equipment have added revolutions to education and coaching methodologies of sports activities and bodily schooling. Rapid improvement in ICT have brought innovation and will increase the effectiveness of education application. Using those superior ICT equipment, overall performance stage keeps to develop and predicted stage of overall performance will increase to all time excessive (Harward, 2016). ICT improves accessibility and extend virtual surroundings to the sector of sports activities and bodily schooling (Adu & Olatundun, 2013). It now no longer handiest allow a consumer to earn knowledge, it additionally enables to attach and talk with the world. It brings adjustments and reforms to pedagogy of bodily schooling and sports activities (Culpan & Bruce, 2007). Therefore, with inside the modern have a look at the researcher intends to speak about approximately a number of the popularly used ICT equipment with inside the discipline of sports activities and bodily schooling.

Introduction :

In the modern decade, generation supported education and coaching strategies have added revolutions to sports activities education and bodily schooling. The method gives progressive and cutting-edge manner to triumph over the standard boundaries and problems in conventional education and coaching strategies. The methodological

adjustments may be seen in each a part of cutting-edge-day education and coaching in sports activities and bodily schooling. Now day's makes use of of ICT have substantial impact on education application training in addition to at the final results of the education application (Khan, Khan, & Khan, 2011). Modern generation like sensor primarily based totally wi-fi gadgets, excessive pace internet, progressive software, video sharing platform, social networking webweb sites had been especially contributing to the innovation in sports activities education in addition to to magnificence room coaching (S. & V., 2007). The without problems to be had technological gadgets make it less difficult for the instructor and coaches to layout and making plans progressive and powerful education applications alternatively it additionally enables the bodily educators to put together powerful and without problems comprehensible coaching lessons. The Rapid improvement in use of generation in sports activities have set the extent of overall performance at height. Using those superior technology and progressive trainings, overall performance stage keeps to develop exponentially with inside the discipline of sports activities and bodily schooling.

ICT equipment for sports activities and bodily schooling Now day's coaches and running shoes have many to be had technical alternatives to apply as ICT equipment. The majority of those equipment may be without problems accessed or included to education application. Here we can talk approximately usages of a number of the famous ICT equipment in cutting-edge day sports activities education and bodily schooling.

Field Based ICT Tools :

These are the type of ICT equipment which can be utilized in on ground/discipline situations. One of the primary discipline-primarily based totally ICT equipment is GPS primarily based totally monitoring gadgets. Study on GPS primarily based totally monitoring gadgets itself is a large chapter. Along with technological development precision of this type of gadgets has been improving. Now days the use of those gadgets facts may be without problems received and examine for overall performance improvement (Lynch & Borno, 2018). Dedicated sports activities precise GPS primarily based totally gadgets had been advanced to enhance and reveal the overall performance of the gamers (Fox, Scanlan, & Stanton, 2017). Most of the outside activities, like hiking, fishing, paragliding etc. depend upon precision navigation. Using those gadgets, a participant may be tracked regardless of on land or in water or in air. Long distance runners use those gadgets to navigate their routes. Swimmers use those gadgets in open water lengthy distance swimming competitions, in which there's a excessive hazard of having distracted from the real path. In group sports activities like soccer, rugby, kabaddi, hockey etc. more than one GPS gadgets are used to tune each group member for the duration of the complete education periods or maybe in fit situations. In each outside racing sport, GPS is a obligatory tool to be connected with the participant. It enables the officers to preserve tune of the gamers in addition to for the gamers, it enables to tune their path and progresses.

Wearable sensor-primarily based totally gadgets are some other type of discipline-primarily based totally ICT tool. This type of gadgets are made of numerous varieties of sensors. Some of them are handiest precise and restrained to a unmarried sensor and a number of them are mixture of more than one sensors. Different sensors have one of a kind functions and in line with that they assist to gather facts. These sensor-primarily based totally gadgets may be without problems connected to human frame the use of a belt or a strip. Pedometers are such sensor-primarily based totally gadgets that can rely the quantity of steps you take. It also can discover your walking sample or the space you've got

travelled. Heart fee video display units are some other such sensor-primarily based totally tool whose reason is to feel or discover coronary heart fee.

Use of video digital digicam is the quality technique to document overall performance of the gamers on the sector. The recorded video may be broadcasted stay or uploaded later on. The equal video also can be used for fit and overall performance analysis. Recent superior generation used excessive-tech video recorder to document any overall performance and might at once convert them to three-d facts the use of excessive stage software. In pinnacle stage competitions, the need of precision in officiating is of extreme importance. Various technology had been these days advanced to satisfy this requirement. In cricket warm spot generation is used to benefit facts and make specific decision. In soccer aim line generation is used to discover while the ball crosses the aim line. In sports activities like badminton and garden tennis, hawk-eye generation is used to make accurate decision.

Laboratory based ICT tools :

Laboratory primarily based totally ICT equipment can't be utilized in actual recreation or healthy situations. They must be installation completely is laboratory primarily based totally managed environment. Most of the sports activities studies device falls beneathneath this category. Pressure plate and pressure plate are exact instance of such type of ICT equipment. Wired EMG gadgets also are taken into consideration as laboratory-primarily based totally ICT gadgets. Some three-d evaluation kits also are immovable and as soon as they may be installation internal a laboratory, sports activities moves must be done beneathneath it's manipulate condition. Such type of gadgets which can be had to be installation in laboratory most effective, are referred to as as laboratory-primarily based totally ICT equipment.

Classroom primarily based totally ICT equipment Classroom primarily based totally ICT equipment for sports activities schooling or bodily training are just like the equipment utilized in actual

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study room installation. Computer/computer projector is an essential device on this installation. Apart from it, diverse network primarily based totally social device like Google Classroom, Socrative, Khan Academy etc. also are a part of study room-primarily based totally ICT equipment. Various display screen sharing equipment like Skype, Team Viewer, Display Note etc. can percentage precisely similar to it presentations on one's display screen. Multiple customers from one-of-a-kind places can view one's display screen on the identical time and might research with out being gift physically.

Software and applications :

Software is ready of commands which tells the pc what to do as soon as instructed. There are diverse type of software program and programs to be had with inside the market. The usages of software program and programs in sports activities and bodily training can similarly be categorized in step with their done task. Most of the bio mechanical evaluation software program are incorporated with variety of video cameras. Some of this software program are guide in nature and a number of them are automatic. Three-dimensional biomechanical evaluation software program are a lot greater complex as compared to the two-dimensional evaluation software program.

