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7th March 2020



**Organised by
R.G.Bagdia Arts, S.B.Lakhotiya Commerce &
R.Bezonji Science College Jalna
Department Of Physical Education & Sports**

A Journal of Physical Education Foundation of India

**“NATIONAL CONFERENCE ON
INTERDISCIPLINARY APPROACHES IN EDUCATION, PHYSICAL
EDUCATION, SPORTS AND YOGA”**

7th March, 2020

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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS,
JALNA EDUCATION SOCIETY'S,
R. G. BAGDIA ARTS, S. B. LAKHOTIA COMMERCE &
R. BEZONJI SCIENCE COLLEGE, JALNA - 431203 (M.S.)**

MESSAGE

It is a matter of Pleasure that our College is hosting second time a National Conference, on Interdisciplinary Approaches in Education, Physical Education, Sports and Yoga on 7th March 2020. I think, the Conference would be envisages a holistic approximation of Education, Physical Education, Yoga and Sports. The National Conference will become a channel to meet with branches of education on a platform to put their interdisciplinary approaches towards Physical Education and Sports and Yoga. The conference is also expected to serve an interdisciplinary forum for intellectual deliberations, constructive discussions and positive conclusions about the theme of the conference. The major objectives of the conference are, to meet with the all branches of education and put their interdisciplinary approaches towards Physical Education and Sports and Yoga, and guide in Planning and Management of Sports for Sport Personnel. And to discuss the role of all branches of Media, Social Media, Computer Science and ICT in Education, Physical Education and Sports and yoga education. The conference will be helpful to become conversant with various improvements, advancements and recent changes.

We are honored by your participation in the National conference which promotes Physical Education, Sports, Yoga as part of the formative direction of modern society based on unity, evolution, efficiency and innovation. These features assure the effective training, coaching and research. The student will also take part by presenting posters of their respective sports. The field of sports science will fly in the surrounding of our campus. That's why we are proud to organize the conference.

We will have eminent scholars, professors, and researchers, Practitioners of Medicine, Pharmacy, yoga instructors, PETs, Coaches, in the interdisciplinary

areas of Physical Education and Education field and they would exchange and Interact thoughts in the conference. Previously the college has organized UGC National Conference on the interdisciplinary theme, by the department of Physical Education successfully. I give my expression of thanks and welcome to all the scholars, Delegates, students for the conference and hope, that they would get the exact objectives, they required in the field of Physical Education and Sports.

I extend my sincere thanks to Dr. Piyush Jain National Secretary, Physical Education Foundation of India and their team for helping us to promote physical education and sports.

We are looking forward to your presence and wish you a pleasant feel in our city.

Dr. Jawahar Kabra
Principal

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INDEX

Sr. No.	Name of the Author	Title of the Paper	Page No.
01	DR PERMESHVAR ABHANGRAO PATIL	DEVELOPMENT OF CONSTRUCTIVIST PROGRAMME FOR LIFE SKILLS TO B.Ed. STUDENT TEACHERS	01
02	DR.AJAZ HUSSAIN HURRA AND DR.SYED KHURSHID ALAM	IMPORTANCE AND BENEFITS OF SPORTS EXERCISES IN OUR DAY TO DAY LIFE	03
03	DR. BALWANT SINGH	PERSPECTIVE OF SPORTS TOURISM IN INDIA: A BRIEF SURVEY	06
04	DR. M.M. PAWAR, MR. DINESH P. GADADE	SPORTS AND SOCIETY	13
05	DR. MUKESH PURKE	YOGA AND IT'S IMPORTANCE IN OUR DAILY LIFE	15
06	DR. S. M. NALAWADE	IMPORTANCE OF YOGA IN OUR DAILY LIFE	23
07	DR. PRATAP GANPATRAO RAMPURE	TO STUDY THE SCOPE OF KHELO INDIA SCHEME FOR ACHIEVING MEDALS IN INTERNATIONAL COMPETITIONS	26
08	DR. JAWAHAR D. KABRA	IMPACT OF PHYSICAL EDUCATION ON ACTIVE LIFESTYLE OF COLLEGE STUDENT	28
09	DR.R.P RATHOD	A COMPARATIVE STUDY OF LOCUS OF CONTROL BETWEEN MALE AND FEMALE INTER-COLLEGIATE KABADDI PLAYERS	31
10	DR. JAYANTKUMAR RAMTEKE	PRIVATE GYMS IN NAGPUR CITY – TODAY AND TOMORROW	35
11	DR. SAGAR P. NARKHEDE	TECHNOLOGICAL EVOLUTION IN MODERN DAY CRICKET	37
12	DR. SHAIKH M.B	SPORT AND MAKE IN INDIA	40
13	DR. SHANKAR DHANDE	THE IMPACT OF AGGRESSION AND ANXIETY ON BASKETBALL PLAYERS	42
14	DR. SHIRISH V. TOPARE	COMMERCIALIZATION OF SPORTS	45
15	DR. SHRIKISHNA JADHAV	IMPORTANCE YOGA TEACHER TOWARDS STUDENT PARTICIPATION IN SPORTS	47
16	DR. TANPURE V.S	RELATION BETWEEN SPORTS AND SOCIETY	51
17	DR. VASISTHA A. KHODASKAR	EDUCATIONAL STRESS AND ITS MANAGEMENT THROUGH YOGA	53
18	DR. MAHADEO VISHNU MATE	DEVELOPMENT OF MULTI-MEDIA INSTRUCTIONAL MATERIAL ON COMPULSORY THEORY PAPERS FOR	55

		B.ED. TRAINEES	
19	DR. M.S. RATHOD, MR. SURESH K. RATHOD	SPORT AND MAKE IN INDIA	58
20	MR. G. S. DESHMUKH	'SPORTS FICTION': A BLOOMING LITERARY GENRE	60
21	DR. SANTOSH KOKIL	A STUDY OF YOGA AND ITS BENEFITS FOR SPORTS PERFORMANCE- SPECIALLY FOR CRICKET'S VIEW	63
22	FAHEEM FAISAL	PHYSICAL EXERCISE NECESSITY OF PUBLIC HEALTH AND WELL BEING	65
23	DR. PRAMOD N. HUMBAD	SPORTS & HAWK-EYE TECHNOLOGY	68
24	KHURSHID AHMAD HURRAH	PHYSICAL EXERCISE AND ROLE OF HEALTH RELATED PHYSICAL FITNESS COMPONENTS	70
25	MUDASIR BASHIR	STUDY OF COORDINATIVE ABILITIES, EXPLOSIVE STRENGTH AND ANTHROPOMETRIC CHARACTERISTICS OF FEMALE KHO-KHO PLAYERS OF J&K	73
26	N.YOGESH, N.JANARDHAN, SHANKAR RAO	YOGA IN DAILY LIFE	77
27	SAHIL SHARMA	YOGA FOR GOOD HEALTH AND WELL BEING	82
28	SHAFQIT HUSSAIN SHAH NEERAJ SHARMA	GENERALS BENEFITS OF SURYA-NAMASKAR	85
29	MR. SHARAD ARUN SAWALE	STUDY OF YOGA SKILLS FOR M.P.ED. STUDENT-TEACHERS	90
30	MR. TULJESH S. BHUREWAL	YOGA: TYPES AND ITS IMPORTANCE IN LIFE	92
31	MR.AMOL KHANDU AHIRE MR.YOGESH BHAGWAN THAKUR	NEED OF PHYSICAL EDUCATION IN THE RURAL AREA	96
32	DR. PARVEEN KUMAR	A COMPARATIVE STUDY OF ENDURANCE IN HIGH SCHOOL BOYS OF GONDIA AND AMGAON TALUKA	100
33	DR. AMIT K. TEMBHURNE	A COMPARATIVE STUDY OF SPRAIN AND STRAIN INJURIES AMONG BASKETBALL AND HANDBALL PLAYERS	102
34	DR. BAVIKAR SAMIR DR. B. A. SARPATE	MEDIA AND SPORTS	104
35	DR. INDRAJIT BASU	EFFECTS OF YOGA ON MENTAL AND PHYSICAL HEALTH	107
36	DR. SAMBHAJI BHONSALE	A COMPARATIVE STUDY OF FRACTURE AND DISLOCATION INJURIES AMONG KABADDI AND WRESTLING PLAYERS	113
37	DR. SANJAY AGASHE	A COMPARATIVE STUDY OF SPEED IN HIGH SCHOOL BOYS OF TUMSAR AND MOHADI TALUKA	115
38	DR. SARANG KHADSE	A COMAPARATIVE STUDY OF MOVEMENT TIME OF NAGPUR & AMRAVATI SOCCER PLAYERS	117
39	DR. SARIKA P JAGTAP	CAREER OPTIONS IN YOGA AFTER 12TH CLASS	119
40	DR. B. A. SARPATE DR. BAVIKAR SAMIR	SPORTS AND TECHNOLOGY	123
41	DR.ANIL V. WALKER DR.SUREKHA B. DHATRAK	HISTORICAL PERSPECTIVE OF OLYMPIC MOVEMENT	126
42	DR.JITENDRA KUMAR THAKUR	EFFECT OF SURYANAMASKAR ON THE SELECTED PHYSICAL FITNESS COMPONENTS OF COLLEGE LEVEL STUDENTS	128
43	DR.MOHD. AJAZ SHEIKH	A COMAPARATIVE STUDY OF PERSONALITY FACTORS OF MAHARASHTRA & CHHATTISGARH STATE SOCCER	130

		PLAYERS	
44	PROF. DIPAK NARAYAN PATIL	EFFECT OF YOGA ON HEALTH-RELATED FITNESS AND PERFORMANCE OF JUDO PLAYERS	132
45	DR. ANAND V KULKARNI	CURRENT SCENARIO OF SPORTS MARKETING IN INDIA	135
46	DR. SURYAKANT RATAN CHAUGULE	BIG INVOLVEMENT IN IPL A FINANCIAL MOVE	138
47	DR. VARSHA V. BAROKAR	IMPACT OF SPORTS FOR COMMUNITY DEVELOPMENT	140
48	DR. SUREKHA B. DHATRAK	IMPORTANCE OF NUTRITION AND DIET FOR SPORTS PERFORMANCE	141
49	DR. SUSHAMA NARAYAN CHOUGULE, DR. SANDEEP S. SHINDE	FIGHT THE BATTLE WITH GRACE	143
50	BHAGYASHREE BHILARE	EFFECT OF SPECIFIC TRAINING PROGRAMME ON STRESS OF SOFTBALL PLAYERS OF NAVI MUMBAI	149
51	DR G. RAMCHANDRA RAO	READING HABITS AND SPORTSMANSHIP AMONG COLLEGE STUDENTS IN THE DIGITAL AGE: A VIEW POINT OF A SPORTS TEACHER	152
52	DR. MAHADEO S. DISALE	SPORT PSYCHOLOGY: A POINT OF VIEW	155
53	DR. B. D. TOTARE, DR. V. S. JADHAV	SPORTS ECONOMICS & INDUSTRIES IN INDIA	158
54	DR. B.B. DAVKAR	THE MOTOR NERVE CONDUCTION AND VELOCITY OF ULNAR AND COMMON PERONEAL NERVE IN ATHLETES OF ANAEROBIC SPORTS OF MAHARASHTRA	163
55	DR. BAPPASAHEB MASKE, KRUSHNA PARBHANE	IMPORTANCE OF GALLI KHAL, FOR ENHANCEMENT OF HUMAN HEALTH AND PERFORMANCE	166
56	DR. CHANDRASEN UDHAVRAO SARUK	STUDY OF THE USE OF TECHNOLOGY IN SPORTS	170
57	DR. DAYANAND BHAKT	PERFORMANCE ANALYSIS OF WRESTLING GAME IN KHELO INDIA YOUTH GAMES 2020	172
58	DR. KALE B.G.	THE ROLE OF MASS MEDIA AND SPORTS	175
59	DR. MEENA PAWAR	COMPARATIVE STUDY OF ASPIRATION LEVEL OF VARIOUS LEVEL OF FEMALE KABADDI PLAYER	177
60	DR. PALLAVI S. DESHMUKH	EFFECTS OF SPECIFIC TRAINING PROGRAM ON ABDOMINAL STRENGTH WITH RESPECT TO MOTOR DEVELOPMENT THROUGH SIT UP TEST AMONGST 12 YEARS AGE RURAL GIRLS	180
61	DR. PRAVIN M. BHOSLE	CONTROL OF DOPING AND DEVELOP SPORT CULTURE	186
62	DR. RAHUL MORE	ROLE OF PHYSICAL EDUCATION AND SPORTS IN DEVELOPMENT OF YOUTH	190
63	DR. SUSHIL S CHAUHAN	NUTRITIONALLY BALANCE DIET AND SPORTS PERFORMANCE	193
64	DR. TEJAS R. SHARMA	NEED OF MORAL VIRTUES IN SPORT	195
65	DR. UMESH R. SADEGAONKAR	EFFECT OF YOGA THERAPY ON ANXIETY OF WOMEN	198
66	GURPREET SINGH, MANPREET KOUR	EFFECTS OF ALCOHOL ON SPORTS PERFORMANCE OF ATHLETES AND THEIR PHYSICAL FITNESS	202
67	SAVITA DABHADE	YOGA AND STRESS MANAGEMENT	206
68	FIRDOUS AHMED LONE	COMPARATIVE STUDY OF WILL TO WIN AMONG HANDBALL AND VOLLEYBALL PLAYERS	209
69	MR. HEMANT	MASS MEDIA AND SPORTS COVERAGE	212

	TRIMABAKRAO SHINDE		
70	VICKEY KUMAR	EFFECT OF SURYA NAMASKAR ON FLEXIBILITY OF COLLEGIATE STUDENTS	215
71	YOURAJ RATHOD	BENEFITS OF YOGA & MEDITATION	217
72	YOUNUS MOHAMMAD	PSYCHOLOGICAL FACTORS AFFECTING SPORTS PERFORMANCE	220
73	PROF MAHENDRA PANDURANG NAGRALE	RELAXATION TECHNIQUES IN SPORTS	222
74	PR. NIMBALKAR VIJAYANAND SHIVLAL	THE STUDY OF EFFECT OF TRATAKA & PRANAYAMA ON THE PERFORMANCE OF JUNIOR COLLEGE AIR RIFLE SHOOTING PLAYERS	225
75	TAHIR RASOOL MIR & MOHD IMRAN DAR	NEED AND IMPORTANCE OF REGULAR EXERCISE IN MODERN LIFE	228
76	DR. B. B. SALE	EXERCISE AND PHYSICAL TRAINING: A CURE FROM HEALTH PROBLEMS	235
77	MR. SANJAY EKANATH WADKAR DR. MANOHAR M. MANE	A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE BETWEEN EDUCATION AND PHYSICAL EDUCATION COLLEGE FEMALE STUDENTS IN PUNE DISTRICT	239
78	DR. PRASAD KULKARNI	EVENT MANAGEMENT IN SPORTS	242
79	DR. RATNAKAR KULKARNI, MALLIKA NAGPURE	SPORTS PERFORMANCE IN PSYCHOLOGICAL VIEW	245
80	MISS REETA KADLI, MR.MANJUNATH HULIGEWA ARENTANUR, MR.THOMAS MYSORE ABRAHAM	SPORTS PSYCHOLOGY FOR ALL	247
81	SAPKAL R. R.	IMPACT OF YOGA IN DAILY LIFE	248
82	MRS. SUNITA RAUT, MRS. KALPANA PATIL	HISTORICAL RESEARCH IN PHYSICAL EDUCATION	250
83	DR. SUSHANT RANGANATH HALDANKAR	YOGA IN DAILY LIFE	251
84	DR.RAMESH D. WAGHMARE	A COMPARATIVE STUDY OF SELF-CONFIDENCE AMONG SPORTSMAN AND NON- SPORTSMAN PLAYERS	254
85	SANGITA ANURAG SHRIVASTAVA, DR.TARESH P AGASHE	TECHNOLOGICAL ADVANCEMENT IN EDUCATION, PHYSICAL EDUCATION AND IN SPORTS	259
86	DR. SANTOSH SHAHURAO GHORPADE	PREPARATION OF NORMS FOR THE SCHOOL GOING BOYS BETWEEN 11 TO14 YEARS OF AGE IN AGILITY”	264
87	Dr. BHAGWAT P. NAIKNAWARE	THE PLACE OF JOB EXPERIENCES OF ATHLETIC RUNNING SHOES IN THE PROFESSIONAL SPORTS PLACING	268
88	Dr. PRASHANT TOUR	EFFECT OF OFF-SEASON FITNESS TRAINING PROGRAMMES ON GRIP STRENGTH	271

89	DR. KULKARNI GANESH B.	HORSE GRAM [MACROTYLOMA UNIFLORUM LAM. (VERDC.)]: A PERFECT AND COMPLETE INDIAN DIET	275
90	DR. SATENDAR B. SINGH	TO SATISFECTION LEVEL OF THE STUDENT PARTICIPATION IN LAND BASED ADVENTURE TOURISM AND SPORTS	280
91	ASHISH DILIPRAO PAINKAR	COMPARATIVE STUDY OF MODERN MAINSTREAM WEARABLE FITNESS BANDUNDER VARIOUS PHYSICAL ACTIVITIES	287
92	DR. RAVIRAJ ACHYUT FURADE	ROLE OF INFORMATION COMMUNICATION TECHNOLOGY IN PHYSICAL EDUCATION	294
93	DR. DHONDE B.M.	SPORTS SURROUNDINGS IN SOCIETY A HEALTH PERSPECTIVE	296
94	DR. MANISHAS.SUTAR (NAWATHE)	AWARENESS OF ELECTRONIC-RESOURCES FOR PHYSICAL EDUCATION STUDENTS	299
95	DR. SANAP BHAGCHAND	ANALYSIS OF DIURNAL VARIATION OF VERTICAL JUMP AMONG STUDENTS	303
96	DR. WANGUJARE SANTOSH	A STUDY OF BMI AND FITNESS LEVELAMONG CHILDREN	306
97	DR. ABHIJEET K. KANDERE	RELATIONSHIP BETWEEN EMOTION AND MOTOR FITNESS	310
98	SINGH SHASHIKANT RAMNAYAN, DR. S.M. KOTE	COMPARATIVE STUDY OF LOWER BODY STRENGTH AMONG THE BOARDING AND NON BOARDING STUDENTS OF CBSE SCHOOL OF AURANGABAD DISTRICT, MAHARASHTRA	312
99	RANJITA PRIYADARSHINI, DR. B. JOHN	A COMPARATIVE STUDY OF MENTAL TOUGHNESS BETWEEN LEFT HANDED AND RIGHT HANDED MALE SPORTSPERSON	316
100	JITENDRA KUMAR, DR. YUVRAJ SHRIVASTAVA	A COMPARATIVE STUDY OF PSYCHOLOGICAL BURNOUT BETWEEN NATIONAL AND DISTRICT LEVEL FEMALE KABADDI PLAYERS	319
101	DR. NILESH RAJENDRA GADEKAR	A COMPARATIVE STUDY OF SELECTED PHYSICAL VARIABLE AMONG RURAL, TRIBAL AND URBAN STUDENTS	322
102	DR. MAHESH VIJAYKUMAR RAJENIMBALKAR	RELATION BETWEEN BMI AND PHYSICAL FITNESS COMPONENTS OF SCHOOL BOYS	325
103	JINENDRA BOUDH	SOCIAL DEVELPOMENT THROUGH SPORTS CULTURE	329
104	डॉ . हंसराज डोंगरे	डोपिंग का दंश और खिलाडी	333
105	गादेकर पि. सी.	दैनंदिन जीवन में योग का महत्व	337

106	संतोष कुमार	परम पूज्य जनार्दन स्वामी योगाभ्यासी मंडल का आर्थिक व्यवस्था का अध्ययन ।	339
107	डॉ . बनसोडे लीला	मनोकाविक रोग और योग	341
108	डॉ. नागनाथ शेवाले	योग शिक्षा की व्याप्ति	343
109	प्रा. वझरकर यु. एम. डॉ. हेमंत वर्मा	खेल और आरोग्य शिक्षा	345
110	प्रा. डॉ. भास्कर शिवलाल राठोड	स्वदेशी भारतीय खेल एवं प्रादेशिक भाषाएं	347
111	डॉ.लक्ष्मण कदम	खेल पत्रकारिता एक भाषिक कला..!	350
112	डॉ. डापके के.डी.	शारीरिक शिक्षा व शिक्षा	353
113	डॉ.लोकरे गुरुदास आदीनाथ	योगा, स्वास्थ्य एवम् समाज कल्याण	356
114	डॉ. प्रवीण ब्रिजलाल चंदनशिवे	खिलाड़ी और संतुलित आहार	358
115	डॉ. महावीर एन. सदावर्ते	कर्मचारी तथा कामगारों के स्वास्थ्य के लिए तनाव प्रबंधन अत्यावश्यक: व्यायाम, योगा और खेल उत्कृष्ट तकनीक	363
116	डॉ शाम काबुलीवाले	खिलाडी के खेल प्रदर्शन मे पोषक तत्व युक्त सम्पूर्ण आहार का महत्व.	371
117	डॉ.व्ही.बी.ऊगले	तनाव प्रबंधन के घरेलू नुस्खे..!	374
118	डॉ. वि.म. पवार	खेलों के जरिये राष्ट्रीय एकता का विकास	377
119	डॉ. प्रमिला भगत	खिलाडियों के लिए संतुलित आहार	379
120	प्रा. डॉ. पी. एल. कराड	क्रिडा क्षेत्रातील 'जलतरण' क्रिडा विषयक सूचना व नियमावलीचे अध्ययन	383
121	प्रा. डॉ. पंढरे एस. एम.	क्रिडा मार्गदर्शक : कर्तव्य, जबाबदारी व दक्षता विषयक चिकित्सक विश्लेषण	386
122	प्रा. डॉ. पांडुरंग श्रीरंग रणमाळ	खेळाडूसाठी आवश्यक समतोल आहारविषयक शास्त्रीय दृष्टीकोनातून अध्ययन	389
123	प्रा. डॉ. टेकाळे आत्माराम दादाराव	क्रिडा क्षेत्रातील पंचमीरीसाठी आवश्यक मूलभूत तत्वांचे विश्लेषण - एक अभ्यास	391
124	श्री. जगताप जी. एम. श्री. कान्हेरे पी. ई.	ताण - तणावाच्या व्यवस्थापनासाठी योगा अभ्यास ही आधुनिक काळाची गरज	394
125	डॉ. पांगारकर सी बी	शारिरिक शिक्षणात क्रीडा व्यवस्थापण व आयोजन	398
126	डॉ. बिरकायलू के .एस.	खेळ आणि आहार	402
127	प्रा. जानकी वामनराव कुर्तडीकर	सूर्यनमस्काराची मानवी आरोग्यातील भूमिका	404
128	प्रा सतीश वसंतराव लोंढे, प्रा.डॉ. वसंत रामसिंग पवार	प्रशिक्षक व प्रशिक्षणाची तत्वे	406
129	गिरी श्याम नारायण, डॉ. एन. के. शेवाळे	जालना जिल्ह्याची औद्योगिकपार्श्वभूमीवएकुण स्थितिचे अध्ययन	409
130	प्रा. डॉ. उदय परमेश्वर डोंगरे	ऑलिम्पिक स्पर्धेत भारतीय महिला खेळांडूची कामगिरी	413

131	अरुण मारुती पाटील, डॉ. उदय डोंगरे	शारीरिक संरचनेत वय , वजन, उंचीचे महत्व	417
132	संतोष कुमार कपिल देव सिंह डॉ मीनाक्षी पाठक	आरोग्य की दृष्टि से परम पूज्य जनार्दन स्वामी योगाभ्यासी मंडल द्वारा किए गए कार्य का अध्ययन	420
133	प्रा. डॉ. उदय परमेश्वर डोंगरे, तुकाराम मेहेत्रे	आरोग्य, आहार आणि खेळाडू	427
134	DR. SHIWANAND A. MUNDHE (ABSTRACT)	INCULCATION OF HUMAN VALUES THROUGH SPORT EDUCATION AT PRESENT SCENARIO: NEED AND IMPORTANCE	430

DEVELOPMENT OF CONSTRUCTIVIST PROGRAMME FOR LIFE SKILLS TO B.Ed. STUDENT TEACHERS

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ABSTRACT

Education is compulsory to individual for all round development of individual's personality. The various levels of education are fixed according to age group of students of educational policy of nation. Primary, secondary and higher educations are these levels. These levels are important for student's personality development. For that, comprehensive efforts are going to do various administrative levels in our country. Today's curriculum focuses on successful and efficient life and development of skills. There are no barriers in natural development of skills. There is need to learn through self-experience to students. There is need to give learning experiences of life to students. UNICEF has given training to officers and teachers for students to transmit life skills. There is responsibility of teachers to teach in class as well as life skills education. As a result, the researcher has decided to study the Development of Constructivist Programme for Life Skills to B.Ed. Student Teachers.

Key words: Life skills, Constructivist Programme, B.Ed. Student-Teachers.

INTRODUCTION

N.C.E.R.T. changed school curriculum according to National Curriculum Framework 2000 and 2005. Primary education is an important basement of education. The school curriculum is constructed curriculum in Maharashtra state. The curriculum is going to execute from 2006-07 academic year. The changes are made in textbook also. Student centered teaching-learning, self-learning and required competencies are focused through textbook. Today's student is tomorrow's responsible citizen in society. There is need to develop abilities and skills to face problems in future. Students have to fulfill daily needs in society. Students have to know the practical knowledge of how to behave, speak, communication, expressions, participation in sad and happy moments, exact decision, critical thinking, creative thoughts, adjustment etc. for its success, student has to develop natural skills. Physical and mental abilities should be developed through education.

OBJECTIVES OF RESEARCH

- 1) To study the Conventional approach of teaching life skills to B.Ed Student –Teachers.
- 2) To develop constructivist integrated programme for Teaching of life skills to B.Ed Student – Teachers.
- 3) To study the effectiveness of constructivist integrated programme for teaching of life skills to B.Ed Student –Teachers..
- 4) To suggest development programme for teaching of life skills to B.Ed Student –Teachers.

RESEARCH METHODOLOGY

The researcher has used experimental method to study the effectiveness of development of constructivist programmes for life skills to B.Ed Student Teachers. It is necessary to fix which design should use before experiment after selecting the problem. pre-post two equivalent group design were used for the present research study. Researcher-made questionnaire, observation scale, achievement test such tools were used for the present research study. The College was selected through purposive sampling in improbability sampling method and 40 student Teachers were selected through lottery method in simple random in probability sampling method. Percentage tool was used for questionnaire to analyze data.

Mean, Standard deviation, t-value tools were used to analyze data acquired through pre-test and post-test. The recommendations based on conclusions are presented for the student teachers and teacher educators.

Group	Students	Mean	SD	T value	Df
Control	20	34.6	3.43	6.72	38
Experimental	20	41.55	3.10		

CONCLUSIONS

1. The achievement of experimental group students is more than the achievement in control group.
2. The developed constructivist programme is more effective for developing life skills among B.Ed. student-teachers.
3. The achievement in scores is more in experimental group regarding the development of life skills among B.Ed. student-teachers.

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IMPORTANCE AND BENEFITS OF SPORTS EXERCISES IN OUR DAY TO DAY LIFE

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ABSTRACT

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. Exercises can play a significant role in keeping the society, community and nation, wealthy. The present era in which we all are living is full of health hazards, because of pollution, rapid industrialization and mechanization. The lifestyle of the people has changed. Physical activity in daily life is limited to switching on and off the remote controls of every instrument and electronic devices, for example operation of television, V.C.R, telephone etc. This leads to various problems related to health, because of their less manual or physical labour in daily activities. This fact provides the bases for the need and importance of physical education activities. If we want to keep our selves fit and healthy during this era, then we have to involve ourselves in some sort of physical activity regularly so that muscles and other systems of our body get exercised regularly and develop properly, and thereby avoid various health related problems and diseases. To have better fitness, an individual has to do various fitness exercises regularly, without giving any break in the fitness programme. If we are not following fitness programme regularly then our fitness will decline. A healthy person may become physically unfit if he does not exercise regularly. Efficiency of muscles reduces due to less or irregular physical workout. So we must perform fitness exercises daily. Exercise is associated with many physical and physiological benefits that help an individual to feel good and function effectively. Exercise provides an enjoyable way to spend leisure time. People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate intensity on a regular basis. Regular Exercise substantially reduces the risk of developing heart disease, stroke, high blood pressure, some cancers, diabetes, and may help to ease stress, anxiety, and depression. At any age, being physically fit is an asset to your overall health.

Key words: Exercise, Benefits and health.

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. Exercises can play a significant role in keeping the society, community and nation, wealthy. If the citizens of a country are healthy, the country is sure to touch heights in every facet of life, and the country's healthy generation can change highest mark in various fields and thereby enable their country to win laurels and glory at the international level. So, if we get proper education regarding health, every one of us can contribute towards the upliftment the country.

'Exercise' is one of the healthy life style which contributes to optimum health and quality of life. People who exercise regularly can reduce their risk of death and active people increase their expectancy by two years compared to inactive people. Good health adds to the quality of life. Regular Exercise and good

physical fitness enhance the quality of life in many ways. Physical fitness and exercise can help us to look good, feel good, and enjoy life. Exercise provides an enjoyable way to spend leisure time.

EXERCISE

Exercise is any bodily movement that leads to physical exertion of sufficient intensity, duration and frequency to achieve or maintain fitness, or other health or athletic objectives.

IMPORTANCE OF EXERCISE

Regular aerobic Exercise increases our fitness level and capacity for exercise. It also plays a role in both primary and secondary prevention of cardiovascular diseases. Exercise is a major risk factor for health diseases and stroke and is linked to cardiovascular mortality.

Exercise can help blood lipid abnormalities, diabetes and obesity. Aerobic physical activity can also help to reduce blood pressure. Regular Exercise substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. Moreover, Exercise need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

BENEFITS OF EXERCISE

Regular Exercise is one of the most important things you can do for your health. The health benefits of doing regular Exercise have been shown in many studies. You are likely to get the most benefits to your health if you are someone who is not very active at all and you become more active. However, there are still benefits to be gained for anyone who increases their physical activity levels, even if they are already doing 30 minutes of moderate intensity activity on most days. Overall, people who do the recommended levels of Exercise can reduce their risk of premature death by 20-30%. Other health benefits include the following:

Reduce your risk of cardiovascular disease

Coronary heart disease. Your risk of developing coronary heart disease, such as angina or a heart attack, is much reduced if you are regularly physically active. Inactive people have almost double the risk of having a heart attack compared with those who are regularly physically active. If you already have heart disease, regular Exercise is usually advised as an important way to help prevent your heart disease from getting worse.

Stroke. Physically active people are less likely to have a stroke. One study found that women aged 45 and older who walk briskly (at least three miles per hour), or who walk for more than two hours a week, reduce their risk of stroke by a third compared with less active women.

Cholesterol. Regular Exercise has been shown to raise levels of high-density lipoprotein (HDL) cholesterol.

High Blood Pressure

Regular Exercise can help to lower your blood pressure levels if you have high blood pressure. It can also help to prevent high blood pressure from developing. High blood pressure is one of the risk factors for heart disease and stroke.

Reduce Your Risk of Type 2 Diabetes and Metabolic Syndrome

Diabetes. If you are regularly physically active then you have a lower risk of developing type 2 diabetes than inactive people. The greater the amount of physical activity that you do, the lower your risk of developing type 2 diabetes. If you have been diagnosed with impaired glucose tolerance (prediabetes), regular Exercise can help to prevent this from developing into diabetes.

Weight Control

Exercise helps you to burn off excess fat. Regular Exercise combined with a healthy diet is the best way of losing weight, and keeping that weight off.

Strengthen your Bones and Muscles

Research shows that doing aerobic, muscle-strengthening and bone-strengthening physical activity of at least a moderately-intense level can slow the loss of bone density that comes with age. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength

Reduce Your Risk of Some Cancers

Regular Exercise can help to reduce your chance of developing cancer. It roughly halves your chance of developing cancer of the colon (bowel cancer). Breast cancer is also less common in women who are regularly physically active.

Improve Your Mental Health and Mood

Exercise is thought to help ease stress, boost your energy levels and improve your general well-being and self-esteem. It can also help to reduce anger. As well as this, physical activity can make you sleep better. (But do the activity during the daytime or early evening, not near to bedtime.) Studies have also shown that regular Exercise can help to ease anxiety and depression.

Keeping You Mobile and More able to Live by Yourself

Regular Exercise throughout life can help to keep you more mobile as you get older. Still being mobile is one of the things that helps older people remain independent and able to live by themselves at home. As mentioned above, as you get older, flexibility and balance exercises are important to help reduce your risk of falling and becoming injured. If you are aged over 70, you are less likely to fall and be injured if you are regularly physically active.

Increase Your Chances of Living Longer

Science shows that Exercise can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers.

Conclusion

Doing regular Exercise can make you feel good about yourself and it can have a number of benefits for your health.. Ideally, you should aim for at least 30 minutes of moderate intensity Exercise at least five days of the week. You should also aim to do a minimum of two sessions of muscle-strengthening activities per week, although these should not be on consecutive days. Exercise is any activity that you may do that helps to improve or maintain your physical fitness as well as your health in general. People of all ages, both male and female can benefit from regular Exercise. Exercise improves quality of life, It also includes information that will make workouts easier, safer and more satisfying. It is never too late to start to gain the benefits, no matter how old or unfit you are.

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PERSPECTIVE OF SPORTS TOURISM IN INDIA: A BRIEF SURVEY

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ABSTRACT

The idea of sports related the tourism has gotten progressively noticeable over the most recent couple of years both as a scholastic field of study and an undeniably famous the tourism item. The motivation behind this paper is to survey and scrutinize the sports tourism writing, and to propose a future research plan. Variations in the meaning of sports tourism tended to and a portion of the troubles which researchers have looked in setting up an institutionalized definition are illustrated. In addressing the inquiry why has sport the tourism out of nowhere become so conspicuous, a glance back at history shows that individuals have occupied with sport related travel for a considerable length of time. Notwithstanding, in the previous ten years, the prominence of this type of movement has expanded. Different clarifications, for example, the expanded accentuation on wellbeing and wellness and expanded utilization of games by urban communities to draw in voyagers, are inspected. The topic of what is thought about sports tourism members a survey and study of the writing for the three spaces of sports tourism: dynamic sports tourism, which alludes to individuals who travel to part take in sport; occasion sport tourism, which alludes to make a trip to watch a game; and sentimentality sport tourism, which incorporates visits to sports exhibition halls, acclaimed sports settings, and sports themed travels. The larger end from this audit is that the field experiences an absence of mix in the domains of arrangement, research, and training. At an arrangement level, there should be better coordination among organizations liable for sport and those liable for the travel industry. At an examination level, more multi-disciplinary research is required, especially look into which expands after existing information bases in both game and the travel industry. In the domain of instruction, regional challenges between offices asserting the tourism ability and those guaranteeing sport aptitude should be overcome.

Key words: Sports Tourism, Activities, Active sports, Games.

INTRODUCTION

The term 'Sports Tourism' essentially implies the travel industry that depends on the topic of sports. It alludes to a particular travel outside the standard condition for either detached or dynamic inclusion in aggressive game. Game is the essential purpose behind movement while the relaxation component may strengthen the general understanding. Another way of thinking clarifies it as a blend of sports exercises and travel wherein it comprises of two general classifications.

- **Active Sports Tourism** i.e. Travel for the purpose of participating in a sport, leisure or recreational activity.
- **Passive Sports Tourism** i.e. Travel for the purpose of visiting a sport, leisure or recreational activity or an event.

Economic Forces That Drive Sport Tourism

With the end goal for individuals to take an interest in any type of sports tourism, a sufficient measure of cash must be controlled. The riches of families today has ascended higher than ever, for the most part due to significant changes in the kind of occupations individuals are utilized in, just as how individuals work. So also, individuals are encountering an expansion in the measure of relaxation time accessible for sport the travel industry exercises. By and large, the quantity of hours at work has diminished essentially over the previous century, especially as the quantity of occasions has expanded and upgrades in innovation possess prompted progressively dispensable energy for some individuals. Eventually, for most Western social orders the financial changes in late history have expanded the measure of time and cash accessible to people, and have inspired them to participate in sport the travel industry exercises.

Technological innovations that influence popularity of Sports Tourism

Similarly significant in making it feasible for sport tourism to extend to a progressively broad cross area of the populace are the ongoing developments in innovation. The best case of this new innovation is delineated by new techniques in transportation. With the innovation of autos and air travel in the previous century, people have had the option to move to different areas to partake in these sport tourism exercises. Moreover, with the formation of these new transportation techniques, individuals started to require housing endlessly from their homes. This prompted the huge improvement of various lodgings, hotels, and motels. Notwithstanding the significant job that transportation and convenience played in the expanded fame of sport tourism, new advancements in media innovation additionally supported in the improvement. The press followed by radio and afterward TV promoted onlooker sport specifically. In conclusion, the advancements in sport gear generation have likewise added to the improvement and the promoting of sport. Because of the wide range in mechanical developments, the opening of movement and intrigue of sport has enormously expanded, considering the quick extension of sport tourism. All the more explicitly, expanded access, extended accessibility, and simplicity of investment have added to the expanded ascent in fame of sport tourism.

Economic impacts of sport tourism

A great part of the examination on occasion sport vacationers has concentrated on their monetary effect upon a host network, despite the fact that estimating spending designs is a troublesome suggestion. Tourism's monetary effect is one of the most explored however least comprehended regions of tourism. Sport and tourism each contribute a lot to the worldwide economy and have become a component in the ordinance of lawmakers, organizers and business analysts looking to recover neighborhood economies. As a mix of the two, sport tourism has a noteworthy financial effect. Be that as it may, the definite effect of sport tourism is hard to measure. The accessibility of information and research both linger behind the market and it is hard to gauge the general estimation of sport tourism. Likewise, the industry is far reaching to the point that it has messed up professionals and academicians in deciding the precise arrangement.

Socio-cultural Impacts of Sports Tourism

Sport tourism unavoidably influences more than the economy; vacationers by their essence sway on the host populace and, in any event in certain respects, has affect their guests. The pattern to build sport touristic encounters and to give them in faraway, frequently totally different societies essentially expands the significance of tending to both the potential positive and the negative socio social effects of sport tourism

General Benefits of Sport Tourism

- Sports are an interest in the tourism business.
- Creates financial development through filled inns, eateries and retail foundations.
- Creates introduction and upgrades a positive picture for your locale.
- Creates new item, another tourism goal.

- Maximizes office use in your locale.
- Builds people group connections and reinforces corporate help.
- Creates youth opportunity/stimulation.
- Attract high return guests, particularly repeaters.
- Generate great picture for the goal.
- Develop new framework.
- Use the media to expand the ordinary interchanges reach.
- Generate expanded pace of tourism development or a more appeal level.
- Improve the authoritative, showcasing, and offering capacity of the network.
- Secure a money related heritage for the board of new sport offices.
- Increase people group support for sport and sport-occasions.

Classification of Sports Tourism

There are several classifications on sport tourism. One of the theories suggested that the sports tourism is defined as Hard Sports Tourism and Soft Sports Tourism while another theory suggested that there are three types of sports tourism which includes Sports Event Tourism, Celebrity and Nostalgia Sport Tourism and Active Sport Tourism

Hard and Soft Sport Tourism

Hard meaning of sport tourism alludes to the amount of individuals taking an interest at focused sport occasions. Typically these sorts of occasions are the inspiration that draws in guests visits the occasions. Olympic Games, FIFA World Cup, F1 Grand Prix and territorial occasions, for example, NASCAR Sprint Cup Series could be depicted as Hard Sports Tourism. Soft definition is generally the voyagers travel for taking part on recreational sporting, or pursuing relaxation interests. Climbing, Skiing and Canoeing can be depicted as the Soft Sports Tourism.

Sport Events Tourism

Sport event tourism refers to the visitors who visit the city with the purpose of watching the events. A good example of this would be during the Olympics. Each Olympic host city receives an immense amount of tourism.

Nostalgia sport tourism

Sentimentality sport tourism includes venturing out to well known sport-related attractions. Visits to different sporting corridor of distinctions, for example, the Women's College Basketball Hall of Fame in Knoxville, Tennessee and the Baseball Hall of Fame in Cooperstown, New York are genuine instances of these sport-related foundations. Besides, sports historical centers, for example, the NASCAR exhibition hall in Charlotte, North Carolina, and popular sport settings, for example, Lambeau Field in Green Bay, Wisconsin fall into this class.

Active sport tourism

Those individuals who travel to participate in sporting events comprise the active sport tourism category. These participatory events can take on a wide variety of forms in a wide variety of sports. Golf, kayaking, tennis, fishing, snow-mobiling and surfing are just a few examples of the sports that people travel to participate in.

SPORTS TOURISM IN INDIA

India has consistently been huge in the tourism business in view of its extraordinary decent variety. Be that as it may, India's sports tourism is likewise cutting a specialty for itself in Indian tourism industry, pulling in numerous globe-trotters to get flights to India. Sports tourism in India is a flat out must for all the rush and experience searchers. The Historical and topographical decent varieties of India open up incredible roads for experience sports and exercises. India is a gigantic nation with an amazingly changed

geography. Be it skiing on the incomparable Himalayan extents, bicycling on the shaky Indian streets or boating on spouting waterways – India occasions offers a scope of chances to its guests to try out their sporting abilities! Of course, modest flights to India are progressively getting increasingly well known among sports monstrosities! With satisfactory help from significant specialists, sports tourism in India is in reality increasing massive unmistakable quality and prominence. Individuals from various pieces of the globe have begun looking towards India as a world class occasion goal with first class sporting framework. Sports tourism in India is additionally being energized by the tourism suppliers in India. It implies that excursions to India are sports-situated. Voyagers book tickets on flights to India not exclusively to appreciate a portion of the world's best attractions yet additionally to encounter an excursion that is sports-arranged.

OBJECTIVE: The Current Scenario in INDIA

Inbound Sports Tourism in India

Sports tourism is broadly define by the adventure sports and game in India. There are indeed several destinations in India offering sports tourism. There are varied sports activities that one can indulge during their vacation.

Types of adventure sports: Distinguished adventure sports: mountaineering, rock-climbing, scuba diving, water rafting, kayaking, canoeing, sailing, surfing, water scooting. Aero sports like: ballooning, paragliding, hand gliding. These sports offer scope for sports lover and enthusiasts from the entire world.

Adventure hot sports in India: Goa, Andaman and Nicobar, Kerala, Uttaranchal, Rajasthan, Andhra Pradesh, Tamil Nadu, Jammu and Kashmir, Assam, Sikkim, Lakshadweep.

Business and leisure Business tour combined with active sports are becoming highly popular where business meets leisure and such kind of sports tourism on business tour is global cooperate strategy for employee entertainment and well being. Moreover sports tourism is nurture by professional sports person they have to travel extensively for there carrier to participate in national and international championship like Cricket World Cup, Soccer World Cup, Wimbledon so on and forth. Commonwealth Games 2010, Delhi is the best example of sports tourism.

Outbound Sports Tourism in India

An occasion with companions or family to observe a mega sporting occasion is never again an outsider idea for Indian voyagers. Today, sporting devotees in India are happy to spend 'as much as possible' to fly set over the globe to encounter the rush of viewing their preferred game live. These fans likewise prefer to 'celebrate the good life' investigating and getting a charge out of the goal simultaneously. Correspondingly, there has additionally been a checked ascent in the quantity of visit administrators and operators having some expertise in adjusting the necessities of this specific section. It's specialty authorities, yet in addition enormous standard visit administrators who set up a different division to tap the capability of Sports Tourism. An outsider idea in India about 10 years back, Sports Tourism, however a specialty section has advanced quickly in the course of recent years. Countless specialists and visit administrators are presenting intriguing bundles encompassing major sporting occasions. Sports Tourism is an efficient division and significant income churning in a few countries around the globe like UK, Germany, Singapore, South Africa, Malaysia and so on. A few National Tourist Offices (NTOs) are forcefully progressing in the direction of advancing their goals for Sport Tourism in India to tap the corporate, just as quickly developing upper white collar class and the youth. While Sports Tourism in India is basically outbound, there are little advances additionally being made on the inbound and household front. By and large, as indicated by industry specialists, the portion is relied upon to have a development pace of 10-20 percent in the coming years.

Promotional/Marketing Strategy

Keeping with the pace of 1980, the All India Council of Sports then drafted a National Sports Policy with three fold aims and objectives promoting the country's sports industry further on. These are:

- To inculcate sports and health consciousness amongst the masses for regular participation in

games and sports, and to make the nation healthy and strong.

- To improve the country's standards in sports and games so that the nation secures its rightful place in international competitions.
- To identify the need to provide all the necessary facilities and infrastructure essential for the promotion of better standards of performance in sports and games.

The idea underlying the draft policy is the recognition of the right of every citizen to participate in and enjoy games, sports and recreational activities. The salient points of the draft policy is summarised by experts as follows: 'Sports and Physical Education must be made a compulsory subject in all schools and colleges.'

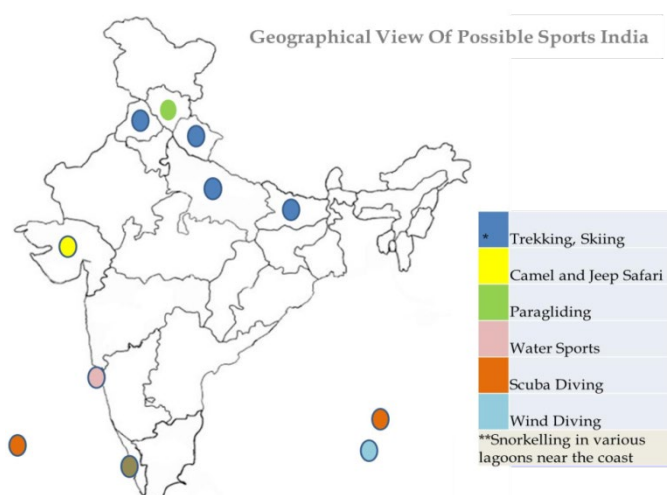
Mapping the potential of India as a Sports Tourism Destination

As cited by the World Tourism Organization, continuously 2020, it is normal that India will turn into the pioneer in the tourism business in South Asia, with about 8.9 million arrivals¹. Of late the Indian tourism economy has been esteemed as the second-most quickly expanding (8.8 %) tourism economy on the planet, by World Travel and Tourism Council. It additionally dispassionately examinations the present situation and future possibilities of the Indian tourism industry, concentrating on various parameters of the business, for example, inbound and outbound tourism and consumption by inbound sightseers. It breaks down the chances and factors, which are essential to the achievement of the tourism business in India.

Geographical look at the Possible Sports Destination – India

India has numerous vacation spots that have mending capacities fit for giving compensating encounters of life. India has the Himalayan ranges in the north, a long coastline encompassed via oceans in the south. Likewise, India is wealthy in fluctuated scenes, captivating chronicled locales and illustrious urban areas, clean sea shores, quiet mountain withdraws, rich societies and merriments to appreciate and rejuvenate. In any piece of the year, India can offer a wide choice of goals and encounters. In summer, there are flawless retreats in the midst of the powerful magnificence in the Himalayas or the lavish statures of the Western Ghats with cool trekking trails, tall pinnacles, or stretches of white water for the experience searchers. In the cool Indian winter, urban communities wake up with social dining experiences of music and move. The sun-clad sea shores are perfect areas for restoration in the winter. The natural life havens with their wealth of greenery give pleasures to the brain and revival to the body.

Fig.1 – Geographical View of Possible Sports tourism in India



- Camel and Jeep safaris in the deserts of Rajasthan
- Paragliding in Himachal Pradesh
- Water-sports in Goa

Key findings of the report

- Inbound tourist expenditure per head in India, is third highest in the world and even more than the global average tourist spending.
- More than 50% of the revenue earned by the Indian hotel industry comes from room rents. Over the five-year period spanning 20014-2019, Indian outbound tourist flow is expected to increase at a CAGR of 21.79%. It is expected that the tourist influx to India. The country offers a wide range of sports for tourists:
- Trekking and Skiing in the Himalayas
- White Water rafting on the rivers such as Ganges and Beas

- Scuba diving in Andaman and Lakshadweep islands
- Lakshadweep islands also offer excellent wind surfing
- Snorkelling in the crystal clear waters of the lagoons.

Tagging India as a Sports Tourism destination

At the point when a universal sport aficionado comes to India, he ought to likewise encounter the rich social legacy of the nation. Watching a series of the snake pontoon race in the Backwaters of Kerala or a bullock truck race in Tamil Nadu, will give the onlooker differing experience while visiting the nation. The Rural Olympics 2010 held in Kila Raipur, Punjab, pulled in many global sightseers. It was sorted out by the neighborhood Grewal Sports Club. A few visitors from England, who had come to watch the occasion, felt that the Punjab government ought to advance it universally. Skiing, which is a conspicuous sport in New Zealand and different European nations is likewise conceivable in North India. Himachal Pradesh, Jammu and Kashmir and Uttarakhand have world class ski inclines and skiing competitions in these states can draw in huge number of universal visitors. Another customary sport in India which can be promoted upon for Sports Tourism is Polo whose cause goes back to AD fifteenth Century Mughal period. After the British guideline in the nation, during which the sport endured a plunge, it isn't just played by the illustrious families and the Indian Army, however as of late, corporate sponsorship excessively has had the option to make a commitment to the sport. Today, Polo is played essentially in the province of Rajasthan and a couple of remote hilly enclaves of the subcontinent, remarkably Gilgit, Chitral, Ladakh and Manipur. State tourism sheets and the movement exchange should concentrate on growing such sporting occasions and showcasing equivalent to they convey extraordinary encounters.

Way forward: Opportunities and Challenges

Challenges

Absence of framework best the rundown of difficulties looked by most visit administrators in the nation while advancing Sports Tourism. Most travel administrators feel that the legislature ought to participate all the more ingeniously for them to feature India's actual potential as a sports goal. The media inclusion during 2010 Commonwealth Games uncovered India's 'eleventh hour' arranging approaches, various occasion the executives organizations face troubles in booking their sporting occasions because of this issue. Mayank Khandwala, President, Cutting Edge Events Pvt. Ltd stated, "India has consistently been a 'very late' showcase as a result of which there is part of weight on each perspective which thus influences our working. Getting visas for voyagers gets troublesome at that point." Another serious issue looked by industry players is of touting and snare promoting. As indicated by Premdeep Gangadharan, Co-Founder-Director, Fans on Stands, "We carry with us the energy for the game and we additionally have a good customers yet a significant issue is that the backers climb ticket rates for negligible benefits which regularly brings about underselling of tickets. Additionally, a great deal of trap promoting has been occurring nowadays. Despite the fact that it scarcely influences our business, we are attempting our best to check the issue."

Potential for Growth

Expanded media presentation of sporting occasions throughout the most recent decade has raised the profile of numerous sports, and despite the fact that TV inclusion is superior to whenever before, an expanding number of sports fans need to encounter live events. The media additionally can make national and worldwide symbols of sporting stars, accordingly producing more noteworthy interest, as fans need to see their sporting icons "in the flesh". Sporting occasions themselves are being made progressively speaking to visit, with more prominent degrees of solace, and different occasions –, for example, celebrations – being made around them, (for example, horse hustling ends of the week, drifting regattas, etc). Low-cost territorial carriers (and increasingly reasonable long stretch flights), are likewise driving interest for sporting occasions as flights become progressively helpful, increasingly ordinary, and obviously more affordable. Overall, the sports tourism specialty showcase is required to develop every year at around 6% for the following five years.

Future of sports tourism

Scope and future of sports tourism is endless in India because of its diverse topography and climatic condition. You can enjoy on land and water, under water and in air whatsoever form of adventure sports in India. Future of sports tourism and adventure sports in India is very bright.

The Road Ahead

Despite the fact that Sports Tourism is a specialty portion in India, it is developing quickly, with an enormous number of business visionaries ready to put resources into it. So as to help their undertakings, the administration needs to mastermind a general tidying of framework the board, security issues and promoting systems. The movement administrators themselves want to present more esteem added benefits in order to entice worldwide visitors to India. Inferable from New Delhi's created foundation and transportation, the Indian government has constantly given it a top need while facilitating sporting occasions like the two Asian Games (1951 and 1982) and Commonwealth Games 2010. Be that as it may, sport occasion coordinators and state tourism sheets in India ought to be prepared to put resources into other metro urban areas like Mumbai, Bengaluru, Hyderabad and Kolkata. With blasting enthusiasm among Indian sports devotees to investigate their inclinations in various sport fields, and different NTOs over the world empowering tie-ups with Indian visit administrators, there is adequate feed for India to rise as a Sport Tourism goal and lift in general tourism in the nation.

In the present world, not only in India, but in other countries of the world as well, individuals are developing interest and enthusiasm in sports tourism to a large extent. There are two categories of sports tourists, the ones, who participate in the sporting events and the other, who travel for the purpose o

CONCLUSION

In the present world, in India, however in different nations of the world also, people are creating interest and energy in sports tourism to an enormous degree. There are two classifications of sports sightseers, the ones, who take an interest in the sporting occasions and the other, who travel to watch the sporting occasions. Variables that impact sports tourism are monetary components, innovative elements and socio-social elements. Sports vacationers have different attributes, these are, premium and eagerness, going independent from anyone else, wellbeing and prosperity, discipline, compelling correspondence, tirelessness and cleverness, capable conduct, versatile nature, improvement of scholarly capacities and attractive advancement. The people, create premium and excitement in sports for not just winning notoriety for their family, network or the whole country, however they have had the option to purchased about monetary development and advancement.

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SPORTS AND SOCIETY**Research Guide**

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ABSTRACT

Sport is a very prominent social institution in almost every society because it combines the characteristics found in any institution with a unique appeal only duplicated by, perhaps, religion. Women and male have different physical abilities that allow them to accent different parts of their game. We live in society where athletics and a being a part of team or something greater than an individual is crucial to our growth as a person. Having people skill and being a part of team is something we all need to learn to be a part of society that relies heavily on the team man up or the person to his or hers left and right. The common question gets asked every single day in significant moments in our lives. Development of mass sports and its place in modern society is a topical issue of great importance. Popularization of physical culture, sports and healthy lifestyle plays an important role in any country.

Key words: *Prominent, Social Institution, Physical Abilities, Women, Development, Mass, Popularization, Physical Culture, Lifestyle etc.*

INTRODUCTION:

Development of mass sports and its place in modern society is a topical issue of great importance. Popularization of physical culture, sports and healthy lifestyle plays an important role in society in any country. Mass sport is the basis of professional sport, the condition of physical perfection of the younger generations. Professional sport allows, by identifying individual opportunities and abilities of each person in a particular area of sports activity, to achieve maximum, record sporting results. Records in professional sport, winning the official international, national and other sporting events, creates a moral incentive to the development of mass sports. The role of sport in modern society, it can be argued that sport is a continuous social experiment, in which mankind shows its potential, accumulating and improving human capital, expanding its potential. Sports are performing developmental, educational, patriotic, communicative functions integrate and coordinate individuals and society groups, helps the nation to develop. The sports system is directly connected with the subsystems of health, science, culture, upbringing and education. Sport has significant impact on the socio-economic and political processes of any modern society.

It is quite natural that nowadays complex socio-economic, psychological and ecological situation in the world is placing new demands to various sectors of public life, including in a such kind of human activity as a sport. First of all, it should be noted that even today the problem of promotion of various types physical culture and sport among diverse populations. It is obvious, that systematic sport activity and various kinds of physical exercises in a variety of ways will enhance the general resistance of people organism to the modern diverse effects of various kinds. Particularly important this problem is for young generation due to a significant decline in physical health among young people, spread among them of diseases, that threatens the economic, intellectual and social stability of our society in very near future. In this regard, government propaganda of healthy lifestyle and sport takes a special place in the process of development of modern mass sports.

INFLUENCE OF SPORTS ON SOCIETY:

Sports are an event that has been around in some form or another for many years. Through time, they have gradually evolved into their current state, and will undoubtedly continue to be around for years to come. This is because they always have, and always will be positive influence on society and individuals. The emergence of professional sports over the past century has unfortunately brought with it some negative effects. However, the positive effects of the sports definitely outweigh the negative. One way in which sports have a positive effect on a people is the fact that they draw people together. Whether it is member of a team, or fans rooting for a certain team, sports have always bonded people of different backgrounds together with community.

Sporting events have played pivotal roles in communities around the world throughout history. Today contest pushing physical limits are more popular than ever before. As interest in health and longevity continues to rise, and government and business continue to see sporting events as sound investments, sport will play a vital role in society for the foreseeable future. Sports immense effect on culture is especially evident among those who may not enjoy playing or watching sports. These peoples often skills know the names of key players, and they may still take national pride in Olympic medals. No matter our individual involvement, sports generally provide everyone in society with some form of a shared story and a shared goal. Sports mirrors or reflects society, its virtues and vices, but unlike a mirror, which is passive, sport is active. It reflects back on society. Its reflection on society in its paradigmatic form, sport can serve illuminate its moral significance, both negatively and positively. Participation in sport can be promote human rights through generating shared interests and values and teaching social skills that are necessary for democratic citizenship. Sport enhances social and cultural life by bringing together individuals and communities. Sports and society provides students a basis for understanding the sport industry and the broader economic, political, religious, cultural, ethnic and social systems that apply to the world of sports.

Objectives of research:

1. To study the relation of sports and society.
2. To study which types of influence of sports on society.
3. To study significance of sports for society and role of sports.

Research Methodology:

The secondary data sources are used for data collection for this research paper. Analytical and descriptive research methods are used for this research.

Conclusion: The present research shows that:

1. Sport can serve illuminate its moral significance, both negatively and positively.
2. Participation in sport can promote human rights through generating shared interests and values and teaching social skills that are necessary for democratic citizenship.
3. Sport events can boost tourism and revenue for a city. Sport plays a positive role in uniting people from different social backgrounds in support of their favorite team.

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YOGA AND IT'S IMPORTANCE IN OUR DAILY LIFE**DR. MUKESH PURKE****ABSTRACT**

Yoga is very much concern today. Yoga is the science of life and the art of living. Yoga arose in the age of the Vedas and Upanishads. It is India's oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and developing its power of subtle perceptions so that man may discover for himself the spiritual truths on which religion, beliefs and moral values finally rest. The yogic activities provide immense help in assisting an individual to seek his all round growth and development. Present world use to practice yoga for maintaining good health. Investigators, in this paper try to explore the role of yoga to maintaining good physical and mental health.

Key words: *Yoga, Vedas, Upanishads, Spiritual, Good Health.*

INTRODUCTION

Yoga is one of the most ancient metaphysical sciences, which investigates the nature of soul and through its discipline, awakens the super conscious mind of the man which unites the moral being with the immortal supreme spirit. Yoga leads to balance and also provides both a philosophy and a religion. The real joy of life appears when we can unify nature and culture, wealth and poverty, movement and stillness, attachment and detachment. The yogic activities provide immense help in assisting an individual to seek his all round growth and development in all the personality dimensions including the union of his self with the Greater soul.

Many still believe that yoga is a religion, but it's not, instead, it's a way of living who strives to have a healthy mind in a healthy body. A human is a mental, physical and spiritual being and yoga helps promote a balanced development of all the three. Other forms of physical exercises, such as aerobics, guarantee only physical well being. They have very little to do with the development of the spiritual or planetary body. The exercises performed through yoga recharge the body with cosmic energy, which facilitates

- ❖ Accomplishment of ideal equilibrium and harmony,
 - ❖ Promotes self healing,,
 - ❖ Takes out negative blocks from the mind and toxins from the body
 - ❖ Increases personal power and self awareness,
 - ❖ Helps in focusing and achieving concentration, which is particularly important for children,
 - ❖ Lessens stress and tension in the physical body by activating the parasympathetic nervous system,
- The person performing this art feels rejuvenated, thus yoga bestows upon every individual the powers to control the body and mind.

I. METHODOLOGY

In this paper, the research was based on secondary data taken from different Books, research reports, journals and research papers.

II. OBJECTIVES

- To Know about the Yoga.
- To know about good health.
- To assess the Importance of Yoga for maintaining good physical health in present day's busy life.
- To find out the importance of Yoga in reducing Stress & anxiety to maintain Good Mental health.

YOGA:

The term —Yoga means union or merger. Yoga, as the spiritual goal, denotes the union of the Individual Soul with the Supreme Soul (God). As per Hindu Religious faith, this union or merger leading to Liberation or Emancipation is the supreme goal of all individuals. And Yoga as a tool helps the aspirants attain their goals.

In practical terms, Yoga denotes functional harmony between the body and the mind. The harmony gained as a result of the practice of Yoga, leads to inexplicable joy, good health, long life, peace and happiness. Yoga has immense capabilities to develop the physical and mental health. It cures diseases, including the dreaded ones. However, as a curative science, much of its potential still remains to be tapped.

The first to write a compendium (compilation) on Yoga was Sage Patanjali who is believed to have lived in 200 B.C. or earlier. This work of Sage Patanjali, known as –Yoga Sutras|| or –Yoga Darshana|| is regarded as the most precise and scientific text ever written on Yoga.

Sage Patanjali defines Yoga as Yogaschitta vrtti nirodahâ – Yoga is restraining the Mind-stuff from taking various forms. In other words, Yoga is the elimination of the modifications of the mind and making it one-pointed. Chittaâ (mind-stuff) means individual consciousness, which includes the conscious, the subconscious, and the unconscious states of mind. These three states of the individual mind are called Chittaâ. The waves of thought in the Chittaâ are called Vrttisâ. Nirodahâ means restraining or eliminating. So, restraining the modifications of the Chittaâm is the subject matter or the end goal of Yoga. Restraining the Chitta (mind-stuff) appears to be very simple. But, in practice, it is a very difficult task. The aspirant will know the complexity and depth of the subject matter only while going through the verses, one by one, in all 196 verses, divided into 4 chapters. The work does not contain any techniques to help the beginners. This implies that the Yoga Sutras are not meant for beginners and that a teacher is necessary to pursue the studies seriously. The beginning verse Atha Yoganusanamâ (Now, therefore, complete instructions on Yoga) itself is a clear indication to it. The word Athaâ (now, therefore) signifies that the student ought to have acquired adequate knowledge in Yoga before studying the Yoga Sutras.

Types of Yoga:*The Four Yoga:*

Basically there are four Yoga, viz., Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga.

Karma is suitable for people of active temperament. Bhakti Yoga for people of devotional temperament. Raja Yoga for men of mystic temperament with bold understanding and strong will-power. Bhakti Yoga is suitable for vast majority of persons as they are emotional. Jnana Yoga is suitable for a microscopic minority only. Ladies can realise God quickly as their hearts are filled with devotion, Prema and affection. But it is very difficult for them to get Vairagy.

In Sanskrit "Ashta + anga" is Ashtanga. "Ashta" means Eight and "Anga" is limbs so it means Eight Limb path, ashtanga yoga is based on Yoga Philosophy of Patanjali. Yoga has its roots about 5000 years BC as described in Vedic Philosophy and Tantras. Patanjali, great sage composed this path into a Darshan (Philosophy) in his Book Patanjali Yoga Sutra. In which he has formulated Yoga as a Eight Limbs or Eight Fold path.

Eight Limbs of Ashtanga Yoga

- ❖ *Yama* (Principles or moral code)
 - Ahimsa - A principle of non-violence
 - Satya - A principle of Truthfulness
 - Asteya - A principle of non stealing
 - Brahmacharya - Continence / Celibacy
 - Aparigraha - A principle of non-hoarding or non possessiveness
- ❖ *Niyama* (Personal Disciplines)
 - Shoucha -Purity
 - Santosh - Contentment

Tapa -	Endurance

Swadhyaya -	Self study

Eshwar Pranidhan -	Dedication

- ❖ *Asana* (Yoga Positions or Yogic Postures) A stable and comfortable posture which helps attains mental equilibrium.
- ❖ *Pranayama* (Yogic Breathing) Extension and control of breath.
- ❖ *Pratyahara* (Withdrawal of Senses) A mental preparation to increase the power of mind.
- ❖ *Dharana* (Concentration on Object) Concentration of mind on one object and its field.
- ❖ *Dhyan* (Meditation) With drawing mind from all external objects and Focusing it on one point and meditating on it.
- ❖ *Samadhi* (Salvation) State of super bliss, joy and merging individual consciousness in to universal consciousness. Union between Jivatman and Paramatman. Union of Shiva and Shakti in Sahasrar Chakra (the top of the head). Realizing the Bramhan (pure consciousness) or Realization of God is the ultimate achievement of Human Birth.

Yoga in the ancient period:

The Beginning: About 5,000 years ago, yoga was invented. We think this happened in the Indus Valley, on a sunny Tuesday afternoon. We know this because we've uncovered stone carvings that show people sitting in meditative-looking positions. It's worth noting that this is well before Hinduism came into being. Also of interest, ancient Egyptian images from over 5,000 years ago show some pretty good tree-poses, among other things. Concluding things about ancient times can get a little wobbly, especially without context.

Vedic Period: Between 3,500 and 2,500 years ago the Vedas were written, which formed the basis for Hinduism. Yogis at this time were often solitary types, living in forests. Their interests aimed at enduring physical hardship by sharpening their minds.

Pre-Classical Yoga: About 2,500 years ago, the Upanishads were written. The Bhagavad Gita is left as the oldest known yoga scripture, dating to 500 BCE. Yoga practice seems to soften a bit, becoming more meditative and less reclusive.

Classical: Patanjali's Yoga Sutras form the defining text here, outlining the Eightfold Path of yoga: what to do and not do, how to relate with ourselves and others, how to sit, breathe, withdraw, focus, concentrate, meditate, and of course, enlighten. It's worth noting there is only a single mention of physical activity here, as preparation for proper sitting.

Modern day's relevance: Today, millions of people across the world are following yoga either in the form of one particular asana or a combination taught by a Yogi or guru. Some books even refer to particular asana depending upon the medical requirement. Modern yogis claims that yogic exercises cure various diseases like obesity, diabetics, dislocation of disc, respiratory problems, arthritis of various types and various spine problems, high blood pressure besides stress and even cholesterol problems and heart diseases.

Yoga guru Swami Ramdev and many of his cults are making yoga more popular all over the world by demonstrating modern physical exercise of yoga.

Yoga in India: The 'Upanishads' and 'Puranas' composed by Indian Aryans in the later Vedic and post-Vedic period contain references to yoga. Patanjali wrote 'Yoga Sutra', about two thousand Years ago. 'Yoga Sutra' is the most important basic text on Yoga.

Swami Ramdev, a new-age yoga guru is dominating Indian viewers with both his performances of yoga asanas and his candid comments against corruption. Swami Ramdev, who hosts a television show with 30 million viewers across the country, owns a peace island in Scotland. Swami Ramdev has ushered in a hope for people suffering from different kinds of ailments, even the incurable ones. Thousands of people in Europe and USA have attended his Yogic exercises. In India, millions in urban and rural areas watch the Yoga exercise on TV and listen intently to his discourses.

Spirit of Yoga:

The true spirit of Yoga revolves around uplifting the life force or 'Kundalini' at the base of the spine. It strives to accomplish this through a series of mental and physical exercises. At the physical level, the methods consist several yoga postures or 'asanas' that strives to keep the body healthy. The mental techniques include breathing techniques or 'pranayama' and meditation or 'dhyana' to discipline the mind. Ultimately, yoga aims to help the person to rise above the self and attain enlightenment.

GOOD HEALTH:

Good health is a reflection of body, mind and spirit. Through integration of moderate functional exercise, meditation and awareness, balanced nutrition, morality and peace-loving relationships (with family, at the workplace and with friends), the absence of disease can be attained. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health is precisely, that condition in which human being has full sensitivity and in which all his faculties are operating fully. To actively work towards this condition is to cure illness and to develop maximum health. Yoga is both a philosophy and a living religion, believes that the body is so important and trains it so strictly. Without health we can neither practice meditation nor attain enlightenment. For total health one should seek the truth by scepticism. The body mind system possesses the innate power of recovering health and the yogic method of curing human ills aims at stimulating it. Prominent health specialist Ben Jonson said, "O, health! health! the blessing of rich! the riches of the poor! Who can buy thee at too dear a rate, since there is no enjoying the world without thee! Preksha (means to see inside with full concentration) may appear to mean different things to different people because it contributes to increase physical, nervous as well as spiritual energies. As per prominent Jainacharya Acharya Mahaprajna inventor of Preksha Dhyana Yoga total health consists of physical, mental, emotional and spiritual health. On physical level, it helps each bodily cell to revitalize itself; it facilitates digestion, it makes inspiration more efficient and improves circulation and quality of blood.

On mental level it proves to be an applied method to train the mind to concentrate; it offers way to treat serious psychosomatic illness without drugs; it is an efficient tool for ending addictions and other bad habits; it Reveals to one the mysteries of his mind by the realization and real experience of the inner consciousness which includes the subconscious and the unconscious. On the emotional level, the strengthening of conscious reasoning controls reactions to environmental conditions, situations and behaviour of others; harmonization of the functioning of nervous and endocrine system results in control and ultimate eradication of psychological distortions. On spiritual level, regulation and transformation of bloodchemistry through proper synthesization of neuroendocrinal secretions, dispassionate internal vibrations leads one to attain the power to control the mind and to become free from the effect of external forces compelling one to lose to equanimity. The following table shows the relation between endocrine glands and the Chaitnya-kendras

Pineal	Jyoti-kendra
Pituitary	Darshan-kendra
Thyroids	Vishudhi-kendra
Thymus	Anand-kendra
Adrenals	Taijas-kendra
Gonads	Swasthya-kendra and Shakti-kendra

Constant triggering over reaction of the lower endocrine glands viz. adrenal and gonad results in pernicious habits, affecting our physical and mental health. For good physical health Dr. Dastur recommends:

- Sleep on a thin firm mattress with a wooden board underneath.
- Don't sleep on foam rubber mattress.
- Prolonged standing in one place puts great pressure on the spine, shift your weight from one foot to other to relieve the strain.
- Learn to relax when under stress.
- Do not lift a heavy load with straight knees from the floor. Bend your knees and lift it up.

Jainacharya Acharya Mahaprajna inventor of Preksha Dhyana Yoga inspires for maintenance of total health:

- For maintenance of physical health one should always walk in morning fresh air and should observe Asanas and Pranayama.
- For maintenance of mental health one should get rid of worries and should deep dive in meditation and kayotsarga.
- For achieving emotional health one should think positive and should always live in present and not in past or future.

Sound health and peaceful mind are a must for man to enjoy the material world. In order to achieve this purpose of birth one has to maintain harmony between body and life force, life force and mind, between individuals and society and between nature and will. Practicing appropriate exercises of body and mind and a virtuous way of living to maintain the harmonies described above constitute yoga. Thus Karma Yoga is a system of life utilizing the full Potential of the body and mind with understanding and awareness for a happy, prosperous and peaceful life. All experiences in life are enjoyed only by the mind. Mind is the peripheral stage of consciousness. In the infinite state, the consciousness itself in the truth. As a man is endowed with the sixth sense which inherits the purpose of the realization of self, in time he should realize the self, which is consciousness. By realizing consciousness man can live with satisfaction, harmony and peace. Realization of consciousness is the only one perfect and higher knowledge by which one can know everything in the universe. The mind is nothing but the extended and perceptual activity of the consciousness.

One should do every action, whether thought, word or deed, with a perspective awareness not to inflict pain to self or others, at present or in future, to the body or mind. Physical and mental health is important for a happy and successful life. One has to maintain these with due care,

Following moderation in the following five aspects of life:

Food, Work, Rest, Sex, Use of thought-force.

These five should not be neglected, over-indulged or improperly dealt with. The proportional requirements of daily food are 10% protein, 10% fat, 40% carbohydrates and 40% vegetables and fruits. Protein, the essential food-element, is best provided by milk, curd, soybeans, dry nuts, pulses and lentils. Carbohydrates are starchy food consist in rice, chapatti, grains, maize, oats, potatoes etc. Man's existence is connected with physical cells, brain, bio magnetism, life force and sexual vital fluid. If he neglects, over-indulges or improperly deals with food, work rest, sex and use of thought-force, he has to suffer from illness and sorrow. As every action brings an appropriate result, he should deal with all the five aspects of life in moderation. Following the principle of limit and method in every enjoyment is detachment. Keeping the physical body in a healthy condition and the mind is highly culturally enlightened level and thereby leading a creative life so as to be a useful member of the society thought-out the span of one's life is the chief aim and thrust of karma Yoga.

ROLE OF YOGA MAINTAINING GOOD HEALTH:

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

With all this and much more to offer, the benefits of yoga are felt in a profound yet subtle manner. Here, we look at the important benefits of yoga practice.

- **All-round fitness.** You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. As Sri Sri Ravi Shankarji puts it, —Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are.|| This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package.
- **Weight loss.** What many want! Yoga benefits here too. Sun Salutations and Kapal Bhati pranayama

are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.

- **Stress relief.** A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.
- **Inner peace.** We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.
- **Improved immunity.** Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthens muscles; breathing techniques and meditation release stress and improves immunity.
- **Living with greater awareness.** The mind is constantly involved in activity – swinging from the past to the future – but never staying in the present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.
- **Better relationships.** Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you.
- **Increased energy.** Do you feel completely drained out by the end of the day? Shuttling between multiple tasks through the day can sometimes be quite exhausting. A few minutes of yoga everyday provides the secret to feeling fresh and energetic even after a long day. A 10-minute online guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.
- **Better flexibility & posture.** You only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body pain due to incorrect posture.
- **Better intuition.** Yoga and meditation have the power to improve your intuitive ability so that you effortlessly realize what needs to be done, when and how, to yield positive results. It works. You only need to experience it yourself.
- **Powerful lunge.** Yoga activities specially concerned with pranayam help in the promotion and increase in strength and stamina of our lunge power in terms of their expansion and contraction enabling us to inhale maximum amount of oxygen in our body for the purification of our blood besides helping in the proper circulation of the purified blood in all corners of our body.
- **Improve respiratory power.** Yoga help us in regulating the respiration activities of our body adding efficiency to our respiratory power including increase in its amplitude stability and smoothness and decrease in the respiratory rate.
- **Healthy muscles.** These provide valuable help in the proper functioning and control over the movement of our muscles including the spinal cord. As a result we are able to maintain proper posture of our body including proper erectness of our spinal cord. These also contribute in the desired increase in our muscular strength besides maintaining the needed muscular flexibility and smoothness resulting in the energetic youthfulness considerably for a quite longer period of our life.
- **Purify body.** These help us in the tasks of the cleanliness and purification of the inner organs and systems of our body including the purification of our blood and its pathways, cleanliness of the respiratory and digestive systems and proper let out and excretion of the unwanted foreign

material from our body .

- *Healthy body.* Yoga activities not only prove as strong deterrent for the prevention of the various ailments and diseases but also provide valuable solutions for their proper cure and treatment. For example it has been a matter of wide experience that Yogic activities provide substantial cure and treatment in the cases of arthritis, back pain, and osteoporosis, high and low blood pressure, asthma, diabetes and epilepsy, headaches, heart disease and multiple sclerosis etc.
- *Powerful mind.* It is well said that there lies a healthy mind in a healthy body maintained through yogic activities. One can enjoy good mental health with a sound physical health obtained through yogic activities. Yogic activities help in equipping one properly and sufficiently with all the essential cognitive and mental abilities and capacities for reaching the top of his intellectual and mental development. Yogic Asans, pranayam and practice of Dhyan, Dharana and samadhi can help an individual to have sufficient gains in terms of the improvement in his power of concentration, memorization, attention, learning efficiency, steadiness, and mind body neuro connection etc.
- *Strong sense organs.* Yogic activities help in making one's sense organs healthy, strong and effectively functioning. In turn it helps the individual to have a sizable increase in their reception ability, somatic and kinesthetic awareness and sensitivity for acquiring new knowledge and experiences through the use of their sense organs.
- *Control over mind.* Yog sadhna provides the desired ability and strength for exercising desirable control over his senses, emotions and gratification of desires and fluctuations of the mind. Sustaining of attention and concentration acquired through such control and restrain then may provide a substantial ground of the development of intellectual powers. It can be given a further higher impetus by resorting to the practice of yogic activities like Dharna, Dhyan and Samadhi.
- *Internal purification.* Yog sadhna helps not only to have purification and cleanliness of the internal organs and systems of our body but it also pays a lot of consideration for the purification of our inner self i.e. purification of our thoughts and feelings.
- *Self development.* Yogic activities help the individual to imbibe the spirit of self awareness, confidence in one's abilities and strengths, self discipline and intrinsic motivation, self-acceptance and self actualization etc for seeking his maximum self development and enhancement.
- *Reduced Conflict.* Yoga may also help students get along better with one another, which fosters a more positive learning environment. A school in Milwaukee instituted a yoga program consisting of two classes per week for students in kindergarten through 8th grade. The classes emphasized respectful behaviour as well as yogic breathing and movement practices. After a year, the school's number of disruptive "incidents" decreased by more than half. Yoga may teach students to better manage their emotions and reactions as well as to respect the feelings and emotions of others.
- *Healthy mind.* Yogic activities help to free from any unusual anxiety, depression and fluctuation of mood or temperament. Such state of one's mind may help him much in excelling in terms of his intellectual growth and wisdom.
- *Improved Concentration.* Yoga offers time for the body and mind to relax from the rigors of learning. This may help students be better at applying themselves when studying or learning in a classroom. Medical students who practiced yoga for just one month reported better sleep and improved concentration during their studies as a result in a study published in a 2013 issue of the "Indian Journal of Community Medicine." Yoga, especially breathing techniques, can also increase concentration and academic performance in students struggling academically, concluded a 2012 study published by the International Society for Scientific Interdisciplinary Yoga Research.
- *Powerful boosts.* Aside from the uplifting spiritual values, the act of meditation can actually boost your confidence. The process works by releasing tension from you mind so you can feel confident about your physical body. Without any forms of anxiety, you are able to establish an internal connection with yourself. This is consequently reflected in your perception of others and will help to better your relationships by improving compassion and awareness.

III. CONCLUSION

A person practicing yoga can control his/her mind, body and soul to a great extent. It brings together mental and physical disciplines to achieve a peaceful mind and body and helps in managing stress and anxiety and keep you relaxed. It also helps in enhancing muscle strength, flexibility and body tone and improves respiration, energy and vitality. You might feel that practicing yoga is just stretching, but it can do much more for your body, from the way you feel, look and move. This fact itself speaks volumes about the popularity of Yoga in the modern day world. This event has united the world on a common platform.

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. When the body is physically healthy, the mind is clear, focused and stress is under control.

Yoga is a continuous process. So keep practicing! The deeper you move into your yoga practice, the more profound are its benefits. Yoga practice helps develop the body and mind bringing a lot of health benefits yet is not a substitute for medicine. It is important to learn and practice yoga postures under the supervision of a trained Yoga teacher.

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IMPORTANCE OF YOGA IN OUR DAILY LIFE**DR. S. M. NALAWADE**

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ABSTRACT

Yoga daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. The main goals of "Yoga in our daily life" are physical health, mental health, social health, spiritual health, self Realization of the divine within us. These goals are attained by help for all living beings, respect for life protection of natural and the environment, A peaceful state of mind positive life style physical, mental and spiritual practices.

INFORMATION :

The word "Yoga" originates from Sanskrit and means "to join, to unite" Yoga exercise have a holistic effect and bring body, mind consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands problems and worries. Yoga help to develop a greater understanding of our self, the purpose of life and our relationship to God, on the spiritual path, Yoga leads in to supreme knowledge and central bliss in the union of the individual self with the universal self, Yoga is that supreme cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps, that always was always is and always will be.

Many thousand of years ago in India, explored nature and the cosmos in their meditations, they discovered the laws of the material and spiritual realms and gained on insight into the connections within the universe. They investigated the cosmic laws, the laws of nature and the elements, life on earth and the powers and energies at work in the universe both in the external world as well as on a spiritual level. The unity of matter and energy the origin of the universe and the effects of the elementary powers have been described an explained in the Vedas much of this knowledge has been rediscovered and confirmed by modern science.

These are experiences and insights a for – reaching and comprehensive system known as Yoga originated and gave as valuable, practical instructions for the body breath, concentration, relaxation and meditation. The practice that this book offers have therefore already proven themselves over thousands of years and have been found to be helpful by millions of people.

The system "Yoga in our daily life" is taught world wide in Yoga centres; Adult education centres Health Institutions Fitness and sports clubs. Rehabilitation centres and Health resorts. It is suitable for all age groups. It requires n "acrobatic" skills and also provides the unfit, as well as handicapped, ill and convalescent people, the possibility of practicing Yoga. The name itself indicates that Yoga can be and should be used "In daily life".

The exercise levels were worked out in consultation with observation of the stated rules and precautions be practiced independently at home by anyone "Yoga in daily life". Is a holistic system, which means it takes into consideration not only the physical but also the mental and spiritual aspects, positive thinking perseverance,; discipline, orientation towards the supreme, prayer as well as kindness and understanding form the way to self knowledge and realization.

The main aims of Yoga in our daily life :

1. Develops our physical health
2. Develops our mental health
3. Develops our social health

4. Develops our spiritual health

5. Help in our self – realization

1. Develops our physical health :

The basic importance of life is the health our body. It is commonly said that. Health is not everything but without health everything is nothing. In order to persevere in good health; there are physical exercises relaxation breathing exercises etc.

With the system “Yoga in daily life” the Asanas and pranayama’s are equally divided into an eight level system that usually begins with “Saryva Hita Asanas. There are other nearly seven parts that follow this first level and progress through the practice of Asanas and pranayama’s some programs have been set up from the basic exercises such as “Yoga in daily life” are the techniques for purification of Hathu Yoga. There also involve deep relaxation & concentration.

Despite all of this,, the food we eat is also responsible for our good health. The food we consume has influences both on our habits and Qualities. In brief, the food we eat has an effect on our whole being food is the main source of our physical energy and exuberance. A well balanced diet includes grains vegetables, pulses, seeds, herbs and spices either freshly cooked.

2. Develops our mental health :

Yoga helps in increasing our body awareness, helps in relieving stress help in reducing muscle tension, strain as well as inflammation, helps in building attention and concentration, calms our nervous system. Such important benefits of Yoga in our mental health have made it a more important tool to be practiced every day.

3. Develops our social health :

Social health is the capacity to be happy within oneself and to be able to make others happy. It means to care as well as communicate with other people in the society to speculate responsibilities within a society and also to work for the community social experience life in all its beauty.

A major problem found commonly is drug addiction which is a clear sign of social illness. The system of “Yoga in daily life” can help in overcoming this illness and gives people a new, positive aim and purpose in life. Keeping good company has a great influence on our psyche, as such companionship help us to form our personality and character. A positive company is of great importance in the spiritual development of an individual.

Living under the system of “Yoga in daily life” means to work for ourselves and for the benefit of others to do precious and constructive work for our maintaining peace in the world, to practice yoga means to be active in the most positive vibe and to work for the welfare of all of mankind.

4. Develops our spiritual health :

The main principle of leading a good spiritual life and the highest etiquette of mankind is Ahimsa – parmo Dharma.

This can on grab the principle of non – violence in thought word feeling and action[prayer word feeling and action prayer meditation, Mantra, Positive thinking and tolerance leads us to a goods

5. Spiritual health.

Humans are supposed to be protectors and not destroyers. The characteristics that reality make us human are the ability to give understand and forgive to protect life and respect the individuality and independence of all forms of life is the foremost practice of the Yoga teachings.

A basic principal of “Yoga in our daily Life” is religious freedom. Yoga is not supposed to be thought a religion is the source of spirituality and wisdom, root of all religious. Yoga our strips religious unity.

Decisions regarding your health and wellbeing and a free happy life regularly as it is easy to do and also helps in getting rid of certain serious health issues that are commonly found now a day in our daily life style. With firm determination and success will be certain.

Conclusion :

A person practicing yoga can great extent. It brings together mental and physical disciplines to achieve a peaceful mind and body and helps in managing stress and anxiety and keep you relaxed. It also helps in enhancing muscle strength, flexibility and body tone and improves respiration energy and vitality you might feel that practicing yoga is just stretching but it can do much more for your body, from the way you feel, look and move. This fact itself speaks volumes about the popularity of Yoga in the modern day world. Along with Yoga, meditation also plays an important role in developing the inner self in our daily life : it can be extremely helpful in eliminating several physical as well as psychological problems.

Yoga is a traditional method of meditation developed by the saint of ancient India. They practiced Yoga as an effective method of controlling their mind and bodily activates. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially health relationship when you are healthy you are in touch with you inner self, with others and your surroundings on a much deeper level with adds to your spiritual health.

Yoga is a continuous process so keep practicing ! The deeper you move into Yoga practice, the more profound are its benefits. Yoga practice helps develop the body and mind bringing a lot of health benefits yet is not a substitute for medicine.

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

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ABSTRACT

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

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

INTRODUCTION

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

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

GAMES AND SPORTS SELECTED IN THE PROGRAM 2019:

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

CRITERIA FOR PARTICIPATION IN 2019 AND SCHOLARSHIP:

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

IMPORTANT OUTCOME EXPECTED:

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

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IMPACT OF PHYSICAL EDUCATION ON ACTIVE LIFESTYLE OF COLLEGE STUDENT

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ABSTRACT

The purpose of this paper was to investigate the impact of general Physical education awareness and active lifestyle of college students. The objectives of physical education are-educative experience, personality development, neuro muscular development, moral and character development, development of useful skills, interpretive development, attitude towards leisure, remedial values, effective citizenship

Key words: Physical Fitness, Active Lifestyle, Youth, Physical Education, Sports

INTRODUCTION

Sports was a popular, organization and important as today. It has been an interesting aspect for human amusement and a cultural phenomenon at great magnitude and completely. It has got mass participation, as it attracts people either for recreations, physical fitness or performance.

Active Living is a way of life where people choose to be physically active every day in their community; whether they are at College, at work, at home, or at play. It is based on the belief that regular physical activity has many lifelong benefits. It means something different for everyone. It is playing with the kids, walking the dog, dancing with friends, walking at noon with co-workers, gardening berry picking, fishing, splitting wood, cycling to work, or College, or enjoying active times alone or with friends and family. Active Living also involves organized activities such as competing in your favorite sports or participating in any activity class of our choice.

IMPACT OF PHYSICAL EDUCATION ON LIFESTYLE

"Physical education, an integral part of the total education process, is a field of endeavor that has its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome."

-Charles A. Bucher

TYPES OF LIFESTYLE

In our society there are various types of people, groups, and communities. So naturally, their choices, eating-wear habits, culture, tradition are also separate which differ from individual to individual and they lead their life in their own capability, as because their source of income is different. That's why they are compelled to possess different lifestyles and qualities of well-being as well.

So, there may have many lifestyles in our society. Such as lifestyle of-teacher, working men-women, a business man, a politician, a sportsman, a singer, a dancer, a social worker, a servant and so on. Besides the above mentioned persons or group of persons there is another category i.e. College Going Children those also follow another type of lifestyle.

. Great philosophers like Aristotle, Rabindranath Tagore, and Swami Vivekananda said that education develops mental, intellectual and social sight along with physical, emotional and spiritual sights. But modern educational system has reduced physical exercise widely. If we have a look on the present scenario then we will see that the children are suffering from various type of disease, such as

- ❖ Obesity,
- ❖ Hypo-kinetic disease,
- ❖ Cardiovascular disease,
- ❖ High blood pressure,
- ❖ Diabetes,
- ❖ Stroke,
- ❖ Some problems of cancer,
- ❖ Joints problem,
- ❖ Physical-mental-spiritual growth and development are impeded,
- ❖ Working capacity is reduced etc.

So far as the College going youth are concerned if we enlist their whole day's activities then we will see that they go through a compact schedule. Such as-

- ❖ Get up in early morning near about 6am to 7am,
- ❖ Get wash face and arms,
- ❖ Take breakfast,
- ❖ Get prepare homework for private tutors as well as for College teachers,
- ❖ Get bath,
- ❖ Get launch,
- ❖ Get ready for College,
- ❖ Journey for 20 to 30 minutes
- ❖ Spend 4 to 5 hours at College,
- ❖ Return home again
- ❖ Get wash face and arms,
- ❖ Get little bit of food,
- ❖ Get some rest,
- ❖ Play on some mobile games, chatting, etc.
- ❖ Get snacks,
- ❖ Again get study as tutors are waiting one after another for each subject,
- ❖ Get dinner,
- ❖ Go to bed for sleep.

This is the compact schedule of a college going youth which is started from the early morning to night and which is maintained throughout his College life and also college life. As a result, they begin to lead a sedentary lifestyle. A sedentary lifestyle is a type of lifestyle with no regular physical activity.

Now the question is that-Is a child leading an active lifestyle or possessing the qualities of well-being within this framework? Are his/her all phases of life developing within this framework? We can hardly say that they are becoming a machine or in the other sense a robot and nothing else.

DISCUSSION

Sufficient intakes of calorie and proper diet, maintained of diet and exercise side, not only develops the strength and endurance and contractibility of the abdominal muscle but also improves the strength and endurance of the specific muscles of shoulder and arm which was reflected through the significant difference in the pull ups and sit up test.

SOME TRICKS OF ACTIVE LIFESTYLE

AT HOME: Join a walking group in the neighborhoods or at local shopping mall, Recruit a partner for support and encourage, Push the body in a stroller, Get the whole family involved-enjoy an afternoon bike with your kids, Walk up and down the soccer or softball field side lines while the kids play, Clean the house and wash the car, Do stretches, exercises or pedal a stationary bike while watching television, Plant and care for vegetable or flower garden, Play with the kids-tumble in the leaves, build a snowman, splash in puddle or dance to favourite music.

AT COLLEGE: Free hand exercise i.e. calisthenics, Recreational games, Rhythmic dance, Folk dance, Apparatus drill.

AT PLAY:-Walk, jog, skate, cycle, Play tennis ball, or Badminton, Skipping rope, cross-country or Kabddi, Hand cycle or, take a nature walk, Most importance, have fun while being active.

CONCLUSION

Active lifestyle without physical education can't be imagined The parents who want to make their children as a complete man or well-being they should provide them physical activity besides providing education. Because this is the vital stage depending upon which future life will be increased and also effective.

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A COMPARATIVE STUDY OF LOCUS OF CONTROL BETWEEN MALE AND FEMALE INTER-COLLEGIATE KABADDI PLAYERS

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ABSTRACT

*The purpose research attempted to comparative study of Locus of control between male and female inter-Collegiate Kabaddi players.***Objectives-** To examine the Locus of control of Male and Female inter-Collegiate Kabaddi players.**Hypotheses:** There is no significant difference between Locus of control of Male and Female inter-Collegiate Kabaddi players on Locus of control. **Methodology. Sample:** Total sample of present study 50 inter-Collegiate Kabaddi players, in which 25 were Male inter-Collegiate Kabaddi players and 25 Female inter-Collegiate Kabaddi players From Ambad and Jalna from Jalna Dist. City in Maharashtra. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.28, SD- 2.10.) and Ratio 1:1. **Research Design:** the present study a Simple Research design will be used. **Variables-** The independent variables are Gender and Dependent variables are Locus of control. **Statistical Treatment:** Mean, SD and 'F' values used. **Conclusions-** 1) Male Kabaddi player's High locus of control than Female Kabaddi players. 2) Male Kabaddi player's high external locus of control than Female Male Kabaddi player's. 3) Male Kabaddi player's low internal locus of control than Female Kabaddi player's. 4) Female Male Kabaddi player's Low external locus of control than Male Kabaddi player's. 5) Female Male Kabaddi player's High internal locus of control than Kabaddi player's.

Key words: Locus of control, External locus of control, internal locus of control.

INTRODUCTION

Kabaddi is aptly known as the "Games of The mass" due to its popularity, simple, easy to comprehend rules, and public appeal. The game calls for no supplicated equipment what so ever, which it very popular sport in the developing countries. Though it is basically an out doorsport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game if 45 minutes for men & junior boys with a 5 minutes break in between for the teams to change sides in the case of women/girls & sub-junior boys, the duration of 35 minutes with a 5 minute break in between. Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either outdoors with seven players on the ground in each side. Each side takes ultimate chances at offence and defense.

Locus of control is a theory in personality psychology referring to the extent which individuals believe that they can control events that affected them. Understanding of the concept was developed by Julian B. Rotter in 1954 and has since become an aspect of personality studies. A parsons "locus" (Latin for "place" or "locations") is concept tidied as either internal or external believe that their decisions and life are controlled by environmental factor which they cannot influence. The Individuals with a high internal believe that event in their life derive primarily from their own actions; for example if a person with an internal locus of control does not perform as well as they wanted to on a test, they would blame it on lack of preparedness on their part. If they performed well on a test, they would attribute this to ability to study in the test performance example, if a person with a high external locus of control does poorly on a test,

they might attribute this to the difficulty of the test questions, if they performed well on a test they might think the teacher was lenient in sports.

Concept of internal-external control of reinforcement was developed from social learning theory which describes the degree to which an individual believes that reinforcement are contingent upon one's own behavior. Internal control refers to individuals who believe that reinforcement is contingent upon their own behavior, capacities or attributes. External controls refer to individuals who believe that reinforcements are not under their personal control but rather are under the control of others, powerful others, luck, chance, fate etc. thus depending on his past reinforcement experiences, a person will have developed a consistent attitude tending towards either an internal or external locus as the source of reinforcement.

REVIEW OF LITERATURE

Takaki and Colleagues (2006) examined that females have high internal locus of control were less compliant in regards to their health and medical advices compared to the men that participated in this study.

Imran hairderzaidi and m. naeemmohsin (2003) has indicate that men has internal locus of control and women has external locus of control.

Ghasemzadeb and saadat (2011) assessed that female students for the locus of chance control received higher scores than the male students.

Parsons and Schneider (1974) this study also indicate that female students have more external locus of control than male.

Schultz and Schultz (2005) this study also indicate that men have high internal locus of control. Schneewind (1995) indicates that women have high external locus of control.

STATEMENT OF THE PROBLEM

"A comparative study of Locus of control between male and female inter-Collegiate Kabaddi players"

OBJECTIVE OF THE STUDY

- To examine the Locus of control of Male and Female inter-Collegiate Kabaddi players.

HYPOTHESIS OF THE STUDY

- There is no significant difference between Locus of control of Male and Female inter-Collegiate Kabaddi players on Locus of control.

METHODOLOGY

SAMPLE - Total sample of present study 50 inter-Collegiate Kabaddi players, in which 25 were Male inter-Collegiate Kabaddi players and 25 Female inter-Collegiate Kabaddi players from Ambad and Jalna from Jalna Dist. City in Maharashtra. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.28, SD- 2.10.) and Ratio 1:1.

RESEARCH DESIGN:-In the present study a Simple Research design will be used.

VARIABLES OF THE STUDY

Table No.01

Variable	Type of variable	Sub. Variable	Name of variable
Inter-Collegiate Kabaddi players	Independent Variables	02	1) Male 2) Female
	Dependent variables	-	Locus of control

RESEARCH TOOLS:-**Rotter Locus of control scale****Table No.02**

Aspect	Name of the Test	Author	Sub Factor	
Locus of control	Rotter Locus of control scale (1985)	Dr. Anand Kumar Dr. S.N. Srivastava	1) Internal locus of control 2) External locus of control	Item- 29 pairs of statement (23 of which are relevant items and six items are the fillers)
				Scoring- 23 and minimum being zero. (High scores indicate external locus of control and the low scores indicates internal locus of control.)
				Reliability - 0.78.
				Validity - 0.89

OPERATIONAL DEFINITION**Kabaddi**

Kabaddi game is played in a marked rectangular area which is divided into two equal courts. A player of one team enters with the cant into court of the opponent team consisting of seven players and tries to affects them.

Locus of control

A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our personal control (external control orientation).

Internal locus of control

Individuals with a high internal locus of control believe that events result primarily from their own behaviour and actions.

External locus of control

Individuals with high external locus of control (chance or other) believe that powerful others, fate or chance primarily determine events.

PROCEDURES OF DATA COLLECTION:-

The primary information was gathered by giving personal information from to each Kabaddi players. The Kabaddi players were called in a small group of 05 to 10 players. To fill the inventories subjects were given general instructions belongs to each test. The s players provided the Rotter Locus of control scale. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

STATISTICAL TECHNIQUES

Mean, S.D and ANOVA were College Students to analyses the data.

RESULTS AND DISCUSSION

The analysis of data interpretation and discussion of the results are reported.

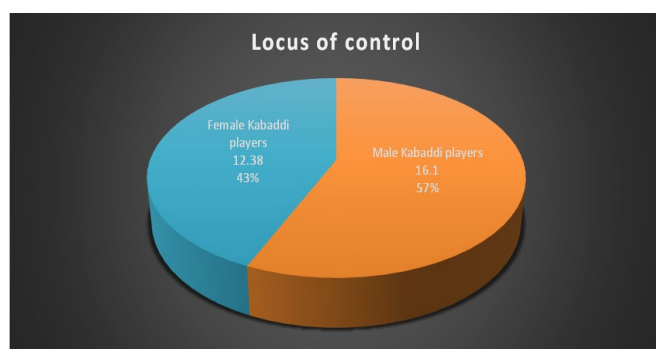
Hypothesis

- There is no significant difference between Locus of control of Male and Female inter-Collegiate Kabaddi players on Locus of control.

Table No.03 Inter-Collegiate Kabaddi players on Locus of control

Factor	inter-Collegiate Kabaddi players	Mean	SD	N	DF	F Value	Sign.
Locus of	Male Kabaddi players	16.10	3.21	25	48	11.24	0.01

control	Female Kabaddi players	12.38	2.90	25			

Graph No-01 Mean Graph on inter-Collegiate Kabaddi players and Locus of control

Observation of the table No.03 and Graph No-01 indicated that mean and SD values of Alienation obtained were Male inter-Collegiate Kabaddi players by 16.10 ± 3.21 and Female inter-Collegiate Kabaddi players by 12.38 ± 2.90 . It is observed that the calculated 'f' value (11.24) is highly than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that Female Kabaddi players high locus of control than male Kabaddi players.

LIMITATIONS OF THE STUDY

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Ambad and Jalna city in Maharashtra.
- 3) The study was restricted to only Ug and UG college students only.
- 4) The study was restricted students are only 18-23 years only.

CONCLUSION

- 1) Male Kabaddi player's High locus of control than Female Kabaddi players.
- 2) Male Kabaddi player's high external locus of control then Female Male Kabaddi player's.
- 3) Male Kabaddi player's low internal locus of control then Female Kabaddi player's.
- 4) Female Male Kabaddi player's Low external locus of control than Male Kabaddi player's.
- 5) Female Male Kabaddi player's High internal locus of control than Kabaddi player's.

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PRIVATE GYMS IN NAGPUR CITY – TODAY AND TOMORROW**DR. JAYANTKUMAR RAMTEKE**

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INTRODUCTION

In the ancient world in all countries there was importance for physical ability. In military and police recruitment chance was given for appointment to the physically able and having good personality candidate. Under the circumstances people have started thinking about improving the personality of their family members and also all round development, muscle movement (expansion and contraction) is taught and done. The first Gym was started in Nagpur in 1926.

There is no difference in the intention or purpose of places of body exercises and Gym. There is stress on increasing physical ability as well as social qualities. In the present age of science various mechanical devices have been introduced and used and as a result the physical movement of toiling and labour have been reduced. Man is becoming mentally and physically weak and feeble. His capacity is being reduced gradually. Hence Gyms have been started in the lanes and sub-lanes.

Present Scenario of the Private Gyms in Nagpur City.**Table No. 1**

Sr. No.	Particulars	No of the Gym (60)		Percentage	
		Yes	No.	Yes	No.
1	Gym suffer from some problem	52	08	86.66%	13.33%

86.66% of the gymnasiums suffer from some problem or the other. Only 13.33% of them are doing well without having any problems.

Table No. 2

Sr. No.	Particulars	No of the Gym (60)		Percentage	
		Yes	No.	Yes	No.
1	Registered Gyms	37	23	61.66%	35%

- 1) The main factor is most of them are not registered 'gymnasiums'. Only 61.66% have registered with the Charitable Commissioner, which is a primary responsibility of every gymnasium owner: The non-registered gymnasiums are not answerable to anybody. If the number of members reduces due to lack of space, qualified instructors and financial problems, they can down the shutters any time.
- 2) Almost all of them are pretending to do that I wonder how many of them are really striving for it. With limited infrastructure and facilities, most of them are looking at gymnasiums as a successful and profitable commercial activity under the garb of social cause.

The basic problem with most of the fitness centres is the lack of space. More than half the owners agree that they do not have enough space. But the commercial aspect has found a very lucrative solution, which is to make different time slots. Due to this, the number of members also increases.

Table No. 3

Sr. No.	Particulars	No of the Gym (60)		Percentage	
		Yes	No.	Yes	No.
1	Open space outdoor from warm up exercises	17	43	28.33%	71.66%

Table No. 4

Sr. No.	Particulars	No of the Gym (60)		Percentage	
		Yes	No.	Yes	No.
1	Qualified instructors	16	44	26.66%	73.33%

- 3) The need of basic infrastructure is so drastically ignored that most of the gymnasiums are situated in some building. More than 71.66% of the gymnasiums do not have any open space outdoor for warm-up exercises. Most of the gymnasiums do not have a swimming pool. Another major problem is the 'dearth of trained instructors. Only 73.33% the gymnasiums in the city have appointed qualified instructors.
- 4) Despite all these problems, all city gymnasiums need to be complimented for acquiring best of the equipments. All the gymnasiums have modern equipment. Be-sides, four per cent gymnasiums have still preserved the traditional fitness equipments.
- 5) Most of them do not necessarily attend the gymnasium because they are fitness consciousness. Instead, joining a gymnasium is one of the latest trends in the society these days. Majority of those attending the gymnasiums do it either to maintain their status or for the weight loss. Only a handful of them go to a gymnasium exclusively for physical fitness.
- 6) In Nagpur city health clubs having facilities of saunas or steam baths are very few. Gyms giving toilet or bathroom facilities are more in number.

Table No. 5

Sr. No.	Particulars	Total No of the of Members 3720 (60 Gym)			
		Boy	Girls	Men	Women
1	Membership Percentage	2247 60.40%	428 11.50%	921 24.75%	124 3.33%

- 7) Boys are using gyms more than men, women and girls. 50% private gyms spend less than the average annual income, 45% private gyms run into profits and 55% gyms face financial problems.
- 8) 94% gyms have instructors for men and 44% have appointed separate instructors for women.

THE RECOMMENDATIONS / SUGGESTIONS REGARDING PRIVATE GYMS

1. To get legal status all private gyms should make their registration.
2. Gyms should be started where plenty of space and land available.
3. There should be a separate place for the exercise for males and females. If it is not possible there should be separate timings and batches for both
4. If there is no playground of the gyms they should take it on rental basis from other gyms or colleges.
5. Gyms should purchase modern updated equipments which are available in the market.
6. All gyms of the close vicinity should make joint efforts to build swimming tank where the space is available.
7. Gyms should utilize their funds for purchasing new articles, equipments, and their maintenance, honorarium for the coach, for the rent, repairing of the articles and to pay different taxes.
8. All private gyms should appoint trained coaches. All coaches should attend refresher course once in three years. The association of gyms or any other such body should conduct such course.

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TECHNOLOGICAL EVOLUTION IN MODERN DAY CRICKET

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ABSTRACT

In the 21st century, the entire face of cricket has changed drastically with the use and development of modern-day technology. Technology in cricket has come a protracted manner and there are numerous first-rate high quality advantages that have pop out of era. The foremost high-quality gained from era in sport is the equity that it creates. Technologies used in game situations are continually so beneficial and advantage both the groups in a totally fantastic manner. Technology in cricket kept up tempo with different things round the sector. More and greater cameras had been concerned, velocity weapons had been invented, spider-cams came into the image, Decision Review System (DRS) which entails ball monitoring, Snicko, Hotspot and we can cross on and on and on. Hence, technology is an vital a part of the sport today and gamers, umpires, analysts, anyone is dependent on it a few way or the opposite.

Key words: Technology, cricket, etc.

INTRODUCTION

In the modern-day era of the sport, era has started out gambling a vital role. From cricket to football, from tennis to system one – technology is being used in every and every sport. Cricket is arguably one of the maximum popular sports activities within the international that makes common use of era during play. There isn't any different game that has followed era within the manner that cricket has. Technology is utilized in a spread of various approaches in cricket and a number of those are described in extra element under. Cricket Technology is transferring at a staggering pace and as we battle to maintain up with the advances in regular era with the cutting-edge phones, computers and TV's.

Tech in cricket has come a very long way and there are masses of tremendous effective advantages which have come from technology. The key positive received from technology in the game is the equity that it creates. Technologies used in sports eventualities are constantly so beneficial and advantage both teams in a certainly favourable manner.

Let us have a look at some of the technologies that will be useful in the Cricket .

- **360-degree replays:-**
Provided by Piero, using software that permits multiple camera feeds to be stitched together to make wraparound video, 360-degree video replays of matches were made available online.
- **Ball Speed Measurement:-**
A camera are often wont to measure how briskly the ball is travelling.
- **Ball Spin RPM :-**
This technique is designed for special spin bowlers . This technology detects the path of spin that spinners can create.
- **Batcam:-**
Batcam FLY may be a drone equipped with a 360-degree camera which will produce an eye-line shot before racing up to 400ft for an atmospheric overview/skyline shot. A remote-controlled 10x zoom digicam on wheels, Batcam DRIVE produced the ones low monitoring pictures of batsmen leaving the pitch.

- **Bowling Machine:-**
A Bowling Machine enables a batsman to guidance and to know-how particular competencies through repetition of the ball being bowled at a specific length, line and velocity.
- **DRS:-**
The Umpire Decision Review System can be a device want to help the umpires with their decision-making.
- **Graphical displays:-**
During any match, the graphics are wont to show the small print . For example, the stats of batsman, bowler and crew rankings are represented through such graphical shows. In different phrases, they may offer a much better usual experience to the visitors.
- **Hawkeye:-**
Hawk-Eye technology can be used to trace the exact path the cricket ball has taken after it has been hit. It is used by umpires to check whether a ball has gone out of play and it is also very useful when making LBW decisions.
- **Hot Spot Technology:-**
The Hot Spot technology is usually wont to review whether the bat has hit the ball, particularly when there's alittle nick. If there's contact, the tiny amount of warmth generated is indicated by a change thereto area of the bat.
- **LED bails and stumps :-**
LED lights are placed within the stumps and therefore the bails. When those are dislodged the lighting fixtures will begin to flash.
- **Graphics Analysis System:-**
A package of 3D graphics to help pundits analyse and explain sports events. It works by stitching together several camera feeds, and operates in conjunction with the data analysis and score predictor.
- **Pitch Vision :-**
Pitch vision technology helps to review both batting also as bowling. With the assistance of this system , bowling and batting are reviewed, i.e. how many balls did the ball wear short, full, good length.
- **Snickometer:-**
A Snickometer is also known as Snicko. This technology is employed to graphically analyse sound and video. It helps to point out whether there was a fine noise or snick that occurred because the ball passes bat. A very sensitive microphone located in one among the stumps, which may devour the sound when the ball nicks the bat.
- **Speed Gun :-**
It is alittle Doppler radar unit wont to detect the speed of moving objects; it's commonly wont to determine bowling speeds in cricket broadcast.
- **Spidercam:-:-**
One of the simplest Cricket Technology Advancements is that the Spider Camera. Along with spider camera, drones were also getting used so as to capture top quality aerial footage to be broadcasted over the air. The Spidercam could also be a system that allows the cameras to manoeuvre over a defined area i.e. the Cricket ground.
- **Tracker Device :-**
Tracker device is actually a fitness tracker built into a base-layer vest that's loaded with sensors that measure distance, speed, acceleration, deceleration, high-speed running, and the dynamic stress load of each player.
- **Stump Camera :-**
This technique is used by putting the camera in the stumps. Also, a mic has been installed so that it can be decided with stump camera at the time of need. The sound of impact with the camera at the ball and with the mic is heard.
- **Super slow motion :-**
This technology involves the utilization of a high-speed camera which captures live footage then reproduces it in super movie format.

➤ **Super Sopper:-**

The super sopper may be a machine that helps to extract water from the bottom meaning that it'll dry quicker. It also can be used during the match if rain has stopped play to undertake and obtain things up and running again.

➤ **TRACAB Optical Player Tracking:-**

An advanced camera-based player and ball tracking system shows viewers the precise field position of players also as a variety of knowledge points, including running speed and distances covered.

Devices used by the On-field Umpires:-

- Cricket Umpire Counter
- Marbles
- Umpires Light Meter
- Technologies used in Media & Commentary Box
- Hawk-Eye
- Hot-Spot
- The Counter
- The Ball Gauge
- The Protective shield
- Walkie-Talkies
- Snick-o-meter
- TV-Replays
- The Light-o-Meter

CONCLUSION:-

The cricket recreation has extra superior day by day to distinctive tiers. The game has visible new inventions, many of which have enriched the lives of visitors and the help staff. Technology in cricket brings a better pleasant overall performance stage. There are a big quantity of small and huge concepts of era in cricket, especially in training. With the assist of era, groups can examine their power and weaknesses. Players can see some unique aspects of the training like body motion, bodily stress over distinct frame parts, middle temperature and so forth. The use of on-body monitors. Adding to this, coaches and crew managers can take a look at this data and use it for his or her group's advantage.

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SPORT AND MAKE IN INDIA

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ABSTRACT

This chapter is a modified and extended version of the paper I presented at an international conference on 'Sport, Culture and society in modern india' held in Calcutta University in 2003. I am delighted to offer it as a part of the effort to celebrate the achievements of Professor. J.A. Mangan who has shaped the course of the development of sports studies in South Asia His keynote address at the department of history, University of Calcutta, In September 2003 inspired many social science students with the result that sports studies is today formally a part of the postgraduate teaching curriculum in India.

INTRODUCTION

This essay is a modified and extended version of the paper I presented at an international seminar on 'Sport, Culture and society in Modern India' held at the department of History, Calcutta University on 18 September 2003. I would like to thank prof. J.A. Mangan without whose help, guidance and inspiration this essay could not have been written. I am also grateful to prof. arunBandopadhyay, my supervisor, and DrBoriaMajumdar for their useful comments and criticisms on that paper.

SPORTS HISTORY

Academic pursuit of sports history in the West began in the 1970s and got concretized in the next decade with the publication of a series of works by a galaxy of social scientists that included such names as J.A. Mangan, Vamplew, Tony Mason, Allen Guttman, Richard Holt and Peter McIntosh. Institutional mechanisms to support their efforts began in 1982 when the British Society of Sports History was founded. Distinguished publishers such as Frank Cass offered active support and launched The British Journal of Sports History, which was later transformed into The International Journal of the History of Sport. These institutional efforts met with welcome parallels in other Western.

The International journal of the History of sport. These institutional efforts met with welcome parallels in other Western countries such as Scotland, Finland, Sweden, Denmark, Brazil and the USA. Scholar from Asian Countries too such as China, Japan and South Korea as well as Australia were quick to recognize the importance of sports history and joined the venture in earnest since the early 1990s.

Writing about cricket in particular, John Leech has explained the role of Puritan power, the English Civil War, and the Restoration of the monarchy in England. (22) The Long Parliament in 1642 "banned theatres, which had met with Puritan disapproval. Although similar action would be taken against certain sports, it is not clear if cricket was in any way prohibited, except that players must not break the Sabbath". In 1660, "the Restoration of the monarchy in England was immediately followed by the reopening of the theatres and so any sanctions that had been imposed by the Puritans on cricket would also have been lifted." (22) He goes on to make the key point that political, social and economic conditions in the aftermath of the Restoration.

Encouraged excessive gambling, so much so that a Gambling Act was deemed necessary in 1664. It is certain that cricket, horse racing and boxing (i.e., prizefighting) were financed by gambling interests. Leech explains that it was the habit of cricket patrons, all of whom were gamblers, to form strong teams through the 18th century to represent their interests.

However, this does not imply in any way that there is dearth of popular sports histories written in India. Rather, the number of such amateur writings has been increasing by leaps and bounds in the past two or three decades. These histories, mostly produced by journalists, litterateurs and sportsmen themselves, deal with general history of particular games, records and exploits of certain clubs,

organizations and players. But these works, although important in their own way, more or less remain in the nature of narratives and are unable to become interpretative or to lead to the formulation of any hypothesis at a more conceptual level.

Regardless of game origins, the industrial revolution and mass production brought increased leisure which allowed more time to engage in playing or observing (and gambling upon) spectator sports, as well as less elitism in and greater accessibility of many kinds. With the advent of mass media and global communication, professionalism became prevalent in sports, and this furthered sports popularity in general.

THE IMPACT OF AGGRESSION AND ANXIETY ON BASKETBALL PLAYERS

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ABSTRACT

Excellence in sports require high level of ability to manage aggression and anxiety. There exists very limited study on the impact of aggression & anxiety on basketball players. Speed, endurance and strength were studied for this purpose. 20 male samples who participated in inter-university tournaments were obtained. Anxiety questionnaire developed by Sanjay Vohra's and Aggression Scale developed by Dr. (Mrs) G.P. Mathur & Dr. (Mrs) Raj Lumari were used for the study. 50 meter dash and Harvard step test were employed for assessment of strength, speed and endurance. To find out the relationship, simple linear correlation was deployed at 0.05 level of significance. The statistical findings of the study revealed almost similar trend of relationship in between psychological and motor abilities in total six correlations calculated. The results revealed that anxiety was negatively related to endurance and strength but has positive relationship with speed. Whereas aggression exhibited positive relationship when compared with strength, speed and endurance.

Key words: Basketball, Aggression, Anxiety, Psychological ability, Motor ability.

INTRODUCTION

Sport is an area where the sports persons have to withstand different situations. If they are not appropriate to handle the situations meticulously; certainly the results would be unfavourable. There are various categories of sports being played around the world at different level. Every sport has its own set of rules and regulations prepared by their respective governing bodies. Every sport requires different level of fitness and motor abilities depending on the nature of sports. Sportsperson not only requires the physical abilities but simultaneously psychological skills are also substantial for them to perform better (Yadav, 2013).

Basketball is among such sports which have been played globally, world's second fastest game after ice-hockey. Basketball was started by James Naismith way back in 1891. It is a team game where a lot of speed, agility, strength, endurance is required. It is physical in nature and that invites forceful contact among players such as shoving, grabbing, elbowing, and blocking. Actually these are the tactics being employed by teams to score points by indulging opponents to commit fouls and to shake their temper. This sometimes makes players lose their calm and get more aggressive and feel anxiety. Aggression is the desire to inflict harm on another individual, group, or entity (James, et al., 2005). Anxiety is uneasiness; fearful feeling which can make a person miserable and even upset their mental and physical aspects (Morgan, et al., 2004).

It is only muscle contraction that results in all movements in sports. Hence, strength becomes an integral part of all motor abilities, technical skills and tactical actions (Singh, 1997). Strength training is of high importance for achieving good performance in basketball (Delextrat and Cohen, 2008). It improves the ability to run, jump and shoot by strengthening the muscles that are being used when playing basketball. Endurance assists sports persons to execute movements with desired quality even under the condition of fatigue (Singh, 1997).

Speed performance appears in different form in various sports (Coleman and Amonette, 2012). In the game of basketball, great speed is considered as one of the most useful characteristics. Speed on the basketball court can help a team to employ a fast-break offense. When a power forward or centre can control a rebound and throw a lead pass to a fast guard consistently, it can set the team up for layups and dunks on a consistent basis.

OBJECTIVES OF THE STUDY

The objective of the present study was to study impact of aggression and anxiety on basketball players.

HYPOTHESES

For the purpose of current study, it was hypothesised that there will be a significant relationship between selected motor abilities and psychological variables among basketball players.

METHODOLOGY

Various samples were identified among basketball players and were grouped in a single group. This group consisted of 20 subjects who all were male. The average age of subjects ranged from 18 to 22 years. Selection of subjects was made through purposive sampling. Psychological parameters i.e. anxiety and aggression were assessed using Sanjay Vohra's anxiety questionnaire and Dr. (Mrs) G.P Mathur & Dr. (Mrs) Raj Lumari Aggression Scale respectively. However, strength, speed and endurance were assessed using dynamometer, 50 m dash and Harvard step test respectively. Simple linear correlation was used at 0.05 level of significance in order to find out relationship.

DISCUSSION ON FINDINGS

The analysis of data comprehensively revealed positive relationship but not significant in selected psychological variables and motor abilities among male basketball players. The analysis showed insignificant relationship of aggression, anxiety and motor abilities in case of basketball players.

Table 1: Relation of Selected Psychological Variables with Motor Abilities

Variables co-related Psychological Variables	Motor Abilities	r' value
Aggression	Endurance	0.08
	Strength	0.19
	Speed	0.15
Anxiety	Endurance	-0.06
	Strength	-0.35
	Speed	0.12

After correlation, it is found that 'r' value is close to '0' which implies that there is no relationship between variables. But in some cases it was found positive which implies that both values are directly proportional and if 'r' is negative which implies that both values are inversely proportional.

Accordingly positive correlation in case of aggression-endurance ($r=0.08$), aggression-strength ($r=0.19$) aggression-speed ($r=0.15$) and anxiety-speed ($r=0.12$) shows if there is increase in aggression of a player then simultaneously it gives a bit positive effect on motor abilities and negative correlation shown in case of anxiety-strength ($r = -0.35$), anxiety-endurance ($r = -0.06$) means anxiety had a negative effect on motor ability as the anxiety increases motor abilities gets affected negatively.

In addition to this, human beings are in every aspect psychophysical entity. Hence, psychological parameters do have physical manifestation too. As also psychological characteristics has effect on various task performance, the outcome of the task do directly influence related motor abilities.

Due to this reason, different pattern of relationship was observed among selected group of basketball players between selected psychological parameters and motor abilities.

CONCLUSION

It was concluded through present study that there do exists positive inter-dependence of Aggression among endurance, strength and speed. Irrespective of sportsmen belonging to any sports, their aggression is positively related with strength, speed and endurance. Anxiety was found to be negatively related with endurance and strength and positively related with speed. Hence, psychological parameters are crucial in realising levels of motor abilities namely endurance, speed and strength.

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COMMERCIALIZATION OF SPORTS

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INTRODUCTION:

The commercialization of sports involves the sale, display, or use of sport or some aspect of sport so as to produce income.

The purpose of this research paper is to understand the pros and cons of Commercialization that has been taking place in the field of sports. It has certain advantages as well as disadvantages. Nowadays, every level of sports is being commercialized in one or the other way. The commercialization is taking place in different forms. These days sports has become great business whereas the sole purpose of sports is to engage in physical activity for having physical, psychological and emotional benefits. Winning at any cost is becoming the way of sports now. The commercialization may include sponsorship, prize money and other benefits for the players. But it has become an instrument of making money and displaying power.

The commercialization of sports may include following aspects:

1. Media coverage: It provides exposure to particular sport activity or event which may increase the popularity of that sport.
2. Increased participation: This may lead to increased participation, competition and revenue generation. More and more people participate in that sport activity.
3. Fund generation: Every sport activity requires money for survival and success. The commercialization leads to increased fund generation in the form of improvement in facilities, advertisements, sponsorships, corporate involvement and marketing of sport tournaments. All these things lead to increased fund generation. But it has certain disadvantages such as increased cost of participation, winning at any cost, drug abuse etc.
4. Tournaments as business event: Now tournaments are being organized as business events leading increased cost of tickets, refreshment and other facilities provided at tournament venue. Advertisements and broadcasting rights of the tournaments are sold to companies which in turn dictate their terms.
5. Lack of sportsman spirit: The teams and the players play for winning at any cost because of commercial pressure on them. Thus, the true spirit of the sports is lost. The players are burdened physically and psychologically.
6. Distractions due to advertisements: As commercial organizations are sponsoring sports events for marketing their products. This is leading to continuous distractions for both players and spectators.
7. Dictating the outcome of tournaments: This is worst side effect of commercialization. Most of the times, these organization decide who will win or lose. The sport is purely business for them. This is causing damage to sheer purpose of sports.
8. Players as commodity: The players are being known for their worth in dollars instead of their playing abilities.
9. Demands on players: The players are asked to promote the products of the companies. There is also financial obligation of performing excellent during tournaments. This is leading to exhaustion of the players. More and more players are taking retirements at the early age.
10. Benefit to stakeholders: The athletes, managers, coaches, officials, media people, lawyers, medical experts, fitness trainers, sports psychologists and sports team owners gain advantage from the fans and spectators watching the tournaments.
11. Benefits of Sporting extravaganza: Even though the ideal of the modern Olympic Games is exactly opposite to the commercialism of sports, the experts are of the opinion that this idealism has been compromised to the point that the Olympics is currently the epitome of commercialism. The events like Olympics and World Games have become pure business events. There is involvement

of huge money and commercial organizations. There is concern about how much help and control should be exchanged from these commercial organizations.

Sports and Media: The sport involves all forms of the mass media: Print and Electronic media. Books and magazines, Newspapers, Radio stations, Television has affected sports most profoundly. Internet is new form of media which is controlling everything including sports. The media has profound control on every aspect of sports. This may be beneficial for making sport popular but at the same time it is ruining the true spirit of sports by making it a commercial activity only.

Betting and gambling: The commercialization of sports has evolved some of the ill-practices such as betting and gambling on players, teams and tournaments. These activities are merely cantered on money. They have nothing to do with sportsman spirit.

Increased expensiveness of sport events: Because of commercialization the cost of participation and competitions has increased. This is leading to poor participation of backward countries in certain costly events.

Drug abuse: Considering the monetary advantages of winning, the players want to win by hook or crook. This has lead to increased menace of drug abuse in sports. Several players at all levels are taking drugs and ruining their lives. The menace of drug abuse has reached all levels of sports in all countries. This is the biggest concern at present.

Today the sport has become a great business opportunity and large business companies are profoundly involved in sport. Athletes became marketable commodities, sports teams are being traded, sponsorship rights reached very high levels, television stations pay huge for broadcasting games, and manufacturing of sporting goods is a multi- national business. This has reached the so-called amateur sports also.

CONCLUSION:

It can be concluded that, Commercialization has benefited the sports in several ways but at the same time it has lead to deterioration of true spirit of sports. It is up to the sports fraternity to get involved in commercialization or keeping control on commercialization. The true spirit of sports should not be exchanged with money.

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ABSTRACT

Given that many universities spend large sums of money supplying sports facilities for student use, comparatively little is known about the factors that influence the quantity of student sporting participation. This paper presents evidence which suggests that the quantity of role of teachers towards student sports participation is adversely affected by greater hours of work and increased by greater sports literacy and the decision to augment social capital. Effective investment in sports facilities by Universities would meet students' demands and not simply increase the range of sports facilities available to students.

Key words: Yoga, Sport; Participation; Time; Social capital of Teacher and Students.

INTRODUCTION

Most universities encourage students to participate in recreation activities during their time at university and often provide a wide range of sporting opportunities to cater for all levels and types of participant needs. Universities often encourage participation in other physical recreational activities by students who are not interested in sporting activities. For example, the few Universities Student Charter explicitly encourages students who do not already have an active lifestyle to participate in physical recreational activities through the provision of a relaxed, non-intimidating environment and an attractive and relevant programme. Although many universities spend large sums of money in supplying sporting facilities for their students to use, comparatively little is known about the factors that influence the quantity of student participation in sporting activities and whether a broad or narrow range of sporting facilities is necessary. This paper presents an analysis of factors that influence the quantity of participation in sporting activities by students in a Dr. Babasaheb Ambedkar Marathwad University by drawing on data collected from a survey and employing ordered logistic regression analysis.

THEORETICAL BACKGROUND

There is now a vast literature on the demand for sports participation. This literature reflects the state of the art of sports studies and economics: it is varied; it comes from various theoretical perspectives, and from outside economics. Nonetheless, the standard treatment of demand for sport remains the neo-classical theory, which analyses participation via utility maximization and a demand function. In said function, demand for sport (measured in various different ways) is determined by the price of the sports activity, the prices of other goods, and income. Theoretically, preferences are also included, as they must be for a neo-classical treatment; but empirically, tastes are often omitted. Therefore, there is a large range of possible causal factors for sports participation. The literature does not suggest one simple model which might be estimated and/or tested. The goal of this study is to identify whether there is any evidence to support these theories from students who might have more time to participate in sporting activities than workers. Knowledge of factors influencing sporting participation by students is important if Universities are going to optimally allocate funds to meet the needs of students, especially in the Maharashtra where recent evidence suggests a move towards greater proportions of students working long hours to support themselves while studying for university qualifications, which can impinge on the number of hours available for study and socializing.

COLLECTION OF DATA

Data were collected via a questionnaire of self-reported, closed questions designed to gather evidence for and against the theories discussed above and was distributed to students following two modules in two levels in one Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra. All respondents in the sample ($n = 85$) were classified as being full-time students. The questions attempted to capture the diversity of motives for sports participation found in the literature. A series of questions dealt with the types of sports played; constraints, including cost, the ability to play sports, competing demands on their time; physical, psychological and social motives for sports participation; and details of the sports played. The descriptive statistics show a number of key features. First, the sample comprises active sporting participants, who on average play 3 or 4 sports. Indeed only 6 of the sample played no sports whatever. Sport is defined broadly: first, by allowing the students to define the sports they participate in; second, by allowing those responses to stand. The range of sports cited is extremely broad, including walking, which was a common response, skiing, and yoga; the most common sports were as might be expected, including football, rugby, netball, (field) hockey, swimming, tennis, and running. To some extent, sports played conform to gender stereotypes (no men in the sample indicated they play netball, for example); however, a number of women play cricket, football and rugby, reflecting the shifting gender profile of those sports. A slight majority of the sports played were competitive, although this was less often in an organised competition, and even less often intensive (in its level of activity and exertion). Most respondents were around the age of 20, all had access to university sports facilities; all lived in the same city (term-time), so differential access to local facilities was not relevant. Given that all of the respondents are full-time students, and are assumedly not the main wage earner in their family (although they might be in their student accommodation), personal income could be less relevant to their sports choices than it might otherwise be. There was a small majority of men in the sample, and a larger majority of white respondents; however the data did not suggest that ethnicity is much of a factor affecting sports participation. Indeed, all respondents who did not participate in sports were white. At least in our sample, some preconceptions about ethnicity (often through religion) and its impact on gender roles and hence sports participation is challenged.

RESULTS

Bivariate Analyses Initially, a series of bivariate analyses and pivot tables were estimated. A selection of these is presented. The questionnaire asked respondents for their motives for doing sport. The responses to those questions are shown in Table 2, which presents data on several factors that act as motives for sports for respondents within our sample. The data support the physiological-psychological hypothesis that people do sports for the release of endorphins (and possibly also to reduce stress): across the sample – although there was a slightly greater proportion of men who gave this as (one of) their reason(s) for doing sports – respondents expressed the view that they did sports because of the feeling it gave them. This evidence supports Scitovsky's hypothesis suggests that those individuals who cite 'new friends' as a motive for sports participation also participate in more sports; this is slightly greater for males than for females. For universities, therefore, arranging opportunities for sports is a sensible strategy, one that might also have positive social spillovers, further enhancing the student experience. The high value for 'motive: fitness' in the descriptive statistics suggests that respondents are participating in sports in order to increase health. they are already committed by virtue of their tastes.² Another finding reported in there was that men and women who prefer watching television rather than participating in more sports actually participate in more sports than those who do not blame TV. This finding supports the earlier finding about time pressure more generally. One explanation is that activity creates time pressures and perceptions of constraints. Another is that activity creates energy (the sport's physiological benefits) and the desire to pursue more activities. For example, those (mostly men in our sample) who would rather stay in bed than do sports might have generally lower levels of activity and thus lower desire for activity. However, men and women who cite other interests as a reason why they do not participate in more sports do indeed participate in fewer sports, yet they are active. In this case, simply their preferences are towards other activities. Also, it is not clear whether those who feel the need to stay in bed do so in order to recover from

strenuous activities. Overall, from the analysis of raw data, descriptive statistics and pivot tables, time does appear to be a constraint on sports participation. Time is clearly being spent on other leisure activities, including other sports. A significant draw on people's time is also work. Students face two work requirements: study (including class attendance) and, increasingly given changed educational funding arrangements, paid employment. Table 4 explores this issue further: it shows the 'Sports Number' for the sample, cross-referenced to hours worked (on paid work and study) per week re-confirms that on average, according to our sample, men participate in more sports than women. Moreover, for all but the category of students who do not work per week, men participate more than women. This supports the suggestion made above that for women who are working, time pressures are perceived to be higher. The figures also support the hypothesis (proffered above) that activity breeds activity: the lowest figure for 'Sports Number' for men and overall is for those engaged in no work; whereas, the highest figure for 'Sports Number' for men and overall is for 35+ hours work. It seems that when men work hard they also play hard; or they are lazy and engage in no activity. Again, activity inspires activity: sports create fitness and the feeling of well-being, which inspires them to do more of other things too. However, the picture is murkier than that. Overall, and for men, if one plotted the hours worked against 'Sports Number', one would get a curve. For women, their curve is W-shaped: the two highest levels of 'Sports Number' are at 0 hours worked and at 35+ hours worked. There is evidence that some women are substituting work and study for sport: the fall in 'Sports Number' from 6- 12 hours to 13-20 hours worked further supports that claim; but also, there is evidence that others have higher general levels of activity, as shown by the increase in 'Sports Number' when women work longer than 20 hours per week. These findings suggest that encouraging sporting activity creates the capacity in students for more activity; that universities should not worry if students are engaged in lots of work; and that students are a diverse group and that a 'one size fits all' strategy might be inappropriate. However, the results partially support the earlier hypothesis that time acts as something of a constraint on sports participation. That would suggest that universities should seek creative ways to give their students more time for sport. Multivariate Analysis to strengthen the analysis, an ordered logistic regression was employed to identify the determinants of the quantity of sporting participation.