Conclusion :

ICT primarily based totally schooling strategies have introduced revolution to sports activities schooling. The revolution may be without difficulty located and identified in present day schooling programs, schooling techniques, evaluation techniques and with inside the manner of courting among instructor and trainees. Use of ICT makes it viable to deliver the technological know-how of sports activities to the floor and is supporting to attach bodily sports with intellectual sports (50 Innovative Teaching Methods in Science, 2019). ICT isn't most effective supporting the sports activities folks in sensible subject, however additionally assist to teach them in theoretical works. It enables gamers to higher apprehend their

personal body (Playing, And Even Watching, Sports Improves Brain Function, 2008). ICT brings motivation and exuberance to sports activities person's thoughts and is supporting to transform the stupid and dull schooling classes into appealing and exciting one. It is discovered as one of the only approaches for standard improvement of sports activities person. ICT enables the running shoes to without difficulty accumulate and save schooling associated data. Players can without difficulty get entry to their database and might see their development report. Based at the saved and recorded data, prediction and speculation may be formulated referring to overall performance of that sports activities person (Lamsal & Choudhary, 2018). Using ICT gamers can get stay comments in their overall performance at the floor itself. They can examine their overall performance the use of to be had software program and programs and suitable remedial may be taken for incorrect approach or tactics. There are many blessings of the use of ICT with inside the subject of sports activities schooling however the number one benefit stays the overall development in overall performance and it may most effective be finished through making use of ICT in an revolutionary manner.

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2021-22 Digras

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Impact Factor-8.575 (SJIF)

ISSN-2278-9308

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Peer-Reviewed & Refreed Indexed

Multidisciplinary International Research Journal

May -2022

ISSUE No- (CCCLIII) 353

Emerging Trends in Higher Education and Human Rights.

HUMAN RIGHTS



Chief Editor

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Digras, Dist. Yavatmal



This Journal is indexed in :

- Scientific Journal Impact Factor (SJIF)
- Cosmos Impact Factor (CIF)
- International Impact Factor Services (IIFS)

Smt. Savitabai Uttamrao Deshmukh Mahavidyalay,
Digras, Dist. Yavatmal

(SJIF) Impact Factor-8.575
ISSUE No- (CCCLIII) 353

ISSN-2278-9308

B.Aadhar

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B.Aadhar International Peer-Reviewed Indexed Research Journal



Impact Factor - (SJIF) - **8.575**

Issue NO, 353 (CCCLIII)

ISSN :
2278-9308
May,
2022

Impact Factor - 8.575

ISSN - 2278-9308

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Women Development In Sports: National Policies In India

Dr. Rajul W. Bhoyar
Smt Vatsalabai Naik Mahila Mahavidyalay Poud, Dist. Yavatmal

Abstract

The present paper is an strive to research the fame of woman empowerment in India the usage of numerous signs primarily based totally on facts from secondary sources. The examine famous that woman of India are surprisingly disempowered and that they experience incredibly decrease fame than that of guys no matter many efforts undertaken via way of means of government. The Women in Sport Movement is turning into a international phenomenon; and rightly in order girls include 1/2 of the worldwide population. Change has been slow, however, and plenty of long-status traditions remain. However we trust that there may be high-quality capacity for the repute quo to be challenged with disruption, and extrade on the systemic level. Gender hole exists concerning get right of entry to training and employment. Household selection making energy and freedom of motion of woman range significantly with their age, training and employment fame. It is observed that recognition of unequal gender norms via way of means of woman are nonetheless triumphing withinside the society. More than 1/2 of of the woman consider spouse beating to be justified for one motive or the different. Fewer woman have very last say on the way to spend their income. Control over coins income will increase with age, training and with location of residence. Women's publicity to media is likewise much less relative to guys. Rural woman are extra vulnerable to home violence than that of city woman.

Introduction

A big gender hole exists in political participation too. The precept of gender equality is enshrined withinside the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution now no longer best presents equality to ladies, however additionally empowers the State to undertake measures of advantageous discrimination in favour of ladies. Within the framework of a democratic polity, our laws, improvement policies, Plans and programmes have aimed toward ladies's development in exclusive spheres. From the Fifth Five Year Plan (1974-78) onwards has been a marked shift withinside the technique to ladies's troubles from welfare to improvement. In latest years, the empowerment of ladies has been diagnosed because the imperative difficulty in figuring out the popularity of ladies. The National Commission for Women became installation via way of means of an Act of Parliament in 1990 to guard the rights and felony entitlements of ladies. The seventy three rd and seventy four th Amendments (1993) to the Constitution of India have furnished for reservation of seats withinside the nearby our bodies of Panchayats and Municipalities for ladies, laying a robust basis for his or her participation in choice making on the nearby levels.

In maximum societies, participation in sports activities has been in most cases a male domain. However, during the last many years girls in sports activities advocates have validated that girls also are ready and feature an area withinside the sports activities world. When the primary lady ball participant rotated the bases at Vassar College in 1866, sportswomen have taken their sports activities stories to heart (Sandoz & Winans, 1999). Even with out robust records of achievements girls needed to show that they have been ready in sports activities. In gift days, we see considerable variety of girls taking part in now no longer best taken into consideration minor sports activities however additionally in sort of sports activities that require high-quality prowess and skills. The increase of girls's sports activities can quality be choose with the aid of using the slow however continual enlargement of girls's activities withinside the cutting-edge Olympic Games (Bennette, Howell, and Simri, 1983). However, whilst girls first started banging on the door of sportsworld, they encountered masses of opposition. As the popularity of girls in game has now no longer observed a steady, uphill direction for the duration of records, instead, it has long gone via many peaks and valleys - instances whilst lady sports activities figures greater famous heroines and instances whilst girls have been condemned as undeserving mothers (Lutter & Jaffee, 1996). Over the years maximum goals to girls's sports activities participation had been subjective in nature, frequently



predicated upon the sentimental thesis that girls is & Lyon, 1978).

Women and sport leadership

Women do lead, they may be competitors face of game. Yet globally ladies continue to be officers in any respect ranges of competition marginalisation of ladies in the game place of be isolated. Women constitute 49.5% of the worldwide in game; however, this minority institution refuse t extra visible. The popularity quo wishes to be t systemic stage required.

National policies

The National Policy on Empowerment of V violence in opposition to ladies, bodily and mental, with the ones bobbing up from customs, traditions efficaciously on the way to cast off its incidence. In be created and reinforced for prevention of such paintings region and customs like dowry; for the t taking powerful motion in opposition to the perpet also be laid on programmes and measures to add Operational Strategies, the Policy presents:

- Strict enforcement of applicable felony provision awareness on violence and gender associated atrocities
- Measures to save you and punish sexual harassment withinside the organised/unorganized sector
- Crime in opposition to ladies - their incidence, pre to be reviewed often in any respect Crime Review fo
- Women's Cells in Police Stations, Women Police Counseling Centres, Legal Aid and Naysya Panch VAW and atrocities in opposition to ladies.

The Policy additionally presents that "Wo Stations, Family Courts, Mahila Courts, Counse Panchayats may be reinforced and improved to ci women.

Women status in India

As some distance as India is concerned, the p the Constitution and unearths an area withinside the Duties and Directive Principles. The Constitution no however additionally empowers the States to unde favour of woman. Historically the fame of Indian w their past. There is proof to expose that woman w venerated positions withinside the society (Seth, 200 loose to stay single and dedicate their complete ex realization. The married woman done all of the wor They had been knowledgeable in numerous discipi geography, veterinary sciences or even in martial arts in wars and fights. They had been surprisingly rep. because of numerous socio-political changes, in parti fame of woman declined. The urge for equality at t momentum at some stage in the colonial times. Note Raja Ram Mohan Roy, Annie Besant, Sorojini Naidu efforts to create attention amongst woman approxima putting off numerous social evils together with sai additionally endorsed widow remarriage and woman growing a base for improvement of woman and their

Sports: National Policies In India

Jini W. Bhoyar

Mahavidyalay Pusad, Dist. Yavatmal

ch the fame of woman empowerment in India the usage facts from secondary sources. The examine famous that red and that they experience incredibly decrease fame taken via way of means of government. The Women in al phenomenon; and rightly in order girls include 1/2 of een slow, however, and plenty of long-status traditions high-quality capacity for the repute quo to be challenged level. Gender hole exists concerning get right of entry to ction making energy and freedom of motion of woman nd employment fame. It is observed that recognition of oman are nonetheless triumphing withinside the society. ase beating to be justified for one motive or the different. y to spend their income. Control over coins income will n of residence. Women's publicity to media is likewise re extra vulnerable to home violence than that of city

al participation too. The precept of gender equality is n in its Preamble, Fundamental Rights, Fundamental titution now no longer best presents equality to ladies, - undertake measures of advantageous discrimination in emocratic polity, our laws, improvement policies, Plans ; development in exclusive spheres. From the Fifth Five arked shift withinside the technique to ladies's troubles , the empowerment of ladies has been diagnosed because ic popularity of ladies. The National Commission for s of an Act of Parliament in 1990 to guard the rights and hree rd and seventy four th Amendments (1993) to the servation of seats withinside the nearby our bodies of ring a robust basis for his or her participation in choice

in sports activities has been in most cases a male s girls in sports activities advocates have validated that nside the sports activities world. When the primary lady College in 1866, sportswomen have taken their sports : Winans, 1999). Even with out robust records of have been ready in sports activities. In gift days, we see ow no longer best taken into consideration minor sports rts activities that require high-quality prowess and skills. uality be choose with the aid of using the slow however withinside the cutting-edge Olympic Games (Bennette, irls first started banging on the door of sportsworld, they popularity of girls in game has now no longer observed a records, instead, it has long gone via many peaks and ies figures greater famous heroines and instances whilst mothers (Lutter & Jaffee, 1996). Over the years participation had been subjective in nature, frequently



predicated upon the sentimental thesis that girls is fragile in nature and dainty in appearance (Klafs & Lyon, 1978).

Women and sport leadership

Women do lead, they may be competitive, and that they have lots to provide the converting face of game. Yet globally ladies continue to be below represented as coaches, administrators, and officers in any respect ranges of competition. The patriarchal subculture of game and the marginalisation of ladies in the game place of business go away ladies feeling unsupported and isolated. Women constitute 49.5% of the worldwide populace but are handled as a minority institution in game; however, this minority institution refuse to stay or be silenced and are making themselves extra visible. The popularity quo wishes to be challenged with disruption and alternate on the systemic stage required.

National policies

The National Policy on Empowerment of Women followed in 2001 states that " All sorts of violence in opposition to ladies, bodily and mental, whether or not at home or societal levels, together with the ones bobbing up from customs, traditions or widely wide-spread practices will be treated efficaciously on the way to cast off its incidence. Institutions and mechanisms/schemes for help may be created and reinforced for prevention of such violence, together with sexual harassment at paintings region and customs like dowry; for the rehabilitation of the sufferers of violence and for taking powerful motion in opposition to the perpetrators of such violence. A unique emphasis can also be laid on programmes and measures to address trafficking in ladies and girls." Under the Operational Strategies, the Policy presents:

- Strict enforcement of applicable felony provisions and rapid redressal of grievances with unique awareness on violence and gender associated atrocities,
- Measures to save you and punish sexual harassment at paintings region and safety of ladies people withinside the organised/unorganized sector
- Crime in opposition to ladies - their incidence, prevention, investigation, detection and prosecution to be reviewed often in any respect Crime Review fora on the Central, State and District levels.
- Women's Cells in Police Stations, Women Police Stations, Family Courts, Mahila Courts, Family Counseling Centres, Legal Aid and Nayaya Panchayats to be reinforced and improved to cast off VAW and atrocities in opposition to ladies.

The Policy additionally presents that "Women's Cells in Police Stations, Women Police Stations, Family Courts, Mahila Courts, Counseling Centers, Legal Aid Centers and Nyaya Panchayats may be reinforced and improved to cast off violence and atrocities in opposition to women.

Women status in India

As some distance as India is concerned, the precept of gender equality is enshrined withinside the Constitution and unearths an area withinside the Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution now no longer handiest presents equality to woman however additionally empowers the States to undertake measures of wonderful discrimination in favour of woman. Historically the fame of Indian woman has been stimulated via way of means of their past. There is proof to expose that woman withinside the Vedic age were given maximum venerated positions withinside the society (Seth, 2001). They had the proper to training and had been loose to stay single and dedicate their complete existence to the pursuit of understanding and self realization. The married woman done all of the works and sacrifices similarly with their husbands. They had been knowledgeable in numerous disciplines of understanding together with astrology, geography, veterinary sciences or even in martial arts. There had been times of woman taking element in wars and fights. They had been surprisingly reputable inside and out of doors home. Gradually because of numerous socio-political changes, in particular at some stage in the center age, the superb fame of woman declined. The urge for equality at the a part of Indian woman commenced getting momentum at some stage in the colonial times. Noted social reformers and countrywide leaders like Raja Ram Mohan Roy, Annie Besant, Sorojini Naidu and Ishwar Chandra Vidyasagar made selfless efforts to create attention amongst woman approximately their fame and had been pretty a success in putting off numerous social evils together with sati pratha, baby marriage, and polygamy. They additionally endorsed widow remarriage and woman training. The reformers had been a success in growing a base for improvement of woman and theirs try for equality. In route of time Indian society

were given converted from conventional to a current one. Consequently women have become even liberal and give to numerous methods of economic. Since they are to partly able to breaking the conventional traditions imposed via way of means of the society at the moment are hard the particular gender shows through in a restricted scale.