CONCLUSIONS

Given that many universities spend large sums of money in supplying sporting facilities for their students to use, comparatively little is known about the factors that influence the participation rates of students in sporting activities. This paper presents an analysis of factors that influence the quantity of participation in sporting activities by students in a Dr. Babasaheb Ambedkar Marathwada University, Aurangabad by drawing on data collected from a survey and employing ordered logistic regression analysis. The results from multivariate analysis suggest that the number of hours in work has a strong and negative effect on sporting participation, suggesting support for a tradeoff between work and leisure. Throughout the results, time is a significant factor affecting (usually negatively) sports participation, which in general students seem disposed to – this even applies to students who previously rejected sports, but whose perception of it has now changed. Participation in sporting activities is seen as a way of increasing social capital. That is to say, students often participate in sports in order to create new or develop existing social relationships. In addition, the study does support the theory that agents invest in physical capital, i.e., their health by participating in sports, which they perceive as increasing their fitness. In addition to these rationalistic explanations, there is considerable evidence in the data for a strong effect of habit persistence in sports participation, or 'sports literacy'. In short, the paper provides empirical support for a number of theories of participation. However, in contrast to much of the literature, cost of participation and preferences for competitive, organised or intensive sports do not appear to influence the overall quantity of participation. Universities need to know whether the demand for their supply of sporting facilities is likely to be high. With the increasing number of students being in employment to increase their income to pay for living expenses while at university, working longer hours is a reality for contemporary students but will also impact on the demand for sports facilities. Students are likely to become increasingly selective in their sports participation decisions, with sports literacy, meeting new friends and time constraints all

playing an important role. This paper has identified a need for universities to use several strategies to encourage students to participate in sports. These strategies might include organizing more sporting activities, and by attempting to change the perception of sports by students. More specifically, our analysis suggests that universities should focus on providing organised, often competitive, social sports and that they should target these sports in their marketing of sports participation. Our data suggests that the types of students who would engage in intensive sports are those who would be willing sports participants anyway, and thus for whom institutional encouragement is unnecessary. Furthermore, students feel time constrained and unable to participate, thus universities might be wise to change the work culture of the university and the nature of the students' working week, to give them more opportunity to participate in sports. Our vicariate results in particular show that such changes might lead to improved sporting activities and higher general levels of activity.

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RELATION BETWEEN SPORTS AND SOCIETY

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ABSTRACT

Sport teaches proper values of life come to exist when we learn it living in the society. Self - discipline, sportsmanship, and an enjoyment for hard work, competition, and goal achievement. Most claims about the value of sport participation focus on sport as an agent of socialization. But despite strong cultural beliefs, there is little evidence to support the claims made for the contribution of sport to the socialization process. The regulation of cast, creed and culture are far away from sports and activities as it has not any boundaries.

Key words: Sports, society, culture, socialization

INTRODUCTION

Human is a social animal, in society humans play various role in society. The society is that aspect which provides development approach for human being. In the society the factor which has unique status in human's life is the family. When human plays the various role that time the role of the human is concern with family, community and also the role of humans concern with the hobbies. Human hobby has various aspects for example the hobby of writing, reading and also playing. The playing hobby is related with sports.

Sport is a very prominent social institution in almost every society because it combines the characteristics found in any institution with a unique appeal only duplicated by, perhaps, religion. The functional, conflict, and cultural studies perspectives are reviewed, with additional discussion on how sport relates to the processes of socialization and social change. The latter focuses on the evolution of sport from a playful, participation-oriented activity to one that resembles a corporate form guided by the principles of commercialism and entertainment. The role of sport in international relations and national development dramatizes the political meaning of sport to many societies.

While sport may be integrative at the higher political levels, it has not been so at the interpersonal levels of gender and race. The inequality that characterizes society's relations of gender and race is found in sport as well. The sociology of sport will be able to shed more light on all of these issues when theory informs more of the research in this subfield. Sport is an arena of patterned behaviors, social structures, and inters institutional relationships that hold unique opportunities to study and understand the complexities of social life. Sport is an activity that commands a degree of primary or secondary involvement unsurpassed by other institutionalized settings.

At the same time that sport is a product of social reality, it is also unique. No other institution, except perhaps religion, commands the mystique, the romantic ideational cultural fixation that sport does. No other activity so paradoxically combines the serious with the frivolous, playfulness with intensity, and the ideological with the structural.

The purposes of this review are double, first to describe the current understanding of sport and society through the work of sport sociologists in selected areas, and, second, to assess the adequacy of the research and theorizing in these fields.

SPORT AND SOCIALIZATION

The involvement of youth, particularly male children, in sport is typically encouraged by parents, school administrations, and community leaders because this activity is viewed as a very effective setting for learning acceptable values and beliefs and for acquiring desirable character traits. Despite a barrage of

criticism, very strong communal support exists for sport participation because of the belief that sport teaches proper values such as self - discipline, sportsmanship, and an enjoyment for hard work, competition, and goal achievement.

Most claims about the value of sport participation focus on sport as an agent of socialization. But despite strong cultural beliefs, there is little evidence to support the claims made for the contribution of sport to the socialization process. Studies comparing male athletes and male non athletes (there are very few studies comparing women) give way little evidence to support the idea that sport is necessary for complete and adequate socialization, or that involvement in sport results in character building, moral development, a competitive or team orientation, good citizenship, or valued personality.

CONCLUSION

Sports and society those are the aspects have correlation because the sports is concern with society the grounds behind we anxiety the sports with society the success of the sports is depends on the human being and human can be male or female those are the aspect concern with the society. Because those two parts are wheel of society and the contribution of those two aspects provides the success for sports. Society provides the potential ambience for sports because the success of the sports totally depends on the society because society provides the utility for sports and the utility are human. The progress of the sports is depends on human being.

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EDUCATIONAL STRESS AND ITS MANAGEMENT THROUGH YOGA**DR. VASISTHA A. KHODASKAR**

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ABSTRACT

Heavy curriculum, tremendous competition in getting admission in the reputed schools and colleges and unemployment are also causes of stress for students. Generally students suffer from stress from eight nine-stander onwards much. Because they have to face the board exams, so they feel heavy tension and also the parents expect a lot from them.

Stress is a psycho-physiological response of the body to internal or external stimuli. There can be both positive and negative effect of stress. Positive stress or eustress is useful to increase working capacity or performance and distress or negative stress effects might be result in desperation.

Medical science has recognized stress as one of the biggest and silent killer. Hypertensions, Diabetes, Heart problems, Asthama, Ulcer, Insomnia, Menstrual problems, Migraine, Headache etc, these are the stress-induced diseases. Yoga helps to reduce the stress of the students and build-up their psycho-physical resistance and useful to develop emotional and pranic balance. Therefore Yogic Practices should be made mandatory at least from the standard of eight onward.

Key words: stress, eustress, psycho-physiological, Yogic Science.

INTRODUCTION**Students under Stress**

Heavy curriculum, tremendous competition in getting admission in the reputed school-colleges and unemployment are main causes of stress for students. Also there is competition among the students for getting a good job. Generally students suffer from stress from eight nine stander onwards much. Because they have to face the board exams, so they feel heavy tension. Also the parents expect a lot from them.

After obtaining higher education in not sure to get desirable job this may also one of the reason of stress. And this stress is generally seen or felt on the students till they get a good and desirable job. Students, Parents, Schools, Colleges, Authorities are suffering more or less by educational stress.

Parents under Stress

Child birth is one of the happier moment or event in every parent's life. But as the child grows, their stress, tension and worries also increases regarding the child's education. Educational institutions and teachers felt under the stress.

Concepts of stress

- Stress a psycho-physiological response of the body to internal or external stimuli.
- Stress is a biological need, part of daily life.
- Stress is a by product of pressures, changes demands and challenges that we face each day.
- There can be both positive and negative effect of stress. A positive effect might be result if an athlete is "psyched up" for a game and thus performs better. A negative effect might be result in depression.
- Selye and Levi (The author of book-The stress of life) say that each person is experiences some degree of stress during each movement of existence. Stress can be good or bad.
- One man's Stress may be another man's pleasure.

Signs of stress full condition or Stress reaction

Medical science of today has recognized stress as one of the biggest and silent killers, 80% of the diseases are psychosomatic caused by the mind.

- 1) Stress hormones destroy our total health and damaging our immune system.
- 2) Killing the W.B.C.
- 3) Suffering by blood pressure, heart disease, heart palpitation.
- 4) Fast breathing more sweating saliva increase.
- 5) Arise digestion problems
- 6) Heart-rate increases
- 7) Many muscles tense and tighten
- 8) Increase the blood sugar
- 9) Bowel and bladder muscles loosen
- 10) Develops the postural deformities like kyphosis, round shoulders etc.

TYPES OF STRESS

There are two types of stress

- 1) Eustress
Healthy and essential stress or positive stress, produced positive impulses, happiness, joyfulness, etc. it helps to make life enjoyable even interesting, useful for growth and development, for change to increase the performance.
- 2) Distress
Makes anxious and irritable, some type of pressure either external or self imposed, responsible for physiological and psychological changes of an undesirable nature. A negative stress that result in depression.

Psychologists classify the stress in to 4 basic areas:

- 1) Future stress: is caused by concern over the future i.e. worries.
- 2) Situational stress: is stress of the moment, it is an immediate treat, challenge or agitation.
- 3) Chronic stress: is stress over time, it may stem a tough experience over which have no control except to endure (bear) or accept, such as the lost of a loved one, an illness, accident etc.
- 4) Residual stress: is a stress of the past memories of bad incident or old hurts.

Management through Yoga and Others Holistic Approach

Yogic Hygiene, Sports and Recreational activities, Balanced Food, Positive attitude towards life, Good Company and Attracting divine grace.

YOGA HYGIENE

Yoga helps to build up Physical and Psychological resistance emotional harmony and pranic balance through the eradication of the root cause in the mind. Asanas, Pranayama, Meditation etc. are helps in the self-healing and reducing mental stress of students.

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DEVELOPMENT OF MULTI-MEDIA INSTRUCTIONAL MATERIAL ON COMPULSORY THEORY PAPERS FOR B.ED. TRAINEES

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ABSTRACT

Development of multimedia instructional material for the particular theory papers is the core part of education. The teacher wants to achieve mastery over teaching skills through the use of technology and regular practice. Multimedia Instructional Material is an important and technosavi concept. Generally there are fundamental skills of the world of technology. There is an urgent need to achieve mastery over these technology based basic skills for a teacher and student. It leads to achieve excellence in theoretical and practical approach. Such an approach of learning enhances student's achievement in theory, practical and overall competence. The field of teacher education is not an exception to it. The present study is carried out the study of development of multimedia instructional material on compulsory theory papers for B.Ed. Student-teachers in teacher education. It is carried out among 40 student-teachers of B.Ed. course. The Experimental research method was adopted in the present study. The revealed findings are applicable for the student- teachers, teacher- educators, educational directors, research scholars, curriculum planners and education policy makers.

Key words: *Multimedia Instructional Material, Theory Papers, Student-Teachers, Teacher Education.*

INTRODUCTION

The world of education has been influenced by the increased use of technology. It has provided valuable help in improving the task of teaching – learning and enriching the goals of education. The evolution of technological terms has affected the field of education. The field of teacher education is not an exception to it. There are three stages of teacher education i.e. primary education, secondary education and higher education. The B. Ed course comes under the stage of higher education. The main objective of B. Ed course is to develop competencies and skills needed for becoming an effective teacher. It sensitizes B. Ed trainees about emerging issues, such as environment, population; gender equality, legal literacy etc. It cultivates rational thinking and scientific temper, critical awareness about the social realities, to use managerial and organizational skills in school among B. Ed trainees. The B. Ed course includes theory papers; practicum and viva-voce. There are compulsory theory papers in B. Ed course. The compulsory theory papers are taught though lecture method as a conventional method in the field of education. The conventional method fails to achieve the expected target. Every teacher aims to teach his students in the best possible way by adopting proper ways and means for the effective realization of the teaching objectives. The use of technology has evolved various techniques, strategies and approaches for both the teacher and learner to realize their teaching-learning objectives in a quite effective way. Multi-media approach represents one of such strategies and approaches to improve the process and products of teaching-learning. The present study is carried out the study of development of language skills for B.Ed. students in teacher education.

OBJECTIVES OF THE STUDY

- 1) To develop Multimedia Instructional Material for teaching compulsory theory papers to B.Ed. trainees.

- 2) To study the effectiveness of developed Multimedia Instructional Material for teaching compulsory theory papers to B.Ed. trainees.
- 3) To study the comparative effectiveness of developed Multimedia Instructional Material and conventional method of teaching compulsory theory papers to B.Ed. trainees.

HYPOTHESES OF THE STUDY

A) Research Hypotheses

- 1) The multimedia instructional material is effective for B. Ed. students.
- 2) The teaching of theory papers is designed, developed and implemented through multimedia instructional material for B.Ed. students.

B) Null Hypotheses

- 1) There is no significant difference in the achievement of the B.Ed. students through the multimedia instructional material.
- 2) There is no significant difference in the achievement of the B.Ed. students through conventional method and multimedia instructional material.

DELIMITATIONS OF THE STUDY

The present study was delimited in the following respects -

- Area - Barshi Town
- Grade - Marathi medium B.Ed. students
- Discipline - Teacher Education
- Sample - 40 B.Ed. students
- Content - Multimedia instructional material for theory papers

PROCEDURE OF THE STUDY

The research methodology, sampling, tools, procedure and statistical analysis of the present study were as follows.

The Experimental research method was adopted in the present study. It was based on the Post-test Equivalent Group Design. The independent variable and the dependent variable were respectively the multimedia instructional material and the achievement of the B.Ed. students. One Marathi medium teacher education institution in Barshi town was selected. Total 40 B.Ed. students were selected randomly. Thus, two groups of B.Ed. students from a Marathi medium teacher education institution constituted the sample for the study. The achievement test was developed by the investigator himself and validated by experts in concerned field, and was conducted for the study. The control group was taught through conventional method for teaching of theory papers. The conventional method used in the study was lecture method. The experimental group was taught through the multimedia instructional material to B. Ed. students. PPT, Video, Audio and other material were the fundamental for multimedia instructional material. The program was conducted for a first semester of three compulsory papers with proper planning. Both groups were treated as per the planning. The theory and activities through multimedia instructional material were limited to only select papers. Then, the achievement test was administered to the both groups. The achievement test was assessed by certain criteria by expert teacher educators. The achievement test was prepared for 50. The scores obtained of that post-test stage were recorded. Responses of each student were measures using the key prepared for the purpose. These scores were then tabulated and statistical analysis was done for further calculations in order to locate the significance of difference for which T-test was used. The major findings and recommendations are stated with the help of interpretation and analysis of data.

Group	No. of Players	Mean	SD	D-means	T-value	Df
Control Group	20	7.3	2.1	7.95	9.03	18
Experimental Group	20	15.25	2.64			

FINDINGS OF THE STUDY

There is significant difference in the achievement of students through the multimedia instructional material designed in programme for compulsory theory papers. There is significant difference in the achievement of the B.Ed. studentss through conventional method and designed multimedia instructional material for selected theory papers. So the both No.1 and No. 2 null-hypotheses were rejected.

The findings of the study were as follows.

- 1) The achievement of scores in B.Ed. students was more in experimental group than control group.
- 2) The well-designed multimedia instructional material programme became more helpful for theory papers to B. Ed. students.
- 3) The resources of multimedia instructional material were more helpful to develop theoretical and conceptual competence among B.Ed. students.
- 4) The multimedia instructional material was fundamental for teachers and learners.
- 5) The well-designed multimedia instructional material programme were more helpful to maintain active role in the teaching-learning process.
- 6) The multimedia instructional material was helpful to respond quickly and accurately in daily teaching-learning process for B.Ed. students and teacher-educators.

RECOMMENDATIONS

- 1) The teacher-educators should try to conduct awareness programme and course on multimedia instructional material.
- 2) The teacher-educators should try to create desirable learning and creative environment through multimedia instructional material.
- 3) The teacher-educators should be technosavi and digital oriented to a B.Ed. student.
- 4) The teacher-educators should try to focus on to use multimedia instructional material.
- 5) The teacher-educators should try to develop multimedia instructional material to explore novel and engaging opportunities that will support and enhance the theory and practical oriented view of B.Ed. student.

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SPORT AND MAKE IN INDIA

Research Guide

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ABSTRACT

Sport has a huge role to play when it comes to nation building and the same evident. Its help in elevating qualities like discipline, determination, a passion for fitness and teamwork in the psyche of nation. In order to understand the link between sport and national development the logical starting point is to take overview of the fundamentals benefits of sport from the perspectives of individual requirements. We must pay more attention to the humanistic aspects of sport in order to broaden our understandings of sport in national development. Sport Authority of India (SAI) selects talent from all parts of India and develops them into competitive athletes. Our trained athletes participate in national and international level events. Any eligible youth can apply to the SAI schemes, which will be called for selection trials. The admission to the schemes will be subject to fulfillment of the eligibility criteria and battery of test as well as skill tests.

Key words: *Nation-Building, Discipline, Determination, Teamwork, National Development, Sports Authority of India, Eligible Criteria etc.*

INTRODUCTION:

In sports Character, value, physical and mental health is challenged in short span of time. Sports can tell us a lot about ourselves as individuals and society. Yet apart from a fanatic obsession with cricket, we have very little to show for our passion in sports. Where there is certainly better infrastructure available today. Sport is a not popular part of Indian culture, instead of joining sports, teams or athlete's game, many children's are spending countless hour in front of TV screens and video games. Sports are not only keeping you healthy and fit but also play important part as recreational events. Sport shapes the character of person significantly. Concentration, alertness, teamwork, focus and leadership are some of the skills that sport teaches anyone. Sport develops and encourages the spirit of healthy rivalry and competition. They teach us coolness, courage and self-control. It inculcates team spirit, a sense of comradeship and discipline. A sportsman has to obey his captain and accept the judgments of umpires and refers. Sports play a vital role into complete education. Also it breeds the sportsman spirit which enables everyone to accept failure and defeats in a positive way and learn from such events.

Recently, we have seen good incentives have been taken up by a few leading news networks too. Currently we have a mark of the sports. Campaign endorsed by a leading cine stars. It encourage to grade students for the sports. They participate in sports changing lives in India, the story of the state Hariyana. Nestled in the north of India, Hariyana has a tradition of producing a lot of good sportsman, after all India's first world cup winning captain comes from the that state. But the 90s and turn of the millennium saw a huge chunk of the Indian youth fall prey to drugs and substance abuse. Hariyana was a worst affected state. Today with the help of the sports, the state government has been able to bring a huge turn around in the attitude of the youth. They have exorcised their drugs demons and have taken up sport as a way of life. The result of that is Olympic medal winning wrestlers and boxers. Sports binds people across boundaries, when a national team plays, the entire nation rises up as one.

THE IMPORTANCE OF SPORTS IN NATION BUILDINGS:

The feeling of the nationalism is indispensable to the idea of nation-building. Apart from religion sport is the only common thread that binds people together and helps in developing a feeling of patriotism

and unity that can counter regional factionalism and sinister design of various separatist sports. Sport builds and defines the character of a nation. It helps in guiding the youth in proper directions and building infrastructure any major international sporting events like the Olympics or a World-Cup promote universal brotherhood and gives one a sense of belonging to a larger global community. There are many sports played in India but cricket is famous game in India. Since a decade, Indian sport ministry is focused on increasing the sport facility in India. India has hosting several international sporting events after independence including 1982 Asian Games to ICC Cricket World Cup in 2011. India is rich in giving great athletes to the world. In sport such as Cricket, Hockey, Wrestling, Shooting, Chess, Badminton, Football, Golf, Kabaddi, Races, Billiards, Baseball, Boxing, Tennis, Formula-1, Polo and Rock Climbing. Still India needs to work more on infrastructure and other facilities. In the 11th Five Year Plan, government allocated INR 46,360 million for development of sports in country. Since then India had hosted Formula 1 Races, Hockey World Cup, Common Wealth Games and Cricket World Cup.

SIGNIFICANCE OF RESEARCH:

The present research has studied that role of sport in national development of India and especially focus and the find the relation between sport and make in India.

OBJECTIVES OF RESEARCH:

1. To study role of sport in nation building.
2. To study the importance of sport for country development.
3. To Study how many helpful sport events for make in India.

RESEARCH METHODOLOGY:

Secondary data sources as like books, published and unpublished data, newspaper, and research related document are used for data collection. Descriptive and Analytical scientific research methods are used for this research paper.

CONCLUSION: THE PRESENT RESEARCH SHOWS THAT:

1. Sports are plays vital role in many fields as like economy and infrastructure.
2. Sport is important for India's development and nation-building.
3. Drugs are big challenge and major problem in sport field.
4. Sport is significant for nationalism and patriotism as well as make in India.

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'SPORTS FICTION': A BLOOMING LITERARY GENRE**MR. G. S. DESHMUKH**

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ABSTRACT

There is a hidden bonding between sports and literature. Both enrich to each other. One is inspiration to another and vice-versa. Most of the readers are fans of different sports. They either play particular sport or enjoy while watching it, because of this a new kind of literature is flourishing day by day. Its strong point is that all age-groups' readers read this genre's materials. Its name is 'Sports Fiction'. Sport is an integral part of human life. There are many objectives behind playing different sports. Sports have a very long, ancient and rich heritage. It is really satisfactory thing that young generation reads the material, news and biographies related to sports. It inspires novelists too. 'Sports Fiction' has opened a new door of literature. Generally a sport fan reads everything about the sport in which he/she has much interest. It is the main reason to make popular to 'Sports Fiction'. Now many novelists take effort to portray the lives of various sportsmen through novels. Present research paper has attempted to focus on 'Sports Fiction' which is blooming nowadays.

Key words: Sports Fiction, Empowerment, Education, Entertainment, Literature.

INTRODUCTION :

There is a proverb in English language, 'A Sound Mind in A Sound Body'. It indicates that if any person wishes to get the peace of mind, first of all he /she should be physically fit. Otherwise he/she may not enjoy life properly. Of course being physically strong and fit is the first step to get happiness, satisfaction and peace of mind. These are very important things in human life. You cannot buy these things from the market. For that one has to exercise regularly. Sports offer this. In simple words, to enjoy life one should have physical strength.

Sport is an eternal source of energy which is very essential for living life satisfactorily. Many sports and incidents related to it inspired English novelists to write novels which describe it in details. No doubt the readers are familiar to the sports, sportsmen and its incidents. They also want to read and be acquainted with such incidents with additional information in the novels. That's why 'Sports Novels' have a long and good heritage. For this kind of novels, the novelists have assurance to get good response from the readers.

'Sports Fiction' implies its meaning through its name. According to book-genres.com the 'Sports Fiction' genre is,

"Stories where a sport has an impact on the plot or main character. It could simply be said that sports fiction is a fictional story that involves sports." (1)

There is another definition of 'Sports Novel'

"A sports novel is a literary genre that focuses on the theme of sports and athletics in general." (2)

It means 'Sports Fiction' is directly related to the sports. Because these novels illustrate the incidents which happened in the games with real or fictional names and characters.

CHARACTERIZATION:

Fiction is a very well-liked literary form in common people. Yes, it is easy to understand compare with other forms of literature like Poetry, Drama etc. Novels deal with those subjects which are the parts of day to day life of common people. Because of machine age there is no need to perform laborious works and that's why at present time middle class families have leisure time for reading. Entertainment is the ultimate goal of such reading. If that literary genre has the touch of reality, it would be 'Better even than gold'. 'Sports Fiction' proves this test and it is one of the main reasons to be emerging this popular literary genre.

Novel is a gift of English language to Indian languages. Our famous Indian Novelist in English Mulk Raj Anand too comments:

"It is not known to most political chauvinists that the novel form, for instance, in most of our bhashas came from the impact of English fiction. For though we were the world's first tellers of tales like the Jataka moral stories of the Buddhists, the Brihat-Katha and Soma Deva's Katha Sarit Sagar, there were no novels written in India, except Dandin's Ten Princes in the eighth century." (qtd. in Mahendra 63 (6))

If we desire to look back, we understand that a very well-known Victorian novelist Charles Dickens has given a brief description of a cricket match between the All-Muggleton team and the Dingley Dell Cricket Club in his famous and first novel 'The Pickwick Papers' which was serialized in 1836. It is said,

"The sport of cricket has long held a special place in Anglophone culture, and a specialized niche in English literature. Cricket is the official summer sport in England, and it is widely known as the 'gentleman's game', ... Lamb, Hazlitt and Leigh Hunt were all the players of the game – and some of the greatest English writers have written about Cricket." (3)

'Sports Fiction' is the representative of new trends and we all ought to welcome it. Change is the rule of nature and it should be accepted without hesitation. About this Haripriya Ramadoss comments,

"Students should not remain insulated from these global trends. An understanding of the subterranean links between literature and philosophy can enlarge and enrich our understanding of the cultural experience of our times." (7)

There are so many 'Sports Fictions' which contributed greatly to the field of literature. Its list is very long. Out of these, just some samples are being taken for discussion.

'The Art of Fielding' a popular novel was published in 2011 by American author Chad Harbach. It is the story of shortstop Henry Skrimshander and his career playing college baseball with the fictional Westish College Harpooners. Another fiction is 'Travel Team' by Mike Lupica. About this novel Paul Averill remarks,

"When I read the book Travel Team by Mike Lupica I was shocked because it was best book I have ever read. I've read a lot of books by him, and he is by far my favorite author." (4)

Sports journalist Gautam Bhattacharya published his first sport novel, 'Wiki'.

"It is based on real life incidents. It is a novel about a struggling wicket keeper from a middle class family, who finally achieves success." (5)

'A Corner of Foreign Field: The Indian History of a British Sport' by Ramchandra Guha, 'The Best of Indian Sports Writing' by Sundeep Misra, 'Forgive Me Amma: The Life And Times Of Dhanraj Pillay' by Sundeep Misra, 'The Million Dollar Shot' by Dan Gutman, 'Roller Girl' by Victoria Jamieson, 'The Littlest Leaguer' by Syd Hoff, 'Peak' by Roland Smith, 'Last Shot' by John Feinstein, 'Booked' by Kwame Alexander, 'Unstoppable' by Tim Green etc.

Due to over industrialization, pollution is increasing to dangerous level. Easily we cannot recognize, is it polluted air/environment or not? Sports help us in such critical situation. And inadvertently this situation encourages to 'Sports Fiction'. Pollution affects badly human health. About this Manjula Padmanabhan observes,

"So perhaps there is some validity to the argument that polluted air causes personality changes as well as the gross physical damage we are all so concerned about. Maybe if you breathe enough toxins, you can no longer distinguish between well-being and ill health." (8)

For maintaining physical energy and stamina all have to exercise every-day. Sport is one of the sources of such kind of energy. It means each and every one is directly or indirectly linked with sports and 'Sports Fiction'. If anyone starts to play any kind of game, that fellow automatically becomes eager to read about the game. And if there is a novel form maximum persons read it with much interest.

There are number of incidents in different sports first victory seems difficult or in another words impossible but finally players turn it in possible. Most of the young readers want to know such turning points in the field of sports. That's why they read 'Sports Fiction'. There is A Manual for Bold Soldiers in Escape by Manjula Padmanabhan. It says,

"There are those who told us, the larger mission is impossible. It can't be done. To them we said, Be Bold." (10)

The narration style of 'Sports Fiction' is really heart touching. Its best example is live commentary. When we watch any live match and there is no commentary, we feel something is missing. Actually we watch the match/game but (do) not listen. Its effect is easily seen. And when we watch the game by listening to the commentary we get full satisfaction. It is well described in the story of 'The Blooming',

"Boys and girls come out to play, the moon doth shine as bright as day, leave your supper and leave your sleep, and come with your playmates into the street."(9)

CONCLUSION:

Literature is a mirror of life. It reflects what happens in the society. As the society members like sports to entertain and to be physically fit, it is obvious that a genre of literature regarding with the mixture of sports and fiction would come in existence and that is 'Sports Fiction'. At present it came in the reality and becoming popular among all age-groups' readers. It is really profitable for both sports and fiction. Because of this new generation gets interests in reading. The young readers prefer reading to wasting time in using smart-phones and internet. Some young novelists write true-incident-based sports novels which attract the readers. It is strength of 'Sports Fiction' genre that many real and true events are portrayed. It is like biography and no question readers like it very much to read such inspirational as well as motivational 'Sports Fictions'. This new genre 'Sports Fiction' has bright future like 'Science Fiction' and hope it will be beneficial for all round development of literature.

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A STUDY OF YOGA AND ITS BENEFITS FOR SPORTS PERFORMANCE- SPECIALLY FOR CRICKET'S VIEW**DR. SANTOSH KOKIL**

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ABSTRACT

Yoga is the gift of nature to human life. It is most useful activity for best performance in sports. It is activity of exercise. The art of Yoga has its roots in ancient Indian tradition. Yoga is not about only exercising, but it is a physical, mental and spiritual practice. Recently Indian prime minister Narendra Modi asked to adopt this ancient Indian art during his speech in United Nations General Assembly. so it is most beneficial for body fitness. I choose objective's for this paper as To explain concept and process of yoga. To Study of Yoga and its benefits for sports performance- specially for cricket's view To study importance of physical fitness. Yoga is activity of exercise. It provides positive energy to our body. By doing its we achieve well body fitness. and achieve success in sports. It's an effective method of dealing with and preventing a host of health problems. Migraine is one such common condition that many suffer from. Practise of simple yoga postures like Hastapadasana, Setu Bandhasana, Balasana, Marjarasana, etc along with Pranayama helps cure and prevent migraine.

Key words: *Yoga, performance, cricket.*

INTRODUCTION

Yoga is the gift of nature to human life. It is most useful activity for best performance in sports. It is activity of exercise. The art of Yoga has its roots in ancient Indian tradition. Yoga is not about only exercising, but it is a physical, mental and spiritual practice. Recently Indian prime minister Narendra Modi asked to adopt this ancient Indian art during his speech in United Nations General Assembly. so it is most beneficial for body fitness. Among the various fitness activities and drills, it is crucial for cricketers around the globe to sign up for Yoga as it not only helps keeping a track of his mental and physical health, but also helps improving reflections and overall strengthening of the body. It is a known fact that a strong and well-maintained body is less prone to injuries, and all cricketers must vie for it. With a powerful tool such as Yoga, cricketers can work their entire body, stretch, strengthen, and recover quickly as compared to the other ways. In a gymnasium, a cricketer can work out on only few specific parts of his body, but combining it with Yoga can do wonders for cricketers who are some or the other way busy all around the year. The Little master during the IPL 2012 approached legendary yoga expert BKS Iyengar to seek advice and training. With this important Therefore I choose this topic for research paper.

OBJECTIVES OF RESEARCH :

- 1) To explain concept and process of yoga.
- 2) To Study of Yoga and its benefits for sports performance- specially for cricket's view
- 3) To study importance of physical fitness.

RESEARCH METHODOLOGY:

For the purpose of this study used social science research methodology to study the research topic Used scientifically analysis. In this method used secondary data tools. In this secondary data tool used reference books. Research articles, newspapers, journals, published and unpublished materials and also taken help of internet facilities.

A OVERVIEW ON CRICKET :

Cricket is most popular game in India. In this game body fitness is most important. Cricket has been an established team sport for hundreds of years and is one of the most popular sports in the world. It originated in England and is now very popular in countries such as India, Pakistan, Sri Lanka, Australia, the West Indies and South Africa. Competitive cricket is essentially a bat and ball sport. It is played by two teams on an oval and involves batting, fielding and bowling. There are 11 players a side and a game can last anywhere from several hours to several days. Cricket can be played both socially and competitively, by males and females of all ages. Although there is some standing around, to play cricket you need to be fit and strong, and have good hand-eye coordination and ball-handling skills. Cricket involves sprinting between wickets and running to stop balls, as well as bowling and throwing. For this process body maintenance, Endurance and stamina, Balance and coordination, Physical fitness is important.

BENEFITS OF YOGA FOR SPORTS PERFORMANCE- SPECIALLY FOR CRICKET'S VIEW

Players mind become relax and refresh by doing Yoga. Yoga helps us regulate our breath through a series of breathing exercises and pranayama Yoga can also heal people suffering from pulmonary disorders through correct and regular practice. Yoga is the perfect recovery activity for runners. Yogic stretches helps relieve soreness, heal the muscles, strengthens them, prevent stiffness which in turn helps one run better. Yoga not only helps strengthen the body, improve flexibility and agility but it is also one of the best ways to heal injuries and also prevent several aches and pains. That is the reason, yoga is meant for one and all.. Yogic kriyas and bandhas like Nauli, Agnisar, Uddyan Bandha are the best ways to detox and make the core stronger. Several asanas like Navasana, Kumbhakasana, Vashishtasana, Adho Mukha Svanasana, etc works wonders on the core. Sleep deprivation, disturbed sleep, insomnia are very common problems faced by several people, today. Good, sound sleep is one of the most important requirements of a healthy mind and body. Lack of sleep can lead to increased risk of heart diseases, kidney problems, high blood pressure, diabetes, etc. One of the best way to deal with It's an effective method of dealing with and preventing a host of health problems. Migraine is one such common condition that many suffer from. Practise of simple yoga postures like Hastapadasana, Setu Bandhasana, Balasana, Marjarasana, etc along with Pranayama helps cure and prevent migraine. this problem is yoga. Asanas like Balasana, Uttanasana, Supta Baddha Konasana, Viprit Karni, Savasana and the bee breathing technique called Brahmari helps improve the quality of one's sleep.

CONCLUSION :

Yoga is activity of exercise. It provides positive energy to our body. By doing its we achieve well body fitness and achieve success in sports. It's an effective method of dealing with and preventing a host of health problems. Migraine is one such common condition that many suffer from. Practise of simple yoga postures like Hastapadasana, Setu Bandhasana, Balasana, Marjarasana, etc along with Pranayama helps cure and prevent migraine. If you are looking for a way to cleanse your digestive system and eliminate toxins from your body, yoga is the way to go. Yogic kriyas like Vaman, Laghoo Shankprakashan, Agnisar, Nauli and asanas like Prasrita Padottanasana, Marichyasana series, Parivrat Utkatasana, etc helps massage the intestines, eliminates carbon dioxide, lactic acid, lymphatic acid from deep within and so is the perfect way to do it. so, Yoga is helpful exercise for our body fitness.

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PHYSICAL EXERCISE NECESSITY OF PUBLIC HEALTH AND WELL BEING

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ABSTRACT

Physical inactivity is a major public health problem, and compelling evidence suggests that it is a contributing factor in several chronic diseases and conditions. Recognition of the health and functional hazards of a sedentary way of life has led numerous groups to promulgate public health recommendations for physical activity. We review the evolution of physical activity recommendations, discuss reasons for differences in the recommendations, and provide a summary recommendation in an attempt to harmonize existing differences. In addition to aerobic exercise, people should engage in resistance training and flexibility exercises at least twice a week, which will promote the maintenance of lean body mass, improvements in muscular strength and endurance, and preservation of function, all of which enable long-term participation in regular physical activity and promote quality of life.

Key words: Exercise, Health, Training.

INTRODUCTION

Regular physical exercise does the body good. Physical exercise empowers natural health advocates to take active measures to combat disuse atrophy. If you have a natural health attitude taking the car to cross the road is out, and a workout in the gym three or four times a week is in.

DEFINITION

Physical exercise

Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment.

PUBLIC HEALTH

"Public health is "the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities and individuals" (1920, C.E.A. Winslow).

"The approach to medicine that is concerned with the health of the community as a whole. Public health is community health. It has been said that: "Health care is vital to all of us some of the time, but public health is vital to all of us all of the time."

WELL BEING

"Broadly, well-being has been defined from two perspectives. The clinical perspective defines well-being as the absence of negative conditions and the psychological perspective defines well-being as the prevalence of positive attributes."

"Gough et al (2007) defined well-being as 'What people are notionally able to do and to be, and what they have actually been able to do and to be'(p.6)."

BENEFITS OF PHYSICAL EXERCISE

- Reduce the risk of premature death
- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being
- Enhanced work, recreation, and sport performance

BENEFITS OF EXERCISE FOR WOMEN • Improves your sex life. • Prevents muscle loss • Improves digestion. • Reduces stress, depression and anxiety. • Reduces cancer risk	BENEFITS OF EXERCISE FOR MEN • Cardiovascular Disease • Hypertension • Stroke • Body Composition and Obesity • Stress • Anxiety • Depression
BENEFITS OF EXERCISE FOR CHILDREN • Have stronger muscles and bones. • Have a leaner body because exercise help controls body fats. • Decrease the risk of developing type2 diabetes. • Have a better outlook on life.	NECESSITY OF PHYSICAL EXERCISE Our daily routine the absence of physical exercise has several consequences: • Muscles will become flabby and weak. • The heart and lungs won't function efficiently. • Joints will become stiff and are more easily injured.

CONCLUSION:

The Natural Health Perspective is about promoting wellness and fitness through the natural therapies of eating a healthy diet, taking nutritional supplements, reaping the benefits of exercise, and having a healthy attitude and resilience in your life.

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SPORTS & HAWK-EYE TECHNOLOGY**DR. PRAMOD N. HUMBAD**

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ABSTRACT

In modern day sports ,people are very keen on using technology plays a key role in making Sports very attractive , it spreads the game to each & every corner of the country ,making the game more popular & desired .People who participate directly or indirectly in sports use technology in their own way .In this article I would like to emphasize on one such technology called "HAWK-EYE" which made modern sports more attractive & errors free.

"HAWK-EYE" is one of the most popular technologies used in modern day sports .Hawk-Eye is a team which originally means Bird's view .it is a combination of two terms 'Hawk' and Eye. This technology is being used in many sports like Cricket , Tennis and Golf etc .This technology helps the Umpires, Match Referees in taking the correct decision . Ultra Motion , Hot-Spot are other technologies which are equally used in modern sports , but my article is about "HAWK-EYE" technology

Key words: Hawk-Eye, Technology in Modern Sports.

HISTORY OF HAWK-EYE TECHNOLOGY :

The origin of Hawk-Eye technology was done in a series of steps ; Initially Dr Paul Hawkins and David Sherry submitted a patent on Hawk-Eye technology but they withdrew their request .Later Hawk-Eye innovations and Sunset +Vine a television production company jointly started a venture . This was brought by Sony Corporation in March 2011.

METHOD OF OPERATION:

A video processing system for use in ball games played within a predetermined area on a pitch or the like such as cricket ,comprising at least four video cameras arranged in spaced apart relationship at fixed position around the said area ,a video processor and ball tracker to which signals from the cameras are fed, a data store for data which models the said area and includes data representative of characteristic feature positioned there on for use in performance of the game ,and a store for data appertaining to rules and /or key events of the ball game played ,the video processor being operative to ;(a)identify in each frame , from each camera ,groups of pixels corresponding to the image of a ball: (b)compute for each frame the 3D position of an image thus identified using ball image data from at least two different cameras(c)predict a ball flight –path from the said 3D ball positions as computed in successive frames : and (d) map the predicted flight –path on the modeled area so as to identify and interaction with one or more of the said characteristic features ,which interaction signifies the occurrence of a key event or a rule infringement.

RELIABILITY OF HAWK-EYE TECHNOLOGY :

Hawk-Eye is not always reliable: here are some cases which prove it :

*Wimbledon 2007 :-Making its debut at Wimbledon ,during the final Hawk-Eye called a shot by Rafael Nadal marginally 'in' Roger Federer subsequently asked for the system to be switched off, firmly believing the shot was out , but his request was denied .

****Dubal 2007** Refael Nadal was furious when he believed a ball to be out that Hawk-Eye had called in. He referred to a mark on the court that seemed to prove his point, but the call stood. The makers of Hawk-Eye later explained that Nadal could not see the full stretched impact of the ball on the surface, whereas Hawk-Eye later explained that Nadal could not see the full stretched impact of the ball on the surface, whereas Hawk-Eye could.

*****Indian Wells 2009** At a quarter final between Ivan Ljubicic and Andy Murray, Hawk-Eye incorrectly called a shot by Murray in later, it transpired it had accidentally taken an image of a second bounce, a rare occurrence.

CONCLUSION:

With some appreciations and with some rejection Hawk-Eye technology is still in use in many sports. I would like to conclude this article by saying that Hawk-Eye technology has made job of Umpires and Match officials very easy and made the game free from controversies.

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PHYSICAL EXERCISE AND ROLE OF HEALTH RELATED PHYSICAL FITNESS COMPONENTS

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ABSTRACT

Physical work out is at all bodily activity that improves or upholds physical fitness and on the whole health and wellness in a good way. It is carried out for different causes counting strengthening of muscles and cardio respiratory system; sharpen athletic skills, weight loss, in addition to for the purpose of pleasure. numerous and regular physical exercises enhances the immune system, and it also prevent the "disease of affluence, for example Type 2 diabetes, heart & cardio respiratory disease and obesity. It also gets better in mental health, facilitate in preventing depression, assists to encourage or uphold constructive self-esteem, and can even add to an individual's sex demand or body image, which is also originated to be associated with upper levels of self-esteem. Obesity in babies is a rising global worry and physical workout may assist in reduce some of the effects among babies, young and adult obesity. Health care contributors frequently call physical workout the "miracle" or "wonder".

Key words: Physical exercise, physical fitness, health.

HEALTH RELATED FITNESS:

"Health" illustrates a situation of physical and mental well-being, freedom from illness, pain or deficiency. Health is a circumstance of soundness or vigor. "Fitness" illustrates a situation where somebody or something can execute certain jobs fine. We're discussing about physical fitness here, which portray how well our body can execute a task - everything from tying our shoes to the ability to climb the Mount Everest. There is lot of stages of physical fitness just as there are different stages of health. We can have experience of health related fitness, regardless of what our physical situation is at the present. It purely means how to a large extent physical activity we can do without had it to burn up. Fitness and health set out together, they're not disconnected nor can we really have one exclusive of the other. A man being totally fit means being healthy. If somebody is not especially fit, we can be confident that he is not utterly healthy and full of energetically either. The Five Components of Fitness are:

1. Muscular Strength.
2. Muscular Endurance.
3. Cardiovascular Endurance.
4. Flexibility .
5. Body Composition

Muscular Strength: Muscular strength is the capability of a person's muscle to apply an utmost energy or force throughout a specified range of motion or at a single given point.

Muscular Endurance: Muscular Endurance indicated the capability of a muscle to apply a subordinate force through a given range of motion or at a single point over a given time

Cardiovascular Endurance: Cardiovascular Endurance is the capability to continue working out the cardiovascular system for a period longer than thirty minutes.

Flexibility: Flexibility is the capability of a joint to move through a full range of motion.

Body Composition: Body Composition is the ratio of lean body mass to fat body mass.

HEALTH BENEFITS:

Physical workout is essential for keeping up the physical fitness. Physical workout can put in confidently to maintaining a vigorous weight, structuring and maintaining healthy bone density, strength of muscles, and joint mobility, upholding physiological comfortable reducing surgical threats, and raising the immune system. Physical Exercise lessens the levels of cortisol, which originated a lot of health harms, physical and mental both.

Every day and habitual aerobic exercise has been revealed to assist in preventing or treat severe and life critical chronic circumstances for example pressure, insomnia obesity, heart disease, and depression. Stamina exercises by a person before his meals lower his blood glucose more than the similar exercise later than meals. According to the W.HO, be deficient in of physical activity adds to around 17% of heart ailments and diabetes, 12% of drops in the elderly, and 10% of breast cancer and colon cancer.

CARDIOVASCULAR SYSTEM:

The helpful effect of work out on the cardio respiratory system is fine recognized. There is a straight relation among physical inactivity and cardio respiratory mortality, and physical inactivity is a self-governing danger issue for the improvement of coronary artery disease. There is a dose-response relation involving the total amount of workout carried out from about 700 to 2000 kilo calories of energy disbursement for every week and all cause mortality and cardio respiratory disease mortality in young people and elderly ones. Most advantageous special effects of physical workouts on cardio respiratory disease mortality can be achieved through the moderate amount activity (40% to 60% oxygen uptake, with age). Individuals who amend their behavior later than myocardial infarction to take account of regular workout have increased rates of life. Individuals who stay sedentary have the uppermost danger for all-cause and cardio respiratory disease mortality.

IMMUNE SYSTEM:

Though there have been so many studies on exercise and the immune system, there is a small direct proof on its relationship to sickness. Epidemiological proof recommends that modest exercise has an advantageous cause on an individual's immune system, a cause/impact which is represented in a J curve. Moderate activity has been related with a 29% declinement occurrence of URTI infections of respiratory tract, but surveys of marathon runners originated that their long-drawn-out high-intensity workout was linked with an improved danger of infection happening. However, another survey did not locate the effect. Immune cell tasks are weakened subsequent acute sessions of prolonged, high-intensity workout, and some surveys have found that sportsmen are at a higher danger for infections. The immune systems of sportsmen and non-sportsmen are usually alike. Vitamin C supplementation has been linked with lower occurrence of URTIs in marathons.

BRAIN FUNCTION:

A 2008 evaluation of cognitive enhancement therapies (strategies to slow or reverse cognitive decline) says that "physical workout, and specifically aerobic workout, improves older people cognitive function". In rats, exercise gets better cognitive implementation via development of hippocampus dependent spatial learning, and improvement of synaptic plasticity and Neuron genesis. Additionally, physical activity reduces the danger of developing dementia.

There are so many options for why exercise is advantageous for the brain. Examples are as follows:

It increases the blood and oxygen run to the brain

It increases the growth issues that helps to create newly nerve cells.

It Increases substances in the brain that help out in cognition, such as serotonin, dopamine and glutamate.

DEPRESSION:

Depression factors include low self-esteem, anxiety, overweight and stress. When a person exercises, intensity of both circulating endorphins and serotonin are improved. This level is identified to stay prominent even several days after workout is put to an end, possibly adding to better self-esteem,

development in mood, and management of weight. Workout through on your own is a possible prevention way and/or management for soft forms of depression. Survey has also revealed that when workout is done with other people, it can be more effectual in dropping stress than only exercising by own.

SLEEP:

The finest time to work out is four to eight hours before sleep, while exercise at any time of day is valuable, with the probable omission of heavy workout taken shortly before sleep, which might bother the sleep.

CONCLUSION:

Physical exercises are beneficial for both male and female. It keeps us away from diseases and reduces our psychological disorders. It runs the internal systems of our body in a smooth way.

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STUDY OF COORDINATIVE ABILITIES, EXPLOSIVE STRENGTH AND ANTHROPOMETRIC CHARACTERISTICS OF FEMALE KHO-KHO PLAYERS OF J. & K.

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ABSTRACT

The study was undertaken to measure and compare the Coordinative abilities, Explosive Strength and Anthropometric Characteristics of Female Kho-kho Players of Jammu and Kashmir. For the purpose of the study 90 female Kho-kho players were purposively selected from various districts of Jammu And Kashmir. The samples were collected from the District level (n =90), comprising Anantnag (n=45) and Kulgam (n = 45) female Kho Kho players. The age of the players was between 20 and 30 years. This is a survey study under Descriptive Research. The Tools Use for Data Collection were Coordinative Abilities tests, Standing Broad Jump and anthropometric Measurement Tests to measure the Coordinative abilities, Explosive Strength and Anthropometric Characteristics between District level Female Kho Kho Players of Jammu And Kashmir. After collecting the data, the data collected was compared and analyzed by using the descriptive statistics and independent 't' test. The level of significance was kept at 0.05 to test the hypothesis.

Key words: *Coordinative abilities, Explosive Strength, Standing Broad Jump, female Players.*

INTRODUCTION

Kho Kho is a popular tag and ancient game invented in Maharashtra, India. It is played by teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (chasing team), and 3 extra (defending team) who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. Apart from the Indian subcontinent, it is also played by the Indian community in South Africa. Kho-kho is a traditional Indian sport, a form of tag that is one of the oldest forms of outdoor sport dating back to prehistoric India. It is played most often by school children in India and is a competitive game.

A match consists of two innings with each inning consisting of chasing and running turns of 9 minutes each. One team sits on their knees in the middle of the court, 8 in a row, with adjacent members facing opposite directions. The runners play in the field, three at a time and the team that takes the shortest time to touch all the opponents in the field, wins. There is a pole on each end of the field and the runner is allowed to go between two sitting players, but the chaser is not allowed to turn back while running or go between the players i.e. the chaser must run in the same direction unless he chooses to touch either end pole and run in the opposite direction. He may cross over to the other side when he is reversing directions by going around the pole.

Kho Kho require well-developed muscular strength, power and endurance, speed, agility, and flexibility, and have a high level of jumping ability, fast reaction time and swift movements.

Coordinative abilities are primarily dependent on the motor control and regulation processes of CNS. The theory of motor coordination therefore is the basis for understanding the nature of coordinative ability (Blume1978, Meinel and Schnabel 1987).

Explosive Strength may be defined as the maximal muscular force or tension used in the creation or prevention of the movement in one maximal effort of a muscle group. Muscular strength is produced by four basic types of muscular contraction. Hence it is the ability to release maximum muscular force in an explosive manner in the shortest duration, For example, standing broad jump or vertical jump performance. In sports we often come across the terms 'explosive power' required in performing certain instant activities like high –jump, shot-jump, shot- put, sprints in athletics, kicking or hitting in team games, power lifting, calisthenics etc. individual sports activities. Such instant power production is relatively unimportant in some sports activities like marathon running, long –distance cross –country skiing, long distance swimming and pure skill events (for example, archery, pistol- shooting etc.) keeping in view the above description explaining the meaning of power, power may be defined in many different ways for instance.

Anthropometry is derived from Greek word anthropos, means "human", and metron, means "measure") refers to the measurement of the human individual. An early tool of physical anthropology, it has been used for identification, for the purposes of understanding human physical variation, in pale anthropology and in various attempts to correlate physical with racial and psychological traits. Anthropometry involves the systematic measurement of the physical properties of the human body, primarily dimensional descriptors of body size and shape.

METHODOLOGY

The researcher has chosen the descriptive method. This study deals with the comparison of the Coordinative Abilities, Explosive Strength and Anthropometric Characteristics of Female Kho Kho Players of Jammu and Kashmir.

SELECTION OF SUBJECTS

For the purpose of this study 90 female Kho Kho players were purposively selected from different districts of Jammu And Kashmir of India. The sample were collected from the Anantnag district (n =45) and Kulgam district (n = 45) female Kho Kho players. The age of the players was between 20 to 30 years.

COLLECTION OF DATA

Standard tests to measure the Coordination ability, Explosive Strength and Anthropometric variables were administered from district level competitions of Kho Kho. Which are as under:

Coordinative Ability Test: Numbered Medicine Ball Run Test (orientation ability) suggested by Peter Hertz (1985), Reaction Ability skill Test (Reaction Ability)

Explosive Strength Test: Explosive leg Strength (Standing Broad Jump) Test.

Anthropometric Characteristics Measurement: Standing Height, Body Weight, Thigh Girth, Arm Length

PROCEDURE FOR DATA COLLECTION

Proper time to collect the data was chosen either in the morning or in evening practice hours or fitness session hours. This planning helped the researcher to collect the data accurately. On the day of the test, the subjects were assembled and they were given proper instructions about the testing program with a view to get systematic response and co-operate from the subjects and no confusion be left in their minds.

ANALYSIS OF DATA

After data collection, data of Coordinative abilities, Explosive Strength and Anthropometric Measurements of Female Kho Kho players was compared and analyzed by using the descriptive statistics and independent 't' test. The level of significance was kept at 0.05 to test the hypothesis.

Statistics of Coordinative Abilities between Anantnag and Kulgam Kho Kho players

Group	N	Mean	Std. Deviation	Std. Error Mean

Anantnag Players	45	7.8051	.74303	.11076
Kulgam Players	45	9.9560	1.41601	.21109

In the above table there were 45 Female kho kho Players of Anantnag having mean in Coordinative abilities as 7.8051 and with standard deviation .74303 and standard error mean .11076. Similarly there were 45 Female kho kho Players of Kulgam having mean in Coordinative abilities as 9.9560 with standard deviation 1.41601 and standard error mean .21109. (In the table N means: Number of Subjects)

Independent 't' test of Coordinative abilities between Anantnag and Kulgam Kho Kho players.

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
-9.023	88	.000	-2.15089	.23838

In the table mean differences for the Coordinative abilities between Anantnag & Kulgam Female Kho Kho Players was -2.15089. The 't' test value was found -9.023. Which was highly significant at 0.05 ($p=.000$). Hence the Research Hypothesis there will be significant difference in Coordinative abilities between Anantnag & Kulgam Female Kho Kho Players is accepted in this Coordinative ability.

Statistics of Explosive Strength between Anantnag and Kulgam Kho Kho players

Group	N	Mean	Std. Deviation	Std. Error Mean
Anantnag Players	45	1.6064	.20558	.03065
Kulgam Players	45	1.4873	.18804	.02803

In the above table there were 45 kho kho Players of Anantnag having mean in Explosive Strength as 1.6064 and with standard deviation .20558 and standard error mean .03065. Similarly there were 45 kho kho Players of Kulgam having mean in Explosive Strength as 1.4873 with standard deviation .18804 and standard error mean .02803.

Independent sample 't' test of Explosive Strength between Anantnag and Kulgam Kho Kho players

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
2.868	88	.005	.11911	.04153

In the table mean differences for the Explosive Strength between Anantnag and Kulgam Kho Kho players was .11911. The 't' test value was found 2.868. Which was significant at 0.05 ($p=.005$) significance level for 88 degree of freedom. The statistical analysis of Explosive Strength revealed that there was significant difference between Anantnag and Kulgam Kho Kho players. Hence the Research Hypothesis there will be significant difference in Explosive Strength between Anantnag and Kulgam Kho Kho is accepted.

Descriptive statistics of Anthropometric Characteristics between Anantnag and Kulgam Kho Kho players

Group	N	Mean	Std. Deviation	Std. Error Mean
Anantnag Players	45	174.9111	7.52216	1.12134
Kulgam Players	45	165.6889	7.07692	1.05497

In the above table, there were 45 kho kho Players of Anantnag having mean in Anthropometric Characteristics as 174.9111 and with standard deviation 7.52216 and standard error mean as 1.12134. Similarly there were 45 kho kho Players of Kulgam having mean in Anthropometric Characteristics as 165.6889 with standard deviation 7.07692 and standard error mean as 1.05497. (In the table N means: Number of Subjects)

Independent sample 't' test of Anthropometric Characteristics between Anantnag and Kulgam Kho Kho players

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
5.990	88	.000	9.22222	1.53959

In the table, mean differences for the Anthropometric Characteristics between Anantnag and Kulgam Kho Kho Players was 9.22222. The 't' test value was found 5.990. Which was significant at 0.05 ($p=.000$) significance level for 88 degree of freedom. The statistical analysis of Anthropometric Characteristics revealed that there was significant difference between Anantnag and Kulgam Kho Kho Players. Hence the Research Hypothesis there will be significant difference in Anthropometric Characteristics between Anantnag and Kulgam Kho Kho Players is accepted.

FINDINGS AND DISCUSSION

The researcher analyzed the collected data as per the objectives set for the research study. The statistical analysis of Coordinative abilities, Explosive Strength and Anthropometric Characteristics revealed that in Orientation Ability, Reaction Ability, Explosive Strength, Standing Height, Body Weight, Arm length and Thigh Girth there was significant difference between Anantnag and Kulgam Kho Kho Players. Thus the research Hypothesis there will be significant difference in Coordinative abilities, Explosive Strength and Anthropometric Measurements between Anantnag and Kulgam Kho Kho Players is accepted.

CONCLUSION

Based on the work carried out following conclusions were drawn.

In Coordinative abilities, the Anantnag Female Kho Kho Players were found to be better than Kulgam Female Kho Kho Players. In Explosive Strength, the Anantnag Female Kho Kho Players were found to be better than Kulgam Kho Kho Players. In Anthropometric Characteristics, the National Anantnag Female Kho Kho Players were found to be better than Kulgam Kho Kho Players.

The overall performance of the Anantnag Female Kho Kho Players in terms of Coordinative abilities, Explosive Strength and Anthropometric Characteristics was found better than Kulgam Kho Kho Players. Finally the researcher concluded that the Anantnag Female Kho Kho Players were better in Coordinative abilities, Explosive Strength and Anthropometric Characteristics as compare to Kulgam Kho Kho Players. This clearly shows that Anantnag Female Kho Kho Players have better Coordinative abilities, Explosive Strength and Anthropometric Characteristics as compare to Kulgam Kho Kho Players.

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YOGA IN DAILY LIFE

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ABSTRACT

Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of "Yoga in Daily Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts. Pranayama techniques act to purify the nadis including these three main energy channels.

Key words: Yoga, asana, bhakti yoga, raj yoga, Physical Health, Mental Health, spiritual

INTRODUCTION

Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. Man has made tremendous progress in almost every walk of the life. Modern scientists and researchers have absolutely changed the lifestyle. However, pollution of air, water, body and mind is also the result of science. Longing for material wealth has hardened the hearts of human beings. Human values are declining stress and strain is the causes of physical as well as mental distraction.

Yoga has the surest remedies for man's physical as well as psychological ailments. It makes the organs of the body active in their functioning and has good effect on internal functioning of the human body. Yoga is not a religion. It is method by which one obtains control of one's latent powers. It is the means to reach complete self – realization. Yoga is a re – education of one's mental processes, along with the physical ones.

MEANING OF YOGA

Yoga literally means “union”. This union can be understood on different levels: philosophically, as that of the relative, limited self with the absolute Self; religiously, as that of the individual soul with the Infinite Spirit; psychologically, as the integration of the personality—a state wherein a person no longer lives at cross-purposes with himself; emotionally, as the stilling of the waves of likes and dislikes, permitting one to remain in all circumstances complete in himself.

According to the ancient sage Patanjali, *yoga* is the neutralization of ego-directed feelings, because once these become stilled, the yogi realizes that he is, and that he has always been, one with the Infinite—that his awareness of this reality was limited only by his infatuation with limitation.

AIM OF YOGA

The ultimate aim of Yoga is to experience the Truth, by realizing the true nature of our ‘Self’ and the Universe. Then one can become free from the chain of cause and effect (Karma) which brings us to earthly life again and again. In that highest state of yogic realization, one can regain one’s real nature – Eternal Existence, Supreme Wisdom, Absolute Bliss (Sat-Chit-Ananda). According to Yoga, the ‘self’ (soul) is timeless, unchanging and free of sorrows. Yoga is therefore a spiritual quest. However, along the path of yoga, the yogi also gains health, happiness, tranquility and wisdom, which are indicators of progress and an encouragement to continue the practice.

There are eight stages of yoga to secure purity of body, mind and soul. They are—

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Smadhi

1. **YAMA (Social Discipline):** Yama means restrain or abstention. It has five moral practices.
 - (a) Non- violence (Ahimsa) means not to hurt any creature mentally or physically through mind, speech or action.
 - (b) Truthfulness (Satya) is the presentation of a matter as perceived with help of the sense organs.
 - (c) Non- stealing (Asteya) means not to covet and acquire physically, mentally or by speech other’s possession.
 - (d) (Brahmacharya)
 - (e) Non – acquisitiveness (Aparigraha) means abandoning wealth and means of sensual pleasures.
2. **NIYAMA (Individual Discipline):** Physical and mental rules of conduct towards oneself.
 - (a) Cleanliness (Shuchita) means internal and external purification of the body and the mind.
 - (b) Contentment (Santosh) is a state of mind by which one lives happily and satisfied in a congenial or uncongenial atmosphere.
 - (c) Austerity or penance (Tapas) is the conquest of all desires or sensual pleasures by practising purity in thought, speech and action.
 - (d) Self-study (Svadyaya) means exchange of thoughts in order to secure purity in thought and accomplish knowledge.
 - (e) Surrender to God (Ishvara Pramidhana) It is pure devotion to god and surrender of all action to him.
3. **ASANA (Postures):** Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of asana brings firmness to the body and vitality to the body and the mind.

4. **PRANAYAMA (Breath Control):** Practice of pranayama is to stimulate, regulate and harmonize vital energy of the body.e.g as bath is required for purifying the body; pranayama is required for purifying the mind, and internal organs.
5. **PRATYAHARA (Discipline of the senses):** The extroversion of the sense organs due to their hankering after worldly objects has to be restrained and directed inwards towards the source of all existence. This process is pitting the sense under restraint.
6. **DHARANA (Concentration):** It means focussing the pure mind on one's personal deity or on the individual self. The practice of Dharana helps the mind to concentrate on a particular object.
7. **DHYANA (Meditation) :** When one sustains and maintains the focus of attention through dharana unbound by time and space, then it becomes dhyana (Meditation).
8. **SMADHI (self-realization) :** In this one's identity becomes both externally and internally immersed in meditation. Supreme happiness, free from pleasure, pain or misery, is experienced. Smadhi is the climax of Dhyana.

The word 'yoga' is derived from Sanskrit and means 'to join'/to unite'. Yoga exercises have a physical effect and bring a balance between body, soul and mind. Yoga helps us to deal with our problems, worries and everyday demands. It also influences us to understand ourselves, the purpose of life and develops our relationship with God.

Yoga leads a spiritual path to knowledge and eternal bliss in the union of eternal self with universal self. Yoga is that supreme and infinite principle.Yoga is that ray of life that is universal cognizant that is awake.Many years ago, sages analyzed nature and cosmos through meditation. They explored the principles of the material and spiritual branch, the laws of nature, energy-that works in external as well as spiritual le The system 'Yoga in daily life' in taught in yoga center's worldwide such as rehabilitation center's, fitness and sports life, health institutions, adult education center's etc. Yoga is suitable for people of all ages and requires no 'stunt' skills and provides physically retarded, unfit, ill the power of practising yoga. Yoga should be included in our daily life. Positive thinking, perseverance, discipline and orientation, prayer as well as humble and kindness leads the path to self-knowledge and self-realization.

The main aims of yoga in our daily life:

- Develops our Physical health
- Develops our mental health
- Develops our social health
- Develops our spiritual health
- helps in our self-realization

These goals are attained by:

- Showing love and kindness towards others
- Respect is shown towards life and nature
- Finding a peaceful state of mind
- Maintaining a vegetarian diet
- Healthy lifestyle and positive vibes play an important role
- Behaviour towards culture, nations and religion
- Develops our physical health

Develops Physical Health

Yoga uses formalized "asanas," physical positions that are known to work specific groups of muscles to improve strength, flexibility, and balance. Yet yoga practice does not depend on vigorous cardiovascular activity. The movements are smooth and controlled, with accompanying breathing patterns that help to reduce stress, oxygenate tissues and stimulate circulation. Research finds that a number of physical processes are enhanced by the activity:

- Better muscle strength and control – Yoga positions utilize muscles in slow and controlled movement, which helps to strengthen them gradually, without risk of serious injury. The “muscle memory” becomes trained in a gradual, consistent way that helps to improve coordinated movement.
- Increased flexibility – Yoga practice uses a gradual stretch of muscles that serves to improve flexibility of various muscle groups.
- Better balance and lower risk for injury – Balance is an intrinsic feature of yoga asanas, with gradual improvement in control that helps to reduce the risk for injury during work or play.
- Improved respiration and lung function – The accompanying breathing patterns improve the function of the lungs and creates more mindful respiration in everyday life.
- Enhanced metabolism and greater weight loss – Yoga involves complete body involvement that helps to boost metabolism and improve weight loss, while at the same time improving mental focus and body awareness, making it one of the best exercise regimes for individuals trying to drop excess weight.
- Improved cardiovascular health – Although the movements are slow and deliberate, they do require concentrated effort, which helps to improve both cardiovascular and respiratory functions over time.
- Better athletic performance – The improved muscle strength, flexibility, balance and control helps to improve performance in many different types of athletic activities.

Develops Mental Health

Yoga helps in increasing our body awareness, helps in relieving stress, helps in reducing muscle tension, strain as well as inflammation, helps in building attention and concentration, calms our nervous system. Such important benefits of yoga in our mental health have made it a more important tool to be practiced every day.

Develops our social health:

Social health is the capacity to be happy within oneself and to be able to make others happy. It means to care as well as communicate with other people in the society, to speculate responsibilities within a society and also to work for the community. Social health is also the ability to relax and experience life in all its beauty.

A major problem found commonly is drug addiction which is a clear sign of social illness. The system of “Yoga in Daily Life” can help in overcoming this illness and gives people a new, positive aim and purpose in life. Keeping good company has a great influence on our psyche, as such companionships help us to form our personality and character. A positive company is of great importance in the spiritual development of an individual.

Living under the system of “Yoga in Daily Life” means to work for ourselves and for the benefit of others. To do precious and constructive work for our community, to preserve nature and the environment and work for maintaining peace in the world. To practice, Yoga means to be active in the most positive vibe and to work for the welfare of all of mankind.

SPIRITUAL HEALTH

The main principle of leading a good spiritual life and the highest etiquette of mankind is:

AHIMSA – PARAMO- DHARMA

This precept embraces the principle of non-violence, in thought, word, feeling and action. Prayer, meditation, Mantra, positive thinking and tolerance, lead to spiritual health. Humans should be protectors, not destroyers. Those qualities that really make us human are the ability to give, understand and forgive.

To protect life and respect the individuality and independence of all forms of life is a primary practice of the Yoga teachings. By following this precept greater tolerance, understanding, mutual love, help and compassion develops - not only between individuals, but between all humans, nations, races, and religious faiths. The balanced development of these three specifications led the condition where the individual will enhance the positive feeling towards life. On the whole, the **yoga in daily life** is practiced based on few core principles. Those are

- It is a kind of technique to control the mind as well as body.
- It can be the disciplined and well-organized method to attain the goal.
- Yoga reflects the darsana shashtra or the philosophical part of life.
- Yoga in itself is the goal for the yoga practice.
- Yoga symbolises some traditional specializations of particular techniques of yoga.

CONCLUSIONS

To conclude of “Yoga in Daily Life” is religious freedom. Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga transcends religious boundaries and reveals the way to unity. “Yoga in Daily Life” offers the spiritual aspirant guidance on life’s path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner Self, God. The spiritual goal of Yoga is God-Realization, the union of the individual soul with God. The realization that we are all one in our common root and connection to God is the first step. Decisions regarding your health and Wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain.

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YOGA FOR GOOD HEALTH AND WELL BEING

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ABSTRACT

The Purpose of the study is to find out the role of Yoga in the life of a man. To live happily with oneself is the wish of every human. But most of the people are not leading a happy and productive life because the modern age is the age of stress, tension and anxiety. More people suffer from physical and mental tension and there is inactivity in the life of a man. At this point, Yoga can be beneficial in the life of a man. Yoga helps to get rid of physical, mental and stress related problems. We must adopt Yogic exercise in our daily life; it moves us towards the Quality life, healthy life, and constructive life, happy and peaceful life which is real aim of life.

Key words: Yoga, life, man, well being, health.

INTRODUCTION

Yoga helps in maintaining and improving the physical, mental, emotional and spiritual health of an individual. The regular practice of Yoga helps in making our muscles strong and regulating other systems such as respiratory, excretory, circulatory and digestive system. It increases the efficiency of these systems.

Nothing can be said firmly about Origin of Yoga except that it was originated in India. At that time, people used to do Yoga. Yoga is also mentioned in Mahabharata and Ramayana. Yoga is a large part of Indian culture. Most of the people consider that Yoga is a significant means to achieve a healthy and positive lifestyle. Lifestyle in modern age is full of problems with no or zero physical workout. As a result various lifestyle diseases like obesity, diabetes, asthma, hypertension, and migraine and depression people are facing. The daily practicing of Yoga benefits in curing many diseases like diabetes, high blood pressure, physical injuries, asthma etc. Yoga has become increasingly popular outside of India. Yoga day has celebrated on 21st June in all over the world. Most of the people from other countries are practicing Yoga in their daily schedule because they understand the importance of Yoga in human's life. Most of the organizations and multinational companies have started Yoga classes for their employees and workers in order to get rid of physical and mental stress of work load.

The average person needs regular physical exercise because human body was designed to move. To keep your body healthy, you need to exercise or practicing Yoga daily. There are lots of things which India has given to world from ancient times. India taught the world the way of living a healthy and happy life through the practice of Yoga.

The importance of Yoga in modern life is unbelievable. Yoga teaches us how to lead a healthy living. To maintain a positive physical and mental health, Yoga is must. Yoga plays an important role in students, male, female, sports person, soldier, politicians, doctors, lawyers, business and trade man's life to relax the body and soothes the mind. Yoga improves interpersonal relationship and enhances confidence level. Yoga is a natural way to remain healthy throughout the life.

OBJECTIVES OF YOGA FOR WELL BEING :-

Physical Purity :- Internal organs like lungs, heart, kidney, stomach can be cleaned with the help of various Yogic exercises. There are three substances in our body i.e Vaat, Pitt and Kaph. If these substances have proper balance in our body then we remain physically healthy. Neti, Dhouti, Nauli, Basti, Kapalabhati, Tratak etc are Yogic exercises which keeps our internal organ clean.

Reduce Mental Stress :- Yoga play an important role in reducing mental tension. It is well known fact that modern age is the age of stress and tension. Most of the people feel upset and disturbed in the present day life. TO get rid from these mental stresses we attend parties and take suffer with more tension and stress. Pratyahar, Dhorana and Dhyan play an important in the peace of mind. Makarasana, Shavasana, Shalabhasana and Bhujangasana are important for releasing stress and tension.

sSpiritual Development :- Yoga helps in attaining spiritual development in the life of a man. Regular practice of Yogic exercise helps in good control on our mind. Padmasana and Siddhasana are the best asana for spiritual development.

Improves Health :- Yogic exercise helps in maintaining and improving health by increasing the efficiency of internal systems such as respiratory, excretory, circulatory and nervous system. Various asanas like Padmasana, Gomukhasana, sirasana, Sarvangasana, Tadasana, Shashankasana etc helps in improving the Health of individual.

Reduces Obesity :- In modern age obesity is a worldwide problem. Obese people fall prey to various diseases like diabetes, asthma, heart problems, migraine, hypertension etc. Yogic exercises are very beneficial in reducing obesity.

Helps In Maintain The Correct Posture of Body :- Most of the people are suffering from postural deformities because of their unhealthy lifestyle. Good posture is necessary to do their work efficiently. Without good posture an individual is not able to enjoy their life. If we perform Yogic exercises regularly. We can maintain the correct posture.

HOW YOGA IMPROVES OUR HEALTH AND WELL BEING :-

Yoga Can Help Your Heart :- Yoga improves the quality of life to remain the heart healthy. The person who does Yogic exercise in regular interval decreased their heart rate and blood pressure. Researchers from the Europe have discovered that Yoga may reduce the risk of heart related problems.

Yoga Can Benefit Your Lungs :- Yoga may have a positive effect on quality of life in people with asthma and other respiratory problems. People who practice Yoga can promote their lung function. A yogic exercise improves the lung capacity, reduces the inflammation in blood vessels and increases the efficiency of respiratory system.

Yoga Reduces The Physical Pain :- Yoga helps to reduction in physical pain in people with birth defects. In recent studies Scientist proved that Yoga can be safe for people with arthritis.

Yoga Can Help You Lose Weight :- Regular Yoga practice helps in reduction in over weight. Overweight is the most serious problem in modern life, because there is inactivity in the life of an individual. As we discussed above overweight invites various disease which is sometime causes death. Different Yogic posture gives opportunity to reduce your weight without dieting.

Yoga Can Have a Positive Effect On Your Mood :- According to a recent studies, people who suffer from depression and other mental disorder should participate in Yoga. These people should practice breathing Yoga exercises at least twice weekly to overcome the symptoms of mental disorder. Different scientists and doctors suggest that Yoga may be better than other kinds of exercises in its positive impact on mood and anxiety.

Discussion :- As we discussed above Yoga has become more and more popular in the life of male, female, students, sports person, Soldier, Politicians, Doctor, Business man. Yoga has eight elements which helps a human to remain healthy throughout life. These eight elements are Yoga, Niyama, Asana, Pranayama, Pratyahara, Dhara, Dhyan and Samadhi. All these eight elements of Yoga helps a human to achieve his life's goal.

Health and well being is the ultimate benefits of regular Yogic exercise. Regular practice of Yoga effects human body totally. Yoga improves each and every organ and system of the body. Yoga helps in strengthen the body and creates the feeling of well being. Psychologically Yoga sharpens the intellect and make creative mind. It balances our emotions and encourages a caring for other. Growth and development of our body depends upon the secretion of hormone. Yoga helps in hormonal balance in the human body. Regular Yoga practices strengthen our immune system, which is most important defensive mechanism in our body. Nervous system is also affected by regular Yoga practice and many problems related to brain like

headache, insomnia, migraine, stress, depression are cured our reproductive system is strengthen and the menstrual disorders are cured. Problems related to digestive system like constipation, gas, acidity are removed by practicing Yoga. Muscular and Skelton system become strengthens by regular Yoga practices. Regular practice of Yoga cures addiction in people like smoking, drinking and druggist.

CONCLUSION :

It is concluded that Yoga teaches us how to become physically, mentally and spiritually fit. Through Yoga practice we can understand our self better on all levels, including our physical and mental well being, our actions, thought process, emotions and desires. One aspect of Yoga's benefits is to explore the bond between health and beauty. The regular practice of Yoga helps in creating balance in the body by developing strength and flexibility in the body. So the main aim of Yoga is control over the mind and all round development of the body. If an individual practice Yoga regularly then there is no need to visit doctors.

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GENERALS BENEFITS OF SURYA-NAMASKAR**SHAFQIT HUSSAIN SHAH**

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ABSTRACT

A healthy and strong body is like an ornament. If you are healthy, you will be able to study properly, go on excursions or participate in competitions. Due to the gift of Yoogasan given by ancient Sages, you can remain healthy and lead a long life. This article gives the importance and benefits of Surya Namaskar, mantras to be done during Surya Namaskar and Surya Namaskar steps with pictures. Surya Namaskar should be done facing the early morning mild sunlight from the east. Without the sun, there will be no life on earth. Surya Namaskar or 'Sun Salutation' is a very ancient technique of paying respect or expressing gratitude to the sun that is the source of all forms of life on the planet. Symbolically, the sun becomes our source of energy as well. About the history of this technique, it has been said by the ancient rishis of India that the different parts of the body are governed by different devas (divine impulses or divine light). The solar plexus (located behind the navel, which is the central point of the human body), also known as the second brain, is said to be connected to the sun. This is the main reason why the ancient rishis recommended the practice of Surya Namaskar, because the regular practice of this technique enhances the solar plexus, which increases one's creativity and intuitive abilities.

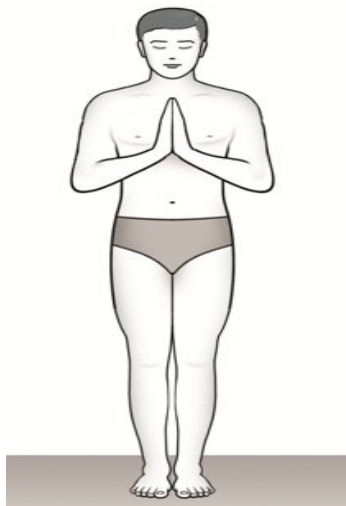
INTRODUCTION:

Surya Namaskar (Sanskrit: Sūrya Namaskār), **Salute to the Sun** or **Sun Salutation**, is a practice in yoga as exercise incorporating a sequence of some twelve gracefully linked asanas. The asana sequence was first recorded as yoga in the early 20th century, though similar exercises were in use in India before that, for example among wrestlers. The basic sequence involves moving from a standing position into Downward and Upward Dog poses and then back to the standing position, but many variations are possible. The set of 12 asanas is dedicated to the Hindu God Surya. In some Indian traditions, the positions are each associated with a different mantra. The name Surya Namaskar is from the Sanskrit Sūrya, "Sun" and Namaskār, "Greeting" or "Salute". Surya is the Hindu god of the sun. This identifies the sun as the soul and source of all life. Chandra Namaskar is similarly from Sanskrit Chandra, "moon". Indian tradition connects the 17th century saint Samarth Ramdass with Surya Namaskar exercises, without defining what movements were involved. Ancient but simpler sun salutations such as Aditya Hridayam, described in the "Yuddha Kaanda" Canto 107 of the Ramayana^[1] are not related to the modern sequence. The anthropologist Joseph Alter states that Surya Namaskar was not recorded in any Haṭha yoga text before the 19th century. In the 1920s, Bhawanrao Shrinivasrao Pant Pratinidhi, the Rajah of Aundh, (1868–1951; in office 1909–1947) popularized and named the practice, describing it in his 1928 book *The Ten-Point Way to Health: Surya Namaskar*.^[4] At that time, Surya Namaskar was not considered to be yoga, and its postures were not considered asanas; the pioneer of yoga as exercise Yogendra wrote criticising the "indiscriminate" mixing of sun salutation with yoga as the "ill-informed" were doing.^[5] It has been asserted that Pant Pratinidhi invented it,^[18] but Pant stated that it was already a commonplace Marathi tradition.^[19]

STEPS OF SURYA NAMASKAR

Surya Namaskar we There are ten different steps / positions that make a Surya Namaskar. Before doing a should chant all the thirteen chants in the given order starting from “Om Mitraaya namahaa : Every step in Surya Namaskar is a different yoga position. During every step we have to do the ‘purak’ and rechak breathing steps alternately. Eg. Step 2- purak, Step 3- rechak- Step 4 – purak and so on To get the maximum benefit of Surya Namaskar hold yourself stable in every position for at least 10 to 15 seconds.for at least 10 to 15 seconds.

Position 1



Prarthanasana : Both feet touching each other, both hands joined at the center of the chest as in prayer position back and neck straight and look straight.

Breathing : Kumbhak

Benefit : Helps maintain the balance of the body.

Position 2



Continuing from the first position take your hands straight up above your head and bend slightly backwards to stretch your back. Keep your hands in prayer position (without bending your elbows). Keep your neck between your arms and looking upwards bend slightly backwards from the waist.

Breathing : Purak (While going from Position 1 to 2 slowly, start taking long breaths)

Benefit : Strengthens chest muscles which in turn help in breathing.

Position 3

Uttanasan : Continuing from 2nd position take your hands from above your head bending in the front and place your hands beside your feet on both sides. Keep your knees straight and try to touch the head to your knees.

Breathing : Rechak (Leave your breath slowly while going from Position 2 to 3)

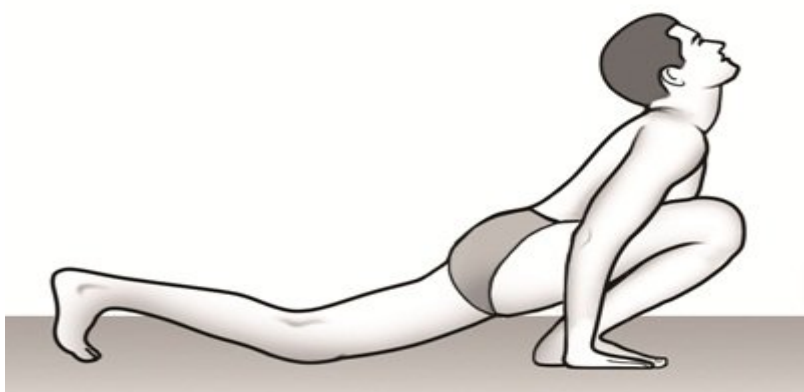
Benefit : Makes the waist and spine flexible. It strengthens the muscles and is beneficial for the functioning of the liver.

Position 4

Ekpada prasarnasan : From the 3rd position start sitting down and take one leg backwards in full stretching position, your hands resting on the ground on either sides of the front leg. The other leg should be bent at the knee. Put the chest weight on the front knee, your eyes should be looking slightly upwards.

Breathing : Purak

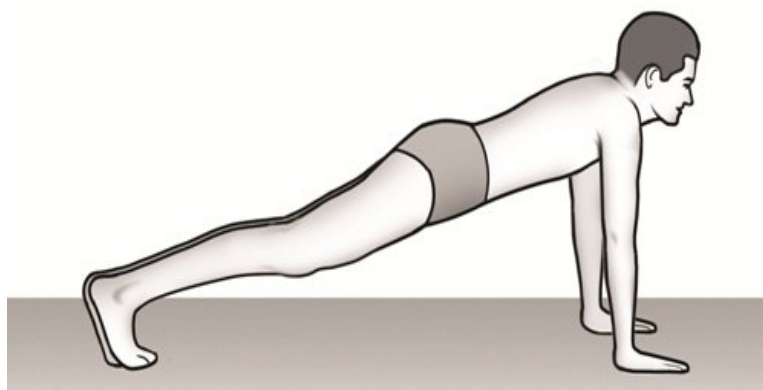
Benefit : Strengthens the leg muscles and makes the spine and neck muscles flexible.

**Position 5**

Chaturang dandasan : Now slowly take the second leg back and beside the first. Keep the legs in line with the knees. The whole body weight should rest on the palms and toes. The foot, waist and head should be in a straight line. Look ahead towards the ground (This is also called Chaturang Dandasan because the body rests on the toes and palms)

Breathing : Rechak

Benefit : Strengthens the arms and maintains body posture



Position 6

Ashtangasan : Lower the chest towards the ground bending both arms at the elbows. The following eight organs should touch the ground, forehead, chest, both palms, both knees and both toes. (Because eight body parts touch the ground it is called Ashtangasan)

Breathing : Kumbhak (Bahirkumbhak)

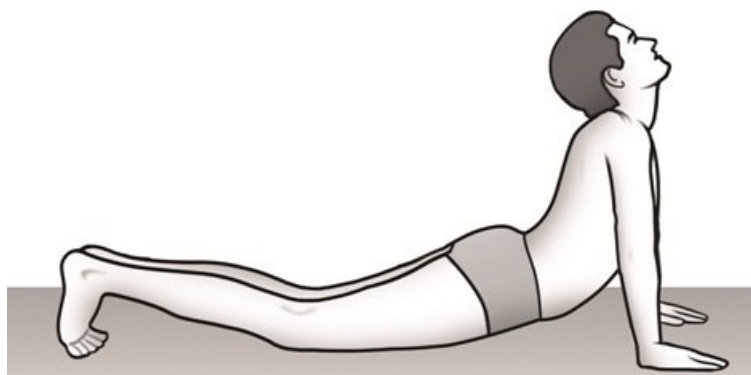
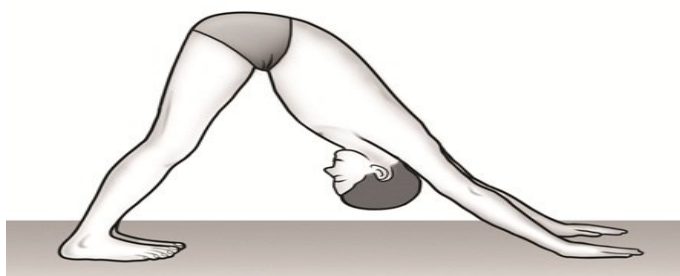
Benefit : Makes the spine and waist flexible and strengthens the muscles.

**Position 7**

Bhujangasan : Now lift your body above the waist, bending it slightly backwards and looking backwards. Make sure your legs and thighs are touching the ground and your back is in a semi-circular position.

Breathing : Purak

Benefit : Makes the spine and waist flexible and strengthens the muscles. (Positions 5, 6 and 7 together, strengthen the arms and reduce the fat around the abdomen and waist.)

**Position 8**

Adhomukh svanasan : Now lift your waist upwards and arms fully stretched with hands and legs resting on the ground, try to touch the chin to the chest.

Breathing : Rechak

Benefit : Beneficial for spine and waist muscles.

Position 9

Ekpada Prasarnasan : Same as the 4th position with the opposite leg behind.

Breathing : Purak

Position 10

Uttanasan : Same as that in the 3rd position.

Breathing : Rechak

"After that slowly come back to Position 1. Now one Surya Namaskar is over. Everyday do at least twelve such Surya Namaskars."

BENEFITS OF SURYA NAMASKAR

1. Improves Blood Circulation of the Body

Due to the active process of inhalation and exhalation, the lungs are constantly ventilated and the blood remains oxygenated. It's a great way of detoxing your body and helping it get rid of excess carbon dioxide and other toxic gases.

2. Your Mantra to Weight loss

When done at a fast pace, it is a great cardiovascular workout that stretches the abdominal muscles while simultaneously helping you reduce excess weight around your stomach. The asanas also result in toning your arms, abs and giving great flexibility to your spine. Moreover, It helps to strengthen your entire skeletal system including your ligaments.

3. Promotes a Regular Menstrual Cycle

If you're facing the problem of an irregular menstrual cycle, these asanas will help you suppress this irregularity and if practiced daily, it ensures an easy childbirth.

4. Benefits your Skin and Hair

By incorporating it in your routine it will keep you youthful and healthy even in old age. It improves your blood circulation that aids in bringing back the glow on your face; preventing the onset of wrinkles, making your skin look ageless and radiant. It also prevents hair loss and the ageing

5. Anti-anxiety and Calming Properties

Surya Namaskar helps to improve memory and the nervous system. Moreover, it stabilizes the activity of the endocrine and thyroid glands, thereby reducing anxiety and inducing the sensation of complete calmness and tranquility.

CONCLUSION

Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.

Surya Namaskar is best done early morning on an empty stomach. Each round of Sun Salutation consists of two sets, and each set is composed of 12 yoga poses. You might find several versions on how to practice Sun Salutation. However, it is advisable to stick to one particular version and practice it regularly for best results.

Besides good health, Surya Namaskar also provides an opportunity to express gratitude to the sun for sustaining life on this planet.

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STUDY OF YOGA SKILLS FOR M.P.ED.STUDENT-TEACHERS

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INTRODUCTION

Yoga and yogic practices are the basics in today's life. Yoga life is an integral part of human being. Development of yoga Skills is the core part of any student or a player. A player wants to achieve mastery over basic yoga skills through regular practice. Yoga is an international and global game. Generally there are various types of fundamental skills and asanas in yoga. It is an urgent need to achieve these basic skills of yoga for a player. It leads to achieve excellence in yogic practices. Such an approach of practicing yoga skills enhances player's achievement in any type of game. The field of physical education is not an exception to it. The present study is carried out the study of development of yoga skills for M.P.Ed. Student-teachers in physical education. It is carried out among 20 student-teachers of M.P.Ed. course. The Experimental research method was adopted in the present study. The revealed findings are applicable for the student- teachers, teacher- educators, physical directors' coaches, players, officials, curriculum planners and education policy makers.

OBJECTIVES OF THE STUDY

- 4) To design the programme on yoga asanas for M.P.Ed. Players in physical education.
- 5) To implement the programme of yoga asanas for M.P.Ed. Players in physical education.
- 6) To suggest recommendations regarding yoga asanas for M.P. Ed. players in physical education.

HYPOTHESES OF THE STUDY

A) Research Hypotheses

- 1) The yoga asanas are important for M.P. Ed. players.
- 2) The yogic practices are more useful for M.P.Ed. Players.

B) Null Hypotheses

- 1) There is no significant difference in the achievement of the M.P.Ed. Players through the various asanas for yoga.
- 2) There is no significant difference in the achievement of the M.P.Ed. Players through conventional method and designed programme for developing yoga skills.

SCOPE AND LIMITATIONS OF THE STUDY

The present study was limited in the following respects -

The study is related to only Barshi Town. There are Marathi medium M.P.Ed. student- teachers included in the study. Physical Education is the discipline. Total 20 M.P.Ed. players were selected for the research. The total focus is on yoga.

PROCEDURE OF THE STUDY

The research study conducted was as follows.

The Experimental research method was conducted in the present study. The well designed programme on yoga and the drill test in asanas were the independent variable and the dependent variables in the study. The Marathi medium physical education institution in Barshi town was selected. Total 20 M.P.Ed. players were selected randomly. Thus, two groups of M.P.Ed. student-teachers from a Marathi medium physical education institution constituted the sample for the study. The drill test was developed by the investigator himself and validated by experts in concerned field, and was conducted for the study. The control group was taught through conventional method for developing yoga asanas. The conventional method used in the study was Demonstration method. The experimental group was taught

through the various activities conducting more practices and drills for developing yoga skills to M.P. Ed. players. Pranayam and different asanas etc. were the fundamental activities of yoga. The program was conducted for a month with proper planning. There were two sessions distributed in a day. Total 40 sessions were conducted. Both groups were treated as per the planning. The activities were limited to only select activities of yoga. Then, the drill test was administered to the both groups. The drill test was assessed by certain criteria by expert coaches. The drill test was prepared for 50 marks having ten marks for each activity. The scores obtained of that post-test stage were recorded. Responses of each player were measures using the key prepared for the purpose. These scores were then tabulated and statistical analysis was done for further calculations in order to locate the significance of difference for which T-test was used. The major findings and recommendations are stated with the help of interpretation and analysis of data.

Group	No. of Players	Mean	SD	D-means	T-value	Df
Control Group	10	7.3	2.1	8.4	8.23	18
Experimental Group	10	15.7	2.49			

FINDINGS OF THE STUDY

There is significant difference in the achievement of players through the various activities designed in programme for developing yoga skills. There is significant difference in the achievement of the M.P.Ed. players through conventional method and designed programme for developing yoga skills. So the both No.1 and No. 2 null-hypotheses were rejected.

The findings of the study were as follows.

- 1) The achievement of scores in M.P.Ed. Players were more in experimental group than control group.
- 2) The well-designed programme on yoga was fruitful for developing yoga skills to M.P. Ed. Players.
- 3) The well-designed programme based on various activities and drill regarding yoga became helpful to maintain active role.
- 4) The yogic asanas became more helpful to respond actively in sport for M.P.Ed. Players.

RECOMMENDATIONS

- 1) The coaches and physical directors should try to conduct a course on yoga skills.
- 2) The coaches and physical directors should try to create desirable sporty environment for developing yoga skills.
- 3) The coaches and physical directors should try to focus on to conduct daily yoga practices and drills.
- 4) The coaches and physical directors should try to develop tournaments opportunities that will support and enhance the interest in yoga.

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YOGA: TYPES AND ITS IMPORTANCE IN LIFE

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ABSTRACT

IN A LAST FEW DECADES HOW YOGA HAS PROVEN ITS IMPORTANCE IN DAY TO DAY LIFE THROUGH IT'S VARIOUS TYPE'S AND ALSO YOGA SHOWS ITS CONNECTIVITY WITH ALL DISCIPLINES OF LIFE AT VARIOUS STAGES OF DAY TO DAY LIFE YOGA ALSO HAS TO DEVELOP INTERNALLY AS WELL AS EXTERNALLY IN LIFE. YOGA ALSO HELPS DEVELOP PHYSICALLY AND MENTALLY. YOGA HAS NOW GLOBALLY PROVEN IT'S IMPORTANCE IN EVERYONE'S LIFE AT EVERY STAGE.

Key words: Yoga, Health, Styles, Types.

INTRODUCTION-

The concepts and practices of Yoga originated in India about several thousand years ago. Its founders were great Saints and Sages. The great Yogis presented rational interpretation of their experiences of Yoga and brought about a practical and scientifically sound method within every one's reach. Yoga today, is no longer restricted to hermits, saints, and sages; it has entered into our everyday lives and has aroused a worldwide awakening and acceptance in the last few decades. The science of Yoga and its techniques have now been reoriented to suit modern sociological needs and lifestyles. Experts of various branches of medicine including modern medical sciences are realizing the role of these techniques in the prevention and mitigation of diseases and promotion of health.

Yoga is one of the six systems of Vedic philosophy. Maharishi Patanjali, rightly called "The Father of Yoga" compiled and refined various aspects of Yoga systematically in his "Yoga Sutras" (aphorisms). He advocated the eight folds path of Yoga, popularly known as "Ashtanga Yoga" for all-round development of human beings. They are:- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

These components advocate certain restraints and observances, physical discipline, breath regulations, restraining the sense organs, contemplation, meditation and samadhi, These steps are believed to have a potential for improvement of physical health by enhancing circulation of oxygenated blood in the body, retraining the sense organs thereby inducing tranquility and serenity of mind. The practice of Yoga prevents psychosomatic disorders and improves an individual's resistance and ability to endure stressful situations.

Definition and concepts of Yoga –

"Yoga is a discipline to improve or develop one's inherent power in a balanced manner, It offers the means to attain complete self-realization."

According to Maharishi Patanjali

"Yoga is the suppression of modifications of the mind".

The literal meaning of the Sanskrit word Yoga is 'Yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of God.

Objectives of the Research Papers-

1. To focus on the basic concept of Yoga.
2. To review the importance of Yoga.

3. To focus on the basic types of Yoga.

TYPES OF YOGA-

1. Japa Yoga

To concentrate one's mind on divine name or holy syllable, mantra etc. like 'OM', 'Rama', 'Allah', 'God', 'Vahe Guru' etc. through repeated recitation or remembrance.

2. Karma Yoga

Teaches us to perform all actions without having any desire for their fruit. In this sadhana, a Yogi considers his duty as divine action, perform it with whole-hearted dedication but shuns away all desires.

3. Gyana Yoga

Teaches us to discriminate between self and non-self and to acquire the knowledge of one's spiritual entity through the study of scriptures, company of Saints and practices of meditation.

4. Bhakti Yoga

Bhakti Yoga, a system of intense devotion with emphasis on complete surrender to divine will. The true follower of Bhakti Yoga is free from egoism remains humble and unaffected by the dualities of the world.

5. Raja Yoga

Raja Yoga popularly known as "Ashtanga Yoga" is for all-round development of human beings. These are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

6. Swara Yoga

Swara yoga is the Science which is about the realization of cosmic consciousness, through the awareness/ observation then control/ manipulation of the flow of breath in the nostrils. Swara Yoga involves the systematic study of the breath flowing through the nostril (or Swara) in relation to the prevailing phases of the Sun, Moon, time of day and direction. It is the association of the breath in relation to the activities or phases or positions of the Sun, Moon, Planets, Seasons, Time of day, with the physical and mental conditions of the individual and then taking the appropriate action according to these subtle relations, Kundalini

7. Kundalini Yoga-

Kundalini Yoga is a part of Tantric Tradition. Since the dawn of creation, the Tantrics and yogis have realised that in this physical body, there is a potential force residing in Muladhara Chakra, the first of seven Chakras. The seat of Kundalini is a small gland at the base of the spinal cord. In the masculine body it is in the perineum between the urinary and excretory organs. In the female body its location is at the root of the uterus in the cervix. Those people who have awakened this supernatural force have been called Rishis, Prophets, Yogis, Siddhas and other names according to the time, tradition and culture.

To awaken the Kundalini, you must prepare yourself through yogic techniques such as Shatkriya, Asana, Pranayama, Bandha, Mudra and Meditation. Awakening of Kundalini results in an explosion in the brain as the dormant or sleeping areas start blossoming like flowers.

8. Nadi-

As described by Yogic texts, Nadis are flow of energy which we can visualize at the psychic level as having distinct channels, light, colour, sound and other characteristics. The entire network of nadis is so vast that even yogic texts differ in their calculations of the exact number. Reference in the Goraksha Sataka or Goraksh Samhita and Hatha Yoga Pradipika place their number at 72,000;

emerged from the navel center- the Manipuri Chakra. Of all the thousands of nadis, Susumna is said to be the most important. The Shiva Swarodaya enumerates ten major nadis which connect to the 'doorways' leading in and out of the body. Of these ten, Ida, Pingala and Sushumna are the most important, they are the high voltage wires which conduct the energy to the substations or Chakras situated along the spinal column.

IMPORTANCE OF YOGA-

The perfect unison can be achieved through Hatha Yoga and its various branches (Ashtanga Yoga, Iyengar Yoga, Bikram Yoga, Yin Yoga, Kundalini Yoga), depending on what we like and the problems we are looking to tackle through the practice.

- Some of the advantages of Yoga are as follows-
- Improves brain function
- Lower stress levels
- Alters gene expression
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Relieves anxiety
- Relieves chronic back pain
- Lowers blood sugar in diabetics
- Improves sense of balance
- Stronger bones
- Healthy weight
- Lowers risk of heart diseases

Yoga as a practice has innumerable benefits that positively affects an individual both physically and mentally. Whether it is reducing your blood pressure or raising your pain tolerance, listed below are a few things that yoga works on:

Yoga improves your blood circulation. This means better transportation of oxygen and nutrients throughout the body. Improved blood flow also indicates healthier organs and glowing skin. Yoga teaches how to control and how to balance. With regular practice, your body will automatically assume the right stance. You will look both confident and healthy. Practicing yoga on regular basis uplifts your mood instantly as it leaves your body with refreshing energy. Practicing yoga on daily basis enhances the blood circulation in the body. This enables oxygenation in the body. Yoga also relieves stress which is yet another factor that beats aging. Yoga eases the body by reducing the strain. When the body relaxes, the pulse rate decreases. A low pulse rate indicates that your heart is strong enough to pump more blood in a span of fewer beats.

We use the weight of your own body to increase your strength. This is a very bewildering method of strength training. A little twisting, bending and controlled breathing helps you overcome anxiety. Yoga improves oxygenation in the body and also lowers the heart rate. This results in higher cardiovascular endurance. Yoga involves a whole lot of controlled breathing. It entails filling your lungs to their full capacity, thus allowing them to work more efficiently. When we practice yoga, repressed feelings surface. While you may feel sad, the negative energy is released. This helps to combat depression.

Yoga also focuses at improving balance and also allows you to gain control over your body. Regular practice of yoga will enhance your ability to balance the poses in the class and focus well outside the class. The internal organs are massaged when you practice yoga, thereby increasing your resistance to diseases. Also, once you are attuned to your body, after years of practice, you will be able to tell instantly if your body doesn't function properly. Yoga and Immunity go hand in hand. As yoga works towards healing and enhancing every cell in the body, your body automatically becomes more immune. Thereby, increasing your immunity. Practicing yoga on regular basis will help you become aware of your own body. You will

begin to make subtle movements in order to enhance your alignment. With time, yoga helps you to become comfortable in your own skin.

Practicing yoga regularly activates the digestive system and the other stomach related diseases like indigestion and gas are eliminated. Therefore, gastrointestinal functions improve in both men and women. It is essential to understand when your core is strong, your body is strong. Your core holds the weight of your body. It helps in increasing your resistance to injuries and also help you heal better. Yoga works on the core and makes it healthy, flexible and strong.

Yoga increases the level of pain tolerance and also works towards reducing chronic pain. Yoga keeps the metabolism in check since a balanced metabolism is essential to achieve ideal weight. Yoga increases your self-confidence and offers complete relaxation and more control. This gives your sexuality a much-needed boost. Yoga has the ability to make your mind and body feel rejuvenated. People who perform yoga on daily basis feel energized after a session of yoga. Yoga helps you relax your mind completely. It helps you work on unnecessary tensions, thus facilitating better sleep.

Yoga means unison. When you practice yoga on regular basis, your mind starts to work in union with your body. This enhances movement and grace. Yoga enables self-awareness and betterment of health. Your self-esteem improves, and you become more confident. Many hormones in the nervous system are stabilized when yoga is practiced on the regular basis. This helps you becomes more positive and you tend to look at life with refreshed and positive perspective. When yoga is performed on the regular basis, the anger is greatly controlled. The breathing and meditation calm the nervous system, thereby decreasing anger and hostility. Reduction in hostility means reduction in blood pressure. This automatically enables a stress free and healthier approach towards life. Performing yoga every day will eventually result in better concentration and in less than eight weeks of yoga practice, you will find yourself more motivated.

The breathing and meditation enables you disengage from your thoughts. This helps us calm down. With everyday yoga practice, we will notice how the calmness is no longer just a part of your practice- it becomes a way of life!

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NEED OF PHYSICAL EDUCATION IN THE RURAL AREA

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ABSTRACT

The Olympic Games, which originated in ancient Greece as many as 3,000 years ago, were revived in the late 19th century and have become the world's preeminent sporting competition. The ancient Olympic Games began in the year 776 BC. The ancient Olympic Games were primarily a part of a religious festival in honor of Zeus, the father of the Greek gods and goddesses. Physical education is education. It is education through physical activities for the development of total personality of the child or old man to each fullness and perfections in the body, mind and spirit. Here the identical is why it is still unpopular in the rural area of India. If we move to yesteryears, it is fact that, the secondary education commission (1952-1953) stressed the importance of physical education and regarded it as an integral part of the general education. If we compare with the other country such as USA, UK, AUSTRALIA etc. this country are too advance in educational field. It is also clear that physical education is not a new concept of education to the people (rural) of India. Is there any lack of knowledge regarding this educational field, among the rural people of India? Is government is not paying their attention for the development of the educational field in the rural area of India.

Key words: *Olympic, ancient, modern, Physical Education.*

INTRODUCTION

Today's world is much more competitive, every individual want to lead a fruitful life. I can entrust that one can also lead the wealth life, by elect the physical education as their profession.

The Greeks idealized physical fitness and mental discipline, and they believed that excellence in those areas honored Zeus, the greatest of all their gods. One legend about the origin of the Olympic Games revolves around Zeus. It was said Zeus once fought his father, Kronos, for control of the world. They battled atop a mountain that overlooked a valley in southwestern Greece. After Zeus defeated his father, a temple and immense statue were built in the valley below to honor him. This valley was called Olympia, and soon religious festivals developed there as people came to worship Zeus and to approach as nearly as possible his great strength. It is believed that these religious festivals eventually led to the famed Games of the Olympics. Although we do not know just when the Games were first played, the earliest recorded Olympic competition occurred in 776 B.C. It had only one event, the one-state (approximately 630-foot or 192-meter) race, which was won by a cook named Croesus. This was the start of the first Olympiad, the four-year period by which the Greeks recorded their history. In order to understand the modern games; we have to take a peek into the ancient past. The ancient Olympic Games ran from roughly 776 BCE-393 CE, which is a very long time. The ancient Greeks were obsessed with the concept of perfection in all things, and the games were a chance for Greek champions to prove themselves as the most perfect athlete in the land. Now, athleticism was just one part of perfection, and these champions were also expected to be perfect in the arts as well, from poetry to sculpture. This competition was so important to the Greeks that they initiated the Olympic Truce, a formal cessation of hostilities during the games. Chariot racing was a popular event in the ancient games.

As it is well-known fact that every single individual want to live a wealthy life, but somehow due to the present condition of environment in the health sector is very ridiculous. Mostly people get sick in their early age. So here some of the following views benefits of physical education.

- Physical education is needed because due to advanced technology, the lifestyle of people becomes sedentary and they become passive entertainer.
- Physical education is needed during elementary and secondary education for proper growth and development.
- It is beneficial during adulthood to maintain good health and fitness.

During old age, physical education is important to prevent and treat various ailments and disease

ABOUT RURAL AREA:

By knowing the history of physical education, it is clear that physical education is also an old as other educational field. But most of the people think that the adaptation of physical education is only needed in sports field and their no better future in particular field. As they didn't look at the clear concept of physical education. Government of India has also declared that physical education as compulsory subject I every school and colleges. Were as administration of the school and colleges in rural area keep a lack of interest in physical education as compare to other subjects.

The people of rural India mostly adapt the natural things in their struggling life. But due to lack of proper physical activity they are facing many health related problems. If they adapt education as their regular subjects in school and colleges and also keep the proper knowledge of physical education, they can easily get rid their various problems.

WHY PHYSICAL EDUCATION IS UNPOPULAR:

- Due to lack of knowledge in the field of physical education.
- Due to lack of facilities.
- Due to lack of interest among the administration of school and colleges.
- Teacher did not show much concern about physical education.
- Lack of interest on doing the physical activities for wellness.
- Due to lack of support from the parents.
- Due to lack o of educational growth in the particular area.
- Due to lack of institution of physical education in the rural area of India.
- Due to accept more body work
- Due to the neglected part of education.

GOVERNMENT INTEREST:

It is also much clear that government is not showing their back. They are also contributing equally in this field for development.

The systematic progress of physical education can be traced back from the recommendation of the central advisory board of education. A valuable contribution of the board was the publication of "**a national plan of physical education and recreation**". In the yesteryears realization the importance of physical education the secondary education commission recommended that:

- Physical activities should be made to suit the individual and his capacity for physical endurance.
- The existing facilities of the teacher of physical education should be expended by increasing the seats in the existing colleges, by the opening of new colleges where necessary and by recognizing some of the institutions as all India training center to which aid may be given by the center and states.
- Full records of the physical activities of the students must be maintained.
- The entire teacher below the age of 40 should actively participate in many of the physical activities of students and thus make them a lively part of the school programme.

By showing the above scheme/ facilities given in the field of physical education, this educational field also must get popular as other field. But due to lack of interest in the local government it's become quite difficult for the people of rural area to get the proper benefits. Also due to lack of educational support.

POSITIVE MEASURE FOR THE DEVELOPMENT OF PHYSICAL FACILITIES:

By showing does development in the field of physical education. Probably the work is done in the paper only, but not in the playground. Even though due to the inadequate facilities given to the people of rural area they themselves feel backward in the field of physical education. The lack of institution of physical education also given the sense of unpopularity. The people of rural area mostly lived a straight forward life and they choose what they feel better.

The local government should give eye for the better development of physical education profession. They should take the measures such as:

- Develop their physical, mental and social abilities and develop a positive self-image.
- Develop an understanding of what improves health.
- Develop the ability to play, exercise and play sports on their own and with others.
- Provides the better knowledge about the career concern in the field of physical education.
- Develop a good body image and knowledge which makes it possible to see, select and evaluate different forms of exercise from health perspective, develop interest in regular physical activity and take responsibility for their health.
- Develop and strengthen their ability and desire to exercise, and encouraged to improve the imagination, emotion and community.
- Get an insight into sports and recreational activities, history and become familiar with different types of games, dance and sports forms in different culture.
- The pupils learn to participate in activities with other pupils in a respectful way, learn to make agreement on regulating the activities and learn to estimate and use that knowledge during the activities.
- Develop skills to critically respond to misunderstandings that may occur in connection with various types of physical activities and be able to take personal views on sports and health issues.

PHYSICAL EDUCATION IMPORTANCE IN RURAL AREAS

Physical education is playing a vital role, to lead a wealth life, growth and development. Physical wellbeing of a person is directly related to his/her performance whether in class or in the office. Here some reasons to agree:

It's a link to good health: The value of physical fitness can never be overstated. It's only in physical education classroom that student learn the value of taking care of themselves through proper grooming, health eating and regular exercise.

It's a prevention measure against disease: Today many physicians agree that obesity is a serious health risk. Without any form of diet management and control with the numerous processed food. Student's intake every day compounded by sedentary lifestyle, a student's health can easily be at risk to many diseases like chronic heart disease.

It promotes a physically active lifestyle: The purpose of physical education is to instill in students, at an early age, the value of self-preservation and choosing a lifestyle that is good for both the mind and body.

COMPARING WITH URBAN AREA:

Given to the current scenario in the urban area of India, a new trend has been seen, where you see the physical education teachers are provided with opportunity to help this generation, which has gone sedentary and plagued with obesity. While once only academic demands were given priority, today the physical education and sports are given equal importance and are encouraged by parents as well. Therefore, today we can see that there is a great demand for physical education and the coach to help train the students for any particular sports or help them to stay fit.

CAREER IN PHYSICAL EDUCATION:

In today's life every man/woman are living with much more concern and importance for building their life, here by choosing the physical education course as their professed, one can work in as a physical instructor, nutritionist, spa and health manager, co-operate fitness instructor, occupational exercise scientist, camp director and many more. They pay and perks are great and one can that it a highly satisfying job.

CONCLUSION:

As a matter of fact, physical education in rural area of India is still in the formative stage. Physical education in general does not have the same status as the other academic subjects in the educational curriculum. Though it has been generally accepted as a matter of policy the physical education should be in harmony with the total educational pattern and should be complementary to the ultimate aim of education in the rural area of India.

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A COMPARATIVE STUDY OF ENDURANCE IN HIGH SCHOOL BOYS OF GONDIA AND AMGAON TALUKA**DR. PARVEEN KUMAR**

Director of Physical Education and Sports, N.M.D. College, Gondia.

kumarparkin9@gmail.com**ABSTRACT**

The purpose of the study was to find out and compare out the difference of endurance in high school boys of Gondia and Amgaon Taluka of Gondia district. Total number of subject was 100 in which 50 high schools was selected from Gondia and 50 from Amgaon Taluka. Endurance was measured by 600 meters run/walk test, the time will be recorded in seconds. After the analysis of data results shows better performance of Gondia Taluka in endurance.

Key words: endurance, performance, Highschool.

INTRODUCTION

Endurance (also related to sufferance, resilience, constitution, fortitude, and hardiness) is the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue. It is usually used in aerobic or anaerobic exercise. The definition of 'long' varies according to the type of exertion – minutes for high intensity anaerobic exercise, hours or days for low intensity aerobic exercise. Training for endurance can reduce the ability to exert endurance strength unless an individual also undertakes resistance training to counteract this effect.

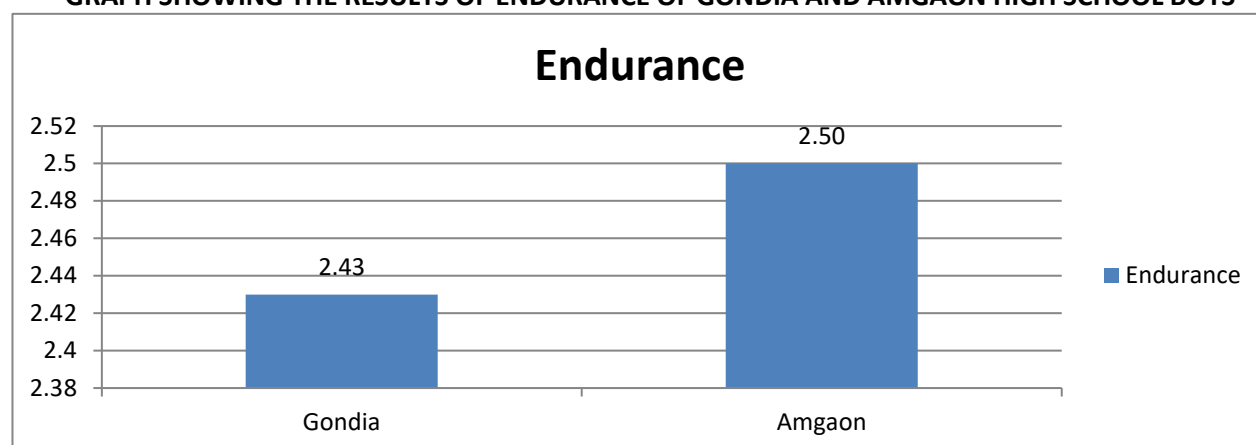
Table no. 1

Comparison of Endurance in Seconds of high school boys of Gondia and Amgaon Taluka.

Taluka	N	Mean	MD	"T Ratio"
Gondia	100	2.43	0.07	0.06
Amgaon	100	2.50		

*Level of significance 0.05

Above table showing the results of speed of high school boys of Gondia and Amgaon Taluka, where Gondia district high school boys mean value was found 2.43 and Amgaon Taluka high school boys mean value was found 2.50 and mean difference was 0.07 and "T" ratio was 0.06 which shows insignificant difference at 0.05 level of significance.

GRAPH SHOWING THE RESULTS OF ENDURANCE OF GONDIA AND AMGAON HIGH SCHOOL BOYS**Conclusion**

Above results shows better performance of school boys of Gondia Taluka in comparison with Amgaon Taluka of Gondia district, at same time these results found insignificant difference at level of significance.

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A COMPARATIVE STUDY OF SPRAIN AND STRAIN INJURIES AMONG BASKETBALL AND HANDBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out and compare the sports injuries in Basketball and Handball Players of different college in R.T.M. Nagpur University, Nagpur. The study was delimited to 50 inter collegiate male players of different college of R.T.M. Nagpur University and their age group were 18 – 20 years. for collection of the structured questionnaire was used the study was delimited to only sprain and strain injuries in this group.

Key words: *sprain, strain, performance, basketball, handball players*

INTRODUCTION

Sprains and strains both refer to damage to the soft tissues in the body, including ligaments, tendons, and muscles. They are common injuries that share some symptoms but affect different body parts. People can often treat sprains and strains at home.

A sprain is an overstretched, torn, or twisted ligament. A ligament is a tough band of fibrous tissue that connects bones to other bones or cartilage. Ligaments are usually located around joints. Commonly sprained areas include the wrists, ankles, thumbs, and knees.

A strain is an overstretched, torn, or twisted tendon or muscle. A tendon is a tough cord of fibrous tissue that connects muscles to bones. Commonly strained areas include the legs, knees, feet, and back.

Table No. 1

Showing the Percentage difference of Sprain in Basketball and Handball Player

Sr. No.	Player	Sprain	
		No. of injured Player	Percentage
1.	Handball	3	12.00%
2.	Basketball	5	20.00%

From Table No. 1 it is clear that the Handball player is suffering from Sprain – 12.00% and Basketball Player – 20.0%. Sprain injury of Basketball player is more than the Handball player.

Graph No. 1

Showing the Percentage difference of Sprain in Basketball and Handball Player

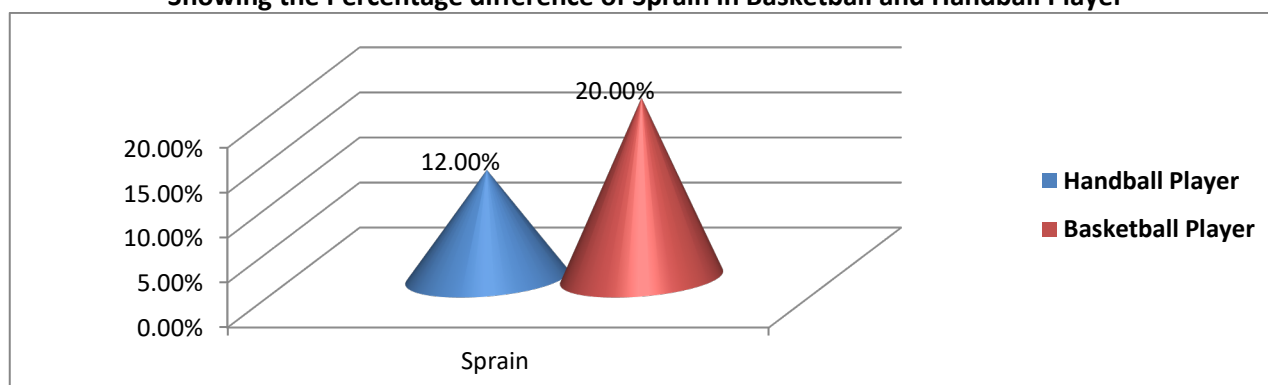
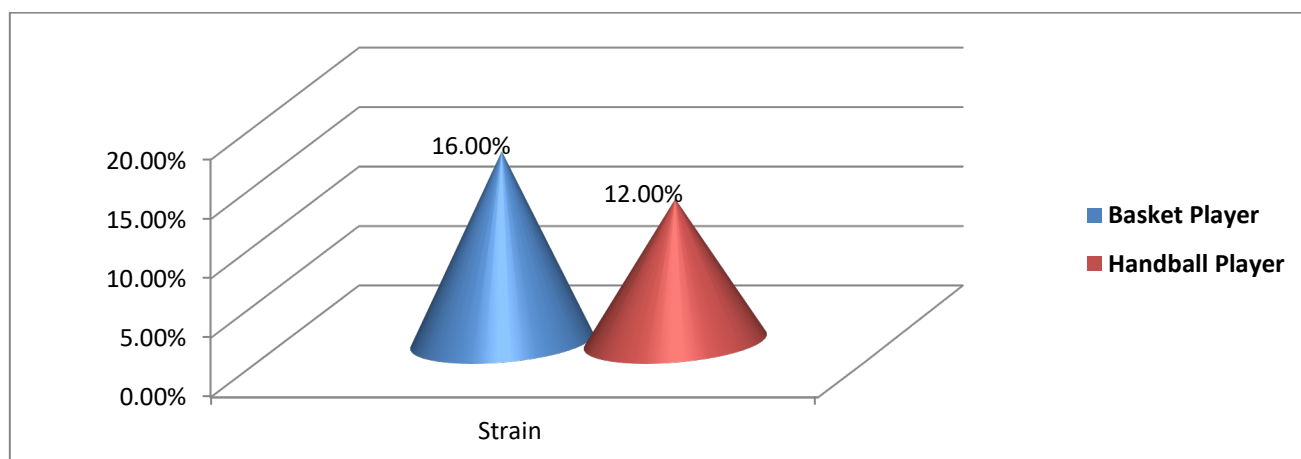


Table No. 2**Showing the Percentage difference of Strain in Basketball and Handball Player**

Sr. No.	Player	Strain	
		No. of injured Player	Percentage
3.	Basketball	4	16.00%
4.	Handball	3	12.00%

From Table No. 2 it is clear that the Basketball Player is suffering from strain – 16.00% and Handball player – 12.00%, Strain injury of Basketball player are more than the Handball Player.

Graph No. 2**Showing the Percentage difference of Strain in Basketball and Handball Player****Conclusion**

Study results shows that basketball players are more prone to sprain injuries in comparison with handball players at inter college level.

Study also reveals that basketball players are more prone to sprain injuries in comparison with handball players. It is recommended that the basketball players should use quality shoes. Proper knowledge of warm up and relaxation should be imparted to the students.

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MEDIA AND SPORTS

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ABSTRACT

The role of media has always been vital in boosting any activity of sport. Media has got focal position particularly in communication of the fresh information, shaping viewpoint of the masses, and bringing live sport and the like other activities to the consumer at his/her convenience. In the present era, close interaction between the media and sport are indispensable. Both feed one another; sport needs publicity and media approach to majority of the population, which media do, whereas media feeds on the sport news provided by the different activities of sport. Formerly print and electronic media, mainly consisting of newspapers, magazines, TV coverage, were the chief sources of media for the dispersal of information. But with the explosion of the IT technology and with the advent of internet, the horizon of the media has significantly been widened. Examining the available literature, this study is an effort to separately evaluate the impact of different tools employed as a source of interaction of the mass media with various aspects of sport. There may be positive as well as negative effects of media.

Key words: Media, Active Lifestyle, Youth, Physical Education, Sports

INTRODUCTION

Almost everyone is dealing with the phenomenon of sport in today's world. Positive impact of media on sports. People are either athletes or sport fans, who follow sport news and materials in mass media including radio, TV and newspapers. Therefore, investigating sport and media has been widely developed. Increase in reporting and studying in sport mass media, especially about the audience and content in various sport media, is among such examples. Mass media are a function of increasing interest in sport and this interest increase of the audience develops attention of mass media like newspapers, magazines, radio, TV, recently Internet and their wide sport coverage. Considering effect of sport on different dimensions of personal and social life, importance of its development at national scale and mediator role of media in this regard, it is essential to identify role of media in sport development and prepare appropriate plans for it. Any macro planning for effective use of media functions in sport area requires deep identification of this area and investigation of these functions in different axes of development in sport. Mass media of the country, especially national mass media, need to leave traditional and sectional decision making in this regard and move toward strategic planning in different axes and consider consistent national and organizational goals. Mass media have an axial and undeniable role in meeting the need for development awareness through transferring information to the audience and exchanging thoughts. This point makes it possible for humans to know their surrounding world and make their important personal and social decisions based on clearer and more updated information so that they could get familiar with their social responsibilities, especially for development.

METHODOLOGY:

Technological innovation has not only changed the way we interact with sport, it has practically changed sport itself. Technology gathers data about every second of every game which is then analysed to create new strategies and increase athletic performance. In swimming, cycling, Formula-1 racing and

athletics, professional timer services now make every thousandth of a second count. Sports fields are monitored by no less than sixteen cameras so that officials and coaches can follow exactly what happens. The impact of technology on sports cannot be specifically measured, but some technological innovations do raise questions about fairness. Are we still comparing apples with apples? Is it right to compare the speed of an athlete wearing high-tech running shoes to one without? Is the use of technology to improve performance any different compared to the use of doping or steroids? Whether we like it or not, technology will continue to enhance athlete performance.

The engineer/researcher had been involved in elite levels of sport for over 10 years, with a focus on indoor team sports. Semi-structured interviews, using open-ended questions, allowed participants to express current knowledge of the technology used in their sport (and other indoor team sports), and ideas for future application.

1. POSITIVE EFFECTS THAT THE MEDIA CAN HAVE ON SPORT:

a) Increased exposure of minority sports

This means that TV and the media are showing sports which are not as popular as football, cricket rugby and athletics. They are showing sports like bowls; pool; American football and Aussie rules which means that people might watch these sports and decide to try playing them. By watching these sports they might get more popular and have more fans.

b) Increased promotional opportunities

Sport can show itself off more because of the media. Some football clubs like Chelsea have their own TV channels so more people will watch their matches and replays of their matches. All league football clubs have their own websites so they can promote their merchandise. This means that you can access information on your favourite team all the time.

c) Education

If you play football and you watch it on TV you might get ideas on how to improve your own play as you will see how others play in your position. By watching sport you can also learn the rules as they are often explained when an incident happens. When matches are played in another country you can go and watch them and learn about a different country.

d) Increased income which benefits sport

When a football match is televised the clubs playing will receive money. They can use it to buy more players. When the England football team plays on the TV the FA receive money and they can give this to school sports and amateur clubs to help them.

e) Inspiring people to participate

By showing a lot of different sports on the television the sports will become more popular and people will start to play them. If the sport shows the top players then young people might take them up as they might be good at them and make a lot of money playing them. The Paralympics was shown on the TV and this inspired people with disabilities to try sport. People like Jonnie Peacock inspired others to take up running.

f) Competition between sports and clubs

When local derbies are played in football they are often shown on the TV as people like to watch these for example Everton v Liverpool. Cricket introduced 20 20 cricket so that there were shorter games more suitable for the TV. This draws upon limited skills/knowledge/understanding from unit R051.

2. NEGATIVE EFFECTS THAT THE MEDIA CAN HAVE ON SPORT

a) Decline in live spectatorship

If your football team is playing a match and it is televised and it is in the winter and the weather is cold and it is icy then you will stay at home and watch the match rather than going to see the match live. This means that the attendance at the match will be lower than it would be if the match wasn't being shown on the TV.

b) Newspapers are dominated by a few sports

If you look at the sport section of a newspaper you will see that most of the coverage is of football. Men's football in fact. Sometimes there is rugby in the winter and cricket in the summer. Most of the sports are to do with men doing them. There is hardly any coverage of female sport, if there is it is in a very small paragraph not on the back page of the newspaper but a few pages in. This is not good for women who want to take part in sport as they think that it will not be covered in the newspapers so they think why should they take part in sport as people aren't interested in knowing about their results.

c) Loss of traditional sporting values

There is a lot of pressure to win when playing sport at a professional level. There is a lot of sport televised and a lot of people watch so there is more pressure because you are on the TV. Because the people want to win and because people are watching them on the TV the player might not keep to the rules in order to win and this will be shown on the TV like the Blood gate scandal. When something like this is shown on TV or reported on in the paper this shows the sport in a bad light.

d) Saturation

There is a lot of sport especially football on the television. If you are not interested in football you will get fed up of the amount that is shown on television. If it is shown every day you will lose interest as there will be too much on. It is not good to see the same sport all the time that is bad for the sport as people will want to watch something else.

CONCLUSION:

Too many of us unknown of such things that, the media have penetrated almost all aspects of the lives of contemporary people. One could say that the mass media are now integral with our lives and play an extremely important part in them. Not only are we a passive audience of the media, but the mass media influence the decisions we make and the way we behave. The links and interrelations between sport and the media are many and multi-layered and opinions on them differ greatly, which the above analyses sought to demonstrate. The fundamental question is what the overall assessment of this relationship is. Without giving a straightforward answer, let us consider if this important social and cultural phenomenon can be deemed magnificent and perfect or whether it can be harshly criticised and disapproved of. Is it possible to say that there are only good sides to the media or on the contrary, that the media are something unnecessary and harmful? There is no easy answer nor can there be one, because the media have many faces.

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EFFECTS OF YOGA ON MENTAL AND PHYSICAL HEALTH**DR. INDRAJIT BASU**

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ABSTRACT

The heterogeneity among interventions and conditions studied has hampered the use of meta-analysis as an appropriate tool for summarizing the current literature. Nevertheless, there are some meta-analyses which indicate beneficial effects of yoga interventions, and there are several randomized clinical trials (RCT's) of relatively high quality indicating beneficial effects of yoga for pain-associated disability and mental health. Yoga may well be effective as a supportive adjunct to mitigate some medical conditions, but not yet a proven stand-alone, curative treatment. Larger-scale and more rigorous research with higher methodological quality and adequate control interventions is highly encouraged because yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioural treatment, provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects.

Key words: Mental, Yoga, Health and Fitness

INTRODUCTION

The conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.), each having its own distinct emphasis regarding the relative content of physical postures and exercises (*asanas*), breathing techniques (*pranayama*), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a

therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (*asanas*) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety, and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation. Khalsa stated that a majority of the research on yoga as a therapeutic intervention was conducted in India and a significant fraction of these were published in Indian journals, some of which are difficult to acquire for Western clinicians and researchers. In their bibliometric analysis from 2004, they found that 48% of the enrolled studies were uncontrolled, while 40% were randomized clinical trials (RCT), and 12% non-RCT (N-RCT). Main categories which were addressed were psychiatric, cardiovascular, and respiratory disorders. Despite a growing body of clinical research studies and some systematic reviews on the therapeutic effects of yoga, there is still a lack of solid evidence regarding its clinical relevance for many symptoms and medical conditions. For many specific indications and conditions, there is inconsistent evidence with several studies reporting positive effects of the yoga interventions, but other studies are less conclusive. In some instances, these discrepancies may result from differences between the study populations (e.g., age, gender, and health status), the details of the yoga interventions, and follow-up rates. In this paper, we summarize the current evidence on the clinical effects of yoga interventions on various components of mental and physical health. In general, the respective reviews (Table 1) and an Agency for Healthcare Research and Quality Report (AHRQ) evidence

report on “Meditation Practices for Health,” which cites also studies on yoga, include a heterogeneous set of studies with varying effectsizes, heterogeneous diagnoses and outcome variables, often limited methodological quality, small sample sizes, varying control interventions, different yoga styles, and strongly divergent duration of interventions.

Yoga and Mental Health

Depression. We found four relevant publications, including two reviews on the effects of yoga on depression, a description of studies on yogic breathing [6] for depression, and one “summary”. The reviewing authors have reported that the studies reviewed showed a large variety of diagnoses ranging from “major depression or some other type of diagnosed depression” to “elevated depressive symptoms”. Although several randomized controlled trials (RCTs) reported beneficial effects of yoga interventions for treating depressive symptoms, the quality and quantity of the data from these studies appear insufficient to conclude whether there is substantial clinical justification to consider yoga as a treatment of depression. Compared to passive controls, the yoga interventions seem to be effective; when compared with active controls, not surprisingly, the effects are less conclusive. The study results are so far not sufficient in quantity and quality to determine whether studies with a focus on the *asanas* are more effective as compared to studies with meditation-focused or *pranayama*-focused styles. Thus, there is a strong need to conduct more conclusive studies with high methodological quality and larger patient samples. Whether motivation of depressed patients could be a problem or not remains to be clarified. There has been an attempt to explore mechanisms of action and to understand the complete picture of the effects of yoga in depression looking at electrophysiological markers of attention, and neurotransmitters which were found to change with yoga.

Fatigue. We found one systematic review/meta-analysis evaluating the effects of yoga on fatigue in a variety of medical conditions. The review included 19 RCTs and included healthy persons as well as patients with cancer, multiple sclerosis, dialysis, chronic pancreatitis, fibromyalgia, and asthma. Overall, a small positive effect with an SMD of 0.28 [0.24–0.33] was found. This standardized mean difference (SMD) describes the difference in the group mean values divided by the respective standard deviation; a value between 0.3 and 0.5 can be regarded as small, SMD between 0.5 and 0.8 as moderate, and SMD >0.8 as large. For those studies that included cancer patients ($n = 10$), the treatment effect of yoga was 0.20 (0.15–0.24); for all other studies that did not include cancer patients ($n = 9$), the effect was 0.46 (0.24–0.67). Nevertheless, there are some studies on cancer-related fatigue which indicate that treatment effects of yoga could be improved in well-designed future studies.

Anxiety and Anxiety Disorders.

There is one systematic review examining the effects of yoga on anxiety and anxiety disorders, a Cochrane review on meditation therapy for anxiety disorders (citing one yoga study), a description of studies on yogic breathing (which are also addressed in the systematic review), and one summary. Most studies described beneficial effects in favour of the yoga interventions, particularly when compared with passive controls (i.e., examination anxiety), but also compared with active controls such as relaxation response or compared to standard drugs. However, there are currently no meta-analyses available which would clearly differentiate this important issue. At least the AHRQ report stated that “yoga was no better than Mindfulness-based Stress Reduction at reducing anxiety in patients with cardiovascular diseases

Stress.

One systematic review describes the effects of yoga on stress-associated symptoms. Chong et al. identified 8 controlled trials, 4 of which were randomized, which fulfilled their selection criteria. Most studies described beneficial effects of yoga interventions. Although not all studies used adequate and/or consistent instruments to measure stress, they nevertheless indicate that yoga may reduce perceived stress as effective as other active control interventions such as relaxation, cognitive behavioural therapy, or dance. Also the AHRQ report stated that “yoga helped reduce stress”.

Posttraumatic Stress Disorder.

A single review article looked at the existing research on yoga for posttraumatic stress disorder (PTSD). Seven articles were reviewed which included 8 studies on PTSD following exposure to natural disasters such as a tsunami and a hurricane (1 RCT, 1 NRCT, 3 group study, 2 single-arm studies, 1 cross-sectional study) and 2 studies on PTSD due to combat and terrorism (1 RCT, 1 single-arm study). After a natural disaster, yoga practice was reported to significantly reduce symptoms of PTSD, self-rated symptoms of stress (fear, anxiety, disturbed sleep, and sadness) and respiration rate. Similarly, yoga interventions were able to improve the symptoms of PTSD in persons with PTSD after exposure to combat and terrorism.

The interventions varied in duration from one week (when interventions were given on the site) to six months. The review suggested a possible role of yoga in managing PTSD, though long-term studies conducted with greater rigor are needed.

Yoga and Physical Fitness

Physical Fitness.

There was one critical review which evaluated whether yoga can engender fitness in older adults. Ten studies with 544 participants (mean age 69.9 ± 6.3) were included; 5 of these studies were RCTs, and 5 studies had a single-arm pre/post-design. With respect to physical fitness and function, the studies reported moderate effect sizes for gait, balance, body flexibility, body strength, and weight loss. However, there is still a need for additional research trials with adequate control interventions (active and specific) to verify these promising findings. One may expect that retaining physical fitness and improving physical functioning can have a positive effect on functional abilities and self-autonomy in older adults. Further studies should address whether or not individuals' self-esteem and self-confidence will increase during the courses, and whether or not regular classes may also improve social competence and involvement. A problem with studies enrolling elderly subjects can be compliance with the study protocol leading to low levels of study completion and long-term follow-up data. Future studies should investigate the most appropriate duration of yoga intervention and the most suitable postures and yoga style for the elderly.

Sympathetic/Parasympathetic Activation.

There were 42 studies on the yoga effects on sympathetic/parasympathetic activation and cardiovascular function, that is, 9 RCTs, 16 non-RCTs, 15 uncontrolled trials, and 2 cross-sectional trials. Most studies offered "some evidence that yoga promotes a reduction in sympathetic activation, enhancement of cardiovascular function, and a shift in autonomic nervous system balance from primarily sympathetic to parasympathetic". However, some of the studies included in the review showed less clear-cut or even contrasting effects. Because most of these effects are short-term phenomena, more rigorous work is needed. Another lacuna is that there are very few studies which have studied plasma catecholamine levels and most of them are early studies.

Cardiovascular Endurance.

Raub's literature review, which included 7 controlled studies, reported "significant improvements in overall cardiovascular endurance of young subjects who were given varying periods of yoga training (months to years)". Outcome measures included oxygen consumption, work output, anaerobic threshold, and blood lactate during exercise testing. As expected, physical fitness increased in adolescents or young adults (athletes and untrained individuals) compared to other forms of exercise, with a longer duration of yoga practice resulting in better cardiopulmonary endurance.