Decision Making Power
Decision making strength of girls in families is one of the essential signs of girls empowerment. It is observed that more effective 37 consistent with cost of previously married girls take part in making selections both on my own as together with their husband on their dress cost, large family purchases, purchases for each day family wishes and on travelling their own circle of relatives individuals and household (Table 1). Forty 3 consistent with cost take part in a few however now no longer all selections and 21 consistent with cost do now no longer take part in any of the choice. As evidence as in 52 five consistent with cost do now no longer take part in any of the of each day family wishes is taken particularly via way of means of the respondents while the selections like go to to her household are in maximum instances taken on my own via way of means of husbands or together. Decisions like important family purchases is taken together in maximum of the instances.

Freedom of Movement
Free mobility of girls is every other indicator of girls empowerment. The facts figures that approximately 1/2 of all girls are allowed to visit the marketplace or to the clinic on my own (Table 3). Only 35 consistent with cost are allowed to visit on my own to locations outside the village or community. While now no longer all girls are allowed to visit these locations on my own, most effective a minority aren't allowed to move at all. Compared to city girls, rural girls have much less mobility. Women's mobility is likewise suffering from their historical past traits like age, training, marital reputation, kind of own circle of relatives and many others. Table four figures that freedom of movement will increase with age above through it does now no longer range linearly with training. Seventy consistent with cost of the girls of the very best training continuation are allowed to move on my own to the marketplace as in opposition to forty nine consistent with cost of girls and not using a training.

Acceptance of Unequal Gender Role
Women's protest in opposition to unequal gender function is phrases in their mind-set toward options for sex, spouse beating and many others is every other indicator of girls empowerment. The facts supplied in Table five display that fifty four consistent with cost of girls in India agree with spouse beating to be justified for any of the previous motives. Similarly 35 consistent with cost girls agree with it to be justified in the event that they overlook their residences or children. However, settlement with spouse beating does now no longer range a good deal via way of means of girls's age and family shape, however decline sharply with training. It is to be referred to that even a number of the maximum knowledgeable girls, at the least one in 3 concurs with one or extra justifications for spouse beating. In rural regions girls are commonly extra agreeable to spouse beating than in city regions. Agreement is decrease amongst by an means married girls compared to ever married girls.

Elected Women Members
Many elements are accountable and decisive withinside the election of girls applicants consisting of literacy, economic position, liberal own circle of relatives historical past, assist of different individuals of the own circle of relatives, robust persona and many others. Since maximum of the girls lack get admission to to to those, few girls get tickets or even fewer get elected from this handful of girls applicants. Table 2 thirteen indicates the elected girls Members in Lok Sabha. From the desk it's far clear that percent of girls individuals to the overall individuals has been always much less than 10 consistent with cost in every Lok Sabha beginning from 1st to twelfth one. This indicates negative participation of girls in political field.

Conclusion
The society is extra biased in desire of male infant in recognize of training, vitamins and different opportunities. The root motive of this kind of mind-set lies withinside the notion that male infant inherits the extended family in India with an exception in Meghalaya. Women frequently internalize the conventional idea in their function as natural, for this reason causing an injustice upon them. There are numerous constraints that take a look at the technique of women empowerment in India. Social norms and own circle of relatives systems in growing nations like India, manifests and

propagate the subordinate reputation of girls. One of the main over the cost of a female infant, that's found if evidence of this being has followed in preference or withinside the falling movement rates (Goff, 2001).

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perpetuate the subordinate reputation of girls. One of such norms is the persevering with desire for a son over the start of a female infant, that's found in nearly all societies and communities. The maintain of this desire has bolstered in preference to weakened and its maximum evident proof is withinside the falling intercourse ratio (Seth, 2001).

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ISSN 2278 - 7984



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**CONFERENCE PROCEEDING
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22-23

ISSN 2278 - 7984

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Technological Innovations Changing the World of Physical Education and Sports



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- Abstract -

Today's endeavor international is becoming technologically advanced with the useful resource of the usage of combining natural athletic knowledge with advanced analytics and artificial smart to deliver the superb feasible sporting outcomes. In such loads of techniques contemporary-day technology simplifies life and everyone defines technology in their very personal way. Throughout today's environment, in which quite lots a few issue is extra cushy and available because of technical enhancements in nearly every vicinity of lifestyle. Everything withinside the worldwide has every powerful and terrible impacts on every the living and society. The talk of numerous technological devices moreover specializes in the feature of certain video video games and sports activities sports. In this systematic qualitative have a take a observe a thorough online and offline are searching for approach has been carried out for the acquisition of evidence. Present researcher finds a number of technological devices now being carried out withinside the region of video video games and sports activities sports. Researcher agreed that the ones technological devices boom the general overall performance score and make the game easier. In order to extend universal overall performance, correct preference have to be needed to choose out the perfect technology as withinside the present international handling and handling player is a difficult task. Lastly, Researcher moreover believed that a sizeable form of systematic opinions may also need to extra effectively highlight the technological devices on endeavor universal overall performance.

Introduction

In contemporary-day life technology is considerably helped in making life easy and well used. Technological advances have considerably affected endeavor technological understanding and distinct big areas of life. As the sport industry's market has advanced alongside popularity, technological have a take a observe name for

has increased. This scholarly qualitative research often aimed to investigate the effect of recent era on endeavor universal overall performance. In the 21st century, extra humans participate in sports activities sports than ever before. The previous U.N Secretary-General Kofi Annan said endeavor has grow to be essentially a now no longer unusualplace language, putting citizens together irrespective of their roots, history, non secular values or monetary status. Actually, sports activities sports make friendship each distinct and bonding each distinct now now no longer best for one u s . but moreover for whole international. Due to the wishes of sports activities sports universal overall performance from spectator the technological devises now take massive feature. The difference amongst winning and losing video video games is often located in plenty of sports activities sports and video video games, and in step-with the useful resource of the usage of-step organization moves. As the sports activities sports industry's goal goal marketplace has grown alongside popularity, name for for research has increased. This is now above sports activities sports and gaming and now one thousand million dollar business. Researchers Roy et al. (2017) argued that in many factors new technology simplifies lifestyles and each describes technology in their very personal way. In today's international, quite lots everything is extra accessible and accessible because of technological advances during almost every component of lifestyle. Most humans's lives had been greater applicable and simplified with the useful resource of the usage of the contemporary-day day technological developments. Although the real nature of endeavor is residing withinside the skills of talented athletes, their universal overall performance can be dramatically superior with the useful resource of the usage of incorporating advanced era, making sure competitive play and successful outcomes. Therefore, technology has the exceptional functionality to decorate universal overall performance and reduce the sports activities sports injury. In addition, it's tremendous