Yoga and Cardiopulmonary Conditions

Blood Pressure and Hypertension.

Innes et al. reported on 37 studies investigating the effects of yoga on blood pressure and hypertension, among them 12 RCTs, 12 nonrandomized clinical trials, 11 uncontrolled studies, 1 cross-sectional study, and 1 single yoga session examination. Most reported a reduction of systolic and/or diastolic pressure. However, there were several noted potential biases in the studies reviewed (i.e., confounding by lifestyle or other factors) and limitations in several of the studies which makes it “difficult to detect an effect specific to yoga”. Ospina et al.’s AHRQ cites two studies which found small, insignificant improvements of systolic (weighted mean difference = -8.10; 95% CI, -16.94 to 0.74) and diastolic blood pressure (weighted mean difference = -6.09; 95% CI, -16.83 to 4.64) in favour of yoga when compared to no treatment. When compared to health education, yoga interventions resulted only in small and insignificant improvements of systolic blood pressure (weighted mean difference = -15.32; 95% CI, -38.77 to 8.14) and diastolic blood pressure (weighted mean difference = -11.35; 95% CI, -30.17 to 7.47).

Pulmonary Function. In his descriptive literature review,

Raub also examined studies evaluating yoga’s effects on lung function in healthy volunteers and patients with chronic bronchitis and asthma. In healthy volunteers practicing yoga, there are reported improvements of various parameters of lung function with breathing control techniques, specific postures, and/or relaxation techniques. However, these improvements were “not consistent and depended upon the length of yoga training, the type of yoga practice used (e.g., breathing exercises and yoga postures), and the type of subject”. Raub also cited some studies on patients with asthma describing improvements in peak expiratory flow rate, medication use and asthma attack frequency. In a double-blinded RCT with placebo control, there were only a few small and insignificant improvements in lung function variables. Thus, more rigorous trials are needed to clarify the value of yoga breathing practices for patients with asthma.

Yoga and Metabolic/Endocrine Conditions

Glucose Regulation. Three systematic reviews examined

The effects of yoga on risk indices associated with insulin resistance syndrome, risk profiles in adults with type 2 diabetes mellitus, and the management of type 2 diabetes mellitus. Innes et al. identified several studies on the effects of yoga on insulin resistance syndrome associated variables, that is, 2 RCTs, 2 non-RCTs, and 8 uncontrolled clinical trials. These studies reported post intervention improvement in various indices in adults. However, the results varied by population (healthy adults, adults at cardiovascular disease risk, adults with type 2 diabetes, etc.) and study design. Another systematic review by Aljasir et al. addressed the management of type 2 diabetes mellitus and concluded that the reviewed trials “suggest favourable effects of yoga on short-term parameters related to diabetes but not necessarily for the long-term outcomes.” However, the duration of treatment in the reviewed studies was variable (ranging from 20 min. session per day to three to five 90 min. sessions in the review of Aljasir et al. 3-4 h per day for 8 days, 2 sessions per day (25–35 min) for 3 months to 40 min per day for 6 months, and 72 4 h sessions during 12 months in the review by Innes and Vincent). The AHRQ cites two studies comparing yoga versus medication which reported a large and significant reduction of fasting glucose in individuals with type 2 diabetes in one study, and a smaller but still significant improvement in the other study. The authors discussed differences in the study populations, and interventions as possible explanation for the observed heterogeneity of results.

Menopausal Symptoms. A single review addressed menopausal symptoms and analyzed 3 RCT, 1 N-RCT, and 3 uncontrolled clinical trials. Although some studies reported beneficial effects, “the evidence was insufficient to suggest that yoga is an effective intervention for menopause” recent systematic review included 5 RCTs, which addressed effects of yoga on menopausal symptoms, particularly psychological symptoms, somatic symptoms, vasomotor symptoms, and/or urogenital symptoms. However, yoga was associated with small effects on psychological symptoms (SMD = -0.37; 95% CI -0.67 to -0.07; $P = 0.02$), but no effects on “total menopausal symptoms, somatic symptoms, vasomotor symptoms, or urogenital symptoms”.

Yoga and Specific Diseases

Cancer. With respect to cancer, there are 2 reviews and 2 meta-analyses (one with 10 studies, and one "letter to the editor" with 6 studies). According to the findings of the more comprehensive meta-analysis of Linet al., the yoga groups showed improvements in psychological health when compared to waitlist or supportive therapy groups, that is, anxiety (8 studies: SMD = -0.76 [-1.34 to -0.19], $P = 0.009$), depression (8 studies: SMD = -0.95 [-1.55 to -0.36], $P = 0.002$), distress (2 studies: SMD = -0.4 [-0.67 to -0.14], $P = 0.003$), and stress (5 studies; SMD = -0.95 [-1.63 to -0.27], $P < 0.006$) [27]. With respect to overall quality of life, there was just a trend towards improvement (SMD = -0.29 [-0.58 to 0.001], $P = 0.06$). To explain the positive outcomes, Smith and Pukall suggested that complex pathways which may involve relaxation, coping strategies, acceptance, and self-efficacy. Although Linet al. stated that the "findings are preliminary and limited and should be confirmed through higher-quality, randomized controlled trials," they nevertheless attested "potential benefit of yoga for people with cancer in improvements of psychological health". However, the outcome parameters described in these cancer reviews were also addressed in the symptom-specific reviews described above.

7.2. Epilepsy. To assess the potential effects of yoga in the treatment of epilepsy, 1 Cochrane review analyzed 1 RCT and 1 N-RCT. However, the authors were not able to draw "reliable conclusions" whether yoga may be effective or not.

Discussion

While it is not surprising that physical fitness can be improved by training, using either yoga or conventional exercises, it is of interest that in individuals with pain yoga may have beneficial effects with overall moderate effect sizes. However, these effects were strong particularly in healthy individuals, but much weaker in patients with chronic pain conditions. The beneficial effects might be explained by an increased physical flexibility, by calming and focusing the mind to develop greater awareness and diminish anxiety, reduction of distress, improvement of mood, and so forth. Because patients may recognize that they are able to be physically active, even despite of persisting pain symptoms, they may therefore experience higher self-competence and self-awareness, which contributes to higher quality of life. Conceivably, *asanas* particularly have a positive effect on fitness and physical flexibility with a secondary effect on the mental state, while the *pranayama* practices and relaxation/ meditation techniques may result in greater awareness, less stress, and higher well-being and quality of life. However, this remains to be shown in well-performed future studies. Because patients are engaged in the yoga practices as a self-care behavioural treatment, yoga interventions might well increase self-confidence and self-efficacy. On the other hand, patients with psychological burdens and/or low motivation (i.e., depression, anxiety, fatigue, etc.) might be less willing to participate fully in intensive yoga interventions. Some of these studies found relatively low participation and high dropout rates in some of the analysed studies. Patient compliance may be higher with the social support with group interventions, while private regular practices at home might be more difficult to perform consistently.

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A COMPARATIVE STUDY OF FRACTURE AND DISLOCATION INJURIES AMONG KABADDI AND WRESTLING PLAYERS

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ABSTRACT

The purpose of the study was to find out and compare the sports Injuries in Kabaddi and Wrestling Players of different college in R.T.M. Nagpur University, Nagpur. The study was delimited to 50 inter collegiate male players of different college of R.T.M. Nagpur University and their age group were 18 – 20 years. For collection of this structured questionnaire was used the study was delimited to only Fracture and Dislocation injuries in this group.

Key words: Injury ,Kabaddi, Wrestling, Fracture, Dislocation

INTRODUCTION

Kabaddi and Wrestling are the fast and a high risk sport dominated by overuse injuries while recovery time from injuries is relatively long, but only a few working days are lost by the players to return back to play, thus leading to abuse of the injured sites. In Kabddi and Wrestling sports only a few studies have been made in the literature regarding incidents of injury and pattern, possible risk factors and injury prevention In Kabddi overuse injuries are the most frequent occurrences of injury. Wrestling is sports that makes heavy demands on the player. The physical work is intermittent involving high intensive activity interspersed with short pauses. So the author ahs tried to compared the two games in terms of injuries previlences.

Fracture

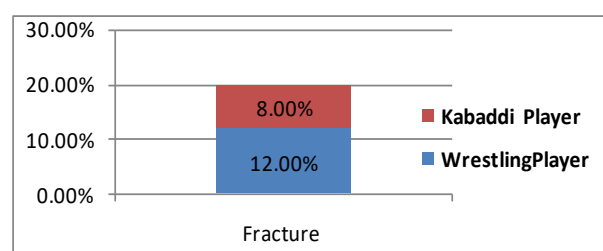
Sometimes, **excess pressure** is applied to a bone which results in the breaking of the bone, this is called a fracture.

Dislocation

A dislocation is a **separation of two bones** where they meet at a joint. (Joints are areas where two bones come together). A dislocated bone is no longer in its normal position, which may result in damage to ligaments, nerves, and blood vessels.

Table No.1 Showing the Percentage difference of Fracture in Wrestling and Kabaddi Player			
Sr. No.	Player	Fracture	
		No. of injured Player	Percentage
1.	Wrestling	3	12.00%
2.	Kabaddi	2	8.00%

Graph No.1
Showing the Percentage difference of Fracture in Wrestling and Kabaddi Player



From Table No. 3 it is clear that the football player is suffering from Fracture – 12.00% and Hockey Player – 8.00%. Fracture injury of Wrestling player is more than the Kabaddi players.

Table No.2

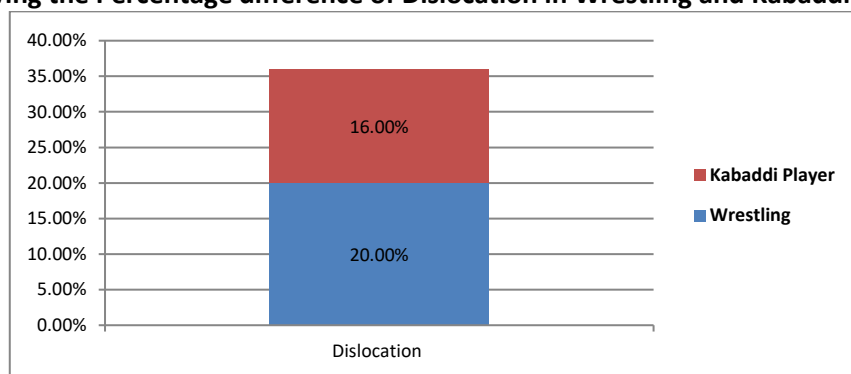
Showing the Percentage difference of Dislocation in Wrestling and Kabaddi Player

Sr. No.	Player	Dislocation	
		No. of injured Player	Percentage
3.	Football	5	20.00%
4.	Hockey	4	16.00%

From Table No. 4 it is clear that the football player is suffering from Dislocation – 20.00% and Hockey player – 16.00% Dislocation injury of Wrestling player are more than the Kabaddi Players.

Graph No.2

Showing the Percentage difference of Dislocation in Wrestling and Kabaddi Player



Conclusion

Studies results show that Wrestling players are more prone to Fracture injuries in comparison with Kabaddi players at inter college level.

Study also reveals that Wrestling players are more prone to Dislocation injuries in comparison with Kabaddi players.

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A COMPARATIVE STUDY OF SPEED IN HIGH SCHOOL BOYS OF TUMSAR AND MOHADI TALUKA**DR. SANJAY AGASHE**

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ABSTRACT

The aim of the present study was to find out the difference of speed in high school boys of Tumsar and Mohadi Taluka of Bhandara district. Total number of subject was 100 in which 50 high schools was selected from Tumsar and 50 from Mohadi Taluka. Speed was measured by 50 yard dash and time was recorded in 1/10th of second. After the analysis of the data results shows better performances of Mohadi Taluka in speed.

Key words: Soccer, Movement time, Health and Fitness.

INTRODUCTION

Speed is one of the main fitness components, whether one plays sports or not, everybody needs speed because movements in everyday situations have to be performed at the appropriate speed in order to be successful (catching a falling object so that it doesn't break, stepping on a piece of paper if it's being blown by the wind...). Speed also has a very important role in many sports. For some athletes such as Track and Field sprinters, sprint swimmers, cyclists and speed skaters, speed is the most important aspect of fitness. In many other sports, including team field sports, good speed is also very important as part of the overall fitness profile.

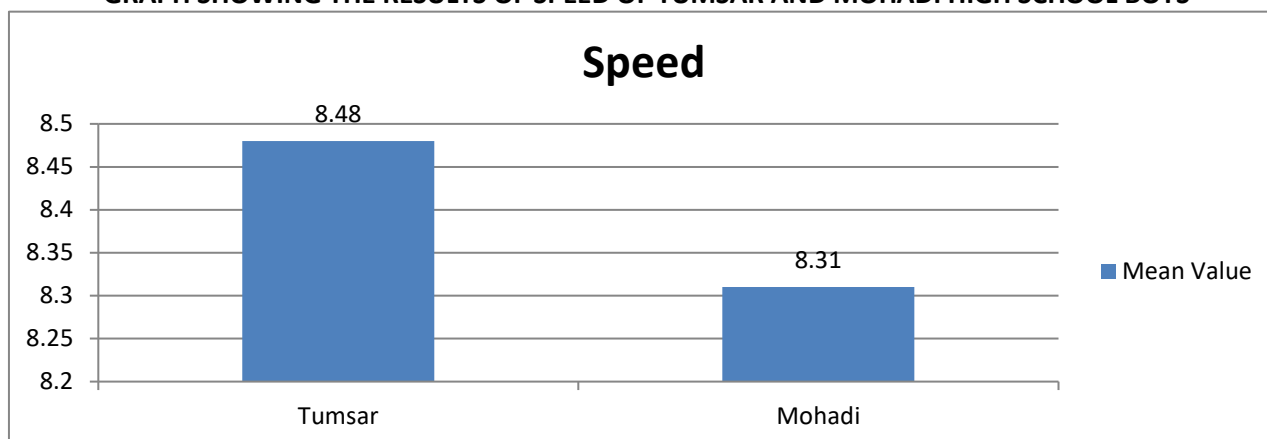
Finding & results-

Table no.1
Comparison of Speed in Seconds of high school boys of Tumsar and Mohadi Taluka.

District	N	Mean	MD	"T Ratio"
Tumsar	50	8.48	0.17	0.09
Mohadi	50	8.31		

*Level of significance 0.05

Above table showing the results of speed of high school boys of Tumsar and Mohadi Taluka, where Tumsar district high school boys mean value was found 8.48 and Mohadi Taluka high school boys mean value was found 8.31 and mean difference was 0.17 and "T" ratio was 0.09 which shows insignificant difference at 0.05 level of significance.

GRAPH SHOWING THE RESULTS OF SPEED OF TUMSAR AND MOHADI HIGH SCHOOL BOYS

Conclusion

Above results shows better performance of school boys of Mohadi Taluka in comparison with Tumsar Taluka of Bhandara district, at same time these results found insignificant difference at level of significance.

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A COMPARATIVE STUDY OF MOVEMENT TIME OF NAGPUR & AMRAVATI SOCCER PLAYERS**DR. SARANG KHADSE**Jawaharlal Nehru Mahavidyalaya, Wadi
drsarangkhadse13@gmail.com**ABSTRACT**

The purpose of the present was to find out difference movement time of soccer players of Nagpur and Amravati. Hundred Soccer Players belonging to Nagpur (n = 50) and Amravati (n = 50) was selected as subjects for the purpose of this study. For the purpose of this study, those players were selected as subject they were represented or have represented their District in Inter District Soccer Tournament. The age of the subjects was ranged between 18 to 28 years.

Key words: Soccer, Movement time, Heath and Fitness.

INTRODUCTION

A reasonable level of general physical fitness is prerequisite for effective, efficient motor learning. A good fitness level ensures a healthy body and this is important in any type of learning. Some of the fitness components most important in motor learning are cardiovascular endurance, muscular strength, muscular endurance and flexibility. The other fitness components are balance, agility, power, coordination and reaction time all of the fitness components have a role in the learning of motor skills. At times, depending on the skill and or the individual, some of these factors will be more important than others. However, each of these factors is relevant at some time. If all these factors are developed to their maximum level than there is a greater possibility that the motor skill begin performed will be performed more correctly and in a more efficient manner. A Comparative Study of Motor Performance. Power, balance, agility, speed, reaction time and kinesthetic perception are the traits of motor performance, and these traits plays major role in enhancing the performance of any game's skills. So researcher think that there might have any Physical Fitness component between Nagpur and Amravati Soccer Players.

Movement Time:

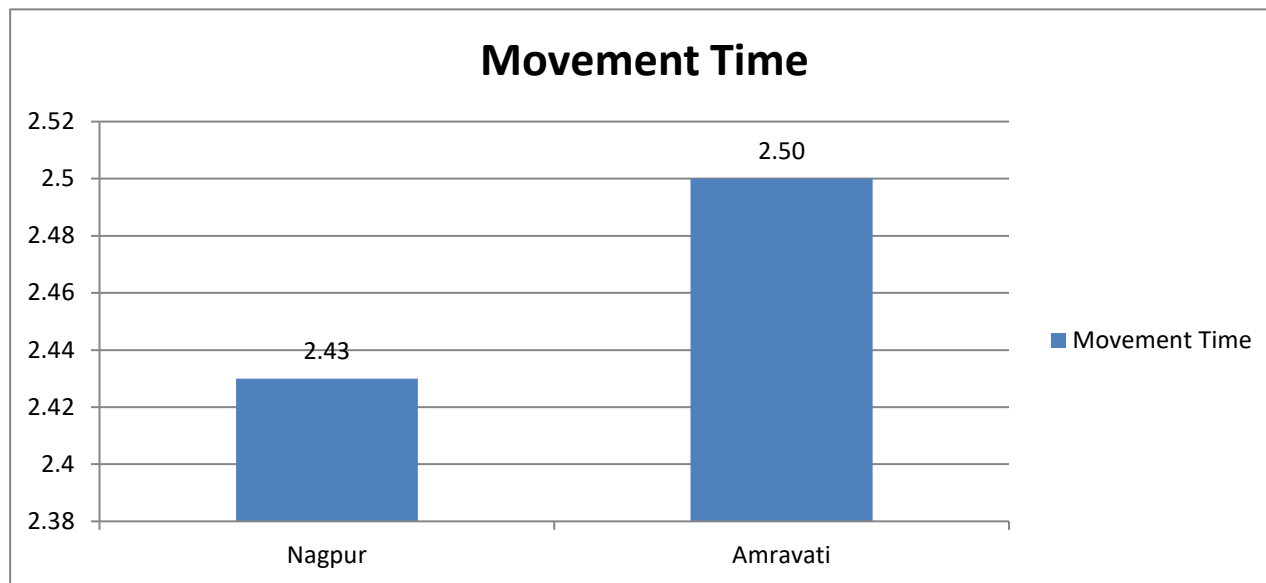
Movement time is scored in inches. So, that the lower score indicate better movement time. These variables influence the ability of a player to execute quick movement.

Table
Significance of Difference of Mean of Movement Time of Nagpur and Amravati Soccer Players

State	Mean	Std. Deviation	Mean Difference	Std. Error	't' ratio
Maharashtra	56.482	15.20666551	10.88	2.482479	4.37*
Chhattisgarh	64.342	8.76883328			

*Significant at 0.05 level of confidence 't' value required to be significant at 0.05 level of confidence with 98 degree of freedom was 1.98.

Graph
Significance of Difference of Mean of Movement Time of Nagpur and Amravati Soccer Players



DISCUSSION OF FINDING-

The findings of the study show that there is a **significant** difference between Nagpur and Amravati Soccer Players in Movement Time.

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CAREER OPTIONS IN YOGA AFTER 12TH CLASS

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ABSTRACT

Sports is and Yoga is a two sides of coin as a part of education. The author has tried to elaborates the avenues jobs after senior secondary to make a carrer in Yoga as well as sports other sectors. Simulation /Animation is created revolution in sports. It is the knowledge and application of using specialized equipment and the latest modern technologies to perform tasks more efficiently.

Key words: Technology, Sports, Yoga, Carrier, Physical Education

INTRODUCTION

Career in Yoga Instructor

Yoga instructor career after 12 class is not a risky step when Yoga is in wave demand all over the world because of its efficacy in treating and prevention of lifestyle related disorders and psychosomatic diseases. Yoga instructor salary is satisfactory and not depressed the Yoga teacher considering the market standard. After doing diploma in Yoga, many Yoga instructors are earning handsome salary. Yoga and Yoga therapy opens array of avenues before the Yoga instructor as far as income is considered. More or less all the embassies of India across the world are hiring Yoga instructor at a good remuneration. Yoga instructor career is also getting lucrative because Yoga is being given importance all over the world both the developing and developed society. After declaring 21st June as **World Yoga Day**, the career opportunity of Yoga instructor and Yoga teacher has increased manifolds. Many people demand Yoga instructor for Yoga therapy, where Yoga is focused on specific diseases. Thus, we can say that Yoga teacher career is booming.

Career scope in Yoga

Yoga's efficacy to control lifestyle related disorders is unparalleled. Yoga is known throughout the world because of its simplicity and to a larger extent, it shows no side effects. Yoga and Yoga therapy opens many jobs in the field of research, academic, management, administration, hospital, health resorts, etc. The government has made it mandatory to have Yoga instructor in every school. After completing higher education, one can pursue his/her career in government hospitals, dispensaries, health resorts, private hospitals, teaching jobs, etc. The governments have established research centres, institutes and council for the promotion of Yoga. Private sector is also hiring Yoga instructors with lucrative job offers.

Yoga course details and eligibility

A number of public and private colleges, institutes and universities in India are offering Yoga courses in Diploma, BA, B.Sc., MA, M. Sc. M. Phil and Ph. D. The eligibility to have enrolled into B.Sc. is that one should pass 12th standard with subjects groups like physics, chemistry and biology from a recognized college or university with 50% of the aggregate marks. The minimum age for joining the course is 17 years. After doing B.Sc. or BA, one can take admission in M.Sc. or MA respectively. After successfully completing the post graduation, one can pursue higher studies in M. Phil and Ph. D.

Job oriented career in Yoga

Yoga is one of the effective preventive therapies of alternative system of medicine which has in-depth potential in the management and controlling of lifestyle related disorders and psychosomatic diseases. These disorders are the offshoot of liberalization, privatization and globalization, which can be effectively managed by Yoga therapy. These diseases are rampant among urban agglomeration and tertiary sector employees. To certain extent, this section is well off, thus afford good lifestyle. Here, the Yoga instructors can be absorbed to a large amount with suitable earning. Yoga professionals are getting employment not only in India but also all over the world along with handsome remuneration.

Career options in Yoga

The Yoga professional can make their job oriented career in the following disciplines.

- Academic
- Research
- Management & Administration
- Hospital and Healthcare Administration
- Health Supervisor
- Yoga Consultation as Instructor, Expert, Specialist, etc.

Jobs in Yoga

There are numerous jobs options available both in the government as well as the private sectors for the Yoga professionals. The Union as well as the State governments is hiring such professionals for their various organizations. The government has following officers in their research centers', national institutes and for different health departments.

- Director
- Deputy Director
- Programme Officer
- Assistant Director, Research Officer
- Assistant Research Officer, Yoga Consultant
- Publication Officer (Yoga)
- Yoga Experts, Yoga Instructor, Therapist
- Trainer, Yoga manager, etc.

In the teaching filed, one can be absorbed as their qualification as well as professional experiences

Teaching jobs in Yoga

- Professor
- Associate Professor
- Assistant Professor
- Teacher

Job Opportunity in Yoga

There is no as such dearth of jobs in the Yoga field. There are many job opportunities available to the Yoga enthusiasts not only in India but also across the globe. Many countries both developed and developing are hiring many Yoga instructors. It greatly increases the relevance of the field, which compel a large number of students to pursue Yoga education after 12th standard. The field offers lucrative options in teaching if somebody pursues higher education in Yoga i.e. MA, M.Sc., M. Phil and Ph. D. The Union as well as the State governments' research centres, institutes, colleges, universities, health centres, etc., have lucrative employment opportunity for the Yoga professionals. There is a huge stress, tension, anxiety, depression among the private sector employees which reduce the productivity of the individual thereby the organization..

Yoga instructor/professional recruitment

Yoga teacher and instructor are recruited by the government as well as the private sectors. The main employers are the following:

- Various Public Service Commission's of India
- Centre Research Centres i.e. CCRYN
- National Institutes i.e. **MDNIY**, NIN
- State Research Centres
- Government Hospitals, Dispensaries
- Yoga & Naturopathy hospitals
- Teaching faculty in Yoga and Naturopathy colleges/institutes
- Yoga Instructor, Yoga Expert
- Yoga Specialist, Yoga Consultant
- Yoga health centres, Spas , Resorts, KPOs, BPOs

Salary for Yoga instructors

The remuneration in Yoga professionals depends upon expertise and experiences. For the deserving candidate, salary is not the limit. There is a big opportunity for the Yoga professionals abroad. More or less all the countries of the world are hiring Yoga experts considering the relevance and significance of Yoga therapy in the health domain. At the initial level, the Yoga instructor may earn Rs. 15, 000-25, 000 on monthly basis. The government is also recruiting Yoga experts and specialist who is having MA or Ph.D. degree under the pay scale of Rs. 15, 600-39, 100 with grade pay of Rs. 5400. In the private sector, there is a great demand of the Yoga professionals as the stress level is quite high in such organizations. For the deserving candidate, earning may be touched up to Rs. 1 lakh per month. Yoga has in-depth job potential and big earning opportunity if one starts one's own centre or Health resorts.

List of top Yoga colleges and institutions in India

1. **Andhra University**, Visakhapatnam, Andhra Pradesh
2. **Rashtriya Sanskrit Vidyapeeth**, Tirupati, Andhra Pradesh
3. **Pt. Ravishankar Shukla University**, Raipur , Chhattisgarh
4. **Morarji Desai National Institute of Yoga**, New Delhi, Delhi
5. **Bhavnagar University**, Bhavnagar, Gujarat
6. **Gujarat Vidyapeeth**, Ahmedabad, Gujarat
7. **Lakulish Yoga University**, Ahmedabad, Gujarat
8. **Gujarat Ayurveda University**, Jamnagar, Gujarat
9. **Gujarat University**, Ahmedabad, Gujarat
10. **Hemchandracharya North Gujarat University**, Patan, Gujarat
11. **Kurukshetra University**, Kurukshetra, Haryana
12. **Himachal Pradesh University**, Shimla, Himachal Pradesh
13. **Karnataka University**, Dharwad, Karnataka
14. **Karnataka University**, Dharwad, Karnataka
15. **Mangalore University**, Mangalore, Karnataka
16. **SVYASA**, Bangalore, Karnataka
17. **Bangalore University**, Bangalore, Karnataka
18. **Manipal University**, Manipal, Karnataka
19. **Barkatullah Vishwavidyalaya**, Bhopal, Madhya Pradesh
20. **Dr. Harisingh Gour Vishwavidyalaya**, Sagar, Madhya Pradesh
21. **Jiwaji University**, Gwalior, Madhya Pradesh
22. **Lakshmibai National Institute of Physical Education**, Gwalior, Madhya Pradesh
23. **MGC Gramodaya Viswavidyalaya**, Satna, Madhya Pradesh
24. **Rani Durgavati Viswavidyalaya**, Jabalpur, Madhya Pradesh
25. **Maharishi Mahesh Yogi Vedic Viswavidyalaya**, Katni, Madhya Pradesh
26. **Kaivalyadhama**, Pune, Maharashtra
27. **Sant Gadge Baba Amravati University, Amravati**, Maharashtra

28. **Indian Institute of Yogic Science & Research**, Bhubneshwar, Odisha
29. **Utkal University**, Bhubneshwar, Odisha
30. **Punjab University**, Patiala, Punjab
31. **Punjab University**, Chandigarh, Punjab
32. **Jai Narain Vyas University**, Jodhpur, Rajasthan
33. **ML Sukhadia University**, Udaipur, Rajasthan
34. **Jain Vishwabharti University**, Ladun, Rajasthan
35. **Jaipur University**, Jaipur, Rajasthan
36. **Alagappa University**, Karaikudi, Tamil Nadu
37. **Annamalai University**, Chennai, Tamil Nadu
38. **Krishnamacharya Yoga Mandiram**, Chennai, Tamil Nadu
39. **Tamil Nadu Physical Education & Sports University**, Chennai, Tamil Nadu
40. **MS University**, Thirunelveli, Tamil Nadu
41. **Bharathidasan University**, Trichy, Tamil Nadu
42. **Bharathiyar University**, Coimbatore, Tamil Nadu
43. **Tamil University**, Tanjore, Tamil Nadu
44. **University of Madras**, Tanjore, Tamil Nadu
45. **University of Lucknow**, Lucknow, Uttar Pradesh
46. **MJP Rohilkhand University**, Bareilly, Uttar Pradesh
47. **Dr Ram Manohar Lohia Awadh University**, Faizabad, Uttar Pradesh
48. **Bundelkhand University**, Jhansi, Uttar Pradesh
49. **Dev Sanskrit Vishwavidyalaya**, Haridwar, Uttarakhand
50. **Gurukul Kangri Vishwavidyalaya**, Haridwar, Uttarakhand
51. **Hemwati Nandan Bahuguna Garhwal University**, Pauri Garhwal, Uttarakhand
52. **Kumaun University**, Kumaun, Uttarakhand
53. **Patanjali University**, Haridwar, Uttarakhand

CONCLUSION:

Yoga professionals are being accommodated with lucrative remunerations in such sectors to overcome stress. Post LPG era has made huge demand of the Yoga professionals to reduce techno-stress. Yoga instructor, professionals, experts and specialists have job options as Director, Deputy Director, Programme Officer, Assistant Director, Research Officer, Assistant Research Officer, Consultant, Yoga instructor, Yoga experts, Yoga professionals in the public sector. Teaching is one of the rewarding options for the deserving candidates.

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SPORTS AND TECHNOLOGY

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ABSTRACT

Now a day's technology is everywhere and in every field, here is combination between Sports and Technology. Technology advancement is a natural process, and with its introduction into a sport, athletes. Technologies in sports are man-made means developed to reach human interests or goals in or relating to a particular sport. Technology in sports is a technical means by which athletes attempt to improve their training and competitive surroundings in order to enhance their overall athletic performance. Simulation /Animation is created revolution in sports. It is the knowledge and application of using specialized equipment and the latest modern technologies to perform tasks more efficiently. In this, paper discussed effective and advanced technologies that will help in increasing/enhancing the performance and quality of sports. We have to adapt technology for more effective performance and guidance, practice, technology helps in conquer on the obstacles which are coming in our destiny. Through this technology we can save our valuable time, money etc.

Key words: Technology, Sports, Youth, Physical Education,

INTRODUCTION

Many technical equipment, such as fit-bit, monocoque racing bicycle race and buoyant swimsuits, this same effect was reverse by rule soon after the changes where introduce bike design returned to the conventional divert frames, and swimsuits reverted to less buoyant, and more permeable materials. The use modern technology in sports may mean that competition at the uppermost level is only affordable to the leading top athletes due to the potential high costs of specialized sports equipments, in those sports incorporating individuals with a particular disability, there are a variety of methods in which assistance can be given. For example, modifications to buildings can be made to make them wheelchair accessible, specialized equipments can also be produced and training to sports members can be offered in order to give specific assistance to those with a disability. CAD (Computer aided design) can play a major role in the improvement of sporting equipment. CAD allows virtual design and testing techniques to be applied to all aspects of sport and equipment research and development. CAD offers an efficient means of considering an assessing new products and ideas and is primarily used to improve safety, comfort and effectiveness of specialized sports equipments

METHODOLOGY:

Technological innovation has not only changed the way we interact with sport, it has practically changed sport itself. Technology gathers data about every second of every game which is then analysed to create new strategies and increase athletic performance. In swimming, cycling, Formula-1 racing and athletics, professional timer services now make every thousandth of a second count. Sports fields are monitored by no less than sixteen cameras so that officials and coaches can follow exactly what happens. The impact of technology on sports cannot be specifically measured, but some technological innovations do raise questions about fairness. Are we still comparing apples with apples? Is it right to compare the speed of an athlete wearing high-tech running shoes to one without? Is the use of technology to improve

performance any different compared to the use of doping or steroids? Whether we like it or not, technology will continue to enhance athlete performance.

The engineer/researcher had been involved in elite levels of sport for over 10 years, with a focus on indoor team sports. Semi-structured interviews, using open-ended questions, allowed participants to express current knowledge of the technology used in their sport (and other indoor team sports), and ideas for future application.

Existing Technologies Being Used in Sports Industries:

One of the most definitive tests for human athleticism is sports, but this does not mean that technology cannot facilitate it. When administering and officiating sports, technology can succeed where humans may not. This guarantees fair judgment of the performance and ensures that athletes win fairly. Here are five exciting new technologies being used in the sports industry today.

a) Instant Replay

Instant replay is an example of the remarkable technology being used in sports today. With this technology, officials are able to see exactly what happened, providing a second perspective on sports events. Instant replay is used in games like cricket, American football, rugby, soccer, and even in combat sports. However, FIFA banned instant replays on screens in sports arenas during the 2010 World Cup for fear that it might incite fans to behave untowardly.

b) Sensor Tools

Sensor tools are often used to analyze whether a goal is valid or not. It is often used in cases where the naked eye cannot truly tell if a ball went past the goal line. Different sports use varying sensor tools. For example, cricket's Hawk-Eye technology analyzes sound to determine if the ball smashed into the bat before it was caught. Hawk-Eye is also used to determine where the ball would have landed if it had not hit a player's foot. This establishes whether the ball was unfairly blocked from striking the wicket. On the other hand, tennis sensor tools use laser beams to determine whether the tennis ball went out of bounds or not. Sensor technologies help to accurately determine the position of the ball at a given time.

c) Timing Systems

Nobody uses a stopwatch when timing a race anymore. This means that differences in reaction time no longer affect the precision and consistency of a racing event. In many races today, the starter pistol is linked to a clock. Once the pistol goes off, the clock immediately starts timing the race. On the other hand, swimming uses a touch pad placed at the finish lanes as well as wearable inertial sensors to determine performance. Many racing events also use laser beams and photographs to determine winners.

The results of timing systems are often provided to the nearest thousand of a second. However, world and Olympic records are only recorded to the nearest hundredth of a second. This technique was established to eliminate insignificant errors.

d) RFID Chips

RFID chips are often used to time individual contestants in an event. The devices use antennas that relay wireless signals. RFID chips are often used in long distance races to help broadcasters and viewers track the exact locations of contestants during a race. There are two types of chips used in races: active and passive chips. Active chips have an in-built battery or power source and can determine the exact time a participant crosses a specific line. Passive chips can only be used with sensors placed in a mat because they do not have an in-built power source.

e) Equipment Development

In sports, safety is a key factor. Equipment manufacturers have developed devices to reduce injuries on athletes. In the 2010 season, special helmets were used in the National Football League after several players experienced concussion injuries. The helmets were designed to absorb shock caused by

collisions and protect athletes from suffering head and neck injuries. Similar technology is being used for games like auto racing and hockey to enhance the safety of participants.

CONCLUSION:

Technology has taken over today's modern world. Many professional and amateur sports bodies have embraced new technologies featuring certain gears and gadgets to protect athletes and make it easier to officiate the games. Technology also makes better information available to the coach's athletes and spectators, and this serves the sport on many different levels; it enables better match analysis, performance ranking, player selection, sports statistics and predictions and in general makes the more interesting. The Hawk-Eye system is a typical example of a beneficial technology that provides a multitude of information during cricket and tennis matches. Recent developments in sporting technologies have created a variety of products aimed at improving and increasing athletic performance.

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HISTORICAL PERSPECTIVE OF OLYMPIC MOVEMENT

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ABSTRACT

The Olympic Games, which originated in ancient Greece as many as 3,000 years ago, were revived in the late 19th century and have become the world's preeminent sporting competition. The ancient Olympic Games began in the year 776 BC. The ancient Olympic Games were primarily a part of a religious festival in honor of Zeus, the father of the Greek gods and goddesses. The festival and the games were held in Olympia. The games included a series of athletic competitions between athletes of city-states of the Greek world, spreading from the far ends of the Iberian Peninsula all the way to the Black Sea region in Turkey. The basic difference between the ancient and modern Olympics is that the former was the ancient Greeks' way of saluting their gods, whereas the modern Games are a manner of saluting the athletic talents of citizens of all nations. In This paper focus on history of ancient and modern Olympic games.

Key words: *Olympic, ancient, modern, Physical Education,*

INTRODUCTION

The Olympic Games originated long ago in ancient Greece. Exactly when the Games were first held and what circumstances led to their creation is uncertain. We do know, however, that the Games were a direct outgrowth of the values and beliefs of Greek society. The Greeks idealized physical fitness and mental discipline, and they believed that excellence in those areas honored Zeus, the greatest of all their gods. One legend about the origin of the Olympic Games revolves around Zeus. It was said Zeus once fought his father, Kronos, for control of the world. They battled atop a mountain that overlooked a valley in southwestern Greece. After Zeus defeated his father, a temple and immense statue were built in the valley below to honor him. This valley was called Olympia, and soon religious festivals developed there as people came to worship Zeus and to approach as nearly as possible his great strength. It is believed that these religious festivals eventually led to the famed Games of the Olympics. Although we do not know just when the Games were first played, the earliest recorded Olympic competition occurred in 776 B.C. It had only one event, the one-state (approximately 630-foot or 192-meter) race, which was won by a cook named Croesus. This was the start of the first Olympiad, the four-year period by which the Greeks recorded their history. In order to understand the modern games; we have to take a peek into the ancient past. The ancient Olympic Games ran from roughly 776 BCE-393 CE, which is a very long time. The ancient Greeks were obsessed with the concept of perfection in all things, and the games were a chance for Greek champions to prove themselves as the most perfect athlete in the land. Now, athleticism was just one part of perfection, and these champions were also expected to be perfect in the arts as well, from poetry to sculpture. This competition was so important to the Greeks that they initiated the Olympic Truce, a formal cessation of hostilities during the games. Chariot racing was a popular event in the ancient games

OLYMPICS

Race ahead a millennium or so and we arrive in the late 19th century. With various international, cultural and technological expositions becoming major events, the concept of peaceful cooperation between powerful nations was very much in vogue. After witnessing a local Olympic revival competition in

Greece, a French educator and historian named Pierre de Coubertin felt inspired to turn this idea into an international athletic competition and so he founded the International Olympic Committee. He had originally intended the first games to occur in 1900 in Paris, but the international community was so excited by the prospect that they moved the games up to the year 1896, and hosted them in the home of the original games in Athens, Greece. The 1896 Olympics were attended by 241 athletes from 14 nations, competing in 43 events.

The 20th Century

From their beginning, the modern Olympic Games have become a major international event, and this attention has changed the games several times. In 1900, the committee broke from Greek traditions and allowed women to compete. In 1912, they started hosting art, literature, and music competitions to mirror the Greek value of art and athleticism as two parts of ideal human achievement. The cultural programs and highly-advanced opening and closing ceremonies are tributes to this. In 1924, the Olympics were expanded to include winter sports, and 1928 saw the first presentation of the Olympic flame, a tradition with no actual Greek precedent.

The Olympic Movement

At the celebration of the 5th anniversary of the establishment of the Union of French Societies of Athletic Sports, which was held in Paris at the Sorbonne in 1892, Baron Pierre de Coubertin, as Secretary General of this organization, managed to present a proposal on the need for internationalization of sports by organizing joint competitions with multiple sports branches under the name Olympic Games. The proposal was accepted and a three-member Commission composed of professor William Milligan Sloane from Princeton University, the United States, M. K. Herbert, president of the Amateur Athletic Association of England, and Pierre de Coubertin himself had the obligation and task to explain the justification for this proposal. At the next session of the Union of French Societies of Athletic Sports, which was held in 1893, the Commission's proposal was accepted, and it was decided to convene the next International Sports Congress the following year, where a decision on the renewal of the Olympic Games would be made it can be said that in 1894, Baron Pierre de Coubertin successfully justified the importance of renewing the Olympic Games for the whole world.

CONCLUSION

Since its creation, the Olympic Movement has contributed much to the development and preservation of the Olympic spirit. The obtained research results have confirmed that a number of developments over the past century have caused significant changes in its structure and management system. Some of them have shaken the foundations of Olympics and required the operation and in order to preserve the basic Olympic principles and ideals. However, the human factor as the cause of all events is the same as three millennia ago. The disputed referee decisions, the use of doping substances in order to win at all cost, amateurism that has grown into professionalism, political boycotts, terrorism, and commercialization are present at today's Olympic Games.

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EFFECT OF SURYANAMASKAR ON THE SELECTED PHYSICAL FITNESS COMPONENTS OF COLLEGE LEVEL STUDENTS

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ABSTRACT

The research scholar selected N=40 subjects for the present study from Rajiv Gandhi college SadakArjuni. The subjects were selected by Purposive sampling method. After selecting the sample the subjects are divide into two equal groups, one is experimental and second is controlled group. Pre-test of both the groups was taken and the training program (Surya namaskar) was given to the experimental group while the control group was left with their routine work i.e. no training will be given to the control group. After giving the four week training program the post test was administered of the both groups and the results will be drawn by using t-test.

Key words: physical fitness, performance, suryanamaskar

INTRODUCTION

Surya Namaskar also known in English as **Sun Salutation** (lit. "Salute to the sun") is a common sequence of asana. Its origins lie in India where its large Hindu population worships Surya, the Hindu solar deity. This sequence of movements and asana can be practiced on varying levels of awareness, ranging from that of physical exercise in various styles, to a complete sadhana which incorporates asana, pranayama, mantra and chakra meditation. It is often the beginning vinyasa within a longer yoga series. SūryaNamaskāra may also refer to other styles of "Salutations to the Sun". The Sun Salutation is regularly practiced in many Indian schools.

Methodology

For Present study experimental method was used, 40 students were selected as subjects for present study, Surya Namsakara was given as treatment for 30 days, shuttle run was used as criterion measure for agility and sit and reach test was used for flexibility. After collection of the data T test was used for data analysis.

Findings & Results-

Table No. 1

Table showing the mean of Pre Test and Post Test scores of players on the Basis of 't' ratio for shuttle-run Test to measure the Agility

Sr. No.	Test	Mean	M.D.	S.D.	S.E.	't' ratio
1.	Pre-Test	18.05	0.1	4.72	1.49	0.06
2.	Post Test	18.15		4.76		

*Significant at 0.05 level of confidence

Table No. 1 shows that the mean of Shuttle-run Test of college students for Pre-test and post test score are 18.05 and 18.15. Similarly an examination of table shows that there is a significant difference in the mean Shuttle-run Test of Pre-test and post test score of college students as a result of post test as the obtained value of 't' (0.06) is less than the required 't' ratio value 2.09 at 0.05 level of confidence.

Table No. 2

Table showing the mean of Pre Test and Post Test scores of players on the Basis of 't' ratio for sit and reach tests to measure the Flexibility

Sr. No.	Test	Mean	M.D.	S.D.	S.E.	't' ratio
1.	Pre-Test	47.95	0.25	4.72	1.49	0.17
2.	Post Test	48.2		4.76		

*Significant at 0.05 level of confidence

Table No. 2 shows that the mean of Sit and Reach Tests of College student for Pre-test and post test score are 47.95 and 48.2. Similarly an examination of table shows that there is a significant difference in the mean Sit and Reach Tests of Pre-test and post test score of College student as a result of as the obtained value of 't' (0.17) is less than the required 't' ratio value 2.09 at 0.05 level of confidence.

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A COMPARATIVE STUDY OF PERSONALITY FACTORS OF MAHARASHTRA & CHHATTISGARH STATE SOCCER PLAYERS

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ABSTRACT

One Hundred Soccer players belonging to Maharashtra State (n = 50) and Chhattisgarh State (n = 50) were selected as subjects for the purpose of this study. For the purpose of this study, those players were selected as subject they were represented or have represented their respective University in intervarsity Soccer Tournament. The age of the subjects was ranged between 18 to 24 years. 16 P.F. Questionnaire test were used to obtain personality scores of the subjects.

Key words: *personality factors, performance, soccer, players*

INTRODUCTION

Sports is an all form of usually competitive physical activity through casual or organized participation, aim to use maintain or improve physical ability and skill while providing entertainment to participants and in some cases spectators.

Persistence:

persistence is another personality factor. At the beginning stages of learning motor skills, particularly complex ones, it is easy to get frustrated. Persistence on your part is essential to get past the initial difficult stages. However at all time you must be analytical and make alteration, as necessary in your techniques. If you are persistence and keep trying, the skill will gradually be mastered.

Emotional conditions:

Emotions have the potential of positively or negatively influencing performance levels. Children/ Athlete/Sports person should be praised when they show good results this gives them encouragement to show all the more better results and they can develop confident, hope, self-reliance, and self-respect. Sympathetic attitude on the part of the teachers /trainer / coach's gives stimulus and sense of security to students / athlete / sports person, we should discard our habit of fault finding. This develops fear and feeling of insecurity and inferiority.

Others factors :

Influence of community: Tradition. Culture, Time allotment, Dress code, Positive atmosphere in community, Facilities and equipment's, Maintenance of ground. Good quality material, ground, gymnasium, swimming pool, Track, Lighting arrangement etc.

Table

SIGNIFICANCE OF DIFFERENCES OF MEANS OF PERSONALITY FACTORS OF MAHARASHTRA & CHHATTISGARH STATE SOCCER PLAYERS

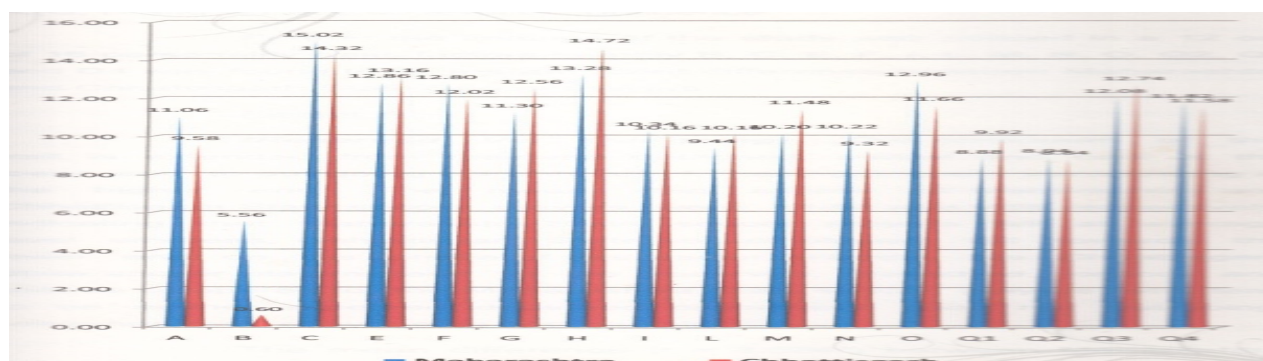
Personality Factors	Maharashtra		Chhattisgarh		Mean Difference	Std. Error	't' ratio
	Mean	SD	Mean	SD			
A	11.06	2.014	9.58	2.07	1.48	0.408	3.627*
B	5.56	1.88	0.6	2.116	0.44	0.4	1.1
C	15.02	2.387	14.32	3.438	0.7	0.592	1.183

E	12.86	3.3883	13.16	2.7082	0.3	0.6134	0.4891
F	12.80	2.7641	12.02	2.5573	0.78	0.5323	1.4647
G	11.30	3.1512	12.56	2.88555	1.26	0.6043	2.0852*
H	13.28	3.1435	14.72	3.1688	1.44	0.6312	2.2812*
I	10.34	2.747	10.16	2.571848	0.18	0.532	0.338
L	9.44	2.5547	10.16	2.708	0.72	0.5265	1.3675
M	10.20	3.56	11.48	2.994929	1.26	0.66	1.92
N	10.22	2.129	9.32	2.724	0.9	0.489	1.841
O	12.96	2.690427	11.66	3.861	1.3	0.665474	1.953494
Q1	8.88	2.41	9.92	2.171083	1.04	0.46	2.27*
Q2	8.94	2.4447	8.84	3.319	0.1	0.5829	0.1715
Q3	12.08	2.69	12.74	2.26989	0.66	0.498	1.326
Q4	11.82	3.851	11.58	3.60605	0.24	0.746	0.322

*Significant at 0.05 level of Confidence 't' Value required to be significant at 0.05 level of Confidence with 98 degree of freedom was 1.98

Graph No. 1

Significance Difference of Means of Personality Factors of Maharashtra and Chhattisgarh State Soccer Players.



DISCUSSION OF FINDINGS :

The findings of the study show that there is **significant** difference between Maharashtra and Chhattisgarh State Soccer Players was noticed in a 04 out of 16 personality traits factors namely A, G, H and Q1 and 0.05 level of confidence.

Further the findings of the study was noticed in a 12 out of 16 personality traits factors namely B, C, E, F, I, L, M, N, O, Q2, Q3 and Q4 was found to be insignificant difference between Maharashtra and Chhattisgarh State Soccer Players.

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EFFECT OF YOGA ON HEALTH-RELATED FITNESS AND PERFORMANCE OF JUDO PLAYERS**PROF. DIPAK NARAYAN PATIL**

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ABSTRACT

Judo is one of the sports that need concentration to speed performing different motor skills for attack, hold and Grip. Further, the ability to conduct a bout and use proper tactics is closely connected with the Judoka psychological state, his power of concentration, and self control. Undue nervousness, over-excitation, lack of confidence, overestimation of the opponent's strength, apathy, insufficient warming up, prevalence of inhibitory processes – all these factors may hamper the Judoka in conducting a tactical bout, realisation of tactical solutions, and display of his technical abilities. Conversely, self-control, adequate level of arousal, consciousness of his own experience, and technical and tactical capabilities, positively influence the psychological state of the Judoka, increasing his calm, assurance, dexterity and courage in action. Numerous studies on yoga conducted earlier are sufficient to record its efficacy in improving physical fitness, limited information on health- related- physical fitness of college level players is available. Further, no information on the impact of yoga for health related fitness and skill for Judo players is available so far. It was, therefore, thought desirable to undertake this experimental study entitled "Effect of Yoga on Health Related Fitness and performance of Judo Players". The objective of study To measure health related physical fitness of state level male Judoka. To measure the Judo skill of elite state level Judoka. To design specific yoga schedule especially for the Judo players. To see the effect of yoga training on health related physical fitness, and Judo skill of the state level Judoka. After completion of a regular training schedule of 1 hour of Judo, additional application of cooling down exercises for 30 minutes is a conventional practice which in fact brings the body to a normal resting condition at the earliest. However, Inclusion of yoga relaxation instead of cooling exercises has put an added advantage for improving health related physical fitness and skills of the state level Judo players.

Key words: Judo, Yoga, Heath and Fitness

INTRODUCTION

Judo (Judo, meaning "gentle way") is a modern martial art, combat and Olympic sport created in Japan in 1882 by Jigoro Kano. Its most prominent feature is its competitive element, where the objective is to either throw or takedown an opponent to the ground, immobilize or otherwise subdue an opponent with a pin, or force an opponent to submit with a joint lock or a choke. Strikes and thrusts by hands and feet as well as weapons defenses are a part of judo, but only in pre-arranged forms (kata) and are not allowed in judo competition or free practice (randori).

Judo is one of the sports that need concentration to speed performing different motor skills for attack, hold and Grip. Further, the ability to conduct a bout and use proper tactics is closely connected with the Judoka psychological state, his power of concentration, and self control. Undue nervousness, over-excitation, lack of confidence, overestimation of the opponent's strength, apathy, insufficient warming up, prevalence of inhibitory processes – all these factors may hamper the Judoka in conducting a tactical bout, realisation of tactical solutions, and display of his technical abilities. Conversely, self-control, adequate

level of arousal, consciousness of his own experience, and technical and tactical capabilities, positively influence the psychological state of the Judoka, increasing his calm, assurance, dexterity and courage in action. Numerous studies on yoga conducted earlier are sufficient to record its efficacy in improving physical fitness, limited information on health-related physical fitness of college level players is available. Further, no information on the impact of yoga for health related fitness and skill for Judo players is available so far. It was, therefore, thought desirable to undertake this experimental study entitled "Effect of Yoga on Health Related Fitness and performance of Judo Players".

Objectives of the study

The research work was carried out with the following objectives in perspective:

- To measure health related physical fitness of state level male Judoka.
- To measure the Judo skill of elite state level Judoka.
- To design specific yoga schedule especially for the Judo players.

Hypotheses

- H1: There would be significant improvement in flexibility among the Judoka with regards to yoga training.
 H2: Yoga training would help to improve abdominal muscles strength of the Judoka.
 H3: Yoga training would be effective to maintain normal body fat percentage of the selected Judoka.
 H4: There would be significant improvement in cardiovascular endurance among the Judoka as a result of yoga training.
 H5: The yoga training may improve Judo skills of state level Judoka.

Methodology

Fifty male Judo players aged 16-20 years (n=50) represented State Championship belonging to Aurangabad District of Maharashtra State, were selected. All the 50 subjects were divided randomly into two groups viz; Group –A (Judo) and Group – B (Judo plus yoga). The design of the experiment has been planned in three phases.

- Phase – I: Pretest
- Phase – II: Training or Treatment, and Phase – III: Post test

As the purpose of the study was to see the efficacy of yoga on health related fitness and Judo skills in state level Judo players, all the subject of different experimental and control groups were exposed to health related fitness and Judo skill test to record the pre test data. After the pre test was over, all the subjects of Group A were exposed to a practice of Judo followed by cooling down exercises and Group B participated in the training in Judo followed by Yoga. The training was imparted for both the groups 1 hr. daily in the morning except Sundays and holidays for eight weeks. However, after completion of 1 hr. training, cooling down exercises was given to Group A for 30 minutes, whereas Group B underwent 30 minutes of yoga practices. Finally, when the treatment or training period of 8 week was over, the posttest on all the selected variables were assessed for all the subject of two groups.

Variables Selected for the Study

Sr. No.	Test Name	Tools used	Measurement Units
1.	Flexibility	Sit and reach	Cm.
2.	Cardiovascular endurance	1 mile run	Min.:Sec.
3.	Abdominal muscle strength	Sit ups	No./min.
4.	Body fat	Skin fold caliper	mm.
5.	Judo skill	Custom made test	Points

Schedule of cool-down static stretching exercises

Sr. No.	Cool-down exercise	Sr. No.	Cool-down exercise
1.	<i>Long Calf Muscle</i>	7.	Buttock Muscles (Gluteal & Piriformis)
2.	<i>Short Calf Muscle</i>	8.	Lower Back (Cobra)
3.	<i>Hamstring Muscle</i>	9.	Trunk Side Flexor

4.	<i>Quadriceps</i>	10.	Triceps Muscles
5.	<i>Groin</i>	11.	Pectoral Muscles
6.	<i>Hip Flexor Muscle</i>	12.	Bicep and Deltoid Muscles

Schedule of Yoga practices

Sr. No.	Yoga practices	Sr. No.	Yoga practices
1.	Bhujangasana	9.	Halasana
2.	Ardh-Shalabhasana	10.	Ardh-Matsyendrasana
3.	Ardh-Halasanana	11.	Shalabhasana
4.	Vakrasana	12.	Viparitikarani
5.	Chakrasana	13.	Naukasana
6.	Paschimottan	14.	Parvatasana
7.	Dhanurasana	15.	Makrasana
8.	Shavasana	16.	Kapalbhati

Statistical Analysis

Descriptive statistics was applied to process the data. Further the efficacy of the yoga training was evaluated by employing 2 x 2 x 5 Factorial ANOVA.

The result of all these inferential statistics has been further analyzed by using Scheffe's post hoc (follow up) test to assess individual group comparison.

Table 1.1

Statistical Model for Presentation of Data

Variables (A)	Groups			
	Yoga Training Group (B)		Control Group (C)	
	B1 (Pre)	B2 (Post)	C1 (Pre)	C2 (Post)
Body Fat% (A1)	(A1 B1)	(A1 B2)	(A1 C1)	(A1 C2)
Flexibility (A2)	(A2 B1)	(A2 B2)	(A2 C1)	(A2 C2)
Abdominal muscles strength (A3)	(A3 B1)	(A3 B2)	(A3 C1)	(A3 C2)
Cardiovascular Endurance (A4)	(A4 B1)	(A4 B2)	(A4 C1)	(A4 C2)
Foil Test (A5)	(A5 B1)	(A5 B2)	(A5 C1)	(A5 C2)

CONCLUSION

After completion of a regular training schedule of 1 hour of Judo, additional application of cooling down exercises for 30 minutes is a conventional practice which in fact brings the body to a normal resting condition at the earliest. However, Inclusion of yoga relaxation instead of cooling exercises has put an added advantage for improving health related physical fitness and skills of the state level Judo players.

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CURRENT SCENARIO OF SPORTS MARKETING IN INDIA

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ABSTRACT

The current article highlighted the Indian sports market scope and its current status in Indian prospective. The author has tried to outline the Indian small scale industries; Make in India, Start-ups, Sports goods manufactures status etc. The Indian sports industries growth and development is changing rapidly to meet the Indian manufacturers market to international level slandered. Sports goods industries operating in country has many avenues such as Sports garment manufacturing segment, Sports equipments manufacturing, heavy sports tools manufacturing, sports fitness equipments market, Sports Management etc are discussed in this article.

INTRODUCTION

Sports marketing is largely older and more developed in multisport nations like South Africa and Australia, while the infrastructure in India is still found wanting. However, there is a lot activity seen now in India, with companies like Global sport and IMG finding great success.

In India, a country whose sporting affections are yet to be seriously diverted towards games other than cricket, sports marketing is especially new. The Multinational companies coming forward to get the opportunities of the future growth in Indian business market sector. The Sports Leagues such as, IPL, Indian Hockey league, Pro Kabaddi, Kho-kho League, Archery Premier, Badminton, Wrestling, Boxing, Leagues are getting more popularity than old times. Many of the talented athletes have been selected in deferent events other than cricket, getting attractive packages and incentives. This making the game more glamour's and popular. The market is not limited to Premiere leagues but also electronic media also feeling strong scope in Indian sports, in Telecasting live events of the tournaments. The chains and franchises' are also helping athletes to get more and more involvements in this grand big billions business.

Sports marketing are the use of sporting and sports-related events to promote a brand or a product. This form of marketing allows marketers to leverage the popularity and the attention of sports in order to promote a brand or product. Sports and entertainment marketing also covers the marketing and promotion of live sporting events.

Some of the famous Examples of Sports Marketing

Formula F1 Races

Worldwide, Formula F1 attracts the most investments Red Bull has spent 181 million Euros in direct sponsorship of F, followed by racquet sports like tennis and badminton.

Sports Apparels Manufacturing Brands

Adidas – Flaunt Uniqueness with Adidas **Sports** equipments, Shoes, dress, etc

Reebok , Look Impeccably Stylish the motto, the brand company having its big business in India. Nike, Get on the Grid with Nike **Sports** Equipments are very popular in the country. The brand has its prestigious standard and special market in sports sector.

Telecast Media

ESPN Star Sports, Sony Sports EA **Sports** etc.

You could also opt to specialise in a particular aspect, choosing to be a communications analyst, brand manager, an event planning specialist, an e-commerce coordinator, a PR specialist or an advertising manager. The opportunities and roles available are endless and evolving in this young and dynamic industry.

Sports marketing is simply marketing using sports as its medium, and involves an investment made in terms of money and other resources to support an athlete, event or organisation. The sponsor company gains visibility and a boost to its reputation, thanks to the entity that it supports. There are three broad areas that you can expect to work in as a sports marketer: the marketing of sporting events (like the Commonwealth Games), the marketing of products using events or personalities to promote them (think Federer and Rolex), and promoting sports for its own sake.

Sports and marketing – combine the two and you have a sports marketer, you may think. But it's not really as simple as it sounds, actually covering a gamut of responsibilities that you will be expected to fulfil, depending on your role. What can you expect to do as a sports marketer...

So companies need to select among all the different sports the one which gets the highest number of people in target, check TV and other media coverage, understand what is the competition doing, look at the sports market and devise a communication plan based on it.

This extreme simplification doesn't have to mislead you to think that planning a sponsorship program is an easy task.

There are so many different players around a sport event, just to name a few: athletes, clubs, promoters, sponsors, agents, tv and other media, supporters and so on that in order to be sure that everything is properly taken care of one needs to manage carefully any and each aspects.

Marketing plans always start from imagination and creativity but results are achieved only through good planning and perfect implementation, because of this a sport marketing program requires.

Sports marketing is an effective marketing tool, it gives a company the opportunity to leverage on the passion that consumers have for sports. To sponsor something doesn't mean simply to appear with one's logo on the shirts of a football team or on the board around the playing field. To be a sponsor means to be able to transfer to the brand or to the company the sports' positive value reaching at the same time via the passion the heart of the consumer.

Sports marketing is one of the most effective way to reach a specific target because just as every product has got its target of consumers, every sport has got its target of fans, viewers and followers.

You may have noticed ESPN's frequent coverage of popular eSports leagues. Or perhaps you viewed a viral live stream on Facebook, YouTube, or Twitch. The total revenue for eSports in 2017 was \$696 million, and it is estimated to reach the \$1.5 billion mark by 2020. Celebrities, athletes, and brands are starting to get involved in partnerships with eSports teams, players, tournaments, and leagues. Overwatch League signed 12 teams for the first ever global city-based eSports league featuring investments made by some of the most successful owners in the world of sports.

Riot introduced a franchising model for teams powered by investments from NBA team owners and the endemic gaming space.

Intel Extreme Masters held its tournament in Poland with attendance of 173,000 fans, making it the biggest live event in eSports history.

Video-on-demand content is a huge opportunity for businesses who want to take advantage of sports marketing to grow their business. Live video has become a standard for big platforms such as Facebook, Periscope, Instagram, Twitch, or Livestream.

This fast growing market should reach 70 billion dollars worldwide within 2021. Live videos are way more powerful than scripted videos: viewers watch them almost 3 times more with an average engagement rate 12 times higher.

As the cost of producing greater amounts of footage falls to near zero, there are more opportunities to take sports viewers where they really want to be: on the training field, in the locker room, and in the moment when the game is won or lost.

Sponsorships are highly effective ways of being able to generate brand awareness. These tactics are highly visible; think of the times that you've seen brand logos on race cars, soccer jerseys, and more. This type of sponsorship adds credibility to the brand and turns a smaller brand into a nationwide or even worldwide player. Soccer has become a global game, and companies from around the world have a presence on soccer uniforms and sports stadiums. Citi Bank paid a huge price for the naming rights to the New York Mets' home stadium. For Citi Bank, this type of exposure means that sports casters will be constantly mentioning the name of their brand.

The sponsorship sector, which includes revenues generated by payments from companies to have their products associated with an event, a team or a league, has also been expanding in the past years. In 2016, an estimated 16.3 billion U.S. dollars of revenues were generated through this channel, with projections as high as 19.88 billion by 2021.

Sports marketing requires that you use a combination of different tools to reach the consumer. People watch sporting events on television, check scores on their mobile devices, attend live sporting events, listen to sports on the radio, and read about sports in the newspaper and online. This combination of different outlets means that you have many different ways to target your market.

Remember that Google drives about 96% of search traffic for mobile devices, and about 47% of sports fans are using mobile devices to check Facebook during a game.

Most sports fans prefer to have engaging content right before the game starts as 72% of fans are excited by pre-game content during and after the event. When marketing to fans before the game, your brand is part of the excitement leading up to it.

Just because sports marketing is growing rapidly, that does not mean there aren't advertising challenges in this area. There are many hurdles brands need to overcome to take advantage of trends in sports marketing.

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BIG INVOLVEMENT IN IPL A FINANCIAL MOVE

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ABSTRACT

The Indian Cricket League (ICL) was founded in 2007, with funding provided by Zee Entertainment Enterprises. The ICL was not recognized by the Board of Control for Cricket in India (BCCI) or the International Cricket Council (ICC) and the BCCI were not pleased with its committee members joining the ICL executive board. To prevent players from joining the ICL, the BCCI increased the prize money in their own domestic tournaments and also imposed lifetime bans on players joining the ICL, which was considered a rebel league by the board.

INTRODUCTION:

The Indian Premier League (IPL) is a professional Twenty20 cricket league in India contested during March or April and May of every year by eight teams representing eight different cities in India. The league was founded by the Board of Control for Cricket in India (BCCI) in 2008. The IPL has an exclusive window in ICC Future Tours Programme. The IPL is the most-attended cricket league in the world and in 2014 ranked sixth by average attendance among all sports leagues. In 2010, the IPL became the first sporting event in the world to be broadcast live on YouTube. The brand value of the IPL in 2019 was 475 billion (US\$6.7 billion), according to Duff & Phelps. According to BCCI, the 2015 IPL season contributed 11.5 billion (US\$160 million) to the GDP of the Indian economy. There have been twelve seasons of the IPL tournament. The current IPL title holders are the Mumbai Indians, who won the 2019 season.

FOUNDATION:

The IPL has been designed to entice an entire new generation of sports fans into the grounds throughout the country. The dynamic Twenty20 format has been designed to attract a young fan base, which also includes women and children. The launch of the IPL. On 13 September 2007, the BCCI announced the launch of a franchise-based Twenty20 cricket competition called Indian Premier League whose first season was slated to start in April 2008, in a "high-profile ceremony" in New Delhi. BCCI vice-president the mastermind behind the idea of the IPL, spelled out the details of the tournament including its format, the prize money, franchise revenue system and squad composition rules. It was also revealed that the IPL would be run by a seven-man governing council composed of former India players and BCCI officials and that the top two teams of the IPL would qualify for that year's Champions League Twenty20. they had been working on the idea for two years and that the IPL was not started as a "knee-jerk reaction" to the ICL. The league's format was similar to that of the Premier League of England and the NBA in the United States. In order to decide the owners for the new league, an auction was held on 24 January 2008 with the total base prices of the franchises costing around \$400 million.[14] At the end of the auction, the winning bidders were announced, as well as the cities the teams would be based in: Bangalore, Chennai, Delhi, Hyderabad, Jaipur, Kolkata, Mohali, and Mumbai.[14] In the end, the franchises were all sold for a total of \$723.59 million. The Indian Cricket League soon folded in 2008.

Expansions and terminations:

Crowd during a match of the 2015 IPL season in Hyderabad, India. On 21 March 2010, it was announced that two new franchises – Pune Warriors India and Kochi Tuskers Kerala – would join the league

before the fourth season in 2011. Sahara Adventure Sports Group bought the Pune franchise for \$370 million while Rendezvous Sports World bought the Kochi franchise for \$333.3 million. However, one year later, on 11 November 2011, it was announced that the Kochi Tuskers Kerala side would be terminated following the side breaching the BCCI's terms of conditions. Then, on 14 September 2012, following the team not being able to find new owners, the BCCI announced that the 2009 champions, the Deccan Chargers, would be terminated. The next month, on 25 October, an auction was held to see who would be the owner of the replacement franchise, with Sun TV Network winning the bid for the Hyderabad franchise. The team would be named Sunrises Hyderabad. Pune Warriors India withdrew from the IPL on 21 May 2013 over financial differences with the BCCI. The franchise was officially terminated by the BCCI, on 26 October 2013, on account of the franchise failing to provide the necessary bank guarantee. On 14 June 2015, it was announced that two-time champions, Chennai Super Kings, and the inaugural season champions, Rajasthan Royals, would be suspended for two seasons following their role in a match-fixing and betting scandal. Then, on 8 December 2015, following an auction, it was revealed that Pune and Rajkot would replace Chennai and Rajasthan for two seasons. The two teams were the Rising Pune Supergiant and the Gujarat Lions.

Tournament format

Currently, with eight teams, each team plays each other twice in a home-and-away round-robin format in the league phase. At the conclusion of the league stage, the top four teams will qualify for the playoffs. The top two teams from the league phase will play against each other in the first Qualifying match, with the winner going straight to the IPL final and the loser getting another chance to qualify for the IPL final by playing the second Qualifying match. Meanwhile, the third and fourth place teams from league phase play against each other in an eliminator match and the winner from that match will play the loser from the first Qualifying match. The winner of the second Qualifying match will move onto the final to play the winner of the first Qualifying match in the IPL Final match, where the winner will be crowned the Indian Premier League champions.

Player acquisition, squad composition and salaries:

A team can acquire players through any of the three ways: the annual player auction, trading players with other teams during the trading windows, and signing replacements for unavailable players. Players sign up for the auction and also set their base price, and are bought by the franchise that bids the highest for them. Unsold players at the auction are eligible to be signed up as replacement signings. In the trading windows, a player can only be traded with his consent, with the franchise paying the difference if any between the old and new contractst.

IPL Governing Council:

The IPL Governing Council is responsible for all the functions of the tournament. The members are Rajeev Shukla, Ajay Shirke, SouravGanguly, Anurag Thakur and AnirudhChaudhary. In January 2016, the Supreme Court appointed Lodha Committee to recommend separate governing bodies for the Board of Control for Cricket in India (BCCI) and the Indian Premier League (IPL), where Justice RM Lodha suggested a One State-One Member pattern for the board.

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IMPACT OF SPORTS FOR COMMUNITY DEVELOPMENT

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ABSTRACT

Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. The number of aid organizations, NGOS and government agencies pursuing the Millennium Development Goals and seeking to improve the everyday needs and social life of disadvantaged communities has been growing over the past decade. Particularly in divided societies, Sport-for-social Development projects have increasingly been staged to contribute to intergroup togetherness, social cohesion and community empowerment. While the analyses of individual sport and event initiatives highlights their capacity to impact positively on people and groups, they do not provide strategic guidelines, models or frameworks for community empowerment. However, such models are needed to foster practical research in the area of community development that can inform sport and event planning, management and leverage. In an attempt to fill this gap, this paper presents and discusses the Sport-for-social Development.

Key words: Sport, community, social development

INTRODUCTION :

Sports have this amazing, unique way of making a positive impact in society. Sporting events have played pivotal roles in communities around the world throughout history. Today, contests pushing physical limits are more popular than ever before. As interest in health and longevity continues to rise, and governments and businesses continue to see sporting events as sound investments, sports will play a vital role in society for the foreseeable future. Whether it's helping children, communities or even nations, sports make a difference on a daily basis. At no other time in history have sports played such a dominant role in daily life. Thanks to the prevalence of the internet and television, adults and children alike consume sports at an astonishing rate. When we are not physically involved in sports, we play them via video games or in fantasy leagues, and we watch them on TV. The celebrity status of top athletes speaks to the importance we attach to sporting events.

Athletic endeavors, both amateur and professional, have a tremendous economic, political and cultural influence on our society. Watching and playing sports provide ways to escape the stress of our daily lives and come together as a community. Hosting sporting events can boost tourism and revenue for a city. Sports in society can even influence our understanding of gender roles and socio-economic issues, and they can help frame city-, state and national identity.

Sports' immense effect on culture is especially evident among those who may not enjoy playing or watching sports-these people often still know the names of key players, and they may still take national pride in Olympic medals. No matter your individual involvement, sports generally provide everyone in a society with some form of a shared story and a shared goal.

Physical activities like sports, whether for recreational, professional or educational purposes, are not merely about fitness or victory, above all, they are an essential building block of a prosperous and healthy society. Much like a country's educational system, media or political and social movements, sporting events bring disparate people together by strengthening ties and celebrating the common ideals of fairness, sacrifice and hope. Sports in society remind us that following prescribed rules does not have to be boring and that we must always carve out a place for fun in our lives.

IMPORTANCE OF NUTRITION AND DIET FOR SPORTS PERFORMANCE

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ABSTRACT

Sporting activities are enhanced by well-chosen nutrition strategies. Proper nutrition and diet are the preferred fuel for physical activities. Nutrition is a decisive factor of growth and development of a young organism. It has also a major impact on sports performance. Balanced diet and Good dietary practices allow sportsman to train hard, regenerate quickly, adapt better, while reducing the risk of illness and injury. Use appropriate nutritional strategies before and after their performances, optimal nutrition is essential for peak performance. Nutritional Misinformation can do as much harm to the ambitious sportsman as good nutrition can help. The aim of this paper is to discuss the basic importance principles of diet and nutrition's for sportsman.

Key words: Nutrition, Carbohydrates, fats, Proteins, Vitamins, Minerals

INTRODUCTION :

Nutrition plays a very important role in sports performance. Without adequate carbohydrate and Fluid, an athlete will get tired very easily and quickly. Protein is needed to rebuild muscles. Without all three of these plus adequate vitamins and minerals, an athlete will never be able to Perform to their maximum potential. Evidence supports a range of dietary strategies in enhancing Sport performance. It is likely that combining several strategies will be of greater benefit than one strategy in isolation. Dietary strategies to enhance performance include optimizing intakes of Macro nutrients, micronutrients, and fluids, including their composition and spacing throughout the day. The importance of individualized or personalized dietary advice is becoming Increasingly recognized, with dietary strategies varying according to the individual athlete's sport, personal goals, and practicalities (eg, food preferences). "Athlete" includes individuals Competing in a range of sport types, such as strength and power (eg, weight-lifting), team (eg, Football), and endurance (eg, marathon, running). The use of dietary supplements can enhance Performance provided these are used appropriately.

Why sports nutrition is important?

Participating in endurance sports requires optimal nutrition, with specific focus on dietary Modifications. Targeted fitness development at an early age, especially in adolescence is deemed The foundation for leading an active lifestyle, avoiding potential overweight, reducing motor Deficiencies and thus improving the general quality of life. At the time of final performance an athlete is supposed to be well nourished, uninjured, fit, focused and ready to compete. Sports Nutrition is not just about calories to achieve weight or body composition goals; nor is it all about Protein for muscles or carbohydrates for fuel. Nutritional and eating habits have been of specific Interest in sports, especially given their impression on athletic performance. General recommendations need to be suggested by sports nutrition experts to accommodate the specific requirements of individual athlete regarding health, sports, nutrient, food choices and body weight and body composition. Athlete challenges their bodies on a regular basis through tough physical training and competitions. In order to keep up with demand for stamina of their activity or sport, athlete needs adequate fuel for their body on day to day basis.

What are the basic nutrients?

Food and beverages are composed of six nutrients that are vital to the human body for producing energy, contributing to the growth and development of tissues, regulating body processes and preventing deficiency and degenerative diseases. The six nutrients are classified as essential nutrients. They are carbohydrates, proteins, fats, vitamins, minerals and water. The body requires these nutrients to function properly however the body is unable to endogenously manufacture them in the quantities needed on a daily basis.

Carbohydrates: Carbohydrates are stored in the body in a form of glycogen, which can be used during physical activity. Carbohydrate is necessary to meet the demands of energy needed during Exercise, to maintain blood glucose level and replenish muscle glycogen store. During sub-Maximal exercise, carbohydrates in the body are the major source of fuel.

Protein: Protein is needed for nutrient transfer in the blood, connective tissue support and the Repair of tissue in response to periods of exercise.

Fats: Fat is primarily used as a fuel during low to moderate intensity exercise. Fat is also engaged in providing structure to cell membranes, helping in the production of hormones, lining of nerves for proper activity and make it easier for process of absorption of fat soluble vitamins.

Vitamin and Minerals: Vitamins are required in wide variety of bodily functions and operations which helps to sustain the body healthy and disease free. The function of minerals is for structural development of tissues as well as the regulation of bodily process.

Conclusion

Nutrition is of great importance to athletes, the key to achieving an optimal sports diet in relationship to Peak performance and good health is balance. Athletes must fuel their bodies with the appropriate Nutritional foods like vitamin, protein, carbohydrates, minerals to meet their energy requirements in Competition, training and recovery. If these nutritional needs are not met, there is an increased risk of poor performance and health issues. The use of a nutritional supplement within established guidelines is safe, effective and ethical. Thus a well balanced diet and effective training and coaching will be the winning combination and will help the athlete to build up strength and stamina.

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FIGHT THE BATTLE WITH GRACE**DR. SUSHAMA NARAYAN CHOUGULE**

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ABSTRACT

Becoming Older is a natural process and everybody has to accept it whether you are a monarch or panhandler. Men and women pass through many phases during the entire life period. From womb to tomb, people pass through infancy, childhood, adolescence, adulthood and lastly the old age. In old, age physical strength deteriorated, mental stability diminishes. By and large, the frequently elderly people face problems across the globe which covers financial, dependency, health, loneliness, hostility, abuse by family ally and strangers. Alzheimer's disease is the most common cause of dementia worldwide. A symptom of this neurodegenerative disease process is characterized classified by two pathologies β -amyloid plaque deposition and neurofibrillary tangles of hyperphosphorylated tau. Outcome of this is old people land up with many problems to cope up in this age. The research scholar has tried to throw light on the elderly people health hazards and how they can minimize by dealing with optimistic attitude with the help of Yoga practice. Yoga has a tremendous positive impact in the life of people taking in to account all the age group.

Key words: Life threatening Alzheimer's disease and Yoga practice.

INTRODUCTION

Ageing is a process of unfavorable progressive changes associated with decline in vigour and ultimately leading to death. (The World Health Organization 2018) defines health as "a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity"¹. An inactive lifestyle and unhealthy diet is the main miscreant. The term overweight refers to excess body weight for a particular height whereas the terms obesity is used to define excess body fat ². As the ageing factor creep in the performance goal is a question mark. With aging comes general cognitive slowing, attention or working memory decline and loss of new learning activities. Reaction time gets slower as we become older. A study done among academic professors of 31-70 years old age group showed slowing of reaction time by 3.9 ms per year. The slowing can be observed in a variety of task and decision making ³. As life expectancy increased universally, more of the world population is entering senior hood, and seniors are leveraging their domination on world globe and trying to work on fitness being their prime motto to lead a happy life. Adequate social and emotional support is associated with reduced risk of mental illness, physical illness, and mortality ⁴.

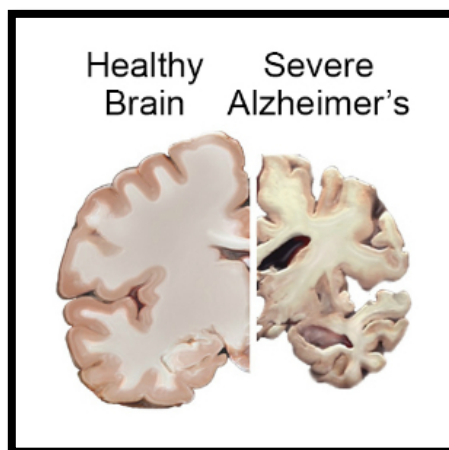
To take a proper grip towards older age with immense maturity, wisdom, and experience has to look forward many challenges based on psychological and Physiological factors. A clear indication of ageing is aches, pains and weakness. A limitation to cope up with day to day affair is the sign of old age. Risk of life-threatening illness, such as diabetes, cardiovascular disease, and certain types of cancer also increases with age. Joint stress, osteoarthritis, and other types of pain will also commonly surface as you age.⁵ Prevalence of disability and dependence among elderly persons means unable to perform unaided activities essential to daily life, whereas dependence is defined as disability to self care. Global estimation indicates that there are 605 million people who are older than 65 years. ⁶

Yoga practice will make them feel active and young. Impact may be slow of yoga but long lasting. It will cheer them up and help them stand on their feet and perform their daily activities with minimal help. Yoga is an integrated practice which brings together mind and soul to work with harmony. Physical poses (asana) with mindfulness, breathing techniques, and meditation are the part of Yoga which shows results in long run. It's for certain that yoga can improve strength, flexibility, and endurance, but studies have also investigated conducted that regular practice may help to bring a sense of holistic approach which will curtailed the danger of cardiovascular disease, recovery from strokes and surgery, prevent falls, manage arthritis, pain and inflammation, manage diabetes, manage digestive issues like IBS, improve sleep quality, facilitate the grieving process, manage depression and anxiety.

LIFE THREATENING DISEASE

1. Alzheimer's Disease

Alzheimer's is a cause of worry as critical cell die drastic personality loss occurs and body systems fail. The WHO defines Alzheimer's disease as a degenerative brain syndrome characterized by a progressive decline in memory, thinking, comprehension, calculation, language, learning capacity and judgment sufficient to impair personal activities of daily living. The exact cause for Alzheimer's has not yet been found out, but experts say it is a combination of lifestyle, genetics and environment. Drug inactions and depression may be one of the reasons of dementia. Protein deposition in the brain, loss of connection between brain cells, inflammation and eventually death of brain cell are the results of Alzheimer's disease. Identified at an early stage can control the disease for any future mishap. Cause of this disease is still not identified. Changes in a lifestyle and daily routine may provide a sign of relief to the patient.



Stages of Alzheimer's disease

- **Mild Alzheimer's disease** progresses with memory loss and other cognitive difficulties. Wandering and getting trouble to locate routine things, repeating questions, taking more time to complete normal daily tasks and behavior changes.
- **Moderate Alzheimer's disease** damage can occur in the area of the brain that control language, reasoning, sensory processing and conscious thought. They are unable to learn new things, recognizing their family members and friends.
- **Severe Alzheimer's disease** is a phase where the brain tissue shrinks resulting plaques and tangles spread throughout the brain. They lack in communication and total depend on others for care.

Early-onset Alzheimer's affects patients under the age of 65.

Early symptoms of Alzheimer's disease: Forgetting keys or any day to day articles placement, forgetting names of family members, common objects and entire conversation, withdraw from usual interests and activities, sit in front of the TV for hours, sleep far more than usual, experience

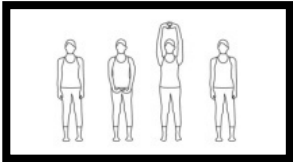
rapid mood swing and get lost in familiar places can be taken care by practicing yoga daily as per as your capacity.

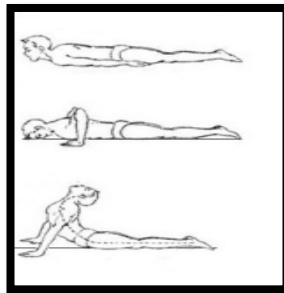
Holistic prevention and management: The ancient system of yoga has been effectively used in fighting Alzheimer's disease. Yoga Asanas, Meditation, Mudras, Diet, Music, Color are all valuable tools in preventing and helping to cure Alzheimer's disease. Medical treatment, support of family and friends, love and care, and yoga practice is an aid to the patient suffering from Alzheimer's disease.

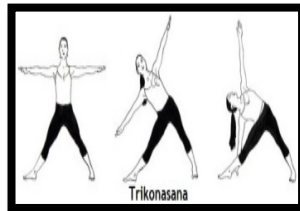
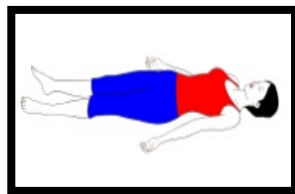
Alaina Tedesco(2018)⁷, Kirtan Kriya is a simple and effective yoga meditation with striking results, including an improvement in cognitive function in subjective cognitive decline and mild cognitive impairment. Improves mental health, better sleep, reduce stress level, increased telomerase, longer telomeres, reduced inflammatory marker, better neuro-connectivity, increased plasma amyloid beta and improved psycho-spiritual well-being.

Some of the benefits at the early onset of ageing can be derived from other fitness programs and running or gym workout may be beneficial but along with it injuries are also a part and parcel of it. On other hand yoga appears is unique for the senior citizen with zero percentage of injuries. At this phase of age, it takes longer period to recover from any injuries and it's not welcome as immunity reduces and other body parts are beyond repair. Certain asana along with the procedures and benefits are recommended for the elderly age group which is listed below which can curtail the onset of Alzheimer's disease at a early stage:

Table 1: Yoga Asanas For Seniors who are on the early onset of ageing

Asanas	Procedure	Benefits	Figures
Tadasana (Mountain Pose)	- Stand straight with an erect spine. - Legs should be slightly apart and hands at your sides. - Now take a deep breath and raise your both the hands up. - Interlock your fingers and raise your heels up to stand on your toes. - Hold this position for few seconds and keep breathing deeply. - Feel the stretch in your legs, arms, and chest. - Now while exhaling bring down your hands and heels to come to the starting position. [Duration:10 to 30 seconds]	- Hunching elders by improving their posture. - Strengthens thighs and ankles. - Improves digestion. - Increases blood circulation. - Reduces eating disorder and acidity.	
Baddha Konasana (butterfly Pose)	- Sit straight on the floor with erect spine and bend your knees by bringing feet as close as possible. - Try to touch the soles of your feet each other. - Hold your feet tightly with your hands. - Inhale deeply. While exhaling press the thighs and knees down	- Stimulates the bladder and kidneys. - Relieve fatigue and anxiety.	

	towards the floor by pressing your elbows on thighs or on the knees. • Keep breathing normally and start flapping like a butterfly by bringing thighs up and down slowly. • Holding it for 1 to 5 minutes (according to convenience)		
Balasana (Child Pose)	• To start the asana first sit on knees with buttocks touching on your heels. • Place your hand on thighs and palms down. • While exhaling slowly bring your chest between your knees and swinging hands forward as shown in the image. • Breathe gently and hold the posture for 2 to 3 minutes. • After this inhale slowly and return to starting position. • Holding it for 1 to 3 minutes (according to convenience)	• Release the tension built up in the back, chest and shoulders. • Increases Internal organs suppleness • Calmness • Anxiety free life.	
Bhujangasana (Cobra Pose)	• To start by lying on your stomach and rest your forehead on the floor. • keep your feet together and your toes touching the grounds. • Place your hands at shoulder level and palms on floor. • Exhale slowly comes down rest with your hands below your head. • Holding it for couple of seconds.(according to convenience)	• Loosens the stiffened lower back. • Stretches the muscles in the shoulders, chest and abdominal. • Increase the body flexibility. • Strengthens the spine. • Disallowing any hunching posture.	
Adho Mukha Svanasana (Downward facing Dog Pose)	• First of all, out your palms and knees on the floor. • Now, take the left foot back beside the right foot. • Simultaneously, raise the buttocks and lower the head between the arms, so that the back and legs form two sides of a triangle. • The legs and arms should be straight in the final position. • Try to keep the heels on the floor in the final position. • Bring the head towards the	• Boosts Confidence. • More blood flow into the brain. • Mind sharpen. • Less prone to forgetfulness.	

	knees. • Keep one thing in mind; avoid straining while performing the pose. • Holding it for couple of seconds (according to convenience)		
Trikonasana (Triangle Pose)	• Stand erect. Now, keep distance you legs about 3 to 4 feet • Extend your arms at the shoulder level. • Inhale and raise your right arm by the side of your head. • Now, bend your right arms with exhaling towards the left side by keeping your body weight equally on both the feet. • Normal breathing • Do the same procedure with left arm • Holding it for 30 seconds or more. (according to convenience)	• Reduces blood pressure. • Decreases fat from the waist and thighs. • Prevents fidgeting and imbalance. • Strengthens and stretches the arms and legs.	
Shavasana (Corpse Pose)	• Lie down straight on your back on the floor, Put or maintain a distance of 1 foot in between your legs, keep your both hands open, with palms facing upwards • Slowly close your eyes keep your neck erect and relax your whole body. • Visualize each and every part of your body and every organ is in a relax and free from all stress. • 10 to 15 minutes or more(don't fall asleep)	• Cures insomnia. • Improves concentration. • Enhancing the quality of the life.	

Mild Exercise for seniors

- Release the Neck
- Hatha Yoga for the Hands and Wrists
- Gentle Hatha Yoga for Lower Back Pain
- Restoring Equilibrium
- Align, Stabilize and Stretch

Precautions to be taken:

- As much as the body permits and please push them.
- Short and simple asana. Don't stress on static position.
- Yoga session short duration to avoid fatigue.
- Prior doctor's advice is recommended.
- Certified Yoga instructor.
- Check that at any point the asana doesn't aggravate the problem.
- Ample of rest given between the asanas.

- ❖ Yoga for seniors is pretty much the same as that for others. The manner of practice differs as the effort and duration are lesser. Yoga is easily adaptable to their needs and, most importantly, keeps injury at bay.⁸

Senior citizens can perform the asanas effective and clarity with the help of Training Schedule given below. All the below Asanas must be performed according to health condition, under a Trained Instructor and as per the Doctors Advice.

HEALING TIPS FOR RECOVERY

1. Boosting Neurons

Keep challenging your brain by engaging in activities and skill that are entirely new to you, to create brand-new neural pathways which will create a big impact on your brain. Reading, Crossword puzzles, crafting, puzzles and memory will help to boost your neurons. Social connections while playing board games and cards with your loved one will strengthen the mental muscles.

2. Learn Something New

Learn new things throughout the life and move out of your comfort zone. Take part in activities or departure from normal hobby. Play or learn new musical instrument or a new language.

3. Add Variety to you Routine

Change in your routine schedule will activate your neurons. Take a different route for walking, go to different mall for shopping, and change your regular habits. Break the routine add some spices to the life.

CONCLUSION

Growing older is just an increase in number but the fact cannot be denied that limitations do add up in the list of the life chart. Accepting the challenge and leading the life with high spirits is only possible through yogic practice. Yoga gives a soft-pedal to the aging process and life threatening illness, such as diabetes, cardiovascular disease, obesity, depression, osteoarthritis, Alzheimer's disease and many more can be reduced to a greater extend by including a yoga practice into their daily routine. Many people with busy schedule take up yoga activity after retirement that will promote longevity. Real benefits of yoga can be achieved at any age. Monitoring the progress and health condition, a person can perform the same set of asanas or can add more yogic asanas. The researcher has made an attempt to deal with old age problems by following some simple yogic asanas and tips to recovery fast with health issues in this paper.

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EFFECT OF SPECIFIC TRAINING PROGRAMME ON STRESS OF SOFTBALL PLAYERS OF NAVI MUMBAI

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ABSTRACT

There is a great scope and need for research in Physical Education for applying specific Training Programme for the development of students. The present study aimed at collecting scientific evidence about the effect of Training Programme for the development of students. Softball stress is common, especially as you get into the older age groups where athletes have additional responsibilities outside of the game. Softball stress may occur due to internal and external pressure to succeed, the fear of failure, and meeting expectations set by coaches, parents and players themselves. The view of literature does not indicate any studies to investigate the effect of specific Training Programme on stress of softball players of students. School Boys were randomly assigned to experimental (n=20) and control (n=20) groups. Experimental group was given specific training program for the period of eight weeks. The control group has not undergone any training programme. At the baseline and after training intervention specific training was used to assess the levels of softball players and stress questionnaire helps to measure the test. Data were analyzed by using One Way ANCOVA test. The results revealed that the specific training was found helpful to improve on softball players and helps to reduce their stress. The findings help to conclude that the training was found helpful to improve the softball players skills as well reduce their stress level

Key words: Life threatening Alzheimer's disease and Yoga practice.

INTRODUCTION

Softball is a game of constant action and requires continuous adaptation to changing situations by the team as whole, as well as by individual players. Although it is a team game, there is ample room for players to display their brilliance through individual performance with the ball as well as through team play involving improvisations and tactical knowledge. As in most other sports, the skills of softball can be practiced in an area of any size and on almost any type of surface.

Softball is a variant of baseball played with a larger ball on a smaller field. It was invented in 1887 in Chicago, Illinois, United States as an indoor game. It was at various times called indoor baseball, mush ball, kitten ball softball, and because it was also played by women ladies' baseball. The name softball was given to the game in 1926, because the ball used to be soft.

The word baseball softball confederation (WBSC) regulates rules of play in more than 110 countries, including the United States and Canada; before the WBSC was formed in 2013, the international softball federation filled this role. Women's fast pitch softball become a summer Olympic sport in 1996, but it (baseball) were dropped from the 2012 games; they will be reinstated for the 2020 games.

In this piece of research, the researcher intends to see if a training programme can help to improve the selected motor fitness component of the school boys aged of 12 to 14 years under the topic. ***"A Study of Effect of Softball Training Programme on the basis of Specific Training of Students aged 12 to 14 Years of Mumbai City"***

OBJECTIVE OF THE STUDY:

The objective of the study was as under:

- To compare the adjusted mean scores of specific training programme of School Boys of softball Training Group & Non-softball Training Group by considering Pre stress as a Covariate.

HYPOTHESES OF THE STUDY:

The hypothesis sought to be tested are as follows:

- **H₀₁:** There is no significant difference in adjusted mean scores of specific training of School Boys of softball Training Group & Non-softball Training Group by considering Pre stress as a Covariate.

MATERIALS AND METHOD**Selection of Sample:**

A sample of forty (n=40) boys were randomly selected for the study of age ranging between 12-14 years were identified as subjects from SADHU VASWANI INTERNATIONAL SCHOOL SANPADA

Research Design: (Pre-test and Post-test control group design)

The design of the experiment had been planned in three phase's viz., Phase – I: Pre-test, Phase – II: Training or Treatment, and Phase – III: Post-test. The subjects in the experiment were divided into two groups, i.e. Group 'A' Experimental group and Group 'B' Control group; each group consisted of 20 subjects. Experimental group was given softball training program for the period of eight weeks.

Selected Variable: was considered as independent variable for the present study which includes following aspects:

Shooting the ball in the goal with 'In-step', 50m running with the ball, Zig Zag running with the ball, Dribbling with the ball in the box (20 x 20m), Jump and Head the ball

Statistics:

Comparison of group was done with the help of One Way Analysis of Covariance ANCOVA.

Results and Discussion:

- **Effect of specific Training Programme on the Basis of Cardiovascular Endurance**

The mean achievement in **Specific Training** due to Softball Training Programme, as obtained from ANCOVA test, revealed that -

- There was no significant difference in adjusted mean scores of Specific Training of Students of Softball Training Group and Non-Softball Training Group by taking Pre-Specific Training as covariate ($F_{y,x}=23.61$, $df=1/39$, $p<0.01$). Therefore the adjusted mean scores of Specific Training of Softball Training Group is 35.18 which is significantly higher than that of Non-Softball Training Group where adjusted mean score of Specific Training is 30.22. Thus, Softball Training was found to be effective in improving Specific Training of Students of than Non-Softball Training Group where Pre-Specific Training was taken as covariate.

CONCLUSION

The result of the study helps to conclude that the softball training was found helpful to improve the Specific Training of the school students.

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READING HABITS AND SPORTSMANSHIP AMONG COLLEGE STUDENTS IN THE DIGITAL AGE: A VIEW POINT OF A SPORTS TEACHER

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ABSTRACT

Sports are competitive games that involve a particular skill and follow a set of rules. They need physical capabilities and mental skills which decides the outcome and the winner. Both children and adults have played games inside and outside the home. Everyone involved in playing a sport often tends to get competitive and some always want to win. We live in a world where only results and outcomes are important – not the process. But this can't be an ultimate for a child or a student. As the child grows up and is getting ready for college, new friends and social situations, it is important that they develop a sense of sportsmanship and learn to struggle to win but accept some failures as well. Children must know that they cannot always win. No sports book collection would be complete without a selection of books on how to play individual sports and training to win. Whether you are a sports fan or a player, find great sport titles written especially for you. If children possess good study habits, he or she can perform well in sports, academics and in every situation of life. It is the reading habits which help the learner in obtaining meaningful and desirable knowledge. Good reading habits act as a strong weapon for the students to excel in life. The following research aims on developing the spirit of sportsmanship thorough reading books of success stories of eminent sports person. Reading books on sportsmanship will help the children accepting essence the failure in a game and subsequently in life. Better Sportsmanship helps students to learn "To Win or Lose with Grace" whether a game or a life.

Key words: Reading, Sportsmanship, Digital World, Failure and Success.

INTRODUCTION:

Today's sporting culture, in particular the base of leading sport, places great importance on the idea of competition and winning and thus sportsmanship takes a back seat as a result. In most, if not all sports, sportsmen at the elite level make the standards on sportsmanship and no matter whether they like it or not, they are seen as leaders and role models in society. Sportsmanship is an important part of any sports activity. Children are taught from an early age to congratulate the opposing team, and individuals who don't play by the rules are shunned by teammates. Therefore, it is no surprise that there are many books written on the value of sportsmanship for sports students. Many ancient cultures used sports to sharpen warfare skills. This is evidenced by sports that they still exist today, sports such as javelin throwing, the high jump, polo and wrestling all can trace their roots to skills used in times of war.

Reading habits are well-planned and deliberate pattern of study which has attained a form of consistency on the part of students toward understanding academic subjects and passing at examinations. Students often come from different environments and localities with different levels of academic or sports achievement. They differ in the pattern of reading habits. Some of the students have good reading habits; others tend to exhibit poor reading habits. A creative and pragmatic education involves the habit of personal investigation. The act of personal investigation requires self-study to be followed by self-thinking and analysis. Reading makes way for a better understanding of one's own experiences and it can be an

exciting voyage to self-discovery. "Reading habit is best formed at a young impressionable age in school, but once formed it can last one's life time (Green, 2001). According to Palani (2012), reading habit is an essential and important aspect for creating a literate society in this world. It shapes the personality of individuals and it helps them to develop proper thinking methods, and creates new ideas. However, the developments in the Mass Media, had continued to influence interest in reading (hard copy of literatures such as...) books, magazines and journals, among others.

Review of Literature:

Palani (2012) is of the opinion that, effective reading is important avenue of effective learning and reading is interrelated with the total educational process and hence, educational success requires successful reading habit. He believes reading is the identification of the symbols and the association of appropriate meaning with them. It requires identification and comprehension. Comprehension skills help the learner to understand the meaning of words in isolation and in context. Before the advent of the television, both the young and the old found enough time to read. Apart from teachers, other professionals used to spend their leisure time in reading both English and vernacular literature. English medium schools almost always demanded extra reading from their students. But all these have become a thing of the past. Palani (2012) further added that, nowadays, reading habit has lost its importance as both the young and the old are glued to the television. As far as educational institutions are concerned, coaching students for the examinations seems to be the be-all and end-all of our educational system.

A lot of researchers like Ogbodo (2002), Bhan & Gupta (2010), and Singh (2011) have done work on reading, especially how it affects the academic performance of students. It is against this backdrop that it has become necessary to conduct similar study to examine the effect of reading habits on developing the sportsman spirit among the students at college level of education with particular reference to Sports.

Statement of the Problem

The problem that most students have lower level of sportsmanship and they also lack of proper reading habits. For an excellent performance in sports whether failure or success, there is the need for the student to develop good spirit which can be developed through good reading habits. At present, due to the influence of the mass media, people do not show much interest in reading books; magazines and journals, among others (Palani, 2012). In addition, the by-products of scientific and technological inventions and innovations have also contributed greatly to the dwindling fortunes of the good practice of reading among majority of the students. Today, many students prefer to watch movies and other shows on the television, listening to audio-CDs, watching video-CDs, among others (Issa, 2012). Many parents and teachers complain about students of our generation who have not developed reading habits among themselves. Officials of the West African Examinations Council and teachers of English complain of the kind of English written by today's generation of students (WAEC, 2008). The net result is the poor performance of many students in final examinations and understanding the life histories of sports personnel. One of the many issues confronting students nowadays is perhaps, not their inability to read but their lack of interest. From the assertion above, the work was conducted to examine the reading habits among sports students and the effects on developing the sportsmanship and a spirit of every game.

Objectives of the study

The general objective of the research is to assess the reading habits of students and how it affects in developing the sportsmanship. The specific objectives are as follows:

- i. To find out the reading habits among students.
- ii. To examine the material students read when they visit the library.
- iii. To assess the effect of reading habits on students' level of sportsmanship.
- iv. To determine the relationship between reading habit and sportsmanship.

Research Methodology

Survey method with the use of questionnaire was used for data collection. Copies of questionnaire were administered on sports students of the college during lecture hours with the assistance of class teachers. The students were asked to give unbiased response to each question.

DISCUSSION OF FINDINGS

When respondents were asked whether there was any difficulty to reading habits, 30.0% indicated home environment, 10.0% indicated social status of parents, 3.0% expressed that they are not interested in reading while 57.0% indicated that the limitation to reading was mere laziness. The study indicated the need for parents to encourage their children to develop the habit of reading from infancy so that it will be a part and parcel of them. Thus when they grow up, they will not depart from it.

The study revealed that 62.5% of the respondents acknowledge the importance of reading and said reading helps them to express themselves better as a spirited sports person. However, the study also found that 81.9% had not read a novel or fiction within the semesters and only 18% said they had read a novel or fiction within the same period. The study further confirmed that 75.0% respondents engage in reading just to pass an examination. It was also confirmed in the study that 62.0% of the respondents visit the library to read lecture notes, 25.0% to read textbooks and only 3.0% visit the library to read novels or fiction. The study further found out that laziness is one of the basic hindrances to reading among the respondents. The study revealed that mobile is the barrier for most of them which is distracting their concentration.

CONCLUSION

Although few of the students do read the books but most of the time they are only entertaining ones like the Novels or stories. The analyzed data also revealed that the social media is one of the major factor in hindrance them from reading. The moment they take up something to read immediately their mobiles bang on with messages or phones which deviate them from reading and the concentration is lost about the book. Notwithstanding in the age of digital life we are lacking behind the real world and the Values, Morals which in turn is damaging the development of personal attributes like Sportsman Spirit among the students or the generations.

RECOMMENDATIONS

Faculty members should encourage students to visit the library and read not only lecture notes but novels and fiction as well, and further borrow some from the library. The onus therefore lies with the library to always stock its house with novels and fiction.

It is further recommended that course like communication skills should be made mandatory for all first year students to read at least two novels in each semester and, non-scoring courses. This will go a long way to inculcate reading habits into the students. It is becoming quite a major issue in many academic institutions that students tend to depend on lecture notes rather than visiting the library for information. As a result, management of academic institutions should caution faculty staff to prepare only handout for students and they will complement it by further research in the library.

It is further recommended that faculty staff should engage students in several assignments and presentations and these should form a greater part of the assessment process of students. When this trend is reversed, it will help students to acquire more skills in searching for information than adopting the "chew and pour" syndrome.

Finally it is recommended that parents should help their children cultivate the reading skills when they are young, so that it becomes part and parcel of their life. Today, there are many community libraries where children can be encouraged to go and read novels and fiction. When this is done, it will help them express themselves well and write good English which will eventually lead to better academic performance in the near future.

SPORT PSYCHOLOGY: A POINT OF VIEW

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ABSTRACT

Most research publications in sport psychology are of only limited use for solving the practical problems of athletes and coaches. This paper focuses on two major problems responsible for this apparent gap between research and its application. First, most studies in applied settings are conducted for research purposes only. Second, the transfer of sport psychological knowledge gained in laboratory and field studies to actual applications is impeded by limitations due to settings, study design, artificial performance tasks, and nonathletic samples. A problem-centered approach is proposed that could bridge this gap by integrating applied research and intervention. Action research provides an example for such a solution. This procedure enhances the acceptance of sport psychological interventions and subsequently improves their quality.

PSYCHOLOGY:

Psychology is the systematic study of human and animal behavior. Psychologists try to understand why living beings act the way they do, how do they grow up, how they learn and change, how they differ from one another, and change how they differ from one another, and even how they get into trouble or become disturbed.

A derivative of psyche (soul) and logos (talk about of science or science.) Psychology seems to have its origin in Aristotle's De Anima-a treatise on the soul. For the ancient Greeks, soul was the essence or true being of an organism, the cause and principle of life and often called its study a mental philosophy a legitimate province of metaphysical speculation (Wolman 1979)

Sport psychology:

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. Sport psychologists teach cognitive and behavioral strategies to athletes in order to improve their experience and performance in sports. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

Present Status of Sport Psychology:

It would be misleading to conflate the status of AASP and the status of the profession of sport psychology. However, considering that AASP has the largest membership of any professional organization devoted entirely to sport psychology, it is worthwhile to mention the contentious nature of the organization's future.

Furthermore, there appears to be a rift between members of AASP who would like the organization to function as a trade group that promotes the CC-AASP certificate and pushes for job development, and there are many people of the AASP members of AASP who would prefer the organization to remain as a professional society and a forum to exchange research and practice ideas. Many AASP members believe that the organization can meet both needs effectively. These problems were illustrated in AASP founding

President John Silva's address at the 2010 conference. Silva highlighted five points necessary for AASP and the greater field of applied sport psychology to address in the near future:

1. Orderly development and advancement of the practice of sport psychology
2. Embrace and enhance interdisciplinary nature of sport psychology
3. Advance development of graduate education and training in sport psychology
4. Advance job opportunities for practice in collegiate, Olympic, and pro sports
5. Be member-driven and service its membership

Silva then suggested that AASP advance the legal standing of the term "sport psychology consultant" and adopt one educative model for the collegiate and post-graduate training of sport psychology consultants. While the AASP Certified Consultant (CC-AASP) certification provides a legitimate pathway to post-graduate training, it does not legally bar an individual without the CC-AASP credentials from practicing sport psychology. Silva contended that future sport psychology professionals should have degrees in both psychology and the sport sciences and that their training ultimately concludes in the obtainment of a legal title. It was argued this should increase the likelihood of clients receiving competent service as practitioners will have received

Sport Psychology

"Sport psychology is the study of the psychological basis, processes and effects of sport"

Nature and Meaning of psychology of Sports:

The sports psychologists use psychological assessment techniques and intervention strategies in an effort to help individuals to achieve their optimal performance. Emotional factors like tension, anxiety, stress and motivation play an important part in sports psychology. The various personality factors affect performance of athletes. Family and economic conditions too plays an important part in sports psychology. Sport is the only field where sportsmen's behavior is molded, modified and studied. Every aspect of sportsman's behavior becomes a subject of study under sports psychology. Many branches of psychology contribute to understanding and modification of behavior of a sportsman. Sportsman as an individual, a unique personality in himself, is the concern of individual psychology in himself, is the concern of individual psychology. Sportsman as a member of team as a social being is concern of social psychology. Sportsman as a learner is the subject of educational psychology.

Scope of Sports Psychology:

- Nowadays sports are viewed not merely as past time but as complex behavioral issues. So the knowledge of psychology is must and its scope is increasing.
- Physical Education is concerned with modification of behavior through physical activity. So the general Principles of psychology is needed to study the behavior of man in motion.
- Since physical Education makes efforts to develop the total personality of the child the laws of growth and movement and personality should be known by the physical Education.
- Psychology of physical Education depends on the mechanism of motor learning, instincts and motion, which is constantly changing. So the scope of sports psychology is increasing.
- Individual difference matters a lot in physical Education so to be a successful physical Educationalist one need to have knowledge of sports psychology.
- Many questionnaires to measure various psychological factors are being developed by Indian sports psychologists. This has increased the scope of research in sports psychology.
- Many universities have included sports psychology as theory subjects for the physical Education course which gives it a wide scope.
- Many National and international conferences on sports Psychological topics are conducted by the sports psychological topics are conducted by the sports psychology Association of India , this widens the scope of sports psychology and its application.

Need and Importance of Sports Psychology:

- Sports psychology helps to predict the sportsman's behavior. Performance varied behaviors may be due to psychological and biological factors.
- It is easy to find out the problems of athletes and problem. Athletes.
- With the help of psychological inventories self-esteem, self-concept, tension, emotion, aggression and various other personality traits could be measured.
- Helps to find out the different traits of athletes, Non-athletes and various team players by using inventory techniques.
- By using projective techniques, we are able to project a person's inner self like fears, desires, hopes and difficulties without his knowledge. Helps to find out the traits of teachers and coaches.
- Peer group relationship and inner group relationship could be found by using sociometry.
- Psychological disorders could be assessed.
- To understand the athletes better and the dynamic socio-psychological force affecting them as they perform individually or in groups.
- The knowledge of sports psychology helps to improve the performance of an individual by controlling negative factors.
- It helps the coaches or teachers to bring out the full potential of the athletes.
- It helps the coaches to understand the behavior of players and how it can be changed and modified for better performance.
- It helps the teacher to understand the limits and limitations of the learner and the ways and means of motivation.
- Knowledge of individual differences and motivation will help the teachers and coaches to teach and train the individuals effectively.
- Selection of players will be more effective if one knows various psychological factors of various teams. It will help the players to analyze themselves and improve their own performance.

SPORTS ECONOMICS & INDUSTRIES IN INDIA

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INTRODUCTION

The use of sports markets to explore questions of economic interest has a long history as the majority of this literature analyses US sports, notably American football, basketball, baseball, and cricket, hockey, whilst there is also a considerable interest in soccer, the leading world sport. For example, the 1998 European Short Course Swimming, 1999 European Show Jumping and the 2001 World Half Marathon Championships. Over the past two decades there has been increased competition among cities, regions and countries to host mega sporting events. Therefore Government and other proponents of major sporting events usually seek to back up their claims of the event providing an economic boost by commissioning an economic impact.

Hosting a sport event has revealed a number of benefits in our communities and of those benefits, some reasons like increasing community visibility, positive psychic income, and enhancing community image are all common and acceptable postulations. Economic impact in sporting events can be defined as the net change in an economy resulting from a sport event and the change is caused by activity involving the acquisition, operation, development, and use of sport facilities and services which in turn generate visitors' spending, public spending, employment opportunities, and tax revenue. In study of economic impact Expenditures can be categorized as direct, indirect, and induced effects. For example direct expenditure is the investment needed to meet the increased demand of visitors for goods and services. Indirect effects are the ripple effect of additional rounds of re-circulating the initial spectators' dollars. Induced effects are the increase in employment and household income that result from the economic activity fueled by the direct and indirect effects. Sports Economics possesses substantial experience in economic consulting to the sports industry, with specific knowledge of the economic impact of facilities, events, and teams so considering the publicity and scrutiny surrounding such studies, it is imperative to select a firm that not only has substantial experience, but also has a reputation for consistently providing an accurate assessment of economic impact.

There are following reasons to conduct economic impact studies of sport events and firstly, because many sport events in our communities were financed by public tax support, economic impact studies continue to be an important public relations tool for city government. Secondly, there is doubt that sporting events may actually help develop a community in relative to its economy therefore, accurate estimates should be proposed and the results should be reported to community members and Thirdly, as sport is not just an entertainment but an industry so the results of economic impact may be a cornerstone to develop many related businesses in communities. Finally, positive or negative economic results of sport events may be an important method to determine communities' draft budget for the coming year so as an example in July of 2001, Beijing was awarded the 2008 Summer Olympic Games so most people assume that such an event will bring enormous economic benefits to the host city not just during the event, but for years afterward. "The scale of the organization, facilities and infrastructure required for such a huge undertaking are such that the Games cannot but have substantial economic effects" but what exactly are these economic effects, and how do they affect the quality of life of local residents

The relevance of studies for example, such as these to the Beijing games depends in part on the similarity of the economic conditions in China to previous hosts so it seems logical that a less developed country will have more to gain from long term growth opportunities. the prospects of mega-sporting events are even worse for developing countries and the opportunity costs of providing state of the art facilities are much higher and lack of modern infrastructure requires significant additional investment. Sports have been full time profession for many Indians over the ages. Society, kings and kingdoms patronized sports

professionals, coaches and administrators, with public appreciation, sporting resources and personal gains. As we proceeded in modern era sports took a backseat. High growth economy, rise of middle class with disposable income and leisure time has shown revival of sports in India. Parents today support their children's aspirations to pursue career in sports. Sports like Boxing, Formula 1, Hockey, Golf, Kabaddi, Shooting, Soccer, and Tennis, are enjoying record levels of success in India. Sports are multibillion dollar industry across the globe and nevertheless a highly respected career option. Sports sector is developing in India and presents exciting career opportunity for youngsters aspiring to excel in sports, and individuals associated with sports and allied services. Sports sector is increasingly becoming strategic business units for many corporate houses in India.

Objectives of study

1. To study of Impact of Sports on Economy
2. To study of Performance at international events
3. To study of Sports performance in India
4. To study of overview of the Sports Retail Sector in India
5. To study of Status of Selected Sports in India (Hockey Cricket , Football)

Impact of Sports on Economy

Sports can make significant socio- economic impact on a nation and its citizens. It plays an important role in ensuring physical fitness and healthy lifestyle among the citizens of a country. It unites people from diverse backgrounds, hence promoting peace and development. With the Government providing numerous opportunities to sportspersons, sports also promotes social inclusiveness. The sports sector has the potential to make significant contribution to the economy. Though there is no study in India that assesses the socio-economic impact of the sector, a study undertaken by Sport England in 2013 highlights the significant contribution that it could make to a country's society and economy. The potential of sport in bringing about a positive social change is evident from initiatives such as the 'FIFA Football for Hope' movement. This is a global movement that seeks to provide visibility and support to various social organizations that use football as an instrument in their social development programs. 'Sport the Bridge' is another such initiative that lays emphasis on sport pedagogies to promote social inclusion among street children in Ethiopia. India's economic growth potential, thanks to a large young population, is of interest to the entire world. Inculcating a healthy sporting culture among its youth to build a physically and mentally sound nation is integral in ensuring sustainable growth in the future. As per a survey conducted by Edu Sports in 2011–12 covering more than 49,000 across the country, obesity is increasing among schoolchildren in urban India with one in four in the metros and one in six in non-metros being overweight. According to the survey, about 39 per cent children do not have correct Body Mass Index levels and about 20 per cent demonstrate signs of obesity. Nearly one in two children covered under the study have poor flexibility levels and body strength. It has been observed that fitness levels drop sharply as children grow older, highlighting the risk of an unfit generation. The survey highlights lack of structured inclusive sports curriculum as the primary reason for alarming obesity and poor health levels apart from lack of proper sports infrastructure and urban lifestyle.

Performance at international events

The country's performance has not been up to the mark at various Olympic Games. India's medal tally has witnessed marginal improvement in the past few Olympics Games, with the 2012 games being the best so far for the country. India's Olympic medal tally has increased from zero in 1988 and 1992 to one each in the 1996, 2000 and 2004 Olympics. This was followed by three medals in 2008 (including the first Olympic gold medal for India) and six medals at the London Olympics. India lags far behind countries such as Australia, China, Japan, South Korea, Russia, the U.S. and some smaller countries such as Ethiopia and Cuba, which have traditionally performed better due to their core competence in some individual sports like athletics and boxing, respectively. India has traditionally performed better in the Commonwealth Games and Asian Games than the Olympics and it has managed to rank among the top nations. This may be

attributed to the fact that less countries participate in these games than the Olympics and some of the top Olympic nations, such as the United States, People's Republic of China (not part of the Commonwealth but takes part in the Asian Games), Russia, Germany and France, do not participate in these games. India's performance at the Commonwealth and Asian Games has improved considerably over the years India has performed well in certain non-Olympic sports as well, such as cricket, chess, snooker and billiards.

Sports performance in India

India is not considered a sporting nation and lags in majority of sports. Its performance has not stood out at international events such as the Olympic Games. However, at an international level India excels in a few sports such as badminton, boxing, cricket, tennis, shooting and wrestling. This demands a thorough analysis of India's performance at recent sporting events to formulate a strategy for Olympics 2020.

Overview of the Sports Retail Sector in India

With the high growth of the domestic market in India and recession in major sports markets such as the US and EU, global retailers and Indian manufacturers are focusing on the Indian market. Indian corporate who have ventured into retail in recent years have also diversified into sports retail. Sports retail is a niche retail segment in India and at present, the sports retail market is small. There are no official estimates of the total retail market and estimates given by different consultancy organizations vary. According to one estimate, the total size of the Indian retail market was \$372 billion in 2008, of which sports retail was around three per cent. However, its share in organized retail was around 10 per cent. Estimates of the sports goods/equipment manufacturing industry is available from SGEPC, which shows that the industry has been growing at an average annual rate of around 10-12 per cent in the past five years. Over the years, India has developed as a sourcing hub for sports goods and the focus of the manufacturing sector has been on exports. The size of the domestic market is small because Indian society is education-oriented and sports are treated as a distraction from education. Sports are still not treated as a means of livelihood; instead, it is still considered a source of entertainment. This has led to low sports participation levels. There are other barriers such as the non-availability of infrastructure and the inability to pay for facilities and buy sports products. However, of late, Indians are spending more on sports goods. Although sports are still treated as a recreational activity, recreational consumption in India is growing. It is projected to grow at the rate of 8.9 per cent per annum from \$1 billion in 2005 to \$6 billion in 2025 With an increase in incomes, there has been a decline in the consumption of food and basic necessities, and, if India continues with its high growth rate, recreational spending will grow.

The growing awareness of the urban middle and high-income population about fitness has indirectly boosted this sector. With the increase in levels of education, international travel and exposure through cable television, the internet, etc., Indian consumers are becoming more health-conscious as is evident from the growing number of health clubs, gymnasiums and fitness centers. With global integration, the culture of the workplace is changing; many Information Technology (IT) and multinational companies have in-house gymnasiums or sponsor their employees for fitness activities like gymnasiums, golf, and yoga. Further, India is hosting a series of international sports events, which is likely survey, multi-brand retailers like Planet Sports and brand retailers like Nike and Reebok pointed out that schoolchildren constitute a big market for sports products; if they like a brand, it stays with them throughout their life. Brands, therefore, tend to work closely with schools to get their product approved – even as a part of the school uniform; for instance, in the past, most school shoes were supplied by Indian brands, but now brands like Reebok supply school shoes and equipment. Brands have come up with competitive pricing strategies to get businesses from schools. In the past, Indian schools emphasized academic education; however, some schools now focus on all-round development, which includes sports and fitness, and extracurricular activities along with education. The CCE system has increased the focus on sports. The government has also categorized school and university games under the 'priority' sector for sports promotion. School-level sports competitions include events at the intra-school, inter-school, zonal, district, state, national and international levels. However, few participants represent India at the international level. The School Games Federation of India, an independent body recognized by the Ministry of Youth Affairs and Sports and the Indian Olympic

Association, is the core federation for sports at the school level. Some key activities of these federations are to organize sports events, set up coaching camps, maintain records of the participants and select teams for international events. In 2007-08, the federation organized 42 national school sports competitions in which 31,000 players participated from across the country.

Status of Selected Sports in India

In India, a wide range of sports are played, but sponsorship, fan following, and retailer involvement differ. While some sports are treated as competitive sports, attracting viewership and sponsorship, others are played for leisure or fitness. Some like ice hockey and skiing are niche sports that are located in specific places (northern India), while others such as cricket and football are played across the country. The Indian government recognizes sports like cricket and football, but not motor sports. The overall level of participation in competitive sports is low – around one per cent of the Indian population participates in competitive sports or plays any type of sport regularly. However, the popularity of and participation in different sports keeps changing, but sports like cricket, Hockey and football are constant favorites. There have not been any major changes in the status of sports in 2008 with cricket still holding the most prominent position. Although there are linkages between popularity and participation, participation may be low in some sports which Indian like to watch on television. For instance, motor sports have high television viewership but not participation. Similarly, sports like boxing and shooting have gained popularity after India won medals at the Beijing Olympics in 2008; however, the level of participation is low. With increasing health consciousness, running and fitness have become popular and participation has increased. In a tropical country like India, swimming is a popular sport but it suffers from lack of infrastructure; also, this is a seasonal sport in many parts of India.

1) Hockey

The national sport of India is **hockey** and the country won many international awards prior to the 1980s. After the 1980s, India's performance in this game deteriorated and due to poor performance in international events, viewership and sponsorship have been adversely affected.³⁴ In 2010, India hosted the Hockey World Cup and companies such as Hero Honda Motors Limited, Coca-Cola Limited and brands such as Reebok have sponsored national and international hockey events. The Indian Olympic Association is now trying to improve the quality of the game. At present, the bulk of the equipment is manufactured domestically. International sourcing of equipment is limited but, of late, equipment is being sourced from countries like China.

3) Cricket

Cricket is the most popular sport in terms of participation, viewership and sponsorship. It contributes to 80-90 per cent of the total sports revenue. It is played in a variety of formats (test matches, one-day, twenty-twenty, etc.). The bulk of the equipment for this sport is manufactured locally in cities like Jalandhar and Meerut. International brands such as Reebok have re-oriented their strategies in the South Asian region and are sponsoring cricket. Cricket has contributed to the success of many sports brands like Reebok, Adidas and Nike in India.

3) Football

Football is the second most popular team sport after cricket. India is a manufacturing hub for footballs, but the country does not have any strong indigenous brands. For all major events, footballs and other equipment approved by the *Federation International de Football Association* (FIFA) are used. In recent years, there has been an increase in sponsorship, and broadcasters have shown an interest in telecasting this game. Top sports brands, like Reebok, Adidas and Nike, promote football in India. The Union of European Football Associations (UEFA) has identified India as an emerging market for the game. Manchester United Food and Beverages (Pte) Limited has opened Manchester United Café Bar in Mumbai that will also telecast football matches and other sports events.

CONCLUSION

The Government of India has been taking various steps and initiatives to promote good governance practices in the management of sports at the national level in pursuance of successive National Sports Policies. But, the inaction on the part of the Government in implementing and enforcing its own guidelines contributes to the backwardness of the sports sector. The basic cause to all the problems is the low expenditure on sports. The lacks of funds prevent the effective implementation of various policies. Moreover, most of the national sports federations are completely dependent on the government funds for their activity. The allocation to sports by the government is meager, as it allocates most of its funds for the social sectors, which is more important a developing country like India. In the present scenario, it would be difficult for a country like India to massively increase its budgetary allocation to sports. However, financial supports could be obtained through sponsorships by popularizing the sports and increasing viewership in the country. In spite of having numerous talent identification schemes as mentioned above, the lack of an extensive and organized playing base has been rightly identified as one of the main reasons for India's poor sporting standards. The analysis of Indian sports system on the critical sporting factors shows that the country is an interesting case of underachievement, given its large proportion of young population. The present analysis clearly portrays the current standing of Indian sport system on these critical factors and the necessary steps that need to be taken. The Indian Government, in the post 2001 period, has taken various initiatives towards sports sectors. The results of such policies are visibly evident from the country's relative performance in the recently concluded Olympic Games, Commonwealth Games and Asian Games. Considering the huge population base, there is a need for intense efforts to take the Indian Sports to new higher levels.

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THE MOTOR NERVE CONDUCTION AND VELOCITY OF ULNAR AND COMMON PERONEAL NERVE IN ATHLETES OF ANAEROBIC SPORTS OF MAHARASHTRA

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ABSTRACT

The purpose of this study was to investigate motor nerve conduction velocity (MNCV) of ulnar & common peroneal (CPN) nerves of bilateral side (i.e. dominant & non-dominant) of athletes who are engaged in an anaerobic type sport activity (sprinters & power lifters). A total of 40 male sprinters & power lifters with an average age, height and weight of 20.70 ± 1.76 years, 171.38 ± 3.31 cm and 71.06 ± 6.04 Kg respectively, volunteered to participate in this study. Each subject's MNCV was measured with the help of computerized equipment called "NEUROPERFECT" (Medicaid Systems, India) and the data was analysed using Mean $\pm$ SD, t-test and Pearson correlation. Results show that MNCV of ulnar nerve of right and left side was significantly different ($p < .05$). MNCV of common peroneal nerve of bilateral side also significantly different ($p < .05$). For both ulnar and common peroneal nerves, results showed that the right ulnar nerve had significantly faster MNCV than the right CPN nerve ($p < .05$). According to the results, faster MNCV in right ulnar nerve (i.e. dominant) and left CPN as compared to left ulnar nerve and right CPN in sprinters and power lifters may be from their long term training adaptations and further it may be relate to their upper & lower extremity movement requirement of changing their movement direction quickly and skilfully.

Key Words: Motor Nerve Conduction Velocity, Sprinters, Power Lifters.

INTRODUCTION

MNCV is a measure of speed of pulse (nerve impulse) can be transmitted along a motoneuron. A fast MNCV is also an indicator of a short refractory period. In other words, the decreased refractory period may allow for greater impulse frequency, thereby increasing muscle activation levels. It is known that exercise can cause structural changes in skeletal muscles as well as an increase in excitability of motor units. But the effects of the type and intensity of exercise on these changes have not been studied in detail. Some studies suggest strength and power athletes have faster MNCV than endurance athletes. However, it has also been reported that no differences were evident between power and endurance groups (Sleivert et al., 1995). Other researchers have shown that trained individuals have faster MNCV than untrained ones (Hoyle & Holt, 1983). In theory, changes in MNCV may be an indicator of nerve system adaptation due to long-term physical suggest strength and power athletes have faster MNCV than endurance athletes (Kamen et al., 1984). However, it has also been reported that no differences were evident between power and endurance groups (Sleivert et al., 1995). Other researchers have shown that trained individuals have faster MNCV than untrained ones (Hoyle & Holt, 1983). In theory, changes in MNCV may be an indicator of nerve system adaptation due to long-term physical exercise training. Previous studies had investigated the clinical type of individuals. But it is more meaningful and interesting to test the athlete especially in which the predominant energy system is an anaerobic type like sprinters & weight lifters and that need to control their lower extremities accurately and speedy that is requiring more neural adaptation for motor nerve conduction velocity after specific physical exercise training. Therefore, the purpose of this study was to investigate motor nerve conduction velocity in upper and lower extremities (radial & sural nerve of bilateral

side) of athletes who are engaged in an anaerobic type sport activity and to realize whether their neural specification would change from long term training.

METHODS

Subjects total 50 sprinters & weight lifters in the age range of 18-25 years were voluntarily participated as subjects in the present study on the basis of their predominant energy system i.e. anaerobic. The dominant hand of all the subjects was right hand. The data was collected in Exercise Neurophysiology Laboratory, wherein the room temperatures were kept 24.9 ± 00.2 °C during the MNCV testing. The right and left arm and leg was testing for ulnar and common peroneal nerve (CPN) respectively. Motor Nerve Conduction Velocity (MNCV) was assessed with the help of computerized equipment called "Neuroperfect" (Medicaid Systems, India) by using the traditional double stimulation technique. Square pulses of 0.1 ms duration and of sufficient intensity to evoke a supramaximal compound muscle action potential were applied at each stimulus point with surface stimulating electrodes. The subject lay on a wooden table with the straight arm and leg as radial and sural nerve was tested.

Statistical analysis

Data were statistically evaluated with the t test and Pearson correlation test using SPSS version 11.0 (SPSS). Significance was set at the $p < 0.05$ level

Results

The mean age, body height and body weight of the subjects were 20.70 ± 1.76 years, 171.38 ± 3.31 cm and 71.06 ± 6.04 kg respectively (Table 1).

Table 1 Mean $\pm$ SD of physical characteristics of an anaerobic group of players

Group	N	Age (Yrs.)	Height (cm)	Weight (kg)
Anaerobic	50	20.70 ± 1.76	171.38 ± 3.31	71.06 ± 6.04

The mean values of MNCV of right and left ulnar and common peroneal nerves were 44.0 ± 6.8 m/s, 43.9 ± 6.5 m/s, 43.9 ± 6.2 m/s and 41.5 ± 7.0 m/s respectively (Table 2). It was found that the difference in the mean values of MNCV of right and left ulnar nerve were statistically significant ($p < .05$) and further It was found that the MNCV of right ulnar nerve was higher than left. The difference in the mean values of MNCV of right and left common peroneal nerve were also statistically significant ($p < .05$) and further It was found that the MNCV of left common peroneal nerve was higher than right. Results also showed that the mean MNCV of left common peroneal nerve was significantly ($p < .05$) more than the mean MNCV of right ulnar nerve.

Table 2 Mean $\pm$ SD of motor nerve conduction velocity (MNCV) of ulnar & common peroneal nerve

	Ulnar Nerve (m/s)	Common Peroneal Nerve (m/s)
Right	$44.0 \pm 6.8^*$	$45.9 \pm 6.2^*$
Left	$43.9 \pm 6.5^*$	$44.5 \pm 7.0^*$

The results of correlation showed that body height was positively and significantly related with body weight ($r = 0.378$). The MNCV of right ulnar nerve was also found to be positively and significantly related with MNCV of left ulnar nerve ($r = .672$) and negatively related with MNCV of right common peroneal nerve ($r = -.292$). The MNCV of right common peroneal nerve was also found to be positively and significantly related with MNCV of left common peroneal nerve ($r = .582$).

Table 3 Correlation (Pearson) among physical characteristics & MNCV of ulnar & common peroneal nerve

	Height	Weight	MNCV of Ulnar Nerve (Right)	MNCV of Ulnar Nerve (Left)	MNCV of Common Peroneal Nerve (Right)	MNCV of Common Peroneal Nerve (Left)
Age	.110	-.045	.073	-.084	.081	-.063
Weight		.278**	.020	.091	.146	.232
MNCV of Ulnar Nerve (Right)			.141	.069	.110	.142
MNCV of Ulnar Nerve (Left)				.672**	-.291*	-.173
MNCV of Common Peroneal Nerve (Right)					-.033	.020
MNCV of Common Peroneal Nerve (Left)						.0579**

**p < 0.01; *p < 0.05. MNCV – motor nerve conduction velocity

DISCUSSION

In the presented study, the results showed that right and left sural nerve of sprinters and weight lifters players had faster MNCV than right and left radial nerve. The result was reasonable, since the goals of these athletes' training are known as rapid and coordinate movement.

CONCLUSION

The faster MNCV in right ulnar and left common peroneal nerves as compared to left ulnar and right common peroneal nerve in sprinters and weight lifters may be from long term training adaptations and further it may be related to their lower extremity movement requirement of changing their movement direction quickly and skilfully. The results of the present study also indicate that long term training is important for increasing MNCV. But the types of training may have different levels of adaptation.

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IMPORTANCE OF GALLI KHAL, FOR ENHANCEMENT OF HUMAN HEALTH AND PERFORMANCE

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INTRODUCTION

Play. A word that is synonymous with setting the mind free, using imagination and almost creating a new world. However, today, we are increasingly turning to electronic games to fill in most of our play time. Video games and the like are certainly entertaining and stimulating. With advanced technology and thrilling effects, they sure give us an adrenaline rush! However, forms of conventional or traditional play can also offer us a number of psychological benefits in addition to physical benefits. We could be missing out on a world of good that our good old indoor board games, outdoor games and imaginative play could do to us. Wonder how? Let's expl Lagori, Kancha, Gilli-danda, Kho Kho – recognise any of these names? If you're in your 40s or 50s, the mere mention is bound to evoke nostalgia for summer days spent playing outdoors with friends. If you're in your 20s or 30s, your parents and grandparents could tell you a tale or two about the magic of these childhood games. But will the children of this generation have the same memories? Most likely not, because many of them spend their time playing video games in a virtual world. This addiction has brought the classic Indian games mentioned above, and many others, to the brink of extinction. So here's a list of 15 such forgotten games you may want to try playing with your friends or children:

1. Lagori

A very popular game among kids in India at one time. It involves a ball and a pile of flat stones (which are stacked on top of each other). One member of a team throws the ball at the stack to knock the stones over. The team then tries to restore the pile of stones while the opposing team (known as the hitters) throws the ball at them. If the ball touches a person, he is out and his team continues without him. Played by: two teams, any number of members.