how technology has impacted endeavor. Using wearable technology, huge facts analytics, social media, and sensor technology has revolutionized the way sports activities sports are played, analyzed, and greater applicable in today's associated international. Pro athletes can gain extra notion into their universal overall performance, decorate education techniques and raise their skills via various contemporary-day advances and apps.

Applications of technology in sports

The unmanned drone generation with an embedded digital digicam facilitates to take exceptional snap shots and films from height. A Drone is simply, in easy terms, a flying robot. This plane is generally managed from a specialised faraway control, and with the assist of sensible software program can song all matters withinside the air. Many athletes (runners, basketball players, skiers, climbers, etc.) are the use of drones to screen their practise to peer whether or not any adjustments may be created. A moderate development in private great time for the competitor will take off seconds or spoil a second. Nowadays a sports activities occasion has been greater proper and realistic to air. The major benefit of the use of drones or unmanned plane in essential worldwide sports activities is their being capable of get towards worldwide athletes. Drone will seize and examine a actually viable exercise consultation in numerous athletic sports after the consultation is finished. It has been proven that the Nordic hamstring exercising (NHE) is an powerful device for growing better most eccentric hamstring power torques in comparison to normal hamstrings curl. Nordic exercising schooling on hamstring curl can be a hit technique for maintaining the H:Q (hamstring to quadriceps) muscle strength ratio. The H:Q ratio can be decreasing the hamstring muscle injury. A clinical Nord Board generation evolved through Vald overall performance is straightforward and rapid manner to exactly degree the eccentric and isometric hamstring muscle power.

Wearable GPS technology

Global Positioning System era has been applied for a while in aggressive recreation, such as in guidance sporting activities in addition to all through play. By the use of Electronic Performance and Tracking System (EPTS) devices, groups can song the motion of gamers on the pitch and accumulate big quantities of information approximately their performance. In 2006 the primary tries to confirm GPS for area recreation packages had been made. Although GPS has been licensed for aggressive sports activities activities, a few questions stay concerning the suitability of GPS for monitoring speedy high-speed

runs. Consequently, GPS has been typically utilized in American football, baseball, basketball, rugby union and league and soccer. GPS performance in comparing human locomotion is tormented by unique elements as described for validity in element above. That is, pattern rate, speed, project duration, and project kind every in phrases of GPS reliability. The GPS is a monitoring tool that accesses the GPS satellite tv for pc signal (or comparable satellite tv for pc networks which include GLONASS, GNSS, BDS or NAVIC) to triangulate its personal position.

Technology on Yogic Practices

Heart price variation (HRV) includes time c programming language adjustments among consecutive pulse durations termed inter-beat periods. The HRV records have been obtained the usage of the NeXus-10 device (Medical Device Directive 93/42/EEC, TMS International BV, the Netherlands). Researcher Anup et al. (2019) determined an growth in LF and reduce in HF and straight away after 15 min and 21 min exercise of yoga postures. But there has been a lower in LF and after 27 min yoga postures exercise. Another issue of HRV turned into HRV amplitude, which confirmed a fashion toward a lower in 21 min and 27 min of yoga postures.

Modern Track and Field Events using Technology

Track and area varies from maximum different disciplines, as it's far measured in meters and seconds most effective. Within song, a fragment of a 2nd could make all of the difference. Which is why the system which tracks song and area race info must be as dependable as particular as practicable. An digital beginning pistol is any other innovation used to enhance song occasion startups. In addition, while the runner begins, they may observe their development the usage of Radio-Frequency Identification (RFID) chips. These chips are so precious that during standard they've end up popular. RFID chips can be bandaged to footwear to screen the pace, distance and sample of a runner.

Conclusion

Technology now no longer most effective lets in the athlete however additionally lets in the device to make sure choicest overall performance and decrease the danger of injury. Hence, because the overall performance cost increases, the call for for sports activities must boom. In contemporary-day training the contemporary-day technology used withinside the gift sports activities international must be recognized through the coaches and bodily educators.

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DOI PREFIX 10.22183
JOURNAL DOI 10.22183/RN
SIF 7.399

RESEARCH NEBULA
An International Refereed, Peer Reviewed & Indexed Quarterly
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NUMBER
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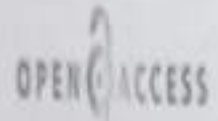


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WELLNESS**

ABSTRACT

Sports nourishment zeros in its examinations on the kind, just as the amount of liquids and food taken by a competitor. Likewise, it manages the utilization of supplements like nutrients, minerals, enhancements and natural substances that incorporate sugars, proteins and fats. Sports nutrition is the examination and practice of nourishment and diet with respect to improving anybody's athletic exhibition. Sustenance is a significant piece of numerous games preparing regimens, being mainstream in strength sports (like weightlifting and working out) and high-intensity games (for example cycling, running, swimming, paddling). Sports sustenance zeros in its investigations on the kind, just as the amount of liquids and food taken by a competitor. What's more, it manages the utilization of supplements like nutrients, minerals, enhancements and natural substances that incorporate sugars, proteins and fats.

Sports nourishment has as of late arose as a perceived forte region inside the field of sustenance. Competitors challenge their bodies consistently through actual preparing and contests. To stay aware of the actual requests of their action or game, competitors need to fuel their bodies enough consistently. This energizing interaction requires a specific methodology; along these lines, competitors who need to roll out dietary improvements should search out experts who are specialists in sports sustenance and experienced in creating individualized plans. Due to its relative outset, sports nourishment research is giving new and energizing data consistently. It is important that sports sustenance experts stay current so they can be evidencebased professionals. Gone are the times of recommending dietary practices dependent on episodic perceptions or encounters. Turning into a proof based expert requires utilization of sustenance rules and dietary practices that have been reported as being viable through peer-surveyed research. Experts who have considered games sustenance, have insight in the field, and keep on keeping up to date with the most recent nourishment exploration can recommend individualized dietary plans that meet fundamental wholesome necessities, improve execution, and speed recuperation in competitors, everything being equal. Turning into a proof based games sustenance expert can prompt an energizing and satisfying vocation.