2. Kancha or Marbles

This is still a popular game among kids in rural areas. The game is played with round glass marbles and the motive is to collect as many marbles as possible by shooting and striking other marbles with the ones you have. **Played by: any number of people.**

3. Chain

Chain is another classic children's game, although it is losing popularity now. The game consists of a 'denner', whose aim is to catch the other players. Once the denner catches a player, the player becomes part of a chain (which is formed by holding hands) and then has to help the denner in catching the remaining players. **Played by: any number of people, usually not more than 10.**

4. Gilli Danda (Tip Cat)

Gilli Danda is a game very similar to cricket and baseball; its popularity in India once rivalled that of cricket. The game is played with a small piece of wood reduced on both sides known as gilli and a large piece of wood that is used to hit the gilli known as danda. The aim of the game is to hit the Gilli as far as possible. **Played by : two teams, any number of players**

5. Kho Kho

The game consists of two teams, who are required to chase down and tag the players of the opposite team to win the game. The chasing team sends out nine players onto the field, who sit in a straight line with alternate players facing opposite sides. The chasers have to make sure they catch the runners (who enter the field one at a time) before time runs out. **Played by: two teams of nine players each**

6. Lattoo

Lattoo is a game that involves spinning a wooden top (lattoo), which has grooves in its lower half and a nail at the bottom, on which it spins. A thick string is wrapped around the grooves on lower half and pulling the string makes the top spin. **Played by: one or more people**

7. Hopscotch or Stapoo

Hopscotch is a popular playground game in which players throw a small object into numbered spaces of a pattern of rectangles marked on the ground and then hop or jump through the spaces on one or two legs to retrieve the object. **Played by: one or more people**

8. Chhupam Chhupai or Hide-n-Seek

Hide and Seek is a popular children's game in which players hide themselves in a marked area, to be found by one or more seekers/denners. The denner closes his eyes and counts till a certain number, after which he tries to find the hidden players. **Played by: any number of people**

9. Chor-Sipahi

The game is the Indian equivalent of the western game "Tag." There are two teams in the game – one team of thieves (chor) and the other team of sipahi (police). The sipahi try and catch the chor, after which the turn changes (that is, the chor become the sipahi and vice versa) **Played by: two teams, any number of people**

10. Four Corners

Four corners is a game often played by primary school children. Four corners are designated, and a player is chosen as being "it". The remaining players have to swap corners without being caught by "it". If a player is caught by "it" or is without a free corner to stand in, he becomes "it". **Played by: 5 people**

11. Kabaddi

Kabaddi is an Indian origin game that was on its way to extinction, but is now regaining its popularity. There are several forms of the game, but most involve two teams of seven players each, who have a designated area of their own. Players have to raid the other team's area and try and touch one of their players, hence making the touched player "out." **Played by: two teams of 7 members each**

12. Dog and the Bone

The game consists of two teams, and an object such as a bottle or handkerchief, etc., which is designated as the "bone." A player from each team comes forward and attempts to take the bone (placed at the centre of the playing area) back to his team. The player who fails to take the bone has to go out of the game. **Played by: two teams of usually 5-10 members each**

13. Maram Pitthi

A game very similar to dodgeball. It consists of two teams, who scatter around in a large area. Players from a team try to hit players of the opposing team with a ball (usually made of sponge). Once a player is hit, he is out of the game. Passing between players of the same team is also allowed. **Played by: two teams, any number of members**

14. Vish Amrit

It is the Indian version of the game "lock and key". The aim of the denner is to touch the other players, giving them vish. As soon as vish is given the person stays there until teammates come to give him/her amrit. The game ends when all players have been caught and there is no one left to give amrit.

Played by: any number of players

15. Langdi

Langdi is a popular childhood game, especially in the state of Maharashtra. The game consists of two teams, and the team that wins the toss defends first. The opposing team sends a player to tag as many defenders as he can, while hopping on one foot. The team that tags the most defenders wins. **Played by: two teams, 12 players each**

Playing games has always been an exciting part of growing up for us all. We recollect with happiness our childhood games and gadget free days. Sports is a great way to make friends and be healthy as well.

CONCLUSION

Builds life skills playing conventional games have always brought kids together encouraging teamwork and social interaction. Most old school games require agility and movements such as swinging of arms and jumping. This boosts exercise and improves eye-hand coordination. By playing Indian traditional games, children can connect with their heritage through sports and this has a deep lifelong positive impact on them. Bridge generations sports are a great connector – across countries, ages, and religions and even across socio economic statuses too. No wonder sports bridge all gaps pulling people and connecting them emotionally. Playing traditional games as a family brings the family closer, and the bond stronger. Children need unstructured playtime and introducing conventional games to the family routine can be a great bonding activity for all. All Indian games generally encourage one or more of these three. Unstructured play has a vital role in developing various aspects of children's growth, behaviour and interpersonal skills therefore, the need to re-establish traditional play in children's lives.

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STUDY OF THE USE OF TECHNOLOGY IN SPORTS

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ABSTRACT

The Present research paper deals with Study of the use of technology in sports. Now a day's use of technology in every field is widely accepted. In physical education field use of technology is also useful. But it is necessary to check how much its use in sports. Due to that reason researcher selected this topic for the research. Researcher conducted a survey by taking interviews of the sports teachers by asking them about use of technology in sports. Researcher has also mentioned here Objectives and importance of the study, sampling method, research tools for data collection etc. With the help of statistical tools, researcher has analyzed and interpreted the data and putforthed the conclusions also. This will be useful to know whether technology is useful or not.

INTRODUCTION

The Present research paper deals with Study of the use of Technology in sports. Now a day's use of technology in every field is widely accepted. In physical education field use of technology is also useful. But it is necessary to check how much its use in sports. Due to that reason researcher selected this topic for the research. Researcher conducted a survey by taking interviews of the sports teachers by asking them about use of technology in sports. Researcher has also mentioned here Objectives and importance of the study, sampling method, research tools for data collection etc. With the help of statistical tools, researcher has analyzed and interpreted the data and putforthed the conclusions also. This will be useful to know whether technology is useful or not. Today Information and Communication Technologies are playing an important role in enhancing quality of education. ICTs stand for Information and Communication Technologies and are defined, as a "diverse set of technological tools and resources used to communicate, and to create, disseminate, store, and manage information." These technologies include computers, the Internet, broadcasting technologies (radio and television), and telephony.

Objectives of the study

- 1) To study the use of Technology tools in sports.
- 2) To get the knowledge about the benefits of the technology in sports.
- 3) To understand the drawbacks of technology in sports.
- 4) To study some suggestions of sports teachers about the use of technology in sports.

Delimitations of the study

1. The study has been delimited to the sports teachers of Higher Education or UG level.
2. The study was delimited to Physical instructors of Beed district Colleges.

Research methodology

A Research method

Researcher used Survey method for the present research according to achieve the objectives of the research.

B. Sampling

For the present research, researcher selected the 15 Physical instructors from Beed districts for the present survey with the help of purposive sampling to collect the data.

C. Tools for Data collection

Researcher used Interview schedule for the present research to collect the data.

D. Statistical tools

Researcher collected the data and analyzed it with the help of mean and average as statistical tools for interpretation.

E. Research Procedure

In the present research, researcher followed the survey method. Researcher prepared Interview schedule about use and drawbacks of technology in Sports field. After few days researcher conducted data and analyzed by using Mean S.D. and average value.

Research Findings

- 1] According to the Physical Instructors, Use of technology is now necessary in Sports field to convey the messages as early as possible through what's app, face book or any other available tools of technology
- 2] Now a day's what's App tool is most useful to share the messages as early as possible.
- 3] Face book and twitter is also useful and most of the Physical Instructors follow it to spread the news about their colleges and about sports achievement.
- 4] According to the Physical Instructors Use of technology tools saves the time and money. So it should be in use in Sports field.
- 5] Technology can be used to avoid lengthy and hectic schedules of meetings. Use of technology can make it easy.
- 6] According to the Physical Instructors, use of technology should be limited means for limited area it should be granted valid.
- 7] Technology usage in the classrooms motivates students and teachers – increases productivity and facilitates instruction.

CONCLUSION

According to the above research, it is clear that use of technology tools can create interest among the students in higher institutions and students can learn effectively in comfortably atmosphere. Technology offers great scope for teachers and students to work in innovative and interesting ways. The implementation of ICT helps in effective learning for all anytime anywhere.

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PERFORMANCE ANALYSIS OF WRESTLING GAME IN KHELO INDIA YOUTH GAMES 2020**DR. DAYANAND BHAKT**

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ABSTRACT

The present paper highlighted the performance of Indian youth wrestlers in terms of Khelo India Youth National Games organized by Sports Authority of India Ministry of Youth Affairs in first time in the county. The major aim behind Khelo India youth games was to give opportunities of talented youths of the nation. The main objective of this paper was to analysis the performance of Youth Wrestlers in the game. It was found that Haryana state stood first in terms of wrestling event. And Maharashtra state was on the Top state in overall performance in all games, and second in Wrestling.

Key words: Wrestlers, Sports, Games, Youth, Khelo India.

INTRODUCTION

Wrestling is one of the oldest sports known. In the ancient Olympic Games, wrestling was an integral part of the pentathlon, a form of all-round athletic championship featuring running, jumping, wrestling, and throwing the discus and javelin. Wrestling arts are found throughout India and were generically referred to in Sanskrit as मल्लविद्या or 'science of grappling'. The ancient Greeks were not the first to engage in the sports: the Babylonians, Egyptians, and Hindus taught their youth a form of wrestling as a matter of military need.

Although in various countries there have been minor differences in rules and objective of wrestling, making about as many systems as nations engaging in these sports, there is no basic difference in the various systems.

Today the value of wrestling is universally recognized. There are several distinct styles of wrestling, including the catch-as-catch-can, the Greco-Roman, judo, and sumo. Catch-as-catch-can, the style used in the United States, permits any holds except those believed dangerous, the main objective being to bring the opponents shoulders to the mat. The Greco-Roman, used in Europe, is restricted to hold only above the waist and employ the flying fall, the object of which is to touch both of the opponents shoulders to the mat for a fraction of second. The freestyle, a compromise between catch-as-catch-can and Greco-Roman, permits any holds not dangerous. The primary requisite is great strength.

From the first modern Olympic Games until 1924 wrestling rules varied greatly, usually favoring the country hosting the event. In Paris in 1924, some order was achieved and both freestyle and Greco-Roman events were contested. Over the years many countries have produced great Olympic individual wrestlers and wrestling teams.

Wrestling requires the mastery of basic skill as well as knowledge of how the sport is played. Wrestling requires high and special kind of physical fitness. So that the body can more effectively work as opportunities of counter attack. Whenever in fact a special kind of physical fitness is needed because training for no other sport prepares one for wrestling. It is the hope of the author that this dissertation will help many young men to become introduced to a sport that has brought high excitement and satisfaction to themselves as well as to other men from the time to the present day.

The Concept of Khelo India

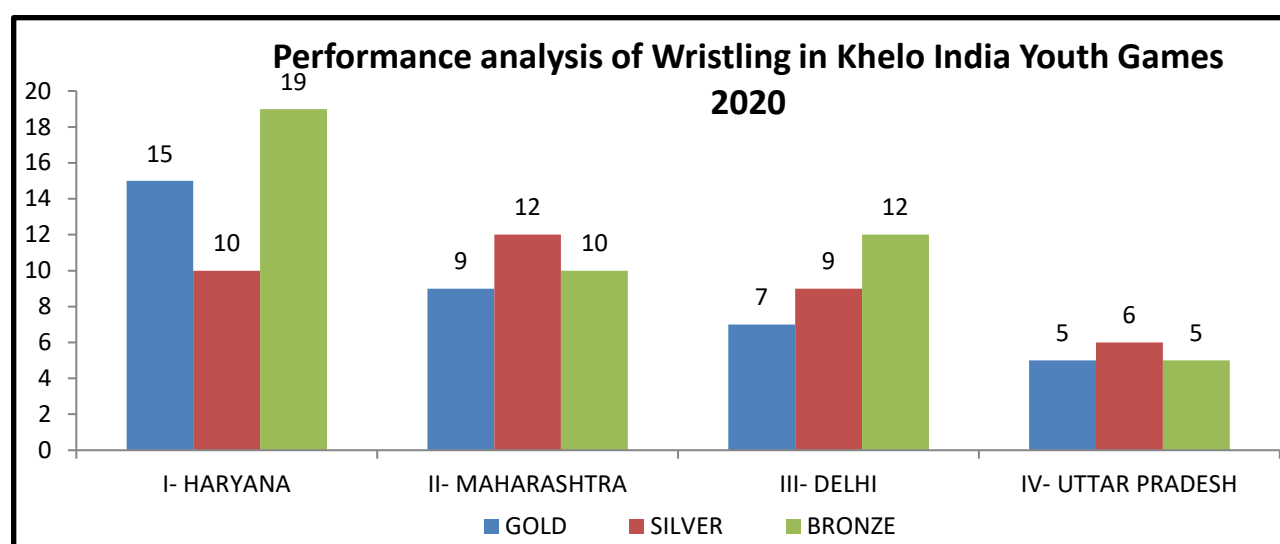
Khelo India Youth Games is a part of the revamped national action plan of development of sports, Khelo India. After the resounding success of the Khelo India School Games in 2018, it is back in 2019 in a

much bigger and better version as the Youth Games. For the first time students from colleges and universities are participating, and approximate a total of 9000 participants. Khelo India Wrestling event was held at LNIP, Sonapur, during 16 to 19 January 2020.

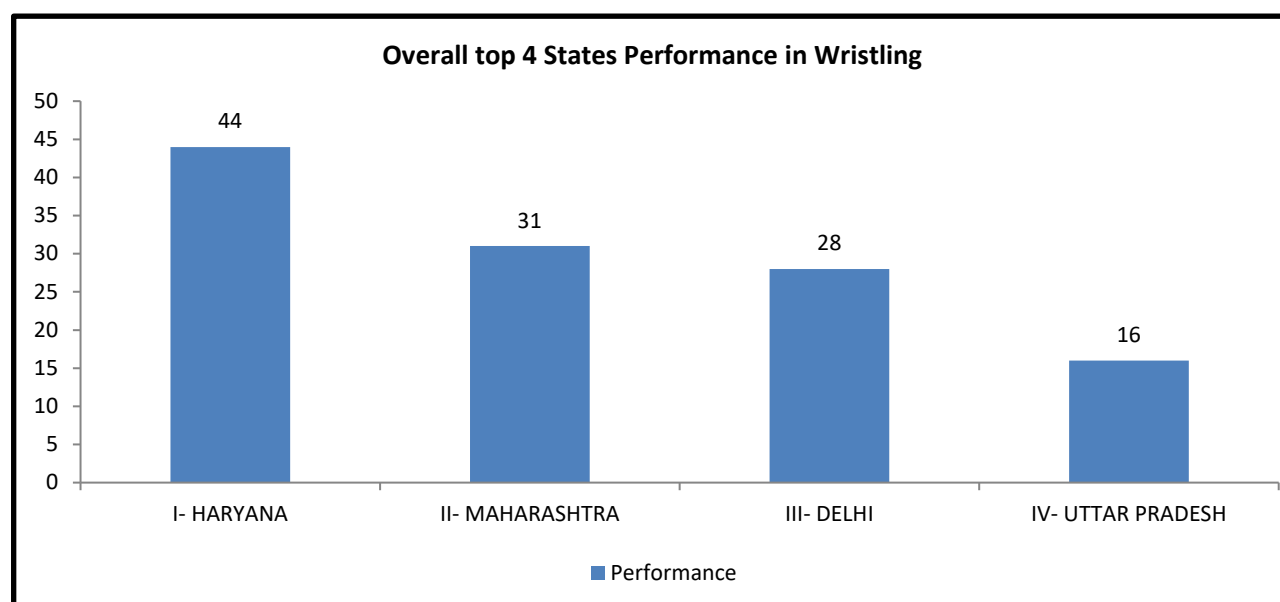
Table showing the Top four ranking of states in Khelo India National 2019-20 in Wrestling Event

RANK	STATE	GOLD	SILVER	BRONZE	TOTAL
I	HARYANA	15	10	19	44
II	MAHARASHTRA	9	12	10	31
III	DELHI	7	9	12	28
IV	UTTAR PRADESH	5	6	5	16

Gujarat 1Bronze, Utterakhand 2 Bronze, Himachal Pradesh and Mizoram, 1 Silver, Rajasthan 2 Silver, 2 Bronze, Madhya Pradesh 2 gold, 1silver, 3 Bronze, Punjab 4gold, 10 Bronze, 5 Gold, 6 Silver, 5 Bronze. Total 27 states and UT's have been participated in the tournament, in which only 11 states had been succeed to achieve medals in deferent categories.



Graphical representation of top 4 states medal tally.



The graphical presentation showing, overall Top 4 performer states in Khelo India Youth games 2020.

Analysis and Discussion

The overall top state was found Haryana state. This state is the benchmark among all other states performing continuously on top. The facilities to athletes, incentives, and solid sports promotion helped the state to excel in all sort of sports. The state is also known as the medal factory of the nation now. After consistent performance of Haryana state Maharashtra state stood second top position in medal tally. Although Maharashtra state stood the most successor in the Youth Games capturing a total 256 medals (78Gold, 77 Silver, 101 Bronze). The state of Maharashtra wins the Khelo India National Youth games 2020. The finals of the U-17 Girls' 46 kg category took place in Guwahati where Kalyani from Maharashtra overcame a challenge from Neha to win the gold medal. Chhaya from Madhya Pradesh and Uttarakhand's Hemlata won the bronze medals. In the U-17 Girls' 53 kg finale, Deepti defeated Madhya Pradesh's Varsha to increase Haryana's gold medal tally. On the other side, Sonali from Maharashtra won the U-17 57 kg tournament. Men and women Wrestlers of both the state did fair play.

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THE ROLE OF MASS MEDIA AND SPORTS

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ABSTRACT

In the Present age the role of mass media has always been close interaction between the sport and media. Media has got the highest position particularly in communication of the fresh information, shaping viewpoint of the masses and bringing live sport. Electronic and print media, mainly consisting of newspapers, TV coverage, magazines were the chief sources of media for the dispersal of information. The exploration of IT technology and advent of internet, the horizon of media has significantly been widened. Considering effect of sport on different dimensions of personal and social life, importance of its development at national scale and mediator role of media in this regard, it is essential to identify role of media in sports development. Main responsibility of mass media is their guidance and leadership role.

INTRODUCTION:

Media keeps us informed about various happening around the world. Let's us know what is happening around us and world. With the help of media, we get immense knowledge on various subjects, media plays a vital role in the dissemination of information. Media is the best medium of communication for mass audience. With the help of various media like web media, print media, electronic media, the mass communication method is accomplished in a suitable way. A vast majority of people, all across the world, rely upon various sources of media. Media plays an important role for the whole society. Mass media are a function of increasing interest in sport and this interest increase of the audience develops attention of mass media like newspapers, radio, TV magazines and now internet and their wide sport coverage.

Radio stations and their reporters can very easily be interconnected so that radio listeners can virtually move from one place to another. Live reporting in the radio increased the number of people who could follow a sports events at the same time. Radio sets are small and portable and can be used in places where watching TV is impossible. Radio can be used as supplement to television reporting. Finally mass media play an leading, instructive and effective role in development of sports.

Evaluation of sports media:

Radio transmissions of sports every began in the 1920s, with just happened to be the golden era of sport. The late 1920s and early 1930s the golden era of radio. By the end of the 20th century, radio stations in the United States broadcast over half a million hours of sports events annually.

Television has clearly become the leading medium in the context of sports. Like the radio this medium allows like reporting, but because it transmits not only sounds but also live images. Millions of sports fanatics are glued to their TV sets. The beginning of television broadcasting was, as well already closely related sports. As a test of new medium, promoters established a TV program at the 1936 summer Olympics in Berlin. The programme could be received within a distance of 10 miles from the sender. The increased number of TV Channels due to cable and satellite television made it possible in 1979 to start the first network in the USA specializing in sports. Therefore television still remains the most important medium for sports reporting. The interactive nature of such experiences will draw us closer to the action and make us more impressive to the media. The media has impacted upon how players are viewed. The media representations of players is such that they can determine what a nation thinks of them. Media

coverage has created superstars more celebrity than sportsperson. Impact of sports may media on the behavior and Health of society.

The presence of sport in the media has grown exponentially over the last few decades, as a result the influence of the media on the concept of physical activity within society and the collective and individual values it purports is indisputable. The mass media tends to follow a specific pattern when representing sport, this includes broadcasting of sport competitions and presentation of elite athletes as contemporary legends. A broad range of teaching and research opportunities are available in the field of media education.

A sports agent is the foremost representative for amateur or professional athletes. Being a sports agent is an exciting career! If this career is one of your passions. Then you can certainly achieve success! Typical tasks and responsibilities include accessing media awareness for your athlete, income negotiations as well as providing career advice. Another responsibility includes contract mediation between the athlete and various sports entities as well as potential endorsers. This rewarding career requires flexibility in the agent's schedule. Further, having superior people skills is a major attribute for this type of career. It would be worthwhile learning the steps necessary for a successful career as a sports agent.

CONCLUSION:

The conclusion will highlight and compare the different perspectives on sport systems and structure, financing of sport, sport policies, and sport participation. Main differences will be discussed within each area and an overview about the important results of the comparison of the 23 countries involved will be given. The objective is to reflect on the diversity of approaches taken to sport development, focusing on the different sport systems and how sport is financed, the underlying applications of sports policy, and how it is reflected in sport participation.

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COMPARATIVE STUDY OF ASPIRATION LEVEL OF VARIOUS LEVEL OF FEMALE KABADDI PLAYER**DR. MEENA PAWAR**

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ABSTRACT

The purpose of the study was to compare Aspiration Level various level of female kabaddi player. For this sixty (60) female kabaddi player, 20 from each participated in the Maharashtra State Tournaments (20 State Players), Inter Collegiate Tournaments of Savitribai Phule Pune University, Pune (20 Inter Collegiate Players) and Inter University Tournaments (20 Inter University Players) with the help of purposive sampling method were selected from Savitribai Phule Pune University, Pune. The weight categories of the Kabaddi Players were ranged 18 to 25 years. Subjects did not use any ergogenic aids or supplementations and also, they were all free from any injuries during the collection of data. To see the level of aspiration researcher has selected 'The level of aspiration measure test' which was constructed by Mahesh Bhargava and M. A. Shah were distributed to the players and the same were collected back after having filled by the players. Statistical Analysis was done on the basis of One-Way Analysis of Variance (ANOVA). The collected data were statistically analyzed with f-test. The level of significance was significant at 0.05 levels. Result shows that there was significant difference were found in Level of Aspiration among Inter University, State and Inter Collegiate Kabaddi Players as obtained F-ratio was 6.231 which was greater than that of required tabulated 'F' value of 3.158 at .05 level of significance with (2,57) degree of freedom. Hence, Post Hoc test was applied to see the Mean Difference among Inter University, State and Inter Collegiate Kabaddi Players in reference to Level of Aspiration. The significant difference was found only among Inter University kabaddi and Inter Collegiate kabaddi in reference to Level of Aspiration whereas insignificant difference was found among remaining comparison. Concluding the above study we conclude that there was significant difference were found in Level of Aspiration among State, Inter Collegiate and Inter University Kabaddi Players, it may be attributed that Level of Aspiration varies from each other but remains a bit in everybody whether it may be player, student, teacher, businessman etc, we can conclude that in the view of different level of players Inter University Female kabaddi player shows high level of aggression followed by State Level Kabaddi Players and least in Inter Collegiate Kabaddi Players.

Keywords: Level of Aspiration, Female kabaddi player, etc.

INTRODUCTION

Today sports are considered as an integral to all-round development of one's personality. Now a day sports has become an essential part of life. Millions of fans and spectators follow different games and sports events bordering on devotion. Many people participate in sports and games for fun, enjoyment, happiness, pleasure, health, fitness, status and also for recreation. Increased participation in games and sports has resulted in competition which has become an important element of modern life.

In last five decades we have seen that sport emerging as a great socio-cultural as well as socio-economic force influencing human behavior in all aspects of life. The impact of this phenomenal change has

been equally influence on athletes, spectators, sponsors and administrators. People are associated with sport in different roles - as athletes, as trainers, as doctors, as physiotherapists, as administrators, as tournament officials (judges, referees, umpires, jury), as team management (managers, coaches) and finally as spectators. Where there are human beings, there is behavior; and where there is behavior - whether individual or social - there is bound to be psychology, in some form. The value of sports psychologist as an integral member of the coaching and health care teams is widely accepted everywhere. Sports psychologists can train specific skills to help players to enhance their learning process and motor skills, cope with competitive pressures, and fine-tune the level of awareness needed for optimal performance. Psychological training must be an integral part of a player's holistic training process, carried out in combination with other training elements. This is best skilled by a collaborative effort among the coach, the sport psychologist, and the players; however, a knowledgeable and skilled coach can learn basic psychological skills and impart them to players, especially during actual practice.

Generally people think that kabaddi is not usually seen as a sport requiring high levels of fitness, however player need to attain a certain level in many aspects of fitness to allow them to perform with accuracy and be able to repeat the actions without fatigue. With calm and quite the player can take a punch with greater intensity and frequency during training, and to punch without fatigue during competition. A successful player requires good vision, hand/eye coordination, controlled psychological variables, high level of Aspiration, etc and many such factors which directly or indirectly effect on boxing performance.

Like other psychological phenomena, motivational factors are important in directing individual behavior consciously and make him strive to perform certain type of activity in order to achieve a definite goal. Every one aims at reaching a definite goal or excellence in performance and doing so, he sets a desire for distinction which has an inner structure known as 'Level of Aspiration' (LOA). Hence, researcher wants to know the level of aspiration of different player, he has taken the study entitled "Comparative study of aspiration level of various levels of female kabaddi player."

MATERIALS AND METHODS

Subject

Sixty (60) female kabaddi player, 20 from each participated in the Maharashtra State Tournaments (20 State Players), Inter Collegiate Tournaments of Savitribai Phule Pune University, Pune (20 Inter Collegiate Players) and Inter University Tournaments (20 Inter University Players) with the help of purposive sampling method were selected from Savitribai Phule Pune University, Pune. The weight categories of the Kabaddi Players were ranged between 18 to 25 years. Subjects did not use any ergogenic aids or supplementations and also, they were all free from any injuries during the collection of data.

To see the level of aspiration researcher has selected 'The level of aspiration measure test' which was constructed by Sunil Sharma and M. Kumar were distributed to the players and the same were collected back after having filled by the players.

STATISTICAL ANALYSIS

To compare the level of aspiration of various levels of female kabaddi player researcher applied One Way Analysis of Variance (ANOVA). The collected data were statistically analyzed with f-test. The level of significance was significant at 0.05 levels.

Table-1

Analysis of Variance in Level of Aspiration among various levels of female kabaddi player

Source of Variation	Sum of Square	df	Mean Sum of Square	F-Ratio
between	8.133	2	4.066	6.231*
error	37.2	57	0.652	

*Significant at 0.05 level

Tabulated 'F' $0.05_{(2, 57)} = 3.158$

Table-2
Post Hoc Test

Inter University Player	State Player	Inter Collegiate Player	MD	CD
5.1	4.7		0.4	0.806
5.1		4.2	0.9*	
	4.7	4.2	0.5	

*Significant at 0.05 level

Above table revealed that there was significant difference were found in Level of Aspiration among Inter University, State and Inter Collegiate Kabaddi Players as obtained F-ratio was 6.231 which was greater than that of required tabulated 'F' value of 3.158 at .05 level of significance with (2,57) degree of freedom. Hence, Post Hoc test was applied to see the Mean Difference among Inter University, State and Inter Collegiate Kabaddi Players in reference to Level of Aspiration. The significant difference was found only among Inter University Player and Inter Collegiate Player in reference to Level of Aspiration whereas insignificant difference was found among remaining comparison.

CONCLUSION

Concluding the above study we conclude that there was significant difference were found in Level of Aspiration among State, Inter Collegiate and Inter University Kabaddi Players, it may be attributed that Level of Aspiration varies from each other but remains a bit in everybody whether it may be player, student, teacher, businessman etc, we can conclude that in the view of different level of players Inter University Female kabaddi player shows high level of aggression followed by State Level Kabaddi Players and least in Inter Collegiate Kabaddi Players.

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EFFECTS OF SPECIFIC TRAINING PROGRAM ON ABDOMINAL STRENGTH WITH RESPECT TO MOTOR DEVELOPMENT THROUGH SIT UP TEST AMONGST 12 YEARS AGE RURAL GIRLS

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ABSTRACT

The primary objective of the study was to examine Effects of Specific Training Program on Abdominal Strength with respect to Motor Development through Sit up Test Amongst 12 Years Age Rural Girls. For this study the population is selected from Village Ranjani. Dist. Jalna, Maharashtra. The samples were selected from S.B. high school, Ranjani village, which came under the rural area of the Jalna District. For the purpose of research 10 samples were selected through stratified random sampling. The research design is made up on the basis of the experimental research characteristics. Under the research design investigator collected data through specific training programme in the form of Pre and Post numerical data, group contained 10 girls 12 year old. The data was collected in the form of Pre-Tests and Post Tests. After collection of the data, the statistical analysis of data was done using Mean, Standard Deviation and t-Test. Results: Sit up Test, obtained P value was 2.56 and which is significant at the level of 0.05. The research reveals that, there was significant effects of specific training Programme on Abdominal Strength was found out in the 12 year girls age Group ($t(9) = 2.56, p > 0.05$).

Keywords: Rural Girls, Abdominal Strength, Motor Development, Specific Training Program

INTRODUCTION

Motor skills generally related to body movements involving whole body muscles. Every person requires the motor skills for operating any movement of the body, even for inhaling the air for extracting the oxygen. Fine motor skills related with those movements which are used in hands, wrists and fingers (movement like holding a cup of tea). This motor development process is very long and continuous for the human for acquiring any kind of skills. This research tried to reveal the facts about sit up exercise and its effects on motor development through a specific training programme.

SIGNIFICANCE OF THE STUDY

1. The findings of this research may help the institution and families of the rural.
2. The finding of this research may enhance the performance of rural girls.
3. This study will help the coaches & physical education teachers to know the effects of sit up exercise on Abdominal Strength.
4. The results of present study will help coaches to give an appropriate training to the players.

STATEMENT OF THE PROBLEM

In the rural area of Maharashtra the life style of the rural girls is tough in the lower economical class. These rural girls have lost of physical work in their houses, where their family roots automatically pushed them to the daily routine works, therefore researcher wants to know the "Effects of Specific Training Program on Abdominal Strength With Respect to Motor Development Through Sit Up Test Amongst 12 Years Age Rural Girls", this study will provide an important data and information about Abdominal Strength with respect to abdominal muscles development amongst these samples.

EMERGENCE OF THE PROBLEM:

In India the knowledge regarding the pubertal change for adolescent girls is from mother or from friend. The amount and degree of information that a girl can take depends her education and understanding. Based on the above studies and overview, the researcher felt that assessing the knowledge and awareness regarding pubertal changes in rural girls are of great important. Hence, the present study is intended to assess the knowledge and awareness regarding pubertal change among adolescent girls and try to give answer to questions which might rise in the minds of these girls in selected rural area Ranjani, Dist-Jalna, Maharashtra.

LIMITATIONS OF THE STUDY

1. There was no control of researcher scholar on the diet of the subjects.
2. Heredity
3. Response to training and test
4. Social environment
5. Economic Status.
6. Load parameter of the specific training components is a limitation of the study.
7. Since the trainees belong to deferent level of performance hence the prior experience of the players was considered as limitation of the study.
8. Meanwhile the trainer belonged to different training this was also considered as limitation of the problem.
9. The effects of weather conditions were considered as limitations.
10. No motivation techniques were used during administrating the test.

DELIMITATIONS OF THE STUDY

1. The selected samples for this research were of 12 years old rural girls.
2. Selected sample were of rural area from village Ranjani, Tq. Ghansawangi, District Jalana.
3. The study was delimited to Specific training program.
4. The research was only representing the status with respect to village Ranjani.

OBJECTIVE OF THE STUDY

1. To select the girls of rural area.
2. To develop specific training program for age group 12 age girls.
3. To impart specific training program on the selected subjects.
4. Analyze the effect of specific training program on the Motor Development of rural girls through Sit up Test.

HYPOTHESIS OF THE STUDY

- There is no significant effect found due to specific training program on Abdominal Strength with respect to Motor Development through Sit up Test amongst 12 Years age rural girls.

OPERATIONAL DEFINITIONS

1. Special Training program: The designed plan of various exercises which improves specific motor abilities & Growth factors of Girls aged between 12 years.
2. Motor Development: Development indicates that, there is advancement, more progressive changes, going forward to greater maturity and functional changes. Motor development refers to the development of a child's bones, muscles and ability to move around and manipulate her environment.
3. Rural Girls: It refers selected living area situated away from city and allotted to rural education by government of Maharashtra as rural girls.

DEFINITIONS AND PROCEDURE OF SELECTED EXERCISE

- **Bent Knee Sit Ups:** This exercise is basically works for strengthening the abdominal muscles. To be effective, sit-ups must pull the trunk upward from a lying position toward the knees using only the abdominal muscles group. Bending the knees during sit-ups helps neutralize the action of the hip flexors and makes the abdominal muscles work more. For doing Bent Knee Sit Ups lay on your back on a mat, bend your knees and place your feet flat on the floor. You can cross your arms on your chest or place them behind your head. Then pull trunk off the floor until get in the sitting position. In this position shoulder blades and low back come up off the floor and chest will come few inches near to your knees. After this go back with same route and lie down and repeat this activity.

REVIEW & LITERATURE

- **Alexandre Schubert, Renata Selvatici B. Januário et.al. (2013)** tried to verify the association between nutritional status, physical fitness, and body image in children and adolescents. This cross-sectional study included 401 students (236 boys and 165 girls) aged between 8 and 16 years that were regularly enrolled in sports in the local clubs. The nutritional status was evaluated by the body mass index. Students were assessed for satisfaction with body image, abdominal strength resistance, and cardio respiratory fitness. The variables were assessed on the same day following a standardized order. In order to verify relationships between variables, the chi-square test was used. Afterwards, the binary logistic regression was applied to identify the magnitude of the associations, considering $p < 0.05$ as significant. The result of this study denoted association was found between body image and body mass index ($p = 0.001$), abdominal strength resistance ($p = 0.005$) and cardio respiratory fitness ($p = 0.001$). The Odds Ratio for presenting the body image in satisfaction for those who have not achieved the expected values for the health criteria in abdominal strength resistance and cardio respiratory fitness were 2.14 and 2.42 times respectively, and for those with overweight and obesity, 2.87 times. In satisfaction with body image is associated with body mass index and also with physical fitness, abdominal strength resistance, and cardio respiratory fitness variables is the conclusion of this research.

METHODOLOGY

POPULATION AND SAMPLING:

For this study the population is selected from Village Ranjani. Dist. Jalna, Maharashtra. Stratified random sampling was used in the selection the sampling for the study. The samples were selected from Ranjani village, which came under the rural area of the Jalna District. Samples were selected from S.B. high school, Ranjani, in the school total population of 12 year girls was approximately 100. For the purpose of research 10 samples were selected through stratified random sampling. According to age group four groups were formed. 10 samples in each group will be selected for this research.

ETHICAL CONSIDERATION:

In collecting the researcher follow to ethical guidelines, values, principles and standards for studies conducted with human beings. The study included safeguards for protecting humans, which involves three ethical principles: beneficence, respect of human dignity and justice.

VARIABLES OF THE STUDY:

1. **Independent variables:** The specific training program and tests to bring the motor development of the rural girls were independent variable of the study.
2. **Dependent Variables:** Motor Development of the samples after imparting the training program was the dependent variables.
3. **Intervening Variable:** The age factor, heredity, diet, and body composition these are the intervening variable.

RESEARCH DESIGN:

The research design is made up on the basis of the quasi experimental research characteristics. Under the research design investigator collected data through specific training programme in the form of Pre and Post numerical data, 12 years age group contained 10 rural area girls. The data was collected in the form of Pre-Tests and Post-Tests. After collection of the data, the analysis of data was done using Mean, Standard Deviation and t-Test.

TRAINING PROGRAMME

Training program was planned as 18 weeks, 5 days a week &, 60 minutes per day as per availability of time (morning or evening sessions). The level of training intensity was increased from initial 10% to 30% during 18 weeks. subjects were trained according to protocol of three sets 4 to 8 repetitions & 3 to 5 minutes break between each set.

The exercise session was designed as follows:

- The warm up period was approximately 15 minutes: - This was combining walking, jogging and callisthenic types stretching exercises.
- The main activity period was up to 30 minutes: - Progressive aerobic activity that was increased the heart rate. Like 800 Meter Jogging, Standing broad jump, **Bent Knee Sit Ups**, Split Squat Jumps, Side Step Jumps, Vertical jump were involved.
- The cool down period was up to 15 minutes: - That was combining static stretching exercises and light jogging.

ADMINISTRATION OF THE TEST

Bent Knee Sit ups Test: This sit up test measures the strength of abdominals and hip-flexor muscles. This test tried to reveal that, the subject performing sit-ups, how many He / She can do in 1 minute?

Purpose: to measure the strength & endurance of abdominals and hip-flexor muscles. Equipment Required: A Carpet, Stopwatch. Procedure: Lie on a carpeted or cushioned floor with your bent knees, with feet flat on the ground. Squeeze your abdominal, push your back flat and raise high enough for your hands to slide along your thighs to touch the tops of your knees. Don't pull with your neck or head and keep your lower back on the floor. Then return to the starting position. Scoring: When the subject touches the chin to his bent knees count one, and keeps counting till the one minute completed in the stopwatch. Record the sit ups count during one minute.

TOOLS AND MEANS

There are different motor ability tests for assessing effects of specific training program. These tests deal with specific age, sex or category & the coefficients of reliability and validity are not stable & vary in wide range, if applied in the present study. So research scholar used standard tests which applicable to sample.

Pre and Post Tests:

Name of motor ability	Name of test
Abdominal Endurance	Bent knee Sit up test

INSTRUMENTS USED FOR COLLECTING THE DATA:

Stadiometer, Weighting Machine, Measuring tape, Stop Watch, Plastic Cones and Rope.

STATISTICAL TREATMENT OF THE STUDY

Various statistical techniques were administrated for the collected data, in which Mean, Standard Deviation and t- test was conducted by the research scholar for statistical analysis. 1. Mean: In statistics mean mentions to the average that is used to derive the central tendency of the data. It is determined by adding all the data points in a population and then dividing the total by the number of points. The resulting number is known as the mean or the average. 2. Standard Deviation: Standard deviation is a measure of

dispersement in statistics. "Dispersement" just means how much your data is spread out. Specifically, it shows you how much your data is spread out around the mean or average.

3. T-Test: A t-test is an analysis of two population's means through the use of statistical check; a t-test with two samples is usually used with minor sample dimensions, analyzing the difference between the samples, when the variances of two normal distributions are not known.

ANALYSIS AND INTERPRETATION OF DATA & RESULTS OF THE STUDY

Table 21

Statistically demonstrate the effects of specific training program on Abdominal Strength through Sit up Test of rural girls amongst 12 Years girls' age group, in the form of t-Test: Paired Two Sample for Means of Pre Test and Post Tests.

Sit Up Test		
t-Test: Paired Two Sample for Means		
	<i>Variable 1</i>	<i>Variable 2</i>
Mean	15.9	23.1
Variance	2.1	6.988889
Observations	10	10
Pearson Correlation	0.089909	
Hypothesized Mean Difference	0	
Df	9	
t Stat	-7.85584	
P(T<=t) two-tail	2.56E-05	
t Critical two-tail	2.262157	

* Significant at 0.05 Level

As per Table, Shows that statically significant effect was found out of specific training program on Abdominal Strength of rural girls through Sit up Test in the form of t-Test of pre and post-test of the 12 year girls age Group.

With regards to Sit up Test, Pre and Post-Test of the group, they have obtained the P value 2.56 and which is significant at the level of 0.05. The Table reveals that, there was significant effects of specific training Programme on Abdominal Strength was found out in the 12 year girls age Group ($t(9) = 2.56, p > 0.05$).

CONCLUSIONS:

Statically significant effect was found due to specific training program on Abdominal Strength of rural girls through Sit up Test amongst 12 Years age Group (D). Thus the Null Hypothesis is rejected.

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CONTROL OF DOPING AND DEVELOP SPORT CULTURE**DR. PRAVIN MURLIDHARRAO BHOSLE**

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ABSTRACT

The battle against doping in sport is every athlete's fight. Ideals of dignity human excellence and fair play are not unique to the Olympic movement. But apply to the every nature of sport to be the best an athlete can be. But at some point a line must be drawn between being the best through hardwork perseverance and certain levels of biological luck and that of taking extraordinary means. Doping winning at all costs cannot be accepted least of all by athletes. Athletes are role models for the children of their time. Children everywhere idolise athletes for their strength grit, determination and unflappability under stress. By speaking out against doping and espousing the ideal of excellence and fair play. We can serve our youth by triumphing in the war against doping and develop good sport values to enhance the sport culture.

Keywords : - Doping, Adverse Effects, Prohibited Doping, Doping control.

INTRODUCTION :-

Sport are an integral part of th each person's life, as it plays a key role in developing all round personality and remaining healthy in individual's life. Sport is a physical activity that tests our athletic abilities. Sports contribute towards the physical metal and psychological health of people. It is obvious that in those nation where there is health sport culture, people stay healthy and remain fit both physically and mentally. This result in a healthy work culture and people become hardworking, dedicated and disciplined which has a profound influence on the progress and development of that nation. With growing importance of sports, there increased a throat cut competition also.

As a result of extreme competition in the field, Sports of modern age have changed the way players play the games, as it covers various illegal acts like taking dose of stimulated substances like steroids, caffeine, Dexedrine, Ephedrine and Benzedrine etc. Doping affects all level of athletes. Doping is the blackspot and curse to the sports culture. Doping is iniquitous wrong and immoral and there must be a stop to it. The use of performance enhancing drugs by the athlete not only harmful for the athlete but also integrity of sports.

What is Doping :

Doping means athletes taking illegal substance to improve their performance.

Doping is defined by the IOC as the use of any method or substance that might harm the athlete, in a quest to gain an unfair advantage, over his or her fellow competitors.

Doping in sport remains as serious and difficult issue, putting an athletes health at risk, threatening the integrity of clean athletes and reputation of sports.

Historical Background :-

- The use of drugs to enhance performance in sports has certainly occurred since the time of the original Olympic Games from (776 to 393 BC). The origin of the word doping is attributed to the Dutch word *doping* which is a viscous opium juice, the drug of the athletes ancient Greek.
- Ancient Greek used special diets and potions to strength themselves. The Ancient Greek and Roman's used herbs, fungi, poppy seeds and stimulants such as strychnine in order to boost performance.
- The first use of performance enhancing drugs in modern Olympic as per record Thomas Hicks who won the Marathon after receiving an Injection of strychnine in the middle of the race. The first official ban on stimulating substance by IAAF in 1928.
- The Amphetamines were the first effective performance enhancing drugs which were used widely by soldiers in the Second World War
- Caffeine, cocaine and Alcohol were often used by cyclist and other endurance athletes in the 19th century. The fight against doping in sports commenced as a result of the death of a Danish Cyclist during the Rome Olympic Games in 1960.
- Following the conference, the World Anti-Doping Agency (WADA) was established on November 10, 1999.
- According to various studies it is estimated that 50-80% athletes among baseball and cyclist have been doping.

Reasons behind 'Doping' :-

- A star Athletes can earn a lot of money and a lot of fame and athletes only have a short time to their best work.
- Athletes know that training is the best path to victory but they also get the message that some drugs and other practices can boost their effort and give them a shortcuts.
- Competitions in the sport industry is now more than ever and athletes are always under constant pressure to excel.
- Athletes after pursue dream of winning a medal for their country or securing a spot on a professional team. So they always pressure of coaches, parents, society or Government.
- Athletes may want to build mass and strength of muscles or they have lack of mental stability.
- Athletes face enormous pressure to excel in competition so their mentality became that winning of game at every cost.

Types of Doping :

1. Epo : It stimulates the red blood cells.
2. Blood Doping : It is used to increase the number of blood cells.
3. Amphetamines : It is used to increase performance of the athletes.
4. Human Growth Hormone : It is used to increase the power and speed of the body's muscles.
5. Steroids : It is used to increase the performance of the human body.
6. Diuretics : It helps to lower body weight.

Why Doping is Prohibited in Sports :

1. Doping damages competition for clean athletes who play by the rules.
2. Doping affects all levels of athletes.
3. Affects future generation who may be influenced by what top athlete's do.
4. Use of artificial enhancements and methods is cheating and fundamentally contrary to the spirit of sport.
5. The substance or method has the potential to risk the athlete's health.
6. Doping substances or methods violate the spirit of sport.
7. Use of performance enhancing substances the athlete may become dependant on the drug to create red blood cells.
8. The substance puts serious strain on the heart.

9. Kidney Damage, premature boldness, shrinking of testicles and possible impotence of athletes.
10. Sometimes it causes to death.

Doping Control

Doping control includes the planning of testing, collecting and processing samples laboratory analysis, results management, processing of antidoping rules violations and determination of consequence as well as any appeals.

Purpose of Doping Control

- Prevent the use of substances and method that are detrimental to health and improve performance.
- Secure athlete's right to fair and clean competition.
- Defend the equity and reliability of sports in the future.
- Respects with sport and medical ethics

Basic Procedure of Doping Control

- Notification of selection for a drugs test .
- Reporting for testing.
- Selecting a collection vessel.
- Providing the sample under supervision.
- Selecting the sampling kit.
- Dividing and sealing the sample.
- Testing the suitability of the sample.
- Recording and certifying the information.

Doping Test :

Doping Testing is an activity that is strictly specified in the international standard for Testing and Investigations. Urine, blood or both are collected as test samples. Doping testing takes place both at competitions and outside of them.

Meaning of Sport Culture :

Sport is usually defined as an organised, a competitive and a skillful physical activity which asks for devotion and fair play. All of this is regulated by rules or customs. Many sports authorities say that sports is a social cultural system which has a high level of development in different segments of its action.

Culture and sport are both human rights and related to various other human rights.

The Big Ten Values of Sport Culture

1. Honesty	2. Integrity
3. Humility	4. Professionalism
5. Discipline	6. Toughness or some variation like ruthless, hard-core etc.
7. Work ethic	8. Enjoyment / fan
9. Passion	10. Respect

Sport show the spirit of the charm has become the ideal, the content of the education of contemporary life. Sports model to become a character of the young people to imitate which is conducive to the cultivation and practice of socialist values. Sport means all forms of physical activity which through casual or organised participation aim at expressing or improving physical fitness and mental well being forming social relationship or obtaining results in competition at all levels. Culture is not clearly defined in human rights law. The right of people to practise and continue shared traditions and activities.

CONCLUSIONS :

Based on the above study it is concluded that the culture of elite contemporary sport is seductive to many aspiring young athletes. To combat drug misuse, effective education should embody moral, ethical and clinical dangers recognising the importance of support at times of increased athlete vulnerability. Doping in sport is representative of the corruption that is happening in our society. It undermines the ethos of our society where talent combined with hardwork. Doping is the type of illegal activity that is used for enhancement and to win the games. The use of drugs in sports making sport culture in deteriorating condition. Doping spoils the physical, mental health of an individual. To protect the integrity of sport, the health of athletes and young aspiring sports people, world wide we need concerted and comprehensive approach to the fight against doping. Sports cover healthy life intrinsic values of loyalty, solidarity, fairness and justice for games, empathy and responsibilities, acceptance of victory and loss, fraternity, respect for others and national integration. Doping is likely to be a black spot to the sports culture which marks a violation of sporting ethics which are against sporting principles. So there is a need to prevent such unethical acts and focus on sports cultural values.

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ROLE OF PHYSICAL EDUCATION AND SPORTS IN DEVELOPMENT OF YOUTH

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ABSTRACT

Physical education, sports is vital to the overall development of youth people, enhancing their physical, social and emotional health. The benefits of sport reach beyond the impact on physical well-being and the value of physical educational benefits of sport should not be under-estimated. At childhood stage developing interest in any sport or physical activity be inculcated from an early age to develop respect and understanding for lifelong engagement in professional or recreational activities. The Power of Play makes a compelling case for further participation in Sport for all age groups and abilities in India. Healthy development of children and young people through sport, Physical education and sport have an educational impact. Changes can be seen in Motor skills development and performance and Educational potential. This shows the positive relationship between being involved in physical activities and psychosocial development. Physical education in schools, providing physical education both inside and outside of schools is crucial in helping young people to learn and develop life skills.

Keywords : - Physical Education, Youth

INTRODUCTION:

Physical education, sports is vital to the overall development of youth people, enhancing their physical, social and emotional health. The benefits of sport reach beyond the impact on physical well-being and the value of physical educational benefits of sport should not be under-estimated. At childhood stage developing interest in any sport or physical activity be inculcated from an early age to develop respect and understanding for lifelong engagement in professional or recreational activities. The Power of Play makes a compelling case for further participation in Sport for all age groups and abilities in India. Healthy development of children and young people through sport, Physical education and sport have an educational impact. Changes can be seen in Motor skills development and performance and Educational potential. This shows the positive relationship between being involved in physical activities and psychosocial development. Physical education in schools, providing physical education both inside and outside of schools is crucial in helping young people to learn and develop life skills.

Now-a-days the system of education makes the students stress more on their mental development and completely rejects the physical activities. The overall outcome of this is that the developing groups of graduates and professionals have weak bodies and poor physique. The curriculum should include sports, games and physical health education for the all-round development of the students.

Sports education should be introduced in schools and colleges with complete sincerity. It also justifies the statement, "a sound mind resides only in a sound body". A healthy and strong body is not possible without sports and physical activities.

I have put together our top 5 reasons why I think youth should play sports, I believe learning physical education and playing sports offers children's of all age group get countless benefits and assists in improving their physical, social and mental well being.

1. It gives youth a group to belong to. They have a group of friends that has the same goals and interests.

2. Youth develop lifelong healthy lifestyle habits. Regular physical activities improve youth fitness and help them stay in shape.
3. It's natural stress reliever. Exercise is a great way for youth to loosen up and let go. Sports also help youth develop relationship, which becomes a support system for them.
4. Playing sports help develop teamwork and leadership skills. Working towards a common goal helps youth develop communication and problem solving skills will be benefiting them on the field and off.
5. Sports boost self esteem. Youth learn to be confident on the field. Seeing their hard work pay off brings about loads of self confidence. When youth achieve their goals on the field it teaches them they can achieve any other goal they set later on down the track.

Power of Physical Education & Sport for Development of youth

The opportunity to participate in and enjoy sport and play is a human right as per the Charter for Physical Education and Sport adopted by UNESCO in 1978. Sport and Play is a key tool for development cutting across all human and social barriers. Engagement, learning and development through sport are 100 percent guaranteed irrespective of age, gender, culture and ability.

The benefits of sport are many from physical and mental health to development of team work and leadership abilities to building of confidence. On a larger scale sport can help with social inclusion and harmony and can promote equal opportunities for women and for people with disabilities. Millions of people watch CRICKET & FIFA World Cup Final. This amazing figure is one of the many statistics that demonstrate how sports captivate our lives. Across the world, athletic competition activates a collective spirit that enhances community participation among youth and adults. Attracting youth participation and development through a powerful tool such as 'sports' should be a paramount investment to be made in the years to come by public/private sector and communities. Sport for Social Development is a method of bringing about social change through the use of sports. Sport and play are used as tools for peace and development. Sport and play help children learn lifelong skills, empower women and communities, and remove discrimination. Sport can be used as a tool to reach personal and community goals.

Physical Education & Sport for Educational Development

Physical Education & Sport provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing. These learning aspects highlight the impact of physical education and sport on a child's social and moral development in addition to physical skills and abilities. It has been forgotten that academic learning and sports education complement each other. They resemble the two sides of the same coin. If sports education is carried out accompanied with the academic curriculum, the overall personality of the student is increased to quite an extent. The qualities of the leadership, sharing, team spirit and tolerance are learnt from sports.

Sports education not only teaches the students to maintain the physical stamina, but also the habit of discipline, the determination to win, willpower, etc. The power of reasoning, mental development, vocational specialisation comes from the academic education of the students. Therefore, sports education along with the academics result in the all-round development of the students.

Sport and physical education is fundamental to the early development of children and youth and the skills learned during play. Through participation in sport and physical education, young people learn about the importance of key values such as:

Leadership, Teamwork, Decision making, Self Respect and Respect for others & Discipline & self rules

Learning through sport: While the physical benefits of participation in sport are well known and supported by large volumes of empirical evidence, sport and physical activity can also have positive benefits on education. Sport-based programmes have shown improvement in the learning performance of children and young people, encouraging school attendance and a desire to succeed academically.

Lifelong involvement in physical activity: Physical education and sport also build health activity habits that encourage life-long participation in physical activity. This extends the impact of physical education beyond the school and highlights the potential impact of physical education on youth health.

Leadership in sport: The real benefits of sport involvement appear among children and youth who have experienced appropriate forms of leadership. It shows that martial arts taught with a philosophy of respect, patience, responsibility and honour.

Physical education & Sport for Personal and Life Skills Development

Just as philosophy of physical education help develop the intellectual, spiritual and emotional aspects of youth, sports help us develop the physical. We need balance of mind, body and spirit to feel and function at our best. The benefit of sports extends much beyond the physical aspects. It builds character, teaches strategic thinking, leadership skills, goal setting and risk taking.

Participating in sports and physical activity develops the five components of fitness, which are:

Strength, Speed, Skill, Stamina & Flexibility.

A good sportsman always learns to obey the rules of the games and the comments of their superiors. It also teaches them leadership qualities, maintaining teamwork and displaying team spirit. Sports education trains the students to face defeat with a smile and maintain the humility even in victory. It is the healthiest means of refreshments and recreation. Any person good in one walk of life automatically gains confidence in others. So if one is good at sports, it follows that their confidence will spill over to academics as well. With confidence on their side, they are motivated to give their best.

Physical education & Sport for Professional Development

Sport management is an industrious field concerning the business aspects of sports and recreation. It provides an opportunity to gain financial and marketing knowledge as well as business management skills. You might also gain expertise in sports event planning and brand building. eg. Recreational sport managers, sports marketing, event management, facility management, sports economics, sports finance, sports journalism and sports information.

Sport also offers a range of professional development or continuous professional development courses to enable coaches, team managers, sports administrators, teachers, sports leaders, physiotherapists, occupational therapists and sporting professionals to enhance their skills and knowledge. Sports Entrepreneurship Management has become very important in today's age. With sports being introduced in educational curriculum managing it has become a very important aspect.

With the advent of leagues for various sports like cricket, football, hockey and kabaddi in India the money earning capacity for sports people has considerably increased along with making life easier for them. It has also opened newer avenues for livelihood for people not only in India but across the globe.

Physical education & Sport for Health Development

Unhealthy diet and physical inactivity were among the leading causes of these diseases. Sport and physical activity are crucial for life-long healthy living. Sport and play improve health and well-being, extend life expectancy and reduce the likelihood of several non-communicable diseases including heart disease. Sports releases feel-good endorphin which elevates the mood. A good mood is conducive to performing well in other fields because there is peace of mind that allows greater concentration. Sports acts as a great outlet for frustrations of any kind.

Regular physical activity and play are essential for physical, mental, psychological and social development. Good habits start early. The important role of physical education is demonstrated by the fact that youth who exercise are more likely to stay physically active. Sport also plays a major and positive role in one's emotional health, and allows building valuable social connections.

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NUTRITIONALLY BALANCE DIET AND SPORTS PERFORMANCE**DR. SUSHIL S CHAUHAN**

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INTRODUCTION:

The performance of the player in the game depends on many factors one of which is his diet, if all the elements are present in proper quantity in a person food which is necessary for the nutrition of his body, then it is called a balance diet.

The player has to do a lot of physical activity at the time of performing the exercise so the amount of calories in the diet of the player is more than the normal person. The player needs energy for physical activities, the energy gets by him from six types of nutrients. Nutrients are divided into two parts according to their requirement 1) Macronutrient

2) Micronutrients

Macronutrients	Micronutrients
1) Water	1) Vitamins
2) Carbohydrates	2) Minerals
3) Protein	4) Fat

1) **Macronutrients:** Is the one that the body needs more in quality, macronutrients also known as energy nutrients. Energy from nutrients is measured in calories and it is used to repair tissues, body is development and to build new tissues.

2) **Micronutrients:** It is required by the body in very small amount. Basically they do not provide energy, but they are needed for the body to function normally. They are mainly helpful in balancing the chemical processes of the body, minerals and vitamins come under micronutrients.

Sports Performance and Nutrients

Under the sports nutrition, exercise science and players body is studied, on that basis a diet table is prepared for the players. Different sports required different calories it depends upon player's body compositions, practice schedule and gender etc. while making a diet chart we should be kept in mind that 1 gram of carbohydrate provides 4 calories of energy, 1 gram of protein gives 4 calories of energy and 1 gram of fat gives 9 calories of energy.

Carbohydrate: Carbohydrate is the initial energy source for physical movement. Carbohydrates are mainly found in two forms. The Starch or complex and Simple sugar. Carbohydrate is the form of starch in more beneficial than ordinary sugar because it also provides vitamins, minerals and fibers. Carbohydrates are stored in the body in form of glucose, which is the main source of energy during physical activities. Proper used of carbohydrates maintain the proper amount of glucose in the body's blood, it also recharge the glycogen stored in the muscles. Low pre-exercise muscles glycogen decreases high intensity performance, so intake of carbohydrates should be emphasized during whole training and competition phases. Carbohydrates we get from whole grains, oats, brown rice, wheat bread, sweet potatoes etc.

Protein: Protein is present in all the cells of the body. It helps in building body tissues and developing tissues. In addition, it also helps in the manufacture of various types of chemicals hormones and enzymes. It makes muscles and bones strong. Protein is obtained from meat, fish, eggs and soy products. Player also takes protein as a supplement to increase their strength and stamina, but while taking them, care should be taken that the supplement taken is not in the restricted list of WADA. The player should take 1.4 grams to 2

grams of Protein per kg body weight in his diet per day. We know that the addition before and after resistance training can increase protein synthesis and increase in the lean mass beyond normal adjustment.

Fat: Fat protects our body's vital components. The work of absorbing the vitamins in the body is also done by fat. It also acts as a source of energy. Player should use up to 25 to 30% fat in their daily diet. Player should get fat from nuts, olives and oily fish because they increase HDL (good) Cholesterol level and reduce LDL (bad) Cholesterol level.

Hydration: The human body is made up of water from 50-60% body can remain mobile for some time without nutrients but not without water in order to control body temperature in sports, lubrication of joints, caring the nutrients to the working muscles player need water. Therefore the player must take sufficient amount of water before the competition. Physical activity longer than one hour, Sport drink that includes electrolytes or normal coconut water can be helpful for hydration. In long duration activity electrolytes are essential for maintaining a healthy sodium and potassium balance in our body.

Vitamins and Minerals: Normally when we take fruit and vegetables in sufficient quality, then we get minerals and vitamin from then, there is also no need to take them separately. Vitamins and Minerals protect the body from different diseases; they also protect it from fatigue for a long time.

Conclusion:

Based on the above description, we can say that if the player has to performs at his best, he will have to pay attention to his diet along with scientific training, if the diet of the player is not balanced then he will not get energy for a long time, the tissues in his body will not be repaired properly, the chances of the injury will be increase. Therefore, the player should take all the components into account while taking food so that his performance remains good for a long time.

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NEED OF MORAL VIRTUES IN SPORT

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ABSTRACT

To obtain a sense of how sport is useful venue for developing moral virtues. It has a sacred history. Since the inception of this concept to the contemporary declarations, sport has been portrayed as a builder of character. Controversy still prevails on 'can active participation in sport really promote the development of moral virtues?' This claim has received little empirical investigation in sport research. Author in this chapter tries to explain the importance of moral virtues in sport. A moral virtue is not the totality of what is meant by character, but it is a part. Shields and Bredmire (2001) defined moral virtues 'as the evolution of a person' a grasp of the interpersonal rights and responsibilities that characterise social life.

Keywords : - Moral Virtues, Sports, Social Life

INTRODUCTION OF THEORY OF MORAL VIRTUE:

This theory has been accepted through out the landscape of moral development inquiry for the past many decades. Haan (1997b, 1978, 1983, 1991); Haan & Cooper (1985) have derived the basic constructs of moral development from the analysis of moral development from the analysis of moral action in the context of simulation games. Thus the basic concepts of this theory describes the structure of interpersonal moral action. There are three levels of this theory.

MORAL BALANCE:

Moral balance describes the interpersonal state when all parties involves in a relationship. The basic agreement behind moral balance is about respective rights, obligations, and privileges. Haan beliefs that morality arises from the reality of human interdependence and there is a need to balance the give-and-take of any relationship. The proper balance of giving-and-taking needs to reflect the particular interest. When sportspersons are in moral balance; an agreement exist to keep the relationship subjective equal. When they disagree about mutual rights and obligations, the moral balance is disturbed and a state of moral imbalance follows.

MORAL DIALOGUE:

Variety of means is adopted when moral imbalance occurs. Haan collectively called this effort 'moral dialogue'. The moral dialogue is always open, verbal, and negotiable. If any player is tripped in violation of the prescribed rules, moral dialogue takes place. Communication is the important channel that helps to restore the shared understanding and moral balance. If the communication is unsuccessful at restoring the balance, dialogue may continue until balance is achieved.

MORAL LEVEL:

Haan (1978) has described five levels of moral in sportsmen, which helps to develop moral maturity. Each level reflects different understanding to construct the moral balance. The first two phases are called 'assimilation phases' in which the sportsperson belief that moral balances should be constructed. These phases help to protect the 'needs' as well as 'self'. The third and fourth phases are known as the

'accommodation phases', which is mainly concerned with the normal exchange. The fifth phase is the 'equilibration phase' in which the persons give equal recognition to all parties interests.

HOW ARE MORAL VIRTUES ACQUIRED?

There is certainly in us by nature an aptitude, a certain imperfect foundation for virtue, in two ways, both as respects the constitution of human nature and of the individual man. For the first, in man's reason are natural principles of things to be known and things to be done, the speed-plots, so as to speak, of moral virtues. In the will, also, is naturally a rational desire of good.

For the second, the nature of the individual, some men are (naturally) better or worse constituted with respect to certain virtues, through their bodily constitution, so far, namely, as their nervous system aids or impedes the actions of their sensitive, and, consequently, the operations of their rational powers which make use of the sensitive soul. One man, accordingly, has natural aptitude for science, another for courage, another for game. But this natural aptitude for certain virtues is not the consummation of them. For nature is determined to one end alone, whereas perfected virtue is not directed in one channel only, but is varied according to the diverse matters and the diverse circumstances wherein the virtue operates.

Man's good is measured by rule. That rule is two-fold; sc., human reason, and Divine law. And because of Divine law is the superior rule and measure, its extent is wider; whatever is regulated by human reason is regulated also by it, but not conversely. The virtue, which is regulated by human reason, can be caused by human acts, inasmuch as acts of this kind proceed from reason, under whose power and regulation stands the good of man. But the virtue that ordains man for good, as regulated by Divine law, and not simply by human reason, cannot be caused by human acts, but only by Divine operation.

But is it not true that man needs the grace of God in order that he may avoid sin? And is not sin compatible with the possession of virtue? The author grant that the perfection of supernatural virtue is incompatible with any mortal sin; but this is not true of virtues acquired by human efforts. For the employment of our habit is subject to our will. But not by one act of sin is a habit destroyed; for act is not directly contrary to habit, the contrary habit is. Therefore, although without grace man cannot live without committing some moral sin, yet he is not hindered thereby from acquiring some habit of virtue by which he may in general abstain from evil deeds, especially those which are in highest degree contrary to reason. There are, also some mortal sins which man without grace cannot possibly avoid, those, namely, which are directly opposed to the theological virtues. Does the Spirit of God infuse any moral virtues? All virtues, intellectual and moral, which are acquired by human acts, proceed from certain natural principles pre-existing in us. But for supernatural destiny other virtues are needed which bear the same relation to the three theological virtues, as moral and intellectual virtues do to their seminal principles.

APPROACHES TO DEVELOP MORAL VIRTUE

Researches have described two important theoretical approaches to develop the moral virtues in sportsperson – **The Social Learning Approach and The Structural Development Approach**. Review of the related literature on sports reveals that most recent research on sport morality has frequently utilized a structural developmental approach.

THE SOCIAL LEARNING APPROACH:

This approach provides main impetus on some of the critical issues:

1. What are the primary vehicle through which learning occurs,
2. What are products of learning, and
3. What innate factors in producing individual differences (Rushton, 1982)?

Eysenck (1977) emphasizes classical conditioning as the primary vehicles, conditioned affects as the focal learning outcomes, and innate difference in the 'condition ability' of people's nervous system as the primary source of individual variations in learning. Bandura (1977) put major emphasis on modelling and reinforcement as the major stimulates for learning and cognitive construct as a major learning outcomes.

Social learning theorist's belief that there are number of shared theoretical tenets that shape how they view the moral domain. Moral behaviour is a non-distinct from other types of behaviour. The same

learning principle that operates in the acquisition, maintenance and modification to control the exhibition of helping, sharing or acting. The degree to which a person acts 'morally' is directly related to that person's previous learning history. On the other hand, it can also be said that a person is morally correct to the degree he has learned to be so. Moral virtue is equivalent to a process of socialization through which the norms of one's society are internalised. Moral virtue is that behaviour that conforms to the pro-social norms of a given society or cultural groups. Thus moral virtues are relative to the culture. Finally social learning approach is methodologically committed to focus on out going behaviour. What is happening in the mind is viewed as unknowable; only observable behaviour needs to be scientific investigation.

THE STRUCTURAL DEVELOPMENT APPROACH:

This theory is based on certain assumptions in people's actions or thinking can be analysed at the level of 'content' or at the level of 'structure'. What people think, how they behave or how they respond to an experimental manipulation are all contents of 'thought' or behaviour. The structure itself is a outside of conscious awareness. Thus in contrast to social learning approach, structural development approach tends to focus more or less on moral thoughts than on moral action. Different people hold different types of moral virtues. People who are equally mature may hold very different beliefs about moral issues. Although moral beliefs reveal something of the content of a person's moral convictions, structural development approach are relative to the structure that generates these beliefs.

CONCLUSIONS:

There is sufficient evidence based on empirical research to derive practical implications of morality. The process of professionalization that occurs as players moves from lower level of sport to higher levels. The longer one stay in sport, the stronger the moral virtues achieved. Finally it is supported the moral virtues has implications for good moral conduct in sport. It is generally believed that certain moral virtues are universally recognised as important; those includes virtues of life, property, truthfulness, civil liberties, conscious rules and laws, affiliation, authority, contract and trust. Certainly all these virtues hold a highly prominent place in sport. It is general declaration that sport is regarded as a builder of character, because it has extolled the benefits of sports participation for moral and social development. Development of moral virtue is not the totality of what is meant by character but it is an important part of sportsmanship.

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EFFECT OF YOGA THERAPY ON ANXIETY OF WOMEN

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ABSTRACT

The present investigation was mean to discover impact of yoga therapy on Anxiety level of women's. The examples of 40 women's (20 test gathering and 20 benchmark group) were chosen. The Anxiety test by Sinha and Sinha was utilized to information assortment for pre and post test. For measurable investigation t test was utilized. The acquired discoveries show that there was a diminished degree of anxiety after the yoga therapy program.

Keywords : - Anxiety, women, Yoga Therapy

INTRODUCTION:

Yoga is an old order intended to convey equality and prosperity to the physical, mental, energetic, social and profound components of the individual. In current rowdy life, the issue of mental prosperity is expanded in women's. If women become aware of their own just as family prosperity, society will be sound. In any general public, the happy and strong character of women is the impression of a family. It is additionally the impression of a strong society. Yoga therapy will be helpful to keep this impression of fitness and bliss. Yoga has inconsequential symptoms and is cost-fruitful in correlation with pharmacological medications and psychotherapy. Yoga's extra favourable position is that it improves physical wellness and empowers self-reliance. By 2020, the World Health Organization predicts that downturn will be the second-biggest supporter of overall illness inconvenience. Anxiety is likewise being analyzed at a more conspicuous rate than it was before. Notwithstanding these increments in determination, treatment regimens ordinarily join pharmaceutical treatments that are not adequate to prevent further ailment or advance mental thriving. Feasibly tending to mental wellbeing concerns involves a far reaching technique that tends to the base of the issue. The utilization of yoga as a supportive mediation, which began directly off the bat in the twentieth century, takes a touch of slack of the different psycho physiological advantages of the fragment rehearses. The physical activities (Asanas) may expand patient's physical versatility, coordination, and quality, while the breathing practices and reflection may calm and centre the mind to make increasingly imperative mindfulness and reduce anxiety (Kirkwood G. et.al. 2005), and along these lines bring about a higher gauge of life.

REVIEW OF LITERATURE:

Javnbakht et al. (2009) surveyed the effect of yoga on soothing indications of misery and anxiety in women and found a huge decline in clear degrees of anxiety. Joshi and De Sousa have additionally stressed the advantages of merging yoga practice in the organization of anxiety and burdensome issue. Chao-Jung T. et. al. (2014) inspects the adequacy of a 8-week yoga practice program in propelling the mental and physical sufficiency of women with bosom threatening development encountering adjuvant chemotherapy as far as melancholy, anxiety and shortcoming. Examination utilizing the Johnson-Neyman framework found that the yoga practice decreased as a rule exhaustion, nonetheless, didn't diminish despondency and anxiety.

Bar, U. S. et. al. (2001) watched any beneficial effect of yogic works on during getting ready period on the energetic learners. 54 learners of 20-25 years age pack were divided subjectively into two gatherings, for instance, yoga and control gathering. Yoga gathering (23 guys and 5 females) was managed yogic practices for the initial five months of the course while the control gathering (21 guys and 5 females) didn't perform yogic activities during this period. From the 6th to tenth month of getting ready both the gatherings played

out the yogic practices. There was an improvement in different mental parameters like abatement in anxiety and despondency and a prevalent mental limit after yogic practices.

Kirkwood et al. (2005) found that asanas are especially helpful in improving the physical flexibility, coordination and quality, while the breathing practices and examination are valuable for decreasing anxiety inciting the higher gauge of life.

Pilkington et al. (2005) drove a preliminary report where genuinely upset women are treated with 90-min yoga classes seven days for 3 months. Close to the completion of 3 months, women in the yoga pack reported upgrades in observed pressure, melancholy, anxiety, imperativeness, exhaustion, and thriving. Discouragement scores improved significantly, anxiety scores 30%, and by and large success scores by 65%. Starting objections of migraines, back desolation, and poor rest quality likewise settled extensively more regularly in the yoga bundle than in the control gathering.

Objectives of the study:

- 1) To study the anxiety level of women.
- 2) To study the effect of yoga therapy on the anxiety of woman.

Hypotheses:

The effects of yoga therapy will be seen positive on the level of anxiety of women.

Statement of problem:

To Study the Effect of Yoga Therapy on Anxiety in women.

Research Variables:

- A) Independent variables :

Yoga Techniques:

- 1) Aasan 2) Pranayam 3) Shuddhikriya 4) Bandh 5) Yognidra

- B) Dependent Variables: a) Anxiety level

- C) Control variables :

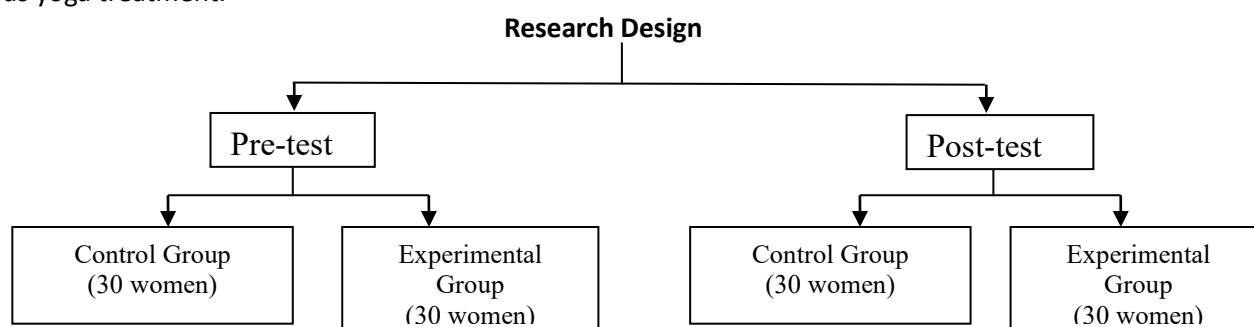
- a) Diet b) Exercise c) Medication

Operational Definition:

Anxiety: It is composite score obtained on the Anxiety test developed by P.K.Sinh and, L.N.K.Sinha.

Yoga treatment:

The training of techniques such as Aasan, Pranayam, Mudra, Bandh, Meditation, Yognidra is known as yoga treatment.



- A) Pre-test :** Measurement of Anxiety level and Depression

B) Yoga Training Intervention (programme)

Duration: Three months, one hour in morning.

Sr. N.	Yoga Techniques	Types	Duration
1	Aasan	Wajraasan, Halaasan, Sarwangaasan, Pawanmuktiaasan, Mandhukaasan, Kurmaasan, Aardhamustyaasan, Gomukhaasan, Shirshasaan, Supta-Wajraasan.	20 minutes
2	Prannayam	Anlom-Wilom, Bhramari, Bhastrika	5 minutes Each
3	Shuddhikriya	Kapalbhati, Agnisar	5 minutes Each
4	Bandh	Jiwaabandh, Uddiyanabandh	5 minutes
5	Mediation	Ddhyana	10 minutes
6	Yognidra	Shawasan	15 minutes

C) Post test : Measurement of Anxiety level**Sample:**

In this research, sample will be taken from 40 women's from hospitals from Majalgaon taluka having age range 25 to 45. Researcher will select 40 women's among them. In this research there will be two groups. The first group is 'control group'. In which there will be 20 women's. In second, that is 'experimental group' there will be 20 women's. The women's in the experimental group will get yoga treatment for one and half hour in the morning, for 3 months. But women's in control group will not get any kind of yoga treatment. Researcher will take information about their daily diet, medicine and it will be continue as usual. The subjects were from local community and recruited through personal contacts with various women's organizations, and self-help groups. The informed consent was obtained from the subjects before starting the intervention.

Tools of study:**1) Anxiety test :**

Statements : 90
 Scoring: Yes / No: Yes – 1 No – 0
 Re-test reliability : 0.85
 Validity : 0.62
 Norms : B.A. 400 students.

Findings:

There was 60 women's participated in the study. The suitable statistical method was used to analyze the data by using IBM statistics SPSS 20. The mean, S.D. is used as a part of descriptive statistics. For finding the effect of yoga treatment on anxiety and depression the paired sample t test analysis was used as inferential statistics.

Table 1 shows the difference in pre and post data among anxiety of women's.

Variable	Group	Test	Mean	S. D.	df	t	Sig.
Anxiety	Experimental	Pre test	29.43	4.78	29	4.1	S
		Post test	24.66	4.03			
	Control	Pre Test	29.46	3.76	29	1.04	NS
		Post Test	28.33	3.53			

The descriptive statistics of the obtained sample has been shown in Table 1. The table 1 shows the obtained values of women's on the Anxiety. On Anxiety, the obtained value for pre test in Experimental

group ($M = 29.43$, $SD = 4.78$) is higher ($t = 4.1$) than Post test ($M = 24.66$, $SD = 4.03$). There is significant difference on anxiety on pre test and post test was found, it means that women's from experimental group shows the decrease in the level of anxiety after the successful completion of yoga program. However, no significant difference for pre test and post test on Anxiety for control group was found, it means that women's do not differ on anxiety. In this, the hypothesis 1 stating that the 'effects of yoga therapy will be seen positive on the level of anxiety in women' is accepted. The hypothesis stating that the 'The effects of yoga therapy will be seen positive on the level of anxiety in women' is accepted.

In the present examination, discoveries are as per the past discoveries. Javnbakht et al. (2009) surveyed the effect of yoga on moderating manifestations of anxiety in women and found a huge lessening in evident degrees of anxiety. Joshi and De Sousa have likewise underscored the advantages of uniting yoga practice in the organization of anxiety issue. Chao-Jung T. et. al. (2014) point by point the adequacy of a multi-week yoga practice program in propelling the mental and physical quality of women with bosom threatening development encountering adjuvant chemotherapy as far as anxiety and shortcoming. Pilkington et al. (2005) drove an exploratory examination where genuinely upset women are treated with 90-min yoga classes seven days for 3 months. Close to the completion of 3 months, women in the yoga bundle uncovered upgrades in observed pressure, anxiety, imperativeness, exhaustion, and thriving. Anxiety scores 30%, and all in all flourishing scores by 65%. Consequently that it is found that there was an improvement in different mental parameters like lessening in anxiety and an unrivaled mental limit after yogic practices.

CONCLUSION:

For experimental and control group comparison of pre-post data showed statistically significant differences for Anxiety level and Depression. There was an overall improvement in the scores indicating decreased levels of depression and anxiety after the yoga therapy program. Findings are substantial and relevant on the line of hypotheses. These results are mentioned here in brief.

- 1) The effects of yoga therapy will be seen positive on the level of anxiety of women's.

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EFFECTS OF ALCOHOL ON SPORTS PERFORMANCE OF ATHLETES AND THEIR PHYSICAL FITNESS

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ABSTRACT

Alcohol is a diuretic, which means it makes your kidney produce more urine, drinking too much of it can lead to dehydration. Exercising soon after drinking alcohol can make this dehydration worse because you sweat as your body temperature rises. Combined, sweating and the diuretic effect of exercise make dehydration much more likely. You need to be hydrated when you exercise to maintain the flow of blood through your body, which is essential for circulating oxygen and nutrients to your muscles. Alcohol interferes with the way your body makes energy. When you're metabolising or breaking down alcohol the liver can't produce as much glucose, which means you have low levels of blood sugar. Exercise requires high levels of sugar to give you energy. If your liver isn't producing enough glucose, your performance will be adversely affected. "If your body is forced to run from your supplies of fat rather than blood sugar, you will be slower and have less energy and won't be able to exercise as intensely," says Professor Whyte. As a result, your coordination, dexterity, concentration and reactions could be adversely affected. Through people know the health hazards, yet they do not think or care for their own health in life abuse of alcohol and drugs cause severe damage to the human body because these produce harmful effects on the health of people directly or indirectly. Alcohol abuse interferes with work or disturbs social or family relationship. On the other hand drugs are known for their actions and side effects. These are organic and inorganic materials. Overuse of drugs is harmful for sports performance so, we can surely say that Alcohol and drugs in our life we achieved our goals.

Keywords : - Alcohol, Sports, psychology, Physical fitness.

INTRODUCTION:

Alcohol abuse may eventually impede physical performance; individuals diagnosed with alcohol dependence have displayed varying degrees of muscle damage and weakness. Furthermore, alcohol abuse is at least as prevalent in the athletic community as it is in the general population; the vast majority of athletes have begun drinking by the end of high school. Alcohol is not a stimulant as is generally considered. It is depressant. It reduces body's functional activity, makes people less efficient and mental processes become dulled, when people drink it. It affects vision also. When taking in small amounts, it acts as a seductive and calms nervousness or excitement. It is for this reason people claim that alcohol is relaxing. In some cases it may even have beneficial effects of health. When it is taken in large amount, it is hypnotic, because it puts the drinker to sleep. Since it also combats pain some people consider it analgesic or pain killer. When it is taken in excessive amounts, it acts as an intoxicant or poison and has a harmful effects on the body and its functions. Alcohol abuse is at least as prevalent in the athletic community as it is in the general population; in fact, the majority of athletes have begun drinking by the end of high school. Both male and female college students have higher rates of binge drinking than non-athletes, and drinking five or more drinks on any one occasion affects the brain and body for several days. When we discuss uses of alcohol in medicine, we can briefly say that alcohol is a disinfectant, which kills bacteria when used in

strong concentration, on the outside of the body. How alcohol affects a person depends on the amount consumed, the environmental context, and individual differences in capacity. While a small amount of alcohol consumed daily may have a protective effect on the cardiovascular system, chronic heavy alcohol use is associated with a wide range of physically negative outcomes, which account for approximately 100,000 deaths yearly in the United States. It is also used as a germ-killer in preparation of germicides. The alcohol should, therefore, not consume liquor and should always stay away from alcohol drinks. It detected under the influence of intoxication. It brings bad name to the athlete himself, his family, his coach his team his association or club and the country. People hate them. It further leads to disqualification and he is also debarred. The career, thus, is ruined. Sports controlling bodies have, therefore, banned use of alcoholic drinks. Drug abuse creates problems of personal and social career and educational developments. In some cases it leads to damage certain body parts and in some cases there is a risk of death. The athlete take drugs (doping) for the sake of temporary enhancement of performance, power to win the game and medals to brings game at national and international levels. Sports competitions are becoming highly professional. Through the drugs are banned yet doping cases are coming to light and athlete are found guilty in certain sports competitions. The sportsmen should, therefore, stay away from drugs as its misuse and abuse, when detected, damage the prestige of a country at national and international levels, and not only this, the sportsman is debarred for future competitions. While alcohol use to celebrate sport has long been an Australian tradition, there is increasing evidence to show what a poor partnership it really is. Good Sports identifies that alcohol can affect your sport and exercise performance in directly and indirectly way.

OBJECTIVE OF THE STUDY :

To find out the effect of Alcohol and on athletic performance as whole.

Effects of alcohol on sports performance:

Alcohol has been described as a performance impairing drug. Exercise is a complex activity utilizing many of the body's organ systems; alcohol exerts an effect on most of these systems, including the central nervous system, muscle energy stores and the cardiovascular system.

Motor Performance :

Low amounts of alcohol (0.02- 0.05g/dL) can result in decreased hand tremors, improved balance and throwing accuracy, and a clearer release in archery, but in slower reaction time and decreased eye-hand coordination. A moderate (0.06-0.10 g/dL) amount of alcohol negatively affects such skills.

Alcohol as a Nutrient

Each gram of alcohol (ethanol) provides seven kilocalories compared to nine for fat and four each for carbohydrate and protein. Other nutrients may be present, depending on the type of beverage. Beer, for example, has been seen as a good source of many nutrients and has sometimes been used in preparation for endurance events or to replenish nutrients following competition. Actually, orange juice supplies four times the potassium plus almost three times the carbohydrates, and it would take 11 beers, for example, to obtain the B-vitamin recommended daily allowance (RDA).

Alcohol and strength, power, and short-term performances :

Alcohol decrease in overall performance levels lowered running and cycling times weakening of the pumping force of the heart impaired temperature regulation during exercise decreased grip strength, decreased jump height, and decreased 200- and 400-meter run performance faster fatigue during high wasters energy, strength, power, speed, endurance and causes early tiredness and fatigue leading to poor performance in play.

Alcohol and Aerobic performance:

Alcohol causes dehydration and significantly reduced aerobic performance impaired 800- and 1500-meter run times increased health risks during prolonged exercise in hot environments

Medical Concerns:

Alcohol has been linked to exercise-induced anaphylaxis and asthma. Acute ingestion may cause myocardial irritability, resulting in arrhythmias. Consumption before water activities increases the risk of injury. Harmful to the body systems, reduces ability to regulate body temperature, obstructs neuromuscular co-ordination.

Heavy alcohol consumption impairs exercise performance by :

- !! impairing the cardiovascular response to exercise
- !! causing nutritional deficiencies from alterations in nutrient intake, digestion, absorption, metabolism, physiological effects, turnover, and excretion of nutrients
- !! causing myopathy, or muscle damage, wasting, and weakness, in various muscles, including the heart
- !! changing the body's hormonal environment, making it less conducive to increasing muscle mass and strength
- !! compromising cardiovascular and muscular performance in people with alcoholism

Alcohol effects on women Athletes

- !! Women's muscular strength is inversely correlated with total life-time doses of alcohol.
- !! Women may be more sensitive than men to the toxic effects of alcohol on the heart.
- !! **Liver Disease:** The risk of cirrhosis and other alcohol-related liver diseases is higher for women than for men.
- !! **Impact on the Brain:** Excessive drinking may result in memory loss and shrinkage of the brain. Research suggests that women are more vulnerable than men to the brain damaging effects of excessive alcohol use, and the damage tends to appear with shorter periods of excessive drinking for women than for men.
- !! **Impact on the Heart:** Studies have shown that women who drink excessively are at increased risk for damage to the heart muscle than men even for women drinking at lower levels.
- !! **Cancer:** Alcohol consumption increases the risk of cancer of the mouth, throat, esophagus, liver, colon, and breast among women. The risk of breast cancer increases as alcohol use increases.
- !! **Sexual Assault:** Binge drinking is a risk factor for sexual assault, especially among young women in college settings. Each year, about 1 in 20 college women are sexually assaulted. Research suggests that there is an increase in the risk of rape or sexual assault when both the attacker and victim have used alcohol prior to the attack.

How alcohol affects your physical fitness

Speed: Alcohol affects you even after you've finished drinking. Alcohol affects the central nervous system and slows down the information processing ability of the brain. This in turn slows down your reaction time, hand-eye-coordination, accuracy and balance. Even a small number of drinks can affect performance.

Energy and stamina: The blood sugar that your body needs for energy is produced by your liver when it releases glucose into the blood stream. Alcohol keeps the liver too busy to produce the required sugar levels to sustain an athlete's energy and stamina to perform at their peak.

Cramps: While exercising, your muscles burn up glucose, producing lactic acid as a waste product. Too much lactic acid leads to muscle fatigue and cramps. Alcohol that remains in your system contributes to greater build-up of lactic acid, increasing the risk of cramping dramatically.

Dehydration: The 'drys' is a term often used to describe an extreme symptom of alcohol's diuretic (increased urination) effect. This extra fluid loss added to what an athlete sweats out increases the risk of dehydration significantly.

Muscle cramps: Alcohol affects the body's ability to create energy therefore it slows down reaction times, increases body heat loss and reduces endurance. After exercising, the body needs to be rehydrated. It's not

helpful to drink only alcohol as it will continue to dehydrate the body further. If you sustain injury while exercising, and you have had alcohol the night before or drink any alcohol afterwards (while injured), you are likely to increase your recovery time significantly.

Testosterone: Alcohol, when consumed in amount typical with brings drinkers can dramatically decrease serum testosterone levels. Decrease in testosterone are associated with decrease in aggression less muscle mass and overall athletic performance. In female athlete this may cause an increase in the production of estradiol (a form of estrogen) which may increase the risk of breast cancer.

Fat Storage: Alcohol has seven calories per gram. Fat has nine calories per gram. Alcohol is much storage like fat in the body, also, alcohol, deminates (destroys) amino acids and stores them as fat. In the case of storage fat powerful energy pathways (like glycolysis) are impaired and large amount of lactic acid are produce, this results in decreased energy, decrease muscle recovery, and increase muscle soreness.

Psychological aspects :

- !! Social damage
- !! Alcohol effects a daytime repercussion of alcohols effects on sleep.
- !! Alcohol effects attention.
- !! Lack of confidence.
- !! Alcohol use cancels outgains from your workout.
- !! Alcohol use hampers memory and retention.

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YOGA AND STRESS MANAGEMENT

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ABSTRACT

The condition of the mind and body are personally associated. Yoga will encourage cut back stress because of it advances unwinding, which is that, the normal inverse of stress. Yoga will benefit 3 parts of ourselves that are normally stricken by stress: our body, mind, and respiratory. Dynamic yoga manufactures your capacity to quiet, center, balance, and loosen up yourself. On the off chance that the mind is loose, the muscles inside the body likewise will be loose. Weight creates a condition of mental and physical strain. Yoga, created thousands of years back one, is perceived as a kind of mind-body drugs. Also, the solace iatrogenic by contemplation helps to balance out the automatic system nervous with a bowed towards parasympathetic strength. Yoga encourage experts become extra strong to harrowing conditions and cut back a spread of essential hazard factors for changed infections, especially cardio-respiratory ailments.

Keywords : - Yoga, Stress and Mind

INTRODUCTION:

Returning over 5000 years, yoga is considered by a couple to be basically the most prepared spread out apply headway. The strategies of old style yoga encapsulate moral controls, physical positions, respiratory organization and thought. Unquestionably accomplice Japanese apply, it's starting at now changing into well known inside the West. Believe it or not, a couple of firms, particularly in GB, are seeing the advantages of yoga, seeing that easygoing agents are increasingly valuable and extra innovative, and are supporting yoga work out timetables. Various examinations have found that a touch yoga inside the morning, around night time, or perhaps on a late morning break, will constrain stress and augmentation proficiency. It's acknowledged that yoga is thus effective for stress mitigation on account of, beside the physical edges that yoga brings, it engages a genuine perspective, a climb in mindfulness, and a strong segment of self-sympathy.

Yoga and Stress

A creating grouping of examination check supports that unequivocal yoga techniques may improve physical and mental state through down-rule of the hypothalamic-pituitary-adrenal (HPA) rotate and thusly the attentive system (SNS). The HPA turn and SNS are enacted as a response to a physical or mental demand (stressor), achieving a course of physiological, social, and mental effects, in a general sense as an eventual outcomes of the arrival of hydrocortisone and catecholamine's (epinephrine and nor epinephrine). Stress-Relief Techniques stressed in Yoga

Countless the notable systems found to reduce stress get from yoga:

- Controlled unwinding
- Meditation
- Physical improvement
- Mental imagery

Extending we as a whole possibility upon stress, anxiety, and melancholy; these issues became wrongs in our way of life, in perspective on reliably advancing mode, abundance has modified in human life. A couple of

new sorts of stress the officials techniques have shown up nowadays. Despite this reality, the roots and apply of out of date yoga have remained relentless. Yoga has helped colossal quantities of us overcome different issues related with their life. it's clear that stress brings a ton of physical and mental issues; you become drained and exhausted. Some additional ordinary issues that develop out of stress are; Migraines

- Depression
- Lack of rest
- Hypertension
- High and Low circulatory strain
- Heart issues
- Weight gain
- Spondylitis and more

Issues are a couple in any case the suitable reaction is one Yoga. Yoga is that the reaction to all or any the higher than issues and far a huge amount of that would upset your life from living unremarkably. The arrangement of yoga isn't charm at any rate seek after. Each man and ladies will profit vacillated inclinations out of Yoga and continue with a without stress life. The request is, in any case will yoga empower in getting crash stress? The positions, frameworks, and exercises in yoga incorporate asanas, pranayamas, loosening up, thought, and respiratory exercises that assist you with vanquishing stress. by virtue of a lot of extent of individuals returning forward to capacity the advantages of Yoga, a world Yoga day is commonly known on twenty first June consistently. It's an appealing sight to observe a tremendous extent of individual's affiliation hands to ask dissuade their horrifying issues for the duration of regular day to day existence.

By what technique will Yoga urge to beat Stress? Conventional watch and conviction are the key concentrations before you envision any positive result. you have to confide in yourself and in like manner the obvious reality that you may get execute stress with the assistance of standard watch. A couple of positions in yoga help you to feel free, free and decreased from the whole of what that has been running in your mind. Notice the youngsters in your family or around you; they routinely neglect their stresses by acknowledging and breaking messes with their friends. The equivalent young people around them and in like manner the body advancements however they play energize them move down the strain. That is unequivocally what yoga will to you.

As we build up, our obligations increase and that we disregard to be joyful. It adds to our stress and that we consistently make up negative ways that of overcoming stress like alcohol fixation, prescriptions, and antidepressants. Some even make destructive steps. Yoga helps fight this by managing the strain for you. We should see the various preferences of yoga for stress the administrators.

Focal points of Yoga for Stress Management:

1. Union of mind, body, and soul: A mix of breath exercises and mindset joins the mind, body, and soul. Lopsidedness of those 3 offers birth to restorative issues and bothersome mental stress. Prosperity bosses and yoga is having asserted that yoga has assuaged individuals from stress to a stunning degree.
2. Improved rest: A couple of styles of exercises in yoga assist you with resting serenely. the general populace protest of the lack to rest suitably considering different issues stressing them in and get in their life. Individuals gain additional middle presence with standard yoga applies.
3. Raised essentialness: Breathing exercises are particularly basic in yoga for stress the administrators. The moderate breath plans close by eupnoea and eupneic strategies convey a huge amount of positive essentialness to your body. Tentatively, it urges the substance segment to encounter your organs by making you are feeling free.
4. Expanded obsession: Yoga asanas relax up your body by crushing stress. we watch out for all should have seen inattentiveness once we are distressed concerning one thing that is alarming United States. It realizes a puzzled point of view. Yoga gains Associate Nursing improved concentration to harm things with a calm mind.
5. Experience significant Relaxation: Reflection is a pivotal considers yoga for stress the administrators. One among the fundamental things expected all through stress the officials are that the essential

mind. Yoga with reflection changes those alpha waves that are required to release up your mind. While you are doing the respiratory exercises, your pulse rate will as a rule become standard and weight standardizes.

6. **Boost in Confidence:** Stress routinely breaks North American nation and tears us aside from taking judgments in life unhesitatingly. we will as a rule begin feeling puzzled and reluctant no matter what and sales others' assistance. Yoga for stress the board is that the best unique for move back internal assurance.
7. **Inner recovering:** Our recovering technique ets broke after we are stressed. We will when all is said in done disregard to react to things with a peaceful mind and separate by far most of the days. Those that watch yoga positions can see in any case it makes quality and use essentialness at the correct channel all through crisis or proportion of most outrageous stress.

CONCLUSIONS

Yoga is purported to be a whole science, since it fulfills the WHO's importance of prosperity by keeping an eye on the individual in any respect physical, mental, and social levels. Stress impacts people of all age gatherings, and individuals taking everything into account and occupations, similarly as pros. be that as it may' a couple of modalities of medications are reachable for diminishing stress, individuals endeavor to glance out another to be directed from stress while not drugs. Hinduism science, having endured for quite a while and known to be severe for a serious drawn-out period of time, is correct presently being set up through legitimate assessments to have huge edges on prosperity. All in all, yoga is genuinely not a charm wand to discard stress for good from life; stress may be a bundle that you simply can get step by step. Regardless, with the seek after of yoga, you develop a positive aura and an ensured approach to manage handle things in an exceedingly higher manner.

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COMPARATIVE STUDY OF WILL TO WIN AMONG HANDBALL AND VOLLEYBALL PLAYERS**FIRDOUS AHMED LONE**

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ABSTRACT

Purpose: This descriptive study was conducted to determine and compare Will to Win among Handball and Volleyball players. Methods. The population of study consisted of national level Handball and Volleyball players of Jammu and Kashmir. The sample group of study consisted of 54 male Handball (27) and Volleyball (27) players and they were selected by using the purposive sampling method. Data of study were obtained by using the Will to win questionnaire developed and standardized by Kumar and Shukla. The data was analysed by applying Descriptive Statistic i.e. mean, standard Deviation and independent Sample t-test. The level of significance was set at 0.05. Results. It was determined that while Handball players had the low mean score of will to win and Volleyball players had high total mean score. Examining the difference between the mean scores of Handball and Volleyball players, it was determined that this difference was statistically insignificant at 0.05 level of significance. Conclusion. On the basis of the findings of present study, it was concluded that Insignificant difference was found between Handball and Volleyball male players in relation to will to win.

Keywords : - will to win, Handball players and Volleyball players.

INTRODUCTION:

The important part of physical exercise is to improve one's health, provide leisure, recreation and prevent diseases etc. but when it comes to sports and games the meaning of physical exercise changes to competitiveness. The important aspect of the modern sports is on the winning, not just playing and participation. Nowadays scenario has changed because presently, winning is goal of players in all competitions. The thrust of all coaches and country heads is on win at all cost. When an individual becomes high performance athlete, the pressure to win produces different effect. The top athlete becomes role models with specific identity, weight and respect in the society. In modern world we use phrase will to win this is held only by those who truly believes in the will to do something that others think one cannot do. The person who wishes to believe should trust on will to win. The will to win, is the key that will unlock the door to personal brilliance.

Will to win is the level to which a person desires to reach some standard of excellence or defeat of opponent. The sports person high in will to win mainly competes for first position. Will to win is mental ability which makes high performance athletes. In many high-level competitions it has been observed that athletes whom although lacked physical fitness end up winning the competition due to their resolve to win. The ability to work to one's full potential is directly related to an individual's will to win. Athletes with low in will to win shows that they are careless about winning (Singh et. al., 285-296). Will to win is the component of sports psychology. Therefore, sports psychology is the essential part of all team and individual sport squad of every country. The sports psychologist increases the level of will to win in the sportspersons for achieving higher level of performance in the competitions. It is the factor that makes great competitors (Kumar and Kang, 100-107), (Pezer and Brown 121-131) have reported in their studies that will to win is significantly related to performance and analysis of data showed that low, intermediate and high will to win groups differed significantly from each other. Higher the will to win best the performance. (Paul 121-131)

remarked “a winner never quits and quitters never win”. Positive attitude towards winning is found helpful in achieving high performance in sports. It is stated by sports scientists that the ability to work to full capacity is directly related to will to win. The dismal performance of Handball and Volleyball players of Jammu and Kashmir at national level competitions are attributed to many psychological factors among which one of the factors is will to win. No doubt, extensive research work has been reported in the area of will to win and the concept has important application in sports competition. Research work on Handball and Volleyball players in Jammu and Kashmir was undertaken in the light of previous investigation carried out from time to time at national level. While keeping in mind importance of will to win for high performance, the purpose of this investigation was to study the will to win in national level Handball and Volleyball players.

Materials and Methods: To complete the study, purposive sampling technique was employed. In this study 54 male national level Handball (27) and Volleyball (27) players of J and K were selected. The age of selected subjects ranged between 18 to 20 years. Will to win questionnaire developed by (Kumar and Shukla 4-98) was used to collect the data from subjects. The will to win questionnaire consists of 14 items and each item has two alternatives (Yes/No), out of which 7 items are positively keyed and 7 items are negatively keyed. For each correct answer 1 point is assigned; so that maximum score will be 14 and minimum score will be 0 on this questionnaire. The questionnaires were administered to record the response of subjects during coaching camp of Volleyball and Handball players in 2019. The required data was personally collected by the research by administering will to win questionnaire on Handball and Volleyball players and permission was taken prior from coach, both players and coaches staff extended full cooperation.

Data Analysis: The collected data was analysed by applying descriptive statistics that is mean, standard deviation, standard error and t test on will to win in this study. The level of significance was set at 0.05. The results have been shown in the table and figure.

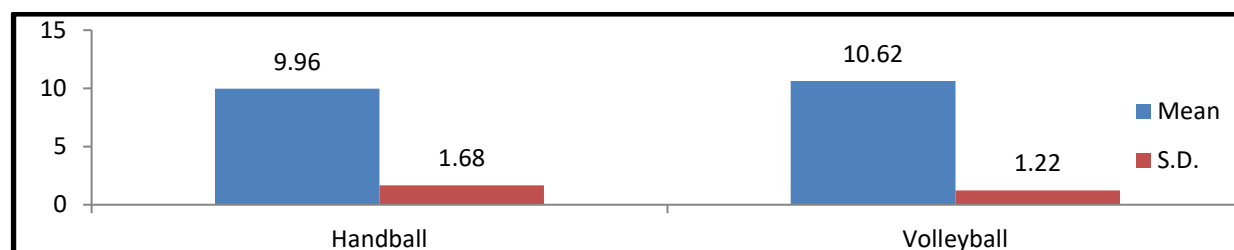
Results: Examining the difference between the mean score of Handball and Volleyball players, it was determined that this difference was statistically insignificant.

Table 1: Comparison of will to win between Handball and Volleyball players.

Variable	Game	N	Mean	S.D.	S. Error	T value
Will to win	Handball	27	9.96	1.68	0.23	0.108
	Volleyball	27	10.62	1.22	0.32	

Table -1 shows that there was insignificant difference in means of Handball and Volleyball players with regards to will to win as obtained t-value was 0.108, which was lower than the tabulated t-value 2.009 at 0.05 level with (53) degree of freedom.

Figure – 1: Graphical Representation of Mean Scores and Standard Deviation in Will to Win of National Level Handball and Volleyball Players.



Discussion on Findings:

The findings of present study highlight that male Handball and Volleyball players are high on will to win. Studying the difference between the mean scores of Handball and Volleyball players, it was

determined that this difference was statistically insignificant at 0.05 level of significance. The study conducted by (Jaspal Singh 314-321) analysed will to win in high performing football and Volleyball players and it was concluded that will to win improve among players as they advance their level from school to college and college to club i.e., will to win improves as player get mature. (Sidhu & Singh 5-10) concluded that state and national champion boxers have better will to win as compare to non-champion boxers. (Singh et. al. 285-292) found professional football players are significantly better on will to win as compare to non-professional football players. (Ahmed 308-311) examined the participation motivation and will to win of various inter university among non-contact team game players, insignificant difference was found with regard to will to win. (Singh) compared the will to win as psychological differential to play and triumph among male runners, jumpers and throwers. The results showed that long distance runners have high will to win as compared to jumpers, throwers and short distance runners. (Dolly et. al., 466-470) compared will to win and sport competition anxiety among university level high and low performance gymnasts. The results of the study showed no significant difference between level of win to win and sport competition anxiety of high performer and low performer university level gymnasts. (Bagchi) investigate the mental toughness and will to win between batsmen (n=20) and bowlers (n=20) in cricket and the findings revealed that no variable has significant differences with regard to mental toughness and will to win among the groups. The results will also provide a deeper insight into their own interactive process among scientists, coaches and players with regard to will to win. Above cited studies evidently indicated that elite athletes are high on will to win. The conclusions drawn in present study are parallel to above cited studies that are conducted by other researchers at different levels of performance.

CONCLUSION:

On the basis of results of present study, it is concluded that national level Handball and Volleyball players are high in will to win. It was further concluded that there is no significant difference between national level Handball and Volleyball players with regards to will to win.

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MASS MEDIA AND SPORTS COVERAGE

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ABSTRACT

Almost every society has adopted or created a number of leisure activities and playful competitions that are most commonly assigned the same sports. and as we enter the twenty first century, sports, both as content and as medium of communication have reached new heights. The sports coverage that was only limited in the past to the last pages of the newspaper has grown enormously over the years giving way to specialized magazines and channels dedicated to sports. Now they are further segmented to a particular sport, thus giving the audience a greater choice and in depth coverage of sports they prefer to follow. Sports content allows media to reach desirable and otherwise difficult to reach audience, while the publicity and coverage from media helps sports become consistently important. A number of opportunities in the traditional media and new media have thrown up ample avenues for the sportspersons to communicate and connect with the audience. However sportspersons if not once but many a time withhold information because of the mistrust on the media and sports officials and governing bodies.

Keywords : - Mass media, coverage, physical education and sports.

INTRODUCTION:

Indian media's obsession with few popular sports has pushed numerous sports and games into oblivion. Only the sports events which attract advertisers and sponsors are patronized. It is high time the media shed the bias towards various sport and take initiative to equally cover all the athletes and sports. Whenever a successful sportsperson emerges he/she becomes the overnight charming poster boy or girl for the media and makes the sportsperson bigger and larger than life and if fails, even once, the media throws them down much harder. Through their content, media not only analyze the performance of the sportspersons but they go a step ahead and preach how the athlete needs to perform. Most of the TV channel panelist including the presenter is not great achiever of the sports but they tend to sermonize. A lot of trail by media is taking place in the country, whether the person should be included or not in a sport, whether it is worth continuing or it is time for his/her retirement is debated, this kind of trend will do not good for the sports, and will affect the performance of sportsperson. Media has to be trained to be gender sensitive, men receive much more media attention and coverage than women in most of the sporting events. Even when coverage is given and time devoted to women sportsperson, it is tended to drift always from their performance and focus either on their beauty or personnel attributes.

Electronic media and sports coverage

1. There are different schemes which are providing incentives for the development of sports activities at initiating national level. There are more than such 12 schemes, operating on national level.
2. Due to these sports activities have been increasing on national level and TV media is gaining support from authorities for giving ample coverage.
3. The longitude and latitude of sports coverage in TV media has due to specialized manpower available in electronic media.

4. Sports comes under the specialized magazine and sports TV on the other hand.
5. If the message in the sports story fits in the interest of the audience then the story is preferred in electronic media.

Electronic media sports trends

1. Sports commentary is relayed on prime channels because they get good financial support. This leads to the competition among them.
2. Sports highlights in a TV news cast has become an essential part. Every news bulletin of 20 minutes contains 2 to 3 minutes sports coverage at the last.
3. Audio visual clippings create interest about the sports news and they highlight these facts properly.
4. Personal achievements of record breaking players create success story.
5. Experts comments increase the weightage of the story and expert opinions are highlighted properly.

Objectives of international media coverage in sports

1. To encourage and support participation of youth in the process of national development and international peace.
2. To give recognition to the contribution made by youth in economic, social and cultural spheres both on national and international level.
3. To promote productive activity in order to eliminate unemployment and
4. To provide opportunities for international understanding among the youth.

The role of media in our country

If media decides, to promote sports, then it can inspire every citizen of our country. If our child plays 2 hours in the morning and 2 hours in the evening. I am sure, we will have not to be satisfied with only one or two medals in the biggest games like Olympic, but by clamming more medals, we can be equaled with America and China.

The role of media to inspire sports person:

All the sports persons are provided with sports facilities, but the common masses do not know anything about it. Here the media can be blamed for that. The media does not pay much attention to provide information about the sports as it does, with the entertainment and advertisement. Media should also take note that the family weaknesses of the sports persons should not be revealed to the society. Any complicated matter should be solved with straight dialogue with the opposite parties. It has been observed that the sports journalists report the matter one sided and then attack and counter attack become an interesting story giving side to the main problem.

Electronic media

Electronics media has so much power that it can make any sports very popular may it be local, regional, state level, national or international. These sports event should find their place in the main edition in the newspaper but not in the city edition. Media should also directly telecast the training of sports on district, state and national level. So that people should come to know about the training, sports and capacity of sports persons. The telecast of sports facilities, sports scholarship and sports awards would definitely inspire and attract the budding sports persons. Electronic media should also telecast about the impact of sports, exercise, Yoga, Gymnastics, Swimming act on our health and benefits of them. Regular articles about them also should be published in the news papers. If the media does so, they will also be benefited by finding more and more sponsorships and funding agencies.

CONCLUSION

Formal ethical codes and standards have to be formulate by mutual consultation and coordination between various stake holders of sports that include the sports organizations, media persons, and audience

for a fair coverage of sports events. Even athletes could play much greater role in promoting the way that sports could be covered. It is undisputed that media possess formidable power and influence over the sports they cover, however the relationship between media and sports are conducted on slippery but negotiable terrain.

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EFFECT OF SURYA NAMASKAR ON FLEXIBILITY OF COLLEGIATE STUDENTS

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ABSTRACT

The purpose of the study was to find out the effect of surya namaskar on flexibility of collegiate students. For the purpose of the study 40 subjects were selected as sample by using simple random sampling. The subjects were divided into two groups one as experimental group and other as control group. The age limit of the subjects was taken from 18-22 years. To see the effect of surya namaskar on flexibility of experiment group this was based on performing the activity of 12 positions. On the basis of performing surya namaskar for the duration of 42 days for the purpose of its effect on flexibility. After the completion of duration of 42 days the flexibility was measured with the help of Goniometer at various joints such as neck joint, hip joint, and ankle joint. After analysing the data the results shows that there was found no significant effect of Surya Namaskar on flexibility of collegiate students.

INTRODUCTION:

Flexibility is the range of motion in a joint or group of joints, or the ability to move joints effectively. Flexibility is related to muscle strength. Flexibility can be improved with stretching exercises. While stretching does not increase your muscle strength, it is an important part of reducing injury risk and soreness that result from activity. Exercises that improve your flexibility feature moves that stretch your muscles, tendons, and ligaments. Activities such as Tai Chi can help improve your flexibility. The ability to move at a particular joint through a full range of motion, this depends on the individual, the body temp, if the muscles have been stretched previously, and also muscle mass Flexibility is defined by Gummerson as "the absolute range of movement in a joint or series of joints that is attainable in a momentary effort with the help of a partner or a piece of equipment." This definition tells us that flexibility is not something general but is specific to a particular joint or set of joints. In other words, it is a myth that some people are innately flexible throughout their entire body. Being flexible in one particular area or joint does not necessarily imply being flexible in another.

HYPOTHESIS:

On the basis of literature and researchers own experience and understanding about the problem, It was hypothesized that: There may be a significant effect of Surya Namaskara on flexibility of various age levels.

METHODOLOGY:

For the purpose of the study 40 subjects were selected from the colleges of Kashmir University. All the subjects were divided into two groups, Experimental and Control group consisting of 20 subjects each. All subjects were selected by using simple random sampling. The researcher used surya namaskar to see the effect of flexibility on collegiate students. The flexibility of collegiate students was measured with the help of Goniometer in order to collect the data.

Table - I

Mobility of Neck Joint of Collegiate Students Between Post Test of Control and Experimental Group

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Control	53.12	3.89	5.38	38	3.12	2.04
Experimental	58.5	6.62				

*Level of Significance = 0.05

Tabulated 't' 0.05 (38) = 2.04

Table-I reveals that there is difference between means of post test of control and experimental group, because mean of post test of control group is 53.12, slightly less than mean of post test of experimental group which is 58.5, and their mean difference is 5.38, To check the significant difference between post tests of control and experimental group, the data is again analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between post tests of control and experimental group which is 3.89 and 6.62 respectively. There is no significant difference between post tests of control and experimental group because value of calculated 't' is 3.12 which is greater than tabulated 't' (2.04) at 0.05 level of significance, which shows improvement has been found in experimental group after six weeks training.

Table -II

Mobility of Hip Joint of Collegiate Students between Post Test of Control and Experimental Group

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Control	56.37	10.68	2.07	38	0.65	2.04
Experimental	54.3	9.13				

*Level of Significance = 0.05

Tabulated 't' 0.05 (38) = 2.04

Table-II reveals that there is found difference between means of post test of control and experimental group, because mean of post test of experimental group is 56.37, slightly less than mean of post test of control group which is 54.33 and their mean difference is 2.07. To check the significant difference between post tests of control and experimental group, the data is again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between post tests of both control and experimental group which is 10.68 and 9.13 respectively. There is no significant difference between post tests of control and experimental group because value of calculated 't' (0.65) which is less than tabulated 't' (2.04) at 0.05 level of confidence, which shows no improvement has been found in experimental group after six weeks training.

Discussion on findings:

It has been observed from the analysis of data that there is found no significant difference on flexibility of collegiate students.

Justification of Hypothesis:

It was hypothesized there will be significant effect of Surya Namaskar on flexibility of collegiate students but it has been found that there was no significant effect found of surya Namaskara on flexibility of collegiate students. So the hypothesis of the researcher is rejected.

Conclusion:

Within the limitations of the study and from statistical analysis the following conclusion was drawn. There is no significant effect found of Surya Namaskara on flexibility of collegiate students.

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BENEFITS OF YOGA & MEDITATION

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ABSTRACT

Yoga is a brain and body practice with a 5,000-year history in antiquated Indian way of thinking. Different styles of yoga consolidate physical stances, breathing methods, and meditation or unwinding. In later years, it has gotten famous as a type of physical exercise dependent on represents that advance improved control of the brain and body and upgrade prosperity. There are a few distinct sorts of yoga and numerous controls inside the training. This article investigates the history, theory, and different parts of yoga. In the cutting edge world, the South Asian specialty of yoga has extended to all sides of the globe. While it is currently a mainstream type of activity and meditation, this has not generally been the situation.

Keywords: Yoga, Meditation.

INTRODUCTION:

History:

There is no put down account of the creator of yoga. Male yoga experts are known as yogis, and female yoga professionals are called yogi is. Both rehearsed and instructed yoga some time before any composed record of yoga came into existence. Over the following five centuries, yogis passed the order down to their understudies, and various schools of yoga created as the training extended its worldwide reach and prominence.

The "Yoga Sutra," a 2,000-year-old treatise on yogic way of thinking by the Indian sage Patanjali, is a manual on the most proficient method to ace the psyche, control the feelings, and develop profoundly. The Yoga Sutra is the most punctual set up account of yoga and probably the most established content in presence and gives the structure to all advanced yoga.

Yoga is notable for its stances and postures, yet they were not a key piece of unique yoga customs in India. Wellness was not an essential objective. Experts and devotees of yogic convention concentrated rather on different practices, for example, growing otherworldly vitality utilizing breathing techniques and mental focus. The custom started to pick up notoriety in the West toward the finish of the nineteenth century. A blast of enthusiasm for postural yoga happened during the 1920s and 1930s, first in Quite a while and later in the West.

Reasoning:

To pass on its profound message and guide sessions, yoga regularly utilizes the symbolism of a tree with roots, a trunk, branches, blooms, and natural products. Each "branch" of yoga speaks to an alternate concentration and set of qualities.

The six branches are:

Hatha yoga: This is the physical and mental branch intended to take action and brain.

Raja yoga: This branch includes meditation and severe adherence to a progression of disciplinary advances known as the "eight appendages" of yoga.

Karma yoga: This is a way of administration that expects to make a future liberated from cynicism and childishness.

Bhakti yoga: This intends to set up the way of commitment, a positive method to channel feelings and develop acknowledgment and resistance.

Jnana yoga: This part of yoga is about astuteness, the way of the researcher, and building up the mind through examination.

Tantra yoga: This is the pathway of custom, service, or culmination of a relationship.

Moving toward yoga in view of a particular objective can enable an individual to choose which branch to follow.

Chakras: "Chakra" actually implies turning wheel. Yoga keeps up that chakras are focus purposes of vitality, musings, emotions, and the physical body. As per yogic instructors, chakras decide the manner in which individuals experience reality through passionate responses, wants or abhorrences, levels of certainty or dread, and even physical side effects and effects. When vitality gets hindered in a chakra, it is said to trigger physical, mental, or enthusiastic irregular characteristics that show in side effects, for example, uneasiness, torpidity, or poor digestion. Asanas are the numerous physical situations in Hatha yoga. Individuals who practice yoga use asanas to free vitality and invigorate an imbalanced chakra. There are seven significant chakras, each with their own core interest:

Sahasrara: The "thousand-petaled" or "crown" chakra speaks to the condition of unadulterated awareness. This chakra is situated at the crown of the head, and the shading white or violet speaks to it. Sahasrara includes matters of internal insight and physical demise.

Ajna: The "direction" or "third-eye chakra" is a gathering point between two significant vivacious streams in the body. Ajna compares to the hues violet, indigo, or dark blue, however customary yoga professionals portray it as white. The ajna chakra identifies with the pituitary organ, which drives development and advancement.

Vishuddha: The shading red or blue speaks to the "particularly unadulterated" or "throat" chakra. Specialists consider this chakra to be the home of discourse, hearing, and digestion.

Anahata: The "unstruck" or "heart" chakra identifies with the hues green and pink. Key issues including anahata incorporate complex feelings, empathy, delicacy, unrestricted love, harmony, dismissal, and prosperity.

Manipura: Yellow speaks to the "gem city" or "navel" chakra. Experts associate this chakra with the stomach related framework, just as close to home force, dread, nervousness, creating feelings, and inclinations towards an independent character.

Svadhishthana: Practitioners guarantee that the "one's own base" or "pelvic" chakra is the home of the conceptive organs, the genitourinary framework, and the adrenal organ.

Yoga and Meditation:

While there are a few contrasts among yoga and care meditation from the Buddhist convention, these two practices are evidently synergistic and apparently exchangeable. Care is the capacity to keep up consideration on a particular reflective article (e.g., breath, mantra), with accentuation on coming back to useful (versus negative) contemplations. Care can be drilled in a progressively customary manner by sitting in a peaceful space with eyes shut for a specific measure of time, just as during a yoga class with center around breath and development while holding and changing starting with one posture then onto the next. Yoga care meditation encourages expanded attention to introduce minute encounters, as opposed to opposing or attempting to free the psyche from awkward contemplations, feelings, or sensations. Right now, meditation can enable the understudy to figure out how to withdraw from evaluative or basic speculation by developing a frame of mind of interest and regard for progressing responses to feelings, musings, and emotions and at last limiting enduring with expanded lucidity of the real world.

Meditation is a need in our multifaceted lives, but it doesn't come effectively for the vast majority. Individuals need to attempt it, however they discover it is more troublesome than they at any point envisioned. How hard would it be able to be?! Sitting upright takes muscles that that we may not utilize, and that may set aside some effort to create. Possibly we sit at a work area throughout the day; however our back is slouched over the PC. Sitting upright and still may feel very awkward.

Yoga stances are an extraordinary method to set up the body for meditation. Yoga isn't restoring for the body yet in addition the cerebrum. Yoga stances were really intended to efficiently set up the body to think, however with a great part of the yoga accessible these days, the connection to meditation is once in a while referenced.

In Ananda Yoga for Higher Awareness, we instruct yoga to get ready for meditation. The entirety of the asanas is planned in a daily practice to help direct the vitality into the spine, to be attractively coordinated upward to the mind to stir and lift our cognizance.

Yogananda said that getting into and out of a posture is as significant as being in the posture itself. For instance, in Ananda Yoga, when we raise our arms, we breathe in. At the point when we bring down our arms to our sides, we breathe out. We can move our arms here and there, in an elegant way in participation with the breath, or we can lift the arms rapidly and let them simply drop, without interfacing with the breath. We can tumble down on a lounge chair, or sit smoothly effortlessly and control.

At the point when we start to slow our breath and start to synchronize it with our development, we become quiet. At that point, we become nearer to determined reason. By easing back down, we start to achieve more and we keep our consideration right now. This likewise assists with reinforcing our body, just as mindfulness, to plan for meditation.

Meditation and yoga are interrelated. They cooperate to join our little self with our higher soul self. One can't be available without the other. We should know about the body so as to forget about it, so as to go internal in meditation.

Where the breath streams, the psyche goes. In yoga and in meditation, we can raise our awareness. Yoga causes us to carry the body to a point of stillness by cleaning up the eager vitality we heft around, and sets us up to turn out to be completely submerged in profound focus, meditation. Yoga, such as reciting, can help open our hearts and permit the vitality to stream upward, to the higher chakras and higher cognizance.

"Be ever soothing in your heart. A tranquil soul will help you in a split second to determine issues that may somehow require days, weeks, or even a long time of unstable contemplating."— Swami Kriyananda

CONCLUSION:

The most significance are sports action incorporate of yoga and Meditation players execution improvement with the goal that yoga and meditation significance of life . The fundamental standard of yoga and Meditation is "Loosen up the body and brain , hinder the breath, quiet down the psyche". The present yoga bundle is having the profoundly compelling unwinding systems like pranayama – a breathing activity to adjust and control the brain, The philosophical talks about the existence's way of thinking about the naturality and truth of life and the correct demeanor may have given them trust throughout everyday life.

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PSYCHOLOGICAL FACTORS AFFECTING SPORTS PERFORMANCE

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INTRODUCTION :

There are four main psychological factors which affect sports performance;
Stress, Anxiety, Tension, Aggression

Stress

Stress is defined as a physical, mental or emotional demand, which tends to disturb the homeostasis of the body. It is an everyday part of life; if there were no stresses, we would probably "die of boredom". Stress is inevitable in life and sport, and all performing actors, artists and athletes perform their tasks with varying stress levels. Used rather loosely, the term may relate to any kind of pressure, be it due to one's job, school work, marriage, illness or death of a loved one. The common denominator in all of these is change. Loss of familiarity breeds this anxiety with any change being viewed as a "threat".

Stress and Sports Performance

Sports performance is not simply a product of physiology (for example stress and fitness) and biomechanical (for example technique factors) but psychological factors also play a crucial role in determining performance. However, every athlete has a certain stress level that is needed to optimize his or her game. That level depends on factors such as past experiences, coping responses and genetics. Stress during sports, as in anything else in life, may be acute, episodic or chronic. For the most part in sports, it is episodic, whether during a competitive match between friends, or a championship game. While

acute stress may actually act as a challenge, if not harnessed, it can evolve to not only an episodic stressor that can affect one in the long term, but can also hamper one's play

Anxiety

Anxiety means a disturbed state of mind, emotional reactivity; arousal; nervousness; and unrealistic and unpleasant state of mind. Anxiety is an essential ingredient of any competitive situation and without certain level of anxiety, there cannot be competitive performance. Neither too high, nor too low level of anxiety is conducive to sports performance. Adequate level of anxiety produces best results. Unless sports persons learn to cope up with stressful competitive situations by managing anxiety, they would fail to achieve their goal. Anxiety has both psychological and physiological implications in sport performance. For example, once aroused, it raises the general arousal level of the player to such an extent that he finds it hard to concentrate on his game due to constant bombardment on his nervous system and his inability to diffuse tension caused by rising anxiety level. The ability of the player to monitor and judge situations correctly is reduced. His information-processing mechanism gets over stressed resulting either in wrong or slow response even to emergent situations. Under such a condition, the player is not focused-he wishes to do one thing but does something else. He loses control over his body and mind.

Tension

As already hinted at, tension is that state of body and mind, which results from the internal and/or forces acting in opposition to each other such in emotional reactions like anger or fear. In one sense, tension may refer to the residual effect of mental or emotional strain reflected in a person's appearance and/or behaviour; in another sense, it means tonus-a state of partial contraction when muscles are not actively working. Excessive tonus is called tension, which may result from excessive stimulation or from strains and stresses upon the organism. This kind of tension is not as harmful as kind of tension

Aggression

Aggression, in its broadest sense, is behaviour, or a disposition, that is forceful, hostile or attacking. It may occur either in retaliation or without provocation. In narrower definitions that are used in social and behavioural sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Predatory or defensive behaviour between members of different species may not be considered aggression in the same sense. Aggression can take a variety of forms and can be physical or be communicated verbally or non-verbally. Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson. Aggression is defined as threats or harmful actions directed toward another individual and can include threat displays, **lunging, growling, snarling snapping and biting. In animals**, aggressive behaviors are a means of communication. Dogs and cats use aggressive displays, threats and attacks to resolve competitive disputes over resources (territory, food) or to increase their reproductive potential, or to escape threatening situations. "Aggression" describes the behavior, but does not give any information about underlying motives or causes. Aggression can have multiple motivations.

CONCLUSION

For managing or controlling stress, anxiety, tension and aggression a variety of coping skills, strategies and intervention techniques such as behavioral modification, positive reinforcement, mental imagery, visualization, relaxation, cognitive strategies, muscular and mental relaxation, behavioral modification, visualization, Zen meditation, imagery skill training, goal-setting, positive self talk, pep, talks, hot baths, desensitization, inner mental trainings etc. have been suggested in literature.

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RELAXATION TECHNIQUES IN SPORTS

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ABSTRACT

Relaxation is characterised by an absence of activity and tension. It is a period of stillness and letting go and doing absolutely nothing with muscles. Relaxation is a neuro-muscular accomplishment which results in a reduction of tension in the skeletal musculature. Accordingly various stress management techniques has been explained in this work with the evidence. Stress as a stimulus, a response, or as a result of some interaction or imbalance between the individual and aspects of environment.

Keywords: Stress, Relaxation, Neuro-muscular.

INTRODUCTION:

Relaxation is the most fundamental psychological skill. Every sports performer needs to learn to relax both the mind and body appropriately during performance. (Andreassi, 1980)

The twentieth century witnessed great advances in scientific, financial, educational, medical, social and technological fields and simultaneously discovering serious problems related to lifestyle, adjustment and tranquillity. Stress emerged, as the single most important rallying point for researchers because of its damaging and inhibiting influence on health, performance and happiness. (Mohan, 2000).

Its successful prevention of coping and management became significant for the achievement of excellence in sports and other competitive fields.

Cox (1990) treated stress as a stimulus, a response, or as a result of some interaction or imbalance between the individual and aspects of environment.

Stress management techniques viz. Autogenic Training, Bio-feedback, Hypnosis, Meditation, Progressive relaxation and other methods have been used as aids against stress in various fields-psychotherapy and sports in particular.

SELF-TALK:

All of us talk to ourselves and most of us even receive answers. Recently research has demonstrated that how performers talk to themselves has, a definite effect upon their performance. Negative self-talk is detrimental to performances, while positive self-talk has an enhancing effect. (Harris, 1984).

Self-talk is best suited to enhancing and reinforcing self-confidence before an athletic performance. Self-talk can provide sense of control if one learns to become aware of self-statements and direct them in a positive manner. Goal setting is closely related to self-statements. (Van Noor, 1984).

Progressive Relaxation Technique:

Progressive muscular relaxation technique is a technique developed by Dr. Edmund Jacobson (1938). It is called progressive because an individual progresses from one muscles to another to learn the skill.

Chaney and Andreasen (1972) found that progressive relaxation led to significant improvement on a memorization test.

Autogenic training:

Autogenic training has been widely used over the years by former Eastern bloc athletes. Professor M. Machak of Charles University in Prague developed technique placed greater emphasis on activation by tensing muscles and taking short breaths in the actual build-up to competition (Cratty and Vanek, 1970).

YOGA:

Yoga is respected by the Indian schools of philosophy because of its practical aspects containing various psycho-physiological practices rather than its philosophy. Mohan (1994,1996) systematically introduced Yoga based on Patanjali.

Certain other terms like homeostasis, equilibrium, balance, harmonious development etc more or less suggest the same thing. The aim of Yoga itself is integration of personality in its all aspects. The word 'YOGA' occurs in Rigveda in various senses such as yoking or harnessing, achieving the un-achieved, connection and like (Dhanraj, 1974).

MEDITATION:

Meditation is a cognitive or mental technique for relaxation which utilises the mind to muscle approach. Basically, it involves using a mantra which is a non-stimulating, meaningless sound of one or two syllables. A mantra provides a non-stimulating focus to the one's attention does not go from one thing to another. Practicing meditation is a good way to increase concentration in athletes.

HYPNOSIS:

Hypnosis, as a relaxation technique and as a means of developing self-belief, has been found to be very effective but its use generally is questionable simply because responsibility and control moves from athlete to another person. One of the main objective of relaxation techniques is for the athlete to develop control and awareness and eventually even to make a sport psychologist completely redundant (Bankov, 1973).

Hypnosis, self-hypnosis, suggestion all have the capacity to enhance human performance Barbasz (1980) showed that hypnosis led to improved performance in sports settings.

Through hypnosis a normal critical judgemental or negative thinking can be suspended temporarily so that the highest possible degree of absolute belief can be inculcated rapidly (Ortik, 1990).

MENTAL TRAINING:

In recent years, Chinese sports psychologists have helped athletes with psychological consultation and mental training for national teams. Such as weight lifting, volley ball, tennis, fencing, shooting, table tennis, diving and badminton. These teams have carried out systematic mental training programmes and achieved good results Qiwei and Zitzelsberger (1992).

Mental imagery is one formal or mental training. According to Richardson, (1969), 'Mental Imagery refers to all those quasi-sensory and quasi-perceptual experiences of which we are self consciously aware and which exists for us in the absence of those stimulus conditions that are known to produce their genuine sensory or perceptual counterparts.'

Tynes and Mc Fatter (1987) employed a weight lifting task and found that subjects in imagery condition produced superior performance.

BIO-FEEDBACK:

Bio-feedback can be divided into two components, Bio means 'the physiological responses of the body' and feedback means 'the information about the change', the occurrence of a function and may serve at the same time as a cue, stimulus or reinforcement to which the system will respond.

Bio feedback training is in itself a conditioning or perhaps better stated, a reconditioning process.

Blumenstein et al (1997) opined that biofeedback is one of the most powerful techniques for facilitating learning of arousal, self regulation, and enhancing athletic performance.

CONCLUSION:

Most research on the effects of relaxation and meditation has been carried out on the physiological and / or psychological levels studying the variables of performance of health. Thus showing the importance of the various relaxation techniques in the sports

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THE STUDY OF EFFECT OF TRATAKA & PRANAYAMA ON THE PERFORMANCE OF JUNIOR COLLEGE AIR RIFLE SHOOTING PLAYERS

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INTRODUCTION :-

Trataka is a method of meditation that involves staring at a single point such as a small object, black dot or candle flame. It is said to bring energy to the "third eye" and promote various psychic abilities. By fixing the gaze the restless mind too comes to a halt.(2) It is said also that control of the blink reflex stimulates the pineal gland. With Kundalini Yoga identify with the third eye. Trataka is said to enhance the ability to concentrate. It increases the power of memory and brings the mind to a state of awareness, attention and focus.

The word Pranayama consists of two parts; prana and ayama. Ayama means stretch, extension, length, breadth, regulation, prolongation, restraint and control and describes the action of Pranayama. **Pranayama** has direct effect on both body and mind. First of all, Pranayama improves overall well being and gives longevity. Therefore one gets clear mind in order to make decision in daily life as well. It is very good practice for a person who is just looking to have a good health as well as a person who walks on the spiritual path of enlightenment. Pranayama prepares the mind for the state of concentration and meditation. It brings calmness to the wondering mind. It is been very useful in preventing as well as cure of many stress related & psychosomatic disorders such as hypertension, anxiety, insomnia, asthma, diabetes, heart burn etc.. 10meter air rifle is an International Shooting Sports Federation (ISSF) shooting even, shot over a distance of 10 meters (10.94yards) from a standing position with a 4.5 mm (0.177in) calibre air rifle with a maximum weight of 5.5 kg (12.13lb). The use of specialized clothing is allowed to improve the stability of the shooting position and prevent chronic back injury which can be caused by the asymmetric offset load on the spine when the rifle is held in position. The center of the target is positioned at **1.40 meters above the floor** and its total diameter measures 4.5 millimeters. The diameters of the fourth ring is 30.5 millimeters, while the tenth ring measures 0.5 millimeters.

The use of specialized clothing equipment is allowed to improve stability of the shooting positions. Sub A study of effect of Trataka & Pranayama on the Performance of Junior college Air rifle shooting players.

- ☐ All student participatory in **Shri. Shivaji Mahavidyalaya, Barshi**
- ☐ 10 student
- ☐ 10 mtr air rifle shooting
- ☐ One month Test Training & observation.

Statement of Study :-

Effectiveness of trataka and Pranayama on the performance of junior college air rifle shooting players

Objectives of Study :-

1. To measure the performance of junior college air rifle shooting players.
2. To add trataka and Pranayama in daily practice of junior college air rifle shooting players
3. Measure the post trataka and Pranayama practice results and of junior college air rifle shooting players and compare the results with previous.

Significance of Study :-

Air rifle shooting is require great eye sight and concentration the trataka and Pranayama are very useful to enhance the concentration ability and also increase memory power and brings mind to state of awareness and more attention, focus which is helpful in air rifle shooting so this study is carried out.

Methodology :-

For this study randomly 10 players of **Shir. Shivaji Mahavidyalaya, Barshi** were selected, who are participatory in school games in junior team of air rifle shooting respectively. In This week their Performance was observed and noted In second week their performance was better than that of first week. In third week trataka and Parnayema include in their practice session then they showed good increase in their score. This was continued in the Fourth week those players were were doing Trataka and Pranayama Regularly in forth week. They should graduate in crease in their performance than that of first three weeks

Sr.No.	Week Duration	No. of Students	Age Group	Performance
01	First week	10	17 to 19	40 To 75 (Avg -57.5)
02	Second week	10	17 to 19	40 To 80 (Avg - 60%)
03	Third week	10	17 to 19	50 To 85 (Avg - 67.5%)
04	Forth week	10	17 to 19	60 To 90 (Avg – 75.00%)

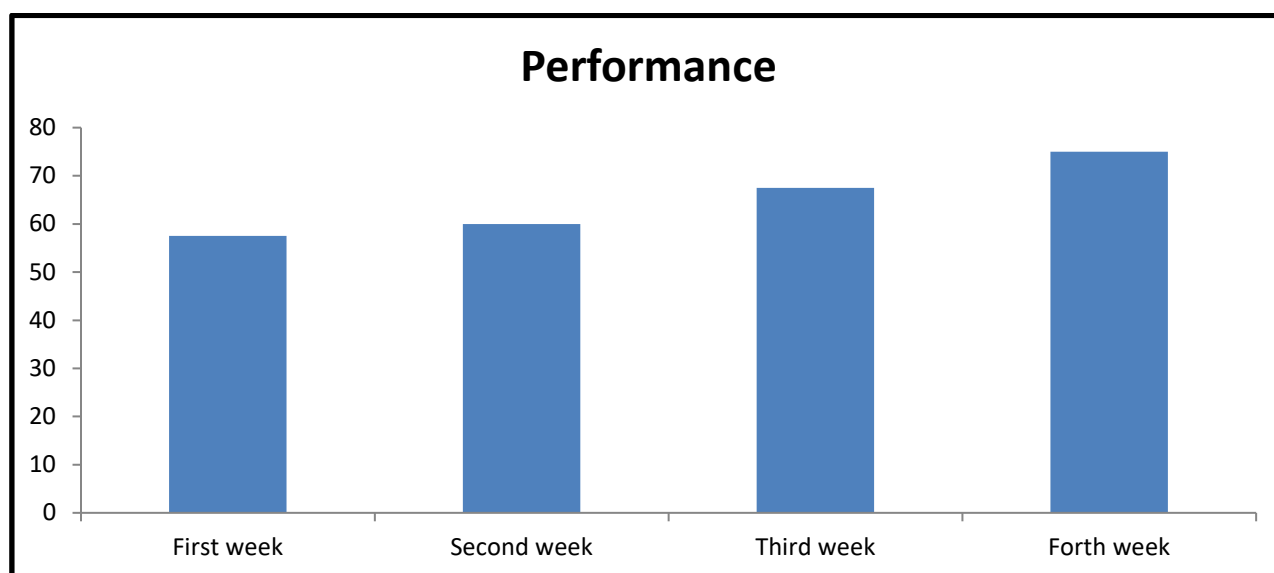
The average of their for mance was Taken which show increase in there score .

HYPOTHESIS :-**1. Research hypothesis**

After daily practicing Trataka & Pranayama the performance of junior college air rifle shooting players will increase.

2. Null hypothesis

After daily practicing Trataka & Pranayama there will be no change in performance of junior college air rifle shooting players

**CONCLUSION :-**

- 1) When the players of junior college were practicing with daily routine their growth was slight in first two weeks as observed.
- 2) In first two weeks their average scores were increasing by **2.5%** in third & forth week their scores increased by **7.5** each.
- 3) In third week when tratakas and pranayama were added in their workouts there two yogas & kriyas very effective in the mindsect and concentration their consistency increased and minimum score level. Also increased.
- 4) This study shows that the Trataka & pranayama are very effective in increasing concentration and mind stability.
- 5) The use of trataka and pranayama in training program of air rifle shooting players impact positively on their performance.

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NEED AND IMPORTANCE OF REGULAR EXERCISE IN MODERN LIFE

TAHIR RASOOL MIR & MOHD IMRAN DAR

PET : J. & K. GOVT.

ABSTRACT

Regular Physical activity and exercise can help you stay healthy, energetic and independent as you get older. Exercise play avital role in preventing health diseases and stroke. The health benefits of doing regular Exercise have been shown in many studies. This paper review the evidence of the benefits of exercise for all the body systems. Physical activity and exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. It also helps in preventing and reducing heart disease, obesity, blood sugar fluctuations, cardiovascular diseases and Cancer.

Keywords: sports, need, exercise, benefits, physical activity, importance.

INTRODUCTION:

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. The term "Physical activity" is not equal to "exercise". Exercise is a subcategory of physical activity which is structured, repetitive, and purposeful ^[1]. "A sound body has a sound mind" It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. Strengthening exercises provide appropriate resistance to the muscles to increase endurance and strength. Cardiac rehabilitation exercises are developed and individualized to improve the cardiovascular system for prevention and rehabilitation of cardiac disorders and diseases. A well-balanced exercise program can improve general health, build endurance, and slow many of the effects of aging. The benefits of exercise not only improve physical health, but also enhance emotional well-being. Regular physical activity remains an essential behavior for endorsing health, postponing or preventing predominant musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain and decreasing the risk of increasing coronary heart disease, hypertension, diabetes, osteoporosis, obesity and colon cancers ^[2, 3] The period of adolescence represents the transition from childhood to adulthood and lifetime habits such as regular exercise are normally begun at this time ^[4]. But unfortunately research indicated that physical activity rates decline consistently during the adolescent years ^[5, 6]. No matter what your age or shape, you should exercise daily. Not only does exercise so you can wear your favorite dress, it strengthens your muscles, keeps your bones strong, and improves your skin, increased relaxation, better sleep and mood, strong immune function, and more. Daily exercise helps in strengthening of heart muscles. It helps maintain desired cholesterol levels. Daily physical activity reduces one's chances of stroke and the risk of heart disease. Regular exercise lowers blood pressure and improves blood circulation. Exercise helps in reduction of excess body weight leading to lower blood pressure. Exercise results in the burning of calories. If supplemented with proper nutrition, exercise is the way to prevent obesity. Any healthy person may become unfit physically if he does not practice exercise regularly. The efficiency of our muscles reduces if we are not doing regular physical workout. So we must do physical fitness exercises every day. Exercise is linked with many physical and physiological benefits that help

individual to function effectively and feel good. Exercise provides an entertaining way to spend enjoyable time. People of all age who are usually inactive can improve their health and well-being by becoming active at a level of moderate intensity in daily basis. Regular Exercise significantly reduces the high blood pressure, risk of developing heart disease, stroke, some cancers, diabetes, and may help to remove the stress, anxiety, and depression. At any age, being physically fit is an advantage to your overall health.

EXERCISE

Exercise is a subcategory of physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation. Also we can define exercise as any bodily movement performed in order to develop or maintain physical fitness and overall health.

TYPES OF EXERCISE:

Exercise and physical activity fall into four basic categories— endurance, strength, balance, and flexibility. Most people have a habit of to focus on one activity or type of exercise and think they're doing enough for their health. Each type of exercise is different, however, doing them all will give you extra benefits. Mixing it up also helps to reduce boredom and stop the possibility of injury.

Endurance:

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Walking or jogging, mowing, raking, digging and Dancing are kinds of this type.

Strength:

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability. We can find this type of exercise in Lifting weights, using a resistance band with your own body weight. 3.3 Balance Balance exercises help prevent falls, a public problem in older adults. Many lower-body strength exercises also will improve your balance. This type can be noticeable in Standing on one foot, Heel-to-toe walk and Tai Chi.

Flexibility:

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Some examples for that in Shoulder and upper arm stretch, Calf stretch and Yoga.

Depending on the overall effect on the human body Physical exercises can be generally grouped into two types: [7]

Aerobic exercise

Aerobic exercise is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance^[8]. Examples of aerobic exercise include cycling, swimming, brisk walking, skipping rope, rowing, hiking, playing tennis, continuous training, and long slow distance training.

Anaerobic exercise:

which includes strength and resistance training, can firm, strengthen, and tone muscles, as well as improve bone strength, balance, and coordination. Examples of strength moves are push-ups, lunges, and bicep curls using dumbbells. Anaerobic exercise also include weight training, functional training, eccentric training, Interval training, sprinting, and highintensity interval training increase short-term muscle strength^[9].

According to the intensities of the exercise it can also be divided to three categories, heart rate is typically used as a measure of exercise intensity [10]. Heart rate can be an indicator of the challenge to the cardiovascular system that the exercise represents [11, 12].

Light exercise: Does not induce sweating unless it's a hot, humid day. There is no obvious change in breathing patterns, sleeping, writing, desk work, typing, very slow walking, are examples for the first category.

Moderate exercise: It should raise your heart rate, make you breathe faster and make you feel warm enough to start to sweat after performing the activity for about 10 minutes. Breathing becomes deeper and more frequent. You can carry on a conversation but not sing, bicycling, very light effort, calisthenics, home exercise, light or moderate effort are examples for the second one.

Vigorous exercise: will make you breathe hard, increase your heart rate significantly and make you hot enough to sweat profusely after 3-5 minutes. Breathing is deep and rapid. You can only talk in short phrases, the examples for this type include running, jogging, jogging in place, calisthenics (e.g. pushups, sit-ups, pullups, jumping jacks), heavy vigorous effort, rope jumping.

NEED OF EXERCISE:

Everybody knows that the need of exercise in our daily lives, but we may not know why or what exercise can do for us. Exercise means, the daily practice of doing some physical work. Exercise is the key to good health and fresh mind [13]. The daily practice of some physical work does not mean to take stress on body, but it is actually the stress relieving activity. A good health is obligatory for doing a good work. A famous quote is there is awesome evidence that people who lead active lifestyles are less likely to suffer from illness and more likely to live longer. Exercise not only makes you physically fitter but it also improves your mental health and general sense of well-being. Getting fit is not just about running on a treadmill for hours in your local gym, it can be a dance class or a new hobby like fencing or mountain biking. It could be a group or team activity like football or a karate class. Whatever form of exercise you choose, you'll practically certainly meet new people and may make new friendships. These recommendations can be achieved through 30-60 minutes of moderate-intensity exercise (five times a week) or 20-60 minutes of vigorous-intensity exercise (three times a week) or a combination of both types. One continuous session combined with multiple shorter sessions (of at least 10 minutes) is also acceptable [14].

IMPORTANCE OF EXERCISE :

Each one of us has a physical body made of muscles, blood, bones and various other living tissue. When any of these are injured or not working properly then we get ill. Nobody likes to be ill. So, it is important that we keep our body healthy and fit. Exercising the body is one way of keeping it healthy. If we do not exercise then our muscles become weaker and we are less able to do things properly. Also the bones can become weaker and thus break easily. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent "diseases of affluence" such as cardiovascular, type 2 diabetes, and obesity [15, 16]. It may also help prevent stress and depression, increase quality of sleep and act as a non-pharmaceutical sleep aid to treat diseases such as insomnia, help promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem [17, 18]. Childhood obesity is a growing global concern, [19] and physical exercise may help decrease some of the effects of childhood and adult obesity. Some care providers call exercise the "miracle" or "wonder" drug—alluding to the wide variety of benefits that it can provide for many individuals [20, 21]. In the United Kingdom two to four hours of light activity are recommended during working hours [22]. This includes walking and standing. In the United States, the CDC/ACSM consensus statement and the Surgeon General's report states that every adult should participate in moderate exercise, such as walking, swimming, and household tasks, for a minimum of 30 minutes daily [23].

6. Benefits of Exercise:



Regular exercise makes the heart stronger and the lungs fitter, enabling the cardiovascular system to deliver more oxygen to the body with every heartbeat and the pulmonary system to increase the maximum amount of oxygen that the lungs can take in. Exercise lowers blood pressure, slightly decreases the levels of total and low-density lipoprotein (LDL) cholesterol (the bad cholesterol), and increases the level of high-density lipoprotein (HDL) cholesterol (the good cholesterol). These helpful effects decrease the risk of heart attack, stroke, and coronary artery disease. In addition, colon cancer and some forms of diabetes are less likely to occur in people who exercise regularly ^[24]. Exercise makes muscles stronger, allowing people to do tasks that they otherwise might not be able to do or to do them more easily. Every physical task requires muscle strength and some degree of range of motion in joints. Regular exercise can improve both of these qualities. Exercise stretches muscles and joints, which in turn can increase flexibility and help prevent injuries. Exercise may also improve balance by increasing strength of the tissues around joints and throughout the body, thus helping to prevent falls. Weight-bearing exercise, such as brisk walking and weight training, strengthens bones and helps prevent osteoporosis. Other health benefits include the following:

Reduce stress and anxiety:

Stress relief is one of the most common mental benefits of exercise. Regular Exercise can help to manage physical and mental stress. Exercise also increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress. Being active greatly causes a reduction in stress levels. Aerobic and anaerobic physical training helpful for overall health. Study suggests that 30 Minutes Exercise for 5 or more days in a week, it helps in lowering the desperation and mental stress ^[25]. On the other hand Physical activity makes you more tired so you're more ready to sleep. Good quality sleep helps improve overall wellness and can reduce stress. Regarding anxiety, the warm and chemicals that are released during and after any physical exercise can help people with anxiety disorders calm down ^[26]. Jumping on the track or treadmill for some moderate-to-high intensity aerobic exercise can reduce anxiety sensitivity.

Boost happy chemicals:

Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even improve symptoms among the clinically depressed. For this reason, doctors recommend that people suffering from depression or anxiety. In some cases, exercise can be just as effective as antidepressant pills in treating depression. Higher energy levels resulting from exercise help a

person in remaining fresh and happy. Following a suitable exercise program can add some fun and brightness to the day. Working out for just 30 minutes a few times a week can instantly boost overall mood.

Improve self-Confidence and self-Image:

Physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender, or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth. It has been proved that in less time of aerobic exercise and resistance training method definitely will help to improve self-image. One of the latest research was in consistency with most of the previous studies which found significant relationship between physical activity and self-esteem by using different study designs and self-esteem scales. This finding can be considered to recommend increased physical activity participation for college student who face self-esteem problems. Even if you will take your workout outside and start Exercising in the great outdoors can also increase self-esteem even more.

Increase brainpower:

Various studies on mice and men have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance. Studies suggest that a vigorous workout increases levels of a brain-derived protein (known as BDNF) in the body, believed to help with decision making, higher thinking, and learning.

Sharpen memory:

Regular physical activity increases memory and ability to learn new things. Getting sweaty increases production of cells in hippocampus responsible for memory and learning. For this reason, research has linked children's brain development with level of physical fitness, but exercise-based brainpower isn't just for kids, regular exercise can boost memory among adults, too. A study showed that running sprints improved vocabulary retention among healthy adults.

Improves muscles and bones strength:

Exercise involves a series of sustained muscle contractions, of either long or short duration, depending on the nature of the physical activity. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Strong muscles and ligaments reduce your risk of joint and lower back pain by keeping joints in proper alignment. Additionally, with exercise improvements to the circulatory and respiratory systems can facilitate better delivery of oxygen and glucose to the muscle. Research shows that doing aerobics bonestrengthening physical activity of at least a moderately-intense level can slow the loss of bone density that comes with age, along with that hip fracture is a serious health condition that can have life-changing negative effects, especially if you're an older adult. But research shows that people who do 120 to 300 minutes of at least moderate-intensity aerobic activity each week have a lower risk of hip fracture.

Reduce the Risk of Heart Diseases:

The heart is a muscle and needs exercise to stay in shape. When it's exercised, the heart can pump more blood through the body and continue working at optimal efficiency with little strain. This will likely help it to stay healthy longer. Regular exercise also helps to keep arteries and other blood vessels flexible, ensuring good blood flow and normal blood pressure. Daily exercise helps in strengthening of heart muscles. It helps maintain desired cholesterol levels. Daily physical activity reduces one's chances of stroke and the risk of heart disease. According to the American Heart Association (AHA), exercising 30 minutes a day, five days a week will improve your heart health and help reduce your risk of heart disease. You can even break it up into quick and manageable 10- minute sessions, three times a day.

Preventing Obesity :

Obesity and overweight are associated with increased risk for hypertension, osteoarthritis, abnormal cholesterol and triglyceride levels, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, sleep apnea, respiratory problems and some cancers. Obesity is a significant health problem all

over the world for all ages. Genetics can play a role in the possibility that a person will become obese, the condition occurs when the amount of calories consumed exceeds the amount of calories expended over a long period of time. The more you exercise, the easier it is to keep your weight under control. Excess calories are stored as fat in the body, and with long-term caloric excess, an individual eventually becomes obese. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Regular exercise (and proper nutrition) can help reduce body fat. Weight loss will achieve most effectively when we follow a cardiovascular exercise of moderate intensity activity accumulated over 5-7 days per week. Eating a healthy diet are ways in which to combat obesity.

Exercise and Diabetes:

Diabetes and exercise go hand in hand, at least when it comes to managing your diabetes. Exercise can help you improve your blood sugar control, boost your overall fitness, and reduce your risk of heart disease and stroke. But diabetes and exercise pose unique challenges, too. To exercise safely, it's crucial to track your blood sugar before, during and after physical activity. You'll learn how your body responds to exercise, which can help you prevent potentially dangerous blood sugar fluctuations. The affect physical activity has on your blood glucose will vary depending on how long you are active and many other factors. Physical activity can lower your blood glucose up to 24 hours or more after your work out by making your body more sensitive to insulin.

Exercise and Cancer:

Exercise is one of the most important actions you can take to help guard against many types of cancer. Up to one-third of cancer-related deaths are due to obesity and a sedentary lifestyle, including two of the most common cancers in the United States, breast and colon cancer . Many people exercise to prevent heart disease, but exercise can also play a key role in preventing and reducing the danger of many cancers. It is estimated that 30 to 60 minutes of moderate to vigorous physical activity per day is needed to protect against colon cancer, endometrial cancer and lung cancer. Most studies suggest that 30 to 60 minutes per day of moderate- to high-intensity physical activity is associated with a reduction in breast cancer risk also, there is one recent study suggested that regular vigorous activity could slow the progression of prostate cancer in men age 65 or older .

CONCLUSION:

Exercise not only makes you physically fitter but it also improves your all body health and general sense of well-being. Physical activity or exercise can reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Daily exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

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EXERCISE AND PHYSICAL TRAINING: A CURE FROM HEALTH PROBLEMS

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ABSTRACT

The Present Paper is about to make awareness of physical exercises to the society, the author has tried to justify that Exercises are better than any Medical Treatments. Exercises are itself a medicinal effect over the body. Many of researches have been proved this fact that regular exercises make human body more fit and immune in all sort of stages. The routine workout of the pattern of exercises is beneficial to our body. Walking, running, dancing, games and swimming are beneficial as they lead to harmonious, development of the body as a whole, but not so are the specialized exercises such as weight lifting or swinging.

INTRODUCTION

The necessity for a regular daily exercise for the preservation of health cannot be over-estimated, yet perhaps few realize, the importance of the changes it involves. The co-ordination of mind and muscle is the main factor in all exercise and games.

Physical exercise should be of the right type, but if of the wrong kind it may be injurious. The form of exercise should be such that it calls into play the majority of the muscles of the body and not a few only : so walking, running, dancing, games and swimming are beneficial as they lead to harmonious, development of the body as a whole, but not so are the specialized exercises such as weight lifting or swinging. Physical exercises increase the force and frequency of the heart beat so driving more blood to all part of the body, it increases the depth and frequency of respiration; it helps to remove the poisonous substance or waste materials from the muscles and the system generally, it increases appetite and metabolism. In general outdoor exercise in the sun and air, or the wind and rain, is more invigorating than exercise under cover. Exercise, if properly taken, increases the power of resisting fatigue.

It is often found that elderly persons (above 50) who take some active exercise during the week-end after remaining inactive for about five days feel very much tired and exhausted with the result that they take several days to recover. It is, therefore, not advisable for them to take up hard exercises once a week : they would do well to take daily some moderate or health-promoting exercises such as walking, riding, or a little golfing.

Jogging : Jogging is easy running and elementary economical and personally geared exercise programme to develop general physical fitness. Through jogging gross muscles group and ankle and knee joints can be exercised. However, its major contribution is towards the development of cardio respiratory fitness. Group jogging programmes are increasing day by day all over the world and people are accepting the value of physical fitness by doing jogging or slow running in morning and evening which provides them enjoyments and a healthy life style.

If you are significantly over-weight, start your fitness programme with brisk walking and continue for few months. Start with jogging programme only when your weight has reduced significantly. Furthermore, for the very unfit, a conditioning period of a few weeks of less vigorous activity like walking is recommended.

Jogging requires no special equipment except jogging shoes and proper clothes. Look for a light, flexible, well- padded, well-fitting shoe with heel and arch supports. If socks are worn, they should be short sock. Clothes should be loose, light, porous and short sleeved T-shirt and shorts.

You can jog anywhere. Just open your front door and off you go. However, where possible use the softer grass, dirt track or jogging trails which are easier on the feet and legs, rather than harder surfaces like roads and pavements. You can then less likely to roads, always face oncoming traffic and observe all traffic rules.

Jog in style which is comfortable for you. If you prefer company, jog with your family or friends. The following diagram provides some tips:

- I) Look Ahead.
- II) Breath naturally through mouth.
- III) Head and body relaxed and nearly upright.
- IV) Knees slightly bent at all times.
- V) Slight heel to toe landing action.

A person's best time is the time convenient enough for him to jog regularly. Early morning and late evening hours are more suitable for jogging. Avoid jogging during extreme heat and humid Conditions.

Jogging may done preferably 3-5 times a week, unless otherwise indicated by your doctor, at 60% - 80% of your maximum heart rate or till you start to sweat somewhat and breathe deeply without being breathless or developing any medical problem. Set the time you think you can spare for jogging start with at least 15 minutes and gradually increase the duration to 30 minutes. Thirty minutes should be enough for any who is jogging for physical fitness.

Begin slowly and build up to the recommended intensity. Continue to jog slowly or walk to allow the blood concentrated in your legs to circulate to the other parts of our body.

Do not jog when you are not feeling well or suffering from a significant injury or disease.

Before, during and after a long jog, prepare for and replace sweat loss and prevent possible muscle cramps through liberal intake of fluids with just a pinch of salt added, if necessary. Should a muscle cramp develop rest and slowly stretch the muscle.

Body Posture : Good posture is important for all of us. A body with good posture looks beautiful and perfect the posture habit learned when you are young can stay with you throughout your life. Our posture changes all the time when we are walking, standing, running, sitting, sleeping. Care should be taken to prevent acquiring physical defects especially among school children. Posture helps in the maintenance of correct posture. In children when the bones are soft and pliable a bad posture is easily acquired. In standing and walking the chest should be high, the abdomen retracted, the neck vertical and the chin not advanced. This posture is considered to be the muscles, helps the circulation of blood and assists proper respiration and prevents flat-foot and fatigue. Therefore to know about proper posture is very vital to all mankind.

A) Sitting Position :

- I) The feet should be flat on the floor, a comfortable distance apart.
- II) Sit with your back well into the chair.
- III) The back should be reasonably straight. Your spine should not be curved, and you should not be slumped.

B) The Lifting Position :

- I) When lifting heavy objects makes certain the back is straight.
- II) Bend at hips and knees. Do not lift with legs straight.
- III) Hold the weight close to the body, and get a firm and comfortable grip.

C) The Standing Position :

- I) The feet should be parallel and comfortably apart, the weight evenly balanced over both legs.
- II) The knees should be straight.
- III) The buttocks should be tucked in.
- IV) The shoulders should be back and relaxed.
- V) The stomach should be flat.
- VI) Mind should be relaxed.

D) The walking position :

- I) Carry the head tall, look straight ahead.

- II) Keep the stomach flat and walk in a rhythmic, relaxed manner, swinging the arms easily and naturally.
- III) The toes should point straight ahead, the feet should be reasonably parallel.
- IV) Do not sway from side to side and not to drag your feet.
- V) Walk without tension.

The effects of exercise on the different organs :

- 1) **Respiratory system** : During exercise there should be not be any impediment to the full play of the chest by dress or any other means. The pulmonary circulation quickened, the amount of air inspired and of carbon expired is greatly increased. It is obvious that increased output demands increased supply of food and fresh air.
- 2) **Circulatory system** : Active exercise increases the force and frequency of the heart with acceleration of circulation, but this is followed by a period of depression.
- 3) **Muscular System** : The Nutrition of muscles is improved contributing to there growth and energy.
- 4) **Cutaneous system** : Exercise need to engorgement of the vessels and increased perspiration witch in evaporating from the surface of the skin reduces and regulates the temperature. The risk of catching a chill increases after exercise and therefore the surface of the body required to be covered and protected form undue loss of heat. Immediately after exercise cold bath should not be taken.
- 5) **Urinary System** : The excretion of urea is unaffected but uric acid increased. On account of the increased action of the skin the watery portion and the chlorides of urine are diminished.
- 6) **Nervous System** : Men engaged in brain work most recreated themselves with active exercise which leads to perfect performance of mental work and better sleep.
- 7) **Alimentary System** : Constipation is removed and a regular action of the bowels is set up.

Effects of Excessive Exercise : Exercise can injure or build it can give adequate return for the time spent, for it can produce extremely beneficial result in a very short time. Excessive exercise causes either nervous or muscular fatigue. For those with a sedentary habit it is best to have recourse to graduated exercise. Riding, rowing, swimming, etc., may with advantage be under taken by them. For neurasthenic people a course demanding less nervous efforts is necessary.

Physical culture not only imparts strength and vigor to the healthy but it also gives strength to the week: moreover it means enjoyment to health, increased efficiency of mind and body even to the invalid.

Table 1 : Daily energy requirements of Male and Female with respect to their body weight and physical activity.

Body Weight		Sedentary (K cal)		Moderate Activity		Very Active		Exceptionally Active	
(Male)	(Female)	(Male)	(Female)	(Male)	(Female)	(Male)	(Female)	(Male)	(Female)
50	40	1900	1140	2250	1700	2680	1980	3090	2200
55	45	2130	1620	2480	1900	2950	2220	3400	2470
60	50	2350	1800	2700	2100	3200	2450	3710	2750
65	55	2570	2000	3000	2300	3480	2680	3390	3020
70	60	2800	2160	3220	2500	3760	2910	4330	3300
75	65	3020	2340	3450	2700	4030	3150	4640	3570
80	70	3250	2540	3680	2900	4300	3370	4950	3850

Warm up and exercise

Warm up mean stretching or twenty minutes. There are three types of warm up exercises. First type involves static stretching techniques that stretch the muscles prior to an activity. Stretching increases extensibility and reduces the resistance of the mussels. It also produce more efficient muscle contractions and reduces the chances of injury or soreness.

The second type of warm up exercise is concerned with general body warm-up. These exercise, such as jogging or calisthenics are aimed at increasing the body temperature and gradually stimulating the heart. General body warm up also prepares the heart to efficiently meet the stressful demands placed upon it during rigorous exercise and helps to prevent the possibility of heart damage during the initial stages of exercise. It is vital to gradually stimulate the cardiovascular system with a general warm-up activity before in engaging in rigorous exercise. The third type is a specific neuromuscular warm-up where the skill is performed at a less intense level prior to the actual activity to insure that the proper muscles are being stimulated and that the coordination and skill level are maximized. In other words, the type of warm-up is specific to the type of activity that is to follow. Many athletes believe that is type of warm-up must precede an activity to produce optimal skilled performance.

FLEXIBILITY

Flexibility is a looseness or suppleness of the joint. Flexibility is the range and the extent of movement of a joint. Joint flexibility is controlled by a number of factors; the joint capsule contributes approximately 47% to the range of motion, the muscles contribute 41% , the tendons contribute 10%, and the skin contributes 2%. Stretching exercises enable these tissues to increase range of movement. Conversely, strengthening exercises may tighten up the muscles and tendons and can decrease the range of movement if not done correctly through the full range of motion. Women tend to have a greater range of movement in the joints than men primarily because men have generally larger and bulkier skeletal muscle, which tend to reduce joint movement. All activities require varying degrees of flexibility. A competitive tennis player needs good shoulder flexibility. A laborer requires good lower back flexibility. Even such everyday movements as walking, and running, require flexibility. Good flexibility reduces the possibility of the ache, pains and inflammations associated with joints that are stressed through rigorous activity.

CONCLUSION

The Body require regular movements and activities to become strength, Flexible, and strong joints and healthy skin. The use of Proper diet, and set of exercises including, Dance, zumba, Pilates, and Plenty of Relaxations etc will keep the body fit and fine.

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A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE BETWEEN EDUCATION AND PHYSICAL EDUCATION COLLEGE FEMALE STUDENTS IN PUNE DISTRICT

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ABSTRACT

Emotional Intelligence is one of the most important factor in every field. In these study there was conducted to compare the Emotional intelligence between Education and Physical Education College Female Students in Pune District. The present research researcher use survey method for study. The present study the data pertaining was collected on 570 Education and 81 Physical Education college female students of different parts of Pune district by using emotional intelligence questionnaire by Hyde, Pethe and Dhar. The collected data were analyzed statistically through T-test and the level of significant was observed at 0.05 level of confidence. On the basis of statistical findings it was conclude that there were insignificant difference in Emotional intelligence between Education and Physical Education College Female Students in Pune District.

Keywords: *Emotional Intelligence, Education and Physical Education*

INTRODUCTION:

Emotional intelligence is the concept which is currently in focus among the general public, practitioners and researchers. Managing emotions in social contexts are clearly important for success in a variety of interpersonal; as well as career-related domains. Emotional Intelligence plays a vital role in social sciences; it has direct impact on the teacher's behavior working in an organization and it is important for the success of their profession. Teachers are considered as the main pillar in the education and physical education system. They are the moderators through which the knowledge can be transferred to the students who represent the foundation of the society. Teachers cannot be the effective source of knowledge unless they are possessed with the essential skills, knowledge and talents. In the recent years, the concept of the emotional intelligence among teachers has been taken attention in the educational institutions due to its great importance. In fact, emotional intelligence is a type of social intelligence that includes to control own and others emotions; make a choice between them and the ability of using these emotions to set his life. Therefore this skill is really required to make the teacher's performance very effective. This skill can make the teachers not only able to deal with their students but with their colleagues as well. Therefore, a study on the emotional intelligence among teachers in the private educational institutions in Muscat is conducted. This study is based on the idea to know the level of the emotional intelligence among teachers. Emotional Intelligence is the ability to identify, assess and control the emotions of oneself, of others, and of groups.

REVIEW OF LITERATURE

Wechsler, D. (1940) suggested that affective components of intelligence may be essential to get success in life. Maslow, A (1950) describes how people can build emotional strength. Gardner, H. (1975) introduced the concept of multiple intelligences. Payne, W. L. (1985) coined the term emotional intelligence. Mayer and Salovey (1993) defined emotional intelligence as the ability to monitor one's own and other's feelings and emotions to discriminate among them, and to use this information to guide one's thinking and action. Cooper and Sawaf (1997) defined Emotional Intelligence as the ability to sense, understand and effectively apply the power and acumen of emotions as a source of human energy, information connection and influence. Goleman's, D. (1995) explained the basic concept of emotional intelligence. Goleman, D. (1998) defined it as the capacity to recognize our own feelings and those of others for motivating ourselves and for managing emotions well in ourselves and in our relationships.

• Statement of the Problem:

A Comparative Study of Emotional Intelligence between Education and Physical Education College Female Students in Pune District

RESEARCH METHODS:

The present study was conducted by framing a quantitative survey research design.

• Objective of the Study

To Search the Emotional Intelligence difference between B.Ed and B.P.Ed Female College students.

• Hypotheses of the study

There will not be any significant difference in the Emotional Intelligence between Education and Physical Education College female Students of Pune District.

• Method

In this research researcher used survey method for the study.

Sample size and Data collection : The sample size consists of 570 B.Ed. Female students of Education and 81 B.P.Ed Female students from Physical Education Colleges from area of Pune district were randomly selected. The students age group was 18 to 28 years. The Emotional Intelligence questionnaire was distributed to the Education (B.Ed.) and Physical Education (B.P.Ed.) College students of Pune district. Then, the filled questionnaire was collected by researcher personally. After that, the questionnaire was scored according to the scoring method given in manual. The total score was given the emotional intelligence score of the respondents. Collected data were analyzed statistically through the mean value, SD and T-test and the level of significant was observed at 0.05 level of confidence.

RESEARCH TOOLS:

Emotional Intelligence Scale (EIS)

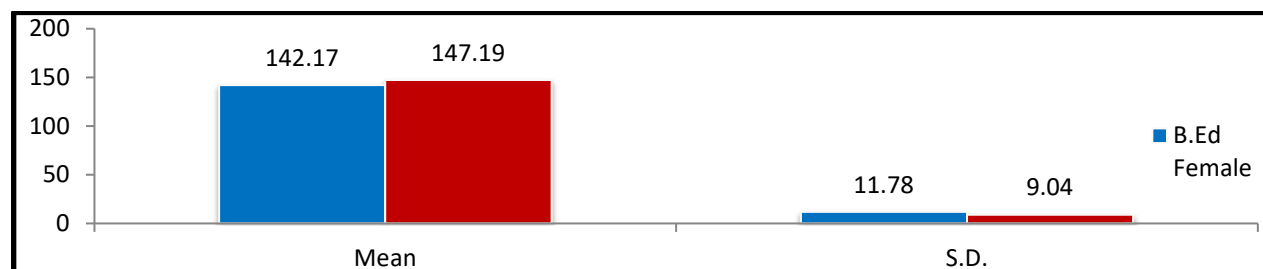
Emotional intelligence Scale questionnaire was developed by Hyde, Pethe and Dhar. The collected data were analyzed statistically through T-test and the level of significant was observed at 0.05 level of confidence.

RESULT AND DISCUSSION:

Table 1: B.Ed. and B.P.Ed. Female students shows the mean, S.D. and 't' value of Emotional Intelligence.

Sr. No.	Courses	N	Mean	S.D.	D. F.	't' Value
1	B.Ed Female	570	142.17	11.78	649	4.37*
2	B.P.Ed Female	81	147.19	9.04		

df:649, sig level at 0.05*



Graphical representation of Education (B.Ed.) and Physical Education (B.P.Ed.) Female students shows the mean, S.D., and 't' value of Emotional Intelligence.

The mean score of the Education (B.Ed.) College female students and Physical Education (B.P.Ed.) College female students are 142.17 and 147.19 respectively. The Mean and SD score of the Education (B.Ed.) College female students and Physical Education (B.P.Ed.) College female students are 11.78 and 9.04 respectively. The mean and SD difference between two groups is 5.02 and 2.74 respectively. The obtained 't' value is 4.37 is significant at 0.05 level. This indicates that there was significant difference in the Emotional Intelligence between Education and Physical Education college female students of Pune district.

Hence the hypothesis of “*There will not be any significant difference in the Emotional Intelligence between Education and Physical Education College female Students of Pune District.*” was rejected.

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EVENT MANAGEMENT IN SPORTS

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ABSTRACT

This paper it was to highlight the scope and demand of event organizing in our country. It was found that from major professional sporting events to corporate event to consumer events, event management will help to develop and control the brand experience, deliver the key managers more effectively. Events like, Commonwealth games, Youth games, Pro Kabaddi, Pro badminton, Hockey and Kho-Kho Leagues, Khelo India National Games, are such example of successful event Management.

Keywords: sports, events, corporate management.

INTRODUCTION:

SPORTS MANAGEMENT

Sports management is a field that focuses on applying business techniques and strategies to the operation of sports administration. With increasing entertainment options, many smaller sports franchises are in need of professionals who can use their business acumen to increase profitability and overall revenue, finance and economics, marketing and management strategies.

EVENT MANAGEMENT

Event management is the application of the *management practice* of project management to the creation and development of *festivals* and *Sporting events*. Event Management involves studying the intricacies of the *brand*, identifying the *target audience*, devising the event concept, planning the *logistics* and coordinating the *technical* aspects before actually executing the modalities of the proposed event.

The recent growth of festivals and events as an industry around the world means that the management can no longer be *ad hoc*. Events and festivals, such as the *National, Asian Games, Commonwealth Games, PGA tours* have a large impact on their communities and, in some cases, the whole country.

The industry now includes events of all sizes from the Olympics down to a breakfast meeting for ten business people.

Every *industry, charity, society, association federation* and *group* hold events of some type/size in order to market themselves, raise money or celebrate.

In the last 10 to 15 years, there has been enormous growth in the event management business. Event management is a way of *outsourcing* occasions that are either business, social or a combination of the two. Events can be as diverse as weddings to political rallies. For any business meeting or social occasion you can think up, an event management team can be called in to organize it.

NEED

Almost 500 billion US dollars (USD) are spent annually on planned events around the world. It is no longer adequate to have a small catering team supplying food at business events. If you want your event to be successful and look impressive to potential clients, then event management is the way to go.

Imagine we are holding a Sports event for 5,000 people that will last all day. We may think that catering is the most stressful thing to deal with, but have you taken accommodation and entertainment into consideration? How about staff for the event, the room size where you will be holding the event, seating arrangements and, of course, the budget for the event? These are all factors that a professional event management team will have first hand knowledge of.

No matter what the type or size, if the event is an important one, you should consider contacting an event management team. They can deal with conferences, award ceremonies, product launches, gala dinners and corporate activity days, to name a few. When you contact an event management team, ask what their qualifications are, and then ask for examples of previous events they have managed.

THE EVENT MANAGER

The Event Manager is the person who plans and executes the event. Event managers are often behind-the-scenes running the event. Event managers may also be involved in more than just the planning and execution of the event, but also brand building, marketing and communication strategy. The event manager is an expert at the creative, technical and *logistical* elements that help an event succeed. It is a multi-dimensional profession.

EVENT MANAGEMENT AS AN INDUSTRY

Event Management is a multi-million dollar industry, growing rapidly, with mega shows and Sports events hosted regularly. Surprisingly, there is no formalized research conducted to assess the growth of this industry. The industry includes fields such as the MICE (Meetings, Incentives, Conventions and Events), exhibitions, conferences and seminars as well as live music and sporting events.

EDUCATION

There are an increasing number of Institutions, *universities* which offer Graduate Degree/ Diploma in Sports and Event Management, especially in the UK where they have been quick to catch on to the new interest and many are now offering *certificate, diploma, degree* and *masters degree* coursework through various universities in India (ASIA). In addition to these academic courses, there are many associations and societies that provide courses on the various aspects of the *industry*. Study includes organizational skills, technical knowledge, P.R., marketing, advertising, catering, logistics, decor, glamor identity, human relations, study of law and licenses, risk management, budgeting, study of allied industries like television, other media and several other areas.

CAREER OPPORTUNITIES ARE IN THE FOLLOWING INDUSTRIES :

Event Management, Sports Management, Physical Education, Event Management Consultancy, Hotel, travel and hospitality Industries, Advertising Agencies, Public Relations Firms, Corporations, News Media.

CATEGORIES OF EVENTS

Events can be classified into four broad categories based on their purpose and objective:

Leisure events e.g. leisure sport, music, recreation.

Cultural events e.g. ceremonial, religious, art, heritage, and folklore.

Personal events e.g. weddings, birthdays, anniversaries.

Organizational events e.g. commercial, political, charitable, sales, product launch.

CONCLUSION

The application of Sports management is value less if the sporting activities are not arranged perfectly. In this Competitive world the sport is getting big Industrial turn. The prevalent aim of the study was to focus on the demand of sports & event management in sports as well as allied fields. If you are a business, word of mouth is one of the most reliable forms of reference. A flourishing business is one of the most impressive incentives to a potential investor. An event management team may cost you money, but it may also make you money in the future.

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SPORTS PERFORMANCE IN PSYCHOLOGICAL VIEW

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ABSTRACT

This paper has highlighted the deferent types of feelings such as anxiety; Anxiety comes in two forms - Physical (butterflies, sweating, and nausea, needing the toilet) and Mental (worry, negative thoughts, confusion, lack of concentration). Relaxation is a technique that can be used to reduce anxiety.

When an athlete becomes angry, the cause of the anger often becomes the focus of attention. This then leads to a lack of concentration on the task, performance deteriorates and confidence in ability is lost which fuels the anger - a slippery slope to failure. Identifying when an athlete feels a particular emotion and understanding the reason for the feelings is an important stage of helping an athlete gain emotional control. An athlete's ability to maintain control of their emotions in the face of adversity and remain positive is essential to successful performance. Two emotions that are often associated with poor performance are anxiety and anger.

Keywords: Anxiety, Physical, emotional conditioning, sports psychology,

INTRODUCTION

Sports performance depends on the athlete being fully committed to numerous goals over many years. In competition with these goals the athlete will have many aspects of daily life to manage. The many competing interests and commitments include work, studies, family/partner, friends, social life and other hobbies/sports. The following are emotional states experienced with successful performance:

- Happy - felt that this was my opportunity to demonstrate an excellent performance. Felt I could beat anybody.
- Calm and nervous - Felt nervous but really at ease with these feelings. I accepted and expected to be nervous but felt ready to start.
- Anxious but excited - Felt so ready to compete but a little nervous. Nerves and excitement come together
- Confident - I remembered all the successful training sessions and previous best performances

Motivation:

motivation is one of the most essential attributes towards effective performance. It is a driving force which compels the athletes to accomplish difficult and challenging task. When you have a need to accomplish a particular goal, we would say that you are motivated. Motivation assists learning. If you are not motivated, are not interested and do not try, you will probably do poorly in a game even though you may possess a high skill level.

Persistence:

Persistence is another personality factor. At the beginning stages of learning motor skills, particularly complex ones, it is easy to get frustrated. Persistence on your part is essential to get past the initial difficult stages. However at all time you must be analytical and make alteration, as necessary in yours techniques. If you are persistence and keep trying, the skill will gradually be mastered.

Emotional conditions:

Emotions have the potential of positively or negatively influencing performance levels. Children/ Athlete/Sports person should be praised when they show good results this gives them encouragement to show all the more better results and they can develop confident, hope, self-reliance, and self-respect. Sympathetic attitude on the part of the teachers /trainer / coach's gives stimulus and sense of security to students / athlete / sports person, we should discard our habit of fault finding. This develops fear and felling of insecurity and inferiority.

Others factors :

Influence of community: Tradition. Culture, Time allotment, Dress code, Positive atmosphere in community, Facilities and equipment's, Maintenance of ground. Good quality material, ground, gymnasium, swimming pool, Track, Lighting arrangement etc.

Location:

The proper location means, it should not be so close to cities where any kind interruption will take place very easily. Location should be always away from polluted areas.

Intelligence:

Verbal comprehension, Verbal fluency, Inductive reasoning, spatial visualization, Number, Memory, and Perceptual speed.

Attitude:

Verbal reasoning, abstract reasoning, numerical ability, mechanical reasoning, spatial ability, language ability and clerical speed and accuracy

Interests. Readiness to Learn and Maturation. Motivation. Self-Concept. Attitudes & Values. Level of Aspiration. Learning style .Socio cultural determinants

CONCLUSION

Psychology skills training for the athlete should aim to improve their mental skills, such as self-confidence, motivation, the ability to relax under great pressure, and the ability to concentrate and usually has three phases:

- Education phase, during which athletes learn about the importance of psychological skills and how they affect performance
- Acquisition phase, during which athletes learn about the strategies and techniques to improve the specific psychological skills that they require
- Practice phase, during which athletes develop their psychological skills through repeated practice, simulations, and actual competition.

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SPORTS PSYCHOLOGY FOR ALL

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ABSTRACT

Psychology studies human behavior it is science of human behavior. It tries to study abstract invisible mind through create behavior, high excellence or sports performance is also human behavior. For learning new skills one need mental attention alertness and much more mental preparation. Even with enough physical stamina, power, speed, endurance and such other physical and motor abilities. A successful player need specific mental preparation to overcome, tensed situation in higher - level competitions. The purpose of the study was to Assess the level of self - concept and group cohesion among high, medium, and low achievers in sports.

Keywords: *Physical conditioning, mental preparation, sports psychology,*

INTRODUCTION

As psychology deals with human needs motives, interests, attitudes, social relations, sports psychology too deals with athlete's behavior in particular contests of sports and his sports behavior. His or her behavior reflected through various sports actions and activities is being studies with the help of sports psychology. Such sports behavior may lead to study, various mental abilities developed in mind. Sports psychology helps to create proper wavelength, through deferent means, too develop affectionate behavior of a coach.

CONCEPTUAL SYSTEM OF PSYCHOLOGY

The two important distinctions the individual versus the group and task versus social concerns has a major impact on the development of the conceptual model. The model is divided into two major categories. A member's perceptions of the groups as a totality and a member's personal attraction to the group. The former category is label group interaction and the latter, individual attraction to the group. Both perception help to bind member's to their group. Also, the member's perceptions of the group's attractions for them can be focused on task or social aspects. Thus, four can be identified group integration task, group integration social, individual attraction to group task and individual attractions to group social, operationally, members could indicate the extent to which they agree that each of the constructs plays a role in the development and maintenance of group cohesion.

IMPORTANCE OF COHESION

Cohesion has been linked to increase in performance and member satisfaction. Also, the more cohesive teams are less likely to lose members while the majority of group cohesion research has primarily focused on its relationship to performance much less, empirical study has been directly related to sports team success may be reasonable or even accurate, there currently is little hard evidence to support that notion.

COHESION AND SPORTS PERFORMANCE:

A common belief amount coach of team sports is that team members need to have feeling of group unity, togetherness, or cohesion to be successful. Group satisfaction is greater when success has been achieved. On a task perceived as difficult that when a group has been successful in a task theory believe to be easy.

IMPORTANCE OF SELF - CONCEPT

The importance of the role of self concept as a determinant of human behavior and its acceptance as concise measure and critical factor of personality is increasingly realized it would be seen to be interest

to coaches and physical educators to determine whether individuals who participate in specific aspects of sports have self concept which distinguish them from others.

SELF CONCEPT

According to Maccandless "self concept may be through of as a set of expectancies plus evaluation of the areas of behavior with reference to which those expectancies are held.

COHESION

Carron defines cohesion as "a dynamic process, which has reflected in the tendency for a group to stick together and remain united in the pursuit of its goals and objectives.

HIGH ACHIEVERS

That team who entered in to the semi finals in the In the sports rated as high achievers.

MEDIUM ACHIEVERS

Those who were failed in the quarter and pre quarter sports classified as medium achievers.

LOW ACHIEVERS

Those who were failed in the preliminary rounds in sports considered as low achievers.

Concentration

This is the quality to focus on the task in hand .If the athlete lacks concentration on then their athletic abilities will not be effectively or efficiently applied to the task. Research has identified the following types of attention focus.

- Broad Narrow continuum –the athlete focuses on a large or small number of stimuli
- Internal External continuum – the athlete focused on internal stimuli (feelings) or external
- Stimuli (ball) The demand for concentration varies with the sport:
- Sustained concentration –distance running ,cycling, tennis ,squash
- Short bursts of concentration – Cricket, golf, shooting , athletic field events
- Intense concentration- sprinting events , bobsleigh, skiing
- Common distraction are: anxiety, mistakes, fatigue, weather ,public announcements, coach, manager opponent, negative thoughts etc.

Strategies to improve concentration are very personal. One way to maintain focus is to set process goals for each session or competition. The athlete will have an overall goal for which the athlete will identify a number of process goals that help focus on specific aspects of the task. For each of these goals the athlete can use a trigger word (a word which instantly refocuses the athlete's concentration to the goal) e.g. sprinting technique requires the athlete to focus on being tall, relaxed, smooth and to drive with the elbows - trigger word could be "technique"

CONCLUSION

Athletes may develop a routine for competition that may include the night before, the morning, pre competition, competition and post competition routines. If these routines are appropriately structured then they can prove a useful aid to concentration and help them to overcome the psychological aspects of Training.

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IMPACT OF YOGA IN DAILY LIFE

SAPKAL R. R.

ABSTRACT

Present study deals with the assessment of daily lifestyle of overall human and management by yoga. In this research the concept of yoga and its eightfold has been explained. Importance of Yoga is not only explained but also its uses into the daily life are also checked. After that the yoga and its concepts are explained which improves the lifestyle in various way. Yoga helps to maintain human mental stress, physical and social development. It also includes the introduction of yoga as a daily routine part of the life.

Keywords: Education, Yoga, life, sports

INTRODUCTION

Life is a series of events taking place over a time and it is really challenging to everyone to define and to have a prosperous life. One of the mechanism is to be added into the lifestyle is yoga. From ancient time yoga is a major component of life which has made human to have greater lifespan with healthy life. Due to the generation gap yoga is a major component and getting diminished because changing life style. Now a day's people have forgotten the outcome of the yoga. In upcoming days this component of life is maintaining the health of the people. Due to the reduction of this activity day by day its adverse impact has been made on the life of the people. Yoga should be made mandatory in the school and College and every person for the purpose of health related issues for the better result in the life of future generation. And yoga can be change daily life by part of some minor steps like daily practice. An individual life care has been taken by him not by others. So for prosperous lifestyle the further concepts need to be followed which has great impact on our lifestyle.

Yoga is an ancient form of technique which maintains body posture and its total systems. Not only body but by yoga's eightfold path the yoga can be defined as a science which rules body of person and prepares body and mind by several of its components. The eightfold path is as follows:

Yamas - External discipline

Niyama - Internal discipline

Asana - Posture

Prayanama - Breathing control

Pratyahara - Withdrawal of senses

Dharna - Concentration

Dhyana - Meditate absorption

Samadhi - Integration

Above eight components are difficult in today's lifestyle. But by adding few components to it can be great breakthrough to today's lifestyle.

DAILY LIFESTYLE

Daily life is a way in which people daily act, thinking, behavior etc. Normally majority of people sleeps at night and awake a whole day. And most of their time is spent in the official work and remaining in removing stress like by having some useless entertainment like dealing with the modern technology and at

the end of the day the care towards body is zero percent. Moreover the people are not much aware of importance of yoga, and how it help to maintained lifestyle. They are just busy with their work and ignoring the main body. There are many causes that are not been known to an individual which is affecting health. Some of them are the posture of their working for e.g. because of more sitting work is done by office peoples and that affect their posture. And this is not only concern with employs but it also relates to today's students and all those who are not interested in Yoga and exercise.

Today's lifestyle getting affect on the body posture and when this effect becomes major then that person starts to worry and need to consult to physician to stop all this uncertainties. Yoga should be introduced by each and every people in their daily life. If daily lifestyle change that means it is a huge trouble in initial time but by the time this the good habit of yoga becomes a part of life. Yoga not only helps us to correct posture but it helps to maintain all the health related issues.

Nowadays lifestyle is starting at mid day and closing in midnight. Majority of People like the college students, employee and who are busy in their work they are just waking up on the office time and get ready to go to their daily work. After having completing their official work their body get tired out and at the end of the day neither they will have energy to do neither yoga nor exercise. After dinner they directly go to bed. With all above activity one can conclude that they are just focused on other stuff rather than their own body. So everybody should be concern about our health, and one must introduced the yoga into its life. The concepts of the yoga are well described in ancient books. These books are been studied by only very few peoples and thus the implementation is only done by few peoples. Those who introduce these concepts into its life they get to live very prosperous life. The concepts are like to wake up early in the morning and then by finishing the daily essential work one must start the yoga practice under a trained profession. Firstly when we know about yoga and how it is done, then we can practice our self. If this is not done under any professional supervision this may cause adverse effects on body rather than the good effects. So one has to practiced under the supervision of professionals. Practice should be done daily to maintained better lifestyle.

YOGA IMPORTANCE AND EIGHTFOLD

Yoga is made of eightfold as earlier enlisted. All the folds cannot be implemented by normal person but its components can be utilized like the main component is prayanama and asana. This eightfold can be practiced in anytime of the day but its most of effect is seen in the morning. By the pranayama the body gets the pure air which makes total body full of pure air and this air gives the person the energy which is needed by him to work for full day. And the pranayama purifies the internal system of the body and the asana helps the body to build the muscles or they just help the muscles to do their proper function by their workout by the different forms of the asana. Above combination with morning meditation makes mind and body full of energy which makes the body useful for whole day and this increase better body functioning. Nowadays early tiredness and lack of concentration is a major problem faced by the youth. This is due to the daily routine they follow, and due to the lack of meditation and exercises.

Among the eightfold the yama and niyama also plays major role if it is implemented. They mainly deal with external discipline and internal discipline. It means it controls the person's behavior. Discipline means it include control over anger also called anger management, harmfulness means being calm in each and every situation and facing all the upcoming problems. Niyama deals mainly with the self hygiene. Self hygiene means to look after body.

By this we can improve our lifestyle and by this type of lifestyle we can not only take care of body but we have more chances of having healthy life. The introductions of above concepts we can change our view, increase positive attitude toward life and relief mental stress etc.

Yoga also has some spiritual beliefs but it's a topic of conflict so by keeping it aside we can focus on the things which are going to be useful or which are useful to us to live prosperous life and by the use of the spiritual beliefs one can get mental relieve from stress because it is part of meditation.

CONCLUSION

The aim of this research paper is to introduce yoga into a day today lifestyle. It has many useful things which is beneficial to individual's health. Practice of Yoga is going to make a good impact on human health. It will make a person live a healthy lifestyle. Yoga has its own branches and by using each one branch we can have various positive effects on body. So yoga should be made mandatory to each and every individual to live a good and healthy life.

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HISTORICAL RESEARCH IN PHYSICAL EDUCATION

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ABSTRACT

This paper has highlighted the deferent types Research. The Research is a careful, systematic and objective investigation conducted to obtain valid facts, draw and conclusion and establish principles of an identifiable problem, in some field of knowledge. Research in physical education has very broad application. Thus problem solving in this field may be related to historical accounts, philosophical conception and survey of practice, administrative procedure, and scientific studies pertaining to all phase of the human organism affected by exercise.

Keywords: Education, Research, History, sports

INTRODUCTION

Sports performance depends on the athlete Researches done time to time. This makes the performance enhance ecosystem in the field of sports.

Research is a careful systematic and objective investigation conduct to obtain valid facts draw conclusion and establish principles regarding an identifiable problem in some field of knowledge. History, the meaningful record of human achievement, helps us to understand the present and, to some extent, to predict the future. Historical research is the application of scientific method to the description and analysis of past events. Historical analysis may be directed towards an individual event, movement institution mark on the stands of time.

The historical researcher does not bring dead to life to tell the untold tale of what happened; he depends upon the observations made by other individuals or look towards the object which do not articulate but reveal. Inferences drawn by him fill the gaps in the existing knowledge about things. In this attempt to put up a credible account, he may ask now and why things happened the way they did; what impact did they leave on life in general; how far observations made by others were objective and impartial; whether it would be possible to remove doubts from mind of people about the causes and effects of the earthshaking events; and how objective assessment of the situations could be made.

Research problem:

The oxford dictionary, defines problem as "a matter difficult for Settlement; a question or a puzzle propounded for solution". In science and research perspective, a problem is actually considered to be a gap in knowledge. In everyday life we all encounter variety of problems. Some problems are personal, some social, some economical, and some educational. We apply appropriate strategies to tackle. A research problem in general refers to some difficulty which a researcher experiences in the context of either a theoretical or practical situation wants to obtain a solution. There are two types of research problem viz; Those which relates to states of nature and those which relates to relationship between variables. A researcher must single out the problem he wants to study. A research problem therefore is a knotty situation which seeks solution. University libraries hold books, journals and other resources which can provide information that is relevant to almost any local study or heritage project. Many of the books on their shelves are not readily available through the county (public) library service. They also hold journals, government and parliamentary publications, which may not be available at all through a public library. Your nearest university library will probably also subscribe to a wide range of online searchable databases, including some which are useful for local studies.

CONCLUSION

We are all interested because we learn facts about the fast experiences and activities of the human race. Its nature, its Growth, its health. And interpret them d philosophically in the present context and determine the course of our further through and action.

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YOGA IN DAILY LIFE

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ABSTRACT

The aim of this study was to examine the effect of sports and yoga activities for 30 days 2 hours per session per day on T.Y B.B.A students of the college. To achieve this non-business course was designed for the B.B.A students approved by the board of studies of management of Goa University. 2 + 2 credits course named physical fitness I and II were given to the students so that they were able to play and learn and practice some yogic exercises so that they are released from the stress and a opening was given for them to enjoy the sessions, the students were from age range of 19 $\pm$ 1.5 years. The lectures were taken on all week days except for holidays, pre and post data were collected where there was scope for the same. At the end of the course the students were evaluated and grades were given for the same.

Key words: Yoga, Omkar/ Om, Physical education, students, grades.

INTRODUCTION

Dnyanprassarak Mandal's College is a premier Institution of higher education in Goa. It is one of the oldest and prestigious colleges in Goa and right from its inception in 1974, for last forty years it has successively contributed towards the welfare of the society by imparting quality education. Located on the picturesque Assagao hill, with a campus spreading over 30 acres of land, the college offers diverse courses at undergraduate and Post- Graduate levels in faculties of Arts, Science, Commerce, Management and Technology.

It has to its credit two Research centres in Commerce and Chemistry which provides facilities to enrol for Ph.D. Degree apart from consultancy services. The college is well known for its commitment towards academic excellence and producing individuals who are socially and morally tuned to nation building.

Purpose of the study: A four credit non-business course is formulated and is being sanctioned by board of studies of management studies of Goa University; the said course is conducted in our college for BBA second and third year students.

The physical education 1 and physical education 2 aims at holistic approach towards overall development of the students undertaking the said course of 15 plus 15 days.

A 30 days class was conducted on third year students from 9 am to 11 am every day except Sunday.

Omkar /Om chanting was the main thrust during the classes.

Objectives and benefits : The main objectives and benefits of the study was to

1. To improve concentration of the students.
2. To reduce the stress and anxiety level of the students.
3. To rejuvenate the students.
4. To emotionally stabilise the students.

RESEARCH METHODOLOGY WITH DESIGN:

Omkar / Om (pranayama)(individual assessment)

Everyday a lecture of 2 hours was taken on the students and yogic exercises and omkar were constant for 30 days of the course, general and specific warming up exercises were taken along with circuit training and weight training exercises.

Sample: Regular T.Y.B.B.A students of our college, a declaration was signed from the students that they are taking up the activity willingly and voluntarily. The timing of the lecture was from 9 am to 11 am every day. Both men and women of age 19 ± 1.5 attended the sessions.

Tools: Regular sports/physical fitness classes every day except holidays on 40 students for 30 days, lecture of 2 hours each.

warming up-	15 minutes
Specific exercises	15 minutes
Omkar/yogic exe	30 minutes
Recreational games	45 minutes
Cooling down	15 minutes

HYPOTHESIS:

1. There may not be any change in the mental state of the students.
2. The students may not be able to undergo the course.
3. The students might not like the course.
4. The course might not be applicable to this level of students.

Marking/Grading system:

A unique and different type of scale was designed for the grading purpose for the course, so that all the students were able to get minimum grade, and also this was an attempt for attracting the students towards physical education and sports and yoga education.

Special care was taken that even the person who is not able to perform because of various reasons right from health issues to mental issues.

A perimeter was devised so that the students liked the sessions and the grading.

A separate grading system was devised for men and women, so that there were no issues of gender differences and healthy competition environment was created, so that the students could like the system of teaching and also that of grading.

Scheme for evaluation of the students:

The students were evaluated gender wise, since the strength in men is naturally more than the opposite gender and also that a fair chance could be given for the weaker gender.

The pre and post test were taken and accordingly the grade were given to the students depending on the performance of the students, three chances were given to the students so that they could give their best shot.

Omkar/Om Assessments (both for men and women)

Rating	Duration in seconds

A+	Up to and above 30
A	Up to 28
A-	Up to 26
B+	Up to 24
B	Up to 22
B-	Up to 20
C+	Up to 18
C	Up to 16
C-	Up to 14
D+	Up to 12
D	Up to 10
D-	From 8

Findings and applications:

All the students liked the course.

All the students took active participation in the coursework.

Team building and leadership qualities were boosted through group games.

The students were able to concentrate more on studies.

The students were able to focus for more time on the coursework (lesser fatigue).

Recommendations:

1. More such type of credit course should be formulated for M.com, M.sc and B.ca courses, so that all the students of these courses may get equal opportunity along with B.A, B.Com, B.Sc course students.
2. The present course may be changed as and when required.
3. There may be more courses to boost the active participation of the students which is necessary to break the monotonous course work these self financed courses have.

Reference:

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A COMPARATIVE STUDY OF SELF-CONFIDENCE AMONG SPORTSMAN AND NON-SPORTSMANPLAYERS

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ABSTRACT

The purpose research attempted to comparative study of Self-Confidence among Sportsman and Non-Sportsman College Students. Objectives 1) To examine the Self-Confidence of Sportsman and Non-Sportsman College Students. 2) To examine the Self-Confidence of Male and Female College Students. Hypotheses: 1) There is no significant difference between Sportsman and Non-Sportsman College Students on Self-Confidence. 2) There is no significant difference between Male and Female College Students on Self-Confidence. Methodology. Sample: Total sample of present study 60 College Students, in which 30 were Sportsman College Students (15 Male and 15 Female Students) and 30 were Non-Sportsman College Students (15 Male and 15 Female Students) from Ambad City from Jalna Dist. in Maharashtra. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.50, SD- 2.50.) and Ratio 1:1. Research Design: the present study a 2 x 2 Factorial design will be used.. Variables- The independent variables are College Students and Gender and Dependent variables are Self-Confidence. Research Tools- Agnihotri's Self-confidence Inventory by Rekha Agnihotri (1987). Statistical Treatment: Mean, SD and 'F' values used. Conclusions- 1) Sportsman Students high Self-Confidence than Non-Sportsman Students. 2) Female Students high Self-Confidence than Male Students.

Keywords- Self-Confidence, Sportsman, Non-Sportsman, Male, Female.

INTRODUCTION

The purpose research attempted to comparative study of Self-Confidence among Sportsman and Non-Sportsman College Students. Objectives 1) To examine the Self-Confidence of Sportsman and Non-Sportsman College Students. 2) To examine the Self-Confidence of Male and Female College Students. Hypotheses: 1) There is no significant difference between Sportsman and Non-Sportsman College Students on Self-Confidence. 2) There is no significant difference between Male and Female College Students on Self-Confidence. Methodology. Sample: Total sample of present study 60 College Students, in which 30 were Sportsman College Students (15 Male and 15 Female Students) and 30 were Non-Sportsman College Students (15 Male and 15 Female Students) from Ambad City from Jalna Dist. in Maharashtra. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.50, SD- 2.50.) and Ratio 1:1. Research Design: the present study a 2 x 2 Factorial design will be used.. Variables- The independent variables are College Students and Gender and Dependent variables are Self-Confidence. Research Tools- Agnihotri's Self-confidence Inventory by Rekha Agnihotri (1987). Statistical Treatment: Mean, SD and 'F' values used. Conclusions- 1) Sportsman Students high Self-Confidence than Non-Sportsman Students. 2) Female Students high Self-Confidence than Male Students.

REVIEW OF LITERATURE

Barkhoff (2000), Antony et al. (2001), Esfahani et al. (2010), Gezelsofloo et al. (2013), Nandal (2014) this studies found that psychological aspects of sports performance in volleyball, none have assessed self confidence in female volleyball players in the light of their level of participation.

Geeta S. Pastey and Vijayalaxmi A. Aminbhavi (2006) revealed that adolescent boys tend to have significantly higher stress than girls ($t=1.72$) and girls tend to have significantly high self-confidence.

Manju S., (2017) this study found that there were no significant differences between sportsmen belonging to individual sports and team sports groups in their mean self-confidence scores.

Khan, M. K., (2014) this study found that university players had higher self-confidence as compared to school level hockey players and inter-collegiate level hockey players demonstrated greater self-confidence as compared to inter-school level hockey players.

STATEMENT OF THE PROBLEM

“A comparative study of Self-Confidence among Sportsman and Non- Sportsman College Students”

OBJECTIVE OF THE STUDY

- To examine the Self-Confidence of Sportsman and Non- Sportsman College Students.
- To examine the Self-Confidence of Male and Female College Students.

HYPOTHESIS OF THE STUDY

- There is no significant difference between Self-Confidence of Sportsman and Non- Sportsman College Students on Self-Confidence.
- There is no significant difference between Locus of control of Male and Female College Students on Self-Confidence.

METHODOLOGY

SAMPLE -

Total sample of present study 60 College Students, in which 30 were Sportsman College Students (15 Male and 15 Female Students) and 30 were Non- Sportsman College Students (15 Male and 15 Female Students) from Ambad City from Jalna Dist. in Maharashtra. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.50, SD- 2.50.) and Ratio 1:1.

Table No.01

	College Students			Total
		Sportsman	Non- Sportsman	
	Male	15	15	30
	Female	15	15	30
	Total	30	30	60

RESEARCH DESIGN:-

In the present study a 2 x 2 Factorial design will be used.

Table No.02

	A		
		A1	A2
	B	B1	A1,B1

	B2	A1,B2	A2,B2

A-College Students, A1-Sportsman, A2 - Non- Sportsman

B – Gender B1- Male B2- Female

VARIABLES OF THE STUDY

Independent Variables 1) College Students, **1) Sportsman, 2) Non- Sportsman.**

2) Gender 1) Male B2) Female

Dependent variables - Self-Confidence

RESEARCH TOOLS:-

Agnihotri's Self-confidence Inventory (ASCI):

This test is developed and standardized by Rekha Agnihotri (1987) the 56 items. The subjects were required to respond to each item "YES" and "NO". The reliability coefficient obtained by test retest and split half method. The Split- Half reliability of the inventory is 0.91 and the level of validity is 0.82.

STATISTICAL TECHNIQUES

Mean, S.D and ANOVA were College Students to analyses the data.

RESULTS AND DISCUSSION

The analysis of data interpretation and discussion of the results are reported.

College Students on Self-Confidence

Hypothesis-01

- There is no significant difference Self-Confidence between on Sportsman and Non- Sportsman College Students.

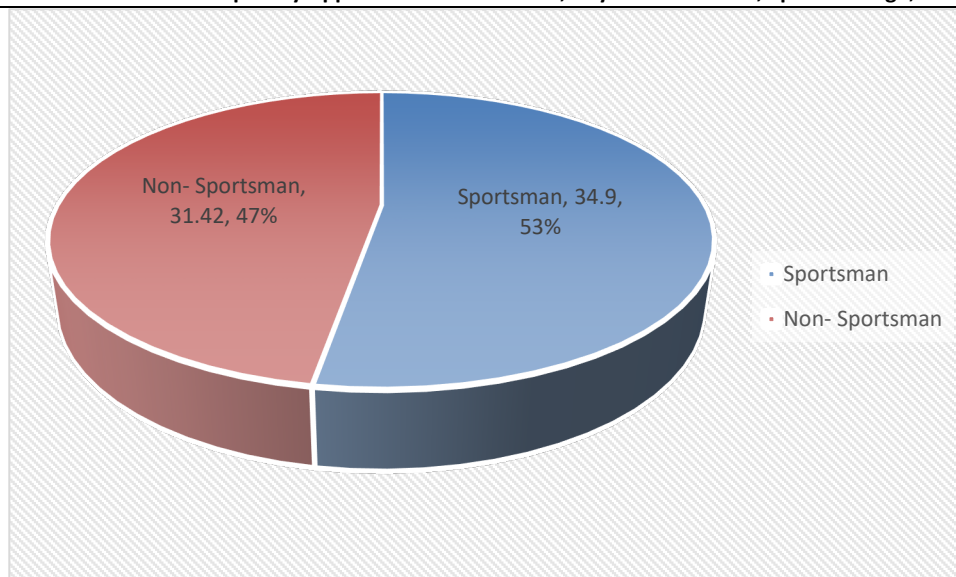
Table No.03

Mean, SD and F Value of Sportsman and Non- Sportsman on Self-Confidence

Factor	College Students	Mean	SD	N	DF	F Value	Sign.
Self-Confidence	Sportsman	34.90	3.57	30	58	10.78	0.01
	Non- Sportsman	31.42	3.80	30			

Graph No-01

Mean Graph on Sportsman and Non- Sportsman on Self-Confidence



Observation of the table No.03 and Graph No-01 indicated that mean and SD values of Self-Confidence obtained were Sportsman by 34.90 ± 3.57 and Non-Sportsman by 31.42 ± 3.80 . It is observed that the calculated 'f' value (10.78) is highly than the table value ($0.01 = 3.94$ and at $0.05 = 6.90$ levels). That is to say that this hypothesis is accepted. It means that Sportsman Students have high Self-Confidence than Non-Sportsman Students.

Gender on Self-Confidence

Hypothesis-02

- There is no significant difference Self-Confidence between on Male and Female College Students.

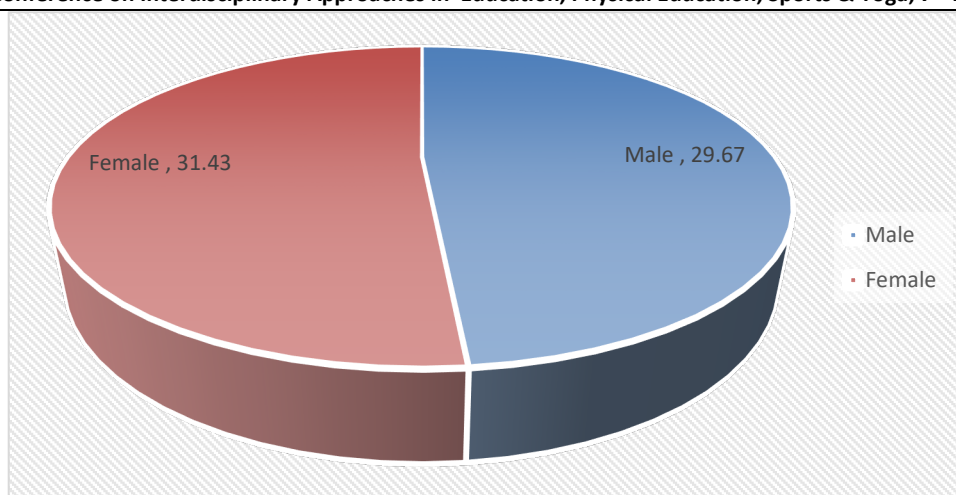
Table No.04

Mean, SD and F Value of Gender on Self-Confidence

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Self-Confidence	Male Students	29.67	2.84	30	58	8.36	0.01
	Female Students	31.43	1.67	30			

Graph No-02

Mean Graph on Sportsman and Non-Sportsman on Self-Confidence



Observation of the table No.04 and Graph No-02 indicated that mean and SD values of Self-Confidence obtained were Male Students by 29.67 ± 2.84 and Female Students by 31.43 ± 1.67 . It is observed that the calculated 't' value (8.36) is highly than the table value ($0.01 = 3.94$ and at $0.05 = 6.90$ levels). That is to say that this hypothesis is accepted. It means that Female Students high Self-Confidence than Male Students.

LIMITATIONS OF THE STUDY

- 5) The finding of the study is based on very sample.
- 6) The sample was restricted to Ambad city in Maharashtra.
- 7) The study was restricted to only UG college students only.
- 8) The study was restricted students are only 18-21 years only.

CONCLUSION

Sportsman Students high Self-Confidence than Non- Sportsman Students. Female Students high Self-Confidence than Male Students

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TECHNOLOGICAL ADVANCEMENT IN EDUCATION, PHYSICAL EDUCATION AND IN SPORTS**SANGITA ANURAG SHRIVASTAVA**

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ABSTRACT

The Recent advances related to education physical education and sports. This thematic paper synthesis advanced related to Education, Physical Education and Sports from last 2 decade to present generic advanced are presented within the categories of legislation advanced educational Programme sport programs and activities. New tools to support classroom trading as will physical fitness change in curriculum. Additional advances particulars relevant with individual with special children orthopedic educational auditory or visual handicapping or other handicaps support through technology. In last two decade their had been many advanced related to education, physical education and sport which have relevance to studies and professional for direct benefit. In this paper these advances are synthesized to help people who provide direct services to improve and/or expand programs designed for individuals with handicapping condition.

INTRODUCTION

Technological Advancement in Education

Technology is helping teachers to expand beyond liner text-based learning and to engage students who learn best in other ways its role in schools has evolved from a contained “computer class” into a versatile learning tool that could change how we demonstrate concepts assign projects and assess progress.

1. BETTER SIMULATIONS AND MODELS

while a tuning fork is a perfectly acceptable way to demonstrate how vibrations make sound it's harder to show students what evolution is how molecules behave in different situations or exactly why mixing two particular chemicals or dangerous

Digital simulations and models can help teachers explain concepts that are too big or too small or processes that happen too quickly or too slowly to demonstrate in a physical classroom

The concord consortium a non-profit organization that develops technologies for math science and engineering education has been a leader in developing free open source software that teachers can use to model concepts one of their most extensive projects is the molecular workbench which provides science teachers with simulations on topics like gas laws, fluid mechanics and chemical bonding Teachers who are trained in the system can create activities with text, models and interactive controls one particulars referred to the projects as “[Microsoft] Word for molecules”

2. GLOBAL LEARNING

At sites like Glovico.org students can set up language lessons with a native speaker who lives in another country and attend the lessons via videoconferencing Learning from a native speaker, learning through social interaction and being exposed to another culture's perspective are all incredible educational advantages that were once only available to those who could foot a travel bill. Now, setting up a language exchange is as easy as making a videoconferencing call.

3. VIRTUAL MANIPULATIVE

Let's say you're learning about the relationship between fractions Percents and decimals Your teacher could have you draw graphs or do a series of problems that changes just one variable in the same equations or he could give you a "virtual manipulative" like the one above and let you experiment with equations to reach an understanding of the relationship The National Library of Virtual Manipulatives run by a team at Utah state University has been building its database of these tools since 1999

"you used to count blocks or beads" says Lyne Schrum who has written three books on the topic of schools and technology "Manipulating those are a little bit more difficult now there are virtual manipulative sites where students can play with the idea of numbers and what numbers and what numbers mean and if I change values and I move things around what happens

4. PROBES AND SENSORS

About 15 years ago the founders of the concord consortium took the auto focus sensor from a Polaroid camera and hooked it up to a computer graph program thereby creating the ability to graph motion in real time Today there are classrooms all over the world that use ultrasonic motion detectors to demonstrate concepts

Collecting real time-data through probes and sensors has a wide range of educational applications students can compute dew point with a temperature sensor, test pH with a pH probe, observe the effect of pH on an MnO₃ reduction with a light probe, or note the chemical changes in photosynthesis using pH and nitrate sensors

5. MORE EFFICIENT ASSESSMENT

Models and simulations, beyond being a powerful tool for teaching concepts can also give teachers a much richer picture of how students understand them.

You can ask students questions and multiple choice questions do a good job of assessing how well students have picked up vocabulary Dorsey explains "But the fact that you can describe the definition [of] a chromosome doesn't mean that you understand genetics any better it might mean that you know how to learn a definition but how do we understand how well you know a concept?

In Geniverse a program the Concord consortium developed to help students understand genetics by "breeding" dragons teachers can give students a problem that is much like a performance assessments The students are asked to create a specific dragon Teachers can see what each students did to reach his or her end result and thereby understand whether trial-and-error actual knowledge of genetics leads to a correct answer.

The organization is also developing a program that will help teachers collect real-time assessment data from their students when the teachers gives out an assignments she can watch how far along students are, how much time each a spends on each questions and whether their answers correct with this information she can decide what concepts students are struggling with and can pull up examples of students work on a projector for discussion

6. STORYTELLING AND MULTIMEDIA

Knezek recently saw a video that was produced by a group of elementary students about bernoulli's Principle in the video the students demonstrated the principle that makes flight possible by taking two candles and putting them close together, showing that blowing between them brings the flame closer together For another example, theory hung ping pong balls from the ceiling and they pulled together with

a simple assignment and access to technology researching and also producing a product that would communicate they were able to do deep learning on a concepts that wasn't even addressed in their textbook and allow other people to view it and learn from it Knezek says.

7. E-BOOKS

Despite students apparent preference for paper textbooks proponents like Daytona college and California gov. Arnold Schwarzenegger are ready to switch to digital And electronic textbook vendors like CourseSmart are launching to help them .

E-book hold an unimaginable potential for innovating education though as some schools have already discovered not all of that potential has been realized yet.

"A digital textbook that is merely a PDF on a tablet that students can carry around might be missing out on huge possibilities like models and simulations or visualizations "Dorsey says. "it takes time and it really takes some real thought to develop those things and so it would be easy for us a society to miss out on those kinds of opportunities by saying Hey look, we're not carrying around five textbooks anymore it's all on your iPad, isn't that great?

8. EPISTEMIC GAMES

Epistemic games put students in roles like city planner, journalist or engineer and ask them to solve real world problems The Epistemic Games Group has provided several examples of how immersing students in the adult world through commercial game-like simulations can help students learn important concepts

In one game students are cast as high-powered negotiators who need to decide the fate of a real medical controversy In another they must become graphical artists in order to create an exhibit of mathematical art in the style of M.C Escher Urban science the game featured in the above video assigns students the task of redesigning Madison, Wisconsin.

TECHNOLOGICAL ADVANCEMENT IN PHYSICAL EDUCATION AND IN SPORTS

In an age where athletes have access to increasingly sophisticated technology and more advance training technique than ever before, Sports is becoming an entirely new ball game. While the true essence of sport still lies in the talent and perseverance of athletes. It is no longer sufficient. Modern technologies can help them to improve their game.

TECHNOLOGICAL INNOVATION HAS PRACTICALLY CHANGED SPORTS ITSELF

The use of WEARABLE TECHNOLOGY big data analytic, social media and sensor technology have revolutionized the way sports are played, analyzed and improved.

Through various modern advance and apps, pro-athletes can gain greater insight into their performance, improve training methods and elevate their skill.

Technology gathers data about every second of game which is then analyzed to create new strategies and increase athletic performance. In Swimming, Cycling Formula -1 racing and athletics professional timer services now make every thousandth of a second count.

Sports fields are monitored by not less than sixteen cameras so that officials and coaches can follow exactly what happens.

WEARABLES ARE MONITORING,MANAGING AND IMPROVING PERFORMANCE -:Soon, Wearable's will be as important to athletes as their designer athletic shoe if not more so. To collect information for analysis they track everything from the athlete's heart rate to body chemistry. Data is important for coaches whose aim it is to improve their athlete's or their team performance. It also plays a key role in minimizing injuries. Specialized wearable's for boxers, basketball players or Volleyball players who do lots of rope jumping during their training help them to measure and improve their performance. They also send out alerts when an athlete is reaching levels of exhaustion that Could lead to injuries.

X2 BIOSYSTEM-:Is developing two types of sensors that monitors the distribution and build up of impact forces that rattle the brain , potentially leading to head trauma in sports like martial arts. One of the wearable's sticks to the area behind the ear while the other one is fitted to the upper teeth where It is worn as a type of mouth guard.The Company's aim is to use the collected data to create device that can inform an athlete when its time to get off the field, to stop training and to prevent injuries. Hexoskin for instance recently developed shirt with sensors woven in to the fabric that measure things like respirations, heart rate, speed, Number of steps and calories burned

SPORTS GENETICSEXPLORING HOUSE GENES INFLUENCE ATHLETIC PERFORMANCE-:

What if science could tell you what kind of sports you should explore based on your genes? What if your Coach with the help of a genetic counselor – could advice you on your ideal work out or training to prevent injury? or what to eat to meet your specific nutritional requirements.Scientists have discovered that there are genetic markers that can tell you how your body will respond to intense exercise.As we gain a better understanding of the genetic factor responsible for certain health conditions. Sports coaches are increasingly wondering to what extent. DNA can provide insight into athletic potential or help minimize the risk of injuries. Can we use genetics to guide young people toward the sport in which they are likely to be more successful.

INJURY PREVENTION TECHNOLOGY -:One fast growing trends will surface in the form of utilizing technology to help prevent injuries. Sports science companies including kinduct Technologies, Kitman Labs and coachme plus are delivering results by collecting data opt ionizing workout plans and focusing on in depth assessment of individual athlete and the ways they move and performThese types of tools and more (including tools lie wearable microchips embedded in clothing that monitor muscle fibers, heart rates, blood flow and minute movement patterns) are quickly becoming standard issue for professional and college sports teams.

VIRTUAL REALITY -:Many Sports authorities including sports Illustrated ESPN and CBS Sports have recognized STRIVR (sports training in virtual reality) Labs, a self yield “Immersive Performance Training “ technology company as an offering with industry – changing potential.

Virtual Reality offers the chance to mentally train and practice while avoiding prolonged physical activity and decreasing the risk of injury, providing a win-win opportunity for coaches and athletes.

SMART PHONE APPS -:Smart Phone apps are becoming a standard means of tracking, education and reporting in the effort of fitness enthusiasts at every level. By using GPS location services to track times and distances for running and cycling and downloading libraries to workout demonstration video and prompts to reference while in Gym.

THE EVER PRESENT SPORT ARENA -:The days of sports occurring in particular place on a particular time are long gone and sports business is feverishly exploring how to capitalize on the technological playing field. Tools Like drones tablet display, cameras, RFID, technology, projection screens, location base SMS messaging and more being tested in a stadiums and other sports facilities to provide more personalized experiences to their fans.

ANALYTIC TO PREVENT INJURIES--The Risk of picking up an injury while training on playing sports is common. Many athletes suffer from serious injuries that keep them out of action for three months or longer. Sports teams & athletes want to use technology & data to help understand why athletes are picking up specific injuries and how to prevent them.

An example of such technology includes VU, by pivot VU is a device that uses pivot's sensors to understand an Athletes body and performance in real time.

This technology is capable of analyzing Player's landing, cuts, sprints and other movements to understand an Athletes performance and technique. VU is also usable for helping athletes rehabilitate from major muscular or bone injury, as their movements are tracked and analyzed during each step of their rehabilitation.

Kitman Labs asks players to go through a Microsoft Kinect station daily, where they move different muscle the same way each time. Trainers get the information instantly, allowing them to compare Players flexibility and range to other days. If discrepancy is noticed further test be done to determine issue.

INJURY RECOVERY SYSTEM

Cryotherapy-- The concept of cryotherapy is to expose parts of the body to freezing or near freezing temperature. Hyperbaric Therapies - Such as hyperbaric oxygen therapy is said to repair and regenerate tissue, limit swelling, stop infection and muscle soreness after intense training.

Sweat- Analysis-- Players have started using smartpatches, such as the ECHO smart patch to help to analyze a player's sweat. It can provide information About many solutes in player's body, such as sodium Chloride, Potassium, ammonium, lactate, proteins, peptides and alcohols

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“PREPARATION OF NORMS FOR THE SCHOOL GOING BOYS BETWEEN 11 TO 14 YEARS OF AGE IN AGILITY”**DR. SANTOSH SHAHURAO GHORPADE**

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ABSTRACT

The purpose of the present study was to prepare new norms in agility test of boys of Osmanabad district. The School Boys age 11 to 14 years. The sample for the present study consists of 11 Year of age in School boys 555 select, 12 year of age in school boys 582 select, 13 year of age in school boys 615 select and 14 year of age in school boys 585 select. To find out the Agility the 10X4 Shuttle Run test were used. For this study data have been collected samples from Osmanabad District. The researches descriptive statistics use to test the data are reported in this study (SPSS calculated Mean, Standard Deviation, Maximum, and Minimum). Percentile scale was be used. The maximum (minimum) score means highest (lowest) score was obtained on the Shuttle Run test of 11 years of age students were 14.00 (9.21), 12 years of age students were 14.27 (9.05), 13 years of age students were 14.00 (9.08) and 14 years of age students were 14.73 (9.22) respectively. The Shuttle Run test mean score of boys 14 years better than 13, 12, and 11 years, 13 years better than 12 and 11 years, 12 years better than 11 years.

Key words: Agility and Boys.**INTRODUCTION:**

In everyday life of human being Physical Fitness (PF) has considered as an essential element. PF should be a part of everyone's life. Today, world represent the age of advantage technology to use in our day to day life. Rather Hilal Ahmad (2016) said that children become inactive in their lifestyle due to the continuous use of mobile, computer, video games, television and sleeping. The daily Physical Activity (PA) and movement slowly decreases and some place electronic apparatus and machines of use for example (e.g.) for daily playing play in ground instead of playing computer game but not increase for physical and healthy life and may be invited to obesity and different disease.

Berry L. Johnson and Jack K. Nelson (1988) "Agility is the physical agility, which enables an individual to rapidly change body position and direction in a precise manner". "Agility is the ability to change direction without the loss of speed, strength, balance, or body control".

OBJECTIVES OF THE STUDY:

The main objective of the study is to prepare new norms (age wise) in Agility Test of boys of Osmanabad district.

METHODOLOGY:

The present study was to prepare new norms in agility test of boys of Osmanabad district. The School Boys age 11 to 14 years. The sample for the present study consists of 11 Year 555, 12 year 582, 13 year 615 and 14 year 585 School Boys. To find out the Agility the 10X4 Shuttle Run test were used. For this study data have been collected samples from Osmanabad District.

VARIABLE SELECTED FOR THE STUDY:

Specific Component	Elements tested	Test Items	Valid Measurement Unit's
Agility	Co-ordination and Body	10X4 Shuttle Run test	Second

	Control		

STATISTICAL METHOD:

The researches descriptive statistics use to test the data are reported in this study (Mean, Standard Deviation, Maximum, and Minimum). In order to prepare the norms, Percentile scale was be used. The percentile scale was calculated from 5th to 99th percentile. All test the 99th percentile represents the highest performance score and 5th percentile represents the lowest performance score.

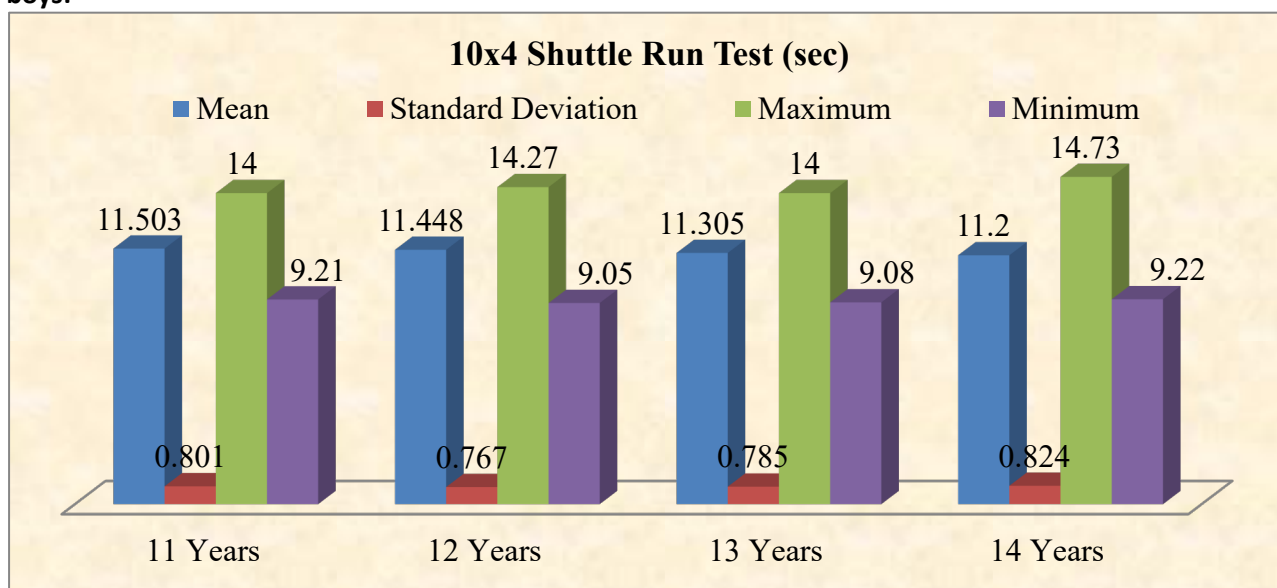
ANALYSIS AND INTERPRETATION OF RESULTS:

The following table shows the statistical information of mean, standard deviation, maximum and minimum of 10X4 Shuttle Run test (Sec) for school boys:

Statisticians	Age in Year (sec)			
	11 Year	12 Year	13 Year	14 Year
Number of Students	555	582	615	585
Mean	11.5038	11.4487	11.3054	11.2002
Standard Deviation	.80196	.76739	.78553	.82401
Maximum	14.00	14.27	14.00	14.73
Minimum	9.21	9.05	9.08	9.22

It is seen from table show that the SPSS calculated mean and standard deviation of the Shuttle Run test (Sec) among the school students. The mean (standard deviation) for the Shuttle Run test (Sec) of 11 years of age students were 11.5038 (.80196), 12 years of age students were 11.4487 (.76739), 13 years of age students is 11.3054 (.78553) and 14 years of age students were 11.2002 (.82401) respectively. The maximum (minimum) score means highest (lowest) score was obtained on the Shuttle Run test of 11 years of age students were 14.00 (9.21), 12 years of age students were 14.27 (9.05), 13 years of age students were 14.00 (9.08) and 14 years of age students were 14.73 (9.22) respectively.

Graph showing the different statistical scores of 11 to 14 years of age on 10x4 Shuttle Run test for school boys:



The above graph shows the mean, standard deviation, maximum and minimum score of the Shuttle Run test of the school student in the study sample. The Shuttle Run test mean score of boys 14 years better than 13, 12, and 11 years, 13 years better than 12 and 11 years, 12 years better than 11 years.

The following table shows the percentile scores of 10x4 Shuttle Run test for school boys based on age:

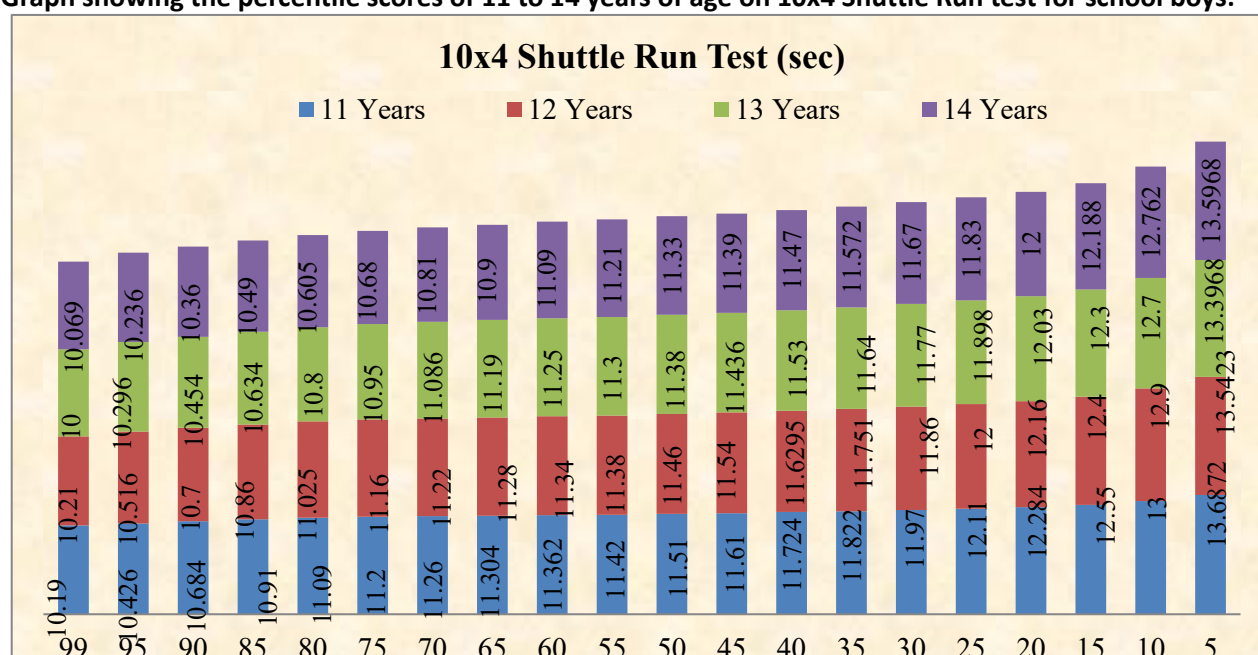
Percentile score	Age in Years			
	11 Year	12 Year	13 Year	14 Year

99	10.1900	10.2100	10.0000	10.0690
95	10.4260	10.5160	10.2960	10.2360
90	10.6840	10.7000	10.4540	10.3600
85	10.9100	10.8600	10.6340	10.4900
80	11.0900	11.0250	10.8000	10.6050
75	11.2000	11.1600	10.9500	10.6800
70	11.2600	11.2200	11.0860	10.8100
65	11.3040	11.2800	11.1900	10.9000
60	11.3620	11.3400	11.2500	11.0900
55	11.4200	11.3800	11.3000	11.2100
50	11.5100	11.4600	11.3800	11.3300
45	11.6100	11.5400	11.4360	11.3900
40	11.7240	11.6295	11.5300	11.4700
35	11.8220	11.7510	11.6400	11.5720
30	11.9700	11.8600	11.7700	11.6700
25	12.1100	12.0000	11.8980	11.8300
20	12.2840	12.1600	12.0300	12.0000
15	12.5500	12.4000	12.3000	12.1880
10	13.0000	12.9000	12.7000	12.7620
5	13.6872	13.5423	13.3968	13.5968

Table shows that lowest value of Shuttle Run Test (Sec) is at 5th percentile while the highest value of Shuttle Run Test (Sec) is at 99th percentile for different age groups.

The above percentile score Table shows the 99th percentile and 5th percentile values of the Shuttle Run test among the students. The percentile score of 11, 12, 13 and 14 years of age for the Shuttle Run test is highest of 99th percentile values 10.1900, 10.2100, 10.0000 and 10.0690 respectively, as higher value indicates better than lowest of 5th percentile values 13.6872, 13.5423, 13.3968 and 13.5968 respectively has been observed among the students. The result of percentile scale of Shuttle Run test among four age groups of school students formed on the basis of Shuttle Run test.

Graph showing the percentile scores of 11 to 14 years of age on 10x4 Shuttle Run test for school boys:



CONCLUSION AND DISCUSSION:

The mean (standard deviation) for the Shuttle Run test (Sec) of 11 years of age students were 11.5038 (.80196), 12 years of age students were 11.4487 (.76739), 13 years of age students is 11.3054 (.78553) and 14 years of age students were 11.2002 (.82401) respectively. The maximum (minimum) score means highest (lowest) score was obtained on the Shuttle Run test of 11 years of age students were 14.00 (9.21), 12 years of age students were 14.27 (9.05), 13 years of age students were 14.00 (9.08) and 14 years of age students were 14.73 (9.22) respectively. The Shuttle Run test mean score of boys 14 years better than 13, 12, and 11 years, 13 years better than 12 and 11 years, 12 years better than 11 years.

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THE PLACE OF JOB EXPERIENCES OF ATHLETIC RUNNING SHOES IN THE PROFESSIONAL SPORTS PLACING**Dr. BHAGWAT P. NAIKNAWARE**

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ABSTRACT

Past writing has detailed that athletic coaches in the pro athletics setting (PSS) experience job strain from outrageous hierarchical desires and requests, bringing about apparent constraints in quiet consideration and work-life balance. Along these lines, the motivation behind this investigation was to investigate the encounters of athletic coaches working in the PSS. We selected 18 members from different pro athletics who participated in a semi-organized, one-on-one telephone meet. A 3-man information investigation group utilized a multi-staged procedure to distinguish rising areas and center thoughts, at last building up an agreement codebook. Reliability was set up with part checking, various analyst triangulation, and outside evaluating. Three areas developed: 1) work attractors, 2) feeling esteemed, and 3) attributes of the working environment condition. Members revealed being pulled in to athletic preparing in the PSS to work with first class competitors, as a result of steady colleague connections, having a system of athletic coaches, and expanded access to assets and instruction. Athletic mentors detailed inclination esteemed by bosses through expanding proficient obligations and expanding pay or acknowledgment. They additionally announced having confiding involved with their patients. Members portrayed common authoritative and representative dependability in their work environment condition. Members point by point instances of wrong practices and a sub-culture of acknowledgment, whereby these working environment encounters were acknowledged as a side-effect of the PSS. Members talked about normal associate pressures identified with miscommunication. In spite of the fact that members were in general positive about their work environment's encounters, they recognized penances to get and hold their positions, including critical time duties, ordinary travel desires, family bargains, and less open doors for advancement. Athletic coaches in the PSS feel esteemed for their work in spite of the extended periods of time, family and special penances. Positive collaborator conditions and access to assets keep on pulling in athletic mentors to the PSS. A sub-culture of tolerating unseemly working environment conduct inside the PSS ought to be additionally investigated. Athletic mentors in the elite athletics setting feel that they have included occupation attractors that may incorporate access to assets and instruction. The pro athletics setting may incorporate a sub-culture of acknowledgment, where unseemly conduct is ignored because of the setting.

Key words: *Worth, Harassment, Payment, Consensual Qualitative Research*

INTRODUCTION

Social insurance experts in all settings are inclined to work-life awkward nature because of the idea of medicinal services, and athletic mentors are no special case. Athletic mentors in different settings have detailed dealing with normal forty or more hours seven days that does exclude voyaging. These extended periods of time are expedited by taking care of patient needs, managerial obligations, competitor supervision, and travel to challenges. Because of the extended periods, athletic coaches in different

settings are capitulating to burnout in the work environment. The burnout is regularly credited to job overburden, stress, and individual view of being underestimated or undervalued in the working environment. Past research has been finished investigating the optional school and school/college athletic coaches' work encounters; anyway no such examination has happened inside pro athletics setting (PSS). Albeit just 3% of the National Athletic Trainers' Association (NATA) participation database recognizing as working inside the PSS, it is a setting that numerous athletic preparing understudies and youthful experts' might be brought into the calling, essentially dependent on its media presentation. Settings have such fluctuation, it is significant for future athletic coaches to have a superior comprehension of each. The athletic mentors that work in a recovery or clinical setting appear to have a progressively reliable timetable (around 40 hours out of each week); anyway those in the auxiliary school, school/college, and PSS are revealing working over 40 hours seven days joined by visit travel. The job of the athletic mentor in the university setting can be extremely requesting because of the movement prerequisites, commitments to different groups, showing obligations, supervision of understudies, and different other authoritative obligations. Writing has additionally uncovered that funds at establishments assume a job in the entrance to, desires for, and needs for athletic preparing administrations.

The way of life of school/college and PSS has regularly centered around the athletic group's prosperity as opposed to top notch, free social insurance to competitors. At the point when patient consideration and game execution are skewed, which isn't generally the situation however regularly is in serious games, athletic coaches face clashing needs. Past writing expressed that athletic coaches in the PSS demonstrate they experience moderate to elevated levels of job strain and job over-burden, which make work-life irregular characteristics. Athletic mentors have additionally gotten acclimated with the time requests which have become "long-remaining" inside serious sports and seen as unclear with duty and efficiency. An ongoing NATA Position Statement further expounded on the work-life offset that is related with an expansion in personal satisfaction for athletic coaches and the different results which incorporate burnout, work fulfillment, proficient responsibility, wellbeing and health, and vocation aim. Along these lines, we tried to assess the encounters of athletic mentors working in the PSS.

METHODS

Design

We utilized a subjective plan with one-on-one talking to depict the working environment encounters of athletic coaches in the PSS. The Institutional Review Board affirmed this examination.

Data Collection and Analysis

All meetings and verbal assent were sound recorded utilizing a video conferencing stage (Zoom, San Jose, CA). Each meeting was performed by the essential specialist (AAA). The meetings were sound recorded and field notes were taken. We utilized member numbers to ensure the characters of the donors, and afterward organized *nom de plumes* speak to each. The essential agent at that point evaluated the meeting transcripts somewhere in the range of 48 and 72 hours in the wake of directing the meeting and afterward deciphered utilizing an electronic interpretation organization (Temi, San Francisco, CA). When the meeting was translated, it was then sent back to the member to take into account "part checking" where the member was permitted to peruse the transcript and guarantee that everything expressed was right. Meeting information was broke down utilizing the consensual subjective research (CQR) approach.(15,16,17) The CQR approach has 5 fundamental segments: 1) open-finished inquiries in semi-organized information assortment that takes into account a steady assortment of information over all members and a more top to bottom examination of individual encounters; 2) a 3-part code group to break down the information utilizing singular points of view; 3) the information investigation group meets to go to an accord on the importance of the information; 4) the utilization of an examiner to check crafted by the information examination group; and the 5) advancement of spaces, classes, center thoughts, and cross investigations.

CONCLUSIONS

Athletic coaches in the PSS feel esteemed for their work in spite of the extended periods of time, family and limited time penances. The workplace, as referred to by our members, made positive collaborator cooperations, common devotion, and access to assets is the thing that keeps on pulling in them to this setting. Positive collaborator situations and access to assets keep on drawing in athletic mentors to the PSS. In spite of feeling esteemed, some athletic mentors in PSS announced leaving the calling by and large since they respected family time more than the time spent at work. A sub-culture of tolerating improper work environment conduct inside the PSS ought to be additionally investigated.

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EFFECT OF OFF-SEASON FITNESS TRAINING PROGRAMMES ON GRIP STRENGTH**Dr. PRASHANT TOUR**

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ABSTRACT

The 75 Cricket players were selected for the present study. The purpose is to measure the grip strength (Muscular Strength). It could be concluded that it is inferred that the hand grip strength of the selected subjects of Experimental A & Control C group does not vary significantly. Whereas, Experimental B & Control C (After 90 days) and Experimental A & Experimental B groups subjects shows significant improvement in the hand grip strength. It clearly indicates that ninety days systematic training programme significantly improve the hand grip strength of the subjects. It is also clear that ninety days systematic training programme is more effective than the sixty days training programme.

Key words: Fitness Training Programmes, Grip Strength

Purpose: To measure grip strength (Muscular Strength)

Equipments: Handgrip dynamometer.

Description: In order to ensure dryness, the subject was asked to put some magnesium chalk powder on the concerned hand. The tester sets the pointer of the dynamometer to zero and placed the dynamometer in the subject's hand and asked the subject to squeeze the dynamometer sharply and steadily as much as possible making certain that neither the arm was folded at elbow nor any part of the arm. Subjects were allowed with each hand giving one-minute rest between squeezes. Total 75 Cricket players were selected for the present study

Scoring: The highest reading out of the three squeezes was recorded in kilograms.

Table 1 Summary of One-Way Analysis of Variance for the Data on Hand Grip Strength of Pre-Tests of Experimental A, Experimental B and Control C Groups

Source of Variance	Degree of Freedom	Sum of Square	Mean Sum of Square	F-ratio
Between the Groups	K-1 3 - 1 = 2	1.30	0.65	0.09 [@]
Within Group	N - K 75 - 3 = 72	515.98	7.17	

Significant at 0.05

Tabulated F_{0.05} (2, 72) = 3.11

The finding of Table No. 1 reveals that the obtained F-ratio of 0.09 is less than the tabulated F-value of 3.11 needed to be significant at .05 level of confidence. Hence, the data collected on hand grip strength at pre tests for the Experimental A, Experimental B and Control C groups does not differ significantly.

Since the F-ratio is not found to be significant hence the Least Significant Difference (LSD) Post Hoc Test is not applied.

Table – 2 Mean, Standard Deviation and t-Ratio for the Pre and Post Test of Experimental A, Experimental B and Control C Groups in Hand Grip Strength

Group	Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Expt. A	Pre	31.79	2.6567	1.36	0.75308	1.806 [@]
	Post After 60 days	33.15	2.6684			
Expt. B	Pre	32.04	2.6886	3.06	0.76071	4.023*
	Post After 90 days	35.10	2.6905			
Control C	Pre	31.74	2.6856	0.24	0.76198	0.320 [@]
	Post After 60 days	31.99	2.7024			
Control C	Pre	31.74	2.6856	0.27	0.76177	0.357 [@]
	Post After 90 days	32.02	2.7009			

* Significant at 0.05 level

Tabulated $t_{0.05(24)} = 2.064$ @ Not significant at 0.05 level

It is evident from the above table that there is no significant difference in between Pre and Post test means of Experimental A and Control C groups in hand grip strength, as the calculated t-values of 1.806, 0.320 and 0.357 respectively are less than the tabulated t-value of 2.064 at 0.05 level of confidence for the 24 degrees of freedom. But Experimental B group shows significant difference with calculated 't' value of 4.023.

Hence it is inferred that the hand grip strength of the selected subjects of Experimental A and Control C groups does not vary significantly. Significant improvement in hand grip strength is observed in Experimental B group only. It clearly indicates that ninety days systematic training programmer significantly improve the hand grip strength of the subjects. The mean difference of hand grip strength between the pre and post test means of Experimental A, Experimental B and Control C groups is graphically depicted in Figure-1.

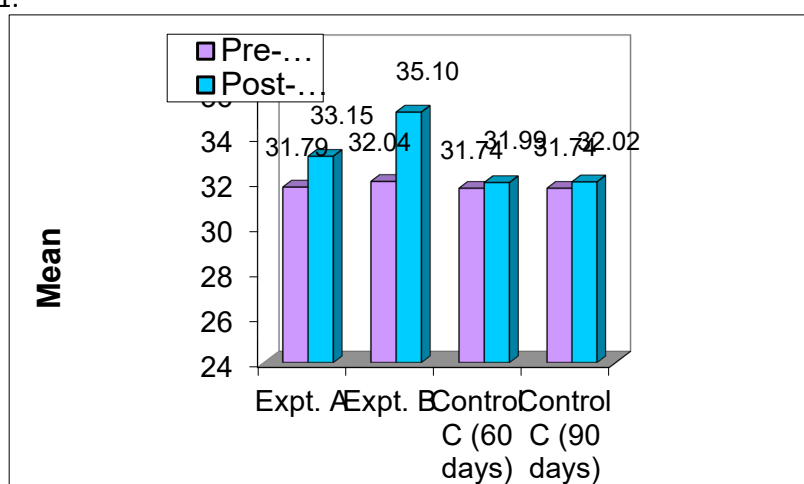
**Figure – 1 Mean Difference of Hand Grip Strength between the Pre and Post Test of Experimental A, Experimental B and Control C Groups**

Table - 3

Mean, Standard Deviation and t-Ratio for the Post Tests of Experimental A, Experimental B and Control C Groups in Hand Grip Strength

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Experimental A	33.15	2.6684	1.16	0.75955	1.532@
Control C (After 60 days)	31.99	2.7024			
Experimental B	35.10	2.6905	3.09	0.76246	4.050*
Control C (After 90 days)	32.02	2.7009			
Experimental A	33.15	2.6684	1.95	0.75786	2.576*
Experimental B	35.10	2.6905			

* Significant at 0.05 level

Tabulated $t_{0.05(48)} = 2.00$

@ Not significant at 0.05 level

The findings of above table show that there is no significant difference in between the Post test means of Experimental A & Control C (After 60 days) group in hand grip strength as the calculated t-value of 1.532 is less than the tabulated t-value of 2.000 at 0.05 level of confidence for the 48 degrees of freedom. It is also observed from the above table that, there is significant difference in between the Post test means of Experimental B & Control and Experimental A & Experimental B groups in hand grip strength, as the calculated t-values of 4.050 and 2.576 respectively are greater than the tabulated t-value at .05 level.

From the above findings it is inferred that the hand grip strength of the selected subjects of Experimental A & Control C group does not vary significantly. Whereas, Experimental B & Control C (After 90 days) and Experimental A & Experimental B groups subjects shows significant improvement in the hand grip strength. It clearly indicates that ninety days systematic training programme significantly improve the hand grip strength of the subjects. It is also clear that ninety days systematic training programme is more effective than the sixty days training programme.

The post test mean difference of hand grip strength between the groups is graphically represented in Figure 2

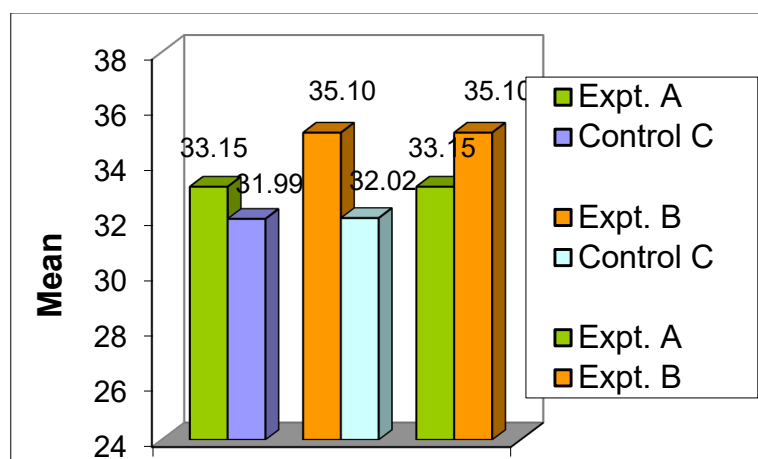


Figure – 2 Post Test Mean Difference of Hand Grip Strength between the Groups

Conclusion

From the above findings it is inferred that the hand grip strength of the selected subjects of Experimental A & Control C group does not vary significantly. Whereas, Experimental B & Control C (After

90 days) and Experimental A & Experimental B groups subjects shows significant improvement in the hand grip strength. It clearly indicates that ninety days systematic training programme significantly improve the hand grip strength of the subjects. It is also clear that ninety days systematic training programme is more effective than the sixty days training programme.

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HORSE GRAM [MACROTYLOMA UNIFLORUM LAM. (VERDC.)]: A PERFECT AND COMPLETE INDIAN DIET**DR. KULKARNI GANESH B.**

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ABSTRACT

Horse gram [Macrotyloma uniflorum Lam. (Verdc.)] is a pulse crop cultivated in various adverse climatic conditions. Due to rich source of protein, minerals, and vitamins, it had been an important place in Indian diet since ancient time. It has been also noted that non-nutritive substances such as fiber, Phytic acid, Phenolic acid, proteinase inhibitors present in it. Similarly, horse gram used as a therapeutic agent to cure some common diseases viz. kidney stones, urinary diseases, piles, common cold, throat infection, fever etc. It had been also shows the scientific evidence that, the horse gram also helpful to fulfill the demand of nutraceutical and functional food in Indian diet. As the horse gram has potential antioxidants plays very significant role to decreases the risk of intestinal diseases, diabetes, coronary heart disease etc. Keeping in these views this article exploring the horse gram, as a source of food and nutraceutical compounds in Indian scenario.

Key words: Horse gram ,Anti-nutritional compounds, Prebiotic, non-nutritive substances, Antioxidant, therapeutic agent

INTRODUCTION

Horse gram [Macrotyloma uniflorum Lam. (Verdc.)] is a short day and day neutral plant, matures in 120–180 days after planting and has diploid chromosome numbers of $2n = 20, 22, 24$ (Cook et al. 2005). It is a neglected and unexplored pulse crop widely cultivated and consumed food legume in India since ancient times (Reddy et al. 2008). It is native to the south-east Asian subcontinent and tropical Africa. It is mainly grown in India, Africa, Australia, Burma, Malaysia, Mauritius, and the West Indies under low soil fertility status with few inputs (Witcombe et al. 2008). It is adapted to wide range of temperature regimes (Smartt 1985) where other crops invariably fail to survive.

It has been used as a food item for millennia. Archaeological investigations revealed that horse gram used as food around 2000 BC (Mehra 2000). The US National Academy of Sciences has identified this legume as a potential food source for the future, thanks to its exceptional nutrition profile, drought-resistance and general hardiness. It is noticed as a good source of protein, carbohydrates, energy (Bravo et al. 1998). It had also observed that it is tolerant to drought (Bhardwaj and Yadav 2012), salinity (Reddy et al. 1998) and heavy metal stresses (Reddy et al. 2005). In India, it is generally sown late in the rainy season by resource-poor farmers in marginal and drought-prone condition. However, sowing of seeds on the first fortnight of August and September recorded higher grain and straw yields than those sown on the first fortnight of October (Naik 2001).

Horse gram is widely grown for not only human food as a pulse, fodder crop for livestock but also green manure and medicinal crop. In rural areas, seeds of horse gram are consumed after parched followed by boiling or frying (Purse glove 1974) along with cooked rice, sorghum or pearl millet. Sprouted seeds, having high nutritional quality, are widely consumed by the indigenous tribal peoples (Bravo et al. 1999). Even

now, in addition to its nutritive value, the consumption of sprouted seed become increasingly popular due to the excellent source to reduce the risk of various diseases and exerting health promoting effects (Paško et al. 2009). In Indian traditional medicine, seeds of horse gram are used for treatment of urinary stones (Yadava and Vyas 1994; Ravishankar and Vishnu 2012), urinary diseases and piles (Yadava and Vyas 1994), regulate the abnormal menstrual cycle in women (Neelam 2007), act as astringent, tonic (Brink 2006), and also used to treat calculus affections, corpulence, hiccups, and worms (Chunekar and Pandey 1998). Furthermore, the cooked liquor of the horse gram seeds with spices is considered to be a potential remedy for the common cold, throat infection, fever and the soup said to generate heat (Perumal and Sellamuthu 2007).

Horse gram is the most protein-rich lentil found on the planet. It is very high-powered. That's why race horses are fed with this gram, which is called horse gram in the market. This important and under-utilized tropical crop is grown mostly in dry agricultural lands and keeps a rather low profile nowadays, but is ready to expand its reputation! Here's why.

Medicinal value:

Owing to their medicinal value, there is an increased demand to explore an underutilized legume (Arinathan et al. 2003) to alleviate malnutrition and reduce risk of various diseases in developing countries. Horse gram is an excellent source of protein (17.9– 25.3 %), carbohydrates (51.9–60.9 %), essential amino acids, energy, low content of lipid (0.58–2.06 %), iron, molybdenum, phosphorus, iron and vitamins such as carotene, thiamine, riboflavin, niacin and vitamin C (Bravo et al. 1999, Sodani et al. 2004). The details of major nutrient available in horse gram are presented in Table 1.

Horse gram has high non-digestible carbohydrate content which cause lower glucose release into the blood stream with potential beneficial effects in the dietary management of diabetes and this resistant starch is regarded as a Prebiotic among the new generation of dietary fiber. Horse gram protein comprises higher lysine content than pigeon pea and chickpea making it a good complement to a cereal based diet. The high content of dietary fiber in horse gram flours might be helpful in terms of maintaining positive effects on intestine and colon physiology, besides other homeostatic and therapeutic functions in human nutrition (Patnagre et.al.2019).

Nutraceutical Foods:

In simple terms, nutraceuticals are those foods or parts of foods that provide health and/or medical benefits including prevention, protection and treatment of a disease. In view, of its medicinal synergy, economical status and no side effects, the nutraceutical, functional or health foods have gained a wide interest during the last few decades. The health promoting effects of phytochemicals and nutraceuticals and/or functional foods are likely due to a complex mix of biochemical and cellular interactions which together promote overall health of the individual. The clinical success of nutraceutical products coupled with increasing health consciousness results in rapid global growth of the nutraceuticals and functional food industry. The major chemical compounds recognized as potential health promoting benefits are the phenolics, flavonoids, alkaloids, carotenoids, prebiotics, phytosterols, tannins, fatty acids, terpenoids, saponins, and soluble and insoluble dietary fibers.

Cure Diseases:

As per Charak Samhita and in the Sushruta Samhita it is mentioned that the seed powder the seed of horse gram are use as traditional medicine for curing the piles, hiccup, abdominal lump, bronchial asthma, in causing and regulating perspiration is useful in stopping excessive perspiration. Traditional texts describe its use as medicine for curing kidney stones, asthma, bronchitis, leukoderma, urinary discharges, heart diseases and piles. It also has anthelmintic activity which can be used as dietary food for infants to eradicate worms. It supposed to have unique property of dissolving kidney stones, therefore, in many parts of the country it is given to prevent or cure urinary stones. In seed extract of horse gram water soluble,

heat stable, polar, non-tannin and non-protein crystallization inhibitors are reported and a marked decrease in anti-calcifying activity observed with the post-harvest storage of seeds.

In Indian traditional medicine, seeds of horse gram are used for treatment of urinary stones (Ravishankar and Vishnupriya 2012), urinary diseases and piles (Yadava and Vyas 1994), regulate the abnormal menstrual cycle in women (Neelam 2007), act as astringent, tonic and also used to treat calculus affections, corpulence, hiccups, and worms (Chunekar and Pandey 1998). Furthermore, the cooked liquor of the horse gram seeds with spices is considered to be a potential remedy for the common cold, throat infection, fever and the soup said to generate heat (Perumal and Sellamuthu 2007, Prasad and Singh, 2015).

Table 1. Major nutrients in different milled fractions of Horse gram (% of Dry matter)

Constituents	Cotyledons	Seed coats
Moisture	5.8±0.31	3.9±0.5
Proteins	22.6±1.23	9.1±0.3
Fat	1.8±0.3	0.6±0.02
Ash	2.9±0.02	3.8±0.5
Crude fiber	1.6±0.2	21.8±1.6
Total Carbohydrate	66.9±2.6	82.6±1.1
Soluble sugar	6.4±0.15	0.96±0.06
Reducing Sugar	538.3±16.2	108.6±5.1
Non Reducing Sugar	5.86±1.15	0.85±0.03
Dietary fiber	16.7±0.27	36.4±0.9
Soluble	1.32±0.4	3.9±0.5
Insoluble	15.38±0.16	32.5±1.1

Table 2 Soluble sugar and starch fraction of raw horse gram (g/100 g dry matter)

Soluble sugar and starch fraction	g/100 g dry matter
Oligosaccharides	3.69±0.24
Sucrose	1.21±0.12
Maltose	0.53±0.06
Glucose	0.0±0.0
Xylose	0.64±0.2
Galactose	0.08±0.01
Arabinose	0.12±0.03
Fructose	0.03±0.01
Inositol	0.04±0.0
Total soluble sugar	6.38
Total Starch	36.0±1.17

Table 3 composition of dietary fiber fraction of raw horse gram (g/100 g dry matter)

dietary fiber fraction	Total dietary fiber (TDF)
Fructose	4.30±0.05
Arabinose	1.93±0.10
Xylose	0.33±0.06
Mannose	0.52±0.04
Galactose	7.57±0.52
Total Neutral sugar	14.65±0.73
Uronic Acid	2.20±0.08
Klason Lignin	5.61±0.39
Total dietary fiber	22.47±0.07

Chemical Composition of Horse Gram seeds:

Table 4: Chemical composition of horse gram

Chemical Parameters	Mean Value*
Moisture (%)	8.05±0.6
Total Fat (%)	0.45±0.02
Total carbohydrates	58.2±0.16
Total Protein (%)	21.87±1.07
Ash	3.91±0.10

Table 5: Mineral content in horse gram

Minerals	Average value (mg/100g)
Calcium	239
Phosphorus	321
Sodium	11.5
Magnesium	156
Potassium	762

Crude Fiber	4.5±0.04	Iron	7.54
		Zinc	1.966
		Copper	0.828

The data in the above table no. 4 showed that the moisture content 8.05 per cent, fat 0.45 per cent carbohydrate 58.2 per cent, protein 21.87, ash 3.91 and crude fiber 4.5 respectively. Similar results were obtained by (Shivanna and Venkateswaran, 2016), (Bhartiya et al., 2015) and (Marimuthu and Krishnamoorthi, 2013).

Mineral composition of horse gram

The results given with respect to various minerals such as Ca, P, Na, K, Mg, Fe, Zn and Cu were determined and accordingly results presented in Table 5.

The table 5 showed that the potassium content of horse gram was found to be highest 762 mg than the rest of other minerals, phosphorus 321 and calcium content 239 mg/100g and sodium 11.5mg/100g. The study showed that horse gram was good sources of potassium, phosphorous and calcium. However, differences in their mineral availability for absorption were observed and may be due to its mineral content and/or mineral-mineral interaction (Shivanna and Venkateswaran, 2016) and (Bhartiya et al., 2015).

Conclusion

The nutritional value of horse gram is comparable with other pulse crop. Horse gram has high levels of antioxidant and radical scavenging activities in addition to their traditional role of providing proteins and carbohydrates. It has rich source of various natural bioactive substances such as Phytic acid, fiber, phenolic acid etc. After critical assessment of nutritional and therapeutic aspect of horse gram, it can now be concluded that-it is a rich source of nutrient and antinutrient content. These bioactive substances have immense potential for curing varieties of diseases such as common cold, throat infection, fever, urinary stones, asthma, bronchitis, leucoderma, etc. The proteinase inhibitors have been identified to treat anti-inflammatory, obesity and several degenerative and autoimmune diseases. The health benefits of horse gram are being recognized in the western world recently, but have been known for its ability to prevent and cure various diseases by Indian Ayurvedic system since centuries. However, there is a dearth of information on the specific health beneficial components in this lesser known legume. Thus, considering its immense potential as health benefit it needs to exploit as a source of nutraceutical and food industries.

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TO SATISFECTION LEVEL OF THE STUDENT PARTICIPATION IN LAND BASED ADVENTURE TOURISM AND SPORTS

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ABSTRACT

Tourism is a rapidly growing industry around the world. In the new millennium, the human residents of the mother earth would have an insatiable urge for travelling and undertaking tour of various types people want to visit unknown place, interact with new race and have experiences, which were hitherto out of their reach. Travelling and exploring the world is a natural's tendency of out the human beings but many of them are bound by their work, financial resources and social obligations and hence, are unable to take up such activities.

When man evolved from his earliest ancestors, he tried to explore the world around him. Even his ancestors (apes) were not stationary beings. Man formed small groups or communes in jungles and remote areas. But his group wanted to explore beyond the place of its habitat. Hence, the groups as well as individuals travelled far and wide. With each new step, man learned more about this world. His inquisitive tendencies and desire to know the unknown made him an adventurer. During the prehistoric times, he wandered in the region of his residence like a nomad.

Key words: *industry, travelling, Social insurance*

INTRODUCTION

What is Tourism?

Domestic tourism, involving residents of the given country travelling only within this country.

Inbound tourism, involving non-residents travelling in the given country.

Outbound tourism, involving residents travelling in another country.

Defining tourism is not a simple matter, as it is a complex industry made up of many different businesses, the common theme being that they provide products and services to tourists. The most usually accepted definition of tourism is that provided by the World Tourism Organization

Adventure experiences include a number of factors like:- 1. Risk 2.Danger 3.Accidents 4.Incidents or Close calls 5.Safety 6.Challenge 7.Competence

BASIC MINIMUM STANDARDS FOR ADVENTURE TOURISM ACTIVITIES

Types of Adventure Tourism

Adventure tourism may be divided into three types:-

Land Based Tourism

Water Based Tourism.

Aero Based Tourism

Land Based Tourism- In the adventure Tourism land based activities are mountaineering, Rock-climbing, Ice-climbing, rappelling, etc. and so on.

Water Based Tourism Water based activities are under- water diving, Angling rafting flat, white water Rafting etc. and so on.

Aero Based Tourism The Aero Based Adventure tourism are Ballooning, Gliding, Hang gliding, Parachuting etc. And so on.

Rock Climbing Involves Appropriate movement techniques such as:-

◆Laying back. ◆Jummaring (Ascender). ◆ Chimneying and ◆ Using counter force. ◆ Belaying techniques such as:-Using the body or devices for friction. Using back- up belay systems. Anchor systems such as:-Natural Artificial. Solid Independent Equalized Redundant Spotting. Bouldering. Knot-tying. Forming harness tie-tins and anchor clip-ins. Communication Signals.

Adventure tourism in Nagpur

The vast region of Vidarbha stretches across north-eastern Maharashtra, with Nagpur as its main city. Rich in its biodiversity, mineral wealth and ethnicity, this verdant land with its undulating hills and lazy winding rivers, has many wildlife sanctuaries, forts, temples and geological sites. Indeed, Vidarbha is a veritable cornucopia of Nature's bounty; a lavish feast that's sure to fill up your senses.

Organization of Adventure activity in Nagpur

S.No	Name of Adventure Center	Training place
1	Sahas the camp	Borkheri
2	Ideas Camp	Khorpad
3	Prahargarh Camp	Viheergaion
4	All rounder camp	Mohegaion
5	Rivaan camp	Ambhora
6	Adventure camp	Aanjeegaion
7	Shauray camp	Chaargaion

8	Outdoor Leadership Camps	Maitraban
9	Adventure Village	Ramtek
10	Jungle Adventure camps	Kanha- Kisli
11	Jungle Adventure camps	Karmazari
12	Jungle Adventure camps	Kolitmara
13	Jungle Adventure camps	Sillari

Purpose of the study The purpose of the study is to evaluate the effects of Land-Based Adventure tourism on the physical, mental, social and spiritual development of the participants.

Aims and Objectives The objectives of the present study are as under:

To know the changes in physique of the participants through land based adventure tourism activity

To know the inter-personal and Intra- personal developments of the participants

To know the adaptability of the land based adventure tourism by the participants

To know the social development among the participants

To know the spiritual development among the participants

Variables

The effects of land based adventure tourism activities on students participating therein.

Eighty student of zilpi lake

Trekking, Rappelling and Rock climbing Land based adventure tourism activities.

Assumptions Due to land based adventure tourism activity body becomes healthy and fit, mind becomes stable and sound and interpersonal and intra personal qualities are developed.

Statement of the problem this study is undertaken for To satisfaction level of the student participation in land based adventure tourism and Sports.

Delimitations the study is delimited in the following aspects:

The study is restricted to Nagpur District College only.

The data were collected from students who participated in the Land- Based Adventure tourism voluntarily.

The study was conducted on eighty students selected randomly from Nagpur District College.

The study was conducted on students in the age group between 20 to 25 years.

Limitations

The Land – Based –Adventure tourism like Ice- climbing, mountaineering etc. could not be organized in Nagpur University jurisdiction due to the environmental and geographical factors.

The data were collected from the 'central Adventure council-All Rounder', Nagpur which co-operated in the Research Project willingly.

The data were collected from eighty students of Nagpur District College only who were selected by random sampling method.

Hypothesis

The physique of the participants becomes strong, sturdy and enduring.

The participants face challenge and take risks.

The participants co-operate and their group members and solve problems efficiently.

May inculcate a sense of adventure tourism amongst the participants.

Definitions and Explanations of terms 1. "Adventure: an unusual exciting and daring experience, excitement arising from danger or risk." 2 "Adventure is to risk exposing oneself to an unknown outcome. Therefore to learn is to venture into the unknown to learn is to adventure."

Significance of the study The research on the Land –Based Adventure tourism in Nagpur district college jurisdiction until now is very meagre. Therefore, it is very imperative to conduct research in this field. This research will help to modify the existing training methods according to the changing needs of the individuals and time and enhance the popularity of Adventure tourism amongst students.

METHODOLOGY:-

The present study entitled "To satisfaction level of the student participation in land based adventure tourism " was undertaken from 21-12-2010 to 24-12-2011 at Maitraban complex near Zilpi Lake at a distance of 25 km. from Nagpur city.

Sources of data Sources of data were collected from the eighty students, selected randomly, of all college student of Nagpur district who participated in the land based adventure tourism of trekking, rock-climbing and rappelling organized near Zilpi Lake.

Research Procedure The research scholar completed the study in the following steps:-

Designing and framing of questionnaires

Collection of facts through questionnaires

Collection of facts through the related research material available from the office and of the foundation

Analysis of data.

ANALYSIS OF THE DATA AND RESULTS OF THE STUDY

In this chapter, the research scholar has analyzed the data collected through questionnaires from the students of the All College student of Nagpur district as they engaged in the adventure activities in a four day camp organized at the Maitraban complex near Zilpi Lake, some 25 kilometers from Nagpur city during the period 21st Dec. to 24th Dec. 2011. This section also deals with the results obtained during the course of investigation.

The effects of the land based adventure tourism of trekking, rock –climbing and rappelling are presented

Changes in physique of the participants.

Inter-personal development of the participants.

Intra –personal development of the participants.

Social development among the participants.

Spiritual development among the participants.

Adaptability of the land based adventure tourism by the participants..

Summary

The present study was undertaken by the research scholar so as to evaluate the effects of Land – based adventure tourism of trekking, rock – climbing and rappelling on the physical, mental, social, spiritual development of the participants.

It was observed that due to trekking, rock- climbing and rappelling, physical fitness, flexibility, muscular power and endurance, respiratory endurance, agility, co – ordination among different parts of the body, balance, and proper posture of the body development in an average 99.37, 97.50 and 97.18 percent participants respectively.

Regarding the intra – personal development of the participants, it was found that due to trekking , rock-climbing and rappelling the qualities of anxiety, decreased stress, self – reliance increased self- confidence , positive attitude , self – discipline, fearlessness, courage , willingness to take risks , and improved self concept developed in an average 97.50 , 97.25 and 97.25 percent participants respectively.

With respect to interpersonal development of the participants , it was found that trekking, rock –climbing and rappelling developed the qualities of enhanced co-operation , respect for the leader, concern for others, effective communication skill, greater trust in others, and sharing of decision making in an average 97.34 , 96.92 and 96.92 percent participants respectively.

Regarding the social development among the participants ,it was observed that due to trekking , rock – climbing and rappelling the qualities of increased understanding , concern for group , openness in taking help from others, increased sharing of decision making , enhanced helping nature , increased cultural understanding, and community spirit developed in an average 97.18 , 97.18 and 97.18 percent participants respectively.

Regarding the spiritual development among the participants, due the trekking, rock –climbing and rappelling qualities of internal power ,courage , fearlessness , insight , compassion , openness , self – esteem , acceptance of others , logical skills and reflective thinking development in an average 97.25 , 97.50 and 97.25 percent participants respectively.

With respect to the adaptability of the land –based adventure tourism by the participants it was found that due to trekking, rock – climbing and rappelling, joy, enthusiasm, recreation, satisfaction, fulfillment, alleviation of fear, alleviation of anxiety and alleviation of stress were observed in an average 97.50, 97.50 and 97.50 percent participants respectively.

Conclusions:- Trekking, rock –climbing and rappelling produced several beneficial results related to physique of the participants. These activities resulted in enabling them to sustain rigorous efforts, to recover and to resist fatigue. Participating in these activities increased their respiratory endurance, muscular power and endurance, flexibility and agility of the body, balance and co- ordination. These activities helped them develop proper body posture.

Trekking , rock- climbing and rappelling provided the participants with an opportunity to intra-personal development. These activities helped the participants to overcome their anxiety and fear as well as decrease their stress. They developed a positive attitude and an improved self- concept. Further these activities increased the self-reliance, self –confidence, self- discipline and courage in the participants. Their willingness to take risks in future uncertain, unknown situations increased due to these activities.

Interpersonal development took place in the participants due to trekking, rock – climbing and rappelling. The participants helped others and took help from others. They showed a respect for the leader, and concern for others in the group. Their communication skill was developed. Overall , they participated in shared decision making. Thus a positive change was brought out in their behaviour towards others due to these activities.

Trekking, rock-climbing and rappelling provided the participants with an opportunity to social development. They developed qualities which would help them in their future as the most responsible citizens to guide and direct the society in a proper direction. The participants admired and respected the strength and weaknesses of other members in the group. They were concerned about each other. They showed an increased understanding of others. They offered a helping hand to one another genuinely as well as willingly accepted assistance from others. They showed an increased cultural understanding and the development of community spirit.

Spiritual development took place among the participants due trekking, rock climbing and rappelling. The participants overcame their anxiety, fear, timidity, nervousness, and rappelling. The developed internal power, courage, fearlessness. They revealed an insight. They were more open with one another and compassionate about one another. They revealed self esteem as well as esteem for others. Their logical skill was developed. They began to reflect that is, to think over things.