Sports nourishment experts should have the option to show competitors by putting "book" information into training with real food determination and supper arranging, while at the same time remembering the difficulties introduced by occupied timetables of activity, rivalries, work, school, and different responsibilities. It is this third step that numerous experts need subsequent to moving on from an undergrad or graduate program in sports sustenance, dietetics, practice science, or athletic preparing. Sports nourishment is a specialization inside the field of sustenance that accomplices intimately with the investigation of the human body and exercise science. Sports nourishment can be characterized as the use of sustenance information to a commonsense day by day eating plan zeroed in on giving the fuel to actual work, working with the maintenance and reconstructing measure following hard actual work, and advancing athletic execution in cutthroat occasions, while likewise advancing generally wellbeing and health. The space of sports sustenance is frequently thought to be held distinctly for "competitors," which intimates the consideration of just those people who are performing at the tip top level. In this content, the term competitor alludes to any person who is consistently dynamic, going from the wellness aficionado to the serious novice or expert. Contrasts may exist in explicit supplement needs

along this assigned range of competitors, making the energizing test of individualizing sports sustenance plans. Macronutrients are supplements that give calories or energy to the body. The motivation behind macronutrients is to advance sound cell development, digestion, and to keep up typical substantial capacities. The macronutrients, as proposed by the name "full scale," are required in the body in enormous sums to give the full and legitimate impact. There are three sorts of macronutrients: starches, proteins, and fats.

Starches are natural materials made out of hydrogen and oxygen iotas which bond together to shape monosaccharides or basic sugar atoms. Starches are found to shape either a basic carb, made out of one monosaccharide, or an unpredictable (composite) carb, made out of at least two monosaccharide atoms. At the point when separated, both straightforward and complex starches structure glucose, which is the body's primary wellspring of energy. What's more, starches structure a significant piece of waste end and intestinal wellbeing. Carbohydrates can be found in many organic products, vegetables and grains and give the body 4 calories for every gram.

Proteins are nitrogenous natural mixtures which are engaged with a large number of the body's most pivotal capacities including:

- Providing the essential labor force in the cells
- Making chemicals and compounds
- A high contribution with tissue fix.

Proteins likewise give energy when there are insufficient sugars free just as support slender weight. Similarly as sugars are made out of monosaccharides, proteins are made out of chains of amino corrosive atoms. Additionally actually like sugars, proteins furnish the body with 4 calories for each gram. Proteins are most normally found in creature items, nuts, and beans.

Fats, which are all things considered alluded to as fatty substances, are atoms included unsaturated fats and glycerol. Fats give fundamental components of cell films and furthermore give the body the capacity to assimilate fat-dissolvable nutrients A, D, and E. As fats are the most energy-thick macronutrient, they likewise give the most significant carbohydrate level, giving the body 9 calories for every gram rather than the 4 given by one gram of one or the other starch or protein. The three essential sorts of fat include:

- Saturated fat
- Unsaturated fat
- Trans fat.

Immersed fat, like that found in margarine and cream, just as trans fat, which is found in nibble food sources and singed food varieties, have been appeared to build the

danger for cardiovascular sickness. While thusly, unsaturated fats, which are found in olive oil and canola oil, has been appeared to diminish the danger of creating cardiovascular infection.

Concerning competitors, the information on what carbs, proteins, and fats furnish the body with will permit them to settle on the best dietary choices in regards to their presentation objectives.

Micronutrients are substance components included thirteen natural fundamental nutrients and seven inorganic minerals. At the point when burned-through in the human body, micronutrients assume a significant part in energy creation, hemoglobin union, sound development, bone and safe wellbeing, and keep up ordinary digestion. Notwithstanding the significance of keeping up the right level of these nutrients and minerals in the body, as the name "miniature" proposes, these synthetic components are simply needed to exist in the body in limited quantities to give adequate impact.

The thirteen fundamental nutrients can be categorized as one of two classifications, water-dissolvable and fat-solvent. The water-solvent nutrients, the eight nutrients which create the nutrient B complex and nutrient C, should be burned-through every day as the body can't store what it doesn't promptly utilize. Conversely, the fat-dissolvable nutrients, nutrient K, A, D and E, can be put away in the body's fat tissue and subsequently doesn't need to be devoured on consistent schedule to keep up the right levels in the body.

Minerals are inorganic supplements that likewise assume a vital part in guaranteeing a competitor's wellbeing. The seven minerals expected to keep up exact energy and hydration levels include:

1. Calcium
2. Iron
3. Zinc
4. Magnesium
5. Sodium
6. Chloride
7. Potassium

These are significant on the grounds that appropriate hydration earlier, during, and after an action is vital in the impact on a competitor's exhibition.

As per different sources, the main nutrients and minerals for competitors include:

- Calcium
- Iron
- Zinc
- Magnesium
- The nutrient B complex
- Vitamins C, D and E because of their part in the proficiency of muscle constriction; both smooth and cardiovascular muscle.

These nutrients and minerals can be acquired in a wide assortment of food or through added supplementation. Carbohydrates are compounds built of carbon, hydrogen, and oxygen particles. Starches are changed over into glucose in the body, giving the primary wellspring of fuel (4 calories for every gram of carb) for all active work. Carbs are found in a wide assortment of food varieties, including grains, natural products, and vegetables, just as in the milk/elective (soy, rice, nut, and other nondairy items) bunch.

Nutrients are a huge number of dietary supplements that contain carbon and hydrogen, as well as oxygen, nitrogen and various others. There are two main requirements to designate a substance as a food. Initially, the substance must be administered from the outside, based on the fact that the body cannot create it or cannot provide it in sufficient quantities to solve its problems. Second, the substance should in any case be the basis of a necessary synthetic reaction or interaction in the human body. Nutrients do not directly provide energy to the body; however, some foods help draw energy from macromolecules. Nutrients are associated with many real powers and cycles that help keep the body healthy and disease-free. Nutrients are assigned as either water soluble (B nutrients and C nutrients) or fat soluble (nutrients A, D, E, and K), depending on your body's strategy for storage, transport, and storage. The nutrient is found in almost all foods, including organic produce, vegetables, grains, meat and beans/optional foods, milk/alternatives and some fats. Minerals also has a huge collection of supplements. They are made from a selection of components; However, they need carbon. Minerals play a role in the development of tissues because they act as guides for important cycles. The actual work makes demands on muscles and bones, increases the need for oxygen-carrying compounds in the blood and increases the sweat and electrolyte depletion of the body, all of which depend on adequate intake and replacement of dietary minerals. Minerals are divided into major minerals (calcium, sodium, potassium, chloride, phosphorus, magnesium and sulfur) and minor elements (iron, zinc, copper, selenium, iodine, fluorine, molybdenum and manganese) based on the total amount removed, which the body constantly needs. As nutrients, minerals are found in a wide variety of foods, but they are mainly collected in meat and beans / selectively and milk / selectively. Amino acids are the building blocks of proteins, consisting of carbon, hydrogen, oxygen and nitrogen atoms. Amino acids can be made in the body (in

excess) or obtained from food. Proteins are involved in the turn of events, the development and attachment of muscles and other important tissues and are therefore extremely important in recovery of extreme actual preparation. Proteins ensure that the body stays strong and functions efficiently, supporting many actual cycles. Protein can also be used as energy, with calories per gram; in any case, it is not used productively and thus is not a storable source of energy in the body. Protein can be found in a wide variety of foods, including grains and vegetables, but is concentrated primarily in dairy products/choice foods such as meat and beans/choice foods (soy products, nuts, seeds, beans, and other non-animal products) at meetings. . . Fats, like the following macromolecules, are compounds made up of carbon, hydrogen and oxygen atoms. Fats are otherwise known as lipids and come from plant and animal sources in our nutritional program. Different fats contain cholesterol and phospholipids. Fats are a concentrated source of energy because there are 9 calories in one gram. Essentially, fat is used as fuel very quietly and during low to moderate strength training. In addition, fats provide structure to cell membranes, contribute to the production of chemicals, frame the shield surrounding nerve cells and work in the absorption of fat-soluble nutrients. Trans fats are found in spreads, margarines, salad dressings and oils, but are also found in meat, dairy products, nuts, seeds, olives, avocados and some grain products.

Conclusion

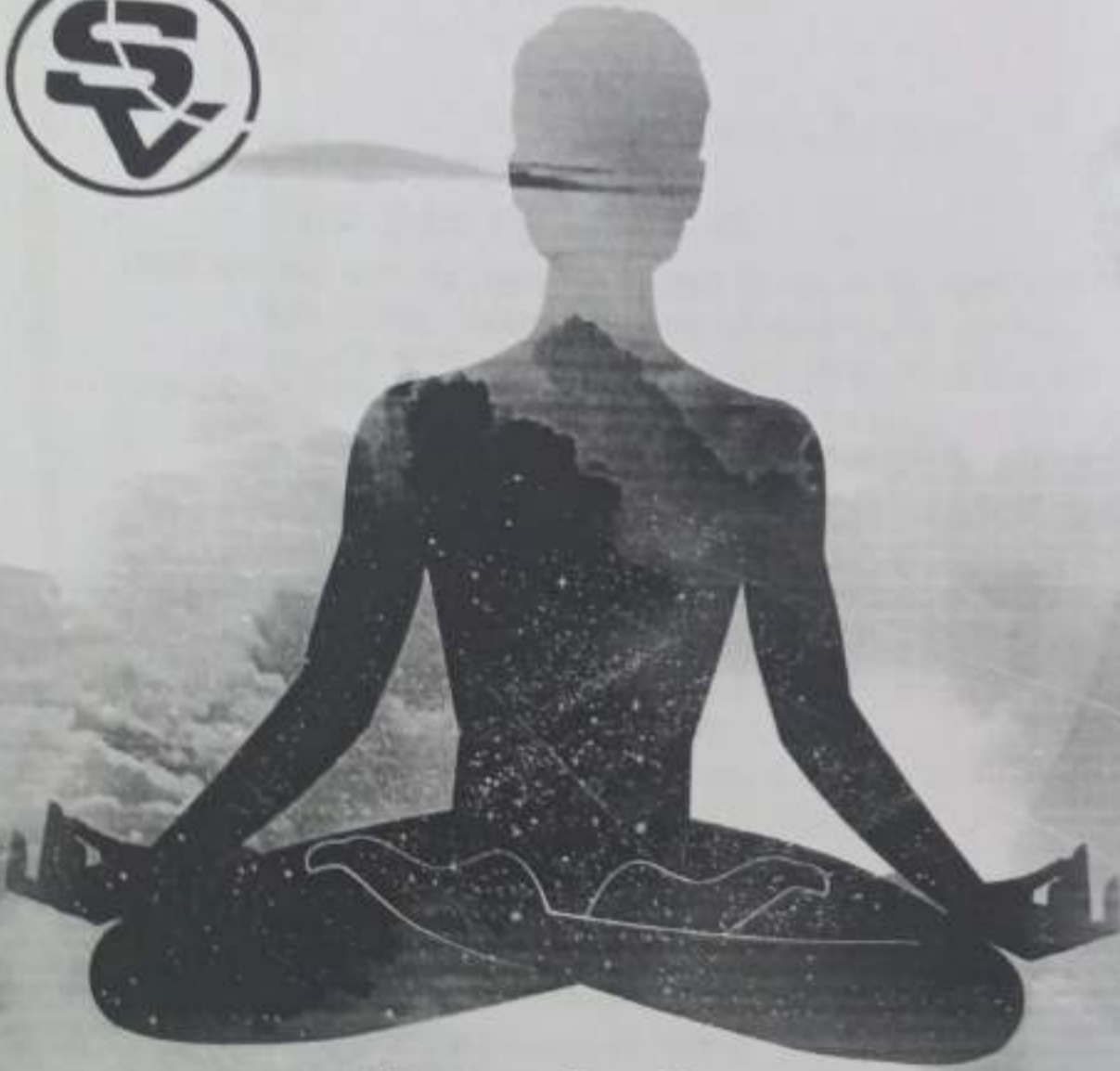
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योग विज्ञान

(Yogic Sciences)



डॉ० रजनी भोयर

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प्रथम संस्करण : 2022

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आयसीएन - 978-93-94245-51-8

भारत में प्रकाशित 2022

इस पुस्तक के किसी भी अंश का पुनरुत्पादन या किसी प्रणाली के सहारे पुनः प्रयास अथवा किसी भी तकनीकी तरीके: इलेक्ट्रॉनिक, मैकेनिकल, फोटोकॉपी, या वैद्य माध्यम से प्रकाशक की अनुमति के बिना वितरित/मुद्रित नहीं किया जा सकता। प्रकाशक तथा लेखक ने अपने प्रयास से इस पुस्तक के तथ्यों तथा विवरणों व स्रोतों से प्राप्त किया है। पुस्तक में प्रकाशित किसी भी सूचना की सत्यता के लिए हमसे होने वाली किसी भी क्षति के लिए प्रकाशक, सम्पादक, लेखक या मुद्रक : नहीं है। सभी विवादों और दावों का निपटारा केवल 1940 के भारतीय म अधिनियम के अन्तर्गत दिल्ली न्यायालय में किया जाएगा।