The participants adapted the land based adventure tourism of trekking, rock – climbing and rappelling. They enjoyed these activities. They revealed an enthusiasm and zeal while doing these activities. They felt recreated. They revealed satisfaction and fulfilment as well as an alleviation of stress on completing these activities. Thus, they not only adapted but enjoyed this adventure tourism.

CONCLUSIONS

Taking into consideration the benefits and advantage of adventure tourism, it is recommended that:- Students of all the schools, colleges and universities should be encouraged and inspired to participate in the adventure tourism in large numbers.

Proper adventure sites should be developed by the university with a view to organize the adventure safety. The girl students should also be motivated to participate in adventure tourism.

Research work on adventure tourism should be undertaken to find out the constraints and bottlenecks in adapting these games.

The adventure tourism should be popularized through electronic media and publications.

Adequate grant should be made available for the adventure tourism activities to educational institutions.

The National Adventure foundation should give permission to set up more number of adventure tourism centers so as to develop the adventure activities in the University jurisdiction..

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COMPARATIVE STUDY OF MODERN MAINSTREAM WEARABLE FITNESS BAND UNDER VARIOUS PHYSICAL ACTIVITIES

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ABSTRACT

Background: Wearable Fitness Band have attracted much attention from the market in recent years for their fitness monitoring and other health-related metrics; however, the accuracy of fitness tracking results still plays a major role in health promotion.

Objective: The aim of this study was to evaluate the accuracy of a host of latest wearable devices in measuring fitness-related indicators under various semi natural activities.

Methods: A total of 30 healthy subjects were recruited, and each subject was asked to simultaneously wear 3 devices (Fitbit Surge, Infinix band 5, and Xiaomi Mi Band 3) and its smartphone apps to measure five major health indicators (heart rate, number of steps, distance, calories consumption, and sleep quality) under various activity states (resting, walking, running, cycling, and sleeping), which were then compared with the gold standard (manual measurements of the heart rate, number of steps, distance, and sleep, and calories consumption) and calculated to determine their respective mean absolute percentage errors (MAPEs).

Results: Fitness band devices had a rather high measurement accuracy with respect to heart rate, number of steps, distance, and sleep duration, with a MAPE of approximately 0.10, whereas poor measurement accuracy was observed for calories consumption (calories), indicated by a MAPE of up to 0.44. The measurements varied for the same indicator measured by different fitness trackers. The variation in measurement of the number of steps was the highest (Fitbit Surge: 0.42; Mi Band 2: 0.01), whereas it was the lowest for heart rate (Fitbit Surge: 0.34; Xiaomi Mi Band 3: 0.12). Measurements differed insignificantly for the same indicator measured under different states of activity; the MAPE of distance and calories measurements were in the range of 0.08 to 0.17 and 0.41 to 0.48, respectively. Overall, the Mi Band 2 performed the best for the measurement of heart rate under the resting state (MAPE of 0.04), whereas Mi Band App performed the best for the measurement of the number of steps under the walking state (MAPE of 0.01). Fitbit Surge performed the best for distance measurement under the cycling state (MAPE of 0.04), and Infinix band 5 performed the best for calories consumption measurement under the walking state (MAPE of 0.17).

Conclusions: At present, mainstream devices are able to reliably measure heart rate, number of steps, distance, and sleep duration, which can be used as effective health evaluation indicators, but the measurement accuracy of calories consumption is still inadequate. Fitness trackers of different brands vary with regard to measurement of indicators and are all affected by the activity state, which indicates that manufacturers of fitness trackers need to improve their algorithms for different activity states.

Key words: wearable electronic devices; fitness trackers; data accuracy; physical activity

INTRODUCTION

Level of physical activity is an important health factor; monitoring and promoting the level of physical activity can therefore improve people's health outcomes. According to the 2010 World Health Organization (WHO) guideline, under normal circumstances, adults aged 18 to 64 years need to engage in at least 150 min of moderate-intensity physical activity or 75 min of high-intensity physical activity per week. In addition, to derive more health benefits, 300 min of moderate-intensity physical activity or 150 min of high-intensity physical activity per week is required. Currently, large populations in both developed and developing countries have not achieved the recommended levels of physical activity. For example, 80% of adults in the India have not reached the recommended level of activity, and around 1262 billion Indian rupees in health care costs are associated with inadequate physical activity. According to the data released by the WHO in 2014, lack of physical activity has become the world's fourth greatest mortality risk factor, leading to 3.2 million deaths and 69.3 million gone astray disability-adjusted life years. The risk of all-cause mortality of adults with low levels of physical activity is 0.20 to 0.30 higher than that of adults with moderate or high levels of physical activity. In contrast, increased physical activity can not only reduce the risk of death of the whole population but also help lower the risk of chronic diseases such as ischemic heart disease, stroke, diabetes, and breast cancers.

Recent years have seen a rapid improvement of fitness tracking devices such as fitness band, which track physical activity in real time. They are able to enhance users' physical activity levels and cultivate healthy living habits because of their superior portability and user-friendly interface and are being accepted by more and more people. Compared with the traditional pedometer, fitness trackers are equipped with more accurate sensors and more comprehensive software systems, which not only greatly reduce the discomfort of the wearer but also promote the development of the wearers' health habits with a friendly interface, that fitness tracker-based health intervention strategies such as target reminders, progress feedback, healthy behavior recommendations, social encouragement, and other strategies can lead to greater health promotion in the future.

With the development of various miniature sensors, in addition to pedometer functions, wearable device providers are continuously providing new features such as calories consumption measurement, sleep measurement, body temperature measurement, and other feedback. Wen et al surveyed 200 subjects via questionnaire and found that in addition to the aforementioned daily functions, the respondents were more interested in functions more significant to health, such as heart rate monitoring, electrocardiography monitoring, and oxygen saturation monitoring using wearable devices. Therefore, the acquisition of more health-related data through wearable devices will be the focus of future development. Although wearable devices are generally considered as having great potential in health monitoring, the accuracy and reliability of fitness trackers' monitoring data are the basis and premise on which fitness trackers play their role in health promotion. With fitness trackers' enormous practical value, major technology companies have launched a variety of fitness tracker products, but there's still a lack of extensive and scientific validation with respect to their accuracy and reliability in health monitoring. The measurement of distance overestimates or underestimates with changes in the speed of the activity, and the measurements of calories consumption and sleep duration are usually overestimated relative to the actual values, and the measurements of activity duration varied among different studies; in addition, under different measurement modes, fitness tracker measurements varied significantly.

Given the importance of the accuracy of measurements given by fitness tracker products, the rapid development of the fitness tracker market and the rapid evolution of various brand products, it is

necessary to continuously conduct verifications and evaluations of the accuracy of the latest features of the latest products. In this regard, this study has the following characteristics. First, three types of the latest and most representative fitness tracker products, including smart watches, internationally renowned smart bracelets, and smart bracelets popular in India, were included. Second, 3 smartphone apps both having over 50 million users in the Indian market were included for the first time and compared with fitness tracker devices. Third, the accuracies of the most common and most popular major indicators, including heart rate, number of steps, distance, and calories consumption, under different activity states were simultaneously verified. Fourth, the influences of various activity states were taken into account, and the measurement accuracies of fitness tracker devices under different activity states such as walking, running, and cycling were compared. Fifth, for the first time, the Indian subject was used as the research subject to fill the gap on the Young population in such investigations to provide data support for the development of fitness tracker products and a theoretical basis for consumers in choosing products.

METHODS

Research Equipment and Subject Recruitment

From three types of wearable devices—smart watch, smart bracelet, and smartphone app—8 representative products were chosen. First, when selecting smart watches were chosen as representatives. Second, in selecting smart bracelets were chosen as the representatives of smart bracelet of domestic brands. Third, when choosing smartphone apps, according to App Store rankings in the health and fitness category, smart watch supportive apps were chosen. The 3 devices and 3 apps were anonymously labeled as FT1, FT2, FT3 and APP1, APP2, APP3 during data analysis so that investigator bias was avoided using a single-blind method.

A total of 30 healthy university students were recruited from Nagpur City through Simple random sampling. The inclusion criteria included 20 to 25 years of age, without major illnesses, no allergies to rubber bands, and willing to participate in this study. According to a preset procedure and the product specification, each subject was asked to wear three types of wearable devices to be tested and a standard calories metabolism analyzer to perform the five most common activities. The researchers recorded the corresponding measurements before, during and after each of the activities and the subjects were informed on the research objectives and procedures.

Measurement Indicators and Gold Standard

The Five major health indicators—heart rate, number of steps, distance, calories consumption, and sleep duration—which are currently the most common indicators used in fitness tracker monitoring, were used to respectively measure values and gold standards in the states of resting, walking, running, cycling, and sleeping. Manual measurements of heart rate, number of steps, distance, and sleep were used as the gold standards. In measuring calories consumption, a Cosmed K4b2 cardio-pulmonary function tester was used to calculate respiratory quotient and then the calories consumption per unit time. The measurement of sleep duration with the Xiaomi Mi Band 3 was set as the gold standard because this was the most commonly used method in previous literature.

Experimental Procedure

Under the resting state, only the indicator of heart rate was measured. First, the subject's heart rate was measured manually, and then the measurement was repeated using the Xiaomi Mi Band 3, the Fitbit Surge, and the Infinix band 5. Under the walking state, the subjects were asked to walk on a 400 m standard track for two laps, and the number of steps, distance, and calories consumption were measured. The subjects were asked to wear the Fitbit, the Xiaomi Band 2, and the Infinix band 5 sequentially from the elbow to the hand on the left wrist and the Samsung, Huawei, and Jawbone bracelets on the right wrist from the elbow to the hand, with the smartphones in the subject's pocket, while correctly wearing a gas collection device for detecting calories consumption. A researcher followed the subject and recorded the number of steps using a video camera. Under the state of running, the procedure was identical to that in the case of walking, except that the distance was one lap, and two indicators (distance and calories consumption) were measured. Under the state of cycling, the subject was asked to ride three trips back and forth in a predetermined route, and the actual cycling distance was recorded with a pedometer (R.T.M. Nagpur University, Nagpur) that had been mounted on the bike, while the method of wearing the wearable devices was identical to that in the case of walking (Maharaja Bagh Zoo, Nagpur). Two indicators (distance and calories consumption) were measured. Under the state of sleep, the subject was asked to record their going-to-bed and wake-up times with the Xiaomi Mi Band 3. Duration of sleep was measured.

STATISTICAL ANALYSIS

The data acquired by the wearable devices were exported to Excel (Microsoft), saved, and again verified. Heart rate and sleep duration were exported directly, whereas the number of steps, distance, and calories consumption were obtained by extracting the pre-activity value from the post-activity value. Outliers derived from the subject's improper operation were discarded.

Item	Males (n=15)			Females (n=15)		
	Mean	SD	Range	Mean	SD	Range
Age (years)	22.2	2.2	19.0-27.0	22.5	2.1	19.0-27.0
Height (cm)	173.4	5.8	162.0-188.0	161.5	4.1	155.0-169.0
Weight (kg)	65.7	8.9	51.0-85.0	55.7	5.0	47.5-68.0
Weekly physical activity (min)	195.5	117.7	60.0-600.0	110	97.2	0-360.0

Table 1. Basic information about the subjects.

Regarding descriptive statistical analysis, the basic information of the subjects, including gender, age, height, weight, and self-stated weekly physical activity level, was described. MAPE was calculated to reflect the degree of error between the measured value and the true value for each indicator by first dividing the absolute value of the difference between the measured value and the true value with the true value for each sample and then multiplying by 100 and, finally, calculating the mean of all of the samples.

Measures	Spearman correlation		Paired sample t test
	r	P value	P value
Heart rate	.667	<.001	.045
Step	.342	<.001	<.001
Distance	.728	<.001	<.001
Calorie	.492	<.001	.19
Sleep time	.683	<.001	.007

Table 2. The correlation coefficients (r) and pair-wise t test between the measured and the true values of different indicators

In terms of inferential statistical analysis, Spearman correlation coefficient was employed to evaluate the correlation between the measured value and the true value of each indicator, and the pair-wise t test was used to determine whether the difference between the measured value and the true value was statistically significant.

RESULT

A total of 30 subjects were enrolled in this study; men and women each accounting for approximately 0.50 of the total. The subjects were aged 20 to 25 years, and the height, weight, and weekly activity levels of the men were significantly higher than those of the women. The basic information of the subjects is shown in Table 1.

Upon comparing the correlation coefficients between the measured and the true values of different indicators, we found that the correlation coefficients between the indicators were statistically significant, indicating that the measured values and the real values were consistent to a certain degree. Among these values, the correlation coefficient of distance was the highest ($r=.728$), whereas that of the number of steps was the lowest ($r=.342$). The pair-wise t test result showed that except for the calories consumption measurement ($P=.19$), the differences between the measured and actual values of other indicators were statistically significant ($P<.05$). Details are shown in Table 2. As shown in Figure 2, the subgroup analysis on distance measured by the different wearable devices under different states of activity showed that except for the Xiaomi Mi Band 3 and the Infinix band 5, the measurement accuracies and stabilities of distance under different states of activity varied little. In the case of walking, the MAPE of the Xiaomi Mi Band 3 was as high as 0.43, whereas in the case of running, it was as low as 0.06.

As shown in Figure 3, the subgroup analysis on distance and calories consumption measured by the different wearable devices under different states of activity showed that the measurement accuracies and stabilities of calories consumption differed significantly. The Fitbit Surge performed the poorest on the measurement of the number of steps but best when used during cycling. The Infinix band 5 and the APP2 performed the best on the measurement of the number of steps but poorest when used during cycling. The Xiaomi Mi Band 3 and the Xiaomi Mi Band 3 performed the best when used while running, whereas the Mi Band 3 and the APP1 performed the poorest when used while running.

Table 3. Overall accuracies of different measures

Measures	Mean	SD	Minimum	Maximum	Number
Heart rate	0.08	0.10	0.00	0.73	168
Steps	0.09	0.22	0.00	0.98	331
Distance	0.13	0.15	0.00	0.98	933
Calorie	0.44	0.50	0.00	5.79	916
Sleep time	0.11	0.17	0.00	1.00	172

Strengths and Limitations of This Study

Compared with previous studies, this study has the following strengths. First, this study simultaneously evaluated multiple latest and most representative wearable devices and mobile phone apps on the market, including internationally renowned smart watches and smart bracelets and smart bracelets of Chinese brands, along with smartphone health apps. Specifically, APP2 and APP1, as the most popular fitness smartphone apps in China, were first studied in our research. These devices are equipped with the latest indicator estimation algorithms, representing the highest level of commercially available wearable devices. Second, the accuracy of the same indicator was examined under different states of activity (resting, walking, running, cycling, and sleeping) so that the measurements were more reasonable and reliable. Third, the evaluation indicators were comprehensive, not only measuring common indicators such as heart rate, number of steps, and distance but also measuring calories consumption and sleep, which essentially cover the most common health monitoring functions of wearable devices. Fourth, this study included 30 subjects who are all college students with high education and little individual variations, had undergone rigorous instruction and training, and were therefore familiar with the operation of various types of devices, thus effectively avoiding the bias derived from improper wearing of the devices. All subjects simultaneously wore different types of fitness trackers so that the selection bias derived from the differences among the individual wearers when comparing different fitness trackers could be avoided. Fifth, the choice of gold standard was reasonable; manual measurements of heart rate, number of steps, distance, and sleep duration were used as the gold standards, which effectively avoided the system error derived from using instrument measurements as gold standards. The calculation of calories consumption through oxygen consumption is currently recognized as the most objective estimation method for calories consumption.

However, the study also has some limitations. First, the monitoring data were acquired from subjects under seminatural circumstances, so the results might not fully reflect those under natural living conditions. For example, in measuring distance while walking, the subjects were asked to walk the preset 800 m, therefore, the accuracy measured under this distance condition may not represent the accuracy under other distance conditions. However, exerting certain restrictions on the subject's activity conditions

can effectively reduce the amount of random and accidental error derived from measurements taken in the natural state of life. Second, although this study included 30 subjects, each indicator under various states of activity was only performed with one cross-section measurement, whereas multiple longitudinal measurements were not conducted, resulting in the reduced size of valid samples. However, the simultaneous measurements on each indicator using a variety of wearable devices compensated for the inadequacy of the sample size to a certain extent. Finally, because of the test conditions and the limitations of the functions of the wearable devices, we did not evaluate the accuracies of various wearable devices in measuring the indicators when the subjects were climbing stairs.

CONCLUSIONS

At present, mainstream devices are able to reliably measure heart rate, number of steps, distance, and sleep duration, which can be used as effective health evaluation indicators, but the measurement accuracy of calories consumption is still inadequate. Fitness trackers of different brands vary with respect to the measurement of indicators and are affected by the activity state. Compared with watch and bracelet, the performance of smartphone apps is better. Future research should further explore why differences among devices exist and how the activity states affect accuracy, thus helping fitness tracker manufacturers improve their algorithms.

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ROLE OF INFORMATION COMMUNICATION TECHNOLOGY IN PHYSICAL EDUCATION

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ABSTRACT

Background: In today's era Information communication technology is a new and very useful technology in field of physical education. ICT has crossed the limitations of conventional methods of teaching Physical education. ICT has brought new change in the teaching learning process in physical education. Level of physical activity is an important health factor; monitoring and promoting the level of physical activity can therefore improve people's health outcomes through the use of communication technologies.

Key words: communication technologies, *fitness trackers, data accuracy, physical activity, health*

INTRODUCTION

Information and communication Technology combines science and technology. It includes computers, radio, television, cell phones, video cameras, internet and android mobiles also.

The field of information and communication technology combines all technological instruments. It includes the full range of computer hardware and software, telecommunication and cell phones, laptops, android phones and internet with multimedia applications. Its include wire and wireless networks, digital still and video cameras, robotics and so all. It includes the field of computer and information science and a huge and rapidly growing knowledge base that is being developed by practitioners and researchers. ICT has proven to be a valuable aid to solving problems and accomplishing tasks in business, industry, government, education and many other human endeavors.

Objectives:

To study the attitudes of Higher secondary students among Health education.

To Know the awareness about themselves Health, and physical education.

Aware the student for daily exercises and Yoga also.

Find the total fitness among higher secondary male and female students.

Definition of ICT:

ICT stand for Information and Communication Technology. ICT refers to technologies that provide access to information through telecommunication. It includes internet, computers, radio, television and telephony etc.

Meaning of ICT:

In the past few decades, information and communication technologies have provided society with a vast array of new communication capabilities. For example, people can communicate in real time with others in different countries using technologies such as instant messaging, voice over IP and video conferencing. Social networking websites like Face book allow users from all over the world to remain in contact and communication on a regular basis.

Data analysis :

Researcher select the 100 Students of Higher secondary school in Barshi City. Use of questioner and Interview schedule for collecting information. There are 15 Multiple choice questions and 5 open ended questions in the questioner. In the interview schedule total 10 questions were asked related to the topic. After collecting the data researcher use some statically procedure. Students Responses as follows:

Questioner oriented Data

Sr. No.	Perticulars	Positive Response in No.	Positive Response in Percentage	Negative Response in No.	Negative Response in Percentage
1	Laptop is very Useful	35	35	12	12
2	Computer operating	62	62	19	19
3	Android Mobile used	45	45	34	34
4	Network Problems	38	38	55	55
5	Lack of ICT knowledge	49	49	14	14

Higher secondary students are very curios about ICT but they don't know very well to use properly. Always they want to play video games and listening pop music on laptop and computer also. When teacher show few pictures and videos related to sports they don't have interest. Actually when researcher observe their attitude about health and physical education those student like passive listeners. They want only Indore games just like chess, carom, playing cards and few mobile games.

CONCLUSIONS

The internet plays major role in physical education. We learn or know latest skills and technique in physical education. Due to ICT in physical education the way of teaching, learning is improved and developed. They learn how to use hardware and software devices such as personal computers, assistive technology, scanners, digital cameras, cell phone, android phone, LAN, WAN. ICT helps physical education teacher to create interest in teaching and learning process. Through ICT teachers can learn new ways of teaching and learning. ICT improves quality of Learning and Teaching.

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SPORTS SURROUNDINGS IN SOCIETY A HEALTH PERSPECTIVE

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ABSTRACT

Physical education includes exercises, play, and games; depending on the set-ting, it may be organized or spontaneous, competitive or noncompetitive, required or optional, job related or job excluded, and a diversion or a compulsion. As you can readily determine, defining physical education, at least to the satisfaction of a diverse audience, is not an easy task. The following definition seeks to encompass the various outcomes experienced by all people in its various programs: physical education is a process through which an individual obtains optimal physical, mental, and social skill and fitness through physical activity.

Key words : Physical Education, Sports & Games.physical activity, heath

INTRODUCTION

Just as physical education and sport have been variously labeled and have faced seeming identity crises, they also have been described in a multitude of ways. What do physical education and sport mean to you? Are they synonymous with exercise, play, games, leisure, recreation, or athletics? Before physical education and sport can be defined, each of these terms needs to be understood. Exercise, in the physical dimension, means using or exerting the body. Play refers to the resultant action, or what the participants do during physical exertion. Games range from amusements or diversions to competitions with significant outcomes governed by rules. Freedom from work or duties describes leisure, which may or may not be used for physical activity. Similarly, recreation refreshes or renews one's strength and spirit after toil, again with or without activity. Athletics are organized, competitive activities in which skilled individuals participate.

Purpose of sport

Purposes and objectives are often used interchangeably although they differ somewhat in meaning. A purpose is a stated intention aimed at determining to make the deans list this semester and aiming to earn Phi Beta Kappa recognition as a senior are examples. Historically, physical educators have been challenged to impact significantly the lives of those they teach. Physical education and sport experiences have provided opportunities to learn motor skills and to dynamically affect students' physical, psychological, and emotional well-being, thereby enhancing the quality of their lives. Thus, the aim of physical education and sport is to increase every individual's physical, mental, and social benefits from physical activities and to develop healthy life-style skills and attitudes. To help each person make these attitudinal and behavioral changes, physical education's purpose is to optimize quality of life through a long-term commitment to an enjoyable, personal exercise program that will meet varied needs in a changing world.

Society Determines the place of Physical Education

Whether an item of physical education or sport is popular in colleges and schools depends largely upon public interest, spectator approval and media popularity. That is how the major and minor sports emerge in educational institutes. In our country basketball, volleyball, football and track and field events

are major in the sense that they are more popular than other events. Educators tend to adopt whatever the public likes and supports and ignores other items. Similarly, young people are exposed to a certain type of sport environment only because society has accepted it rather than because of its real contribution to their individual growth.

Society has the following needs and wants with regard to the development of the students: (i) social poise and understanding of self; (ii) social consciousness with an accompanying sense of values; (iii) leadership and followership; (iv) good citizenship; (v) good sportsmanship; (vi) cooperation and competitive zeal; (vii) acceptance of all irrespective of language, caste, or religion; and (viii) positive social acquaintances. It is true that some of the above said needs are parallel to the needs of the individual, nevertheless, society conditions the individual to have particular needs and wants, generally in harmony with societal needs.

Social poise

Social adjustment and physical education should provide opportunities of developing social poise and self-understanding. Social competence for better adjustment should be the major aim while selecting events and coaching individuals, so that the student develops responsibility for his own actions and accepts their consequences. Physical education provides such opportunities especially in a team where winning depends not on a single individual but on the cooperation extended by all the members of the team.

Social values

Society requires the experience of sharing with others, adhering to the rules, a philosophy of life based on ethical behaviour, morality and concern for individual dignity and worth. The students should understand what is right and what is wrong and learn to adhere to democratic principles. As physical education and sports open opportunities for interaction with team mates and opponents, the student develops a concern for other members of the team.

Leadership and followership

Society expects from the school and physical education, virtues like accepting responsibility, making positive decisions, influencing and mobilizing others all of which are the essential qualities of leadership. Otherwise, education has no justification for its own existence. In this respect, physical education chooses of the best liked people. Physical education helps in accepting and appreciating others irrespective of such factors. In considering the trends and directions of apparent changes today, we want to look at three areas of trends, those of society, of the school or education in general, and of physical education in particular. Social trends give us a broad picture of what the future may hold, while the school trends give us a bit more specific ideas of the direction that physical education might take. A study of the trends and directions in physical education will give us our clearest ideas of the implications of the future of physical educators.

Positive social acquaintance

Society needs people who can develop new and constructive social acquaintances because this helps in developing the society. Physical education makes the athlete socially mobile and extrovert with broad interests. Membership in many social or play organizations widens his contacts with the community, develops his knowledge about the socially problems and needs of the community. This helps him to be socially responsive and responsible.

The task of adjusting the child to social living and social demands makes necessary a new type of physical educator with social vision and social orientation. The effective preparation of people for social participation requires a coach with broader preparation than is required for the teaching of games. The coach must have a broad background of social knowledge and social experience gained through his contacts with people. In curricular subjects, social studies is supposed to develop social vision among students and teachers. In teacher training institutes, foundation courses like social psychology, sociology of education, economics of education, and civic education are offered to enhance social vision in the teacher.

If the coach is to be a social agent, he must have a thorough knowledge of social life, institutions and organizations and the place of physical education in social life.

Socialized (Sport)

Physical education should be socialized in its objectives and approaches. The new socialized physical education is much less dependent upon traditional games or routine books or even rigid rules and regulations so long as it serves social purpose. Sports equipment and sports material, individual and team activities, leadership and followership roles, opportunities to supervise and umpire a game, interaction with the audience and first-aid give the student a vicarious contact with social life. Besides, intra-mural, inter-school activities, inter-district, inter-state and inter-zonal games and sports give him first hand experience and personal contacts with different segments of the community and different regional and language groups. One strong point of physical education is that is less bookish and more practical in orientation. The play field is the open classroom, action is the methodology, social responsibility is the goal, and give and take are the rules of the play. The extent to which physical education meets social demands and fulfils social obligations depends not only on the physical education teacher and his programmes but also on the cooperation and encouragement that he receives from other teachers, heads and other authorities. The school as a whole should strive to train the student in his social responsibilities and obligations. That means social vision should be developed at all levels of school education and opportunity for exhibiting this attitude should be properly provided; otherwise there is a danger of producing only graduates and not citizens who are useful to the society. As a life- oriented subject, physical education has much more to contribute than what is usually recognized. Attempts should also be made to collectively act by mobilizing academic and physical sources and activate the student for successful social life.

CONCLUSIONS

Physical education is a basic social need of society which is the need for physical fitness and socially responsible citizens, and it also develops an awareness of the role of growth material progress. Physical unfitness is one of the identified problems of the society which could not be solved completely. Through the development of physical and social habits, and attitudes, physical education becomes one of the major areas which contribute to social well-being.

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AWARENESS OF ELECTRONIC-RESOURCES FOR PHYSICAL EDUCATION STUDENTS

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ABSTRACT

The library is the main information centre which can make use of the fast development of Information Technology for the benefits of mankind as a whole. The librarian's preference of IT should include all those technologies which are expected to be used in the library activities/ operations and other library services for collection, processing, storage, retrieval and dissemination of recorded information, the fast developing information technologies have showered almost every areas of application including libraries. These paper attempts to discuss the use of digital library and use of various electronic resources for the students and faculty of Physical education.

Key words : Internet, Digital Library and E- Resources

INTRODUCTION

The Internet has been rapid growth in recent years, and the implications of this growth for physical education and sports sciences research are enormous. This paper will focus on the potential uses, and dangers, of the digital library as are search resource. The World Wide Web contains a vast amount of information, some useful, most relevant sites. The students may waste a more time locate and identify. The students may waste a great deal of time trying to locate relevant sites, with no guarantee of success. Secondly, the accessibility of the Internet means that anyone with the appropriate technical skills and equipment can publish on it, and therefore there is no guarantee of quality.

INTERNET

It is not essential to have a detailed knowledge of the Internet, it is useful to have an awareness of what the Internet. Put very simply, the Internet is a network of computer networks. Each network provides information that can then be accessed by other networks. Thus, the Internet itself does not contain information. Rather, it is a tool to allow the sharing of information held on computer. Everything available on the Internet has its own unique uniform resource locator (URL). When you type in the URL or click onto a link to a URL, you send a request to retrieve that document, or web page from its source.

E – RESOURCES

Any electronic product that delivers a collection of data, be it text referring to full text bases, electronic journals image collections, other multimedia products and numerical, graphical or time based,

as a commercially available title that has been published with an aim to being marketed. These may be delivered on CDROM, on tape, via the Internet etc.

TYPES OF E – RESOURCES

There are two types e-resources namely:

1. Subscription of Online Journals (Fees Paid)
2. Freely access Online Journals
5. DIGITAL RESOURCE ORGANIZATION

The library should develop an information resources collection and development policy consistent with the objectives of its institution or community. These information resources should satisfy through content, currency format organizations and qualities, i.e.,

OPAC

Electronic text and journals

Electronic books

Internet

Email

Bulletin board

Database (CD ROM and DVD – ROM database).

The digital information services personnel should, beyond in house collections and in house expertise, draw on the resources of other organizations, collect and provide information, by consulting individual experts and by tapping external information sources. The digital library should provide access to the most current reference source available in order to assure the accuracy of information

INTERNET RESOURCES

There are a number of useful resources available for the physical education and sports sciences students. The Internet is constantly being updated, so this is not an exhaustive list, and some of the sites may not always be operational.

PHYSICAL EDUCATION & SPORTS SCIENCES RESOURCES

<http://www.ausport.gov.au/aismenu.html>- The website of the Australian Institute of sport based in Canberra.

<http://www.cid.cn/DAVID/mainmenu.html>- A very good website for anatomy with many images from magnetic resonance imaging scans.

<http://www.hea.org.uk>- The website of Gatorade company with many links to nutrition and fluids in sport and exercise.

<http://www.mspweb.com/orgs.html>- An excellent website which acts as a link to many other sports and exercise, medicine and rehabilitation websites.

<http://www.physsportmed.com>- The website of the journal The Physician and sports medicine.

<http://www.sportssci.org>- An informative website dedicated sports science and statistics.

<http://www.sportscotland.org.uk>- Sport Scotland

<http://www.sports-council-wales.co.uk>- Sports Council for Wales.

<http://www.sportni.org>- Northern Ireland Sports Council

<http://www.sportscoachuk.org>- Sports Coach UK

<http://www.nsmi.org.uk>- National Sports Medicine Institute of the UK

<http://www.olympics.org.uk>- British Olympic Association

<http://www.sportsonlin.co.uk>- Sports Online

ORGANIZATIONS

<http://www.aahperd.org/aaalf/aaalf/html>- American Association for Active Lifestyle and Fitness

<http://www.acsm.org/sportsmed>- American College of Sports Medicine

<http://www.americanheart.org>- American Heart Association National Center

<http://www.cooperinst.org>- The Cooper Institute of Aerobics Research

IDENTIFYING JOURNAL ARTICLES

Information concerning topics in physical education and sports sciences can be found in a number of scholarly and popular journals and magazines. The Following database indexes are most useful in finding journal articles in this area.

In the Full – text of the article is found in the database you are searching:

Academic Search Elite

CINAHL

Clinical Pharmacology

Directory of Open Access Journals

Education Full Text

ERIC

Expanded Academic ASAP

PsycINFO and PsycARTICES

PubMed/MEDLINE and PubMed Central

Science Direct

SPORT Discuss

E – Journals:

American Journal of Clinical Nutrition

American Journal of Sports Medicine

Annual Review of Physiology

Archives of Physical Medicine and Rehabilitation

British Journal of Sports Medicine

Coach and Athletic Director

Dance Magazine

Human Movement Sciences

International Journal of Physical Education

Journal of Sport Behavior

Journal of Sports Sciences

Physical Therapy in Sport

Research Quarterly for Exercise and Sport

PHYSICAL EDUCATION AND SPORTS SCIENCES JOURNALS IMPACT FACTOR

Impact factors represent the average number of times all journals are cited during one year. They are often considered as a way to judge the quality of journals.

Rank	Journal title	Impact factor
1	Movement Disorders	2.895
2	Journal of Applied Physiology	2.720
3	Medicine and Science in Sports and Exercises	2.600
4	Sports Medicine	2.281
5	American Journal of Sports Medicine	2.270
6	Journal of Biomechanics	1.889
7	Gait and Posture	1.753
8	Clinical Journal of Sports Medicine	1.686
9	Journal of Sport and Exercise Psychology	1.676
10	Research Quarterly for Exercise and Sport	1.619
11	Journal of Motor Behavior	1.549
12	Clinics in Sports Medicine	1.546
13	Journal of Electromyography and Kinesiology	1.425
14	European Journal of Applied Physiology	1.417
15	International Journal of Sports Medicine	1.348

CONCLUSIONS

The digital library is a large, rapidly expanding tool for the Physical Education and Sports Sciences students. Because of its size and organization it can be both a good resource. Internet is a wealth of information available, and you may find various quantities of relevant information.

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ANALYSIS OF DIURNAL VARIATION OF VERTICAL JUMP AMONG STUDENTS

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ABSTRACT

Analysis of the diurnal or variation within 24 hours of a day or daily variation has been carried by the researcher in the present study. The study aimed to observe the effect of Diurnal variation on leg explosive strength of university level male and female. 13 male and 08 female students, aged 22 to 26 years were selected randomly as the subject for the present study. The leg explosive strength was taken on at three hours interval on total six occasions in between 6.00 am to 9.00 pm and was measured using standard procedure as referred by Nelson & Johnson, 1982. Descriptive statistical calculation were used to analyse the raw scores and to reach into result and conclusion. The 't' value of 1.78 was obtained between highest and lowest score of Vertical jump of male subjects which were not significant. In case of female subjects on the other hand, the 't' value between highest and lowest score of Vertical jump was found to be 1.78 which was also not significant.

Key words : Diurnal, Psychological state, Circadian, Cortical steroid

INTRODUCTION

The term Diurnal variation means variation of psychological state or moods in particular during 24 hours in a day. It tend to be worst in the morning and progresses towards normal or better as the day progresses. The term 'Diurnal' is also known as 'Circadian' which is derived from Latin word 'Circadian' meaning 'about a day'. A living body undergoes many biological processes throughout the day like variation in body temperature or the flow of the cortical steroid secretion and many other metabolic activities. A living body automatically adjusts or adapts to various changes in and around the body. It has also been noted that the younger people are more and quickly adjustable to time zone changes rather than elder people.

Diurnal or circadian variation among human beings has been area of focus and interest to researchers in the recent past especially in the field of sports and games. The supersonic and hypersonic speed of passenger aircrafts have facilitated quick transfer of sports personnel to various parts of globe for participation in competitive sports. The change if geographical location in an interval of few hours do affect circadian or diurnal rhythm of such sports personnel.

1.2 Statement of the problem

The current research work is aimed at 'analysis of diurnal variation of vertical jump among students'

1.3 Objectives of the research

The current research work aims at quantifying the effect of diurnal variation of vertical jump among students. The work is expected to contribute to the sports educator/ trainer/ facilitator in by studying the effect of diurnal variation on vertical jump among students. The research work is expected to improve relationship between real movement and variation in a day.

2. Methods

For the present study, total of 21 university students with sports background were randomly selected. Out of these 21 subjects, 13 were male and 08 were female. The age group of these participants were ranging from 22 to 26 years. Also, their personal data like age, height and weight were taken and recorded. These subjects were then made to undergo vertical jump test. The test was administered 06 times in between 0600 Hrs to 2100 Hrs. A gap of total three hours was maintained in between each test. The standard test procedure as referred by Nelson & Johnson, 1982 was followed for recording vertical jump. Various statistical tools such as mean, SD and 't' test were administered on the collected data.

3. Results and Discussion

For male subjects, the mean of weight, age and height were recorded as 60.46, 23.77 & 168.15 respectively whereas the S.D were recorded as 3.17, 1.05 & 7.17. On the other hand, the mean weight, age and height of female subjects were recorded as 45.00, 23.25 & 151.88 respectively whereas the S.D were recorded as 3.46, 1.20 & 6.13 respectively. The data is tabulated below at Table No. 1.

Table. 1

Subjects		Weight (kg)	Age (Year)	Height (cm)
Male	Mean	60.46	23.77	168.15
	S.D	3.17	1.05	7.17
Female	Mean	45.00	23.25	151.88
	S.D	3.46	1.20	6.13

The findings of Mean & S.D of vertical for malesubject at different timings were recorded. The mean noted at three hours interval starting from 0600 Hrs upto 2100 Hrs was 48.38, 51.92, 52.69, 54.38, 54.31 & 51.92 respectively. Whereas, the S.D noted at three hours interval starting from 0600 Hrs upto 2100 Hrs was 8.45, 7.23, 8.43, 8.07, 8.03 & 7.84 respectively, The obtained data is presented below at Table No. 2.

Table No. 2

Subjects		0600 Hrs	0900 Hrs	1200 Hrs	1500 Hrs	1800 Hrs	2100 Hrs
Male	Mean	48.38	51.92	52.69	54.38	54.31	51.92
	S.D	8.45	7.23	8.43	8.07	8.03	7.84

It is evident from the data above that there existed some difference between lowest and highest score of mean value of vertical jump at different time among male subjects. Hence, the data were subjected to 't' test in order to observe the significant difference. The value is tabulated below at Table No. 3.

Table No. 3

Subjects	Lowest Score at 0600 Hrs	Highest Score at 1500 Hrs	% of variation	't' test score	Critical value at 0.05 level	Level of significance
Male (N=13)	48.38	54.38	12.40	1.78	2.06	NS

It is evident from Table No. 3 that the 't' value of 1.78 among male subjects was not significant between highest & lowest score of vertical jump.

The findings of Mean & S.D of vertical for female subjects at different timings were also recorded. The mean noted at three hours interval starting from 0600 Hrs upto 1800 Hrs was 34.75, 37.38, 37.63, 37.13 &

39.13 respectively. Whereas, the S.D noted at three hours interval starting from 0600 Hrs upto 1800 Hrs was 4.60, 3.64, 4.66, 5.41 & 6.90 respectively, The obtained data is presented below at Table No. 4.

Table No. 4

Subjects		0600 Hrs	0900 Hrs	1200 Hrs	1500 Hrs	1800 Hrs
Female	Mean	34.75	37.38	37.63	38.13	39.13
	S.D	4.60	3.64	4.66	5.41	6.90

It is evident from the data above that there existed some difference between lowest and highest score of mean value of vertical jump at different time among male subjects. Hence, the data were subjected to 't' test in order to observe the significant difference. The value is tabulated below at Table No. 5.

Table No. 5

Subjects	Lowest Score at 0600 Hrs	Highest Score at 1800 Hrs	% of variation	't' test score	Critical value at 0.05 level	Level of significance
Female (N=08)	34.75	39.13	12.60	1.78	2.14	NS

It is evident from Table No. 3 that the 't' value of 1.78 among male subjects was not significant between highest & lowest score of vertical jump.

Delimitations

The present study was delimited to the subjects from university students only and a small sample was taken.

Limitations

The present study has certain limitations in terms of psychological state, physical abilities and dietary habits of the subjects which were beyond control of researcher and subjects.

CONCLUSIONS

It is concluded from the study that the variation in value of vertical jumps at different time was mainly due to diurnal variation. The highest value of vertical jump for male and female was obtained at 1500 Hrs and 1800 Hrs respectively. However, variation in strength was not considered statistically significant.

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A STUDY OF BMI AND FITNESS LEVEL AMONG CHILDREN

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ABSTRACT

There exists very limited study showing relationship between BMI and various fitness components among children in India. Hence, it was deemed appropriate to study body mass index and fitness and to assess the difference in fitness level between boys and girls among school children in India. Children of age group 13-16 years were selected for this purpose. Three different fitness assessment test which i.e. 20m shuttle run, Curl –up test and sit and reach test were employed on subjects. The result revealed that there is a negative correlation between BMI and endurance & flexibility. The results were also found to have significant difference between the Body Mass Index and muscular endurance between boys and girls ($p < 0.05$). It was hence concluded that there definitely exists relationship though inverse between Body Mass Index and fitness among school children in India. The study also revealed that there do exist a significant difference between girls and boys in terms of Body Mass Index and muscle endurance whereas no significant difference was found in cardiovascular endurance and flexibility.

Key words : BMI, Fitness Level, Correlation, Endurance, Flexibility

INTRODUCTION

Physical fitness plays very important role in building a successful person in terms of health and social survival. Being fit means having an ideal body weight and an ability to accomplish a given physical task without easily getting fatigue. Regular physical activities play a vital role in intellectual, social, physical and mental development of an individual. Research has shown that those who are active in their childhood tend to continue being fit with age and are at lower risk of developing heart complications or becoming obese.

Physical fitness among children have seen constant declination globally. WHO report with reference to India mentions that close to twenty percent of Indian children are already obese whereas fifteen percent of the children are very close to getting obese. This cannot be considered a healthy symptom for a developing country like that of us.

2. Objective of Research

The current research work was undertaken with an objective of studying BMI and Fitness level among Indian children.

3. Methodology

For the sake of present study, children from age group 13-16 were taken as samples. Samples from both Male and Female gender were included. These samples comprised of 62 boys and 58 girls. All those participants who were found to be suffering from any medical conditions were excluded from the study.

AF School Viman Nagar, Pune was taken for the study. One hundred twenty students belonging to the age group 13-16 years were randomly selected after obtaining prior permission from school administration and parents concerned. All the subjects were briefed in detail regarding requirement associated with the research work. Also explained were the procedure that would be followed during entire study. Those suffering from various medical conditions were excluded from study. First of all, BMI of each students were calculated and tabulated. This was followed by execution of cardio respiratory fitness assessment through 20 Mtr shuttle run. Then abdominal muscles endurance was tested through curl-up test. And the last step was execution of sit and reach test for assessing lower back muscle's flexibility.

3.1 Statistical analysis

The data compiled during execution of various tests for the study was analysed through SPSS 16. Two-tailed Pearson's co-relation test was run at 5% level for quantitative analysis. The statistical significance was set up at 0.05 for the study. The data pertaining to boys and girls were compared using unpaired 't' test.

4. Results

The assessment of BMI of all students taken together revealed that 24% of them were underweight and 35.2% students were found to be overweight. Whereas total 40.8% students were found to be having normal BMI.

Analysis of various tests revealed that only 41 % students were found to be performing on average parameter in 20 Mtr Shuttle Run, 38 % in One Minute Curl-up Test and 30 % in Sit and Reach Test. The percentage of poor performer in these tests were 26.7%, 55 % & 26.7 % respectively. Whereas, percentage of excellent performing students in these tests were 32.3 %, 7 % and 43.3 % respectively. The summary of these tests have been tabulated below at Table No. 4.1 for easy reference.

Table No. 4.1

Test	Average category	Poor category	Excellent category
20 Mtr Shuttle Run	41 %	26.7 %	32.3 %
One Minute Curl-up Test	38 %	55 %	7 %
Sit and Reach Test	30 %	26.7 %	43.3 %

The 'r' value for Pearson correlation was found to be 0.48(negative) and the 'p' value of BMI and Cardio respiratory endurance test was found to be statistically significant at $p < 0.001$.

The correlation between BMI, Cardio respiratory endurance, Muscular Endurance and Flexibility has been tabulated at Table No. 4.2 and the comparative value of all the fitness parameters of both boys and girls have been tabulated at Table No. 4.3

Table No. 4.2

BMI	Cardiovascular endurance	Muscular Endurance	Flexibility
Pearson correlation coefficient	-0.488	-0.495	-0.376

Significance (2-tailed)	.000**	.000**	.000**
N	120	120	120

Table No. 4.3

Fitness Parameter/ Gender		Number	Mean +S.D	T	P
BMI	F	58	20.9+4.9	1.9	0.05*
	M	62	19.4+3.4		
Cardiovascular Endurance	F	58	12.6+6.1	-1.2	0.19NS
	M	62	13.9+5.07		
Mascular Endurance	F	58	20.2+8.4	-2.5	0.01*
	M	62	24+7.6		
Flexibility	F	58	18.7+7.5	0.48	0.63NS
	M	62	18.1+6.4		

5. Discussion

A direct relationship between fitness levels and BMI of an individual exists. The same has been established through various fitness tests undertaken during the study. The 'r' values 0.488, 0.495 and 0.376 for Cardio-respiratory endurance, flexibility and muscular endurance respectively signify a negative correlation between BMI and various fitness tests. This was in agreement with the findings of Joshi P. Et al, 2012. During this study, the subjects with ideal Body Mass Index were found to possess higher level of physical fitness.

The fitness performance of both the genders i.e boys and girls were found to be similar except Muscle Endurance. The mean value of BMI and muscular endurance between girls and boys were found to have statistically significant difference. Whereas no statistically significant difference was noted in flexibility and cardio-respiratory endurance between the two gender i.e girls and boys. Rather, as both gender groups had a similar activity pattern, assessed physical fitness variables were found to exhibit similar values. But girls were found to have better results only in muscle endurance tests as per their weight.

CONCLUSIONS

It was hypothesized during the study that there do exist a relationship between Body Mass Index and various fitness parameters. The same was found valid and accepted with the finding that there do exist a reverse relationship between them. It was concluded that the child with more Body Mass Index tend to perform poorly in the fitness parameter tests and vice-versa.

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RELATIONSHIP BETWEEN EMOTION AND MOTOR FITNESS**DR. ABHIJEET K. KANDERE****Assistant Professor****Physical education and sports****Rajiv Gandhi College of Agriculture,****Parabhani - 431401 (M.S.) INDIA**Email. kandereabhiijeet@gmail.com**ABSTRACT**

Sports being a psycho-social activity loaded with competition and cooperation spirits, give rise to psychological strain and stress, especially when an athlete has to face an expected defeat. The athletes have many emotional problems during training as well as during competition days. Many psychosomatic problems of the players are caused primarily by stress, an accumulation of excessive worry, over work and emotional tension. Sometimes, the symptoms of the sickness in the case of players are entirely imaginary, but in other cases actual organic disorders develop. Hypertension, thyroid malfunctioning, asthma, skin eruption, ulcers and even coronary thrombosis are sometimes attributed to mental stress. The symptoms may be anxiety, unreasonable irritability, sleeplessness and loss of appetite. Those players who are subject to nervous disorders, tend to attribute the physical symptoms of their sickness to physical cause but in their cases, frustration, fear, anger and anxiety can also cause more physiological disturbances. In some cases, due to sudden emotions of fear, anger or excitement; blood pressure drops, the heart beating runs faster and respiration also increase. Sometimes, there is an increased flow of chemicals in the blood caused by great emotional stress.

Key words : Emotion, motor fitness, physical education, sports and psychological variable.

INTRODUCTION

A more limited phase of physical fitness is motor fitness. Motor fitness does not assess the factors of physical fitness directly but does reflect them to a degree. Furthermore, it is highly related to total fitness in the same manner. Generally speaking, motor fitness is an inherent, innate and inborn quality of the individual. The ascribed quality of motor fitness is a part of parcel of human motor performance. Motor fitness is generally judged by performance and this performance is based on a composite of many factors.

Objective of the study:

To study the relationship between emotion as a psychological variable and motor fitness.

Concept:

The term motor fitness became popular during world war I and II. Minimum standards of motor fitness may be achieved over a short period of time. By the same token, fitness is lost unless it becomes a product of day-to-day living. From birth onwards, the internal organs of the child's body undergo constant development. As a result, the child's body systems show desirable changes in order to satisfy the growing needs. The internal organs of nervous system, muscular system, circulatory system, respiratory system have been developed along various stages. From infancy to adolescence, the motor abilities and fitness have also been developed. It is because the stage of infancy is marked by intensive motor activity and restlessness.

Motor fitness and physical education:

The physical educator understands the term motor fitness because it is more limited in scope and loses some of the elusiveness of physical or total fitness. It includes the capacity of the individual to move efficiently and with strength and force over a reasonable length of time. It is highly related to total fitness in the same manner. This view is consistent with the idea that each individual is an integer and cannot be separated into divisible parts for development. Motor ability with emphasis placed on the

underlying elements of vigorous physical activity, but does not include the primary elements of coordination and skills. It is also a more general fitness designation than physical fitness. Thus, organic soundness and proper nutrition undergird the entire physical structure. The basic physical fitness elements are muscular strength, muscular endurance, and circulatory endurance. Muscular power, agility, speed, and flexibility are added to compose motor fitness, then kinesthetic arm eye foot eye coordination's are needed for general motor ability.

Motor fitness as a trunk of tree that supports the many branches which represents all the activities and make life worth living; intellectual life spiritual life, love life and social activities. It's one's richest possession, it can't be purchased but can be earned through a daily routine of physical exercise.

The term motor fitness implies soundness of body organs such as the heart and lungs, a human mechanism that performs efficiently under exercise or work conditions such as having sufficient stamina and strength to engage in rigorous physical activity, an reasonable measure of skill in the performance of selected physical activities. Motor fitness is related to the tasks the person must perform, the potential for physical effort and the relationship of motor fitness to total self. It is considered a state to positive health, the individual who is capable of discharging his professional duties and social obligations with each and comfort and without any undue fatigue is considered to be physically fit. Freedom from disease, adequate medical care, enough good nutrition, food and careful attention to deformities are prerequisites to fitness and health. So, motor fitness is related to the health of a man.

CONCLUSIONS

A number of research studies have investigated the refraction between motor fitness and various aspects of health. Marten (2004) found motor fitness to be negatively related to characteristics such as anxiety, tension, emotionality and withdrawal in college men. He also reported relationship between motor fitness and health and found significant superiority in the self concept in high school girls of high motor fitness as compared with girls of low fitness. Monrore (2010) found that a programme of physical conditioning helped adult man to make more friends and resulted in the disappearance of tension adult man to make more friends and resulted in the disappearance of tension as well as appearance of greater mental and physical energy. He found mental patient to have lower fitness than normal's or athletes and reported schizophrenic patients to be lower in fitness than neurotic or non patient groups. Another important study reporting a positive relation between fitness and health conducted by Taylor (2010) at children physical development elemis at University of Marry land, where he found improvement in fitness to be associated with improvement in various aspects of health, although improvement in motor control and the relation between child and therapist were also factors related to improvement.

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COMPARATIVE STUDY OF LOWER BODY STRENGTH AMONG THE BOARDING AND NON BOARDING STUDENTS OF CBSE SCHOOL OF AURANGABAD DISTRICT, MAHARASHTRA

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ABSTRACT

Comparative study of lower body strength among the boarding and non-boarding students of CBSE school of Aurangabad district, Maharashtra, research scholar wanted to know there is any difference in lower body strength among the boarding and non-boarding students, for that researcher has taken standing broad jump test for check lower body strength of students. Researcher had selected 200 samples randomly from boarding and non-boarding school, all students was 14years old, school going children. For that researcher used survey method for collecting data and to analyses the collected data used Mean, Standard deviation and t-Test were used at significance of 0.05 levels for testing the null hypothesis for the difference between various sample means. After checking statistical result, research scholar found there is no difference in the lower body strength among the students, studying at boarding and non-boarding school.

Key words : strength, Fitness, School going students

INTRODUCTION

This is the law that only the strong shall thrive..... that surely the weak will perish and only the fit will survive: Robert W. Service (1874 -1958).

The above quotation indicates the importance of physical fitness in few but apt words. Physical fitness is not only essential for an individual, as well as to whole nation. The nations which have realized the importance of physical fitness have started having specific programs to hold it up and thus to build up the nation.

Muscular strength is recognized as an important component of health and it may be important for the performance of functional activities and quality of life. Strength is for general health, good posture and preventing form injuries is usually overlook which in the long we can avoid injury run can be harmful. Muscular strength refers to the amount of force a muscle can produce and is usually measured by the maximum amount of force a muscle can produce in a single effort. The amount of muscle strength which can be achieved depends on gender, age and inherited physical attributes. Mane three type of strength maximum strength, explosive strength, strength endurance.

Objectives of the study

- To find out the lower body strength among the boarding and non-boarding students of Aurangabad district, Maharashtra.

Hypothesis

- The research scholar hypothesizes that there was insignificant difference in standing broad jump among the boarding and non-boarding students of Aurangabad district, Maharashtra.

Delimitation of the study:

1. The study is delimited to under 14 boys only.
2. The study is delimited to boarding and non-boarding school boys.
3. The study is further delimited to the school going children only.

Limitations of the study:-

1. Diet and rest of the children was a limitation.
2. Involvement of students during test was limitation.
3. Physical, mental, weather, school, house and surrounding conditions were a limitation.
4. Organization of the tests was adjusted with the concerned school's time tables.

Population

The populations of the study were all boarding and non-boarding students of Aurangabad district, Maharashtra.

Sample

The samples of the study were randomly select from Tanwani English School and Woodridge high school Among 14 year Boys. In all, 200 subjects were tested for this study.

Coding procedure and colors adopted for the samples:-

SR. NO.	CODE	COLOR	TOTAL SUBJECTS
1	BBS- 01 TO BBS- 100	BLUE	100
2	NBBS- 101 TO NBB-200	RED	100

VARIABLES

Independent variables:

Strength test (standing broad jump)

Dependent variables:

Students Performance, Result

Intervening variables: Fatigue, Environment, Diet, Rest

STATISTICAL METHODS

To analyse the collected data the scores are arranged according to the comparison and in sequential order so as to find out the statistical values. The following statistical variables were selected for comparing, analysing and interpretation of numerical values and being on which the findings was discussed.

Mean, Standard Deviation and t-Test were used at significance of 0.05 levels for testing the null hypothesis for the difference between various sample means.

Tools and means

It is used to collect the information of an individual. Personal data bank consists of the following aspects: Name, Address, Date of birth, Gender, School name and use different equipment's that is used for tests.

Procedure

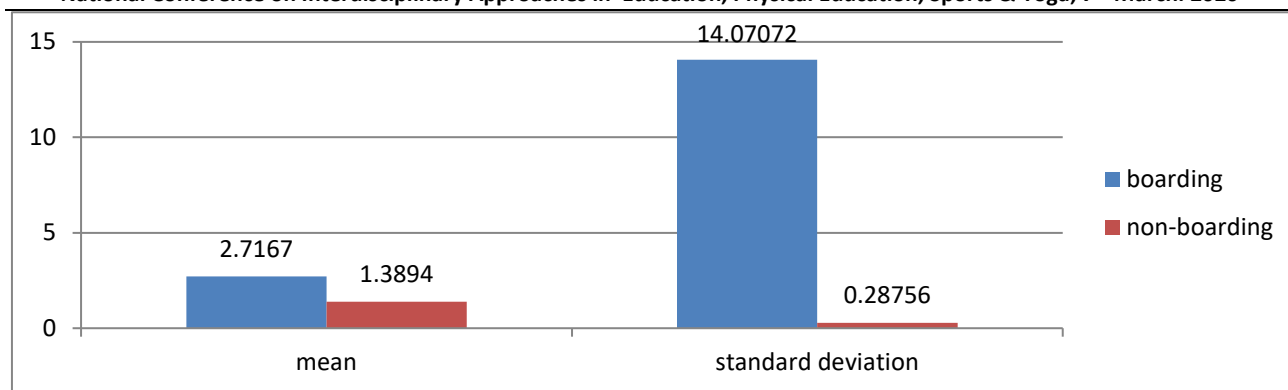
Standing Broad Jump

For this test a sample is asked to stand behind the starting line with the feet parallel to each other. The subject is instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction. The subject is given three trials.

Table

Variables	Groups	N	Mean	Standard deviation	Standard. error mean	Mean difference	't' value	Df
STANDING BROAD JUMP	Boarding	100	2.7167	14.07072	1.40707	1.32730	.943	198
	Non-Boarding	100	1.3894	.28756	.02876			

Graf:-



Mean score of the students studying in the boarding schools is 2.7167 with standard deviation of 14.07072. Mean score of the students studying in the Non- boarding school is 1.3894 with standard deviation of 0.28756. The mean difference among the students of boarding and non-boarding school students is 1.32730. T-test was used at 0.05 level of significance. The obtained t-value .943 at 198 degree of freedom was found insignificant at 0.05 level of significance further confirms that the mean difference is insignificant.

Test of Hypothesis

The hypothesis states that there will be no difference in the leg strength among the students studying at boarding and non-boarding school. As the mean difference was found insignificant the hypothesis was accepted on the basis of statistical findings.

CONCLUSIONS

There is no difference in the leg strength among the students studying at boarding and non-boarding school.

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A COMPARATIVE STUDY OF MENTAL TOUGHNESS BETWEEN LEFT HANDED AND RIGHT HANDED MALE SPORTSPERSON

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ABSTRACT

The objective of the present study was to compare mental toughness between left and right-handed male sportsperson. This study was carried out on 100 intercollegiate sportspersons with an average age of 21.26 years and the sample consists of 50 left-handed male sportspersons and 50 right-handed male sportspersons from games such as cricket, boxing, table tennis, and badminton. Purposive sampling was used in this study. The mental toughness of left and right handed intercollegiate sportsperson was evaluated by questionnaire standardized by Tiwari (2007). This questionnaire is based on sub-scales namely self confidence, motivation, attention control, goal setting, visual and imagery control and attitude control respectively. This 48 item questionnaire is reliable and valid. Based on results, it was concluded that mental toughness in left and right handed sportsperson did not differ significantly with each other thereby nullifying the innate neural superiority hypothesis.

Key words : Left and right hand, male sportsperson, mental toughness

INTRODUCTION

The representation of left-handed players in sports at an elite level is higher than the 10% proportion in the overall population. More specifically there is sportsperson with left hand preference in boxing, fencing and tennis. The success of left-hand players is also called innate superiority hypothesis because it is believed that left-handed players have a natural neurological advantage over right-handed players (Geschwind and Galaburda, 1987). The neurological superiority in left handed players comes from their larger right brain hemisphere which gives them an edge in a task requiring spatial and visual ability. Witelson (1985) also advocated the neurological superiority of left handed players. This fact is further opined scientifically by Holtzen(2000) in which he found that the attentional tasks are better performed by left hand players as compared to right hand players. But there is another theory propounded by Wood and Aggleton (1989). They used the term negative frequency-dependent selection effect to describe the advantage of being a left hand player. They feel that the players are often unaccustomed to facing a left hand opponent and this gives left hand players an advantage during play. It is surprising that researchers have not assessed the psychological characteristics such as mental toughness between left and righted sportsperson because in modern sport mental toughness is considered an essential element for success. Jones et al. (2002) opined that mental toughness gives a certain edge to sportsperson over their opponent because it is made up of self confidence, use for proper mental imagery, better coping skills etc. Hence it would be interesting to know

whether left and right hand players do differ in terms of the level of mental toughness? Hence the present study was planned to assess mental toughness in left and right handed male sportsperson.

OBJECTIVES

The objective of the present study was to compare mental toughness between left and right-handed male sportsperson.

HYPOTHESIS

It was hypothesized that the hand preference will significantly predict mental toughness in male intercollegiate sportspersons.

METHODOLOGY

The following methodological steps were taken to conduct the present study.

Sample:-

. This study was carried out on 100 intercollegiate sportspersons with an average age of 21.26 years and the sample consists of 50 left-handed male sportspersons and 50 right-handed male sportspersons from games such as cricket, boxing, table tennis, and badminton. Purposive sampling was used in this study.

Tools:

Mental Toughness Questionnaire:

The mental toughness of left and right handed intercollegiate sportsperson was evaluated by questionnaire standardized by Tiwari (2007). This questionnaire is based on sub-scales namely self confidence, motivation, attention control, goal setting, visual and imagery control and attitude control respectively. This 48 item questionnaire is reliable and valid.

Procedure:

- 100 intercollegiate male sportspersons comprising of 50 left-handed sportspersons and 50 right-handed sportspersons were selected and administered mental toughness questionnaire of Tiwari (2007).
- The response on each item is scored exactly as suggested by the author.
- After tabulating the data in the respective group, the independent sample 't' test was used.
- Result is shown in table 1.

RESULT AND DISCUSSION:

Table 1 depicts the comparison of mental toughness between left and right-handed intercollegiate male sportspersons.

Table No. 1
Comparison of mental toughness between
left and right-handed intercollegiate male sportspersons

Variable	Hand Preference						t
	Right handedmale sportsperson			Left handedmale sportsperson			
	N	Mean	S.D.	N	Mean	S.D.	
Mental Toughness	50	171.56	31.02	50	176.42	20.15	0.92

t(df=98) = 1.98 at p<.05 and 2.63 at p<.01

A perusal of table 1 indicates that mental toughness was observed more in left handed male sportsperson as compared to right handed male sportsperson but this difference did not get the

statistical weightage at an acceptable level of significance. Wood and Aggleton (1989) in a study also found similar results.

CONCLUSIONS

Based on results, it can be concluded that mental toughness in left and right handed male sportsperson did not differ significantly with each other thereby nullifying the innate neural superiority hypothesis.

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A COMPARATIVE STUDY OF PSYCHOLOGICAL BURNOUT BETWEEN NATIONAL AND DISTRICT LEVEL FEMALE KABADDI PLAYERS

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ABSTRACT

The aim of the present study was to compare psychological burnout between national and district level female kabaddi players. The sample for this study comprises of 50 national-level female kabaddi players and 50 district level female kabaddi players. The average age of national kabaddi players was 24.79 years while district level kabaddi players average age was 22.69 years. Purposive sampling was used for selection of subjects. The psychological burnout in purposively selected kabaddi players was assessed by Athlete Burnout Questionnaire. This questionnaire is prepared by Raedeke and Smith (2001) with 15 items and it is highly reliable and valid. It was concluded that the district level female kabaddi players were significantly more prone to develop psychological burnout as compared to national level female kabaddi players.

Key words : Burnout, kabaddi, national

INTRODUCTION

The researches about kabaddi as a central theme showcase quite a few studies. These studies have highlighted various physiological, psychological, cognitive, and bio-motor related facts that are instrumental in expert performance in kabaddi. One such factor that is missing from previous studies on kabaddi is burnout. Kabaddi being an indoor event at the national and world level is an all-season sport. Usually, tournaments are played all around the year. The kabaddi players are constantly engaged in physical conditioning routine. They also refine their skill ability through rigorous training routines. This may sometimes cause overload in players which creates chronic stress both physically and more so psychologically. The modern-day kabaddi is typically characterized by intense physical conditioning regimen, training schedules, constant attention of press and media. The economic consequences of failure is another part of modern-day kabaddi. Under constant stress to perform day in and day out, it may lead to fatigue and psychological stress in kabaddi players. A kabaddi player needs to keep his motivation level up all the time apart from optimal physical conditioning. Hence it is important to know the burnout characteristics of female kabaddi players based on level of participation. This study is also important because previous work conducted by Armstrong and VanHeest (2002), Cresswell et al. (2006a), Charbonneau et al. (2014), Madigan et al. (2015) did not address this issue.

OBJECTIVES

The objective of the present study was to compare psychological burnout between national and district level female kabaddi players.

HYPOTHESIS

It was hypothesized that the psychological burnout will be considerably higher in district level female kabaddi players when evaluated against national level female kabaddi players.

METHODOLOGY

The following methodological steps were taken to conduct the present study.

Sample:-

The sample for this study comprises of 50 national-level female kabaddi players and 50 district level female kabaddi players. The average age of national kabaddi players was 24.79 years while district level kabaddi players average age was 22.69 years. Purposive sampling was used for selection of subjects.

Tools:

Athlete Burnout Questionnaire:

The psychological burnout in purposively selected female kabaddi players was assessed by Athletic Burnout Questionnaire prepared by Raedeke and Smith (2001). This 15 item questionnaire is based on Likert scale and it is highly reliable and valid.

Procedure:

- Athletic Burnout Questionnaire prepared by Raedeke and Smith (2001) was administered to selected female kabaddi players in a peaceful environment and the response given by the subjects were evaluated as per standard procedure given in the manual. Scores were tabulated in two study groups.
- Independent sample 't' test was used and the results are shown in Tables 1.

RESULT AND DISCUSSION:

Table no. 1

Comparison of psychological burnout in female kabaddi players with national and district level participation

Variable	Level of Participation						t
	National Level Female Kabaddi Players			District Level Female Kabaddi Players			
	N	Mean	S.D.	N	Mean	S.D.	
Psychological Burnout	50	24.48	5.00	25	30.60	4.93	4.02**

$t(df=73) = 2.00$ at $p<.05$ and 2.65 at $p<.01$, ** $p<.01$

Statistical value in the form of the mean for psychological burnout was 24.48 for national female kabaddi players while standard deviation for this group was 5.00. The mean for psychological burnout for other group of district level female kabaddi players was 30.60 while standard deviation for this group was 4.93. This indicates more symptoms of psychological burnout in female kabaddi players with district level participation as compared to female kabaddi players with national level participation (Mean difference = 6.12). At 73 degree of freedom, the table value is 2.65 for 99% significance and the calculated t value is 4.02. It means that district level female kabaddi players were more prone to experience emotional/physical and mental exhaustion related to rigorous demands of competitive sport as compared to female kabaddi

players with participation level as nationals. The findings of the present study is consistent with observations made by Patel et al. (2011) and Mishra (2015).

CONCLUSIONS

Based on results, it can be concluded that the district level female kabaddi players are more prone to psychological burnout as compared to national level female kabaddi players.

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‘A COMPARATIVE STUDY OF SELECTED PHYSICAL VARIABLE AMONG RURAL, TRIBAL AND URBAN STUDENTS’

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ABSTRACT:

The purpose of the present study was to find out the Selected Physical Variable among Rural, Tribal and Urban Students of Maharashtra State. The sample for the present study consists of 300 students from each group, totally 900 College Student were selected at random. The boys were between the age group of 21 to 25 years. The subjects were selected from the colleges as noted below. To find out the Strength the Standing Broad Jump test were used. It is Strength test (Standing Broad Jump test) selected from physical fitness component test. The statistical analyses used to test the data are reported as Analysis of Variance, One way ANOVA table, Scheffe's Test, and 'f' ratio. It is understood from the result that Urban College Students are better in leg power than other two. Beside that the Rural College Students has more leg power than the Tribal College Students.

KEYWORDS: Strength, Urban, Rural and Tribal Students.

INTRODUCTION:

The term of physical education is would know, in contemporary usage physical implies the medium through which the education takes place. One acquires an education in many ways and from many sources, not only through reading books but also the through other important experiences. The adjective physical it's developing physical power or cultivating physical skills solely for their own sakes. Modern physical education sees these skills more as a means to an end than as absolute or continuing in themselves.

As a matter of fact there are very few movements performed, or skills developed, which are persisted in merely for their own value, even in infancy and childhood. As soon as a goal is desired the movement or skill needed to attain it is practiced. The child who wants the cookie learns to walk over and get it. A child learns to ride a bicycle not just in order to ride the bicycle but to preserve status with the gang, go to school, or show off. Physical training is an older but still used term to describe the training of the physical components of the body without any necessary reference to the purposes which are significant in modern education.

OBJECTIVES OF THE STUDY:

- To compare the strength test between Urban, Rural and Tribal students.

HYPOTHESIS:

H₁ - The research scholar hypothesizes that there will be significant difference in the strength test of Urban, Rural and Tribal students.

H₂ - The research scholar hypothesizes that there will be no significant difference in the strength test of Urban, Rural and Tribal students.

METHODOLOGY:

The purpose of the present study was to find out the Selected Physical Variables among Rural, Tribal and Urban Students of Maharashtra State. The sample for the present study consists of 300 students from each group, totally 900 College Students were selected at random. The boys were between the age group of 21 to 25 years.

VARIABLE:

Sr. No.	Specific Component	Elements tested	Test Items	Measurement Unit's
1	Strength	leg power	Standing Broad Jump	Centimeter

STATISTICS:

The statistical analyses used to test the data are reported as Analysis of Variance, One way ANOVA table, Scheffe's Test, and 'f' ratio.

ANALYSIS AND INTERPRETATION OF RESULTS:

One-Way ANOVA Table for Leg Power Analysis of Variance Power Rural, Tribal and Urban College Students:

Source of variance	Sum of squares	Degree of Freedom	Mean squares	'F' Ratio	Table F value
Treatment (SSB)	3	2	1.50	7.87	3.01
(SSW) Error	171	897	0.19		
Total (SST)	174	899			

Significant at $\alpha = .05$ level, Tab F Value (2 and 897) = 3.01

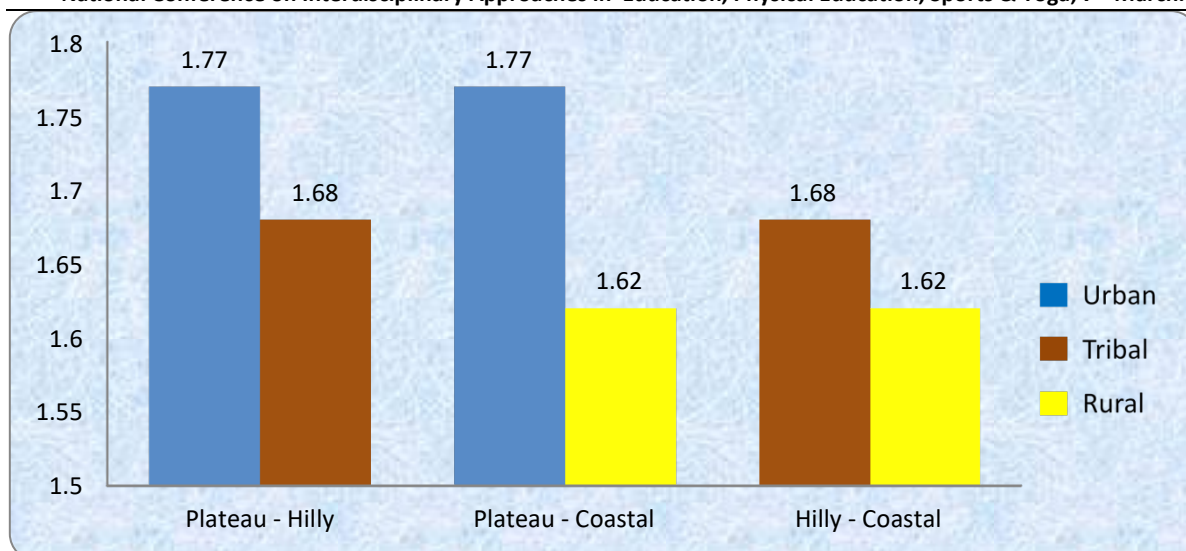
The above table shows the analysis of variance for the power among the Urban-Rural, Urban-Tribal and Rural-Tribal College Student. The obtained 'f' ratio was 7.087 while the tabulated 'f' for significant at 0.05 level of confidence was 3.01 for the degree of freedom (2 and 987 df) since the obtained 'f' ratio was more than the tabulated value and it was significant at 0.05 level of scheffe's post hoc test was used to determine the mean difference among the three groups of College Student.

Scheffe's Post of Hoc Test Leg Power among Rural, Tribal and Urban College Students:

Urban	Rural	Tribal	Mean Difference	Confidence Interval
1.77	1.68		0.09	0.11
1.77		1.62	0.15	
	1.68	1.62	0.06	

Significant at 0.05 level

The Above Table indicates the mean difference between the Urban-Rural, Urban-Tribal and Rural-Tribal College Student and they were 0.09, 0.15 and 0.06 respectively. It is understood from the result that Urban College Student are better in leg power than other two. Beside that the Rural College Student has more leg power than the Tribal College Student.



The above figure shows that Comparison of Leg Power for Pair Mean difference of Rural, Tribal and Urban College Students.

Conclusion:

There was significant difference between Urban and Rural groups in standing broad jump for leg power. But the difference between Tribal and Urban and Tribal Rural was insignificant.

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“RELATION BETWEEN BMI AND PHYSICAL FITNESS COMPONENTS OF SCHOOL BOYS”

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ABSTRACT:

The aim of this study was to analyze the relation between body mass index (BMI) and Physical fitness components of school going boys aged 14 to 16 years old. This study was conducted on 755 (sit-up test-754) male school boys of selected body mass index (BMI) and physical fitness components. The selected variables for the study were body mass index (BMI) and Physical fitness components. The statistical analyses used to test the data are reported as Mean, mode, medium, Standard Deviation and Pearson correlation Sig. (2-tailed). It was concluded that the extremely low correlation between BMI and Body Fat measurements component. The negative correlation between BMI and 9 min Run and Walk test component. The low correlation between BMI and sit-up test component. The very low correlation between BMI and Sit & Reach test component.

KEYWORDS: Body mass index, Physical fitness components and Boys.

INTRODUCTION:

Physical fitness as refers to the dynamic and physiological state of individual and a continuum from optimal human performance to server and death. The athletes would be found towards the upper and the continuum fluctuating up or down and depending on their state training- whilst at the other conditions of lines could exist while this term may be satisfactory in a descriptive sense, problems arise when attempts are made to define the concept and operational way, when we try to measure to develop the complexity arises because the physical fitness is made up of series components. Physical fitness is one aspect of total fitness. Scientific evidence has been produced to show that the general health and physical performance, ability of the people depends mainly on their physical fitness. Physical Fitness is a capacity for sustained physical activities. Exercise and physical activity produces a wide variety of benefits for individuals. Regular exercise not only keeps our body fit but it also helps in maintaining our mind fresh for a longer period of time. Body Mass Index (BMI) is a ratio of total body weight to height. Several ratios have been proposed, but one used most frequently. Weight (in kilograms) divided by height (in meters) square (kg/m^2). Calculated BMI can then be compared against standard value to determine whether the individual has acceptable body weight, is overweight, or is obese.

PURPOSE OF THE STUDY:

The purpose of this study was to find out BMI in relation to Physical fitness components of school boys in Aurangabad district.

METHODOLOGY:

A total of 755 (sit-up test-754) male school boys aged 14-16 years from 20 randomly selected districts in Aurangabad participated in this study. In this study including different test i.e. height, weight, body composition and Body Fat measurement were taken. Physical fitness component test was performed using 9 min Run and Walk test, sit-up test and Sit & Reach test to assess physical fitness.

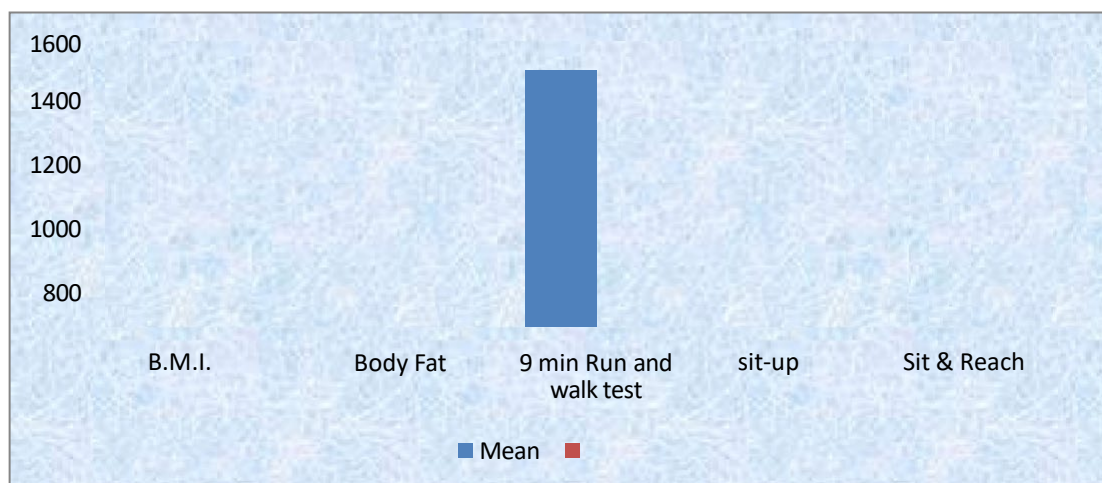
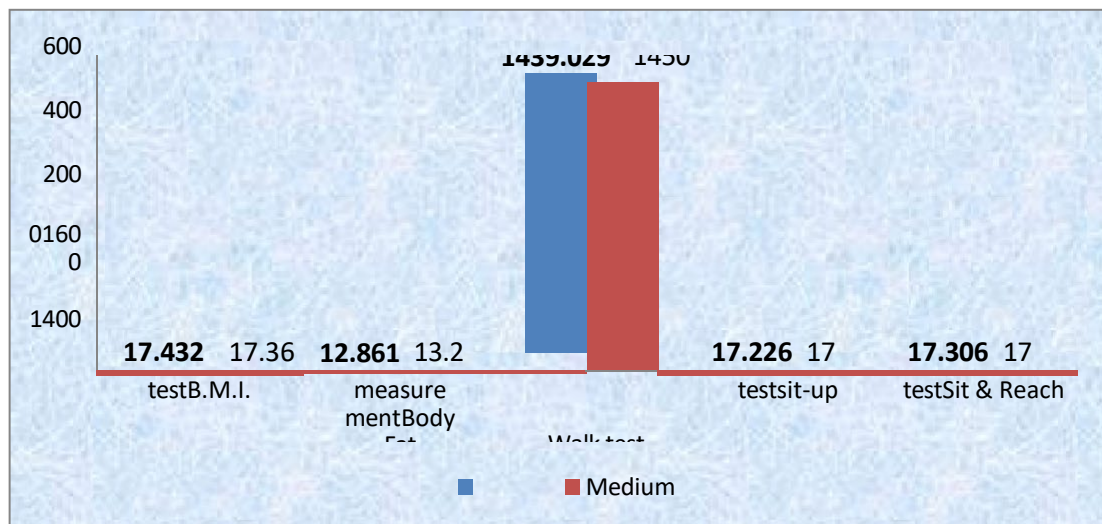
STATISTICS:

The statistical analyses used to test the data are reported as Mean, mode, medium, Standard Deviation and Pearson correlation Sig. (2-tailed).

ANALYSIS AND INTERPRETATION OF RESULTS:

Statistic	B.M.I. test	Body Fat measurement	9 min Run and Walk test	sit-up test	Sit & Reach test
Number	755	755	755	754	755
Mean	17.4329	12.8619	1439.0291	17.2267	17.3060
Medium	17.3604	13.2000	1450.0000	17.0000	17.0000
Mode	16.41	14.50	1400.00	18.00	18.00
Standard Deviation	2.24743	2.33457	178.06871	4.54200	2.72388

The above table shows that BMI mean (S.D.) 17.4329 (2.24743) and Medium (Mode) 17.3604 (16.41), Body Fat measurements mean (S.D.) 12.8619 (2.33457) and Medium (Mode) 13.2000 (14.50), 9 min Run and Walk test mean (S.D.) 1439.0291(178.06871) and Medium (Mode) 1450.0000 (1400.00), sit-up test mean (S.D.) 17.2267 (4.54200) and Medium (Mode) 17.0000 (18.00), Sit & Reach test mean (S.D.) 17.3060 (2.72388) and Medium (Mode) 17.0000 (18.00) respectively.



Relationship between Physical fitness component and other component:

Test	statistic	Body Fat measurement	9 min Run and Walk test	sit-up test	Sit & Reach test
B.M.I. test	Pearson correlation Sig. (2-tailed)	.006	-.036	.038	.021
		.879	.312	.292	.571
	N	755	755	754	755

The above Table Shows that correlation between B.M.I. test and Body Fat measurements is ($r=.006$ $P<0.005$), correlation between B.M.I. test and 9 min Run and Walk test is ($r=-.036$ $P<0.005$), correlation between B.M.I. test and sit-up test is ($r=.038$ $P<0.005$), correlation between B.M.I. test and Sit & Reach test is $r=.021$ $P<0.005$) respectively.

CONCLUSION:

The following Body mass index exhibited a significant Pearson correlation with physical fitness components:

- 1) Extremely low correlation between B.M.I. and Body Fat measurements component.
- 2) Negative correlation between B.M.I. and 9 min Run and Walk test component.
- 3) Low correlation between B.M.I. and Sit-up test component.
- 4) Very low correlation between B.M.I. and Sit & Reach test component.

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“SOCIAL DEVELOPMENT THROUGH SPORTS CULTURE”

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ABSTRACT

Sports culture is a vital part of every society around the world for all round development of citizen. In sports and physical education includes exercises, play, and games; depending on the setting, it may be organized or spontaneous, competitive or noncompetitive, required or optional, job related or job excluded, and a diversion or a compulsion. Society of people always encourages those who work for some welfare towards the social development. And through promoting sports culture. The following definition seeks to encompass the various outcomes experienced by all people in its various programs: physical education is a process through which an individual obtains optimal physical, mental, and social skill and fitness through physical activity.

Key words : Physical Education, Sports & Games.

Many of us play sports and many of us live sedentary life. What is the deference in it? The deference is visible to everyone who play sports, do yoga, participate in Recreational Activities and connect with the Society through Sports culture. Physical education is one of the ways to social integration. Just as physical education and sport have been variously labeled and have faced seeming identity crises, they also have been described in a multitude of ways. What do physical education and sport mean to you? Are they synonymous with exercise, play, games, leisure, recreation, or athletics? Before physical education and sport can be defined, each of these terms needs to be understood. Exercise, in the physical dimension, means using or exerting the body. Play refers to the resultant action, or what the participants do during physical exertion. Games range from amusements or diversions to competitions with significant outcomes governed by rules. Freedom from work or duties describes leisure, which may or may not be used for physical activity. Similarly, recreation refreshes or renews one's strength and spirit after toil, again with or without activity. Athletics are organized, competitive activities in which skilled individuals participate.

Purpose of Sport Culture

Historically, physical educators have been challenged to impact significantly the lives of those they teach. Physical education and sport experiences have provided opportunities to learn motor skills and to dynamically affect students' physical, psychological, and emotional well-being, thereby enhancing the quality of their lives. Thus, the aim of physical education and sport is to

increase every individual's physical, mental, and social benefits from physical activities and to develop healthy life-style skills and attitudes. To help each person make these attitudinal and behavioral changes, physical education's purpose is to optimize quality of life through a long-term commitment to an enjoyable, personal exercise program that will meet varied needs in a changing world.

Physical Education and Social settings.

Whether an item of physical education or sport is popular in colleges and schools depends largely upon public interest, spectator approval and media popularity. That is how the major and minor sports emerge in educational institutes. In our country basketball, volleyball, football and track and field events are major in the sense that they are more popular than other events. Educators tend to adopt whatever the public likes and supports and ignores other items. Similarly, young people are exposed to a certain type of sport environment only because society has accepted it rather than because of its real contribution to their individual growth.

Society has the following needs and wants with regard to the development of the students:

- (i) social poise and understanding of self;
- (ii) social consciousness with an accompanying sense of values;
- (iii) leadership and followership;
- (iv) good citizenship;
- (v) good sportsmanship
- (vi) cooperation and competitive zeal;
- (vii) Acceptance of all irrespective of language, caste, or religion; and positive social acquaintances. It is true that some of the above said needs are parallel to the needs of the individual; nevertheless, society conditions the individual to have particular needs and wants, generally in harmony with societal needs.

Social Steps

Social adjustment and physical education should provide opportunities of developing social poise and self-understanding. Social competence for better adjustment should be the major aim while selecting events and coaching individuals, so that the student develops responsibility for his own actions and accepts their consequences. Physical education provides such opportunities especially in a team where winning depends not on a single individual but on the cooperation extended by all the members of the team.

Social values

Society requires the experience of sharing with others, adhering to the rules, a philosophy of life based on ethical behavior, morality and concern for individual dignity and worth. The students should understand what is right and what is wrong and learn to adhere to democratic principles. As physical education and sports open opportunities for interaction with team mates and opponents, the student develops a concern for other members of the team.

Leadership and followership

Society expects from the school and physical education, virtues like accepting responsibility, making positive decisions, influencing and mobilizing others all of which are the essential qualities of leadership. Otherwise, education has no justification for its own existence. In this respect,

physical education choices of the best liked people. Physical education helps in accepting and appreciating others irrespective of such factors.

Yoga and the Society

The term yoga itself defines its self explanatory meaning as “To Unite”. The union of Mind and Body referring to the social values and moralities, discipline, control, self esteem, self reliance and insightful mind is the frontier gift of yoga. The yogis are promoting this art of living to whole world and it has been accepted also. The International day of yoga is the live example of such yoga event is been celebrated by almost every nation of the world. The Yoga day is celebrated on 21 June of every year with full mass participation starting from individual to family and family to society.

Positive social acquaintance

Society needs people who can develop new and constructive social acquaintances because this helps in developing the society. Physical education makes the athlete socially mobile and extrovert with broad interests. Membership in many social or play organizations widens his contacts with the community, develops his knowledge about the socially problems and needs of the community. This helps his to be socially responsive and responsible.

The task of adjusting the child to social living and social demands makes necessary a new type of physical educator with social vision and social orientation. The effective preparation of people for social participation requires a coach with broader preparation than is required for the teaching of games.

In teacher training institutes, foundation courses like social psychology, sociology of education, economics of education, and civic education are offered to enhance social vision in the teacher. If the coach is to be a social agent, he must have a thorough knowledge of social life, institutions and organizations and the place of physical education in social life.

Socialized (Sport)

Physical education should be socialized in its objectives and approaches. The new socialized physical education is much less dependent upon traditional games or routine books or even rigid rules and regulations so long as it serves social purpose. Sports equipment and sports material, individual and team activities, leadership and followership roles, opportunities to supervise and umpire a game, interaction with the audience and first-aid give the student a vicarious contact with social life. Besides, intra-mural, inter-school activities, inter-district, inter-state and inter-zonal games and sports give him firsthand experience and personal contacts with different segments of the community and different regional and language groups. One strong point of physical education is that is less bookish and more practical in orientation. The play field is the open classroom, action is the methodology, social responsibility is the goal, and give and take is the rules of the play. The extent to which physical education meets social demands and fulfils social obligations depends not only on the physical education teacher and his programmes but also on the cooperation and encouragement that he receives from other teachers, heads and other authorities. The school as a whole should strive to train the student in his social responsibilities and obligations. That means social vision should be developed at all levels of school education and opportunity for exhibiting this attitude should be properly provided; otherwise there is a danger of producing only graduates and not citizens who are useful to the society. As a life- oriented subject, physical education has much more to contribute than what is

usually recognized. Attempts should also be made to collectively act by mobilizing academic and physical sources and activate the student for successful social life.

Conclusion:

Physical education is a basic social need of society which is the need for physical fitness and socially responsible citizens, and it also develops an awareness of the role of growth material progress. Physical unfitness is one of the identified problems of the society which could not be solved completely. Through the development of physical and social habits, and attitudes, physical education becomes one of the major areas which contribute to social well-being.

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डोपिंग का दंश और खिलाड़ी

डॉ. हंसराज डोंगरे

क्रीडा संचालक, आसारामजी भांडवलदार महाविद्यालय, देवगाव रंगारी,
ता, कन्नड जिल्हा औरंगाबाद

प्रस्तावना

प्रतिस्पर्धा के दौर में अधिकतर खिलाड़ियों के दिमाग में शक्ति की लालसा, उन्हें कुछ भी करने के लिए विवश कर देती हैं। आज खिलाड़ियों द्वारा ड्रग्स लेकर वर्तमान प्रदर्शन में सुधार लाने का प्रयास किया जा रहा है। जिससे खिलाड़ी एक जादुई छडी को प्राप्त कर लें और सर्वविजेता कहला सकें। इस हेतु मादक एवं प्रतिबन्धित दवाओं का सेवन करना खिलाड़ियों को एकमात्र आसान उपाय दिखाई दे रहा है, लेकिन खिलाड़ियों द्वारा उसके दीर्घ कालीन विनाशकारी प्रभाव जैसे बिल्ली के द्वारा आक्रमण करने पर कबुतर आँखे बंद कर लेता है और अपने का आभसी तौर पर सुरक्षित महसूस करता है, परन्तु सत्य यह है। आज खिलाड़ियों, खेल प्रशासकों एवं प्रशिक्षकों को शक्तिवर्धक प्रतिबन्धक दवाओं की उचित जानकारी तथा उनके दुष्प्रभाव से अवगत कराने की आवश्यकता दिखाई दे रही है। जिससे खेल की स्वच्छ परिकल्पना साकार हो सके। खिलाड़ी का उचित प्रशिक्षण, सन्तुलित आहार एवं दृढ़ निश्चय ही उसके पदक जितने के सपने को साकार करते हैं। अगर खेल व खिलाड़ियों के स्तर को बनाए रखना है तो डोपिंग की प्रवृत्ति को त्यागना होगा और यह तभी सम्भव है जब एक खिलाड़ी खेल की भावना से मैदान में उतरे और खेल के खेल की नजर से देखे और अपने प्रतियोगी से स्वस्थ रखे क्योंकि ईमानदारी से किया गया प्रयास हमेशा ही सुखद अनुभूति वाला होता है इसमें ही खिलाड़ी, खेल तथा राष्ट्र का सम्मान निहित है।

आधुनिक युग को यन्त्र का युग कहा जाता है तथा इसमें कोई अतिशयोक्ति नहीं है कि ड्रग्स ने मानव जीवन को इस प्रकार आच्छादित कर लिया है, जिस प्रकार अमर बेल एक हरे भरे वृक्ष को ढककर उसका शोषण करती है। यदि मानव चाहे भी तो ड्रग्स से किसी भी अवस्था में छुटकारा नहीं पा सकता है। प्राचीन रोम में तलवारबाज, घुड़सवार प्राकृतिक पेय पदार्थ पीकर युद्ध में जाते थे। एक मत के अनुसार ईसा से लगभग ३०० वर्ष पूर्व यूनान के खिलाड़ी प्रतियोगिताओं के दौरान भ्रम पैदा करने वाले मशरूम का प्रयोग करते थे। १८ वीं शताब्दी में उत्तरी आफ्रिका में उत्तेजक नृत्य के समय अल्कोहोल पेय का प्रयोग किया जाता था। लेकिन आज ड्रग्स के स्वरूप में अत्यधिक परिवर्तन हो गया है। वर्तमान समय में खिलाड़ियों द्वारा अपने लक्ष्य को प्राप्त करने के लिये कठिन परिश्रम एवं आत्मविश्वास को नजरअंदाज कर मादक द्रव्यों का सेवन करना, स्वयं के नैतिक एवं शारीरिक पतन का कारण बनता जा रहा है। कुछ खिलाड़ियों द्वारा नाजायज अथवा वैध तरीकों द्वारा जैसे उचित प्रशिक्षण, संतुलित खुराक, व्यायाम द्वारा तथा कुछ खिलाड़ियों द्वारा नाजायज अथवा अवैध तरीकों का प्रयोग जैसे - ड्रग्स के सेवन आदि का सहारा लिया जा रहा है। कुछ खिलाड़ी दवाओं का सेवन अपने सिनीयर खिलाड़ियों को देखकर नकल की भावना से प्रेरित होकर करते हैं, जिससे भावी नवयुवकों एवं नवयुवतियों पर भी बुरा प्रभाव पड़ता है।

विश्व के अनेक देशों में विशेष कर खेल क्षेत्र में मादक द्रव्यों का प्रयोग मानो एक परंपरा सी बन गयी है। वर्तमान समय में हर खिलाड़ी आकाश की उन बुलन्दियों को छूना चाहता है, जहां उससे पहले कोई गया न हो, इस हेतु जाने अनजाने में वह कोई भी कदम उठाना पसन्द करता है। चाहे वह जायज हो या नाजायज, नैतिक हो या अनैतिक। वह कम समय में ही छोटे रास्ते से विजय प्राप्त करना चाहता है। इस सोच से कि सफलता कदम चुमेंगी ओर वह रातों रात एक सितारा बन जायेगा। जिसके लिए वह ड्रग्स का सेन कर विश्व का सफलतम खिलाड़ी बनने की अभिलाषा तथा अधिक से अधिक पदक प्राप्त करने एक मार्ग सरल चुन लेता है। जब कि बेहतर जानकारी व वैज्ञानिक मार्गदर्शन संतुलित पोषण और लगन उन्हें सफलता की मंजिल तक पहुँचा सकती हैं।

जब हमें यह पता चलता है कि अमुक खिलाड़ी ने दवाओं के सेवन से पदक प्राप्त किया है तो लाखों लोगों की भावनाओं को ठेस पहुँचता है। जिस देश ने अपने खिलाड़ी को पदक जीतने पर सर आँखोपर बिठाया था, उसी के बारे में डोपिंग का पता चलने देश का हो, यह नहीं भूलना चाहिए कि खेलों के साथ लाखों लोगों की भावनाएँ जुड़ी होती हैं और वह खिलाड़ी

सिर्फ खुद को ही प्रस्तुत नहीं करता है बल्कि वह अपने देश व देश के लाखों करोड़ों लोगों का प्रतिनिधि बनकर किसी खेल में शामिल होता है। खिलाड़ियों द्वारा डोपिंग किये जाने के कारण देश व देशवासियों की आन बान व शान खराब होती है। डोपिंग की प्रवृत्ति से आज खेल का कोई भी स्तर बाकी नहीं रहा है। स्थानिय खिलाड़ियों से लेकर ओलिम्पिक व विश्व कप जैसे स्तर तक डोपिंग की प्रवृत्ति अपने पाव पसार चुकी है। हाल ही में भारत में आयोजित कामनवेल्थ खेलों में खिलाड़ियों द्वारा अत्याधिक मात्रा में ड्रग्स उपभोग का पता चला है।

आज डोपिंग के डंक ने बड़े बड़ों को डसना शुरू कर दिया है -। भारत में ८ खिलाड़ियों के डोपिंग टेस्ट में फेल होने के बाद एक बार फिर भारत विश्व परिदृश्य में लज्जित महसूस करता नजर आ रहा है। एक निजी चैनल ने खुलासा किया है कि पिछले ९ साल में २५७ एथलीट डोपिंग में दोषी पाए गए हैं। इनमें बड़े बड़े नाम शामिल हैं जिन्हें डोपिंग का दोषी पाए जाने के - बावजूद उनके खिलाफ कोई कार्यवाही नहीं की गई। ये सभी उस दौर में दोषी पाए गए थे, जब सुरेश कलमाडी इंडियन ओलिम्पिक एसोसिएशन के अध्यक्ष थे। १९९२ ईके एशियाड की पूर्व चैंपियन सुनिता गोदारा ने दस साल पहले दिल्ली हाईकोर्ट में एक याचिका दाखिल की थी। जिसमें उन एथलीटों के नाम उजागर करने को कहा गया था जो डोप टेस्ट में दोषी पाए गए थे, लेकिन उन्हें आज तक इसका जवाब नहीं मिला है। हालांकि भा.पू.रा के अधिकारियों ने एक हलफनामा दाखिल किया था, जिसमें पिछले ९ सालों में २५७ एथलीटों के डोप टेस्ट में दोषी पाए जाने की बात कही गई थी। यह टेस्ट भा.पू.रा की डोप कंट्रोल .यो. लेबोरेटरी की ओर से कराया था। यह हलफनामा २९ अगस्त २००९ को दाखिल किया गया था। जैसा हर बार होता है इस बार भी इस पर एक दूसरे पर आरोप प्रत्यारोप लगाने का दौर शुरू हो गया है। उसकी जाँच जरूर होनी चाहिए, लेकिन इसको भी देखे जाने की जरूरत है कि आखिर भारत और विदेशों में यह चलता कैसे है।

खिलाडी ड्रग्स लेते क्यों है ?

१. मसले की मोटाई बढ़ाने के लिए जिससे मसल की शक्ति बढ़ती है। इसे ज्यादातर भारोत्तोलक एवं एथलीट प्रयोग में लाते हैं।
२. कुछ ड्रग्स से सेंटर नर्वस सिस्टम अधिक सचेत हो जाता है, जो स्प्रिंट स्टार्ट में काम आता है। जिससे रिफ्लेक्स टाइम को बढ़ाने में मदद मिलती है।
३. बॉडी बिल्डर अपने को रुप देने के लिए स्ट्राइड का प्रयोग करते हैं।
४. कुछ ड्रग्स से पल्स रेट कम हो जाती है, जिसका उपयोग तारंदाजी व शूटिंग किया जाता है।
५. कुशती में ड्रग्स के द्वारा प्रतिस्पर्धा से कुछ समय पहले अप्राकृतिक तरीके से खिलाडी अपना पजप कम कर लेते हैं।
६. ड्रग्स खिलाड़ियों में सहनशक्ति को बढ़ा देता है। जिससे वह थकान व दर्द की स्थिति में भी लगातार खेलते रहते हैं।
७. कुछ खिलाडी अधिक महत्वकांक्षी होते हैं जो अगले शरीर को खतरे में डालने से नहीं चूकते हैं।
८. कुछ खिलाडी ईलू प्रवृत्ति के होते हैं, जो प्रतिद्वन्दियों को हराने के लिए शक्तिवर्धक दवाओं का प्रयोग करते हैं।

खिलाडीयों पर ड्रग्स का प्रभाव

१. ड्रग्स लेने वाले व्यक्ति आम तौर पर मानसिक रूप से अशान्त रहते हैं।
२. मानसिक संतुलन बिगड़ जाता है एवं स्मृति क्षीण होने लगती है।
३. यकृत खराब हो जाता है
४. हार्मोन्स का स्त्राव अनियंत्रित हो जाता है।
५. पुरुषों में नुपुंसकता का कारण बनती है।
६. कंकाल पेशी सिकुड़ जाती है।
७. उच्च रक्तचाप हो जाता है, फलस्वरूप दिल के दौरों की सम्भावना प्रबल हो जाती है।
८. इसके प्रयोग से भुख च निद्रा कम हो जाती है।
९. अन्तरा संवहनीय रक्त थक्कों की समस्या उत्पन्न हो जाती है।

१०. यह व्यक्ति को तुनक मिलाज बना देता है, जिसके गम्भीर असर सापेक्षिक उच्च संवेदनशिलता पर पड़ता है।

११. रक्त में ऑक्सिजन की मात्रा कम हो जाती है, जिसके फलस्वरूप थकावट जल्दी होती है।

१२. यह रक्त वाहिनियों को सिकोड देती है जिससे विभिन्न तन्त्रो व अंगो को रक्त पहुंचाने में बाधा आती है।

१३. श्वास रोगों की और ले जाता है जैसे दमा, हाथों, अंगुलियों और टांगों की ताकत में कमी आती है।

१४. इसके सेवन से व्यक्ति गुंगा व बहरा भी हो सकता है।

१५. सामान्यतः सह देखा गया है कि ड्रग्स का ज्यादा प्रयोग करने वाले व्यक्तियों के हाथ व गर्दन कांपने लगते

अमेरिकन साईकलिंग टीम द्वारा प्रेक्टिस के दौरान १९८४ ईके लॉस एन्जिल ओलम्पिक में ब्लड डोपिंग का पहला . में सामने आया .मामला १८८६ ई, जब साइकलिस्ट आर्थर लिंगटन ट्राई मिथाइल के ज्यादा इस्तेमाल से जान गवाँ बैठे थे -| सन १९०० ईमें सबसे अधिक प्रचलित डोप ., अल्कोहोल और सत का मिश्रण पीना माना जाता था | इसका अत्यधिक मात्रा के प्रयोग से डेनिस साइकलिस्ट, कुर्त जेनसन की मृत्यु हो गयी | ब्रिटिश ऑलम्पिक १९९६ ईमें एक सर्वे . के दौरान ४८ प्रतिशत एथलीट डोप को समस्या कहते है | तथा ८६ प्रतिशत इसे ट्रेक एण्ड फिल्ड खेल का प्रचलन मानते थे | १९२८ ई .ए .मे आई ए . एफ ने डोपिंग को बैन किया तो मामले काफी बढ़ते चले गए| इसके बाद तो इसके बेहद जटिल मामले भी सामने आने लगे | एक ताजा सर्वे के अनुसार स्कूल खेलकूद के दौरान ४ ५ से २ प्रतिशत लड़कियाँ एनाबोलिसक स्टेरॉइड .१२ प्रतिशत लड़को और ० - का प्रयोग करते हैं|

एथेन्स ओलम्पिक २००४ ईसिंह ने बताया कि उन्होंने एथलीटों के बीच सर्वेक्षण कर पूछा .में वाडा का हिस्सा रहे डॉ . था कि, उनमें से कितने इस तरह के ड्रग्स लेते है | सर्वेक्षण में हिस्सा लेने वाले फीसदी ने बताया कि सभी अच्छे एथलीट इसे कुछ न कुछ मात्रा में जरूर लेते हैं | अगर ऐसा है, तो फिर एशिया और अफ्रिका जैसे विकासशील देशों के एथलीटों के कही डोपिंग में फंसने की खबरे ही क्यों सामने आती हैं ? ऐसा इसलिए है कि विकसित देशो ने वाडा के सिस्टम को चकमा देने की विशेषज्ञता हासिल कर ली है | अमेरिका में तो ऐसी लैब्स है जहाँ ऐसे डिजाइनर स्टेरॉइड बिनाए जाते है जिनको पकड़ पाना वाडा के लिए भी नामुनकिन है | ये ड्रग्स बहुत महंगे होते है | लेकिन इनका व्यवसाय तेजी से बढ़ रहा है | अमेरिकन ड्रग्स को लेने वाले एथलीट अधिकांश मामलों में कभी नहीं पकड़े जाते और जब कभी वाडा की पकड़ में आते भी है, तब तक बहुत देर हो चुकी होती है दूसरी तरफ हमारे एथलीट अवसर सस्ते में बड़ी आसानी से उपलब्ध ऐसे ड्रग्स लेते हैं, जिसे एक बेसिक टेस्ट भी पकड़ सकता है | ज्यादातर मामलों में देखा गया है कि भारतीय खिलाड़ियों द्वारा नये नियमों व जानकारीयों का अभाव भी इसका मुख्य कारण होता है | कभी कभी बीमारी के लिए दवा लेने पर भी खिलाड़ीयों द्वारा मादक पदार्थ सेवन का दोषी माना जाता है -| जिसके लिए आई . एफ .ए .एद्वारा कई श्रेणियों का निर्धारण किया गया है | जैसे इलाज सम्बन्धी छूट के नियम के अनुसार अगर कोई एथलीट मेडीकल कारणों से दवा ले रहा है और उसके पास डॉक्टर का प्रिस्क्रिप्शन है तो वह इसे उच्च अधिकारियों को बता सकता है जिसके अन्तर्गत प्रतियोगिता नजदिक होने पर भी उसे अनुज्ञापित करने हेतु विचार किया जा सकता है |

कुछ भारतीय खिलाड़ी सूखे कटहल से बनी गोलिएयों का इस्तेमाल करते हैं , यह डाइहाइड्रोएपोएडोस्टेरोन का प्राकृतिक स्रोत है | इससे टेस्टोस्टेरोन बनता है और हमारे एथलीट इसे अनजाने में लेते हैं | इन सभी बातों से किसी खिलाड़ी को दोषमुक्त नहीं किया जा सकता क्योंकि सत्यता यही है कि खिलाड़ी दोषी हैं, लेकिन कोई भी खिलाड़ी अपने कैरीयर के महत्वपूर्ण क्षणों में इस प्रकार की नादानी करे, जबकी उसके विशेष प्रशिक्षण के दौरान कोच, डॉक्टर तथा अनुभवी लोग भी लगे होते हैं तो क्या केवल खिलाड़ी को दोषी माना जाना न्यायसंगत होगा शायद नहीं | जब ऐसे खिलाड़ी जिनके साथ अधिकारियों की टीम लगी हो वह दोषी हो सकता है, तो जरा उनके बारे में भी सोचा जाए जो एकलव्य समान दीन हीन दशा में अभ्यास करते हैं औ -र सूखे कटहल से मिलते जुलते कोई पदार्थ का सेवन करते हैं -| मैं कहना चाहता हूँ कि, जब भी कोई प्रकरण होता है | खिलाड़ी ही सबसे आसान मोहरा होता है | निश्चित हो इसके लिए वे भी किसी हद तक जिम्मेदार हैं, लेकिन इतने से समस्या को केवल टाला जा सकता है, पूर्णतः खत्म नहीं किया जा सकता |

निष्कर्ष :

इस अध्ययन से यह स्पष्ट है कि आज के इस मादक पदार्थों से युक्त वातावरण के प्रभावों से बचने हेतु खिलाड़ियों के लिए एकमात्र रस्ता मादक पदार्थों की पूर्ण जानकारी तथा छोटे रास्ते का सहारा न लेना ही हो सकता है जिसमें क्रोध, सहयोगी, परिवारिक मित्र, डॉक्टर तथा अन्य अनुभवी व्याक्तियों का योगदान भी महत्वपूर्ण होगा। इस हेतु यह आवश्यक है कि खेल को खेल की भावना के दायरे में रखकर खेला जाए तथा खिलाड़ियों द्वारा इन मादक दवाओं के उपयोग से बचा जाए तथा सभी सम्बन्धित अधिकारियों को अपनी जिम्मेदारियों का निर्वहन ईमानदारी से करना होगा। सभी खेल मन्त्रालयों द्वारा आपस के मन मुटाव को दूर करते हुए खिलाड़ियों के भोजन, अभ्यास तथा अन्य सुविधाओं का पुनः सर्वेक्षण करते हुए निवारण करना होगा अन्यथा कुछ वर्षों से जिस प्रकार दवाओं का प्रचलन बढ़ रहा है, आश्चर्य नहीं होना चाहिए कि फिनिशिंग लाईन पर हमें खिलाड़ी की जगह उनका मृत शरीर भी कभी देखने को मिल सकता है।

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दैनंदिन जीवन में योग का महत्व

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प्रस्तावना :

भारत में प्राचीन काल से योगाभ्यास की परंपरा चलती आ रही है। हजारों साल से ऋषी मुनियों ने जनकल्याण की भावना से योगाभ्यास की रचना की है। योगा का स्वरूप अत्यंत व्यापक है। योग भारत और नेपाल में एक आध्यात्मिक प्रक्रिया को कहते हैं जिसमें शरीर, मन और आत्मा को एक साथ लाने का काम योग का होता है। योग बहुत ही लाभकारी करते हैं। आजकल लोगों की जीवन शैली काफी व्यस्त है। जिसके कारण लोग मानसिक तनाव से मुक्ति पाने के लिए योग करते हैं।

योग से एक तो व्यक्ति का तनाव दूर होता है। और साथ ही मन एवं मस्तिष्क को भी शांति मिलती है। योग ने केवल हमारे दिमाग मस्तिष्क को ताकत पहुंचाता है। बल्कि हमारी आत्मा को भी शुद्ध करता है। योग का लक्ष स्वास्थ्य में सुधार से लेकर मोक्ष प्राप्त करने तक है। योग के फायदे से आज सभी अवगत हैं, जिस वजह से आज योग विदेशों में भी प्रसिद्ध है।

योग की परिभाषा :

पातंजल योग दर्शन के अनुसार योगश्चित्तवृत्ति निरोध अर्थात् चित्त की वृत्तियों का निरोध ही योग है।

योग शिक्षा का इतिहास :

चिकित्सा के क्षेत्र में विज्ञान ने अभूतपूर्व विकास किया है, पर योग का महत्व भी कम नहीं है। दुनिया को योग सिखाने वाले भारत में ही नहीं बल्कि पूरे विश्व में है। योग का प्रचार प्रसार बहुत तेजी से हो रहा है। इसी क्रम में 21 जून को विश्व योग दिवस घोषित किया जा चुका है। भारत प्राचीन काल से ही ऋषी मुनियों की तपोभूमि रहा है। हमारे देवी देवता से लेकर ऋषी मुनियों की समृद्ध परंपरा में योग अनायास ही शामिल रहा है। 1000 से 500 ईसे ही वैदिक संहिताओं के अंतर्गत तपास्वियों .पू. के बारे में प्राचीन काल में वेदों में उल्लेख मिलता है। तपस्या और साधना का समावेश प्राचीन वैदिक ग्रंथों में मिलता है।

योग के प्रकार :

1. कर्मयोग,	2. भक्ति योग,	3. ज्ञान योग,	4. हठयोग,
5. मंत्र योग,	6. कुंडलिनी योग,	7. राजयोग,	8. प्राण उर्जा योग
9. शिव योग			

• योग की विशेषताएँ :

1. योग से मन की चंचलता पर अंकुश लगाने में मदद मिलती है। अतः यह इंद्रियों को वंश में करने का साधन है।
2. योग एकाग्रता में सहाय्यक होता है। तथा व्यक्ति को अपनी आत्मा का ज्ञान कराकर परमात्मा से संयोग करने में मदद करता है।
3. योगद्वारा जीवन के प्रत्येक कार्य क्षेत्र में कुशलता पूर्वक कार्य करने की योग्यता आती है।
4. योगद्वारा हमें अपनी आंतरिक शक्तियों से परिचित होने और उनका स्वामी बनकर उन्हें भली भांति काम में लाने की समर्थता आती है।

- : योग का महत्व *

- योग करने से मांसपेशियों के लचीलेपन में सुधार होता है।
- शरीर के आसन और एलाइनमेंट को ठीक करता है।
- तथ बेहतर पाचन तंत्र प्रदान करता है।
- योग करने से आंतरिक अंग मजबूत होते हैं।
- योग से मधुमेह नियंत्रित रहता है।
- योग से अस्थि, त्वचा तथा शक्ति और सहनशक्ति को बढ़ाया देता है।
- मन और विचार नियंत्रण में मदद करता है।
- योग करने से तनाव, रक्त का परिसंचरण और मांसपेशियों के विश्राम में मदद करता है।

इस प्रकार योग का महत्व उजागर है। योग एक अभ्यास है जो मानसिक, शारीरिक, आध्यात्मिक और सामाजिक स्वास्थ्य के क्षेत्र में विकास के आठ स्तरों पर काम करता है। इस प्रकार दैनंदिन जीवन में योग का महत्व दिनभर बढ़ रहा है।

योग मानसिक विकास में सहाय्यक होता है। स्मृति को अच्छा बनाने में तथ पुनःस्मरण शक्ति में सहाय्यक बनकर बालको की स्मृति को अच्छा बनाने तथा उन्हें सीखने में सहाय्यता प्रदान कर बौद्धिक रूप से सबल बनाने में मदद करती है। योग स्वस्थ शरीर प्रदान करने में सहाय्यक बनकर स्वस्थ मन का निर्माण करने का मार्ग प्रशस्त करता है। योग शारीरिक विकास में सहाय्यक योग साधना एवं योगिक क्रियाएँ छात्रों के शारीरिक विकास और स्वास्थ्य निर्माण कार्य में निम्न प्रकार से सहाय्यक होती है। योग करने से शरीर की आन्तरिक सफाई के कार्य में अमूल्य योगदान देकर विजातीय तथा हानिकारक पदार्थों को शरीर में इकट्ठा नहीं होने देती।

योग से आध्यात्मिक विकास होता है। मानव जीवन के मुख्य चार उद्देश्य होते हैं। मानव जीवन के मुख्य चार उद्देश्य होते हैं अर्थ, धर्म, काम और मोक्ष स्पष्ट है शिक्षा के द्वारा इन उद्देश्यों की पूर्ति में सहाय्यक की भूमिका अच्छी तरह निभानी चाहिए। शिक्षा के इस कार्य में योग साधना सभी तरह से सहाय्यक सिद्ध होती है। योग करने से नैतिक विकास और सामाजिक विकास में वृद्धि होती है। योग से आपके शरीर को शांत करने और आराम करने में मदद करता है। जिसका मतलब तनाव का कम होना है और आप अपने काम पर ध्यान केंद्रित कर सकते हैं।

निष्कर्ष :

इस प्रकार यह कहा जा सकता है कि योग एक चमत्कार है और अगर इसे किया जाए तो यह आपके पुरे जीवन का मार्गदर्शन करेगा। प्रति दिन 20 - 30 मिनट योग आपके शारीरिक, मानसिक और आध्यात्मिक स्वास्थ्य के बीच संतुलन को बढ़ावा देने के द्वारा आपके जीवन को हमेशा के लिए बदल सकता है। योग को आसान तक सिमित होने की वजह से अंशिक रूप से ही समझा जाता है। लेकिन लोगों को शरीर मन और सांस को एकजुट करने में योग के लाभो का एहसास नहीं है। किसी भी आयु वर्ग और किसी भी शरीर के आकार के व्यक्ति द्वारा योग का चयन और इसका अभ्यास किया जा सकता है। यह किसी के लिए भी शुरू करना संभव है। उपरोक्त वर्णित योग की समस्त विशेषताओं के आधार पर यह कहा जा सकता है कि योग ऐसा मार्ग है जिस पर चलकर व्यक्ति अपनी शक्तियों और सामर्थ्य में वृद्धि करता हुआ जीवन में पर्याप्त सुख संतोष अनुभव करते हुए मोक्ष प्राप्ति की ओर बढ़ता रहता है।

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परम पूज्य जनार्दन स्वामी योगाभ्यासी मंडल का आर्थिक व्यवस्था का अध्ययन ।

संतोष कुमार

सारांश

गुरुकुल पद्धति से आर्थिक नियोजन वियोजन की व्यवस्था चलती है । परम पूज्य जनार्दन स्वामी - योगाभ्यासी मंडल का आर्थिक व्यवस्था समाज द्वारा प्राप्त दक्षिणा, सहयोग से सभी शिक्षा व्यवस्था चलाई जाता हैं, विद्यार्थियों व साधकों को निःशुल्क निःस्वार्थ भाव से योग की शिक्षा प्रदान किया जाता हैं । साथ ही पारदर्शी आर्थिक व्यवहार ।

कुंजीयोग शिक्षा - , शारीरिक शिक्षा, नेतृत्व व्यवहार, मानसिक कौशल ।

प्रस्तावना :

किसी भी कार्य को करने हेतु आर्थिक व्यवस्था की आवश्यकता जीवन के प्रत्येक क्षेत्र में है । उसी पर संसार के सभी व्यवहार आधारित है । जिसका आर्थिक व्यवस्था जीतना अच्छा होगा वही अपने कार्य को सही तरीके से संचालन कर पायेगा ।

उद्देश्य :

मानव जीवन में सब सुख सुविधा आज के दिन में प्रचुर मात्रा में उपलब्ध है । किन्तु मानव सुख की खोज में अहर्निश जी जान की प्रवाह न करते हुए दौर रहा है । यह दौड़ समाप्त करने के लिए कोई उपाय समस्त मानवता को उपलब्ध हो नहीं रही है । ऐसे समय मनुष्य को एक आधार मिल रहा है, वह है योग । इसे संचालन के लिए परम पूज्य जनार्दन स्वामी योगाभ्यासी मंडल का आर्थिक व्यवस्था का अध्ययन ।

साहित्य :

खरे ब्रह्मनन्द ने सन 2000 में विश्व के किसी भी राष्ट्र की सम्पूर्ण उन्नति में "हेडगेवार योगदान .राष्ट्रीय संचेतना में डॉ" वहाँ के महापुरुषों के कृतित्व का सबसेबड़ा योगदान रहता है । ये मनिषी सच्चे हितैषी, चिन्तक और सर्वथा निस्पृही हुआ करते हैं । कोई शक्तिमान होता है तो कोई बुद्धिमान, कोई बलवान होता है तो कोई धनवान, कोई अपना सर्वस्व समर्पण करके निस्वार्थ भाव से राष्ट्र सेवा का व्रत ले लेता है तो कोई आजीवन ब्रह्मचर्य व्रत का पालन करते हुये भारत माता के चरणों में अपना जीवन पुप समर्पित कर देता है । ऐसे ही बुद्धिमान", तेजवान और गुणवान सपूत कुछ कर दिखाने की कला में निष्णात होते हैं ।

उल्ला बरकत ने सन 2000 में स्वतन्त्रता आन्दोलन में लाल बहादुर शास्त्री का योगदान पर शोध प्रबन्ध बुन्देलखण्ड विश्वविद्यालय, झाँसी पीएचडी .. उपाधि के लिए प्रस्तुत किया । इस शोध प्रबन्ध में लाल बहादुर शास्त्री जी योगदान का अध्ययन कर निष्कर्ष निकाला ।

समाचार पत्र, मासिक पत्र :

नियमित जनार्दन स्वामी योगाभ्यासी मंडल से संबंधित आये समाचार, लेख । दैनवभारत ., दैहितवाद ., दै. लोकमत, दै . तरुण भारत, दैनिक भास्कर

विधि

सर्व प्रथम अनुसंधानकर्ता ने जनार्दनस्वामी योगाभ्यासी मंडल के आर्थिक व्यवस्था से संबंधित प्रश्न प्रश्न तैयार किये। तत्पश्चात् उन प्रश्नों को जॉच प्रक्रिया से गुजरने के पश्चात् एक प्रश्नावलि तैयार करके पपूज्य जनार्दनस्वामी योगाभ्यासी मंडल के कार्यवाह, पं. खांडवे गुरुजी का साक्षात्कार .पूज्य राम मो .28/8/2018 शाम 4 बजे से 6 बजे तक पपूज्य जनार्दनस्वामी योगाभ्यासी मंडल के कार्यालय में अनुसंधान कर्ता द्वारा पूर्ण किया गया। अनुमति लेकर इस साक्षात्कार का विडियो रिकॉर्डिंग भी बनाया गया है।

तथ्यों का विश्लेषण :

प्रस्तुत शोध निबंध में साक्षात्कार यथावत् निम्नांकित है।

प्रश्न: - जब यह परिस्थिति थी तो यह वर्ग चलाने के लिए आर्थिक व्यवस्था कैसे होती थी ?

उत्तर: - स्वामीजी के कार्य में आर्थिक व्यवस्था यह विषय ही नहीं है। एक आश्चर्य है अब भी वही विषय है इस लिए बता रहा हूँ कि अर्थ यह इस कार्य में शब्द दूर ही रहता है। यहाँ अर्थ से अनर्थ होता है। यही भाव होने के कारण स्वामीजी को जो दक्षिणा मिल जाती रही उसी से कार्य चलता रहा इसमें कोई खास आर्थिक व्यवस्था की आवश्यकता नहीं हुई। आज भी वही व्यवस्था चला आ रहा है।

निष्कर्ष :

गुरुकुल पद्धति से आर्थिक नियोजन वियोजन की व्यवस्था चलती है। परम पूज्य जनार्दन स्वामी योगाभ्यासी मंडल का - आर्थिक व्यवस्था समाज द्वारा प्राप्त दक्षिणा, सहयोग से सभी शिक्षा व्यवस्था चलाई जाता है, विद्यार्थियों व साधकों को निःशुल्क निःस्वार्थ भाव से योग की शिक्षा प्रदान किया जाता है। साथ ही पारदर्शी आर्थिक व्यवहार।

शोध प्रबंध :

खरे ब्रह्मनन्द ने सन 2000 में बुन्देलखण्ड विश्वविद्यालय "हेडगेवार योगदान .राष्ट्रीय संचेतना में डॉ", झाँसी (.प्र.उ)

उल्ला बरकत ने सन 2000 में स्वतन्त्रता आन्दोलन में लाल बहादुर शास्त्री का योगदान बुन्देलखण्ड विश्वविद्यालय झाँसी (.प्र.उ)

समाचार पत्र, मासिक पत्र :

नियमित जनार्दन स्वामी योगाभ्यासी मंडल से संबंधित आये समाचार, लेख। दै. नवभारत, दै. हितवाद, दैलोकमत ., दैतरुण . भारत, दैनिक भास्कर

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मनोकाविक रोग और योग

डॉ बनसोडे लीला .

क्रीडा विभाग प्रमुख, विनायकराव पाटील, वैजापुर

प्रस्तावना

आज समाज में बढ़ती हुई अनैतिकता और असामाजिकता के कारण मानव मानसिक और शारीरिक बिमारियों से घिरता जा रहा है। बिमारी पैदा करने में शरीर के तुलना में मन हजार गुना अधिक शक्तिशाली है। उसी प्रकार शारीरिक रोगों के तुलना में मानसिक रोगों से होनेवाली हाना अधिक है। नौ रोग मन से शुरू होकर शरीर में आते हैं। ऐसे रोग मन और शरीर दोनों को भी रोगी बना देते हैं। अधिकांश रोगों का जनमदाता हमारा मन है। मस्तिष्क स्वस्थ हो तो मनुष्य अनेक मानसिक पुरुषार्थ करता है। किन्तु मस्तिष्क विकृत हो तो शरीर के पूर्ण स्वस्थ होने पर भी सब कुछ निरर्थक हो जाता है। मन का साम्राज्य बहुत तेजी से फैलता है। मानसिक विकारों में काम क्रोध मोह लोभ द्वेष आदि आते हैं। इन सब के कारण चिन्ता, भय, आशंका असंतोष, निराशा, उदासी उद्वेग, आत्महीनता आदि कोसी भी वृत्ति का संतुलन बिगड़ जाता है।

मनोयोग - :

हमारा मन सभी इन्द्रियों को संचालन करने वाला है। यदि मन नियम के बाहर चला जायेगा तो इन्द्रियों का क्या होगा ? उदा एक रथ चार मतवाले घोड़े हो और रथ चलाने वाला भी मद में मस्त हो, तो उस स्थिति का क्या होगा ? वही बात मन के साथ है। इस मन को रोकना साधारण बात नहीं। मन जैसे जैसे केन्द्रित होता जायेगा - सा कमजोर होगा और जैसे - जैसे फलेगा वैसा - वैसा मन शक्तिशाली ही बन जायेगा। - वैसा

उपचार :

सर्व प्रथम मन और विचारों की दोस्तो तोड़ने का प्रयास करें। विश्वास करके की नकारात्मक विचार प्रयास करें। बिचास करके की नकारात्मक विचार किसी का कल्याण नहीं कर सकता। नकारात्मकता परिणाम सदेव अज्ञानता और दुःख ही होता है। विचारों को सकारात्मक बनाने में आसन अत्यन्त सहायक है। नकारात्मक विचारों से शरीर की नस नाडिया ऐंठ जाती है। तब आसनों के द्वारा किया गया आकुचन जकड़न समाप्त कर देता है। रक्त संचार अच्छी होती है। - शरीर से अकड़न - संकुचन - शरीर में ऑक्सीटोन - प्राणायाम के अभ्यास से न्यूरोन पर गए आवरण उतर जाते हैं। आसन और प्राणायाम का अभ्यास (Oxytone) के स्वाष को बढ़ावा देता है। जैसे जैसे इर होमोन का स्वाव शरीर में बढ़ता है -, पीडित व्यक्ति का हौसला और विश्वास भी उसी अनुपात में बढ़ता है।

प्रसन्न, स्वस्थ व रोगमुक्त बने रहने के सुत्र:

जीवन में सचमुच स्वस्थ व रोगमुक्त रहना चाहते हैं, तो अच्छे भोजन, व्यायाम के साथ साथ हमें प्रसन्न रहने का प्रयास - करना भी जरूरी है। प्रसन्नता और व स्वास्थ्य एक दुसरे के पुरक है।

- अपने स्वीकार्यता को बढ़ाएं हर स्थिति को स्वीकार कर उससे वास्तव में कोई भी स्थिति अच्छी या बुरी नहीं होती - प्रसन्नता पाने का प्रयास करें। हम आपने मन की कडीशनींग या बंधन के कारण ही कोई भी स्थिति या वस्तु अच्छी या बुरी लगती है। जमीन में जितनी स्वीकार्यता होगी उतामा ही अधिक आनंद हम पाएंगे।
- दृष्टीकोन में परिवर्तन करें प्रसन्न रहने के लिए दृष्टीकोन में परिवर्तन करें। सकारात्मक दृष्टीकोन - :से युक्त व्यक्ति ही वास्तव में प्रसन्न रह सकता है।

३. बच्ची के साथ समय व्यतीत करे। बच्चों के साथ समय व्यतीत करना प्रसन्न रहने का अचूक नुस्का है। हम अपना बचपन वापस नहीं ला सकते। लेकिन बच्चों के साथ समय गुजारने पर उसका आनंद अवश्य ले सकते।
४. प्रकृति के सानिध्य में अधिक समय व्यतीत करें। जब भी समय और मौका मिले प्रकृति के निकट जाने प्रयास करना चाहिये प्रवर्तीय स्थानों को या जाएं करें। समुद्र तर अथवा नदियों के किनारे घमे अधेरो व चाँदनी रातों में छत पर / बैठकर चाँद तारों को अवलोकन करें।
५. किशोरो से कुछ नया सीखते रहें। नये तकनीक के प्रवेश व प्रयोग के कारण पुराने लोग पिछड़ जाते है। उनका आत्मविश्वास कमजोर पड़ने लगता है। जो लोग बदलते समय के सा सही तादात्म्य स्थापित करने में सक्षम होते है। वे अपेक्षाकृता अधिक प्रसश व स्वस्थ बन रहते है।
६. नित्य योग साधना करे। योग का अभ्यास मनांकायिक रोंगों की जड़ मूल से समाप्त कर देता है।
 - अ) सर्व प्रथम विचारों को बदलने का अभ्यास जिसके लिए आसन और प्राणायाम अत्यंत आवश्यक और लाभकारी है।
 - ब) शिथोलीकरण की क्रियाएं करना बहुत जरूरी है। जैसे शवासन -, तथा योग मुद्रा का अभ्यास के साथ साथ - बने रहें। इससे मन और शरीर के तनाव धीन पड़ जाते है। हॉमोन के स्वाव बदल जाते है। और एक नई अर्जी का संचार होने लगता है।
 - क) भोजन की सात्विकता की ओर सजग रहें भोजन शरीर की आवश्यकतानुसार और मोसमानुसार करने से पाचन के तनाव कम हो जाते है।
७. रमते हुए मन को रोको। मन को रोकना मन को शक्ती को संरक्षण है। अंदर जाते मन को रोकना कैसे ? योग साधना में एक क्रिया है उसे हम अन्तरमान कहते है। मन कंट्रोल करने का तरीका है। जस चंचल घोड़े को रोका जाता है। कुछ समय घोड़े के साथ साथ – जाना पड़ता है। उसे दाना , पानी चारा देना पड़ता है। तब कही धीरे धीरे वह वश में आता - है। मन की भी उसी तरह की गती है। जप करते समय और ध्यान करते समय, या पूजा के लिए बैठते तब मन में बड़े जोर से विचार उठने लगते है। यह विचार जीवन संबंधी दिनचर्या सम्बंधी समस्याओं के होते है। मन में जो विचार उठता है वह किसी न किसी शंका और व्यवहार से प्रभावित होकर उठता है। वह आपके अंतर पहिलेसेही विद्यमान रहता है। विचार बाहरसे नहीं आता वह विचार दबाओगे तो विचार भागेगा नहीं। दब जायेगा और कभी न कभी दुसरी और से निकलेगा। इसलिए ध्यानावस्था में मन में उठनेवाले विचारों की उठने देना चाहिये। यह विचार भोग मूलक हो, योगमूलक या इश्वर सम्बन्धी। उस विचारो को साक्षीभावसे देखते जाना। मन के परिचय को उसके संस्कार स्वभाव, आचरण को जाने बिना मग पर कंट्रोल करना एकान करना संभव नहीं।
इसलिए योगी महात्माओ में एक बात कही है। मन को देखते जाओ मन का चितन करो ., मन में उठने वाले संकल्पो को देखते जाओ और साथ ही जप भी करते जाओ यही से आरंभ होता है। मनोयोग जिस दिन आप मन को यो भी नियंत्रित कर लेंगे उस दिन बहुत बड़ी उपलब्धो कर लोगे।
योगशास्त्र का मुल विषय है की मनुष्य को अपने भटकते विक्षिप्त और अस्वस्थ मन को एक जगह पर लाने को कला . आज नहीं तो १२ वर्ष में मन को जीतना ही उसका ऐश्वर्य है। कहते है की तुमने भले ही धन न कमाया हो/जानना, पर यदि मन पर विजय प्राप्त कर ली , तो सब कुछ पाया।

संदर्भ :

- १) अय्यंगार व्ही "हठयोग प्रदिपिका" .एस .स्के .
- २) कोल्हकर कृष्णाजी केशव भारतीय मानसशास्त्र अथवा सार्थ आवि सांवबरन पतिजल योदर्शन आदित्य प्रतिष्ठान मुळे।
- ३) योग मंजरी।

योग शिक्षा की व्याप्ति

डॉ नागनाथ .शेवाले

लोकप्रशासन विभाग, जेईएस कॉलेज, जालना

मो .9763454384

सारांश

योग भारत और नेपाल में एक आध्यात्मिक प्रक्रिया को कहते हैं जिसमें शरीर, मन और आत्मा को एक साथ लाने का योग का काम होता है। यह शब्द प्रक्रिया और धारणा हिंदू धर्म, जैन धर्म और बौद्ध धर्म में ध्यान प्रक्रिया से संबंधित है। योग 'शब्द भारत से बौद्ध धर्म के साथ साथ चीन -, जापान, तिब्बत, दक्षिण पूर्व एशिया और श्रीलंका में भी फैल गया है और इस समय सारे सभ्य जगत में लोग इससे परिचित है / इतनी प्रसिद्धि के बाद पहली बार 11 दिसंबर 2014 को संयुक्त राष्ट्र महासभा ने प्रत्येक वर्ष 21 जून को विश्व योगा दिवस के रूप में मान्यता दी है। आज पूरी दुनिया के हर देश, शहर, व्यक्ति ने योग का महत्व जान लिया है और योग का प्रत्यक्ष अनुकरण कर रहा है।

प्रस्तावना :

वैदिक संहिताओं के अंतर्गत तपस्वीयों के बारे में प्राचीन काल से वेदों में उल्लेख मिलता है जबकि तापसिक साधनाओं का समावेश प्राचीन वैदिक टिप्पणियों में प्राप्त है। कई मूर्तियां जो सामान्य योग या प्रदर्शित करती है। सिंधु घाटी सभ्यता के स्थान पर प्राप्त हुई है। पुरातत्व ग्रेगरी पोस्सहल के अनुसार यह मूर्तियां योग के धार्मिक संस्कार के योग से संबंध को संकेत करती है।

ध्यान में उच्च चैतन्य को प्राप्त करने की रीतियों का विकास श्रमानिक परंपराओं द्वारा एवं उपनिषद की परंपरा द्वारा विकसित हुआ था। बुद्ध के पूर्व एवं प्राचीन ब्राह्मण ग्रंथों में ध्यान के बारे में कई ठोस सबूत नहीं मिलते हैं। योग शब्द यून समाधो आत्मनेपदी दिवादि गनिय धातु में ' घ ' प्रत्यय लगाने से निष्पन्न होता है। इस प्रकार योग शब्द का अर्थ हुआ समाधि अर्थात् चित वृत्तियों का निरोध। वैसे योग शब्द यून जीर योग तथा यून संयम ने धातु से भी निष्पन्न होता है। किंतु तब इस स्थिति में योग शब्द का अर्थ क्रमशः योगफल जोड़ तथा नियमन होगा। :

योग के शास्त्रीय स्वरूप उसके दार्शनिक आधार को सम्यक रूप से समझना बहुत सरल नहीं है। संसार को मिथ्या मानने वाला अद्वैतवादी भी निधि ध्याहन के नाम से उसका समर्थन करता है। अनीश्वरवादी सांख्य विद्वान भी उसका अनुमोदन करता है। बौद्ध ही नहीं हिंदू मुस्लिम सूफी और इसाई भी किसी न किसी प्रकार अपने संप्रदाय की मान्यताओं और दार्शनिक सिद्धांतों के - साथ उसका सामंजस्य स्थापित कर लेते हैं।

परिभाषा :

1. बौद्ध धर्म के अनुसार, 'कुशल चित्तकथता योग' अर्थात् कुशल चित्त की एकाग्रता योग है।
2. भगवद्गीता के अनुसार, सिद्धासिद्धियों समोभूत्वा समत्व योग उच्चते 'अर्थात् दुख सुख -, शुभ (हानि) अलाभ -, शत्रु - मित्र, शीत उष्ण आदि द्वंद्व में सर्वत्र सम भाव रखना योग है। -
3. सांख्य दर्शन के अनुसार, 'पुरुषप्रकृत्यो वियोगीपि योग इत्यमिधियवे' अर्थात् पुरुष एवं प्रकृति के पार्थक्य को स्थापित कर पुरुष का स्वरूप में अवस्थित होना ही योग है।

योग शिक्षण की व्याप्ति आठ अंग से बताई जा सकती है।

1. यम अहिंसा - (पांच परिहार), झूठ नहीं बोलना, गैरलोभ, गैर विषयआसक्त और गैर स्वामी गत।
2. नियम पवित्रता - (पांच धार्मिक क्रिया), संतुष्टि, तपस्या, अध्ययन और भगवान को आत्मसमर्पण।
3. आसन मूलार्थक अर्थ बैठने का -आसन !
4. प्राणायाम प्राण (सांस को स्थगित रखना) -, सांस, अयाम को नियंत्रित करना या बंद करना। साथ ही जीवन शक्ति को नियंत्रण करना।
5. प्रत्याहार बाहरी वस्तुओं से भावना अंगों के प्रत्याहार (अमृत) -।
6. धारणा एक ही लक्ष्य पर ध्यान लगाना। (एकाग्रता) -
7. ध्यान ध्य -ान की वस्तु की प्रकृति गहन चिंतन।
8. समाधि ध्यान के वस्तु को चैतन्य के साथ विलय करना (विमुक्ति) -।

इसके दो प्रकार स विकल्प और अविकल्प -। कोई भी कार्य काल, स्थल, समय, सीमा, धर्म या आर्थिक, सामाजिक, धार्मिक, सांस्कृतिक, राजनीतिक, तांत्रिक या कोई भी क्षेत्र हो उस क्षेत्र में योगाभ्यास किया जा सकता है। अध्ययन अध्यापन किया जा सकता है या अवलोकन किया जा सकता है। बदली हुई रहन सहन -, खान पान में योग शिक्षा व्यक्ति -, समाज तथा जीवन में बहुत ही बदलाव या स्थिरता ला सकती है। दुनिया के हर क्षेत्र का व्यक्ति या सभी देशों में मानवीय स्वास्थ्य एवं शांति के लिए प्राचीन काल से योगाभ्यास किया जाता रहा है। आज के आधुनिक युग में उसकी उपयोगिता और बढ़ गई है।

सारांश

वर्तमान समय में अपनी व्यस्त जीवनशैली के कारण लोक संतोष पाने के लिए योग करते हैं। योग से न केवल व्यक्ति का तनाव दूर होता है बल्कि मन और मस्तिष्क को भी शांति मिलती है। योग बहुत ही लाभकारी है। योग न केवल हमारे दिमाग, मस्तिष्क को ही ताकत नहीं पहुंचाता है बल्कि हमारी आत्मा को भी शुद्ध करता है। आज अधिकतर लोग मोटापे की समस्या से परेशान हैं। उनके लिए यह योग बहुत ही फायदेमंद है। योग के फायदों से आज सब ज्ञात है जिस वजह से आज योग विदेशों में भी प्रसिद्ध है।

संदर्भ सूची

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2. सर्वपल्ली राधाकृष्णन भारतीय दर्शन, दूसरा खंड, प्रकाशन जॉर्ज एलन और वुडन, लंदन प्रकाशन
3. क्रीडा प्रशिक्षण व मार्गदर्शन हेमंत वर्मा .डॉ - , एंजल पब्लिकेशन नई दिल्ली .
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खेल और आरोग्य शिक्षा

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सारांश

इस शोध लेख में खेल और आरोग्य शिक्षा की जानकारी लिखी गई है। शरीर मजबूत और दिमाग तेज रखने के लिए खेल और आरोग्य शिक्षा जरूरी है। खेल और आरोग्य शिक्षा का महत्त्व तथा इनसे प्राप्त होने वाले व्यावसायिक लाभ यहां बताये गये हैं। खेल खेलना यह बच्चों की स्वाभाविक क्रिया है। खेल खेलने से तन मन तंदुरुस्त रहता है। खेल खेलने से बच्चों का शारीरिक, मानसिक और सामाजिक विकास होता है। खेल मनोरंजन के लिए और प्रतियोगिता के तौर पर भी खेले जाते हैं। प्रतियोगिता में जीतने के लिए कई बातों के साथ साथ सबसे महत्त्व की बात आरोग्य भी होती है जिसका ज्ञान आरोग्य शिक्षा से होता है।

खेल और आरोग्य शिक्षा से खेल और आरोग्य के बारे में जानकारी प्राप्त होती है। इससे व्यक्ति अपना ध्येय साध्य करता है।

प्रधान शब्द : खेल शिक्षा, आरोग्य शिक्षा.

प्रस्तावना :

खेल और आरोग्य शिक्षा का इतिहास बहुत पुराना है। रामायण, महाभारत समय में नियमबद्ध खेल खेले जाते थे जैसे तीर कमान, तलवार चलाना, गदा लड़ाई, कुश्ती आदि। शिक्षा, खेल और आरोग्य शिक्षा उस समय गुरुकुल में दी जाती थी। युद्ध कला में निपुण होना ये उस समय का मुख्य उद्देश्य था। उस समय के महान गुरु द्रोणाचार्यजी के नाम से भारत सरकार ने खेल के श्रेष्ठ मार्गदर्शन और उच्च दर्जे के खिलाड़ी बनाने के लिए द्रोणाचार्य अवार्ड प्रदान करते हैं। खेल शिक्षा और आरोग्य शिक्षा ये दोनों शिक्षाएँ अलग अलग हैं पर ये एक दूसरे पर निर्भर हैं। खेल के लिए आरोग्य की आवश्यकता है। वक्त के साथ साथ खेल और आरोग्य शिक्षा में विकास हो रहा है।

उद्देश :

१. खेल और आरोग्य शिक्षा की जानकारी देना।
२. खेल और आरोग्य शिक्षा का महत्त्व बताना।
३. खेल और आरोग्य शिक्षा से प्राप्त होनेवाली व्यावसायिक उपलब्धियाँ बताना।

खेल शिक्षा : खेल खेलना सभी को अच्छा लगता है। खेल से मनोरंजन के साथ शारीरिक, मानसिक और बौद्धिक विकास होता है। खेल खेलने के लिए खेल शिक्षा लेना आवश्यक।

खेल शिक्षा : खेल के बारे में दिये जानेवाली शिक्षा को खेल शिक्षा कहते हैं। इसमें खेल के प्रति जानकारी होती है।

खेल शिक्षा का महत्त्व :

१. खेल शिक्षा से खेल खेलने के बारे में जानकारी मिलती है।
२. खेल शिक्षा से शरीर तंदुरुस्त और दिमाग तेज रहता है।

३. खेलों के नियम समझ में आते हैं।
४. खेल में जीतने के लिए कौन कौन सी शारीरिक, मानसिक तयारी करनी है इसकी जानकारी होती है।
५. विभिन्न कौशल्य समझ में आते हैं।
६. प्रशिक्षण के बारे में जानकारी मिलती है।
७. सराव के बारे में जानकारी मिलती है।
८. प्रतियोगिताओं में किस प्रकार खेला जाता है इसकी जानकारी मिलती है।
९. प्रतियोगिताओं के बारे में जानकारी मिलती है।
१०. इनाम के बारे में जानकारी मिलती है।
११. खेलों के प्रति भारत सरकार की सुविधाओं की जानकारी प्राप्त होती है।

उपरोक्त सभी जानकारी का खेल शिक्षा से प्राप्त होने के कारण खेल शिक्षा का महत्त्व अधिक है।

खेल शिक्षा लेने से प्राप्त होनेवाले व्यवसाय :

खिलाडी , मार्गदर्शक , खेल शिक्षक , प्राध्यापक , जीम इस्ट्रक्टर , खेल रेफ्री , एम्पायर , कॉमेटीटर .खेल पत्रकार , ग्राउंड मेकर , स्पर्धा आयोजक ,इन सभी कामों से अर्थार्जन होता है।

आरोग्य शिक्षा :

आरोग्य शिक्षा का इतिहास बहुत पुराना है। पुराने समय में वैद्य , हकिम हुआ करते हैं। महर्षी पतंजली ने योग बताकर आरोग्य शिक्षा में बहुत मौल्यवान काम किया है। आरोग्य शिक्षा प्रत्येक व्यक्ती के लिए महत्वपूर्ण है।

आरोग्य शिक्षा आरोग्य के बारे में दी जानेवाली शिक्षा को आरोग्य शिक्षा कहते हैं। :

आरोग्य शिक्षा का महत्त्व :

- १ . आरोग्य शिक्षा से मनुष्य को अपने शरीर के बारे में जानकारी होती है।
 - २ . अलग अलग रोग और उनके उपचार एवम बचाव की जानकारी प्-राप्त होती है।
 - ३ . आहार के बारे में जानकारी प्राप्त होती है।
 - ४ . बुरी आदतें और आरोग्य वर्धक आदतों के बारे में जानकारी मिलती है।
 - ५ . आरोग्य शिक्षा से खेल के लिए आवश्यक आरोग्य की जानकारी मिलती है।
 - ६ . खेल के दौरान लगने वाली चोटें और उनके इलाज की जानकारी मिलती है।
- उपरोक्त सभी बातों के कारण आरोग्य शिक्षा बहुत ही महत्वपूर्ण शिक्षा है।

आरोग्य शिक्षा से प्राप्त होनेवाले व्यावसायिक लाभ :

- १ . आरोग्य तज्ञ , २ . डायटिशियन , ३ . फिजीओथेरेपीस्ट उपरोक्त व्यवसायों से अर्थ प्राप्ती होती है।

निष्कर्ष : इस शोध लेख के सभी उद्देश्य पूर्ण होते हैं। लेख से यह स्पष्ट होता है कि खेल और आरोग्य शिक्षा स्वयः के और औरोंके खेल और आरोग्य के लिए महत्वपूर्ण है। इससे अर्थप्राप्ती भी की जा सकती है।

संदर्भसूची :

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‘स्वदेशी भारतीय खेल एवं प्रादेशिक भाषाएं’

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मनुष्य के सर्वांगीण विकास में भाषा एवं खेल-कूद का सदियों से महत्वपूर्ण योगदान रहा है। 'भाषा मानव मन की चतुर बुद्धि द्वारा आविष्कृत एक ऐसा उपाय है, जिसकी मदद से हम अपने विचार सरलता और तत्परता से दूसरों पर प्रकट कर सकते हैं और चाहते हैं कि, इसकी व्याख्या प्रकृति की उपज के रूप में नहीं बल्कि मानव कृत पदार्थ के रूप में करना उचित है। जबकि खेल मानव जीवन की सहज प्रवृत्ति है। खेल जन्मजात, स्वतंत्र, स्फूर्ति दायक, स्व-लक्षित एवं आनंददायक रचनात्मक प्रवृत्ति है।'

ऐसे बहुत सारे खेल हैं जिनका जन्मदाता देश भारत है, लेकिन हम में से बहुत से भारतीयों को यह पता ही नहीं कि, कौन-कौन से खेल भारतीयों ने खोज निकाले हैं। भारत में अंग्रेजों और अरबों की सत्ता स्थापना के बाद देश के गौरवपूर्ण इतिहास को नष्ट किया गया और खुद के झूठे इतिहास को महिमामंडित कर प्रचारित किया गया क्योंकि उन्हें अपना नया धर्म जो स्थापित करना था। इसीलिए अंग्रेजों ने खुद को सभ्य और संपूर्ण विश्व को असभ्य घोषित कर दिया। ओलंपिक इतिहास के पहले भारत में भी ओलंपिक होता था। ओलंपिक के अधिकतर खेल भारत में ही आविष्कृत हुए हैं। जैसे क्षत्रियों के शारीरिक विकास के लिए रथ-दौड़, धनुर्विद्या, तलवारबाजी, घुड़सवारी, मल्लयुद्ध, कुश्ती, तैराकी, भाला फेंक, आखेट आदि का प्रशिक्षण दिया जाता था। इसके अतिरिक्त अन्य वर्ग भी बैलगाड़ियों और दक्षिण में नौका की दौड़ में भाग लेते थे। हड़प्पा तथा मोहनजोदड़ो के अन्य अवशेषों से ज्ञात होता है कि, इ.स. से 2500-1550 वर्ष पूर्व सिंधु घाटी सभ्यता में कई प्रकार के अस्त्र-शस्त्र और खेल के उपकरण प्रयोग में लाए जाते थे। यह सभी जानते हैं कि, बलराम, भीम, हनुमान, जामवंत और जरासंध आदि के नाम मल्लयुद्ध में प्रख्यात हैं। विवाह के क्षेत्र में भी शारीरिक शक्ति और दक्षता का प्रदर्शन किसी न किसी रूप में शामिल किया जाता था। राम ने शिव धनुष पर प्रत्यंचा चढ़ाकर और अर्जुन ने मछली की आंख का प्रतिबिंब देखकर प्रतियोगिता में खुद की क्षमता का प्रदर्शन किया था। गौतम बुद्ध स्वयं सक्षम धनुर्धर थे और रथ दौड़, तैराकी तथा गोला फेंकने आदि की स्पर्धाओं में भाग ले चुके थे। युद्ध कलाओं का विकास सबसे पहले भारत में किया गया था बौद्ध धर्म प्रचारकों द्वारा वह पूरे एशिया में फैलाया गया। योग कला का उद्भव भारत में ही हुआ है, जो 5000 वर्ष से अधिक समय से मौजूद है। इसके अतिरिक्त भारत के विभिन्न दुर्गम प्रांतों, गांव एवं कस्बों की जनजातियां भी जिमनास्टिक की तरह के प्रदर्शनकारी खेलों में पारंगत थीं। खिलाड़ी उड़ती के लोग चलते फिरते सर्कस करते थे उनके लिए बांस की सहायता से अपना शारीरिक संतुलन नियंत्रित करके रस्सी के ऊपर चलना साधारण सी बात थी। केवल हाथों के बल पर चलना फिरना बांस की सहायता से ऊंची छलांग (High jump) भरना आदि के आधुनिक खेल वे बिना किसी सुरक्षा आडंबरों के दिखाया करते थे। इनके अतिरिक्त छिपाछई, पिटू, चर-भर, शेर-बकरी, अष्टा-चंगा, चक-चक-चलनी, समुद्र-पहाड़, दडी-दोटा, किकली (रस्सी कूद), मुर्ग युद्ध, बटेर युद्ध, अंग-भंग-चौक-चंग, गोल-गोल धानी, सितौलिया, अंटी कंचे, पकड़म् पाटी आदि सैकड़ों खेल हैं, जिनमें से कुछ का अब अंग्रेजीकरण कर दिया गया है।

आधुनिक भारत में क्रिकेट सबसे लोकप्रिय खेल रहा है। जिसे इस देश में कई क्रिकेट विश्व कप की मेजबानी की और जीता भी। ओलंपिक में हॉकी भारत के लिए सबसे सफल खेल रहा है। कबड्डी देश का सबसे लोकप्रिय स्वदेशी खेल है। भारत में अन्य लोकप्रिय खेल बैडमिंटन, फुटबॉल, शूटिंग, कुश्ती, मुक्केबाजी, टेनिस, भारोत्तोलन (वेटलिफ्टिंग), जिमनास्टिक, एथलेटिक्स, टेबल टेनिस, बास्केटबॉल, वॉलीबॉल और साइकिलिंग है। लोकप्रिय स्वदेशी खेलों में शतरंज, खो खो, पोलो (चौगान), गंजिफा, पतंगबाजी, तीरंदाजी (Archery), चौपड़ पासा, सांप सीढ़ी और गिल्ली डंडा शामिल हैं। इनमें से कई खेलों को लेकर भारत ने कई राष्ट्रीय अंतरराष्ट्रीय खेल प्रतियोगिताओं की मेजबानी की जिनमें से खास तौर पर 1987, 1996 और 2011 क्रिकेट विश्व कप, 1951 और 1982 एशियाई खेल, 2010 राष्ट्रमंडल खेल और 2017 फीफा अंडर-17 विश्व कप। देश में

घरेलू पेशेवर खेल लीगों में इंडियन प्रीमियर लीग (ट्वेंटी-20 क्रिकेट) और इंडियन सुपर लीग (फुटबॉल), प्रो कबड्डी लीग (कबड्डी), हॉकी इंडिया लीग (फील्ड हॉकी), प्रीमियर बैडमिंटन लीग, प्रो वालीबॉल लीग शामिल है। भारत में प्रतिवर्ष आयोजित होने वाले प्रमुख अंतरराष्ट्रीय खेल आयोजनों में टेनिस में चेन्नई ओपन, गोल्फ में इंडियन ओपन और बैडमिंटन में इंडिया ओपन शामिल है।

भारतवर्ष में सदियों से विभिन्न भाषाएं बोली जाती हैं, वास्तव में भाषा मानव समुदाय की एक बहुत बड़ी उपलब्धि है जिसका मुख्य उद्देश्य संप्रेषण है, अर्थात् अपनी बात को दूसरों तक पहुंचाना। भाषा न केवल बोलने का भाव है बल्कि व संस्कृति को भी व्यंजित करती है। यह विभिन्न तरह की बोलियों का समूह है। प्रत्येक भाषा अपने अपने क्षेत्र को प्रदर्शित करती है। जो भाषा सबसे अधिक बोली जाती है, वह उस क्षेत्र की भाषा बन जाती है। भारतीय संविधान की अष्टम अनुसूची और अनुच्छेद 344(1) और 351 के अनुसार, 22 भारतीय भाषाएं हैं, जिनका विवरण निम्नानुसार है : असमिया, ओड़िया/ओड़िया, उर्दू, कन्नड़, कश्मीरी, गुजराती, तमिल, तेलुगु, पंजाबी, बांग्ला, मराठी, मलयालम, संस्कृत, सिंधी, हिंदी, मणिपुरी, नेपाली, कोंकणी, मैथिली, संथाली, बोडो और डोगरी। जिन्हें प्रादेशिक भाषा भी कहा जाता है। 2001 की जनगणना के अनुसार भारत में 122 प्रमुख भाषाएं हैं और 1599 अन्य भाषाएं (बोलियाँ) हैं। प्रादेशिक भाषा से मतलब किसी प्रदेश की भाषा से है। प्रादेशिक भाषा के लिए एक राज्य होना जरूरी है। जबकि राजभाषा के लिए किसी राज्य या प्रदेश का होना जरूरी नहीं है। प्रादेशिक भाषा और राज्य भाषा में ज्यादा कुछ अंतर नहीं है, राज्य भाषा को ही हम प्रादेशिक भाषा के रूप में मान सकते हैं। क्योंकि प्रदेश या प्रांत शब्द की अपेक्षा राज्य शब्द ज्यादा प्रसिद्ध है। 'प्रादेशिक भाषा' शब्द भारत के संविधान में भाग 17 के अध्याय 2 के 345, 346 और 347 अनुच्छेद में प्रयुक्त हुआ है। सिंधी और संस्कृत प्राकृत भाषा में नहीं आती है, क्योंकि इनका अपना प्रदेश नहीं है। हिमाचल प्रदेश हरियाणा दिल्ली उत्तरांचल उत्तर प्रदेश राजस्थान मध्य प्रदेश छत्तीसगढ़ बिहार झारखंड इन 10 राज्यों की भाषा प्रादेशिक हिंदी समझी जाती है, जिन्हें हिंदी भाषी राज्य भी कहा जाता है। यह भाषा क्षेत्र 'क' सूची में आते हैं, जहां पर हिंदी भाषा सर्वाधिक बोली और समझी जाती है। प्रादेशिक भाषा अंग्रेजी शब्द (Regional Language) पर्यायवाची शब्द 'प्रादेशिक भाषा' है। 'ख' सूची में आने वाले क्षेत्र : गुजरात-गुजराती भाषा, महाराष्ट्र-मराठी भाषा, पंजाब-पंजाबी भाषा, चंडीगढ़-पंजाबी और हिंदी भाषा यह क्षेत्र अहिंदी भाषी है। कुछ क्षेत्र 'ग' सूची में आते हैं, जिन्होंने हिंदी भाषा को नहीं अपनाया : आंध्र प्रदेश-तेलुगू, तमिलनाडू-तमिल, कर्नाटक-कन्नड़, केरल-मलयालम, जम्मू कश्मीर-कश्मीरी, नागालैंड-अंग्रेजी, मेघालय-अंग्रेजी, मणिपुर-मणिपुरी, त्रिपुरा-बांग्ला, अंग्रेजी, असम-असमिया, अरुणाचल प्रदेश अंग्रेजी, उड़ीसा-उड़िया, पश्चिम बंगाल-बांग्ला, सिक्किम-नेपाली, अंग्रेजी, पांडिचेरी-तमिल, अंग्रेजी, मिजोरम अंग्रेजी, गोवा-कोंकणी, दमन दीव-गुजराती, लक्षद्वीप समूह-मलयालम, दादरा एवं नगर हवेली-हिंदी, गुजराती, अंडमान एवं निकोबार द्वीप समूह-हिंदी।² इन सभी भाषा के प्रकारों के आधार पर हम यह जान सकते हैं कि, लोग अपने विचारों और भावों को भाषा के द्वारा ही व्यक्त कर पाते हैं। अर्थात् जिस तरह से भाषिक विविधता हमारे देश में पाई जाती है, ठीक उसी तरह खेल एवं क्रीड़ा क्षेत्र से जुड़ी हुई विभिन्नता भी हमारे देश के विभिन्न क्षेत्रों में पाई जाती है। जिसके बारे में संक्षिप्त जानकारी पाने की कोशिश प्रस्तुत आलेख के माध्यम से की जा रही है।

एक समय था जब यह माना जाता था कि, प्रादेशिक भाषाओं में खेलों की खबरें लिखना, पढ़ना संभव नहीं है किंतु अब यह धारणा बदल चुकी है। ऐसी स्थिति में क्रिकेट से लगातार कबड्डी तक सभी खेलों की तकनीकी जानकारी किसी एक व्यक्ति को हो यह असंभव बात है। ऐसी स्थिति में खेल संगठनों अथवा स्पर्धा आयोजकों द्वारा जारी प्रेस नोट ज्यों के त्यों समाचार पत्र में छपते रहते हैं। यूरोप, अमेरिका अथवा जापान में खेल पत्रकारिता अत्यधिक उन्नत स्तर की है। इन देशों में विभिन्न खेलों के विभिन्न जानकार टिप्पणियां लिखते हैं। हमारे देश के अंग्रेजी अखबारों में भी अब यह पद्धति शुरू हो चुकी है। किंतु हिंदी अखबारों के लिए उनके सीमित साधनों के कारण आज भी यह संभव नहीं है। स्वाभाविक है कि, हिंदी समाचार पत्रों की खेल-खबरें स्तरीय लेखन के लिए पहली आवश्यकता लेखक की अपनी स्वयं की लेखन शैली होनी चाहिए। जरूरी नहीं कि, भाषा पर आपका अधिकार शेक्सपियर, निराला अथवा पंत जैसा हो। मुंशी प्रेमचंद जी जैसी सहज सपाट बयानी भाषा भी सब कुछ कह जाती है। हां यह सही है कि, खेलों का मामला तकनीकी होता है। किंतु लिखने वाला इस तरह से लिखें की पढ़ने वाला स्कूली बच्चा भी हो तो समझ जाए। हमें अन्य भाषाओं के शब्दों को प्रयोग में लाने के लिए भी नहीं हिचकना चाहिए। कहने का अर्थ यह है कि, 'हर जीवंत प्रादेशिक भाषा का यह गुण होता है कि, वह स्वयं को उदार-उन्मुक्त बनाए रखती है। दूसरी भाषाओं से शब्द

आदी ग्रहण करके और पचाकर वह अपने स्वभाव का अंग बना लेती है।³ भारत के इतिहास में दो संपर्क भाषाओं ने महत्वपूर्ण भूमिका निभाई है: फारसी और अंग्रेजी। भारत में मुगल काल के दौरान फारसी अदालत की भाषा थी। यह ब्रिटिश उपनिवेश के युग तक कई शताब्दियों तक एक प्रशासनिक भाषा के रूप में शासन करती रही। प्रादेशिक भाषाओं को संपन्न बनाना है, तो खुले मन से अन्य भाषाओं के प्रचलित शब्दों के इस्तेमाल करने में कुछ भी आपत्तिजनक नहीं है। विदेशी भाषाओं की पारंपरिक शब्दावली को छोड़कर खब्बू खिलाड़ी, झाड़ू, चुटकी, ठुमकी जैसे शब्दों का प्रयोग हास्यास्पद लगता है। क्रिकेट की शब्दावली में कट, स्लीप, इनस्विंगर या आउटस्विंगर शब्दों को यदि हम स्वीकार करें तो हमारी नाक नहीं कट जाएगी। आखिर अंग्रेजी ने भी धोती, पुलिस, बंदोबस्त, घेराव आदि शब्दों को उसी स्वरूप में स्वीकार किया है। प्रादेशिक भाषाओं का दायरा भी इससे विस्तृत और व्यापक है। दुर्भाग्य तो यह है कि आज भी प्रादेशिक भाषाओं को दोयम दर्जे की निगाहों से देखा जाता है। वास्तव में देखा जाए तो आज भी प्रादेशिक भाषाओं में की जाने वाली क्रिकेट कमेंट्री हो या अन्य नियमावली का प्रयोग करने वाले कॉमेंट्रीटोरों को आज सभी प्रकार की तकनीकी सुविधाओं को दिया जा रहा है। क्षेत्रीय भाषाओं में क्रिकेट कमेंट्री ना केवल मौजूदा दर्शकों के साथ नए संपर्क को बढ़ावा देगी बल्कि दर्शकों की संख्या वृद्धि करने का यह एक आसान माध्यम भी बनेगी, यही वजह है कि विभिन्न प्रादेशिक खेलों में क्षेत्रीय भाषाओं में कमेंट्री की मांग कई गुना बढ़ गई है। जिन्हें सुनकर, देखकर प्रसन्नता की अनुभूति खिलाड़ी, दर्शक और पाठक सभी में होती है। मनुष्य के स्वस्थ शरीर और चरित्र निर्माण में खेल विद्या के महत्व को निर्विवाद रूप से आधुनिक युग में सब ने मान लिया है।

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खेल पत्रकारिता एक भाषिक कला..!

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परिचय

मानव जीवन में पत्रकारिता का अपना महत्वपूर्ण स्थान है जो अपने उच्च स्थान एवं आदर्शों के चलते निरंतर अपनी पहचान बनाती आ रही है। भारतीय इतिहास में पत्रकारिता का स्थान लगभग दो सौ साल पुराना है। अतः वर्तमान में पत्रकारिता हमारे लिए कोई नया क्षेत्र नहीं रहा है। सुबह से शाम तक हम संचार माध्यमों से ही घिरे रहते हैं। सुबह होते ही हमें अखबार की आवश्यकता होती है। पूरे दिन रेडियो, दूरदर्शन, इंटरनेट, फेसबुक, ट्विटर, इंस्टाग्राम, व्हाट्सएप आदि जैसे अत्याधुनिक इलेक्ट्रॉनिक सोशल मीडिया से भी समाचार तथा विभिन्न जानकारी प्राप्त करते रहते हैं। साथ ही साथ धारावाहिक, फिल्में तथा खेलों का भी इसमें अहम महत्त्व है। मीडिया ने व्यक्ति से लेकर समूह तक, देश से लेकर सारे विश्व तक सभी को एक सूत्र में बांधकर रखा है।

देश-दुनिया में घटित घटनाओं को आधुनिक संचार माध्यमों द्वारा शीघ्र गति से जनता तक पहुंचाया जाता है। विभिन्न समाचार माध्यमों द्वारा दुनिया भर के समाचार हमारे घरों तक पहुंचते हैं चाहे वह समाचार पत्र हो या टीवी, रेडियो, इंटरनेट हो अथवा अन्य सोशल मीडिया। समाचार संगठनों में काम करने वाले पत्रकार रिपोर्टर देश-दुनिया में घटने वाली घटनाओं को समाचार के रूप में परिवर्तित कर हम तक पहुंचाते हैं जिसके लिए वे निरंतर सूचनाओं का संकलन कर उन्हें समाचार के प्रारूप में ढाल कर प्रस्तुत करते हैं इसे ही हम स्थूल रूप में पत्रकारिता कहते हैं। समाचार को जल्दी में लिखा गया इतिहास भी कहा जाता है।

पत्रकारिता शब्द अंग्रेजी के ' जर्नलिज्म ' शब्द का हिंदी रूपांतरण है, जिसका अर्थ है दैनिकी, दैनिकी या दैनिक कार्यों का विवरण। पत्रकारिता पत्रकार का ऐसा कार्य होता है जिसमें वह समाचार इकट्ठे कर संपादन आदि की विद्या को अपनाकर समाचारों का प्रमाणिकता के आधार पर विवेचन करता है। पत्रकारिता एक ऐसी सेवा है जो घटनाओं का विश्लेषण करके लोकतांत्रिक परंपराओं की रक्षा करती है, शांति एवं भाईचारा कायम रखने में महत्वपूर्ण भूमिका अदा करती है। पत्रकारिता कलात्मक सेवा कार्य के द्वारा सामयिक घटनाओं को शब्द एवं चित्र के माध्यम से जन-जन तक आकर्षक ढंग से प्रस्तुत करती है। व्यक्ति से लेकर समूह तक और देश से लेकर दुनिया के विचार, राजनीति, संस्कृति आदि को प्रभावित करती है। पत्रकारिता के हेतु किताबी की अपेक्षा कुशल साधना की आवश्यकता होती है। पत्रकारिता एक सफल पत्रकार हेतु सक्रियता, विश्वास पात्रता, वस्तुनिष्ठता, विश्लेषण क्षमता तथा भाषा पर अधिकार जैसे गुणों का होना अनिवार्य है। अर्थात् पत्रकारिता सामाजिक और नैतिक मूल्य से जुड़ी होती है चाहे वह ग्राम पत्रकारिता, फिल्म पत्रकारिता, राजनीतिक पत्रकारिता हो या खेल पत्रकारिता हो।

खेल से जुड़ी पत्रकारिता को खेल पत्रकारिता कहा जाता है। खेल आधुनिक हो या प्राचीन हो उनमें होने वाले अद्भुत कारनामों को देश-दुनिया के सामने लाना तथा उसे जगजाहिर करने तथा उनका व्यापक धरातल पर प्रचार प्रसार करने के लिए खेल पत्रकारिता की महत्वपूर्ण भूमिका रही है। खेल मात्र मनोरंजन का साधन ही नहीं बल्कि अच्छे स्वास्थ्य, शारीरिक दमखम तथा बौद्धिक क्षमता की पहचान है। मनोवैज्ञानिक दृष्टि से देखा जाए तो खेल एक ऐसी आंतरिक एवं स्वयं प्रेरित इच्छा है कि जो व्यक्ति के व्यवहार को परिवर्तित करके उसे उसके शारीरिक क्रियाओं की ओर ले जाती है तथा उस व्यक्ति की वृद्धि एवं विकास में सहायक होती है। अर्थात् खेल में किसी व्यक्ति को तैयार करने की या उसे प्रोत्साहन देने की आवश्यकता नहीं बल्कि वह स्वयं अपनी आंतरिक इच्छानुसार उसमें भाग लेता है।

वर्तमान में खेलों को लोकप्रियता के शिखर पर पहुंचाने में खेल पत्रकारिता का बड़ा योगदान रहा है, क्योंकि आज खेलों को मात्र मनोरंजन ही नहीं तो स्वास्थ्य कैरियर तथा व्यवसाय के रूप में देखा जा रहा है। वर्तमान में हम जिस रूप में खेल पत्रकारिता से परिचित हैं वह भले ही एक नई विधा हो किंतु खेलों में मानव जीवन का संबंध प्राचीन समय से रहा है। शब्दों तथा चित्रों के माध्यम से खेलों का प्रदर्शन कर उसे परिभाषित करने में मानव प्राचीन काल से ही सतर्क रहा है "जिस दिन मनुष्य ने पहली बार पानी में मछलियों को खेलते हुए देखा होगा उसी दिन से उसके मन में अनुसरण करने की इच्छा ने जन्म लिया होगा। इसलिए आदि

मानव द्वारा अंकित मछलियों के चित्र, शेर द्वारा हिरण का शिकार या फिर मनुष्य और चीते के द्वंद्व का चित्रण संसार के प्रत्येक भाग में मिल जाता है।^१ यद्यपि आदिमानव की खेलों से संबंधित कल्पनाएं मात्र प्रकृति तथा अन्य प्राणियों पर विजय पाने की महत्वाकांक्षा से ही जुड़ी थी तथा खेल अधिकतर शिकार एवं युद्ध से संबंधित रहे किंतु धीरे-धीरे विकसित होती मानव सभ्यता के चलते खेल भी परिमार्जित एवं संस्कारित होते गए और उनके वर्णन करने की कला शैली एवं तकनीक भी परिमार्जित होती गई।

महाभारत काल में खेल को जीवन और शिक्षा का अभिन्न अंग माना गया था। महाभारत में भी अनेक स्थलों पर खेल के स्थानों, खेल के दर्शकों एवं खेल के वातावरण का विस्तृत एवं मनोहारी चित्रण प्राप्त होता है। द्रोपदी स्वयंवर तथा धृतराष्ट्र एवं पांडु पुत्र हेतु रंगशाला में खेलों का आयोजन किया जाता था ताकि उनमें परस्पर प्रतियोगिता एवं युद्ध कौशल बढ़ सके। साथ ही पाश्चात्य ग्रीक अभी कवि होमर ने अपनी रचना ‘इलियड भाग २३’ में भी खेलों का विस्तृत वर्णन किया है। अतः डॉ. रमेश जैन होमर को प्रथम खेल पत्रकार के रूप में तथा महाभारत में निहित समस्त खेल प्रतियोगिताओं के वर्णन को खेल पत्रकारिता का आदि रूप मानते हैं। उनके अनुसार “महाभारत में आचार्य द्रोण द्वारा पांडु और कंस पुत्र को खेल-खेल में दी गई शस्त्र विद्या तथा मल्लविद्याओं रस दौड़ आदि प्रतियोगिताओं के वर्णन खेल पत्रकारिता का आदि रूप कहा जा सकता है। पाश्चात्य साहित्य में भी खेल समाचार के उदाहरण मिलते हैं। यूनानी लेखक होमर (८५० ईसवी पूर्व) ने इलियड की २३ वीं पुस्तक में ओडसीस और रजाक्स के मल्ल युद्ध का वर्णन रोमांचक शैली में किया है। यूनान के ओलंपिक खेलों के आरंभ से वहां खेलों की व्यवस्थित परंपरा चली आ रही है। सभ्यता के उत्कर्ष से रथ और घुड़दौड़ की प्रतियोगिता को विशेष प्रोत्साहन मिला।”^२

प्रतियोगिता तथा प्रतिस्पर्धा से हटकर विचार करें तो हम पाएंगे कि खेल स्वास्थ्य, मनोरंजन तथा खुशहाली तीनों का ही प्रतीक है। इससे भी अधिक खेल मनुष्य की एक सहज और स्वाभाविक प्रक्रिया है। खेल जगत के रोमांचित क्रियाकलापों पर आधारित खेल पत्रकारिता का आरंभ हिंदी में देश की आजादी के पश्चात ही हुआ है। आजादी के पूर्व खेल कुछ व्यक्तियों के समूह तक ही सीमित थे। राजा-महाराजाओं के खेल उनके मनोरंजन हेतु ही हुआ करते थे किंतु आधुनिक समय में खेल पूर्णता सामाजिक बन गया है। अतः वर्तमान में खेल पत्रकारिता का अपना एक स्वतंत्र स्थान एवं पहचान बन गई है। स्वतंत्रता के तुरंत बाद सन् १९५१ में जब दिल्ली में एशियाई खेलों का आयोजन हुआ था उस समय खेलों का संपूर्ण वृत्तांत समाचार पत्रों द्वारा जन-जन तक पहुंचाने में खेल पत्रकारिता का ही योगदान रहा है। इस संदर्भ में डॉ. अनिल सिन्हा और आशा सिन्हा कहते हैं, “सन् १९५१ में दिल्ली एशियाई खेलों का आयोजन हुआ और उसके बारे में खबरें अखबारों में आने लगी तो लोगों का ध्यान इस ओर गया और बहुत सारे नए खेलों से आम पाठकों का परिचय हुआ भारत एक बड़े एशियाई देश के रूप में स्थापित करने लगा था। श्री. नेहरू के कारण ही एशियाई खेलों का आयोजन भारत में हुआ। लगभग सभी भाषाओं के अखबारों तथा अन्य पत्र-पत्रिकाओं में इन खेलों की खबरें प्रकाशित की जाती रही। अंग्रेजी अखबारों ने विशेष तौर पर कवर किया इस खेल की रिपोर्टिंग खेल पत्रकारिता का आधार यहां स्थापित किया। इसकी रिपोर्टिंग में खेलों के नाम, टीमों के नाम, विजयी होने वाले खिलाड़ियों के नाम तथा खेलने के कौशल को भी थोड़ा-बहुत प्रस्तुत किया गया। दरअसल भारत में खेल पत्रकारिता के क्षेत्र में कोई स्वरूप नहीं बनाया बना था। विदेशी अखबारों तथा पत्र-पत्रिकाओं में खेल का महत्व स्थापित हो चुका था। पश्चिम में अखबारों ने खेल पत्रकारिता का मार्ग व स्वरूप स्पष्ट किया उसे प्रशस्त भी किया।”^३ एशियाई खेलों की सफलता के बाद तथा १९६० के खेलों के बाद ही खेल पत्रकारिता वास्तविक रूप में विकसित होती गई। अर्थात् यही खेल पत्रकारिता का प्रारंभिक काल था।

आरंभ में दैनिक, साप्ताहिक तथा मासिक समाचार पत्र-पत्रिकाओं में एक कॉलम में खेल के समाचार लिखे जाते रहे, किंतु इसी दौरान कुछ समाचार पत्रों ने अपने संस्करणों में खेलों के लिए स्वतंत्र पृष्ठों को निर्धारित कर समाचार देना शुरू किया। उस समय क्रिकेट, हॉकी, फुटबॉल, गोल्फ, कबड्डी, दौड़, विंबलडन आदि राष्ट्रीय अंतर्राष्ट्रीय खेलों की ओर जनता का आकर्षण बढ़ता गया। कुछ लोकप्रिय प्रमुख पत्र-पत्रिकाओं ने खेलों को बढ़िया कवरेज देना आरंभ किया। इन पत्र-पत्रिकाओं में दै. भास्कर, दै. जागरण, अमर उजाला, नवभारत टाइम्स, राष्ट्रीय सहारा, टाइम्स ऑफ इंडिया, दैनिक हिंदुस्तान, खेल भारती, खेल सम्राट, क्रीडा लोक, क्रीडा जगत, स्पोर्ट्स वीकली आदि का समावेश रहा है। इस समय के खेल पत्रकारों में प्रभाष जोशी, कमलेश थपलियाल, सुरेश जैन, सुशील जैन, सचिंद्र त्रिपाठी, मधुरेंद्र सिन्हा, श्रीकांत शर्मा, अजय भल्ला, बंसल आदि पत्रकारों का नाम लिया जा सकता है। साथ ही आकाशवाणी से भी समय-समय पर आंखों देखा हाल जैसे कार्यक्रमों द्वारा खेलों का सजीव वर्णन किया जाता रहा। आकाशवाणी में श्रुति लेखन को अपनाकर प्रथाओं के लिए श्रोताओं के लिए मधुर एवं रस भरे वर्णन से खेलों

का आंखों देखा हाल प्रस्तुत किया जाता था उस समय आकाशवाणी के कॉमेंटरी में वीजी, वेरी, सुरेता, चक्रपाणि आदि थे। यही नहीं स्पोर्ट्स, स्टार स्पोर्ट्स, ईएसपीएन आदि जैसे खेल के टीवी चैनल्स पर खेलों का लाइव टेलीकास्ट होने लगा था। टीवी चैनल के सीधे प्रसारण से खेल पत्रकारिता की दुनिया में आमूलचूल परिवर्तन आए जिसके कारण खेल संवाददाता मात्र मैच की रिपोर्टिंग न कर दर्शकों के मन में उठने वाले सवालों के उत्तर भी ढूंढते दिखाई देते हैं। अब खेल के परिणाम की अपेक्षा खेल के उतार-चढ़ाव का विश्लेषण करना महत्वपूर्ण बन गया है। एक अच्छे खेल पत्रकार के गुणों की चर्चा करते समय डॉ. सुशील दोषी कहते हैं, “खेल पत्रकारिता के लिए आप में एक अच्छे पत्रकार के सभी गुण होने चाहिए परंतु उसके अलावा खेल के क्षेत्र की विशिष्टताओं को ध्यान में रखते हुए कुछ और बातें भी जरूरी हैं, उसमें विश्लेषण और मौलिकता के लिए एक बड़ा दायरा उपलब्ध रहता है। खेल अपने आप में तो दिलचस्प होता ही है परंतु समाचार पत्रों में उसकी प्रस्तुति उसे और अधिक दिलचस्प और सम्मान बना देती है। खेल के रस और आनंद को शब्दों के माध्यम से ऐसे पेश करना जिसमें खेल देखने से अधिक उसका समाचार पढ़ने में रस और आनंद आए, सफल खेल पत्रकारिता का मापदंड है।”^४

संक्षेप में वर्तमान में समाचार पत्र-पत्रिकाओं के अलावा इलेक्ट्रॉनिक मीडिया भी तब तक अपूर्ण है जब तक उनमें खेल का भरपूर कवरेज नहीं होता। शायद यही कारण है कि पत्र-पत्रिकाओं में स्पोर्ट्स के कई अधिक पन्ने पढ़े जाते हैं तथा टीवी चैनलों में स्पोर्ट्स के चैनल ही अधिक देखे जाते हैं। मुद्रित माध्यमों के अलावा इलेक्ट्रॉनिक माध्यमों में चैनलों का एक बड़ा हिस्सा खेल प्रसारण से जुड़ा होता है और कई खेल चैनल ऐसे हैं जिन पर चौबीसों घंटे नए-नए खेलों का प्रसारण लगातार होता रहता है। वर्तमान खेल पत्रकारों में पुष्पेंद्र बसु शांतिप्रिय बंदोपाध्याय एसएन चिटनिस रविंद्र पाटकर विनायक दल्वी बाल पंडित सैरत कजरेकर शरद कजरेकर बीआर धुरंधर आदि जैसे खेल पत्रकारों का समावेश है। खेल पत्रिकाओं में क्रिकेट टुडे, क्रिकेट सम्राट, क्रिकेट जगत आदि पत्रिकाओं के साथ-साथ दैनिक जागरण, राजस्थान पत्रिका, हिंदुस्तान, स्वतंत्र, भारत, अमर उजाला, नवभारत टाइम्स, राष्ट्रीय सहारा आदि पत्रिकाओं का समावेश है। साथ ही टेलीक्स सेवा ने खेल पत्रकारिता को अधिक गति दी है। क्रिकेटर सुनील गावस्कर ने अपनी कंपनी ‘प्रोफेशनल मैनेजमेंट’ के द्वारा तो कपिल देव ने ‘देव फीचर्स’ कंपनी खोलकर खेल विशेषज्ञ, खेल प्रशिक्षक तथा वरिष्ठ पत्रकारों को स्तंभ लेखन के लिए अवसर दिया है। खेल समाचार के पाठकों, श्रोताओं तथा दर्शकों की खेलों के प्रति बेहद रुचि के कारण ही खेल दुनिया में भारी मात्रा में धन बरसने लगा है। खेल दुनिया में पुरस्कारों तथा विज्ञापनों के माध्यम से धन की बरसात हो रही है। कारपोरेट सेक्टर के खेलों में प्रवेश के चलते खेलों में धन वर्षा होना आरंभ हो गया जो अनुचित नहीं है किंतु इसके कुछ बदसूरत पहलू भी हैं जो गला काट होड़ के चलते फिक्सिंग, डोपिंग जैसे भयानक रूप सामने आते हैं। ऐसे समय खेल पत्रकारिता का उत्तरदायित्व और अधिक बढ़ता है कि वह खेलों में पनप रही बुराइयों के खिलाफ आवाज उठाकर अपने कर्तव्य को निभाए। साथ ही पत्रकारिता से अपेक्षा की जाती है कि वह खेल में खेल भावना की रक्षा हर कीमत पर करें तथा लोकप्रिय खेलों के साथ-साथ आम लोगों से जुड़े खेलों के महत्व को भी उजागर करें। वर्तमान खेल पत्रकारिता को देख ऐसा प्रतीत होता है कि पत्रकारिता में खेल पत्रकारिता का एक अहम एवं महत्वपूर्ण योगदान है तथा जिसके विकास की अधिकाधिक संभावनाएं दिखाई देती हैं।

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शारीरिक शिक्षा व शिक्षा

डॉ. डापके के.डी.

शारीरिक शिक्षण विभाग प्रमुख, सिद्धार्थ कला वाणिज्य व विज्ञान महाविद्यालय जाफ्राबाद ,
ता.जालना .जाफ्राबाद जि .

प्रास्ताविक

प्राचीन काल से ही हमारे देश में शारीरिक शिक्षा का आरंभ हुआ है, मनुष्य शारीरिक स्वास्थ्य बनाये रखने के लिए व्यायामविधि प्रकार की ! गदा युद्ध आदी का उपयोग करता था , युद्ध के समय तलवार , भालाफेक , धनुषबाण , योगा , खेलकूद , पुरातनकाल से ही , बीमारीयों से बचने के लिये प्राचीन काल में शारीरिक शिक्षा गुरुकुल पद्धति से दी जाती थी रामायण महाभारत आदि ईस पूर्व 776 पूर्व इजिप्त शहर में खेल की स्पर्धा का आयोजन किया जाता था उसे ऑलम्पिक स्पर्धा के नाम से जाना जाता ! ! ऐसा शोध के बाद में पता चला शारीरिक शिक्षा शरीर सदृढ रखने के लिए आर्थिक विकास के लिये बहुत उपयोगी है ! था

भारत देश में बहुत प्राचीन काल से ही नालंदाबौद्धिक विकास के लिये ! तथा तक्षशिला आदि विश्वविद्यालय रहे थे , शिक्षा के द्वारा ! शिक्षा का होना जितना जरूरी है उतना ही शारीरिक सुदृढता बनाये रखने के लिए शारीरिक शिक्षा का महत्वपूर्ण है ही अच्छी जानकारी प्राप्त होती है उसके लिये शिक्षा का होना बहुत जरूरी है !

शारीरिक शिक्षण के विभिन्न उद्दिष्ट ..

- १) शारीरिक शिक्षा का अर्थ तथा कार्यक्षेत्र आदी का महत्त्व प्रतिपादन करना.
- २) शिक्षा का महत्त्व अर्थ व कार्यक्षेत्र शिक्षा का महत्त्व इत्यादी.
- ३) शारीरिक शिक्षा व शिक्षा इन दोनों का संबंध विस्तार से महत्त्व प्रतिपादन करने .

शारीरिक शिक्षा :-

शरीर तथा खेल के संबंध में जानकारी देने वाली शिक्षा उसे ही शारीरिक शिक्षा कहा जाता है डेल्वर्ट ओबर्ट युक्त ! द सोसायटी ऑफ स्टेट ! इनके मतनुसार शारीरिक शिक्षा अनुभव का संकलन है जो व्यक्तिगत क्रियाओं के माध्यम से आती है डायरेक्टर ऑफ फिजिकल अँड हेल्थ के मतनुसार शारीरिक शिक्षा शिक्षा का वह हिस्सा है जिनके द्वारा शरीर के विभिन्न हलचल के माध्यम से व्यक्ती की प्रगती होती है ! व्यक्ती शिक्षित बनता है !

शारीरिक शिक्षा कार्यक्षेत्र

- १) खेल का इतिहास इसमें हमें उगम विकास खेलों के नियम इन : की जानकारी प्राप्त होती है !
- २) खेलों के दर्शन शास्त्र ! सृष्टी का वास्तव आदी घटनाओं की जानकारी प्राप्त होती है , और आदर्शवाद ,
- ३) प्रशिक्षण मार्गदर्शन इसके माध्यम से हमें खेल के संबंध में विभिन्न खेलों कि प्रशिक्षण पद्धती मार्गदर्शन व आदी : ! कौशल्य विकास की सही दिशा दिखाई देती है
- ४) खेल सामना तथा आयोजन नियोजन व्यवस्थापक इनकी जानकारी प्राप्त होती , खेल के विभिन्न प्रकार के खेल पद्धती : ! है
- ५) शरीर रचनाशास्त्र जिसमें रक्त का ! इसके अंतर्गत शरीर के संबंध में अलग अलग प्रकार की जानकारी प्राप्त होती है : पौष्टिक , मल निस्सारण संस्था , रक्ताभिसरण संस्था , पाचन संस्था , प्रमाण हृदय की संख्या जोड़ों के प्रकार शोषण संस्था प्रथमोपचार विविध बीमारीयों के , खुराक संबंध में हमें जानकारी प्राप्त होती है !

- ६) गती शास्त्र शरीर यंत्रशास्त्र इसके अंतर्गत गती का नियम खेल में उसका उपयोग कैसा किया जाता है उसकी विस्तार से :
जानकारी हमें प्राप्त होती है

शारीरिक शिक्षा का विकास

सन 1948 में भी शिक्षा का विकास करने के लिए ताराचंद समिति का गठन किया गया उस समिति ने अच्छे शिफारशी पेश की, उसके बाद इस 1950 में केंद्रीय सूचना बोर्ड गठन किया गया उसका काम यही रहा की शारीरिक शिक्षा का विकास !
सन ! करने के लिए विविध सुझाव दिये जाय 1953 राजकुमारी अमृत कौर के नाम से प्रशिक्षण शिबीर शुरू किया गया वही शिबीर के अंतर्गत खिलाड़ियों का प्रशिक्षण दिया गया भारत सरकार के क्रीडा मंत्रालय ने तीन वर्ष के अंदर डिग्री कोर्स गोलियर में इस !
19 के 57 आरंभ किया उसके बाद दोन वर्ष की मास्टर डिग्री कोर्स लक्ष्मीबाई नेशनल इन्स्टिट्यूट ऑफ फिजिकल एज्युकेशन !
कॉलेज में शिक्षा दी जाने लगी सन ! 1958 में शारीरिक शिक्षा को प्रोत्साहन देने के लिये कल्याण विभाग शुरू किया गया इस !
1961 के शिक्षक बनाने के लिए पंजाब नेशनल इन्स्टिट्यूट ऑफ स्पोर्ट की स्थापना की गई!

शारीरिक शिक्षा का महत्व

- १) शारीरिक शिक्षा का महत्व अनन्यसाधारण है खेलों से शरीर मजबूत व ! सुडौल बनता है मांस पेशियों का विकास होता !
! है बल्कि उसके साथ ताकद और नयी स्फूर्ति मिलती है
- २) बौद्धिकता महत्व खेलों से शरीर का विकास तथा बच्चों का बौद्धिक ! निरोगी शरीर में निरोगी मन का वास होता है :
! और निर्णयक्षमता का विकास होता है ! तथा शारीरिक विकास होता है
- ३) सामाजिक महत्व नियम की ! एक दुसरे के प्रति आदरभाव निर्माण होता है ! खेलों में है लेने से सहनशीलता बढ़ती है :
! शिक्षा मिलने के कारण न्याय सहानुभूती अधिक गुण विकसित होकर समाज में नैतिकता का दर्शन प्राप्त होता है
- ४) मानसिक महत्व खेल से मानसिक तनाव से मुक्ति मिलती है ! बल्कि योग्य तथा आयोग्य का विचार करने की सिक !
! प्राप्त होती है
- ५) व्यक्तिमत्त्व विकास ! शारीरिक शिक्षा से मानसिक शारीरिक विकास होता है :
- ६) नैतिकता की दृष्टि से महत्व अनैतिकता इन दोनों का विचार खेलों के , खेलों में हिस्सा लेने के कारण उसमें नैतिकता :
कारण बच्चों में नैतिकता तथा अच्छा नागरिक बनने का अवसर प्राप्त होता है !
- ७) अच्छा नागरिक निर्माण होना सुजाण , खेल से शिस्तप्रिय ! खेलों के कारण एक दूसरे में अच्छा बुरा का दर्शन होता है :
! नागरिक बनने की सही दिशा दिखाई जाती है

शिक्षा का महत्व

शिक्षा यह निरंतर चलने वाली प्रक्रिया है शिक्षा से मनुष्य का ! अच्छे बुरे के समझ आती है ! शिक्षा से ज्ञान प्राप्त होता है !
! शिक्षा की गुरुकुल पद्धति का दर्शन हमें पुराने ग्रंथ में प्राप्त होता है ! शिक्षा का इतिहास बहुत प्राचीन है ! विकास होता है : पूर्णत
गुरुकुल पद्धति हमें रामायण महाभारत में देखने को मिली है शिक्षा का ! मुनी द्वारा गुरुकुल पद्धति का दर्शन हमें होता है- कही ऋषी !
, समाजशास्त्र , राजनीति विज्ञान , भूगोल , जिसमें इतिहास ! क्षेत्र बहुत व्यापक है इसमें सभी भाषा का अध्ययन किया जाता है
तथा उपर लिखित सभी विषय हमारे शिक्षा का महत्व , व्यवसायिक शास्त्र , कम्प्यूटर , वैद्यकशास्त्र , विज्ञान , गणित , लोकप्रशासन
उसे अच्छी बुराई की परत , उसमें आचरण बदलाव आता है , शिक्षा से इंसान ज्ञानी बनता है ! प्रतिपादन करने के लिए सिद्धहस्त है
शिक्ष , बुद्धि के जोर पर वह अपना विकास करता है , शिक्षा से बुद्धि तल्लख होती है , की सीख मिलती है ! से अर्थ प्राप्त होती है ,
! इसलिये शिक्षा हमारे जीवन का अभिन्न अंग क्योंकि अनन्य साधारण भी है ! साथ देश कि उन्नति में उसका हिस्सा बढ़ जाता है

शारीरिक शिक्षा व शिक्षा

- १) शारीरिक शिक्षा व शिक्षा यह दोनों व्यक्ती के विकास के लिए आवश्यक है !

- २) शारीरिक शिक्षा के कारण व्यक्ती का शारीरिक विकास होता हैबल्कि शिक्षा से मानसिकता तथा बौद्धिक बेहतर होता ,
!है
- ३) शारीरिक शिक्षा से आरोग्य तंदुरुस्त रहता है और तंदुरुस्त रहना शिक्षा प्राप्त करने के लिए आवश्यक है !
- ४) आरोग्य सहि तथा तंदुरुस्त रहा तो हमारा मस्तिष्क विकसनशील होता हैक्षेत्र का अभिन्न अंग -एकाग्रता हमारे शिक्षण !
!शारीरिक शिक्षा यह शिक्षा प्राप्त करने का अंग है !है

निष्कर्ष :-

शारीरिक शिक्षा या शिक्षा यह दोनो क्षेत्र एक दुसरे के लिए पूरक हैइस आलेख से हमे दोनो शेत्रो कि जानकारी प्राप्त !
होती है इसलिये मनुष्य के जीवन में तंदुरुस्ती के लिए शारीरिक शिक्षा का अध्ययन करणा तथा उसकी जानकारी प्राप्त करना हमारे
लिए परमावश्यक है!और शिक्षा से एक दूसरे का विकास तथा राष्ट्र का विकास सन्मान हमे शिक्षा से प्राप्त होता है !

संदर्भसूची

- १) शारीरिक शिक्षण डॉक्टर रमा शर : ुमा
- २) शारीरिक शिक्षणाचा इतिहास श्रीपाद जर्दे :
- ३) शारीरिक शिक्षण स्वास्थ्य एव खेल : अजमेर सिंह
- ४) शारीरिक शिक्षण (निराली प्रकाशन) डॉक्टर सोपान कांगणे :
- ५) शारीरिक शिक्षणाची तत्वे इतिहास आरोग्य आणि प्रशिक्षण शेळके .पी.जे .प्रा :

योगा, स्वास्थ्य एवम् समाज कल्याण

डॉ.लोकरे गुरुदास आदीनाथ

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सारांश

मानव सृष्टि के प्रारंभिक काल ते सुख और शांति की तलाश करता रहा है। हमारे वेद, गीता, उपनिषद्, धर्म सभी इसी तलाश की उपस है। ईश्वर ने भी समय समय पर सुख और शांति की स्थापना के लिए शरीर धारण कर मानव का मार्ग प्रशस्त किया। इस आधुनिक युग में इस तनाव पूर्ण जीवन शैली में वेद उपनिषद् उसके लिये प्राचीन साक्ष है। इसलिए गीता आदर्श के लिए है। वह धर्म ग्रंथ स्वाध्याय के लिए नहीं है। मनुष्य मुल रूप में आध्यात्मिक ही है। मनुष्य या समाज अपने मुल की ओर आकर्षित हो रहा है। विश्व की उपलब्धी की चकाचौंध से विमुख होकर अध्यात्म की ओर मुड़ रहा है। २० वीं सदी के अंतिम चरण में योग के प्रति जागरूकता उसकी महता का घोटक है। क्योंकि योग व्यावहारिक होने के याही साथ हर आयु के लोगो के लिए उपयोगी भी है। यदी शीतला या उष्णता का सामजंस्य नहीं है। तो किसी एक के कम या अधिक होने से मनोकायिक रोग उत्पन्न होते है। शितलता की अधिकता होणे से कब, अपचस, चिडचिडाहट, आदि को बढावा मिलता है। वही उष्णता की अधिकता पित्त, जलन, अस्थिरता जैसे विकारों को जन्म देता है। यदि श्वास प्रश्वास धीमी व शांत गति से प्रवाहीत है तो चित्त या विचार भी स्थिर व संतुलित होने जैसे एकाग्रता में। यदि श्वास प्रश्वास तीव्र या असंतुलित है तो चित्त भी उत्तेजित होगा। क्रोध के समय उत्तेजना के समय। मानव संवेदनशिल भावुक प्राणी है अतः भावनाओं पर नियंत्रण उसके लिए सहज नहीं होता, यदि हम श्वास पर प्रश्वास पर नियंत्रण एवं प्राणायाम सीख लेते है तो मन शांत होगा भावनाएँ भी वंश में होने लगते है। विचारों को नियंत्रित कर हम स्वस्थ जीवन जी सकते है।

प्रधान शब्द : योगा, स्वास्थ्य, समाज

योग प्राचीन विद्या है जो मनुष्य को शरीर चित्त व आत्मा में विभाजित न करके उसे पूर्ण इकाई के रूप में विचार का विषय बनता है। योग शब्द की उत्पत्ती युज धातु से हुई है। शारीरिक, मानसिक, सामाजिक, बौद्धिक, भावनात्मक, आध्यात्मिक सभी स्तर पर समाकलन दुसरे शब्दों में संतुलित व्यवहार एवं स्थिर व्यक्तित्व ही योगा मुख्य उद्देश है। यदी मनुष्य अपने में परिवर्तन कर ले तो के केवल वह स्वयं को तनाव रहीत करेगा, बल्कि दुसरो को भी सुख आनंद पहुँचा सकेगा। सुख शांत और समाधान के लिए योग पर दृष्टि डाले तो दो मार्ग दिखाई देते है। एक भावनायोग दुसरा प्राण संयम योग। भावना योग में हम ज्ञान भक्ति एवं कर्मयोग को रख सकते है। जिस में भावनाओं या विचारों को प्रशिक्षित करते है। बुद्धि को जो बात मान्य होती है वह भावनाओ को अच्छि नहीं लगती। बुद्धि भावना को प्रशिक्षित कर सकती है। बुद्धि की उसी क्षमता को प्रयोग भावना योग किया जाता है। दुसरा मार्ग प्राण, संयम यह मार्ग मानव कल्याण की दृष्टि से आधिक व्यावहारिक है। शरीर में प्राण की विशिष्ट गती या संचार पर हमारा विचार, हमारी भावना आदि निर्भर करता है। प्राण का अर्थ है। श्वास प्रश्वास व्यक्तित्व का अर्थ शारीरिक सौष्ठव से लिया जाता है। व्यक्ति सिर्फ शरीर नहीं है उस के साथ उसके विचार भावनाये, दृष्टिकोन, संवेदनाए व्यक्तित्व के निर्माण में शरीर व मन दोनों का महत्वपूर्ण स्थान होता है।

आधुनिक युग जिस तथ्यपर पर गौर कर रहा है योग ने उसे कई हजारों वर्ष पहले प्रभावी कर लिया था। योग का अर्थ है सुसज्जित होना या तैयार होना। योग शारीरिक मानसिक दोनों पक्षों के लिए दृढ़ पृष्ठभूमि देता है। पतंजली दर्शन सकात्मक स्वास्थ्य के लिए चित्तप्रसाधन की यह भूमिका को स्वीकार करता है। सुख के प्रति मैत्री, दुखी के प्रति क्रुणा भाव रखने से चित्त प्रसादन होता है। व्यक्ति जब दूसरे के दुःख के भावना रखता है। तो इससे दूसरे का अमंगल हो या न हो स्वयं को जिस तनाव से गुजरना पड़ता है। वह उनकी शांति अवश्य छिन लेता है। योग अभ्यास में यम नियम को प्रथम स्थान दिया गया है। यमों में मानसिक पक्ष प्रबल होते हुये भी यह सामाजिक व्यवहार को नियंत्रीत करते है। झुठ, लालच की रोकथाम करते है। नियम, संतोष, तप, ईश्वर, प्रणिधान आदि व्यक्तिगत आदतों के निर्माण पर जोर देते है। योग द्वारा समाज कल्याण का प्रश्न है तो हम पाते है माता पिता के व्यवहार उसे संस्कार के रूप में मिलते है। भारतीय इतिहास में अभिमन्यु का जीवन इस बात का धोतक है की माता पिता के प्रत्येक व्यवहार से गर्भस्थ शिशु भी प्रभावी होता है। जिस वातावरण में बच्चे का विकास होता है उसका अनुकरण भी बच्चे में दिखाई देता है। यदि समाज संस्कृत है तो समाज में भी उन्ही गुणों का विकास होगा। आज आदिकांश समाज में दिनभर खाते रहने की आदत गलत खानपान, एवं शारीरिक श्रम का अभाव स्पष्ट देखा जा सकता है। यही कारण है की, अपचन, गॅस, अलर्जी, कब्ज, अॅसिडिटी आज समाज की आम समस्या बन गई है। योग में आसनो शुद्धी क्रियाओं का अभ्यास स्वास्थ्य रहने के लिए आवश्यक बनाया गया है। शोधन क्रियाओं द्वारा श्वसन मार्ग पेट की सफाई की जाती है, जिस में उन आंगों की कार्यक्षमता में वृद्धि तो होती है साथ ही वात पित्त व कफ में सामंजस्य बना रहता है। क्योंकि आयुर्वेद के अनुसार ये त्रिदोष ही स्वास्थ्यता की आधारशिला है। शारीरिक स्वास्थ्य के लिए आसनो का विशिष्ट महत्व है। आसन का कार्य रक्त संचार को सुचारु रूप से प्रवाहित करता है। शरीर आसनो के अभ्यास से उत्पन्न तान के द्वारा इस कार्य को प्रभावशाली बनाया जाता है दबाव या तान से न केवल यहाँ का रक्त संचार बढ़ता है। उन अंगों की मसाज भी होती है। आसनो से उचित व्यायाम शरीर हो होता है। आसनो नौली के अभ्यास से श्वसन, रक्तपरिसंरण पाचन सभी संस्थान प्रभावी होते है।

धारणात्मक आसनो में शारीरिक गतिविधियाँ कम होने से चयापचन की क्रिया मंद हो जाती है। एच्छिक, अनैच्छिक क्रियाओद्वारा मन का विचलन भी कम हो जाता है और व्यक्ति अंतरमुख बनता है। आसन शरीर व मन को स्थिर करनेवाली शरीर की विशिष्ट अवस्था है। शारीरिक, मानसिक, असंतुलन का कारण भावनोद्विपन को मानता है। योग मनुष्य के जीवन को संमवित रखने के सैध्दान्तिक पक्ष प्रस्तुत करते है। यम, नियम, आसन, प्राणायाम, प्रात्याहार, योग के क्रियात्मक स्वरूप है। जिसकी परिनिती धारणा ध्यान और समाधी है। इन सभी को एकाग्रता कहते है। आज समाज में बढ़ते तनाव भावनात्मक असंतुलन की रोकथाम के लिए योग ही अदा है। शारीरिक स्वास्थ्यता की दृष्टि से भावनात्मक सामंजस्य या स्थिरता की दृष्टि से इसका अभ्यास समाजकल्याण के लिए उपयोगी है। यदी हम योग मानव जीवन के लिए है। जो उसे जीवन की कला सिकाते है। मनुष्य के शारीरिक, वैचारीक, सामाजिक सभी पक्षों संतुलन लाने के लिए योग अभ्यास अपनी भूमिका निभाता है। वर्तमान में समाज रहे किसी व्यक्ति का यह उत्तरदायित्व है की अपने अतिरिक्त व्यक्तियों के भलाई के लिए जो भी हो सके वह वे करे। शारीरिक एवं मानसिक स्वास्थ्य को सदृढ़ बनाए रखने का प्रयत्न करे। योग अभ्यास से शारीरिक क्षमता का विकास होता है। खाली समय का सदुपयोग होता है। बुरी जीवन शैली को हटाता है। सामुहिक संबंदों में वृद्धि बनाता है शारीरिक व मानसिक रूप से स्वस्थ व्यक्तियों की श्रृंखला तयार कर योग्य निर्माण में महत्वपूर्ण भुमिका निभा सकते है। जिसके चलते कल्याणकारी समाज की स्थापना संभव है।

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खिलाड़ी और संतुलित आहार

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सारांश

रोटी, कपडा और मकान यह मनुष्य की मूलभूत आवश्यकताएँ हैं। इन तीन मूलभूत आवश्यकताओं में से मनुष्य एकबार कपडा और मकान के बिना जीवित रह लेगा अथवा उसकी दुसरी कोई और पर्यायी व्यवस्था उपलब्ध करावा लेगा। किंतु रोटी के बिना मनुष्य ज्यादा दिन तक जिंदा नहीं रह पायेगा। रोटी शब्द के मायने केवल गेहूँ, ज्वारी या बाजरे की गोलाकार पतली वस्तु का नाम न होकर भोजन या जिसे हम आहार कहते हैं, वह अभिप्रेत है। मनुष्य को जीवित रहकर विविध प्रकार की गतिविधियाँ करने के लिये ऊर्जा की आवश्यकता होती है और वह ऊर्जा उसे आहार के माध्यम से प्राप्त होती है। आहार जीवन का आधार है। प्रत्येक प्राणी के जीवन के लिए आहार आवश्यक है। अत्यंत सूक्ष्म जीवाणु से लेकर बृहत्काय जंतुओं, मनुष्यों, वृक्षों तथा अन्य वनस्पतियों को आहार ग्रहण करना पड़ता है। वनस्पतियाँ अपना आहार पृथ्वी और वायु से क्रमशः अकार्बनिक लवण और कार्बन डाईऑक्साइड के रूप में ग्रहण करती हैं। सूर्य के प्रकाश में पौधे इन्हीं से अपने भीतर उपयुक्त कार्बोहाइड्रेट, वसा और अन्य पदार्थ तैयार कर लेते हैं।

जिस व्यक्ति के पास आरोग्य है उसी व्यक्ति के पास उम्मीद है और उम्मीद जिसके पास है उसे विश्व की सभी उपलब्धियाँ गौण हैं। आरोग्य यह मनुष्य जीवन में कर्तव्य पालन के लिए अधिक महत्वपूर्ण है। जीवन में सभी उद्देश्य प्राप्ति के लिए स्वस्थ हृदय बुद्धि व निरोगी शरीर रहना अत्यावश्यक है। निर्बल व्यक्ति यह हृदय से हो या फिर शरीर से वह कभी-भी आत्मा के दर्शन नहीं कर सकता। आरोग्य प्रत्येक व्यक्ति का मूलभूत अधिकार है। आरोग्य यह शारीरिक ज्ञान की अपेक्षा अधिक मूल्यवान होता है। किंतु ज्ञान को अमल में लाने के लिए उत्तम आरोग्य रहना जरूरी है और हमारा आरोग्य सही रहने के लिए योग्य आहार अति आवश्यक है। आहार से ही हमारा हृदय बुद्धि और शरीर निरोगी रहता है। एक अच्छे और उम्दा खिलाड़ी के लिए योग्य आहार यह उसकी विविधता एवं खेल खेलने की तीव्रता और उसके स्तर पर निर्धारित होती है। इसीलिए एक उम्दा खिलाड़ी के लिए योग्य आहार अति महत्वपूर्ण होता है। यदि खिलाड़ी को विश्वस्तर पर अपनी योग्यता साबित करनी हो और विशेष प्राविण्य हासिल करना हो तो उसके जीवन में आहार का अति योग्य महत्व है। इसी उद्देश्य को ध्यान में रखकर खिलाड़ी और संतुलित आहार इस लेख द्वारा आहार के महत्व को समझाने का प्रयास किया गया है।

प्रस्तावना:

शरीरेंद्रिय सत्वाम्त संयोग : आयु उच्चतेछ अर्थात् शरीर, इंद्रिय, मन और आत्मा इनी के संयुक्तिकरण से जीवन बनता है। जीवन जीने के लिए हमें जीवित रहना जरूरी है और जीवित रहने के लिए हमें भोजन करना आवश्यक है। भोजन का अर्थ आहार से होता है हम अपने आहार द्वारा हमारे शरीर में ऊर्जा प्राप्त करते हैं। मनुष्य को जीवन में तीन चीजें आवश्यक हैं हवा, पानी और अन्य, सेहत यह जीवन और आहार यह सेहत की नींव है। यदि हमारा आहार उचित नहीं होगा तो हमारी सेहत भी ठीक नहीं

होगी। यदि हम आहार योग्य मात्रा में लेते हैं तो हमारी सेहत बनी रहेगी। इसीलिए आहार क्या होता है? वह क्यों लेना चाहिए? कितना, कब और कैसा लेना चाहिए। आहार वैज्ञानिक दृष्टि से कैसे लिया जाए यह ज्ञान हमें होना आवश्यक है।

इस सृष्टि में जो भी सजीव है जीव, जंतु, प्राणी मात्र आदि इन सभी को जीवित रहने के लिए कुछ चीजें अत्यावश्यक है, उनमें से एक महत्वपूर्ण घटक उसका आहार होता है। आहार का मतलब हमारे भोजन से होता है। सर्वप्रथम आदिमानव अपनी यह जरूरत पूर्ण करने के लिए प्राणियों का शिकार कर कर या जंगल में प्राप्त फल, कंदमूल आदि से पूर्ण करता था। लेकिन जिस प्रकार से मानव प्रगत होता गया है उसी प्रकार से उसके भोजन में भी बदलाव आने लगा और अन्न के प्रति उसका ज्ञान भी और अधिक बढ़ने लगा।

आज मानव संस्कृति आहार के प्रति काफी सजग हो गई है। आज रिसर्च एंड डेवलपमेंट यह शाखा हमारे अन्न तथा भोजन पर बारीकी से विस्तारित स्वरूप में खोज कर रही है। आज आहार शास्त्र नामक एक स्वतंत्र शास्त्र विकसित हुआ है। इस शास्त्र में हमारी अन्य श्रंखला के बारे में विस्तारित रूप से वर्णन किया गया है। सभी शास्त्रों की तरह इस शास्त्र में भी विद्वानों ने अपने-अपने तर्क वितर्क कहे हैं। यह एक आम बात है। आहार या अन्न को वैज्ञानिक तौर से देखा जाए तो इसमें कार्बोहाइड्रेट, प्रोटीन, फैट, मिनरल और एक अत्यावश्यक घटक जल इन सभी घटकों से हमारा आहार परिपूर्ण होता है ठीक उसी तरह अतिरिक्त स्वरूप में विटामिंस लेना हमारे लिए आवश्यक होता है। जिसमें विटामिन सी, डी, बी, आदि जो कि एक साधारण व्यक्ति को मौजूदा आहार श्रंखला से पूरी तरह प्राप्त नहीं होता है। एक व्यक्ति को प्रतिदिन लगभग 600 से 800 मिलीग्राम विटामिन सी की आवश्यकता होती है जो कि हमें 30 से 40 संतरा या मोसंबी से प्राप्त हो सकता है।

मनुष्य तथा जंतु अपना आहार वनस्पतियों तथा जांतव शरीरों से प्राप्त करते हैं। इस प्रकार उनको बना बनाया आहार मिल जाता है, जिसके अवयव उन्हीं अकार्बनिक मौलिक तत्वों से बने होते हैं जिनको वनस्पतियाँ पृथ्वी तथा वायु से ग्रहण करती हैं। अतएव जांतव वर्ग के लिए वृक्ष ही भोजन तैयार करते हैं। कुछ वनस्पतियों का औषधियों के रूप में भी प्रयोग होता है।

आहार या भोजन के तीन उद्देश्य हैं : (1) शरीर को अथवा उसके प्रत्येक अंग को क्रिया करने की शक्ति देना, (2) दैनिक क्रियाओं में ऊतकों के टूटने फूटने से नष्ट होनेवाली कोशिकाओं का पुनर्निर्माण और (3) शरीर को रोगों से अपनी रक्षा करने की शक्ति देना। अतएव स्वास्थ्य के लिए वही आहार उपयुक्त है जो इन तीनों उद्देश्यों को पूरा करे।

मनुष्य की शारीरिक रचना, उसके काम का स्वरूप, नित्य दिनक्रम और शारीरिक तथा मानसिक गतिविधिया इन सभी बातों पर उसके वांछित आहार का स्वरूप निर्भर होता है। यदि खिलाड़ियों की बात की जाये तो प्रत्येक खिलाड़ी को स्वस्थ एवं निरोगी शरीर के लिये संतुलित आहार की आवश्यकता होती है। किसी खेल में जीत के लिए खिलाड़ियों की मेहनत जितनी जरूरी है उतना ही जरूरी होता है उनका भोजन। जीतने के लिए खिलाड़ी को ऊर्जा की आवश्यकता होती है जिसके लिए वह विभिन्न प्रकार के भोज्य पदार्थों का सेवन करता है। इसी के दम से उनके खेलने की क्षमता बढ़ती है और वह पूरे दमखम के साथ खेल में अपना सर्वश्रेष्ठ प्रदर्शन करते हैं। इनडोर और आउटडोर गेम्स में कई प्रकार के खेल खेले जाते हैं। इनके लिए अलग-अलग भोजन और ऊर्जा की आवश्यकता होती है, जिसके दम पर ही वह जीत का जश्न मनाते हैं या फिर नए टूर्नामेंट के लिए प्रेरित होते हैं। इसके लिए वह शाकाहार या मांसाहार का रास्ता चुनते हैं। जिससे उन्हें पोषक तत्व मिलते हैं।

संतुलित आहार मे अपेक्षित पोषक तत्व

प्रोटीन – जरूरी पोषक तत्वों में प्रोटीन शरीर के लिए बहुत महत्वपूर्ण है। यह व्यक्ति के संपूर्ण स्वास्थ्य के लिए बहुत आवश्यक है। इससे मांसपेशियों को मजबूती मिलती है और इम्यून पावर पर भी सकारात्मक प्रभाव पड़ता है। हालांकि, प्रोटीन की मात्रा कितनी लेनी चाहिए, यह हर व्यक्ति की उम्र पर निर्भर करता है। साथ ही वो कितना शारीरिक श्रम कर रहे हैं, इस पर निर्भर करता है। प्रोटीन के लिए आप पनीर, अंडा, दूध व मटर जैसे खाद्य पदार्थ का सेवन कर सकते हैं।

कार्बोहाइड्रेट – कार्बोहाइड्रेट से शरीर को ऊर्जा मिलती है और अगर इसे सही मात्रा में लिया जाए, तो यह कई बीमारियों को रोकने में फायदेमंद हो सकता है। कार्बोहाइड्रेट दो तरह का होता है अच्छा और बुरा। अगर सही कार्बोहाइड्रेट लिया जाए, तो यह सेहत के लिए लाभकारी साबित हो सकता है। आप अच्छे कार्बोहाइड्रेट के लिए ब्राउन राइस, कम फैट वाला दूध, आलू व केले

का सेवन कर सकते हैं। वहीं, तैलीय पदार्थ जैसे फ्रेंच फ्राइज, मीठे खाद्य पदार्थ जैसे – चॉकलेट, आइसक्रीम, कुकीज या सफेद ब्रेड में हानिकारक कार्बोहाइड्रेट मौजूद होते हैं। इसलिए, इनसे दूरी बनाकर रखें।

मिनरल – आयोडीन, आयरन, कैल्शियम व पोटेशियम महत्वपूर्ण मिनरल्स होते हैं। इनसे शरीर में खून की कमी दूर होती है, दांत अच्छे होते हैं, हड्डियां मजबूत होती हैं। इसके अलावा, यह शरीर की मांसपेशियों और तंत्रिका तंत्र को भी सही रखता है। साथ ही यह हार्मोन को भी संतुलित रख सकता है।

फैट या चीनी – कई लोग सोचते हैं कि फैट और चीनी हमारे लिए सही नहीं है, लेकिन यह पूरी तरह से सही नहीं है। किसी भी चीज का जरूरत से ज्यादा सेवन शरीर को नुकसान पहुंचा सकता है। इसलिए, सही मात्रा में फैट और चीनी को अपने भोजन में शामिल करें और प्रोसेस्ड खाद्य पदार्थों से दूर रहें।

विटामिन – संतुलित आहार में विटामिन भी मुख्य भूमिका निभाता है। विटामिन कई तरह के होते हैं और हर विटामिन का शरीर के लिए अपना अलग फायदा है। कोई त्वचा के लिए, कोई हड्डियों के लिए, कोई रोग प्रतिरोधक क्षमता के लिए, कोई खून के लिए, तो कोई मांसपेशियों के लिए महत्वपूर्ण होता है। आपको अखरोट, मछली, पालक और कई अन्य चीजों में पर्याप्त मात्रा में विटामिन मिलेगा।

हरी सब्जियां – आप पोषक तत्वों के लिए सब्जियों का सेवन करें। संतुलित आहार को अपने हर दिन के खाने में शामिल करने का यह एक आसान तरीका है। हरी पत्तेदार सब्जियां जैसे – पालक, धनिया और अन्य साग। इसके अलावा, गाजर, खीरा, बीन्स और अन्य सब्जियों को अपने खाने में शामिल कर खुद को स्वस्थ रख सकते हैं। अगर आपको ऐसे सब्जियां पसंद नहीं हैं, तो आप इनका सूप बनाकर भी पी सकते हैं।

फल – सब्जियों की तरह फल को भी अपने भोजन में शामिल करना चाहिए। इनमें न सिर्फ जरूरी पोषक तत्व होते हैं, बल्कि ये जल्दी पच भी जाते हैं। साथ ही अगर आपको कुछ खाने का मन किया, तो आप अपने छोटी भूख को शांत करने के लिए फलों को स्नैक्स की तरह खा सकते हैं। अगर आपको फल खाना पसंद नहीं, तो आप इन्हें जूस के तौर पर भी ले सकते हैं।

पानी – खाने के साथ-साथ उचित मात्रा में पानी पीना भी जरूरी है। कम पानी पीने से भी आपका शरीर बीमारियों का घर बन जाता है। इसलिए, खुद को हाइड्रेट रखने के लिए और बीमारियों से खुद को दूर रखने के लिए उचित मात्रा में पानी पिएं। हर रोज कम से कम आठ से दस गिलास पानी पिएं।

साधारणतः कार्बोहाइड्रेट हमारे शरीर को ऊर्जा देता है। सभी प्रकार के धान, दालें, सब्जियां फल, दूध और दुग्धजन्य पदार्थों से हमें कार्बोहाइड्रेट मिलता है। इसमें भी अति जलन शरीर में घुलने वाले और धीरे से शरीर में घुलने वाले कार्बोहाइड्रेट पदार्थ इस प्रकार का वर्णन किया गया है। जैसे चावल, आलू, गाजर, केला, चीकू, अंगूर आदि घटक शरीर में जल्द घुलनेवाले कार्ब पदार्थ हैं। उसी प्रकार दूध, दही, जवार, गेहूं, सेब, रतालू सभी प्रकार के अंकुरित खाद्यान्न आदि कार्ब पदार्थ शरीर में धीरे-धीरे घुलते हैं। कार्बोहाइड्रेट में शक्कर की मात्रा होती है इसे गलत पद्धति से सेवन करने से शरीर में इंसुलिन नामक हार्मोन सक्रिय होता है। उसी के कारण हमारे शरीर में चर्बी का प्रमाण बढ़ता है और रक्त में ग्लूकोज का प्रमाण बढ़ता है और ऐसा सदैव होने से मनुष्य को शक्कर नामक बीमारी हो सकती है। आम तौर पर भारतीय भोजन पद्धति में कार्ब युक्त पदार्थों की मात्रा अधिक प्रमाण में होती है। इसी कारण वश विश्व की तुलना में भारत में 75% लोग शक्कर के मरीज पाए जाते हैं। किसी कारण वश कार्बयुक्त पदार्थों का सेवन सही पद्धति से किया जाना जरूरी है और शरीर में ग्लूकोगॉन नामक हार्मोन को ज्यादा से ज्यादा सक्रिय रखना जरूरी है यह शक्कर की मात्रा रक्त में संतुलित रख कर शरीर में ऊर्जा के स्रोत में चर्बी को इस्तेमाल करता है। इस पद्धति का कार्य कार्बोहाइड्रेट का मनुष्य के शरीर में होता है।

हमारे शरीर के लिए दूसरा महत्वपूर्ण घटक प्रोटीन होता है। साधारणतः प्रोटीन हमें उम्दा प्रतिका और सही मात्रा में प्राणियों के मांस से आहार द्वारा प्राप्त होता है। प्राणियों का मांस, मुर्गी का मांस, मछली, अंडे आदि से हमें प्रोटीन प्राप्त होता है। उसी प्रकार से दूध, दुग्धजन्य पदार्थ, दालें, सोयाबीन आदि से भी हमें प्रोटीन प्राप्त होता है। लेकिन इन पदार्थों में प्रोटीन की मात्रा का कम प्रमाण में होती है। आजकल दूध पर प्रक्रिया कर कर उसमें से व्हे प्रोटीन और केसीन यह प्रोटीन युक्त पदार्थ हम हासिल कर रहे हैं परंतु यह कुछ महंगा होता है।

प्रोटीन यह कार्बन, हाइड्रोजन, ऑक्सीजन और नाइट्रोजन इन घटकों से बनता है। प्रोटीन का मुख्य कार्य शरीर को ऊर्जा प्रदान करना यह होता है। शरीर में सेक्स हार्मोंस को छोड़कर बाकी सभी हार्मोंस प्रोटीन से बनते हैं। इसी तरह पाचक द्रव्य, प्रतिकार शक्ति, शरीर में मौजूदा आम्ल आदि प्रोटीन से बनते हैं। प्रोटीन यह शब्द ग्रीक शब्द प्रोटिअस से आया है प्रोटिअस का अर्थ प्राथमिक आवश्यकता है।

प्रोटीन में उच्च प्रति का और दूसरी प्रति का प्रोटीन ऐसा वर्गीकरण किया गया है। विविध पदार्थों के प्रोटीन की बायोलॉजिकल वैल्यू इस प्रकार से है। संपूर्ण अंडा 100% दूध 91% गेहूँ प्रोटीन 104% केसीन 88% मुरगी, प्राणी का मांस, मछली 85% यह सब उच्च प्रति का प्रोटीन देनेवाले पदार्थ हैं। उसी प्रकार द्वितीय श्रेणी का प्रोटीन देने वाले पदार्थ सोयाबीन और दालों से प्राप्त होता है सोयाबीन का बायोलॉजिकल वैल्यू 70% और दाल का 35% है। एक साधारण व्यक्ति को प्रतिदिन लगभग उसके वजन के समान ग्राम में प्रोटीन की आवश्यकता होती है। उदा. एक व्यक्ति का वजन 70 किलोग्राम है तो उस व्यक्ति को प्रतिदिन कम से कम 70 ग्राम प्रोटीन की आवश्यकता होती है। भारतीय आहार पद्धति में आमतौर पर प्रोटीन युक्त खाद्य पदार्थ काफी कम प्रमाण में शामिल है, और यह बात हमारे लिए हानिकारक है। हमारे शरीर और स्वास्थ्य के प्रति हमें सचेत रहना जरूरी है।

हमारे शरीर के लिए तीसरा घटक महत्वपूर्ण है। इसके बारे में हमारे बीच बहुतसी गलतफहमियां हैं। हम जिसे फैट (चर्बी) कहते हैं इसे लिपिड भी कहते हैं यह पानी में नहीं घुलता। फैट यह कार्बन + हाइड्रोजन + ऑक्सीजन से बनता है। 1 ग्राम फैट यह 9 सौ कैलरी प्रदान करता है। फैट का प्रमुख कार्य शरीर को ऊर्जा प्रदान करना होता है, पेशियों का बाह्य आवरण बनाना, सेक्स हार्मोंस का संश्लेषण करना। फैट में घुलने वाले विटामिन A, D, E, K इन्हींको शरीर में घोलकर इस्तेमाल करने में मदद करना, उसी प्रकार से शरीर को क्षति पहुंचने पर उसको सोखलेना यह है।

फैट के प्रमुख तौर से दो प्रकार हैं। (१) सैचुरेटेड फैट (२) अनसैचुरेटेड फैट। सैचुरेटेड फैट यह सक्त किसम का होता है और यह साधारण तापमान में सक्त होता है। साधारणतः यह प्राणियों की चर्बी, मलाई, बटर, अंडे का बलक, वनस्पति से मिलनेवाला फैट आदि उसी प्रकार अनसैचुरेटेड फैट यह साधारण तापमान में पतले स्वरूप का होता है। इसमें भी मोनोसैचुरेटेड और पॉलीअनसैचुरेटेड यह दो प्रकार हैं। मोनोसैचुरेटेड में ओमेगा ९ (नाइन) यह फैट होता है जैसे के। ऑलिव तेल, चावल का तेल, मूंगफली का तेल, चावल के छिलके से बना तेल (राइस ब्रान ऑयल) आदि में ओमेगा नाइन यह फैट मिलता है। पॉली अनसैचुरेटेड फैट में ओमेगा सक्स जो कि सूरजमुखी के फूल का तेल, करडी का तेल, सोयाबीन का तेल या फिर धान से बना हुआ तेल इन सभी में मौजूद है। ओमेगा ग्री यह फैट मछली का तेल या अलसी से हासिल होता है। सभी प्रकार के फैट यह मनुष्य के लिए योग्य प्रमाण में लेना आवश्यक है। शरीर के लिए सबसे घातक ट्रांस फैट (मनुष्य द्वारा निर्मित फैट) होता है। यह वनस्पति के तेल द्वारा बनाया जाता है। यह फैट डालडा, मार्गरीन, आदि में मौजूद होता है।

आहार में सम्मिलित चौथा घटक पानी और खनिज यह है। पानी यह हाइड्रोजन के दो घटक और ऑक्सीजन से बनता है। यह शरीर के मांस में 75% होता है और शरीर के चर्बी में इसका प्रमाण 15 से 20% होता है। इसका कार्य शरीर की संरचना करना और शरीर की बढ़ोतरी करना, शरीर को संपन्न बनाना, शरीर में आवश्यक घटकों का वहन करना, पाचन क्रिया सुधारना और उसे योग्य रखना, शरीर का तापमान योग्य रखना, शरीर में चिकनाई बनाए रखने में मदद करना यह सभी पानी के कार्य हैं। आम व्यक्ति को एक दिन में लगभग 4 लीटर पानी की आवश्यकता होती है। इसी दिनचर्या के अनुसार योग्य प्रकार से संतुलित रखना आवश्यक है इसीलिए पानी को जीवन कहा गया है। इसी से हमें पानी का महत्व समझ में आता है।

हमें हमारे आहार की पूर्णरूप से पूर्णता करने के लिए हमें जीवनसत्व की आवश्यकता होती है। जीवनसत्व क, ब, ड, ई यह हमें गोलियों, पाउडर के रूप में अतिरिक्त स्वरूप में लेनी पड़ती है। हमारे शरीर की मांग साधारण भोजन या अन्न पदार्थ से पूरी नहीं होती। जीवनसत्व 'क' यह शरीर में प्रतिकार शक्ति बढ़ाता है। थकावट दूर करता है चैतन्य लाता है। जीवनसत्व 'ब' शरीर को विविध प्रकार से लाभप्रद है। जैसे पाचन क्रिया में मदद करना रोग प्रतिकार शक्ति बढ़ाना आदि।

जीवनसत्व 'ड' हमारे शरीर में कैल्शियम को बनाने में मदद करता है इससे हमारी हड्डियां मजबूत रहती हैं। जीवनसत्व 'ई' यह शरीर में चैतन्य ला कर स्फूर्ति बढ़ाता है। इसीलिए सभी जीवनसत्व हमें आहार में अतिरिक्त रूप में शामिल करना चाहिए बाकी जीवनसत्व हमें हमारे आहार से सहज रूप से प्राप्त होते हैं।

खिलाडियों के लिये अपेक्षित संतुलित आहार**नाश्ता :**

आप ब्रेड-आमलेट या फिर ब्रेड और उबला अंडा खा सकते हैं। अगर आप शाकाहारी हैं, तो दलिया और अंकुरित सलाद खा सकते हैं। आप कम तेल वाले परांठे या इडली-डोसा का भी नाश्ता कर सकते हैं। ब्रंच ड्राई फ्रूट खा सकते हैं या कोई एक या दो फल भी खा सकते हैं।

दोपहर का खाना :

आप दाल-चावल और चिकन या मछली की करी खा सकते हैं और अगर शाकाहारी खाना है, तो बीन्स की सब्जी, रोटी, दाल या चावल खा सकते हैं। बीन्स की सब्जी की जगह अपनी पसंद की कोई अन्य सब्जी भी खा सकते हैं और साथ में सलाद जरूर लें।

शाम का खाना :

आप फल या ड्राई फ्रूट का सेवन कर सकते हैं। रात का खाना आप रोटी और चिकन या मछली की करी खा सकते हैं या चिकन सूप पी सकते हैं। शाकाहारी हैं, तो मिक्स वेज और रोटी या मिक्स वेज सूप या रोटी और पनीर की सब्जी भी खा सकते हैं। सोने से पहले आप दूध भी पी सकते हैं और स्वाद के लिए इसमें इलायची भी डाल सकते हैं।

निष्कर्ष :-

इसी प्रकार से उपरोक्त आहार तालिका यह एक सामान्य मनुष्य के लिए है पर इसका प्रमाण विभिन्न प्रकार के खेल से संबंधित खिलाड़ी के लिए उसके खेल की विविधता एवं खेल खेलने की तीव्रता और उसके स्तर पर निर्धारित होती है। इसमें ब्रंच चेन, अमीनो एसिड, ग्लूटामिन, अर्जिनिन, क्रेटिन आदि प्रकार के अनुपूरक (सप्लीमेंट) की आवश्यकता खिलाड़ियों के खेल और उसकी तीव्रता और खेल के अनुसार होती है।

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‘कर्मचारी तथा कामगारों के स्वास्थ्य के लिए तनाव प्रबंधन अत्यावश्यक व्यायाम : योगा और खेल उत्कृष्ट तकनीक’

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सारांश

विश्व के हर व्यक्ति में आपनी व्यस्त जीवनशैली के कारण किसी-न-किसी बिंदु पर तनाव होता ही है। कामगार या कर्मचारी समाज का हिस्सा होनेसे वह सामाजिक परीनामोंसे मुक्त नहीं हो सकता है। तनाव व्यक्ति के स्वास्थ्य के लिए हानिकारक है। यह शारीरिक तथा मानसिक रूप से भी परेशान कर सकता है। लेकिन यह भी सच है कि आप कुछ सरल खेल, व्यायामों तथा योगा से आसानी से तनाव का प्रतिबंध कर सकते हैं। खेल, व्यायाम और योगा आपके मन और शरीर पर सकारात्मक प्रभाव करता है। खेल, व्यायाम और योगा इन माध्यमोंसे अपने तनाव को प्राकृतिक रूप से मैनेज कर सकते हैं।

व्यायाम व्यक्ति के तनाव हार्मोन को कम करने तथा एंडोर्फिन बढ़ाने में मदद करता है जो एक रसायन है जिसके कारण व्यक्ति अच्छा महसूस करता है। दूसरा उपाय व्यायाम है, इससे से दिन की शुरुआत में व्यक्ति का मूड अच्छा बनाता है, और ऊर्जा को बढ़ाता है। व्यायाम आपके नकारात्मक विचारों और भावनाओं से लड़ने में सहाय्य करता है, क्योंकि तनाव आपके दिमाग को विचलित कर सकता है, और व्यायाम से दिमाग की स्थिरता बढ़ती है। हंसने से तनाव कम होता है, हंसने से तनाव कम होता है यह सिद्ध हो चुका है। खेलने से व्यक्ति शारीरिक तथा मानसिक रूप से फीट या कार्यक्षम होता है। मानसिक रूपसे व्यक्ति मजबूत होने से तनाव पर नियंत्रण रखना आसान होता है।

प्रस्तावना : भूमिका/

उत्पादकता एवं कार्यक्षमता के लिए तनावमुक्त व्यक्ति आवश्यक है। वर्तमान कालमें तनाव एक आम समस्या बन गई है। समझदार बच्चे से लेकर अत्यंत बुजुर्ग व्यक्ति आज तनाव से मुक्त नहीं है। दुनिया के हर व्यक्ति को व्यस्त जीवनशैली के कारण किसी न किसी बिंदु पर तनाव होता ही है। तनाव व्यक्ति के स्वास्थ्य के लिए हानिकारक है। यह शारीरिक तथा मानसिक रूप से भी परेशान कर सकता है। लेकिन यह भी सच है कि आप कुछ सरल खेल, व्यायामों तथा योगा से आसानी से तनाव का प्रबंधन किया जा सकता है। व्यायाम आपके शरीर की ग्रोथ करता है और इसके साथ आपको फिट रखता है। खेल, व्यायाम और योगा आपके मन और शरीर पर सकारात्मक प्रभाव करता है। खेल, व्यायाम और योगा इन माध्यमों से अपने तनाव को प्राकृतिक रूप से मैनेज कर सकते हैं। इनके अलावा कोई दवाई या अन्य माध्यम प्रभावी नहीं है।

वर्तमान स्थिति में तनाव (stress) व्यक्ति के लिए अति सामान्य अनुभव बन चुका है, जो कि अधिकतम शारीरिक और मनोवैज्ञानिक प्रतिक्रियाओं द्वारा व्यक्त होता है। तनाव की पारंपरिक परिभाषा शारीरिक प्रतिक्रिया पर केंद्रित है। हैंस शैले (Hans Selye) इस तत्त्ववेत्ता ने 'तनाव' (स्ट्रेस) शब्द की खोज की और इसकी परिभाषा शरीर की किसी भी आवश्यकता के आधार पर अनिश्चित प्रतिक्रिया के रूप में की। इस अध्ययन में तनाव का अर्थ या मतलब समझना बहुत जरूरी है। निम्नतः इसी परिभाषा का अर्थ समझाने का प्रयास किया है।

उद्देश :

1. तनाव संकल्पना का अध्ययन करना।
2. तनाव की परिभाषा का अध्ययन करना।

३. तनाव के प्रभावों का अध्ययन करना।
४. कामगारों के तनाव के कारणों का अध्ययन करना।
५. व्यायाम, योग और खेल से कामगारों के तनाव प्रबंधन का अध्ययन करना।

तनाव की संकल्पना) :Stress Meaning in Hindi(

तनाव (stress) हमारे शरीर का किसी भी प्रकार की मांग या खतरे का जवाब देने का तरीका है। जब हम खतरे को समझते हैं, चाहे वह वास्तविक या काल्पनिक हो, तो शरीर की सुरक्षा एक तीव्र, स्वचालित प्रक्रिया में उच्च गति में आती है इसी प्रतिक्रिया को “लड़ाई-या-उड़ान” प्रतिक्रिया या “तनाव प्रतिक्रिया” कहा जाता है।

तनाव प्रतिक्रिया शरीर की सुरक्षा करने का तरीका है ठीक से काम करते समय, यह हमें केंद्रित, ऊर्जावान और सतर्क रहने में सहायता करता है। आपातकालीन परिस्थितियों में, तनाव (stress) हमारे जीवन को बचा सकता है। उदा. हमारे बचाव करने की अतिरिक्त ताकत दे सकते हैं, या दुर्घटना से बचाने के लिए नियंत्रण करने के लिए प्रेरित कर सकते हैं। किसी भी चुनौतियों का सामना करने के लिए तनाव बढ़ने की स्थिति में भी हमारी सहायता कर सकती है।

लेकिन कभी कभी- एक निश्चित बिंदु से ऊपर तनाव (stress) बढ़ जाता है। तनाव बढ़ने से आपके स्वास्थ्य, आपकी मनोदशा, आपकी उत्पादकता, आपके रिश्ते, और आपके जीवन की गुणवत्ता को बड़ा नुकसान पहुंचाता है। इस तरह तनाव बढ़ने से व्यक्ति को शारीरिक, मानसिक तथा आर्थिक हानी पहुंचती है। इस तरह तनाव बढ़ने से व्यक्ति को शारीरिक, मानसिक तथा आर्थिक हानी पहुंचती है। इसका अंतिम परिणाम उत्पादक संस्था को भुगतना पड़ता है। किसी भी संस्था का आरोग्य तथा उत्पादकता कर्मचारी और कामगारों के आरोग्य पर निर्भर होती है। इसलिए कोई भी संस्था या व्यक्ति के लिए तनाव प्रबंधन अत्याधुनिक आवश्यक है।

तनाव का अर्थ समझने के बाद परिभाषा समझना आवश्यक है।

तनाव की परिभाषा:

तनाव को किसी ऐसे शारीरिक, रासायनिक या भावनात्मक तथा मनोवैज्ञानिक कारक के रूप में समझा जा सकता है, जो शारीरिक तथा मानसिक अस्थिरता उत्पन्न करे और वह रोग निर्माण का एक कारक बन सकता है। ऐसे शारीरिक या रासायनिक कारक जो तनाव पैदा कर सकते हैं, उनमें - सदमा, संक्रमण, विष, बीमारी तथा किसी प्रकार की चोट या हादसा शामिल होते हैं। तनाव के भावनात्मक कारक तथा दबाव बहुत सारे हैं और भिन्न-भिन्न प्रकार के होते हैं। कुछ लोग जहां “स्ट्रेस” को मनोवैज्ञानिक तनाव से जोड़ कर देखते हैं, तो वहीं वैज्ञानिक और डॉक्टर इस तनाव को ऐसे कारक के रूप में दर्शाने में इस्तेमाल करते हैं, जो शारीरिक कार्यों की स्थिरता तथा संतुलन में बाधा पैदा करता है। जब लोग अपने आसपास होने- वाली किसी घटना से तनाव ग्रस्त महसूस करते हैं, तो उनके शरीर के रक्त में कुछ रसायन छोड़कर अपनी प्रतिक्रिया देते हैं। ये रसायन लोगों को अधिक ऊर्जा तथा मजबूती प्रदान करते हैं।

जब कोई व्यक्ति अपना संतुलन, चाहे मानसिक रूप से, शारीरिक रूप से, या भावनात्मक रूप से खो देता है तो उसे तनाव कहते हैं।

१. तनाव एक ऐसी बहुआयामी प्रक्रिया है जो हम लोग में वैसी घटनाओं के प्रति अनुक्रियाओं के रूप में उत्पन्न होती है, जो हमारे दैहिक एवं मनोवैज्ञानिक कार्यों को विघटित करता है या विघटित करने की धमकी देता है।”
२. हम लोग तनाव को एक आन्तरिक अवस्था के रूप में परिभाषित करते हैं, जो शरीर की दैहिक मांगों बीमारी की) अवस्थायें, व्यायाम, अत्यधिक तापक्रम इत्यादियां जैसे पर्यावरणीय (वं सामाजिक परिस्थितियाँ जिसे सचमुच में हानिकारक, अनियंत्रण योग्य तथा निबटने के मौजूद साधनों को चुनौती देने वाला के रूप में मूल्यांकित किया जाता है। से उत्पन्न होता है।”
३. तनाव से तात्पर्य शरीर द्वारा आवश्यकतानुसार किये गये अविशिष्ट अनुक्रिया से होता है।”

तनाव के प्रभाव :

तनाव के विभिन्न प्रकार के प्रभाव होते हैं। जो निम्नतवर्गीकृत किये गये हैं : , उसमें से एक एक की चर्चा की गयी है।

१. शारीरिक प्रभाव:

यह एक अत्यंत महत्वपूर्ण खतरनाक प्रभाव है ,जो सहज तरीके से दिखायी देता है। तनाव के शारीरिक प्रभाव मुख्यतः न्यूरो-एंडोक्राइनो-इम्यूनोलॉजिकल तरीके से उत्पन्न होते हैं। तनाव के कारक की जो भी प्रकृति हो पर उनके प्रति शरीर की प्रतिक्रिया सदैव एक समान रहती है। नीचे हमारे शरीर के ऊपर पड़ने वाले कूच गिने चुने- तनाव के शारीरिक प्रभाव दिए जा रहे हैं:

- धड़कन -इसमें हृदय का स्पंदन बढ़ जाता है। सांस बढ़ जाती है, और इसकी लंबाई छोटी हो जाती है।
- थरथराहट-जुकाम, अत्यधिक चिपचिपाहट /पसीना छूटना
- गीली भौंह-मांसपेशियों का कड़ापन, उदरीय मांसपेशियों का कड़ापन दिखना, तने हुए हाथ तथा पैर, दबे हुए जबड़े जहां दांत एक-दूसरे के साथ गुंथे हों।
- डिस्पेप्सिया /आंत में व्यवधानबार--बार पेशाब के लिए जाना इस तरह लक्षण दिखते हैं।
- बाल झड़नायह आजकल आम दिखने वाला प्रभाव है।-

२. मानसिक प्रभाव:

मानसिक प्रभाव दूसरा खतरनाक प्रभाव है। अगर पहचान न की जाए और सही तरीके से सुधारा न जाए तो तनाव के मानसिक प्रभाव कई रूप में दिखाई देते हैं। यह अच्छी तरह से ज्ञात है कि भावनात्मक तथा मानसिक तनाव को यदि दूर न किया गया तो यह इससे शारीरिक के साथसाथ मानसिक- कष्ट उत्पन्न हो सकता है। जिसे मनोशारीरिक बीमारी के रूप में जाना जाता है। इसके साथअन्य :साथ निम्नत- सामान्य मानसिक प्रभाव हैं:

- एकाग्र करने में अक्षम होना, निर्णय न ले पाना,आत्मविश्वास की कमी।
- चिड़चिड़ापन या बार-बार गुस्सा आना।
- अत्यधिक लोभ वाली लालसा।
- बेवजह चिंता करना, असहजता तथा चिंता।
- बेवजह भय सताना और घबड़ाहट का दौरा।
- गहरे भावनात्मक तथा मूड या मानसिक संतुलन विचलन।

३. व्यवहार प्रभाव :

व्यवहार प्रभाव यह तिसरा खतरनाक प्रभाव है। तनाव के व्यवहारगत प्रभावों में कुछ ऐसे तरीके शामिल हैं, जिसमें कोई व्यक्ति तनाव के प्रभाव में कार्य करते हैं और यह उनके व्यवहारों से प्रदर्शित होता है। इसमें से कुछ व्यवहारगत तनाव प्रभाव के उदाहरण नीचे दिये हैं।

अत्यधिक धूम्रपानसिगारेट/, मद्य या ड्रग्स का अत्यधिक सेवन करना । सदा के लिये नर्वस होने के लक्षण, नाखून चबाने तथा बाल खींचने जैसी आदत।

- अत्यधिक तथा काफी कम खाना, खाने में ध्यान न होना।
- मन का कहीं ओर खो जाना।
- बारंबार दुर्घटना का शिकार होना।
- जरा-जरा सी बात पर झगडना, आक्रामक होना।
- यह देखा गया है कि व्यवहारगत तनाव के काफी खतरनाक प्रभाव होते हैं और इससे अभिव्यक्ति तथा सामाजिक संबंध बिगड़ जातेहैं।

कई प्रकार के क्रॉनिक तथा अधिक आंतरिक तनाव अकेलेपन, गरीबी, वियोग, भेदभाव के कारण निर्माण होने वाले अवसाद, नैराश्य तथा हताशा से उपजते हैं, जिससे विषाणु के आक्रमण से लड़ने की शरीर की क्षमता कम हो जाती है और जुकाम, हर्पीस से लेकर एड्स व कैंसर जैसी बीमारियां भी हो सकती हैं।

तनाव जैसे भिन्न प्रभाव का अध्ययन करने के बाद तनाव के विभिन्न प्रकार का अध्ययन करने का संशोधक का इरादा है और नीचे वही किया गया है।

उपरोक्त दिये गये सभी प्रभावों का अंततः कामगार या व्यक्ति जिस संस्था या उद्यम में काम करता है उस पर /कर्मचारी : नकारात्मक प्रभाव निश्चित ही पड़ता है। इससे संस्था की उत्पादकता या गुणवत्ता पर खास तौर पर नकारात्मक प्रभाव होता है। इससे बचने के लिए कर्मचारीकामगारों के लिए तनाव प्रबंधन की व्यवस्था या अवेर्नेस जागरूकता निर्माण के प्रयास / अत्यावश्यक है।

तनाव के प्रकार :

तनाव के मुख्यतः दो प्रकार : हैं, जो नीचे दिये गये :

i (सकारात्मक तनाव:)ii (नकारात्मक तनाव:

सकारात्मक तनाव:

सकारात्मक तनाव व्यक्ति को हानिकारक नहीं होता, यह व्यक्ति को लाभदायक होता है। इस तनाव की स्थिति में व्यक्ति तनावजनक घटना से व्यक्ति की परेशानी एवं चिंता नहीं होती। इस तनाव के कारण व्यक्ति साधन के साथ परेशानी या संकटों को सामना करने के लिये उठ खड़ा होता है तथा उस परिस्थिति को एक चुनौती के रूप में स्वीकार करता है, जिससे तनाव की परिस्थिति में उस परिस्थिति का भी वह सदुपयोग कर लेता है। उसकी सोच सकारात्मक बनी रहती है तथा वह अपेक्षाकृत अधिक सजग एवं जागरूक होकर अपनी क्षमताओं के आधार पर उस घटना एवं परिस्थितियों से निपटता है। 'सकारात्मक तनाव' की स्थिति में व्यक्ति की उत्पादन क्षमता और कार्यक्षमता को बढ़ाते हुए नवाचार और सृजनशिलता को जन्म देता है, इस प्रकार सकारात्मक तनाव की स्थिति में व्यक्ति कार्य करने हेतु सामान्य स्थिति से अधिक सक्रिय हो जाता है और व्यक्ति की सफल होने की संभावना बढ़ती है।

नकारात्मक तनाव:

नकारात्मक तनाव सकारात्मक तनाव के बिल्कुल विपरीत होता है। इसमें व्यक्ति का हर घटना एवं परिस्थिति के तरफ देखने का दृष्टिकोण और नजरिया नकारात्मक हो जाता है। नकारात्मक दृष्टिकोण होने के कारण वह तनाव उत्पन्न करने वाली परिस्थिति और घटना से निपटने में स्वयं को असमर्थ और असहाय महसूस करता है जिससे उसमें कुचिंता उत्पन्न होने की संभावना कई गुणा बढ़ जाती है और व्यक्ति की सफल होने की संभावना कम होती है वहीं 'नकारात्मक तनाव' व्यक्ति के कार्य क्षमता को घटाते हुए परेशानी और विध्वंस का कारण बन जाता है।

सामान्य तौर से जब हम जिस तनाव और तनाव प्रबंधन की बात करते हैं, वह नकारात्मक तनाव ही है। नकारात्मक तनाव के प्रबंधन अत्यंत आवश्यक है।

नकारात्मक तनाव कैसे पहचाने?

नकारात्मक तनाव पहचानने के कुछ संकेत हैं, उससे कुछ नीचे दिये हैं, जो तनाव की स्थिति का आकलन करने में सहायक होते हैं:

चिड़चिड़ापन, बेचैनी बढ़ना, छोटीछोटी बातों पर क्रोधित- होना, नैराश्य, अपने ही धुन में मगन रहना, पुरानी गलत यादों से छुटकारा न पाना, नूनगंड का भाव पैदा होना, एकांत अच्छा लगना, छोटीछोटी बातों से अकारण भयग्रस्त रहना-, छुटपुट बातों - पे झगड़े पर उतर आना, किसी भी काम में मन न लगना, छोटीछोटी गलतियों का दोहराना-, व्यसनो के तरफ आकर्षित होना, मन

घबराना हृदय की धड़कने तेज होना, श्वास फुलना, बारबार पसीना आना, सर दुखना दर्द-पीठ, होना, बुखार आना, चयापचय की शिकायत होना, रक्तदाब बढ़ना,

तनाव पहाचननेके संकेत के अध्ययन के बाद तनाव के कारणोंका विवेचन जरूरी है। नीचे कूच तनाव के कारणोंका विवेचन किया है।

तनाव के कारण:

जिन कारणों से तनाव उत्पन्न होता है-कर्मचारी तथा व्यक्ति में जिन, इस विषय पर मनोवैज्ञानिकों द्वारा अत्यधिक गहन अध्ययन किया गया। इस अध्ययन के आधार पर तनाव उत्पन्न करने वाले प्रमुख कारकोंका का विवेचन किया है।

१. तनावपूर्ण घटनायें – वर्तमान स्थिति में कर्मचारी व्यक्ति की दिन/– प्रतिदिन की उलझनें तथा जिन्दगी में दुखद घटनाओं : का घटित होना तनाव का एक प्रमुख कारण हो सकता है।
२. नकारात्मक दृष्टिकोण– वर्तमान स्थिति में कर्मचारीव्यक्ति आत्मबल/, आत्मविश्वास एवं प्राणशक्ति की दृष्टि से बहुतही दुर्बल हो चुका है, जिसके कारण जब उसके सामने कोई भी घटना तथा समस्या आती है तो वह व्यक्ति बहुत जल्दी हैरानपेशान हो जाता है और विवेकपूर्ण ढंग से न सोच पाने के कारण उसमें नकारात्मक विचार उत्पन्न होने शुरू होते- है। इस कारण से वह व्यक्ति कुछ प्रयास करने से पहले ही स्वयं को असमर्थ तथा दुर्बल महसूस कर परिस्थितियों के सामने अपने हथियार डाल देता है, और असफलता का धनी होता है।
३. स्वयं की क्षमताओं का सही तरीकेसे मूल्यांकन न करना – वर्तमान स्थितिमें मे भागदौड़ की जिन्दगी में प्रायः अधिकांश व्यक्तियों के पास स्वयं के लिये सुकून के दो पल भी नहीं है, जिसमें शांति से बैठकर वह स्वयं के बारे में गहराई से सोच सके। व्यक्ति को यह ही पता नहीं होता कि वह क्याक्या कमियां हैं-क्या कर सकता है और उसमें क्या-, जिससे कि वह स्वयं की कमियां को सुधार कर सके। अंतिमतमूल्यांकन का अभाव भी तनाव का एक प्रमुख -स्वयं : कारण है।
४. परावलंबी रहने की आदत – कर्मचारीव्यक्ति के लिए जीवन में तनावमुक्त/, हसमुख एवं खुश रहना यही सबसे अच्छा उपाय या तरिका है – आत्म निर्भर रहना एवं दूसरों से किसी भी प्रकार की अच्छई की अपेक्षा नहीं करना चाहिए लेकिन यथार्थ जिन्दगी में ऐसा नहीं होता है। आज स्वयं पर कम और अपने काम के लिये दूसरों पर निर्भर होने की प्रवृत्ति बढ़ रही है। इन्ही कारणों से तथा जब दूसरों से अपनी अपेक्षा के अनुरूप परिणाम प्राप्त नहीं होने के कारण से व्यक्ति तनावग्रस्त हो जाता है।
५. अहंकार तथा स्वार्थ की भावना – वर्तमान स्थिति में कर्मचारीव्यक्तियों में बढ़ती हुयी स्वार्थ और अहंकार की भावना ने / भी तनाव को बढ़ावा दिया है।
६. निसर्ग पर श्रद्धा एवं विश्वास न होना – हर कर्मचारी व्यक्ति प्रत्येक कार्य और घटना/के लिये कर्ता खुद को ही मानता है। अतइस कारण एक तो उसमें अहंकार और अहंभाव का भाव बढ़ता जा रहा है ;, दूसरी ओर वह उस निसर्गप्रकृति के / प्रती विश्वास ही नहीं करता है। नैसर्गिक स्थिति के तरफ विश्वास और ध्यान नहीं देने से कारण से पर्यावरण की बड़े पैमानेपर हानि हो रही है। जिसका जाता परिणाम व्यक्ति के तनाव बढे मे होता है।
७. सामाजिक संवेदनाओं की कमी – आज के भौतिकवादी युग में कर्मचारी व्यक्ति सुबह से श्याम और श्याम से/ रात तक पैसे और नाम की हैवानी दौड़ में एक मशीन की तरह काम कर रहा है। इस तरह की धन की अन्धी होंड पता नहीं उसे किस मोड पर लेकर जायेगी। परिणामतव्यक्ति इतना स्वास्थ्य के प्रति बेडर हो गया है कि खुद के : हित के लिये वह किसी भी सीमा लांघकर दूसरों की खुशियों का गला घोट सकता है, क्योंकि व्यक्ति इतना संवेदना हीन हो चुका है। वह अपने या दूसरों के भावों को समझकर उन संवेदनाओं का सम्मान करना भूल चुका है। परिणामतवह : खुद भी तनावग्रस्त रहता है और दूसरों के लिये भी तनाव का कारण बनता है।
८. आत्मविश्वास और आत्मसम्मान की कमी– किसी कर्मचारीव्यक्ति में खुद के प्रति अर्थात अपने अस्तित्व के प्रति / सम्मान का अभाव होता है तथा विश्वास का अभाव होता है तो वह व्यक्ति तनावग्रस्त रहता है।

उपर तनाव निर्माण के कई चंद कारणोंका उल्लेख किया गया है किंतु तनाव निर्माण में कई और कारनभी हो सकते हैं।

९. शारीरिक और मानसिक दुर्बलता तथा अत्यधिक काम-

इस कारण से तनाव लंबे समय के बाद पैदा होता है और इसका आपके शरीर पर बहुत ही गंभीर तथा दुरगामी असर पड़ सकता है। इस तरह का तनाव अपनी नौकरी, ऑफिस, स्कूल या घर में अत्यधिक काम करने से निर्माण होता है। कर्मचारीव्यक्ति / यदि समय का नियोजन नहीं कर पाता है या आराम के लिए समय नहीं निकाल सकता है तो यह उस स्थिति में पैदा होता है। यह बहुत कठिन प्रकार का तनाव है, जिससे कर्मचारीव्यक्ति को बाचना चाहिए/, क्योंकि लोग इस प्रकार के तनाव को अपने नियंत्रण से बाहर समझते हैं।

कर्मचारी तथा कामगारोंकी के लिए तनाव प्रबंधन अत्यावश्यक :

खेल, व्यायाम तथा योगा:उत्कृष्ट तकनीक :

तनाव का संबंध कर्मचारीव्यक्ति/ की तनाव सहनेकी और निपटने की समर्थता पर अधिक निर्भर करता है। अतः हमें अपने कार्यव्यवहार- और मानसिक और शारीरिक स्वास्थ्य के लक्षणों में छिपे निहितार्थों को समझकर तनाव प्रबंधन पर विचार करना चाहिए। यहां कर्मचारी व्यक्ति को तनाव से मुक्त कैसे करे या कम कैसे करे इसके कई/तरीके हैं।

खेल, व्यायाम तथा योगा के माध्यम से कर्मचारीव्यक्ति तनाव को नियंत्रित करने में सहाय्यभूत हो सकता है। नीचे दिये / हुये तकनीक को हाल ही में "डीस्ट्रेसेलाइजर" कनाडा के मेडिकल एसोसिएशन के जर्नल द्वारा डब किया गया है। "डीस्ट्रेसेलाइजर" एक प्रक्रिया है जिसके द्वारा एक कर्मचारी/व्यक्ति के तनाव को दूर किया जा सकता है। तनाव प्रबंधन की तकनीक सैद्धांतिक प्रतिमानके अनुसरण के अनुसार विभिन्न हो सकती है, लेकिन उनमें निम्न तकनिक निश्चितही सममिलीत सकते हैं।

- व्यायाम
- योगा, ध्यान, गहरी सांस
- खेल
- व्यायाम:

तनाव (stress) यह शारीरिक स्वास्थ्य के साथ-साथ मानसिक रूप से भी परेशान करता है। लेकिन यह सच है की आप कुछ सरल व्यायामों के साथ बहुत आसानी से तनाव का प्रबंधन कर सकते हैं, तथा तनाव पर नियंत्रण कर सकते हैं। व्यायाम व्यक्ति के शरीर की ग्रोथ करता है और आपको शारीरिक फिट रखता है। इतना ही नहीं बल्कि व्यायाम आपके मन और शरीर पर सकारात्मक प्रभाव करता है। व्यक्ति/ कर्मचारियों को अपने तनाव को प्राकृतिक रूप से मैनेज करना चाहिये न कि दवाई या किसी अन्य माध्यम से। यह भी सच है की कोई भी व्यक्ति या कर्मचारी या कामगार तनावों से बचना नामुमकिन है लेकिन ऐसे तनावों से शरीर पर पड़ने वाले नकारात्मक प्रभाव को बेहतर प्रबंधन से अवश्य ही कम किया जा सकता है। नियमित व्यायाम से कर्मचारी या व्यक्ति अपने तनाव को अच्छे प्रबंधन से कम कर सकते हैं।

- व्यायाम और तनाव के बीच संबंध:
 - व्यायाम व्यक्ति के तनाव हार्मोन को कम करने तथा एंडोर्फिन बढ़ाने में मदद करता है जो एक रसायन है जिस के कारण व्यक्ति अच्छा महसूस करता है।
 - व्यायाम दिन की शुरुआत में ही व्यक्ति के मूड को अच्छा बनाता है, और ऊर्जा को बढ़ाता है।
 - व्यायाम आपके नकारात्मक विचारों और भावनाओं से लड़ने में सहायता करता है, क्योंकि तनाव आपके दिमाग को विचलित कर सकता है, और व्यायाम से दिमाग की स्थिरता बढ़ती है।
 - हम अगर किसी के साथ, ग्रुप में या जिम में व्यायाम करते हैं तो यह हमारे लिए और भी अच्छा साबित होता है।
 - व्यायाम ही हमें इस बात पर भरोसा दिलाता है कि यह हमें शारीरिक तथा मानसिक रूप से फिट रखेगा और आपके शरीर को टोन करेगा।

- **एरोबिक्स और तनाव:**

एरोबिक्स यह एक व्यायाम करने का सबसे मजेदार और आनंददायी तरीका है। यह हमारे मस्तिष्क को तरोताजा और तेजधार करने के साथ-साथ हमारा प्रभावी रूप से वजन कम करने में सहाय्य करता है। विभिन्न अध्ययनों ने यह भी सिद्ध किया है कि एरोबिक्स आपको अवसाद का इलाज करने में भी सहायता करता है। एरोबिक्स हमारे सांस और दिल की धड़कन की दर को बढ़ाकर आपकी मांसपेशियों पर काम करता है। यह व्यायाम प्रकार व्यायाम और नृत्य को पूरी तरह से मिश्रित करके बनाया गया है जो एक परम तनाव मुक्ति के लिए सहायता करने वाली क्रिया है।

- **सुबह-श्याम टहलना:**

सुबह वातावरण में सकारात्मक ऊर्जा और प्राणवायु की मात्रा अधिक रहती है। अतः तनावमुक्त रहने के लिये नियमित रूप से सूर्योदय से पूर्व सुबह टहलने की आदत डालनी चाहिये।

हर कर्मचारी/व्यक्ति को दिन में कम से कम 35 मिनट के लिए व्यायाम करना चाहिए। यह आपको मानसिक और शारीरिक दोनों तरह से सुदृढ़ रखेगा।

योगा व तनाव:

तनावप्रबंधन के लिए योगा भी एक महत्वपूर्ण साधन है, आजकल योगा एक लोकप्रिय तकनीक के रूप में लौकिक प्राप्त कर रहा है। दैनंदिन जीवन या कार्यालयीन कामकाज के साथ तथा उत्पादन प्रक्रिया में संबंधित कामगारों को अपने कामकाज से निर्माण हुआ तनाव योगा के माध्यम से कम या नियंत्रित हो सकता है। योगा के कुछ प्रकारों का निम्नतनीचे विवेचन करने का प्रयास किया गया है।

- **गहरी साँस लेने का अभ्यास करें:**

अपनी साँस को मजबूत बनाने के लिए ध्यान केंद्रित करना, तनाव पर नियंत्रण पाने की प्रतिक्रिया को आह्वान करने का एक तरीका है। गहरी साँस लेना डायाफ्राम श्वास, उदर श्वास, पेट श्वास, और पुस्तक श्वास के रूप में भी प्रसिद्ध है। गहरी साँस पूर्ण ऑक्सीजन विनिमय को प्रेरित करती है, जिसका मतलब वर्तमान कार्बन डाइऑक्साइड के लिए भेजी गई ताजा ऑक्सीजन है। यह दिल की धड़कन की गति धीमी और स्थिर करती है। इस कारण से तनाव पर नियंत्रण पाना आसान होता है।

- **ज्यादा हँसें:**

हँसने से तनाव कम होता है, हँसने से तनाव कम होता है यह सिद्ध हो चुका है। पैच एडम्स जैसे कई चिकित्सक, हास्य को सकारात्मक बीमारियों और सर्जरी से निजात दिलाने में सिद्ध मानते हैं। कुछ अध्ययन से यह भी सिद्ध हो चुका है कि व्यक्ति को मुस्कुराने से उसके मूड में सुधार होता है और खुशी मिलती है।

- हँसते समय एंडोर्फिन निकलता है, इसके कारण मस्तिष्क का रसायन जो आपका मूड अच्छा करता है।

- हँसने के कारण हमारी अपनी ऊर्जा को वापस ला सकते हैं। आपके दिमाग में जो कुछ भी हो, वह हँसने से ठीक हो सकता है। यह अक्सर अधिकार के मजे को कुरेदता है। जो चीज आपको परेशान कर रही हो, उसे देखने का एक अलग बेहतर तरीका दिखा सकता है। हँसी और हास्य अलग ढंग से जीवन को देखने का एक गहरा और शक्तिशाली साधन है। हँसने से बहुत सारा तनाव हम खत्म कर सकते हैं।

- **खेल:**

खेलने से व्यक्ति का शारीरिक तथा मानसिक रूप से फीट या कार्यक्षम होता है। इसके साथ ही वह संघटित होता है। संघटित होने से उसमें संघ भावना निर्माण होती है। संघ भावना के कारण बहुत सारी भावनाएँ एक दुसरे के साथ शेअर करते इस माध्यम से अपना तनाव काम करने में सहाय्य होता है। खेलसे हमारी मानसिक चेतना, भावनिक स्थिरता, मानसिक विकास, जिम्मेदारी का अहसास, शारीरिक कार्यक्षमता, मानसिक संतुलन, मैत्री भावना, खिलाड़ी भावना, और यशःपयश सहन करने की क्षमता का विकास होता है। यह किसी भी व्यक्ति के लिए बहुत जरूरी है। इससे हम तनाव पार नियंत्रण पा सकते हैं। खेल में

कभी जीत तो कभी हार होती है। जीत से जादा गर्व नहीं करना तो हार से जादा निराश नहीं होना यह खिलाडी वृत्ति का प्रमुख गुण है।

इस गुणो का विकास होने से कर्मचारी या कामगार अपने तनाव का प्रबंधन कर सकता है। इसलिय हर कर्मचारी को हलके फुलके खेल के लीए समय निकालना चाहिए, जिससे वे तनाव से मुक्ति पा सकते है।

मूल्य:मापन-

वर्तमान स्थिति मे में तनाव (stress) सामाजिक व्यक्ति के लिए अती सामान्य अनुभव बन चुका है, जो कि और कर्मचारी या कामगार समाज की ही इकाई होनेसे वह इससे मुक्त नहीं है। खास तौर से तनाव अधिकतम शारीरिक और मनोवैज्ञानिक प्रतिक्रियाओं द्वारा व्यक्त होता है। तनाव बढ़ने से हमारा स्वास्थ्य, आपके मनोदशा, आपकी उत्पादकता, आपके रिश्ते, और आपके जीवन की गुणवत्ता को बड़ा नुकसान पहुंचाता है। इस तरह तनाव बढ़नेसे व्यक्ति को शारीरिक, मानसिक तथा आर्थिक हानी पहुंचती है। इसका अंतिम परिणाम उत्पादक संस्था को भुगताना पडता है। कीसीभी संस्थाका आरोग्य तथा उत्पादकता कर्मचारी और कामगारों के आरोग्य पर निर्भर होती है।

खेलने से हमे आनंद मिलता है। व्यायाम और योगासे हमारे अंदर बाहर पुष्टी या ऊर्जा मिलती-है। खेल, व्यायाम तथा योगा की माध्यम से कर्मचारी व्यक्ति के तनाव को नियंत्रित करने में सहाय्यभूत हो सकता है। व्यायाम व्यक्ति के शरीर की ग्रोथ करता है और आपको शारीरिक फिट रखता है। इतनाही नहीं बल्कि व्यायाम आपके मन और शरीर पर सकारात्मक प्रभाव करता है। दैनंदिन जीवन या कार्यालयीन कामकाज के साथ तथा उत्पादन प्रक्रिया मे संबंधित कामगारो को अपने कामकाज से निर्माण हुआ तनाव योगा के माध्यम से कम या नियंत्रित हो सकता है। खेल से हमारी मानसिक चेतना भावनिक स्थिरता, मानसिक विकास, जिम्मेदारी का अहसास, शारीरिक कार्यक्षमता, मानसिक संतुलन, मैत्री भावना, खिलाडी भावना, और यशअपयश - सहन करनेकी क्षमता का विकास होता है, और हम तनाव से मुक्ती पा सके।

संदर्भ :

- मोदी अतुलतनाव और अवसाद से- निजात दिलाती हैं ये एक्सरसाइज 3, जानें इसके फायदे और करने का तरीका- -01 2019-05
- डॉ. कपूरमल जैनआज- की महती आवश्यकता - तनाव प्रबंधन- (रोजगार और निर्माण)
- मनोज चौरसिया तनाव- के क्या कारण हैं?-
- तूडी गिफिन-कैसे तनाव को कम करें- बनडेमानसिक तनाव के कारण-, लक्षण एवं उपाय-
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खिलाडी के खेल प्रदर्शन में पोषक तत्व युक्त सम्पूर्ण आहार का महत्व

डॉ शाम काबुलीवाले

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सारांश

खेलों में अच्छा प्रदर्शन प्राप्त करने के प्रयासों में खिलाड़ी के आहार का अत्याधिक महत्वपूर्ण स्थान है। आज उच्चस्तर के प्रदर्शन को सतत संतुलित रखने के लिए विविध प्रकार के वैज्ञानिक संशोधन करने में लगे हुए हैं। यहाँ पर विश्व पटल पर चाइना अमेरिका या जापान जैसे राष्ट्र विविध संशोधनों के फलस्वरूप आज खेलों में उच्चतम स्तर पर राष्ट्रध्वज फहरा रहे हैं। प्रस्तुत निबंध में खेलों की मीमांसा की गई है। तथा इस द्वारा खिलाड़ी के दैनिक चर्या, उसको मिलने वाले दैनिक आहार, पोषण की भी विस्तारपूर्ण चर्चा की गई है।

प्रधान शब्द : खेल, पोषण आहार, खिलाड़ी, प्रदर्शन

परिचय

किसी खिलाड़ी या शारीरिक श्रम करनेवाले व्यक्ति के लिए उसका शारीरिक संघटन एवं शरीर से प्राप्त होने वाली ऊर्जा दोनों ही अत्याधिक महत्वपूर्ण पहलू हैं। खिलाड़ियों के आहार संबंधी अनेक अवैज्ञानिक धाराओं एवं भ्रांतियाँ खिलाड़ी की शारीरिक क्षमता पर प्रत्यक्ष रूप से प्रभाव डालती हैं। अतः खिलाड़ियों एवं प्रशिक्षकों को विभिन्न परिस्थितियों में उचित आहार का ज्ञान होना नितांत आवश्यक है।

एक खिलाड़ी को कार्बोहाइड्रेट और वसा से ऊर्जा रूपी ईंधन प्राप्त होता है। जिससे उसकी शारीरिक क्षमता बढ़ती है। खिलाड़ी के शरीर में मौजूद ग्लाइकोजन का भण्डार उसकी खेल प्रदर्शन क्षमता को तय करने में प्रमुख निर्णायक होता है। एक साधारण सक्रिय व्यक्ति प्रतिदिन लगभग २००० से २५०० किलो कैलेरी ऊर्जा व्यर्थ करता है। परंतु गहन प्रशिक्षण एवं अभ्यास करनेवाले खिलाड़ी लगभग २००० से ६००० किलो कैलेरी ऊर्जा प्रतिदिन व्यर्थ करता है। अतः सधन प्रशिक्षण प्राप्त करने वाले उच्च खिलाड़ियों के लिए उन्हें ऐसे आहार की आवश्यकता होती है जो शरीर में ग्लाइकोजन का पर्याप्त भण्डार बनाया रखे।

एक सामान्य अभ्यास करने वाले अथलिट को प्रतिदिन शरीर के वजन के प्रतिकिलो की दर से १२ ग्राम अधिकतम प्रोटीन लेनी चाहिए और गहन प्रशिक्षण ले रहे भारोत्तोलकों एवं अथलिटों को प्रोटीन की अधिकतम मात्रा प्रतिदिन शरीर भार प्रतिकिलो की दर से २५ ग्राम तक लेनी चाहिए। दिनभर के खेल प्रशिक्षण अथवा प्रदर्शन के कारण थके धुप खिलाड़ी को पहले ठोस आहार की बजाए तरल पदार्थ लेना चाहिए, कुछ समय पश्चात सभी पोषक तत्वों से युक्त भोजन करना चाहिए। या फिर भोजन के पश्चात खेल अभ्यास नहीं करना चाहिए।

मुक्केबाजी, कुस्ती, कराटे, ज्यूदो, उँची कूद, लंबी कूद जैसे खेलों के दौरान पेट भरा होने से अमायाशय पर चोट लगने का खतरा भी बढ़ जाता है। परिश्रम करनेवाले खिलाड़ी को अपनी दैनिक आवश्यकता २५०० से ६००० कैलेरी की पूर्ति आहार को कई हिस्सों में ग्रहण करके पूरी करनी चाहिए। खेल प्रतियोगिता के समय से ३ घंटे पूर्व ही कोई आहार लेना चाहिए, प्रतियोगिता के निकट समय में तो तरल आहार अल्प मात्रा में लिया जा सकता है। खिलाड़ियों को शारीरिक निजीलीकरण (डि) से बचने के लिए उचित मात्रा में पानी पीते रहना चाहिए। (हायड्रेशन

खेलों में प्रदर्शन को प्रभावित करने वाले विटामिन तत्व व खनिज लवण का महत्व

विटामिन न तो हमें शक्ति प्रदान करते हैं और न ही शारीरिक वृद्धि में अधिक उपयोगी है, परंतु फिर भी शरीर में इनकी अत्याधिक आवश्यकता होती है। क्योंकि इनकी कमीसे शरीर में अनेक रोग होते हैं।

१९१२ ई में हॉफकिन्स ने बताया कि भोजन के अन्दर कुछ ऐसे महत्वपूर्ण कार्बनिक पदार्थ होते हैं। जो व्यक्ति के उचित स्वास्थ्य के लिए आवश्यक होते हैं जिन्हें जीव तत्व कहते हैं। सन १९११ ई में सर्वप्रथम फंक नामक व्यक्ति ने विटामिन्स पोषक तत्वों की खोज की जिसे विटामिन्स या जीवनदाता कहा जाता है।

सन १९७०८ के दशक में इस विटामिन के प्रभाव पर कई प्रयोग किए गये इसके सेवन से मांस पेशी कोशिकाओं में - आक्सीजन की कमी नहीं होती है। तथा साथसाथ अधिक व्यायाम के दौरान कोशिका का मुक्त आक्सीजन रेडिकल के - विनाशकारी प्रभाव को समाप्त करता है। सन १९४० और इसके मध्य में पोषण वैज्ञानिक मार्टिन एंव मैथन ने बताया कि खिलाड़ी को २०० ग्राम एस्कॉर्बिक अम्ल का सेवन प्रतिदिन अति आवश्यक है। क्योंकि इसकी कमी से निष्पादन स्तर घट जाता है। मांस पेशी में दर्द, थकान और एनेक्सीया नामक रोग हो जाता है। विटामिन C के सेवन से चयापचय और ऊतक निर्माण में महत्वपूर्ण भूमिका होती है। डूगर कोर्फ के अनुसार (१९६३)

खनिज लवण हमारे शरीर का २० भाग खनिज लवण पदार्थ से बना होता है। अतः अच्छे स्वास्थ्य के लिए खनिज पदार्थों का भी विशेष महत्व है। जल % शरीर का ९० - हिस्सा जल द्वारा निर्मिती होता है, जल हमारा जीवन है, जल मनुष्य की भोजन से भी प्राथमिक आवश्यकता है, भोजन को पचाने शरीर के दुषीत पदार्थ की बाहर निकालना, शरीर का तापक्रम बनाया रखना आदि महत्वपूर्ण कार्य जलद्वारा किया जाता है

खिलाड़ी और कैलेरी की आवश्यकता

मनुष्य को कैलेरी की आवश्यकता उसकी कार्य करने की क्षमता, उसकी आयु, शारीरिक कार्य, वजन लम्बाई आदि की अनुसार पडती है। साधारणतः एक दिन में मनुष्य को निम्नलिखित कैलेरी माना की आवश्यकता पडती है।

उम्र	कैलेरी की आवश्यकता
१ से ५ वर्ष का बच्चा	११०० से १३०० कैलेरी
५ ते १० वर्ष तक	१३०० से १५०० कैलेरी
१० से १५ वर्ष तक	१५०० से १८०० कैलेरी
१५ से २० वर्ष तक (लडकी)	१४०० से १७०० कैलेरी
१५ से २० वर्ष तक (लडके)	१६०० से २००० कैलेरी
हमेशा बैठे रहने वालों के लिए	१८०० से २३०० कैलेरी
हल्का परीश्रम करने वाले पुरुष	२३०० से ३००० कैलेरी
सामान्य मेहनत करने वाले पुरुष	३००० से ३५०० कैलेरी
कडी मेहनत करने वाले पुरुष	३५०० से ४५०० कैलेरी
बहुत कडी मेहनत करने वाले पुरुष महिला	४५०० से ६५०० कैलेरी
हल्का मेहनत करनेवाले पुरुष महिला	१८०० से २२०० कैलेरी
सामान्य मेहनत करनेवाली महिला	२२०० से २३०० कैलेरी
बहुत कडी मेहनत करने वाली महिला	३५०० से ४५०० कैलेरी

भौतिक तथा शारीरिक वृद्धि (Physical & Physiological Growth)

यह शैशव काल की समाप्ति के बाद शुरू होता है। शैशवकाल की तुलना में वृद्धि थोड़ी धीमी हो जाती है हलांकि पूर्ण विराम भी नहीं लगता। इस अवधि में एक ही गति से वृद्धि होती है। इस अवधि के दौरान बच्चे की ऊंचाई प्रतिवर्ष तीन इंच बढ़ती है जब तक वह बाद के बचपन (Later childhood) में कदम रखता है वह लगभग ४६ इंच ऊंचा होता है। फिर भी हम

मान कर चलते हैं की भौतिक वृद्धि में व्यक्ति से व्यक्ति तक फर्क हो सकते हैं या ऊंचाई व वजन पर कोई पक्का नियम लागू नहीं होता। बच्चे का भार प्रति वर्ष १.५ कि.ग्रा.से २.५ कि.ग्रा. की दर से बढ़ता है तथा इस अवधि के दौरान औसतन एक बच्चे का वजन उसके जन्म के समय हुए वजन का सात गुणा चाहिये। लडकी का वजन २४ कि.ग्रा. तथा लडके का २५ कि.ग्रा. वह बाद के बचपन में कदम रखता है। शारीरिक चिन्ह भी परिवर्तन के साफ लक्षण दिखाते हैं तथा बेबी लुक अब समाप्त होने लगती है अब गर्दन थोड़ी लम्बी हो जाती है तथा ठोड़ी बड़ी हो जाती है। ज्यादातर परिवर्तन इस बात पर निर्भर करते हैं कि शरीर का अस्थि पिंजर (Skeleton) किस प्रकार बढ़ता है, क्योंकि अस्थि पिंजर के विभिन्न अंग अलगअलग गति पर बढ़ते हैं। कुछ - हड्डियां जल्दी बढ़ती है तथा सबसे बड़ा मुख्य गुण है वह शरीर की लम्बाई, लम्बी हड्डियां जल्दी लम्बी होती है। कंधे चौड़े हो जाते हैं, बाजू व टांगें लम्बी हो जाती है तथा हाथ और पैर भी लम्बे व चौड़े हो जाते हैं। हड्डियों की ओसफिकेशन (Ossification) प्रक्रिया के कारण पेशियां बड़ी व भारी हो जाती है तथा वजन अधिक हाते हुए भी बच्चा पतला नजर आता है। ये वृद्धि तथा विकास विविध चरणों में होता है जिसमें आहार, पोषक तत्वों, खनिज लवण, तरल द्रव्य, व शुद्ध प्राण वायु की आवश्यकता होती है।

चर्चा

मानव शरीर को एक गतिशील मशीन या स्वयंचलित रासायनिक प्रयोगशाला कहा जा सकता है। दैनिक जीवन के प्रत्येक कार्य में पर्याप्त उर्जा एवं शक्ति की आवश्यकता होती है। इसके साथ साथ शरीर उर्जा मशीन की टूटीफुटी कोशिकाओं की मरम्मत करने तथा शारीरिक विकास के लिए भी पर्याप्त उर्जा एवं उष्मा की आवश्यकता रहती है। शरीर की इसी आवश्यकता की भोजनद्वारा पूरा किया जाता है। अतः शारीरिक शिक्षा से जुड़े लोगो को संतुलित आहार के महत्व एवं कुपोषण जन्य हीनताओं की पर्याप्त जानकारी होनी चाहिए।

संतुलित आहार में निम्नलिखित रासायनिक तत्वों की उपस्थिति आवश्यक मानी जाती है।

- १ (कार्बोहाइड्रेट शरीर को गर्मी करके शक्ति प्रदान करता है और शारीरिक वृद्धि में भी सहायक होता है। -
- २ (वसा वसा में भी ऑक्सीजन हाइड्रोजन तथा कार्बन होते हैं वसा ये कार्बोहाइड्रेट से दुगुनी उर्जा एवं उष्मा देती है। -
- ३ (प्रोटीन फुटे उत्तको की मरम्मत का काम -इससे हमें उर्जा मिलती है किंतु यह विशेष रूप से शारीरिक वृद्धि और टूटे - करता है।

अंतिम विवेचन

खेलकूद, श्रम तथा अन्य जीवनयापन शैलियों में निष्कर्ष स्वरूप ऐसा पाया है कि खेलों में पर्याप्त आहार शिक्षा भी अनिवार्य स्वरूप में दी जानी चाहिए, जिससे शरीरोपयोगी पोषक तत्वों की संपूर्ण जानकारी खिलाडीयों को उचित मार्ग प्रस्थान करायेगी। खेल प्रशिक्षण कार्यक्रम में भोजन आहार कुशल विद्वान व्यक्ति की नियुक्ति करनी चाहिए।

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तनाव प्रबंधन के घरेलू नुस्खे..!