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योग विज्ञान

योग एक ऐसा माध्यम है जिसकी सहायता से आत्मा तथा परमात्मा को एक-दूसरे से मिलाया जा सकता है। इस प्रकार योग की सहायता से मनुष्य परम पिता परमात्मा को प्राप्त करने का प्रयास करता है।

प्रस्तुत पुस्तक "योग विज्ञान" में योग क्रिया तथा विज्ञान से सम्बन्धित सभी आवश्यक तथ्यों, पहलुओं तथा मूलधारणाओं का संक्षेप में विवरण किया गया है। छात्रों की भाषा सम्बन्धी समस्याओं को मध्यनजर रखते हुए पुस्तक को सरल एवं सुगम हिन्दी भाषा में लिखा गया है। पुस्तक में योगासनो को बेहतर ढंग से समझने हेतु चित्रों का उपयोग किया गया है।

प्रस्तुत पुस्तक को एम.पी.एड. सेमेस्टर-1 के वर्ष 2022 के नवीनतम पाठ्यक्रमानुसार लिखा गया है जो कि एम.पी.ई.एस., एम.पी.एड. के छात्रों तथा शोध विद्वानों के लिए बहुत उपयोगी सिद्ध होगी।



प्रो. डॉ. रजनी भोयर (गायकवाड़), निदेशक, शारीरिक शिक्षा और खेलकूद। ये पिछले 31 वर्षों से इस पद पर श्रीमती वत्सलाबाई नाईक महिला महाविद्यालय, पुसद, जिला-यवतमाल, महाराष्ट्र में कार्यरत हैं। ये वर्ष 2006 से पूर्वस्नातक के छात्रों की योगशास्त्र विषय पढ़ा रही हैं। इनके द्वारा प्राप्त की गयी शैक्षिक एवं व्यवसायिक शिक्षाओं में बी.ए., एम.पी.एड., एम.फिल. और पीएच.डी. सम्मिलित हैं। इन्होंने अपनी स्नातक की शिक्षा श्री शिवाजी फिजिकल एजुकेशन कॉलेज से तथा स्नातकोत्तर की शिक्षा संत गाडगे बाबा अमरावती विश्वविद्यालय, अमरावती, महाराष्ट्र से प्राप्त की है। इन्होंने अपनी डॉक्टर ऑफ फिलॉसफी इन फिजिकल

एजुकेशन की उपाधि संत गाडगे बाबा अमरावती विश्वविद्यालय, अमरावती, महाराष्ट्र से अर्जित की है। ये वॉलीबाल की एक उत्कृष्ट खिलाड़ी रही हैं जिन्होंने राज्य, राष्ट्रीय तथा इंटर-यूनिवर्सिटी स्तर के टूर्नामेंटों का प्रतिनिधित्व किया है। ये 'पंजा-कुश' खेल की एक राष्ट्रीय स्तर की खिलाड़ी रह चुकी हैं। ये S.G.B.A.U., अमरावती, महाराष्ट्र में शारीरिक शिक्षा और मनोरंजन बोर्ड की माननीय अध्यक्ष रह चुकी हैं। ये संत गाडगे बाबा अमरावती विश्वविद्यालय की सॉफ्टबॉल खेल की चयन समिति की अध्यक्ष रह चुकी हैं तथा वर्ष 1992 से 2017 तक एथलेटिक्स, वॉलीबाल, सॉफ्टबाल तथा बेस्ट स्पोर्ट्समैन अवार्ड समिति की सदस्य रह चुकी हैं। इन्होंने महाविद्यालयीय स्तर पर विभिन्न प्रतियोगिताओं का आयोजन किया है और संत गाडगे बाबा अमरावती युवा 3 महोत्सव आयोजित करने का अवसर भी प्राप्त किया है। ये स्वास्थ्य और शारीरिक शिक्षा, महाराष्ट्र राज्य माध्यमिक और उच्च माध्यमिक शिक्षा बोर्ड, पुना में सदस्य थी और लेखिका के रूप में कार्य किया।

स्पोर्ट्स विज्ञान

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₹ 650.00

ISBN: 978-93-94245-51-8



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Basic Principles of
**SPORTS
TRAINING**

Dr. Rajni Bhoyar



Basic Principles of **SPORTS TRAINING**

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SPORTS VISION

Publishing Division: Bhagwati Publishers Distributors

C-8/77-B, Keshav Puram, (Lawrence Road),

Near Keshav Puram Metro Station, New Delhi - 110035

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Published by:

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**SPORTS VISION is an imprint of
BHAGWATI PUBLISHERS DISTRIBUTORS**

Basic Principles of Sports Training

© 2022 Publishers

First Edition: 2022

ISBN 978-93-94245-50-1

₹ 700.00

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Legal Advisor

Adv. Rachna Jain and Adv. Santosh Sharma (Delhi High Court)

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Lasertypeset by: Jain Media Graphics, Keshav Puram, 9711924754

Printed at : Saagar Printers, New Delhi

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Basic Principles of Sports Training

The process which helps in preparing an individual for any event or an activity is said to be training. In the field of games and sports the process which helps in preparing sportspersons to participate in competitions and tournaments of various level is known as 'sports training'. Today, sports training has been accepted as a very important subject which affects all the people taking part in games and sports for any purpose.

Sports training is a process of sports perfection which is based on scientific knowledge and consists of systematic effect on a player's psycho-physical performance ability and performance readiness with the aim of leading a player to highest performance level.

It is hoped that the present book will be useful for the students of B.P.E.S., B.P.Ed., M.P.E.S., M.P.Ed., and for the research scholars.

Constructive and valuable suggestions for improvement of this book are always welcome.



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Publishing Division: Bhagwati Publishers Distributors
C-8/77-B, Keshav Puram, (Lawrence Road),
Near Keshav Puram Metro Station, NEW DELHI-110035
Tel.: 011-43598194, 9711924754.
Mobile & WhatsApp: 9911151534
E-mail: bhagwatipublishersdelhi@gmail.com
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Website: www.bhagwatipublishers.com

₹ 700.00

ISBN: 978-93-94245-50-1



9 789394 245501