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मो. न. ९७६४२०८२७९

परिचय -

तनाव मनुष्य जीवन का एक अनोखा पहलू है जो जीवन में होना भी जरूरी है। अर्थात तनाव सामान्य जीवन में एक सीमा तक अनिवार्य हिस्सा है किन्तु सामान्य से अधिक तनाव या चिंता गंभीर मानसिक समस्या है। एक सर्वेक्षण के अनुसार दुनिया में हर दस वयस्क में सात गंभीर तनाव या चिंता के शिकार होते हैं। अमेरिकन साइकोलॉजिकल एसोसिएशन ने २००७-२००८ में एक सर्वेक्षण किया। इस सर्वेक्षण में पाया गया की, लोगों को तनाव के कारण तथा उससे होने वाले शारीरिक और भावनात्मक तनाव में पिछले एक साल में दुगुनी वृद्धि हुई है। एक ऑनलाइन सर्वेक्षण के अनुसार १४ प्रतिशत लोग तनाव से छुटकारा पाने के लिए नियमित रूप से व्यायाम करते हैं। १८ प्रतिशत लोग दोस्तों या परिवार से बात करते हैं। तो १७ प्रतिशत लोग निद्रा से तनाव कम करने की कोशिश करते हैं। साथ ही फिल्में या टीवी देख कर १४ प्रतिशत, १३ प्रतिशत संगीत सुन कर और खाना या मनपसंद भोजन से १४ प्रतिशत लोग तनाव कम करने की कोशिश करते हैं।

तनाव क्या है?

“तनाव को किसी ऐसे शारीरिक, रासायनिक या भावनात्मक कारक के रूप में समझा जा सकता है। जो शारीरिक तथा मानसिक बेचैनी उत्पन्न करे और वह रोग निर्माण का एक कारक बन सकता है।”^१ अर्थात कुछ लोग ‘तनाव’ को मनोवैज्ञानिकता से जोड़ कर देखते हैं, तो वहीं वैज्ञानिक और डॉक्टर इस तनाव को कारक के रूप में देखते हैं, जो शारीरिक कार्यों की स्थिरता तथा संतुलन में बाधा पैदा करता है। जब कोई व्यक्ति अपने आसपास होने वाली किसी चीज़ से तनाव महसूस करता है, तब उसका शरीर खून में कुछ रसायन छोड़कर अपनी प्रतिक्रिया देता है।) तनाव “Stress) मनःस्थिति से उपजा विकार है। मनःस्थिति एवं परिस्थिति के बीच असंतुलन एवं असामंजस्य के कारण तनाव उत्पन्न होता है। तनाव एक द्वन्द है, जो मन एवं भावनाओं में गहरी दरार पैदा करता है। तनाव अन्य अनेक मनोविकारों का प्रवेश द्वार है। उससे मन अशान्त, भावना अस्थिर एवं शरीर अस्वस्थता का अनुभव करते हैं। ऐसी स्थिति में हमारी कार्यक्षमता प्रभावित होती है और हमारी शारीरिक व मानसिक विकास यात्रा में व्यवधान आता है।”^२

हल्के मात्रा में तनाव कभी कभी फ़ायदेमंद भी होता है। उदाहरण के लिए कोई प्रोजेक्ट या असाइनमेंट पूरा करते समय हल्कासा तनाव महसूस करने से हम अपना काम अच्छी तरह से पूरा कर पाते हैं और काम करते समय हमारा उत्साह भी बना रहता है। तनाव दो प्रकार के होते हैं - सकारात्मक तनाव तथा नकारात्मक तनाव जिसका सामान्य अर्थ चुनौती तथा अधिक बोझ होता है। जब तनाव अधिक होता है या सीमा से बाहर हो जाता है, तब नकारात्मक प्रभाव बढ़कर यह बिमारी के रूप में दिखता है। जब ऐसे किसी भी संकट का एहसास होता है, तो शरीर कई बदलावों से गुजरता है। ये परिवर्तन मांसपेशियों को उस संकट से लड़ने या भागने के लिए अधिक ऊर्जा देने के लिए होते हैं। यह व्यवस्था जंगल में रहने वाले एक व्यक्ति के लिए एकदम सही थी। कई आपदाएं आज भी शरीर से बच नहीं पाती हैं। यह अक्सर ऐसा होता है कि शरीर में ये परिवर्तन, आंदोलनों को गति देते हैं और व्यक्ति संकट के बारे में सोचकर कुर्सी पर बैठा होता है। परिणाम स्वरूप तनाव के भौतिक प्रभाव बढ़ रहे हैं। उच्च रक्तचाप, मधुमेह, हृदय रोग, अस्थमा, माइग्रेन, अपच, उच्च रक्तचाप, मुंह, आंतों की चोटों, थायरॉयड की समस्या, लगातार थकान जैसे मानसिक तनाव के कारण कई बीमारियां हो सकती हैं।

तनाव जांच सूचक -

शरीर और मन के युद्ध में शरीर में कोई भी परिवर्तन स्थायी नहीं होता है; हम इसे 'बीमारी' कहते हैं। जैसे निद्रा में व्यवधान, भूख की कमी, अपर्याप्त एकाग्रता या अपर्याप्त याददाश्त, प्रदर्शन में कमी, अलक्षणात्मक त्रुटियाँ, क्रोध या चिड़चिड़ापन, हिंसक या समाज के खिलाफ व्यवहार, भावनात्मक आवेग, शराब या ड्रग्स की आदत, घबराहट आदि लक्षणों से समझ जाए कि आपकी यात्रा तनाव की ओर अग्रसर है। यदि आप इस बीमारी से बचना चाहते हैं, तो आपको सतर्कता का नियमित अभ्यास करना जरूरी है। बहुत से लोगों में यह जागरूकता नहीं है। इसलिए वे इस भ्रम में रहते हैं कि मुझे कोई तनाव नहीं है। हार्मोनिक टोन केवल तभी बजते हैं जब वीणा उचित तनाव में हो। इस संदर्भ में “परिवर्तन अपने आप में ही तनावपूर्ण है। - साथ ही कोई परिवर्तन न होना भी तनावपूर्ण है। इससे बचा नहीं जा सकता। तो हमें यह सीखने की जरूरत है कि इससे सामंजस्य कैसे बिठाया जाए।”³

तनाव प्रबंधन के घरेलू नुस्खे -

तनाव का महत्वपूर्ण कारक के रूप में चिंता को समझा जाता है। कुछ हद तक चिंता करने के कुछ फायदे भी हैं, लेकिन जब इस चिंता और तनाव का स्तर बढ़ जाता है तो यह खतरनाक हो सकता है। इस चुनौतीपूर्ण स्थिति का सामना करने के लिए स्थिति से बाहर निकलने और आराम करने के लिए आप अपने शरीर के कुछ हिस्सों की मसाज कर आराम पा सकते हैं। या आप शरीर के कुछ बिंदुओं पर दबाव और उनकी मालिश करके शांति और राहत महसूस कर सकते हैं। “Don't just think of getting rid of your stress : think of turning it to your advantage.”⁴ अर्थात् यह सकारात्मक तनाव का जीवन में उपयोग कराने की सलाह दी गई है।

कान के ऊपरी भाग को मसाज करें

तनाव और अनिद्रा से राहत पाने के लिए इस बिंदु पर मालिश किया जाता है। कान के इस बिंदु की मालिश करने के लिए आपको अपने अंगूठे और तर्जनी का उपयोग करते हुए अपने कान के ऊपरी भाग पर एक हल्के दबाव के साथ मसाज करना होगा।

आईब्रो के बीचों बीच

आईब्रो के बीचों बीच मसाज आपको तनाव से राहत दिलाने में मददगार हो सकता है। क्योंकि इस बिंदु पर मालिश करने से आपको चिंता से तुरंत राहत मिलती है। इस लिए आप अपनी आंखें बंद करें, कुछ धीमी और गहरी सांसें लें और अपने अंगूठे या तर्जनी के साथ धीमी और गोलाकार गति में आईब्रो के बीचों बीच हल्के दबाव के साथ हल्का सा मसाज करें। अंगूठे और तर्जनी के बीच का बिंदु दबाएं

अंगूठे और तर्जनी के बीच स्थित बिंदु की मालिश करने से तनाव में काफी कमी आती है। कुछ गहरी सांसें लें और अपने अंगूठे और तर्जनी का उपयोग करके एक हाथ से दूसरे हाथ की उंगलियों के बीच के बिंदु को १० सेकंड के लिए मालिश करें।

कलाई की मसाज करें

हथेली के पास कलाई से लगभग तीन अंगुल की दूरी पर आपको बस लगभग ०५ सेकंड के लिए अपने अंगूठे से इस बिंदु पर दबाव देने की जरूरत है। इसके बाद आप गहरी सांसें लें और फिर हाथों पर दबाव को वैकल्पिक रूप से जारी रखते हुए मसाज करें।

कंधे की मसाज करें

कंधे पर अपनी गर्दन के बगल में अपनी बीच की उंगली और अंगूठे से इस बिंदु पर मालिश करें। इससे न केवल तनाव दूर करने में मदद मिलती है, बल्कि काम की थकान को कम करने में भी मदद मिलती है।

मानसिक स्वास्थ्य

खेल और नियमित व्यायाम शारीरिक और मानसिक तनाव से राहत देता है। साथ ही नींद भी बढ़ती है। वर्तमान जीवन में बादलाव जरूरी है। मनोरंजन, खेल, शारीरिक गतिविधियाँ, योग आदि उपलब्धि की भावना और आत्मविश्वास बढ़ाते हैं। साथ ही जीवन में परिवर्तन लाते रहते हैं।

नियमित व्यायाम

खेल, नियमित व्यायाम और शारीरिक गतिविधियाँ, हमारे शरीर में न्यूरोट्रांसमीटर या मस्तिष्क रसायन एंडोर्फिन शरीर के उत्पादन को उत्तेजित करते हैं। एंडोर्फिन हमारे मूड में सकारात्मक परिवर्तन के लिए जिम्मेदार है। एंडोर्फिन के स्तर में वृद्धि से प्रसन्नता की भावना आती है। परिणाम स्वरूप दर्द कम होता है और तनाव के अवसाद में कमी आती है। खिलाड़ी इसे परम उत्साह की स्थिति या रनरस हाई कहते हैं।

समाजीकरण को बढ़ावा

लोगों से मिलनाजुलना- किसी भी तनाव प्रबंधन एक जरूरी हिस्सा है। लोगों से मिलनेजुलने- से या खेल के मैदान में खेलने और भाग लेने से हमारे शरीर में ऑक्सीटोसिन हार्मोन का स्त्राव बढ़ाता है। ऑक्सीटोसिन हार्मोन हमें तनावरहित कर चिंतास्तर को कम करता है।

आत्म सम्मान

आप जानते हैं कि स्वयं के प्रति आत्म सम्मान की भावना और आत्म प्रभावकारिता की भावना हमारे तनाव के स्तर को कम कर सकते हैं। यह भावनाएँ आप खेलकूद से प्राप्त कर सकते हैं। यह आप की सुस्ती, उदासीनता, आत्म घृणा यहां तक कि अवसाद की भावनाओं को कम कर सकती है।

स्वस्थ आदतें

खेलकूद व व्यायाम से अच्छी भूख लगती है। जो हमें पौष्टिक भोजन, नाश्ता और पेय पदार्थों का उपयोग करने के लिए प्रोत्साहित करती है। साथ ही वजन भी नियंत्रित करती है।

कसरत

अध्ययनों से पता चलता है कि शारीरिक गतिविधियाँ सतर्कता और एकाग्रता में सुधार लाती हैं। यह तनाव कम कर शारीरिक ऊर्जा और ध्यान केंद्रित करने की क्षमता बढ़ाती हैं। खेल, ध्यान आदि के समय लिये गये गहरे सांस आपको स्वस्थ महसूस कराती हैं।

निष्कर्ष

तनाव ज्यादा मानसिक या भावनात्मक दबाव में होने का एहसास है। अगर आप किसी दबाव का सामना करने में असमर्थ हैं, तो यह दबाव तनाव बन जाता है। आज हर कोई तनाव पर अलग अलग तरह से प्रतिक्रिया देता है और अलग अलग तनावों के कारणों का अनुभव करता है। तनाव आप की सोच, आपकी भावनाओं और आपके व्यवहार को प्रभावित करता है और आपके शरीर के कार्यों को भी प्रभावित कर सकता है। तनाव के आम लक्षणों में कई कठिनाईयाँ शामिल होती हैं। मानसिक और शारीरिक गंभीर परिणाम होने से पहले तनाव प्रबंधन की अलग अलग रणनीतियों और तकनीकों को जानना आज के वर्तमान समय में सबसे जरूरी है। तनाव से राहत पाने के लिए अगर आप उपरोक्त घरेलू नुस्खे भी आजमाते हैं तथा उस बिंदु को दबाते हुए मसाज करते हैं, तो आपको तनाव दूर करने और उससे राहत पाने में मदद मिल सकती है। उस से भी बेहतर होगा कि आप एक बार इस समस्याओं के लिए मसाज या एक्ज्यूपंक्चर स्पेशलिस्ट की सलाह भी जरूर ले लें।

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खेलों के जरिये राष्ट्रीय एकता का विकास

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सारांश

राष्ट्रीय एकता साधारण बात नहीं है / यह धीमी तथा लगातार चलने वाली प्रक्रिया है / जब तक एकता को बनाए रखने के मजबूत कदम नहीं उठाए जाएंगे यह एक स्वप्न व मृगतृष्णा रहेगी / राष्ट्रीय एकता पर देश का उत्थान व पतन टिका हुआ है / अतः इस भावना को पूरी तरह पोषित, पल्वित व मजबूत बनाया जाना चाहिये / इस महान कार्य को करने में खेलें व स्पोर्ट्स बहुत प्रभावी होती हैं /

प्रधान शब्द : राष्ट्रीय एकता, खेल, नागरिक, देश

प्रस्तावना

देश उसके नागरिकों से बनता है इसीप्रकार वह व्यापक रूप में जिस देश में रहता है वैश्विक रूप से वह उस देश का नागरिक कहलाता है। और विश्व स्तर पर उसका संबोधन उस राष्ट्र के नागरिक के रूप में ही पहचाना जाता है। जैसे चीन के नागरिक को चीनी, जापान के नागरिक को जापानी तथा भारत के नागरिक को भारतीय संबोधन किया जाता है।

आज हर नागरिक जो भारत में स्थाई रूप से रहता है वह भारतीय गणतन्त्र का नागरिक है। किसी राष्ट्र की शक्ति उसके नागरिक होते है। और भारत के नागरिक आज विश्व में सबसे युवा नागरिक है जो भारतीय वैश्विक शक्तियों का निर्धारण करता है। इसे “भारत युवाओं का देश” “A Country of youth” कहा जाता है।

भारतीय नागरिक विविध धर्म, पंत, जात, समाज, बोली भाषा, प्रांत के जरूर है परंतु जब बात सम्पूर्ण राष्ट्र की आती है। हम सब एक ही रहते है “केवल भारतीय”। यही हमारी शक्ति है।

राष्ट्रीय एकता है। जिसके बल पर किसी भी संकट का सामना देश वासी कर लेते है। सामान्यतह भारत एक हिन्दू राष्ट्र है परंतु विविध धर्मों के लोगोई का एक साथ मिलजुलकर रहना इसकी राष्ट्रवाद का दर्शन कराता है।

हमारे देश के नागरिकों ने कई बार राष्ट्रीय एकता का परिचय दिया है। जिसके फलस्वरूप हमने हर एक पटल पर सफलता पाई है। चाहे वह विज्ञान हो, शिक्षा हो, आंदोलन हो, विकास हो, या संस्कृति हो। हमारा देश बहुत विशाल है जिसमे विभिन्न समुदायों व जातियों के लोग रहते हैं जिनकी अलग अलग संस्कृति है। यह प्राकृतिक ही है कि उनके आदर्श, मूल्य, रिवाज, रहने का तरीका, खानपान, वेशभूषा अलग है। पूरे देश में कभी भी एक भाषा नहीं बोली गई न ही एक धर्म का वर्चस्व रहा। इसी कारण समुदायों में आपसी तनाव रहा जिससे देश में साम्प्रदायिक अशांति फैली। देश की ताकत उसके लोगों के आपसी सद्भाव पर निर्भर करती है। यह सद्भाव तभी आता है जब हम सभी धर्मों की समान बातें मानें। इसलिए राष्ट्रीय एकता की बहुत जरूरत है। सांस्कृतिक समस्या के कारण आजकल सामाजिक अव्यवस्था तथा द्वेष की भावनाएं ज्यादा उजागर हो रही हैं जो राष्ट्रीय एकता के लिए खतरा बन रही हैं। जातिवाद, समूहवाद, प्रांतवाद, भाषायी झगडे, सामाजिक फर्क, आर्थिक भेद, नेतृत्व की कमी, अनुपयुक्त शैक्षणिक कार्यक्रम तथा रहन सहन राष्ट्रीय एकता के लिए खतरे पैदा कर रहे हैं-।

हमें चाहिए कि हम खेलकूद गतिविधियों पर ध्यान दें क्योंकि इन गतिविधियों से व्यक्ति में अच्छे गुणों का विकास होता है तथा वे शांत सामाजिक क्रांति में योगदान देते हैं। जिससे वांछित सामाजिक ढांचे का निर्माण होता है

राष्ट्रीय एकता में खेल

किसी राष्ट्र का प्रतिनिधि खेलों में उस राष्ट्र का प्रतिनिधित्व करता है। तो उस खिलाड़ी की सहभागिता खेलों के माध्यम के उसकी योग्यता राष्ट्र की योग्यता समान ही नजर आती है। भारतीय पारिदृश्य से अगर खेलों को देखे तो खेल हमारी संस्कृति का अभिन्न हिस्सा रहें हैं। हम ने प्राचीन कल से ही खेलों को अपनी सांस्कृतिक विरासत के रूप में स्थान दिया है।

पुरातन काल में मल्लविध्या आखेट, तीरंदाजी, चौसर, रस्साकशी, पहाड़ों पर घुड़सवारी, तलवारबाजी, गदायुद्ध जैसे प्रसिद्ध क्रियाओं को आज नवभारत में खेलों में स्थान मिल चुका है।

आज खेलों में सर्वोच्च प्रदर्शन उस राष्ट्र के विजेता के साथ – साथ राष्ट्र के लिये भी सम्मान की बात है। विजयी खिलाड़ी के पदक ग्रहण समारोह में उसके राष्ट्र का ध्वज लहराया जाता है। वो क्षण अविस्मरणीय होता है। और यह उस राष्ट्र की विजय बन जाती है। जो राष्ट्रियता का परिचय देता रहता है। खिलाड़ी अपने देश का रंग लिये हुए पताका लहराते हुए परेड में चलते हैं। तो लगता है मानो राष्ट्र ही एक स्थल पर आ कर चल रहे हैं।

किसी राष्ट्र के खिलाड़ी देश के प्रतिनिधि के नाते दूसरे देश में जाते हैं। जो उस वक्त के राजनायिक कहलाते हैं। उनका आचरण व्यवहार और रहन-सहन, हर बात दूसरों को प्रभावित करती है।

यदि खिलाड़ी के आचरण या व्यवहार से, क्रोध से अथवा विवाद से खेल प्रभावित तो होता ही है। आपितू राष्ट्र हानी भी होती है। क्योंकि वह खिलाड़ी किस देश का है। यह सर्वप्रथम दृष्टि में पुछा जाता है।

डोपिंग-मादक द्रव्यों के सेवन और खिलाड़ी खिलाड़ी जाने अनजाने में कई प्रकार के रसायनिक तत्वों, दवा, या प्रदर्शन को बढ़ाने वाले

संदर्भ सूची -

स्पोर्ट्स ट्रेनिंग चंद्रशेखर .के ., खेल साहित्य केंद्र

अजमेर सिंह .ओलम्पिक अभियान (२०१२)

शारीरिक शिक्षा के नुतन आयाम हेमंत वर्मा , ईशिका पब्लिकेशन्स हाऊस, जयपूर

शारीरिक शिक्षा उपकार प्रकाशन ., डॉ देवेन्द्र वालायन .

खिलाडियों के लिए संतुलित आहार

डॉ. प्रमिला भगत

गृहविज्ञान विभाग, जे. ई. एस. कॉलेज., जालना

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सारांश

खिलाडी को खेल में जीतने के लिए मेहनत करनी पड़ती है। खिलाडी तिव्रता वाले खेल में भाग ले रहे हो तो खेल के पोषण के बारे में जानकारी प्राप्त करना महत्वपूर्ण है। खेल को जारी रखने के लिए पोष्टिक आहार में कार्बोहाइड्रेट, प्रोटीन वसा विटामीन, खनिज, लवण और पानी बहुत महत्वपूर्ण है। खिलाडी लगातार व्यायाम करते हैं इसलिए मांसपेशियों को काम करने के लिए उच्च गुणवत्तावाली उर्जा की अपूर्ति की आवश्यकता होती है। यह उर्जा कार्बोहाइड्रेट, प्रोटीन, वसा से मिलती है। विटामीन और मिनरल शरीर को बिमारियों से बचने के लिए जरूरी है। खिलाडियों के इस संशोधन के लिए द्वितीय साधनसामग्री, संदर्भ ग्रंथ और मासिक पत्रिका का उपयोग किया है। खिलाडी संतुलित आहार और आहारतालिका और इस समुचित ज्ञान को समझने की कोशिश करने के लिए इस विषय का चयन किया गया है।

प्रधान शब्द : संतुलित आहार, खेल. खिलाडी-

प्रस्तावना :

खिलाडी अपने आपको फिट रखने के लिए काफी मेहनत करते हैं। किसी भी खेल में जीतने के लिए खिलाडियों की मेहनत जितनी जरूरी है उतना ही जरूरी होता है उनका भोजन। खिलाडियों को उर्जा के लिए संपूर्ण आहार लेने की जरूरत होती है। जब तीव्रता वाले खेलों में भाग ले तो खेल के पोषण के बारे में जानकारी प्राप्त करना महत्वपूर्ण है। व्यायाम या खेल को जारी रखने के लिए पोषक तत्वों की जरूरत होती है। कई लोग पोषक तत्वों के उपयोग के बारे में समुचित ज्ञान के बिना ही व्यायाम करते हैं। लोग स्पोर्ट्स, ड्रिंक के महत्व और व्यायाम के बाद भोजन के बारे में अनजान होते हैं। इसलिए पोषक तत्वों की जानकारी होना जरूरी है।

संतुलित आहार :

व्याख्या : भोजन वह पोषक पदार्थ है जो किसी जीवदार वृद्धि, कार्य मरम्मत और जीवन क्रियाओं के संचालन हेतु ग्रहण किया जाता है। ऐसे आहार जिसमें शरीर की वृद्धि एवं स्वास्थ्य रहने हेतु आवश्यक सभी पोषक पदार्थ निश्चित अनुपात में उपस्थित हो उसे संतुलित आहार कहलाते हैं।

शोध के उद्देश्य :

- 1- खिलाडियों के लिए आहार की आवश्यकता को समझना।
- 2- खिलाडियों के लिए संतुलित आहार की जानकारी प्राप्त करना।
- 3- खिलाडियों को संतुलित आहार के महत्वपूर्ण फायदे की जानकारी प्राप्त करना।

शोध कार्य की पद्धति :

प्रस्तुत शोध लेखन के लिए दुय्यम साधनसामग्री का उपयोग किया गया है। इसमें मूल संदर्भग्रंथ, किताबें, मासिक पत्रिका शामिल हैं।

उद्देश्यों के अनुरूप जानकारी : सूचनाओं का विश्लेषण /

1. खिलाड़ियों के लिए आहार की आवश्यकता को समझना :

पोषण के लिए एक खिलाड़ी को निम्न चीजों की आवश्यकता होती है। जिनमें उन्हें दोपहर में प्रोटीन पाऊडर, दुध, दलिया, केला, चना, गुड, दाल चावल, हरी सब्जी, रोटी और मक्खन और मांसाहारी खिलाड़ियों को अंडा, मटन और चिकन आदि मिलना चाहिए। शाम के लिए दाल, चावल, हरी सब्जी, रोटी, मक्खन और रात को सोते समय दूध जरूरी है। खानपान के विशेषज्ञ और जानकार भी खिलाड़ियों के खाने पीने को लेकर विशेष ध्यान रखने की बात करते हैं। उनका कहना है की खिलाड़ी खाएँगे-पीयेंगे तभी तो अच्छा प्रदर्शन कर पाएँगे। खिलाड़ियों की मेहनत जितनी जरूरी है उतनी ही जरूरी उनका भोजन भी, और बात जब खेलों में जीतने की हो तो कोई खतरा मोल नहीं लेना चाहता। तिरबता वाले खेलों में जानकारी प्राप्त करना महत्त्वपूर्ण है। अक्सर लोग शरीर किस तरह से काम करता है, व्यायाम को जारी रखने के लिए किस तरह के पोषक तत्वों की आवश्यकता होती है ? और शरीर इन पोषक तत्वों का उपयोग किस तरह से करता है ? इसके समुचित ज्ञान के बिना ही व्यायाम करते हैं। लोग स्पोर्ट्स ड्रिंक के महत्त्व और व्यायाम के बाद भोजन के बारे में अनजान होते हैं।

स्वस्थ आहार में समुचित मात्रा में सभी पोषक तत्वों और पानी का सेवन शामिल है। स्वस्थ आहार हमारे, शरीर के लिए बहुत फायदेमंद है। स्वस्थ आहार वह है जो कि स्वस्थ बनाए रखने या उसे सुधारने में मदद करता है। यह कई चिरकालीन स्वास्थ्य जोखिम जैसे कि मोटापा, हृदयरोग, मधुमेह और कैंसर की रोकथाम के लिए महत्त्वपूर्ण है।

2. खिलाड़ियों के लिए संतुलित आहार की जानकारी प्राप्त करना।

जिस भोजन में शरीर के विकास के लिए जरूरी पोषकतत्व हो वह संतुलित आहार कहलाता है। हमारा शरीर अपनी उर्जा के लिए भोजन पर निर्भर रहता है। शारीरिक गतिविधियों के लिए कार्बोहाइड्रेट, प्रोटीन, वसा, विटामीन, खनिज पदार्थ और पानी इन तमाम तत्वों की आवश्यकता होती है। ये पोषक तत्व अलग-अलग तरह के भोजन से हमें मिलने चाहिए। मसलन ताजे फल, साबुत अनाज, फलियाँ, सुखे मेवे, डेयरी उत्पाद आदि। इसलिए एक संतुलित आहार में ये सब चीजे होनी चाहिए। लगातार व्यायाम करने के लिए मांसपेशियों का काम करने के लिए उच्च गुणवत्तावाली उर्जा की आपूर्ति की आवश्यकता है।

i) कार्बोहाइड्रेट :

कार्बोहाइड्रेट से शरीर को उर्जा मिलती है। भोजन में पोष्टिक आहार सेवन में 60 से 70 प्रतिशत कैलोरी कार्बोहाइड्रेट से शामिल होनी चाहिए। कार्बोहाइड्रेट कई बिमारियों को रोकने में फायदेमंद है। अच्छे कार्बोहाइड्रेट सेहत के लिए लाभकारी साबित हो सकता है। इनमें एंटी ऑक्सीडेंट भरपूर मात्रा में होने से कैंसर जैसे रोगों से भी हमारी रक्षा करता है। अच्छे कार्बोहाइड्रेट के लिए ब्राउन राईस, कम फैटवाला दूध आलू और केले का सेवन कर सकते हैं। तैलिय पदार्थ, फ्रेंच फ्राईज, मीठे खाद्यपदार्थ, चॉकलेट, आइसक्रीम, मौजूद होते हैं। ब्रेड में हानीकारक कार्बोहाइड्रेट मौजूद होते हैं।

ii) प्रोटीन

पोष्टिक आहार सेवन में 12 प्रतिशत प्रोटीन मिलनी चाहिए। जरूरी पोषक तत्वों में प्रोटीन शरीर के लिए बहुत महत्त्वपूर्ण है। प्रोटीन शरीर में होनेवाली टूट-फूट की मरम्मत और शरीर का विकास करता है। इससे मांसपेशियों को मजबूती मिलती है। और प्रतिकारक क्षमता पर भी सकारात्मक प्रभाव पड़ता है। प्रोटीन के लिए पनीर, दूध, दाले, सुखे मटर, जैसे खाद्यपदार्थ का सेवन करें।

iii) चीनी : (वसा) और फैट (शुगर)

चीनी और फैट पूरी तरह से सेहत के लिए जरूरी है। इनकी अधिकता से सेहत खराब होती है। विटामीन ए, डी, ई और के जो फैट के जरिए ही शरीर में अवशोषित होते हैं। फैट और 'शुगर' शरीर की प्रतिरोधी क्षमताओं भी मजबूत करते हैं। फैट का घी, तेल, मक्खन और शुगर को गुड शहद वगैरह से हासिल किया जाता है। प्रोसेस्ड खाद्यपदार्थ से दूर रहें।

iv) मिनरल : खनिज लवण /

आयोडिन, आयरन, कैल्शियम व पोटेशियम महत्वपूर्ण मिनरल्स होते हैं। इन से शरीर में खून की कमी दूर होती है। इसके अलावा यह शरीर की मांसपेशियों और तंत्रिका तंत्र को भी संतुलित रख सकता है।

v) विटामिन :

संतुलित आहार में विटामिन भी मुख्य भूमिका निभाता है। हर विटामिन का शरीर के लिए अपना अलग फायदा है। कोई त्वचा के लिए, कोई हड्डियों के लिए, कोई रोग प्रतिरोधक क्षमता के लिए, कोई मांसपेशियों के लिए महत्वपूर्ण होते हैं। पोषक तत्वों के लिए सब्जियों का सेवन हर दिन के खाने में शामिल करें। हरे पत्तेदार सब्जियों में पालक, धनिया, मैथी को शामिल करना चाहिए। इसके अलावा गाजर, खीरा, बीन्स और अन्य सब्जियों को अपने खाने में शामिल कर खुद को स्वस्थ रख सकते हैं। सब्जियों की तरह फल को भी अपने भोजन में शामिल करना चाहिए। बल्कि ये जल्दी पच भी जाते हैं। पपीता, अनार, सेब, केला, संतरा आदि फलों के सेवन करने से विटामिन पर्याप्त मात्रा में मिलेंगे।

vi) पानी : जल /

खाने के साथ-साथ उचित मात्रा में पानी पीना भी जरूरी है। कम पानी पीने से अपना शरीर बीमारियों का घर बन जाता है। इसलिए, खुद को हाइड्रेट रखने के लिए और बीमारियों से खुद को दूर रखने के लिए उचित मात्रा में पानी पिएं। हर रोज कम से कम आठ से दस गिलास पानी पिएं। विशेष रूप में गुनगुना या गरम पानी पीएं।

खिलाड़ियों के लिए पोषक तत्वों से भरपूर आहार तालिका समय	खाद्यपदार्थ	मात्रा
सबेर 6 : 00 बजे	दूध (उबला हुआ)	1 कप
सबेर का नास्ता 8 : 00 बजे	मिश्र अंकुरित कडधान्य के कटलेट चिकू	2 नग 2 नग
दोपहर का खाना 12 : 30 बजे	रोटी	3 नग
	तूवर की दाल	1 कटोरी
	बीन्स की सब्जी	1/2 कटोरी
	टोमॅटो, ककड़ी और प्याज डालकर सलाद	1/2 कटोरी
	तिलकी चटणी	1 स्पून
	पप्पड	1
शामका खाना 5 : 00 बजे	वडा	2 नग
	सांबर	1 कटोरी
रात का खाना 9 : 00 बजे	टोमॅटो सूप	1 कटोरी
	रोटी	3 नग
	जीरा राइस	1/2 प्लेट
	पालक फ्राय मूगदाल डालकर +	1/2 कटोरी
	आलु मटार सब्जी +	1/2 कटोरी
	मेथी गाजर + अंकुरित मटकी +, निंबू डालकर	1/2 कटोरी
सोने से पहले	दूध (उबला हुआ)	1 कप

नोट : ऊपर बताये गये आहार तालिका में स्वाद या इच्छानुसार पोषिक खाद्य सामग्रियों को जोड़ सकते हैं।

3. खिलाड़ियों को संतुलित आहार के महत्वपूर्ण फायदे की जानकारी प्राप्त करना:

संतुलित आहार शरीर के लिए महत्वपूर्ण है। संतुलित आहार के महत्वपूर्ण फायदे नीचे दिये अनुसार हैं।

i) वजन को नियंत्रित रखना है :

तेलीय और बाहरी खाना खाने से वजन और मोटापा बढ़ने की परेशानी हो रही हैं। ऐसे में अगर व्यायाम के साथसाथ - संतुलित आहार का सेवन किया जाए तो वजन नियंत्रित रहता है।

ii) बीमारियों का खतरा कम होता है :

सही आहार लेने से और ज्यादा उल्टीतरह की बीमारियों का खतरा बढ़ने लगता है। ऐसे में अगर -सिधी चीजे खाने से तरह-सही और संतुलित आहार नियमित रूप से लिए जाए तो मोटापे की बीमारियों का खतरा कम हो जाता है।

iii) शरीर को ऊर्जा मिलती है :

कई बार शरीर को सही पोषक तत्व न मिलने से शरीर कमजोर हो जाता है। जिससे कई तरह की बीमारियाँ होने लगती हैं। अगर भोजन में पूर्ण पोषक तत्वों वाले सही और संतुलित आहार शामिल हो तो शरीर को उर्जा मिलती है। और व्यक्ति खुद को फिट महसूस करता है।

iv) मानसिक स्वास्थ्य और मिजाज सही रहता है :

उम्र के साथ लोगों को भुलने की बीमारी और अन्य कई मानसिक परेशानिया होने लगती हैं। इसके अलावा कई लोगों को तनाव की समस्या होती है। ऐसे में संतुलित आहार दिया जाए तो इन परेशानियों से कुछ हद तक राहत मिलती है। क्योंकि खाने का भी असर आपके मानसिक स्वास्थ्य पर पड़ता है।

v) पर्याप्त नींद :

कई बार गलत खान पान की वजह से पेट की परेशानिया शुरू हो जाती हैं। इसमें एसिडिटी और पचन संबंधी परेशानिया झेलते हैं जिस कारण सही और संतुलित आहार का सेवन किया जाए तो पाचन तंत्र सही रहेगा। और नींद भी अच्छी आयेगी।

निष्कर्ष :

- 1- खिलाडु को फिट रहने के लिए ऊर्जायुक्त संपूर्ण आहार जिसमें कार्बोहाइड्रेट, प्रोटीन, वसा, विटामिन, मिनरल, पानी आदी पोषक तत्वों का सही संतुलन बना रहे और शरीर की रचना में सुधार हो सके ऐसा भोजन करना चाहिये।
- 2- खिलाडियों को अपने आहार में फल, सब्जिया, साबूत अनाज, डेअरी उत्पादन वसा की शामिल कर संतुलित बनाने की कोशिश करना चाहिये।

संदर्भ :

1. गंदगे केशरीरक शिक्षणशास्त्र -और धुमाल .एन., समर्थ पब्लिकेशन, नांदेड, पृ.क्र.254-267.
2. वाघमारे शोभा पोषण आणि आहार विद्या बुक्स पब्लिशर्स -, औरंगपुरा पृ .क्र.10 ते 12
3. <https://www.onlymyhealth.com>
4. <https://www.stylecraze.com>
5. लोकसत्ता, 7 फरवरी 2020 Viva पुरवणी

क्रिडा क्षेत्रातील 'जलतरण' क्रिडा विषयक सूचना व नियमावलीचे अध्ययन

प्रा. डॉ. पी. एल. कराड

क्रिडा संचालक, शारीरिक शिक्षण विभाग, वैद्यनाथ महाविद्यालय, परळी, जिबीड .

असे म्हटले जाते की भारतात क्रिडा क्षेत्र व निवडणूका नसल्या तर भारतातील मानवी जीवन मनोरंजनापासून कोसो दूर राहिले असते. क्रिडा क्षेत्रास यातील महत्त्वपूर्ण स्थान आहे. क्रिडा क्षेत्रामुळे मानवी जीवनातील सहकार्याची भावना, सामाजिक बांधीलकी, समाजातील विचारांची देवाण . त्यामुळे क्रिडा क्षेत्रास विशेष स्थान आहे. घेवाण करण्याची भावना वाढीस लागते - त्यातील . क्रिडा क्षेत्रात अनेक प्रकार आहेत. एक महत्त्वपूर्ण प्रकार म्हणजे 'जलतरण' हा होय. हा एक पाण्यातील क्रिडा प्रकार . हा एक अत्यंत लोकप्रिय व व्यायामदायक . पाण्यात कशाच्याही आधाराशिवाय स्वैर संचार करणे म्हणजे जलतरण होय. आहे अशा प्रकाराच्या क्रिडा प्रकारासाठी काही महत्त्वपूर्ण नियम . क्रिडाप्रकार आहे, सूचना व पद्धती असते. या सर्व घटकांचे विस्तृत अध्ययन करण्याच्या दृष्टीने हा शोधनिबंध प्रस्तुत करण्यात आला आहे. होणे गरजेचे असते.

शोध निबंधाचे उद्देश :

- १ (भारतातील क्रिडा प्रकाराचा आढावा घेणे .
- २ (जलतरण या क्रिडा प्रकाराची पार्श्वभूमी जाणून घेणे .
- ३ (जलतरण या क्रिडा प्रकारातील महत्त्वपूर्ण सूचना व नियमावलीचे विस्तृत अध्ययन करणे .

संशोधन पद्धती :

कोणत्याही विषयाचे तथा घटकाचे, घटनेचे शास्त्रीय अध्ययन करीत असताना ते वैज्ञानिक पद्धतीने होणे आवश्यक असते. या दृष्टीकोनातून प्रस्तुत . शोधनिबंधाच्या विषयाचे अध्ययन करीत असताना वैज्ञानिक विश्लेषण पद्धतीचा अवलंब करणे अपरिहार्य ठरते. यासाठी प्रमुख्याने द्वितीयक तथ्य सामग्रीच्या संकलनासाठी प्रस्तुत अभ्यास विषयाशी संबंधित संदर्भग्रंथ, पुस्तके, शोधपत्रिका, लेख, नियतकालिके, पाक्षिके, मासिके, वृत्तपत्रे आणि प्रकाशित अप्रकाशित साहित्य व इंटरनेटचा आधार घेण्यात आला आहे .

'जलतरण' क्रिडा प्रकाराची ऐतिहासिक पार्श्वभूमी :

भारतात प्राचीन काळापासून जलतरण हा क्रिडा प्रकार अस्तित्वात आहे. त्याचप्रमाणे विश्वातील अनेक देशात याचे . कारण प्राचीन काळापासून जलाशी नित्यसंबंध असल्याकारणाने मनुष्यास जलतरण येत असावे. अस्तित्त्व असल्याचे दिसून येते असे प्राचीन शिल्प, साहित्य यासारख्या संदर्भावरून दिसून येते. सुमारे ११०० वर्षांपूर्वीच्या लिबियन गृहामधील एका . पूर्व २१६ . स . इ . गृहचित्रामध्ये जलतरणाच्या माणसाची रेखाटने आढळतात. त्या सुमारास इजिप्शियन सरकारने आपल्या मुलाच्या जलतरणाचा निर्देश केला आहे. पूर्व ८८० च्या सुमारास ऑसेरियन सैनिक आधुनिक क्रॉल सदृश पद्धतीने जलतरण . स . इ . तसेच भारतात प्राचीन वाङ्मयात देखील याचा उल्लेख प्रकर्षाने आलेला दिसून येतो . केल्याचे एका शिल्पावरून दिसते.

जलतरणाची क्रिडा नियमावली :

जलतरण क्रिडा प्रकारासाठी काही महत्त्वपूर्ण नियम असतात . त्याचे विवरण पुढीलप्रमाणे आहे .

- १) जलतरणातील पाण्याची खोली ३ . ५ सामान्यपणे असावी. ५ ते ४ .
- २) जलाशयाचा तळ व भिती स्वच्छ असाव्यात .

- ३) भिंतीना विश्रांतीसाठी हात धरण्याची सोय असावी .
- ४) प्रत्येक छोट्या मोठ्या जलतरण तलावात -'प्रशिक्षित' जीवरक्षक असावेत जलतरण करणाऱ्यांच्या संख्येनुसार वा) .
(गरजेनुसार
- ५) सूर मारण्यासाठी १, ३ .५ व १० मी.टप्पे केलेले असावेत .
- ६) जलशयाची निगा राखण्यासाठी कर्मचारी असावे .
- ७) जलाशयाजवळ स्टोअर रूम संडास रूम, मुताऱ्या, बाथरूम असावे .
- ८) पुरुषांना कपडे बदलण्यासाठी व्यवस्था असावी.
- ९) जलतरणात प्रवेश घेतल्यानंतर वैद्यकीय तपासणीची सोय असावी .
- १०) पाणी स्वच्छ राहण्यासाठी आवश्यक त्या औषधांची सोय असावी .
अशा प्रकारच्या नियमांच्या पूर्ततेनुसारच जलतरण केले जाऊ शकते .

जलतरणासाठी काही महत्त्वपूर्ण सूचना :

- ज्याद्वारे आरोग्यविषयक, सुरक्षितता विषयक काळजी घेतली जावू शकते .या सूचना पुढीलप्रमाणे आहेत .
- १) जलतरणासाठी आवश्यक पोषाख ठरविण्यात आला असतो त्याचा वापर करणे .
- २) नवशिक्याने जलतरण एकट्याने न करता सोबतीने करावे आणि पाण्याची खोली माहित नसताला खोल पाण्यात जलतरणास जाऊ नये .
- ३) कोणालाही जबदस्तीने पाण्यात ढकलू नये आणि पाण्यात दंगामस्ती करू नये व डुबी देण करू नये .
- ४) लहान मुलांनी जास्त उंचावरून उड्या मारू नये .
- ५) अतिभुकेपोटी, अतिभुकेलेल्या अवस्थेत किंवा जेवणानंतर दोन तास सराव करू नये .
- ६) मोल्यवान वस्तू अंगावर घालून जलतरण करू नये .
- ७) जलतरण करताना सुरक्षिततेसाठी लाकडी फ्लोट, हवा भरलेले ट्यूब वापरावे संरक्षणात्मक उपाययोजना माहिती करून .
.जलतरण येत नसणाऱ्यांनी सहायक साहित्यावर जास्त अवलंबून राहू नये .ध्यावी
- ८) पादत्राणे घालून तरणतलावाभोवती फिरू नये .
- ९) ज्यांना गार पाण्याची सवय नाही अशांनी सुरुवातीस जास्त वेळ पाण्यात राहू नये .
- १०) तेल किंवा तेलासारखे पदार्थ अंगास लावून पाण्यात उतरू नये .
- ११) लांब केस असणाऱ्यांनी जलतरणाची टोपी घालून जलतरण करावे .
- १२) अंगात ताप असताना व फीट येत असणाऱ्यांनी जलतरण करू नये .
- १३) जलतरण करण्यापूर्वी गार पाण्याने अधोळ करून तसेच जलतरणानंतर साबणाने .
- १४) प्रशिक्षणासाठी बांधलेल्या तरणतलावातच जलतरण प्रशिक्षण करावे.
- १५) बुडल्यास वाचविण्याची सर्व उपकरणे सज्ज ठेवावीत लाकडी फ्लोट .उदा ., थर्माकोल फ्लोट, बांबू, रबरी ट्यूब, प्लॅस्टिक ट्यूब इत्यादी .
- १६) लहान मुलांना सुरुवातीस कमी खोलीच्या पाण्यात प्रशिक्षण द्यावे लहान मुलांच्या पालकाची परवानगी घेऊनच त्यांना .
.शिकवावे

निष्कर्ष :

मानवी जीवनात सर्वांगीण विकासासाठी जलतरण हा प्रकार महत्त्वपूर्ण आहे पृथ्वीतलावरील जवळजवळ सर्वच .
चतुष्पाद प्राणी, प्रायास बोटे असलेले पक्षी, मासे यांना जलतरण एक नैसर्गिक देगणीच असते मनुष्याला मात्र जलतरणाचे .
संपूर्ण शरीराची वाढ .जलतरणाने इतर व्यायामापेक्षा शरीरातील जास्तीत जास्त स्नायूंना व्यायाम मिळतो .प्रशिक्षण घ्यावे लागते
जलतरणामुळेच व्यक्तीचे आरोग्य .योग्य रीतीने होण्यास मदत होते, स्वास्थ्य व इतर अन्य फायदेही आहेत तसेच सर्वात महत्त्वाचा .

फायदा म्हणजे व्यक्तीला जमीनीवर व्यायाम करताना गुरुत्वाकर्षणाचा प्रभाव आपल्यावर अधिक असल्यामुळे शारीरिक .परंतु जलतरण करताना पाण्यात आपले वजन बरेच कमी होऊन हालचाली सुलभपणे करता येतात .हालचालींना मर्यादा येतात या सर्व कारणामुळे जलतरण हा क्रिडा प्रकार अत्यंत उपयुक्त असा आहे या क्रिडाप्रकारासाठी जे काही महत्त्वपूर्ण नियम व .सूचना आहेत त्याचे पालन केल्यास या प्रकारात तज्ञ तसेच पारंगत होण्याचे उद्दिष्ट सहज साध्य केले जाऊ शकते

संदर्भ सूची :

- १ (प्रासिलेदार ., प्रा खेळ संचालन व क्रिडा मार्गदर्शन - परिहार .
- २) प्राशरद आहेर ., प्रा महाराष्ट्रातील खेळ - बालाजी पोटे .
- ३) दै लोकसंग क्रिडा विशेषांक - लोकमत .
- ४) क्रिडाविश्व मासिक पत्रिका -
- ५ (रमेशचंद्र कंवर स्वास्थ्य शिक्षण -

क्रिडा मार्गदर्शक कर्तव्य :, जबाबदारी व दक्षता विषयक चिकित्सक विश्लेषण

प्रा. डॉ. पंदरे एस. एम.

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आधुनिक काळात कोणत्याही क्षेत्रात मार्गदर्शनाची अत्यंत आवश्यकता असते जसे फिल्मी जगात सिनेमा कोणत्याही कथानकावर असो, त्याचा निर्देशक पारंगत असेल तर तो उत्कृष्ट देण्याचा प्रयत्न करतो आणि यशस्वी ठरतो त्याचप्रमाणे क्रिडा क्षेत्रात मार्गदर्शक हा अत्यंत महत्त्वपूर्ण घटक ठरतो त्याच्या मार्गदर्शनामुळे खेळाडू आपली कामगिरी उंचावू शकतात . यासाठी मार्गदर्शकांना आपल्या जबाबदाऱ्या .कारणामुळे क्रिडा मार्गदर्शक होणे हे खेळाडू होण्यापेक्षाही कठिण कार्य असते, कर्तव्य यानुसार वर्तन करणे आवश्यक असते उत्कृष्ट मार्गदर्शक .आपल्या दक्षताविषयक तत्त्वांच्या आधारे खेळाडूंची कामगिरी उत्कृष्टपणे पार पाडण्यासाठी सहाय्यक ठरत असतात त्याच कारणामुळे प्रस्तुत शोधनिबंधाद्वारे उत्कृष्ट क्रिडा मार्गदर्शक . होण्यासाठी आवश्यक असणाऱ्या कर्तव्यांची, जबाबदाऱ्यांची जाणिव आणि दक्षमता विषयक तत्त्वांवर प्रकाश टाकण्यात आला आहे .

शोध निबंधाचे उद्देश :

- १) उत्कृष्ट क्रिडा मार्गदर्शक होण्यासाठीच्या तत्त्वांचा आढावा घेणे .
- २) क्रिडा मार्गदर्शकांच्या जबाबदाऱ्यांचे विश्लेषण करणे .
- ३) क्रिडा मार्गदर्शकांचे कर्तव्य स्पष्ट करणे .

संशोधन पद्धती :

कोणत्याही विषयाचे तथा घटकाचे, घटनेचे शास्त्रीय अध्ययन करित असताना ते वैज्ञानिक पद्धतीने होणे आवश्यक असते या दृष्टीकोनातून प्रस्तुत शोधनिबंधाच्या विषयाचं अध्ययन करित असतांना वैज्ञानिक विश्लेषण पद्धतीचा अवलंब करणे . यासाठी .अपरिहार्य ठरते प्रामुख्याने द्वितीयक तथ्य सामग्रीच्या संकलनासाठी प्रस्तुत अभ्यास विषयाशी संबंधित संदर्भग्रंथ, पुस्तकेशोधपत्रिका ., लेख नियतकालिके, पाक्षीके, मासिके वृत्तपत्रे आणि प्रकाशित अप्रकाशित साहित्य व इंटरनेटचा आधार . घेण्यात आला आहे

क्रिडा मार्गदर्शकांसाठीच्या कर्तव्य व जबाबदाऱ्या :

उत्कृष्ट मार्गदर्शनासाठी मार्गदर्शकाने आपल्या कर्तव्य व जबाबदारीसाठी काही दक्षता बाळगणे गरजेचे असते तसेच . त्यातूनच आपल्या मार्गदर्शनाच्या आधारे खेळाडूंची कामगिरी उंचावली जाऊ .त्यांचे कार्यतत्परतेने पालन करणे गरजेचे असते याप्रमाणेच मार्गदर्शकासाठी काही महत्त्वपूर्ण .शक्तेजबाबदाऱ्या व कर्तव्य आहेत त्याचे विश्लेषण पुढीलप्रमाणे करण्यात आले आहे .

१(शारीरिक क्षमता :

खेळाडूंना मार्गदर्शन करण्यासाठी मार्गदर्शकाकडेही शारीरिक क्षमता असणे गरजेचे असते क्रीडा क्षेत्रात शारीरिक . त्याचबरोबर खेळाडूंचे निर .क्षमतेला अत्यंत महत्त्व असते .शिक्षण करण्यासाठी व त्यांच्यात असलेले दोष दूर करण्यासाठी तीव्र बुद्धिमत्ता मार्गदर्शकाकडे असणे आवश्यक असते त्यामुळेच मार्गदर्शनात सातत्य आणि .त्यासाठी मार्गदर्शक हा सुदृढ असावा . .उत्कृष्टता निर्माण करता येऊ शकते

२ (प्रत्यक्ष मार्गदर्शक भूमिका :

मार्गदर्शकाकडून कोणत्याही क्रिडा प्रकाराचे प्रत्यक्षपणे मार्गदर्शक करणे अपेक्षित असते कोणत्याही क्रिडा प्रकारात . खेळाडूंना इतर स्पर्धासाठी मार्गदर्शन करावयाचे . प्रत्यक्ष सरावाचे नियोजन करून त्याप्रमाणे त्यांना मार्गदर्शन केले पाहिजे असल्यास त्यांना विविध कौशल्ये व डावपेच शिकवून मार्गदर्शन करणे आवश्यक आहे थोडक्यात परिस्थितीनुसार त्यांना . प्रत्यक्ष मार्गदर्शन करणे म्हणजे स्वतः कौशल्याने प्रात्याक्षिक करून दाखविणे, विद्यार्थ्यांच्या चुका सूक्ष्म निरीक्षण करून दूर करण्याचा प्रयत्न करणे, नेहमी खेळाडूंसोबत राहून त्यांच्या आवडीनिवडी, सवयी यासाठी देखील क्रिडा प्रकारानुसार आवश्यकता स्पष्ट करणे .

३ (खेळाडूंच्या सर्वांगीण विकासावर लक्ष केंद्रित करणे.

खेळाडूंचा सर्वांगीण विकास करण्यासाठी क्रीडा मार्गदर्शकाने क्रीडाशिक्षक या नात्यानेच नाही तर शिक्षक, पालक, मित्र या विविध भूमिकातून खेळाडूंना योग्य सवयी लावल्या पाहिजेत याशिवाय त्यांच्या अभ्यासाची ., आरोग्याची, आहाराची, झोपण्याची काळजी घेतली पाहिजेतसेच इतराबद्दल सहानुभूती ., प्रेम, आदर, शिस्त इत्यादी गुणांचा विकास केला पाहिजेतसेच . त्यांना देशाचा एक आदर्श नागरीक बनविणे, व्यावसायिक दृष्टीकोनातून तयार करणे म्हणजेच त्याचा सर्वांगीण विकास करणे ही जबाबदारी मार्गदर्शकाची असते .

४ (खेळाडूंच्या सरावासाठी योग्य नियोजन :

खेळाडूंच्या सरावासाठी योग्य प्रकारचे नियोजन करण्याची जबाबदारी मार्गदर्शकांची असते खेळाडूंना सराव देताना . कोणत्या कौशल्याचा सराव कधी केव्हा, कसा व किती द्यावा याचे योग्य विभाजन करून त्यानुसार योग्य सराव करून घेण्याची महत्त्वाची जबाबदारी मार्गदर्शकाची आहे आहार . उदा ., विविध प्रशिक्षणाचे कार्यक्रम जसे वेट ट्रेनिंग, सर्किट ट्रेनिंग, वॉर्मिंग अप, कंडिशनिंग, क्रॉसकंट्री, सराव सामन्याचा सराव खेळाडूंतील आपसात समन्वय ., खेळाडूंच्या जागा, सामने चालू असतानाचे डावपेच इत्यादी सर्व बाबींचे नियोजन मार्गदर्शकाने आपल्या मार्गदर्शन कार्यक्रमात करावे .

५ (यशस्वी संघ बांधणी :

क्रिडा स्पर्धेसाठी संघाची यशस्वीपणे बांधणी, टीमवर्क करण्याची दृष्टीने प्रयत्न, करण्याची जबाबदारी मार्गदर्शकांनाच पार पाडावी लागते स्पर्धेत . स्पर्धेमध्ये भाग घेण्यासाठी योग्य संघ तयार करण्याची जबाबदारी ही क्रीडा मार्गदर्शकाची असते . यशस्वी होण्यासाठी संघाची शारीरिक, मानसिक, बौद्धिक तयारी करून सर्वगुणसंपन्न असा संघ तयार करण्याची महत्त्वाची जबाबदारी ही मार्गदर्शकाची असते .

६ कामगिरी उंचावण्याच्या दृष्टीने प्रयत्न :

खेळाडूंना कामगिरी उंचावण्याच्या दृष्टीने आवश्यक सूचना करणे यासोबतच स्पर्धेत यशस्वी कामगिरी करण्यासाठी . मार्गदर्शकाने सर्व प्रतिस्पर्धक व त्यांचा खेळ याबद्दल आपल्या स्पर्धकांना माहिती देऊन त्यावर मात कशी करता येईल यासाठी योग्य नियोजन करून घ्यावे स्पर्धेत आपला संघ चांगल्याप्रकारे शिस्त राखून संस्थेचे ., राज्याचे व राष्ट्राचे नाव, प्रतिष्ठा कशी मिळवेल याची दक्षता घ्यावी स्पर्धेतील यश ., अपयश यांचे मूल्यमापन करून खेळाडूंना त्यांच्या वैयक्तिक चूका लक्षात आणून द्याव्यात व त्या पुन्हा होणार नाहीत याची खबरदारी घ्यावी स्पर्धेतील कामगिरी ही सर्व दृष्टीने यशस्वी होण्यासाठी मार्गदर्शकाने . . दक्षता घ्यावी

७ खेळाडूंना प्रोत्साहित करणे :

स्पर्धासाठी खेळाडूंची तयारी करून घेणे, त्यांना खेळाप्रती आकर्षणाची भावना निर्माण होईल अशा दृष्टीकोनातून मार्गदर्शन करणे यासोबतच स्पर्धेत यशस्वी होण्यासाठी खेळाडूंना प्रोत्साहित करणे म्हणजे त्यांना विशिष्ट सोयी .सवलती - प्रलोभने, बक्षीसे देणे जेणेकरून खेळत असताना त्यांची खेळाबद्दलची अभिरूची वाढेल व ते स्वतः खेळ सुधरवण्याचा प्रयत्न करतील अशा खेळाडूला .एखादा खेळाडू आपले कौशल्य स्पर्धेत योग्य रीतीने दाखविता न आल्यामुळे निरुत्साही होतो . प्रोत्साहित करून त्याच्या कौशल्यात निपुणता आणण्याची जबाबदारी ही मार्गदर्शकाची असते .

८ स्पर्धेतील यशस्वीतेसाठी आवश्यक सूचना :

स्पर्धेमध्ये विजयाच्या दृष्टीने खेळाडूंना आवश्यक सूचना करून त्यांचे पालन करण्याविषयी मार्गदर्शन करणे स्पर्धा चालू . असताना प्रतिस्पर्धी संघावर कशाप्रकारे विजय मिळवता येईल यासाठी विरोधी संघाचे सूक्ष्म निरीक्षण करून त्यांच्यातील कमकुवत व उत्तम बाबींसाठी आपल्या खेळाडूंना माहिती द्यावी आपल्या खेळाडूंना कोणत्या प्रकारचे डावपेच वापरावेत याचे . मार्गदर्शन स्पर्धेच्या वेळेस मार्गदर्शकाने करावे

समारोप :

खेळाडूंना योग्य प्रशिक्षण, यशस्वी मार्गदर्शन करण्याच्या दृष्टीने उत्तम मार्गदर्शकांचे गुण असणे मार्गदर्शकामध्ये आवश्यक असते यासाठी उत्कृष्ट मार्गदर्शक आपले कर्तव्य ., जबाबदाऱ्या ओळखून नेहमी प्रयत्नरत असतात कारण . याबरोबरच क्रीडा क्षेत्रात एखादा उत्तम खेळाडू तज्ञ मार्गदर्शकाच्या .त्यांच्यावरच संघाच्या यशाची दारोमदार अवलंबून असते मार्गदर्शनाखाली खेळत असेल तर त्या खेळाडूत कधीही अहंकाराची भावना निर्माण होऊ नयेतो संघासाठी खेळतो ही भावना . स्वतः निर्माण करण्यासाठी मार्गदर्शकाने स्वतःची वागणूक व आचारविचार यात समन्वय कसा राहील याचा विचार केला पाहिजे चांगले बना नंतर इतर तुमचे अनुकरण करतील ही बाब मार्गदर्शकाने नेहमी लक्षात ठेवली पाहिजे नियमबाह्य खेळाडू मिळालेल्या . त्याने खेळाडूमध्ये .विजयापेक्षा नियमाप्रमाणे खेळताना मिळविलेला पराजय हा अधिक श्रेष्ठ व लोकप्रियता वाढविणारा असतो खेळाडूला देशाचा .खिलाडूवृत्ती निर्माण करावी तसेच सहकाऱ्यात योग्य समन्वय व संबंध स्थापन करण्याचे शिकवावे एक आदर्श नागरीक बनविण्यासाठी मार्गदर्शकाने सुरुवातीपासूनच स्वतःचे आचारविचार, वागणूक ही योग्य नीतीमतेवर आधारित ठेवली पाहिजे .यातूनच यशस्वीपणे मार्गदर्शकाची भूमिका पार पाडली जाऊ शकते .

संदर्भ सूची :

- १) रमेशचंद्र कंवर स्वास्थ्य शिक्षण -
- २) केस्व - वर्मा .के .ास्थ्य शिक्षा
- ३) प्रा महाराष्ट्रातील खेळ - बालाजी पोटे .प्रा .शरद आहे .
- ४) प्रासिलेदार ., प्रा खेळ संचालन व क्रीडा मार्गदर्शन - परिहार .
- ५) नंदकुमार मेगदे शारीरिक शिक्षणातील पर्यवेक्षण -
- ६) लोकप्रभा मासिक पत्रिका -, क्रीडा विशेषांक
- ७) दैक्रीडा विशेषांक - लोकमत .

खेळाडूसाठी आवश्यक समतोल आहारविषयक शास्त्रीय दृष्टीकोनातून अध्ययन

प्रा. डॉ. पांडुरंग श्रीरंग रणमाळ

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प्रस्तावना :

क्रिडा क्षेत्रात तंदुरुस्तीकडे विशेष लक्ष देणे आवश्यक असतेत्यासाठी सशक्त आणि समतोल आहार घेणे अत्यंत . याप्रमाणेच एकोणीसाव्या शतकात क्रॉस .पूर्वीच्या काळात सुकामेवा खाऊन समतोल आहार साधला जात असे . आवश्यक असते कंट्री शर्यतीत भाग घेणारे स्टेकSteak व दारूचा वापर आपल्या आहारात करीत .हे सर्व करणे योग्य का अयोग्य हे वादाचे ठरले . शरीरक्रिया शास्त्रज्ञ, वैद्यक व मार्गदर्शक यांच्यात तर या विषयांत खूप संघर्ष झालाहे एक वर्तुळ आहे ज्यात शरीरक्रिया शास्त्रज्ञ .) अस्ता आहार अभिनव आहार लाड(Fad) समजतोवैद्यक म्हणून खेळाडू .स विशिष्ट आहार सुचवत नाही, पण मार्गदर्शकांना असे वाटते की आपणास जे वाटते ते श्रेष्ठ असे करताना शास्त्रीय दृष्टीकोन अवलंबण्याचे नाकारून नवीन लाड अन्नाच्या प्रकाराचे काढतात व त्या विरुद्ध असलेले शास्त्रीय पुरावे नाकारतातया दृष्टीकोनातून खेळाडूसाठी आवश्यक स .मतोल आहारविषयक अध्ययन शास्त्रीय दृष्टीकोनातून होणे आवश्यक आहे .या उद्देशानुरूप प्रस्तुत संशोधन विषयाची निवड करण्यात आली आहे .

संशोधनाची उद्दिष्टे :

- १) खेळाडूंच्या कामगिरीविषयक आवश्यक तत्वांचे विश्लेषण करणे .
- २) खेळाडूंसाठीच्या आवश्यक सुविधांचे अध्ययन करणे .
- ३) खेळाडूसाठी आवश्यक समतोल आहार विषयक शास्त्रीय दृष्टीकोनातून अध्ययन करणे .

खेळाडूंना आपल्या कामगिरीत सातत्य आणि श्रेष्ठच सिद्ध करण्यासाठी आहार हा घटक अत्यंत महत्त्वपूर्ण असतो . यादृष्टीने खेळाडूंना आहारात योग्य तो बदल करणे आवश्यक असतेखेळाडूसाठी समतोल आहार अ ., ब आणि क या जीवनसत्वाच्या आधारे पूर्ण होत असतो परंतु खेळाडूंस रोज कमीत कमीची जगण्यासाठी किती उष्मांक अन्नाची गरज आहे .? सर्वसामान्य माणसास जेवढे उष्मांक लागतात त्याच्या किती पट खेळाडूंस द्यावेत तर गरज पूर्ण होते हे काढता येतेअशा . गुणाकाराने खेळाडू खूश झाले तरी त्याचे मार्गदर्शक अन्नाच्या लाडा Fads चा हट्ट सोडतीलच असे नाहीआहारशास्त्र खूपच . त्याचे .मानवी शरीरात कार्यशक्ती जीवरासायनिक क्रियाद्वारे निर्माण कशी होते त्याचे ज्ञानही खूप झाले आहे .प्रगत झाले आहे शास्त्रीय दृष्टीकोनातून पुढीलप्रमाणे विश्लेषण करण्यातआले आहे .

१ (योग्य उष्मांकाचा आहार)Calarie) :

प्रत्येक व्यक्तीला जीवन जगण्यासाठी योग्य उष्मांकाची गरज असतेसामान्यपणे १८ .-३४ वयाच्या व्यक्ती ३००० कॅलरीज मिळावेतकार्य किंवा खे .खूप कष्ट करणाऱ्यास व खेळाडूंस यापेक्षा जास्त या मूलभूत पातळीपेक्षा मिळावेत .ळ त्यात होणाऱ्या शक्ती व्ययाची उदाहरणे खाली दिली आहेतएक मैल अंतर जलद ५ मिनिटात कापले अंतर तर २५ कॅलरीज ज्वलन . प्रत्येक मिनिटास किंवा १२५ .होतेcal प्रत्येक मैलास लागले अशा माणसास मूलभूत २५०० २६२५ = १२५ +cal प्रत्येक दिवशी दिले पाहिजे / मिनीट असे तासभर पळू शकेल मग हिशोब १५ / चांगला प्रशिक्षण पात्रता असलेला धावपटू ५ मैल .६० १५०० =cal प्रत्येक तासास झाला + त्याचा दैनंदिन आहार २९०० .१५०० ४००० -cal होईलयाप्रमाणे आहारात समतोल . .राखणे गरजेचे असते

२ (पिष्टमय पदार्थ)Carbohydrate) :

सामान्यपणे मानवी जीवनात पिष्टमय पदार्थाचे योग्य संतुलन राखणे गरजेचे आहे पिष्टमय पदार्थ .Carbohydrate यात कार्बन हायड्रोजन व प्राणवायू असतात.पाण्याप्रमाणे हायड्रोजन प्राणवायू २ .१ असतातसर्वात साधा प्रकार किंवा रूप म्हणजे .

.साखर होयतर सर्वात क्लिष्ट रूप starch स्टार्च होययात धान्य फळे ., भाज्या, साखर इशरीरात कोणत्याही अशा .येतात . पदार्थाचे रूपांतर ग्लायकोजेनेGlycogen व ग्लायकोज Glycog मध्ये होतेजे कार्यास मूलभूत ज्वलन शिल इंधन म्हणून उपलब्ध . वाय .ज्वलन पूर्ण झाल्यावर कर्ब व्ही .असतात . प्रथिने .व पाणी तयार होते (काबन डाय ऑक्साइड)protein प्रथिने पदार्थात नायट्रोजन किंवा नत्र सेंद्रीय होयमास ., मासळी, अंडी, लोणी cheese ही प्रथिने साठे आहेतशरीरातील पेशी पदार्थ बनण्यास व . खेळाडूना शरीर स्नायू बळकट करण्याच्या दृष्टीने अशा .त्यांचा व्यव झाल्यास भरून काढण्यासाठी हे पदार्थ आवश्यक असतात .आहाराचे महत्त्वपूर्ण स्थान आहे

३ (प्रथिने :

मानवी जीवनात प्रथिनांची गरज असते कारण त्यातूनच कार्यशक्ती प्राप्त होत असतेखेळाडूना कार्यशक्ती प्राप्त . %प्रत्येक व्यक्तीना प्रत्यक्षात साधारण १२ .करण्याच्या दृष्टीने प्रथिने महत्त्वपूर्ण असतातउष्मांक या प्रथिने घेण्यापासून मिळतो . प्रथिनाची मूलभूत गरज सुरक्षित पद्धतीने पूर्ण व्हावी म्हणून १ ग्रॅम प्रत्येक किलो वजनाबरोबर घ्यावेखेळाडूची गरज . %त्याने १२ .त्याच्या स्नायू पेशीजाल मोठे असते व सक्रिय असते .त्यामानाने जास्त असतेदररोज जे ४००० उष्मांक लागत असेल तर त्यातून घ्यावेत्यामुळे हाडा .जास्त प्रथिने फक्त खाल्ले तर कॅल्शियम कमित्व निर्माण होते .ंवर परिणाम होतोया . .दृष्टीने खेळाडूनी समतोल आहारासाठी प्रथिनांचा समावेश करणे गरजेचे असते

४ (खनिजे)Minerals) :

मानवी शरीरात खनिजांचे योग्य प्रमाण असणे गरजेचे आहे खेळाडूसाठी आवश्यक खनिजे म्हणजे मीठ .NaCl व पोटॅशियम कारण याच्यावरच आस्मॉटिक osmotic दाब समतोल राखला जातोयासाठी प्रथिने रेणू किंवा प्रमाणूचाही . दुसरे महत्त्वाचे खनिज म्हणजे .समावेश होतोcalcium कॅल्शियम व लोह Iron या खनिजांची आवश्यकता शरीरासाठी अत्यंत महत्त्वाची असते .

५ (अन्नाच्या कार्यशक्तीची किंमत :

Energy Value of Food जीव रासायनिक क्रियेत जी इंधन कार्यशक्ती निर्माण होते ती पिष्ट, स्निग्ध व प्रथिनांपासून वेगवेगळी होते १ .gm पिष्टमय ४ उष्मांक निर्माण होतेस्निग्ध .तसेच प्रथिनापासूनही ४ च पण स्निग्ध १ उष्मांक देतात . पदार्थापासून शक्ती जास्त मिळते पण खेळाडूस ती लगेच उपलब्ध नसते पण दीर्घ काळ प्राणवायूसह व्यायाम केला जातो त्यास मात्र ही शक्ती उपलब्ध होतेसाठीव स्निग्ध पदार्थाचा शरीरास उपयोग नाही ., कारण सहजतेने त्यातून शक्ती उपलब्ध नाही पण हे उपयुक्त नसलेले वजन मात्र वागवण्यासाठी मोठी शक्ती खर्च मात्र पडतेया दृष्टीने शरीरातील कार्यशक्त .ी वाढविण्यासाठी खेळाडूना मदत होते .

निष्कर्ष :

उपरोक्त घटकांच्या माध्यमातून खेळाडू आपली अन्नाची, समतोल आहाराची गरज भागवू शकतातवरील सर्व घटकांची . सर्वसाधारणपणे शारीरिक गरजा योग्य भूक व तहान याद्वारे .गरज किंवा उपयोग म्हणजे कार्यशक्तीची शरीर गरज भागवणे ही होय प्रयोगसिद्ध सत्य आहार व कौशल्य कामगिरी यात शोधणे कठिण असहे प्र .नैसर्गिकरित्या नियंत्रित होतातयोग रचणेच कठिण आहे .अनेक अशा प्रयत्नाच्या अनुमानात असे सिद्ध होते की असे कोणतेही धन किंवा ऋण नाते या दोनमध्ये अस्तित्वात नाही . खेळाडू किंवा त्याचे मार्गदर्शक ज्यामुळे ताकद येते म्हणतात ते पदार्थ ब गट जीवनसत्वापासून फुलाच्या भागाच्याPollen सत्वा)Extract) पर्यंत आहेत .याप्रमाणे खेळाडूनी आपल्या आहारात समतोल ठेवल्यास कामगिरी उंचावू शकते .

संदर्भ सूची :

- १) डॉगं .पाठक वि .क्रिडा वैद्यकशास्त्र - , साकेत प्रकाशन, औरंगाबाद .
- २) प्रागंदगे ., प्रा आरोग्य शिक्षण - मस्तळे .
- ३) रमेशचंद्र कंवर स्वास्थ्य शिक्षण -
- ४) के स्वास्थ्य शिक्षा - वर्मा .के .
- ५) दै .१४ नोव्हे - लोकसत्ता .२०१४

क्रिडा क्षेत्रातील पंचगीरीसाठी आवश्यक मूलभूत तत्वांचे विश्लेषण एक अभ्यास -

प्रा. डॉ. टेकाळे आत्माराम दादाराव

शारीरिक शिक्षण निर्देशक, श्रीपंडीत गुरू पाडीकर महाविद्यालय ., सिरसाळा,
जि. बीड

प्रस्तावना :

क्रिडा क्षेत्रातील अत्यंत महत्त्वपूर्ण असा घटक म्हणजे पंचगीरी होयकोणत्याही क्रिडा स्पर्धामध्ये तटस्थता ., निष्पक्षता टिकवून ठेवण्यासाठी पंचांची आवश्यकता असतेकोणतीही क्रिडा स्पर्धा असली तरी स्पर्धेच्या वेळी स्पर्धक खेळाडू आणि . त्यांचेसंघ या सोबतच पंच असणे आवश्यक असते कारण प्रत्येक खेळाचे अनेक संघातून ठरविण्यासाठी अधिकारी वर्ग .)Official) लागतो किंवा त्यांची आवश्यकता असतेकोणताही खेळ खेळत असताना त्यास अटी व नियम असतात व हे नियम .) व अटी त्या खेळाच्या संघटनेने(Federation) तयार केलेले असतातनियमानुसार खेळ .हे नियम त्या खेळास लागू केले जातात . काही वेळेस अशी परिस्थिती .खेळाडूने त्या नियमाचे पालन केले पाहिजे .खेळला पाहिजे व अधिकाऱ्याने तो खेळविला पाहिजे निर्माण होते की, त्या खेळातील तज्ञ व्यक्तींनी त्यावेळेस निर्णय देऊन श्रेष्ठत्व ठरवावयास पाहिजे त्या क्रियेसच पंचगीरी .)Officiating) असे म्हणतातअशा मूलभूत .अशा प्रकारच्या पंचगीरी करण्यासाठी मूलभूत तत्वांची आवश्यकता असते . .तत्वांचे विश्लेषण करण्याच्या दृष्टीकोनातून प्रस्तुत शोधनिबंधासाठीच्या विषयाची निवड करण्यात आली आहे

संशोधनाची उद्दिष्टे :

- १) क्रिडा क्षेत्रातील पंच व पंचगीरीची आवश्यकता स्पष्ट करणे .
- २) क्रिडा क्षेत्रातील पंचगीरीची व्याख्या व अर्थ स्पष्ट करणे,
- ३) क्रिडा क्षेत्रातील पंचगीरीसाठी आवश्यक मूलभूत तत्वांचे विश्लेषण करणे .

संशोधन पद्धती :

कोणत्याही विषयाचे तथा घटकाचे, घटनेचे शास्त्रीय अध्ययन करित असताना ते वैश्व गानिक पद्धतीने होणे आवश्यक असतेया दृष्टीकोनातून प्रस्तुत शोधनिबंधाच्या विषयाचे अध्ययन करित असताना वैज्ञानिक विश्लेषण पद्धतीचा अवलंब करणे . यासाठी प्रामुख्याने द्वितीयक तथ्य सामग्रीच्या संकलना .अपरिहार्य ठरतेसाठी प्रस्तुत अभ्यास विषयाशी संबंधित संदर्भग्रंथ, पुस्तके, शोधपत्रिका, लेख, नियतकालिके, पाक्षिके, मासिके, वृत्तपत्रे आणि प्रकाशित अप्रकाशित साहित्य व इंटरनेटचा आधार घेण्यात आला आहे .

पंचगीरीचा अर्थ :

कोणत्याही क्रिडा स्पर्धामध्ये खेळाचे नियम, अटी, शर्ती त्यातून निर्माण होणारी अत्यंत चुरशीची परिस्थिती हाताळण्यासाठी तसेच अंतिम निर्णय स्पष्ट करण्याच्या दृष्टीने पंचगीरीचे महत्त्वपूर्ण स्थान असतेया अर्थानुसार काही व्याख्या . .त्या पुढीलप्रमाणे आहेत .स्पष्ट करण्यात आल्या आहेत

- १) Officiating म्हणजे खेळात किंवा क्रिडा प्रकारात श्रेष्ठता ठरविणे .अशी सर्वसाधारण व्याख्या करता येईल .
- २) Officiating म्हणजे क्रीडा प्रकार व खेळात नियमानुसार खेळ खेळवून त्यामध्ये जी परिस्थिती निर्माण होते त्यावर निर्णय देणे व संघाची श्रेष्ठता ठरविणे होय .

अशा प्रकारच्या व्याख्येवरून पंचगिरीचा अर्थ स्पष्ट केला जाऊ शकतोपरंतु पंचगिरीसाठी काही आवश्यक मूलभूत . तत्त्वे असतात त्या तत्त्वांचे विश्लेषण पुढीलप्रमाणे करण्यात आले आहे

पंचगिरीसाठी आवश्यक मूलभूत तत्त्वे :

१) क्रीडा क्षेत्रातील नियमांचे ज्ञान :

क्रीडा क्षेत्रातील पंचगिरी साठी आहे त्या खेळाची संपूर्ण माहिती असणे आवश्यक आहेप्रत्येक खेळाच्या नियम व . त्यामुळे सामना अधिकाऱ्यास निर्णय योग्य . त्याचे ज्ञान पंचाला असणे आवश्यक आहे . अटी ठरवून दिलेल्या असतात तो एखा . तसेच खेळाडूवर अन्याय होत नाही . व त्वरित देता येतोद्या खेळाडूला तेव्हा शिक्षा करू शकतो जेव्हा त्याला त्या खेळाच्या नियमांचे सखोल ज्ञान असते .

२) खेळाचे जवळून निरीक्षण)Observation) :

योग्य व त्वरित निर्णय देण्यासाठी पंचगिरी करीत असताना खेळातील प्रत्येक स्थितीचे जवळून निरीक्षण करणे आवश्यक असतेसामना चालू अ . सताना सामना अधिकाऱ्याला खेळाडूबरोबर हालचाल करून पडलेले प्रमाद पाहून त्यानुसार योग्य ती अचूक निर्णय देणे आवश्यक असते .

३) नियमानुसार निर्णय)Decision According to Rules) :

खेळात निर्णय देत असताना पंचाने आपल्या कल्पनेने किंवा गृहित धरून निर्णय देऊ नये खेळाडू खेळत असताना त्याची प्रक्रिया पूर्ण झाल्यावरच निर्णय द्यावा निर्णय देत असताना नियमानुसारच निर्णय द्यावा यामुळे खेळ व्यवस्थित . नियमानुसार खेळला जाऊन कोणत्याही खेळाडूवर व संघावर अन्याय होणार नाही व स्पर्धा ही उत्तम प्रकार पार . पडतील

४) सक्षमता आणि आत्मविश्वास :

क्रीडा क्षेत्रातील पंचगिरीसाठी सामना खेळवित असताना त्यात घडलेल्या प्रमादाबद्दल जे निर्णय अधिकाऱ्याला द्यावयाचे असतात ते योग्य व नियमानुसार दिले गेले पाहिजेतहे निर्णय देत असताना अधिकाऱ्यात खंबीरपणा व . साधारणपणे दिलेल्या . आत्मविश्वास हे दोन गुण आवश्यक आहेतनिर्णयात कोणत्याही प्रकारचे बदल करू नयेतनिर्णय . त्याने . देत असताना कोणत्याही परिस्थितीला सामोरे जाण्याची क्षमता सामना अधिकाऱ्याच्या अंगी असावी लागते कोणत्याच प्रकारच्या दबावाखाली न येता आपले कार्य आत्मविश्वासाने खंबीरपणे करावे अन्यथा याचा सामन्यावर वाईट परिणाम होण्याची शक्यता असते .

५) सूचना आणि इशान्याची जाण :

क्रीडा क्षेत्रातील पंचगिरी करण्यासाठी त्या खेळातील आवश्यक सूचना आणि इशान्यांची जाण असणे आवश्यक असतेफाऊल्स . उदा . खेळात अनेक प्रकारच्या स्थिती निर्माण होत असतात ., टाईम आऊट, पॉईंट देणे, सामना सुरू करणे, सामना संपविणे इत्यादीनिर्माण झालेली स्थिती खेळाडू ., प्रेक्षक, इतर अधिकारी यांना समजण्यास इशान्यांचा वापर केला जातोकारण प्रत्येक खेळामध्ये उद्भवणाऱ्या स्थितीची माहिती देण्यासाठी . वेगवेगळ्या इशान्यांचा किंवा चिन्हांचा उपयोग करावा लागतोया इशान्यांचे किं . वा चिन्हांचे ३ पान व वेळेवर वापर करण्याची क्षमता त्या सामना अधिकाऱ्यात असणे आवश्यक असते .

६) सहिष्णूता आणि सौजन्यता :

क्रीडा क्षेत्रातील पंचगिरीचा सहिष्णूता आणि सौजन्यता हा मूलभूत घटक समजला जातोपंचगिरी करीत असताना . याचा संबंध हा खेळाडूशी येत असत-सामना अधिकाऱ्याखेळाडूच्या अडचणी सोडवताना सौजन्य दाखविणे हे पंचाचे . जर पंचानी खेळाडूंना सौजन्यपूर्वक वागणूक दिली तर पंचाबद्दल आदराची भावना खेळाडूच्या मनात . कर्तव्यच असते त्यामुळे खेळ खेळविण्यात पंचाना . निर्माण होते, कोणतीच अडचण निर्माण होत नाहीम्हणून पंचगिरीसाठी . सहिष्णूता असणे आवश्यक असते .

७) निर्णय क्षमता अचूक :

हा पंचगिरीसाठीचा अत्यंत आवश्यक घटक आहेपंचगिरी करताना खेळातील क्रिया पूर्ण झाल्यावर परिस्थितीचे . त्यामुळे निर्णय देणारी व्यक्ती ही .अवलोकन करून क्षणाचाही विलंब न लावता नियमास धरून निर्णय घ्यावा लागतो अचूक निर्णय क्षमता असल्यास .कार्यक्षम व दक्ष असावी लागलेिवाय पंचगिरी केली जाऊ शकत नाही .

८) क्रीडा विषयक अचूक माहिती :

अचूक नियमांची माहिती असल्याशिवाय कोणत्याही क्रीडा स्पर्धेत यशस्वी पंचगिरी केली जाऊ शकत नाहीपंचगिरी . कारण खेळात अनेक गुंतागुंतीचे प्रसंग व स् .करणाच्या व्यक्तीस खेळाचे सखोल ज्ञान असणे आवश्यक असतेथिती निर्माण होत असतेखेळाडू खेळ .त्याची सर्व कल्पना किंवा त्याचे सर्व सखोल ज्ञान पंचांना असणे आवश्यक असते . खेळताना खेळाच्या नियमाचे व अटींचे पालन करतात किंवा नाही हे पाहण्यासाठी खेळाचे सखोल ज्ञान असणे .महत्त्वाचे असते

निष्कर्ष :

क्रीडा क्षेत्रातील यशस्वी पंचगिरीसाठी अत्यंत महत्त्वपूर्ण असणारे गुण म्हणजे क्रीडा क्षेत्रातील नियमांचे ज्ञान, अचूक निर्णय क्षमता तसेच सक्षमता आणि आत्मविश्वास यांचा उल्लेख केला जाऊ शकतोपंचगिरीचा उद्देश उत्साही वातावरणात खेळ . किंवा स्पर्धा पार पाडणे हा होयत्या वेळेस काही नियम .ांचे व अटींचे पालन करावे लागतेपंचगिरी व्यवस्थित पार . थोडक्यात .पाडण्यासाठी काही विशिष्ट तत्त्वांचा विचार करावा लागतो व त्या तत्त्वांना अनुसरूनच पंचाने वर्तन केले पाहिजे पंचगिरीची मूलभूत तत्त्वे ज्या व्यक्तीच्या स्वभाव आणि वर्तनात असतात तो यशस्वीपणे पंचगिरी करण्याच्या दृष्टीने सक्षम मानला जातो .

संदर्भ सूची :

- १) प्राशरद आहरे ., प्रा महाराष्ट्रातील खेळ - बालाजी पोटे .
- २) प्रासिलेदार ., प्रा खेळ संचालन व क्रीडा मार्गदर्शन - परिहार .
- ३) नंदकुमार मेगदे शारीरिक शिक्षणातील पर्यवेक्षण -
- ४) लोकप्रभा मासिक पत्रिका -, क्रीडा विशेषांक
- ५) दैक्रीडा विशेषांक - लोकमत .

ताण - तणावाच्या व्यवस्थापनासाठी योगा अभ्यास ही आधुनिक काळाची गरज

श्री. जगताप जी. एम.

मुख्याध्यापक, भारत माध्यमिक विद्यालय, जालना

भ्रमणध्वनी - ८८३०६०५०२

श्री. कान्हेरे पी. ई.

संशोधक विद्यार्थी

भ्रमणध्वनी - ९९२३५३५६०६, ई मेल -

प्रस्तावना :

भगवान शंकर हे योगाचे आद्य उदगाते व प्रवर्तक होते. पातंजल योगशास्त्राच्या मते, शरीरातील ऊर्जा वाढवायची असेल तर योगासने, प्राणायाम करा आणि शरीरातील ऊर्जा वाचवायची असेल तर धारणा, ध्यान, समाधी यांचा अभ्यास करावा. योग व्यक्तीच्या मानसिक, भावनिक व अध्यात्मिक अशा सर्व अंगाना स्पर्श करते. व्यक्तीच्या वजनात घट, सशक्त आणि लवचिक शरीर, तजेलदार त्वचा, शांत आणि प्रसन्न मन आणि उत्तम आरोग्य यातली जी गोष्ट तुम्हाला हवी असते ती द्यायला योग समर्थ आहे. योगाची मर्यादा ही फक्त योगासनांपूर्वीच मर्यादित असा बऱ्याच वेळा लोकांचा गैरसमज होतो कारण त्यांचे शारीरिक स्तरावर होणारे फायदे आपल्याला सहज लक्षात येतात. परंतु प्रत्यक्षात शरीर, मन आणि श्वासोच्छ्वास यांचा योगामुळे संयोग झाल्याने आपल्याला अगणित फायदे होतात. तुमचे मन, शरीर आणि श्वास यांचे एकमेकांशी संतुलन राखले गेल्याने जीवनाचा प्रवास शांत, आनंदी आणि सर्वार्थाने सफल होतो.

अभ्यासाची उद्दिष्टे :

- १) मानवी जीवनात योगाचे महत्व अभ्यास करणे.
- २) ताण तणाव निर्माण होण्याच्या कारणांचा अभ्यास करणे.
- ३) ताण तणाव टाळण्यासाठी उपाय योजना सुचविणे.

योग व्याख्या :

योग हा शब्द युज या धातुपासून तयार झाला आहे. युज म्हणजे जोडणे. जीवात्म्याला परमात्म्याशी जोडणे. शरीर, मन व आत्म्याला सृष्टीशी जोडणारे, व्यक्तीला व्यक्तीशी जोडणारे, बाह्यरंगाला अंतरंगाशी जोडणारे ते योगशास्त्र. शारीरिक सुदृढतेसाठी अष्टांग योगातील आसन या अंगाचा अभ्यास केला जातो. यामुळे यामुळे शरीरातील सर्व ग्रंथी, पेशी आणि अवयव यामध्ये रक्ताभिसरणाची क्रिया सुरळीत चालते. मानसिक स्तरावर क्रियांमधील प्राणायाम आणि ध्यान या दोन क्रियांद्वारे मानसिक शांतता, शुद्धी आणि शिस्त आत्मसात केली जाते. योगाभ्यास हा शारीरिक सुदृढता आणि मानसिक शांततेसाठी केला जातो. योग हा धर्म नव्हे तर ही एक जीवनपद्धती असून निरोगी शरीरात निरोगी मन हे या अभ्यासाचे ध्येय आहे.

कठोनपनिषदात - 'आत्म्याच्या ठिकाणी इंद्रियाची स्थिर धारणा करणे म्हणजे योग होय.'

श्वेताश्वर उपनिषद - 'इंद्रियांचा संयम करून मन एकाग्र करणे म्हणजे योग.'

योगवसिष्ठात - 'संसारातून तरून जाण्याची युक्ती, मार्ग म्हणजे योग.'

योगयाज्ञवल्क्य - 'जावात्मा व परमात्मा यांचा संयोग म्हणजे योग होय.'

श्रीकृष्ण - 'कार्यामध्ये कुशलता म्हणजे योग.'

भगवद्गीता - सुख दुःखादी वृद्धांची समता म्हणजे योग

थोडक्यात, 'मनाचे सर्व व्यापार वृत्तीमध्ये येतात, त्यांना थांबविणे, त्यांच्यावर नियंत्रण, संयमन ठेवणे म्हणजे योग होय.' शरीराची, मनाची, बुद्धीची व देहाभिमानाची या माहीत असलेल्या ज्ञानाची माहिती करून घेतल्यानंतर अज्ञात अशा आत्म्याची माहिती घेणे म्हणजे योग असेही म्हणता येईल. त्याचप्रमाणे शरीर आरोग्य, शक्ती यावर नियंत्रण प्राप्त केल्यावर शरीर व मन यांचे मिलन करून सुख - शांतीच्या निर्भेळ शुद्धतेप्रत पोचविण्याचा मार्ग म्हणजे योग.

प्राचीन काळी समाज सुखी व संपन्न होता, त्याकाळी मोक्षप्राप्ती आत्मोन्नतीसाठी समाधि अवस्था प्राप्त करणे हे योगाचे ध्येय मानण्यात येत असे. सामान्य व्यक्ती योगापासून दूरच होती. परंतु विज्ञानयुगामुळे योगाचा शास्त्रीय पद्धतीने अभ्यास व विचार करण्याची आज गरज आहे. क्लेश, वासना, अतृप्ती यावर विजय मिळवून स्वतःला व कुटुंबाला सुख, समाधान व शांती मिळवून देणे हे आधुनिक सर्वोच्च ध्येय आहे. या ध्येयाच्या प्राप्तीसाठी योगामध्ये विविध मार्ग सांगितले आहेत. त्यात यम, नियम, शुद्धिक्रिया, बंध, मुद्रा, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान व समाधि इत्यादी मार्ग सांगितले आहेत. या सर्व गोष्टींचा विचार करता आधुनिक मानवी जीवनात योगाची खालील उद्दिष्टे सांगता येतील.

- १) शारीरिक व मानसिक स्वास्थ्य प्राप्त करणे व टिकविणे.
- २) भावनिक व सामाजिक शांतता प्राप्त करणे,
- ३) अंतर्दर्शनाच्या शक्तीचा विकास करणे.
- ४) सूक्ष्म अनुभवशक्ती संपादन करणे,
- ५) ताण - तणाव कमी करून व्याधिनिवारण करणे.
- ६) एकाग्रता व सुखप्राप्ती.

थोडक्यात मानवी जीवनात शिस्त लावून मानवी जीवन सुखी व संपन्न बनविणे हा योगाचा उद्देश आहे. सध्या प्रत्येक मानव कोणत्या ना कोणत्या ताण तणावाने बेचैन आहे. ताण - तणाव कमी करण्यासाठी दारू, तंबाखू, गुटखा इत्यादी सवयीचा गुलाम बनत आहे. हवा, पाणी, अन्न व ध्वनी प्रदूषणाचे प्रमाण वाढत आहे. यामुळे डोके दुःखी, मधुमेह, बद्धकोष्ठता, हृदयरोग, निद्रानाश इत्यादी जटिलरहित रोगांचे प्रमाण वाढले आहे. या सर्वांवर यम, नियम, शुद्धिक्रिया, आसन, प्राणायाम हे योगातील मार्ग उपयुक्त आहेत. अनेक जुनाट व्याधिची तीव्रता कमी करण्यासाठी व व्याधिनिवारण्यासाठी योग उपयुक्त आहे.

वाढता ताण तणाव हा आता जीवनाचा अविभाज्य घटक बनला आहे. कितीही टाळायचे म्हटले तरी ते टाळता येत नाही. स्पर्धेत टिकायचे तर या ताणतणावांना सामोरे तर जायलाच हवे, मग या तणावांचा सामना कसा करायचा हे जाणून घ्यायला हवे. तणावाचा सर्वात महत्वाचा परिणाम शरीर स्वास्थ्यावर होतो. किंबहुना बहुतेक आजारपैकी ७० टक्के आजार हे ताणतणाव यामुळे होतात, अनियमित जीवनशैलीमुळे होतात. वाढत्या ताणतणावाचा परिणाम आपल्या शरीरावर सर्वाधिक होतो. या तणावामुळे आपल्या शरीरावर आपण अन्याय करतो. तणावाचा मोठा परिणाम आहारावरही होतो. कामाच्या व्यापात आपण खाण्यासाठी जगतो की जगण्यासाठी खातो हेच समजत नाही, अखंड कामात बुडून गेल्यामुळे अनेकांना तर जेवण खाण्याचे ही भान राहात नाही. आरोग्याच्या तक्रारीमुळे मग ताणतणावात आणखी वाढ होते. हे चक्र मग सतत सुरू रहाते, अकाली आजारपण, अकाली वृद्धत्व, अकाली मृत्यु या सर्व घटनांचे मूळ कारण तणाव हेच आहेत. हृदयविकार, मधुमेह, मेंदूरोग, पचनसंस्थेचे विकार, श्वसन संस्थेचे विकार, अनेक मानसिक आजार या सर्व रोगांची कारणे पाहिली तर वाढते ताणतणाव हेच मुख्य कारण आढळून येते. आयुष्याच्या प्रत्येक टप्प्यावर प्रत्येकाला ताण - तणावांचा सामना करावाच लागतो. आपली मानसिक अवस्था, स्वभाव, मनाची जडणघडण व विचार करण्याची पद्धत यावर ताण किती प्रमाणात घेतला जातो हे अवलंबून असते.

ताणतणाव टाळायचा तर उत्तम मार्ग म्हणजे ताणतणाव निर्माणच होऊ न देणे. यासाठी फक्त आपल्या विचारसरणीत आणि जीवनशैलीत थोडासा बदल करणे आवश्यक आहे. ताणतणावाचे प्रकार पुढील प्रमाणे .

- १) शैक्षणिक ताणतणाव :

आयुष्यातल्या ताणतणावाची सुरुवात शाळेपासून होते. पालकांच्या मुलांकडून वाढलेल्या अपेक्षा मुलांच्या ताणवात भर टाकतात. आपल्या मुलाने सर्वच क्षेत्रात यश मिळवायला हवे हा पालकांचा अट्टाहास वाढतो आहे. मग त्यात अपयश आले की सारे खापर मुलांवर, त्यांच्या बुद्धिमत्तेवर, स्वभावावर फोडले जाते. अशी मुले निराशावादी बनतात.

ते आपला आत्मविश्वास हरवून बसतात. काहीवेळा ती चिडचिडी होतात. त्यांचे मानसिक खच्चीकरण होते. सततच्या अभ्यासाचा परिणाम त्यांच्या प्रकृतीवरही होतो. त्यांचा आहार, झोप कमी होते. प्रतिकारशक्ती कमी होते नि सतत ती आजारी पडतात. त्यांचे एकंदर भविष्यच धूसर होते.

२) व्यावसायिक ताणतणाव :

पैसा कमावणे वा आहे ती परिस्थिती बदलून अधिक श्रीमंत होण्याची धडपड व्यवसायाच्या वा नोकरीच्या रूपाने प्रत्येकाची सुरु असते. त्यामुळे नोकरी व्यवसायात स्वतः ला जास्तीत जास्त वेळ गुंतवून घेतले जाते. सतत कामाचा विचार, व्यवसायातले प्रश्न, कामगारांचे प्रश्न, वरिष्ठांची भीती, पैशाचे नियोजन करतांना कितीही वेळ मिळाला तरी तो अपुराच वाटू लागतो. केस पांढरे होतात. अपचन, पित्ताचे आजार, निद्रानाश, डोकेदुखी इत्यादी आजार अधूनमधून डोके वर काढतात. जेवायलाच वेळ नाही तर व्यायामासाठी वेळ कुठून काढणार या व्यावसायिक ताणतणावाच्या परिणामामुळे हृदयविकार, मधुमेह इत्यादी आजार होतात. सतत चिडचिड होणे, मुले कुटुंबीयांकडे दुर्लक्ष झाल्याने तो तणाव वाढतो तो वेगळाच हे सारे टाळायला हवे.

३) कौटुंबिक ताणतणाव :

हल्ली प्रत्येक कुटुंबातील सदस्यांचा परस्पराशी सुसंवाद राहिलेला नाही हे सतत दिसून येते. जुनी पिढी नव्या पिढीचा नावे ठेवते. मुले पालकांचे ऐकत नाहीत. संयुक्त कुटुंब पध्दती लयास गेली आहे. काळानुसार नि परिस्थितीनुसार बदल हा होणारच. मात्र वैचारिक मतभेद हे कौटुंबिक ताणतणावाचे मुख्य कारण आहे. यासाठी कुटुंबातील सदस्यांमध्ये सुसंवादाची गरज आहे. कुटुंबात मतभेद असतील तर त्याचा ताण कुटुंबातील प्रत्येक सदस्यावर येतो. त्याचा परिणाम नोकरी, व्यवसाय, शिक्षण, आरोग्य या सर्वांवर होतो. आई - वडिलांच्या सततच्या भांडणाचा परिणाम मुलांवर होतो. घटस्फोटाचे प्रमाणही हल्ली वाढतच आहे. वृद्धाश्रम कमी पडू लागले आहेत. कुटुंब ही संस्थाच हळूहळू नामशेष होत आहे. या सर्वांचा ताण आणि तणाव प्रत्येकाला येतो. बहुतांशी मानसिक आजाराचे मूळ कौटुंबिक ताणतणावात आहे.

४) आर्थिक ताणतणाव :

जगण्यासाठी पैसा हा आवश्यकच आहे. पण त्याची हाव कधीच संपत नाही. पैसा येतो तशा गरजाही वाढतच जातात, मग अधिक पैसा कमावण्यासाठी अधिक काम, अधिक पैसा मग पुन्हा अधिक काम या चक्रव्युहात मनुष्य गुरफटून जातो. याचा परिणाम अर्थातच शरीर आणि मनावर होतो. हेल्थ इज वेल्थ हे वाक्य प्रत्यक्ष जीवनात कुणी समजून घेताना दिसत नाही, त्यामुळे अनेकदा कमावलेला पैसा हा आजारातच वाहून जातो. आपण राबराब राबून पैसा कमवतो पण कुटुंबीयांना त्याची जाणीव नाही. अशी खंत अनेकांना वाटते. यश येते तोपर्यंत सारेच बरोबर असतात पण अपयशाचे खापर मात्र प्रत्येकजण एकमेकांवर फोडतो. त्यामुळे पैसा कमी पडू लागला की ताणतणावांमध्ये भर पडू लागते.

५) सामाजिक ताणतणाव : लोक काय म्हणतील ? हे अनेकांच्या तणावाचे कारण असते. सामाजिक प्रतिष्ठेला अनेकजण घाबरून असतात. त्यामुळे स्वतः वा कुटुंबातील कुणा समस्याकडून गैरवर्तन घडले की याचा ताण अनेकांना होतो. सामाजिक प्रतिष्ठा महत्त्वाची आहेच, पण त्याचा बाऊ करता उपयोगी नाही. खरे तर हल्लीचे जीवनच इतके धावपळीचे बनले आहे की इतरांचा विचार करायला कुणाकडे वेळच नाही.

ताणतणाव टाळण्यासाठीचे उपाय :

विविध प्रकारचे ताणतणाव कसे टाळायचे हे पुढील प्रमाणे सांगता येतील. खालील छोट्या छोट्या गोष्टीतूनही आपण तणावमुक्त होऊन प्रसन्न राहू शकतो,

- १) मुलांचा शैक्षणिक ताणतणाव कमी करायचा तर पालकांनीच प्रयत्न करायला हवा. मुलांचा कल, आवड ओळखून त्या क्षेत्रात त्यांना करियर करायची संधी द्यायला हवी.
- २) व्यावसायिक ताणतणाव टाळण्यासाठी कामाचे काटेकोर नियोजन करून त्यांची अमलबजावणी करावी. शारीरिक क्षमतेचा विचार करून कामाचे नियोजन करावे. ठराविक वेळ काम केल्यानंतर मध्येमध्ये विश्रांती घ्यावी.

- ३) आपली दिनचर्या नियमित ठेवा, व्यायाम आणि आहार यासाठी ठराविक वेळ द्या. त्यामुळे तुम्हाला नवी ऊर्जा मिळेल. तुमच्या कामाचा दर्जा वाढेलच पण अनावश्यक ताणतणावांचा तुम्ही शारीरिक नि मानसिकदृष्ट्या समर्थपणे तोंड देऊ शकाल.
- ४) आर्थिक नियोजन करावे. प्राप्तीनुसार गरजा निश्चित करा. त्यासाठी कुटुंबातील सदस्याशी चर्चा करा. गरज असेलच तर कर्ज घ्या. ते फेडण्यासाठी तुमच्याकडे नियोजन असायला हवे.
- ५) कुटुंबीयांना भरपूर वेळ द्या. मुलांशी खेळा, पत्नीशी बोला, आई - वडिलांची चौकशी करा. नातेवाईकांशी मित्राशी संपर्कात राहा. हा आनंद तुम्हाला तणावातून मुक्ती देईल.
- ६) शक्य झाल्यास एखादा छंद बाळगा. नाटक, चित्रपट, संगीत, पर्यटन, वाचन, चित्रकला हे छंद तणावातून मुक्त होण्यास खूप उपयोगी पडतात हे वेळोवेळी सिध्द झाले आहे.
- ७) ताणतणावाच्या परिणामी व्यसनांच्या आहारी जाऊ नका. त्यामुळे प्रश्न सुटत नाहीत. उलट समस्या आणखी गंभीर होऊ शकतात.
- ८) छोट्या छोट्या गोष्टीतून आनंद मिळवायचा प्रयत्न करा. कामातून आनंद घ्या. त्यामुळे समस्यांची तीव्रता जाणवणार नाही.
- ९) नेहमी सकारात्मक विचार करावा, न घडलेल्या गोष्टीची चिंता विनाकारण करू नका. वाईटातून चांगले पडेल असा प्रयत्न करा. प्रयत्नात कमी पडू नका.
- १०) हसणे हा तणावाचा सर्वोत्तम उपाय आहे. हास्य विनोदामुळे आपण आनंदी होतोच पण इतरांनाही आनंदी करू शकतो. प्रतिकूल घटनेतही हास्य विनोद करणारी अनेक मंडळी आहेत. त्यामुळे निराशा दूर होते.

समारोप :

अशा प्रकारे योगाचे सखोल परिणाम आपल्या सूक्ष्म स्तरावर सुध्दा होत असतात. योगाच्या नियमित सरावामुळे होणारे सर्वात महत्वाचे फायदयात मानवाच्या सर्व स्तरांवर तंदुरुस्ती, वजनात घट, ताणतणावापासून मुक्ती, अंतर्दामी शांतता, रोगप्रतिकारक शक्तीत वाढ, सजगतेत वाढ होते, नाते संबंधात सुधारणा, ऊर्जा शक्ती वाढते, शरीराचा लवचिकपणा आणि शरीराची ठेवण सुधारते आणि अंतर्ज्ञानात वाढ होताना दिसते. योगासने, प्राणायाम आणि ध्यान धारणा ही सर्व ताण तणाव नाहीशी करणारी प्रभावी तंत्रे आहेत.

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सारांश

प्रस्तुत लेख हा खेळाच्या व्यवसायातील बाबीसंबंधित शिक्षण आणि व्यावसायिक क्षेत्र संबंधित आहे . क्रीडा व्यवस्थापकांच्या काही उदाहरणांमध्ये व्यावसायिक क्रीडा, महाविद्यालयीन क्रीडा, व्यवस्थापक, करमणूक खेळ व्यवस्थापक, क्रीडा विपणन, कार्यक्रम व्यवस्थापन, सुविधा व्यवस्थापन आणि त्याचा शारीरिक शिक्षणातील तारतम्य या सर्व बाबींच्या वर्णन या लेख द्वारे करण्यात आलेले आहे.

मुख्य शब्दशारिरिक शिक्षण : , व्यवस्थापण, आयोजन, क्रीडा

प्रस्तावना:

व्यवस्थापन जग क्रांतीचे आहेनवीन तत्त्वे ., संकल्पना, तंत्र, कल्पना, प्रक्रिया आणि कार्यपद्धती उदयास येत आहेत आणि आम्हाला व्यावसायिक अभ्यासाच्या नवीन पठाराकडे घेऊन जात आहेत. क्रीडा व्यवस्थापन हे खेळाच्या व्यवसायातील बाबीसंबंधित शिक्षण आणि व्यावसायिक क्षेत्र आहेक्रीडा व्यवस्थापकांच्या काही उदाहरणांमध्ये व्यावसायिक क्रीडा ., महाविद्यालयीन क्रीडा, व्यवस्थापक, करमणूक खेळ व्यवस्थापक, क्रीडा विपणन, कार्यक्रम व्यवस्थापन, सुविधा व्यवस्थापन आणि क्रीडाविषयक माहितीमधील क्रीडापटू सर्व प्रशासकाची काळजी घेतात.आयोजन आणि व्यवस्था च्या . शारिरिक शिक्षणात व्यवस्थापण व आयोजन या शब्दाचा अर्थ व्यवस्था किंवा आखणी करणे असा होतो.कामाचा आराखडा तयार केला . गेला आहे व त्या आराखड्यानुसार कार्य पूर्णपणे पार पडणे व व्यवस्थितरित्या पार पडणे म्हणजेच आयोजन, नियोजन या दोन्ही गोष्टी परस्पर संबंधित असतात.नियोजना शिवाय व्यवस्थापणाची कल्पना करता येत नाही यात एक गोष्ट दुसऱ्यावर अवलंबून . अनेकदा व्यवस्थापण हा शब्द व्यवस्था आणि नियोजन या दोन्ही अर्थी व .असते.परला जातोपरंतु व्यवस्थापण म्हणजेच . तर नियोजीत कार्य नियोजीत रित्या पार पाडणे म्हणजेच व्यवस्थापण असते .नियोजन नव्हे

प्रशासनाची तत्वे

आदर्श व्यवस्थेचे डॉ: हेतूची स्पष्टता .न्येश यांनी ४ तत्वे पुढीलप्रमाणे सांगितले आहे.बी.जे. आपणास कोणतेही कार्य करायचे असेल तर ते कशासाठी करायचे आहे व त्यातून आपणास काय साध्य करायचे आहेहे . असा मार्ग .साध्य निश्चित असेल तर ते साध्य पूर्ण करायचे मार्ग व दिशा निश्चित असावयास हवी .अगोदर स्पष्ट करावयास हवे निश्चित झाला तरच व्यवस्थापणास येणाऱ्या अडचणींचा विचार करून पुढील कार्य व्यवस्थित पार पाडता येते .

उपलब्ध सोयी:

कोणतेही कार्य व्यवस्थित व काटेकोरपणे पार पाडण्यासाठी आवश्यक अशा उपलब्ध सोयी असणे आवश्यक आहे . तरच आपण करीत असलेल्या कार्यास कारणे,अडथळे निर्माण होत नाहीतसेच शक्ती ., पैसा, वेळ याचा योग्य वापर करता येतो . स्पर्धा वसामान्यांच्या वेळी मैदान, साहित्य, पंच याची व्यवस्था योग्यवेळी केली असेल तर व्यवस्थापणात गोंधळ उडणार नाही . यासाठी सामान्यापूर्वी .अशावेळी यातून मार्ग काढताना बराच त्रास होतो .जर ही व्यवस्था योग्य नसेल तर गोंधळ निर्माण होतो त्यासाठी लागणारे आवश्यक साहित्य वमैदान उपलब्ध असणे गरजेचे आहे.

कार्यक्रमाचे नियोजनबद्ध संचलन

कार्यक्रमाचे संचलन करणारी व्यक्ती कार्यकुशल व अनुभवी असावी लागतेतरच व्यवस्थित संचलन होते जर . सुखसुविधा असल्या तर त्याच्या योग्यवेळी योग्य उपयोग केला नाही तर कार्यक्रमात गोंधळ निर्माण होण्याची शक्यता असतेया . कुशल संचालक शारिरिक शिक्षक असेल तर .त्यातच संचलकाची खरी कसोटी असते .सर्वांवर संचालकास मात करावी लागते पण काही वेळेस सोयी व साधने उपलब्ध असूनही संचालकाच्या .ती योग्य साधनांचा वापर करून परिस्थितीवर मात करतात हळगर्जी पणामुळे कार्यक्रम यशस्विरित्या पार पडत नाही.

इव्हेंट मॅनेजमेंट

इव्हेंट मॅनेजमेंट म्हणजे उत्सव आणि स्पोर्टिंग इव्हेंट्स तयार करणे आणि विकास करण्यासाठी प्रोजेक्ट मॅनेजमेंटच्या मॅनेजमेंट प्रॅक्टिसचा वापर करणे. इव्हेंट मॅनेजमेंटमध्ये ब्रँडच्या अभ्यास करणे, लक्ष्य प्रेक्षकांची ओळख पटविणे, कार्यक्रमाची संकल्पना आखणे, लॉजिस्टिकची योजना आखणे आणि प्रत्यक्षात प्रस्तावित घटनेची कार्यपद्धती राबविण्यापूर्वी तांत्रिक बाबींचे समन्वय साधणे समाविष्ट आहे.

जगभरातील उद्योग म्हणून सण आणि कार्यक्रमांच्या नुकत्याच झालेल्या वाढीचा अर्थ असा आहे की व्यवस्थापनात यापुढे त्रास होऊ शकत नाही कारण नॅशनल, आशियाई गेम्स, कॉमनवेल्थ गेम्स, पीजीए टूर सारख्या इव्हेंट्स आणि फेस्टिव्हल्सचा त्यांच्या समुदायांवर आणि काही बाबतीत संपूर्ण देशावर मोठा परिणाम होतो. ऑलिंपिकपासून ते दहा व्यावसायिकांकरिता संमेलनापर्यंत सर्व प्रकारांच्या कार्यक्रमांचा या उद्योगात समावेश आहे.

कार्यक्रमाचे मूल्यमापन

कोणत्याही कार्यक्रम पार पडल्यानंतर त्याचे योग्य मूल्यमापन केले पाहिजेतरच आपण केलेल्या कार्यक्रमातून . व काम करताना आलेल्या अडचणी .आपला हेतू साध्य झाला की नाही हे समजते घडलेल्या चूका यातून मार्ग काढून योग्य निर्णय घेता येऊ शकतोया सर्व गोष्टींचे आत्मपरिक्षण करणे गरजेचे आहे व त्यापासून आपणास नवे मार्ग नव्या पद्धती व नवे जुने . मागील अनुभवाचा पुढील कामात योग्य उपयोग करून घेता .दृष्टीकोन अवलंबिता येतात येतो.

कार्यक्रमाचे व्यवस्थापणाचे महत्त्व

शारिरिक शिक्षणाचा कार्यक्रम तसेच कोणत्याही योजना व कोणतेही कार्य पार पाडण्यासाठी व्यवस्थापणाची आवश्यकता असतेपदधिकाऱ्यांच्या नियुक्तिसाठी शारिरिक शिक्षणामध्ये विविध कार्यक्रमाचे नियोजन करतांना व कार्यक्रम . योग्यरित्याने पार पाडण्यासाठीयोग्य अशा व्यक्तीची नियुक्ती व्यवस्थापणामुळे शक्य होतेबजटची रूपरेषा तयार करण्यासाठी . शाळेत व शाळेबाहेर .शारिरिक शिक्षणामध्ये ज्या वेळेस शारिरिक शिक्षण आपल्या शाळेमध्ये संपूर्ण वर्षाचे बजेट तयार करतात त .वेगवेळ्या कार्यक्रमाच्या आयोजनासाठी जो काही खर्च होतो त्याचे बजेट तयार करणे आवश्यक असतेव त्यासाठी .व्यवस्थापणाचा आधार घ्यावा लागतो

खेळाचे साहित्य मागविण्यासाठी : विविध खेळ खेळण्यासाठी विविध प्रकारचे साहित्य आवश्यक असतेते साहित्य खरेदी . याचा निर्णय घेता येतो .व्यवस्थापणामुळे कोणते साहित्य खरेदी करायचे आहे .करतांना व्यवस्थापणाची आवश्यकता असते

खेळाडू निवडीक रिता : विविध प्रकारच्या खेळांकरिता खेळाडूंची निवड करतांना योग्य खेळाडूंची आवश्यकता असते . वर्ग प्रबोधनाकरिता । शारिरिक शिक्षणामध्ये वेगवेगळ्या खेळांचा व वेगवेगळ्या .संघटनेपुढे खेळाडूंची निवड करणे सोपे जाते विकास .नियमांसाठी व तसेच शोध व अभ्यास क्रमाचा समावेश करण्यासाठी व्यवस्थापणाची आवश्यकता असते कार्यक्रमासाठी ।कोणत्याही कार्यक्रमाच्या व्यवस्थेसाठी व कोणत्याही विकास कार्यक्रमासाठी व्यवस्थापणाची आवश्यकता

भासतेखर्चाची .त्यामध्ये संघर्ष किंवा विरोधाची भावना नष्ट होते .व्यवस्थपणामुळे खालील गोष्टी सुध्दा साध्य होऊ शकतात . बचेत होते, वेळेची बचत होते व कार्यक्रम व कार्य योग्य रितीने पार पाडता येते.

शारिरिक शिक्षणात नियोजन व व्यवस्थापण सुसज्जित, तज्ज्ञ असे व्यक्तीमत्वांची सतत गजग असते कारण यांवरही शारिरिक शिक्षणातील सर्व जबाबदाऱ्यांचा भार असतोया साठी शैक्षणिक पात्रता असलेल्या सुंदर व चांगले व्यक्तीमत्व क्रिडा . मार्गदर्शकाची आवश्यकता प्रत्येक शैक्षणिक घटकाला असतेम्हणून क्रिडा मार्गदर्शकाची भूमिका . व्यवस्थापणासाठी गरजेची असतेत्यासाठी स्वतः .क्रिडा मार्गदर्शक हा खेळाडूचे जीवन घटत असतो व त्याला अनेक खेळाडूंचे जीवन घडवायचे असते . मार्गदर्शकाकडे त्याच्या अंगी विविध प्रकारेच गुण असणे आवश्यक असतेमार्गदर्शक हा फक्त खेळाचे मार्गदर्शन नसून तो . त्यासाठी त्याच्याकडे पुढीलप्रकारे कमीतकमी पात्रता असणे .खेळाचा सर्वांगीण विकास घडवून आणणारा असला पाहिजे .आवश्यक आहे

चांगले व्यक्तीमत्व : क्रिडा मार्गदर्शकाच्या अंगी सर्वात महत्वपूर्ण गुण म्हणजे त्याचे व्यक्तीमत्व कोचच्या अंगी एकवेळा सर्व साधारण गुण नसले तरी चालेलअसा आत्मविश्वास .परंतु मार्गदर्शकाकडे पाहताच तो निश्चितपणे आपणास प्रगतीपथाकडे नेईल . नुसताच उंच गोरा गोमटा व धिप्पाड असला म्हणजे व्यक्तीमत्व नव्हे .खेळाडूंना वाटला पाहिजे

शैक्षणिक पात्रता :

क्रिडा मार्गदर्शकाला योग्य तीच शैक्षणिक पात्रता असणे आवश्यक आहेजर त्याला एक यशस्वी मार्गदर्शक व्हायचे . असेल तर त्याने भारतातील एनआयएस, पतियाळाचा "क्रिडा मार्गदर्शक" हा कोर्स पास होणे आवश्यक आहेत्याचप्रमाणे इतर . .खेळाचाही त्यास अनुभव असला पाहिजे मार्गदर्शन शास्त्रीय पद्धतीने करणे क्रिडा मार्गदर्शकाने जर खेळाडूंना शास्त्रीय पद्धतीचा : कारण सध्या प्रत्येक गोष्ट शास्त्रीय पद्धतीनुसार .अवलंब करून शिकवेल तर त्याच्या कौशल्यामध्ये चांगल्या प्रकारे भर पडू शकते मार्गदर्शकास त : ज्ञान आणि कौशल्य .केली जाते त्याच्या खेळाची व नियमांची डावपेचांची आणि तंत्राची तसेच विविध पद्धतीची सराव शास्त्रीय आणि अद्ययावत ज्ञान असले पाहिजेत्याची माहिती .खेळाच्या नियमात वेळोवेळी बदल होत असतात . तरच त्याची मैदानावरील उपस्थिती .कोच परिपूर्ण असणे आवश्यक आहे .कोचला असणे अनिवार्य आहे कळू शकतेतो . .खेळाडूच्या चुका चटकन करू शकला पाहिजे

खेळाडू वृत्ती : प्रशिक्षक हा खेळाडू असतो तसेच त्याच्याकडे खरी खेळाडूवृत्ती असणे अत्यंत महत्वाचे आहे-खेळातील जय . .पराभवाने खचून व विजयाने हूरकून जाणारा नसावा .पराजयाकडे तो तेवढयातच खेळकरपणे पाहणारा असावा त्वरीत निर्णय घेण्याची क्षमता सध्याच्या युगात विज्ञानाने .खेळामध्ये परिस्थिती वारंवार बदलत असते केव्हा काया होईल हे सांगता येत नाही: अशा बदलत्या परिस्थितीत जशी परिस्थिती असेल त्यावेळी चटकन निर्णय घेण्याची क्षमता त्यात .जास्तच प्रगती केली आहे प्रशि .असावीक्षक चारित्र्य हे निर्मळ व स्वच्छ असले पाहिजे .चारित्र्यावरून मनुष्य वचनाला सच्चा व शब्दाला पक्का असतो . .जर स्वतःचे चारित्र्य स्वच्छ असेल तर तो निरोगी व आज्ञाधारक खेळाडू निर्माण करू शकतो

व्यावहारिक ज्ञान व सहानुभूती :

कोणतीही गोष्ट केव्हा कुठे व कशी करावी याचे ज्ञान मार्गदर्शकाला असले पाहिजेखेळाडूशी केव्हा कसे वागावे तसेच . क्रिडा मार्गदर्शकाला मानशास्त्राविषयी ज्ञान .वेळेनुसार कधी प्रेम करावे कधी रागवावे याचे ज्ञान मार्गदर्शकाला असले पाहिजे कारण वर्गात असणारी मुले वयाने व बुद्धीने शारिरि .असणे आवश्यक आहेक क्षमतेने निरनिराळी असताततसेच मुलांचा . स्वभाव वागणे, राहणे यात विषमता असते .यासर्व गोष्टी लक्षात घेवून कोचने मार्गदर्शन केले पाहिजे .

शारिर शास्त्राविषयी ज्ञान :

क्रिडा मार्गदर्शकाला शरिर शास्त्राविषयी ज्ञान असणे अत्यंत आवश्यक आहे तसेच शरिरातील विविध संस्थांवर खेळ व व्यायामाचा काय परिणाम होतो याविषयी त्याला माहिती असणे आवश्यक आहेतसेच क्रिडा . मार्गदर्शकाचे आचारविचार-, राहणीमान, वर्तणूक, बोलणे हे नेहमी चांगल्या उत्तम प्रकारचे असावेजेव्हा लहान खेळाडूला मार्गदर्शन करतो तेव्हा त्याचे पूर्ण . ज्याप्रमाणे मार्गदर्शक कृती करतात त्याच प्रमाणे लहान मूल कृती करतात .लक्ष जे मार्गदर्शकावर असते

निष्कर्ष

उपरोक्त वर्णनात शारिरिक शिक्षणाचे व्यवस्थापनात वेगवेगळ्या घटकांवर चर्चा केली असून असा निष्कर्ष येईल की, या क्षेत्रातले व्यवस्थापन योग्य पणे करण्याकरिता तंत्रशुद्ध ज्ञान असलेल्या प्रशिक्षक व मार्गदर्शकाची गरज भासतेम्हणून . मार्गदर्शकाला आजच्या जगात चाललेली स्पर्धा पाहून स्वतःला त्यासाठी व्यवस्थित रित्ीने तयारी करावा लागेल.

संदर्भ ग्रंथसूची:

- १ . क्रिडा प्रशिक्षण व मार्गदर्शन निपुण प्रकाशन .जी.वर्मा एच.डॉ .; नवी दिल्ली २०१२ .
- २ . शारीरिक शिक्षणाचा इतिहास, प्रा .शेळके .पी .जे .
- ३ . प्रागंदगे .एन .के., शारीरिक शिक्षणाचा इतिहास आणि पाया, समर्थ पब्लिकेशन, नांदेड, प्रथमावृत्ती २१ सप्टेंबर २००२.
- ४ . क्रीडा मानसशास्त्र आलेगावकर.प्रा -

खेळ आणि आहार डॉ. बिरकायलू के.एस.

सहाय्यक प्राध्यापक, शारीरिक शिक्षण, जे. ई.एस. महाविद्यालय जालना

सारांश

मनुष्याच्या वाढीसाठी आणि उत्तम आरोग्य राखण्यासाठी आपणास अन्नाची गरज असते अन्नाशिवाय मनुष्याचे शरीर रुबाबदार राहणार नाही तसेच शरीराच्या पेशींची वाढ होणार नाही योग्य आहार न घेतल्यास शारीरिक क्रिया देखील चांगल्या प्रकारे होणार नाही योग्य पद्धतीने आहारात न घेतल्यास खेळात देखील चांगली प्रगती होणार नाही.

प्रस्तावना

खेळ आणि आहार यांचा फार जवळचा संबंध आहे प्रत्येक खेळासाठी वेगळ्या प्रकारचा आहार आवश्यक आहे जसे खेळाचे बैठे खेळ इंडोर खेळ व आउटडोर खेळ प्रत्येक खेळातील खेळाडूस विशिष्ट प्रकारचा आहार आवश्यक आहे जर त्या खेळाडूस खेळाडू रूप आहार न मिळाल्यास तो खेळांमध्ये विशिष्ट उंची प्राप्त करू शकत नाही तर खेळाडूस कर्बोदके प्रथिने स्निग्ध जीवनसत्त्वे क्षार आणि उच्चप्रतीचे पाणी इत्यादी मिळणे गरजेचे आहे

संशोधन पद्धती

प्रस्तुत शोधनिबंधात साठी वर्णनात्मक पद्धतीचा वापर करण्यात आला असून आवश्यक असलेली माहिती विशेष संदर्भग्रंथ, वर्तमानपत्र, मासिक, साप्ताहिक व विविध शोधनिबंध यांचा वापर करण्यात आला आहे

संशोधनची उद्दीष्टे

१. शारीरिक शिक्षणाचे मूळ तंत्र शोधणे
२. खेळाडूंना योग्य आहार व नियमित सरावाच्या परिणाम शोधणे
३. संशोधनाचा उद्देश प्रस्तुत संशोधनात वर्तमान भारतातील खेळाडू यांना खेळा नुसार आहाराची किती गरज आहे हे दाखविण्याचा उद्देश आहे

शारीरिक शिक्षणाचे मूळ तंत्र- शारीरिक शिक्षणाच्या मूळ तंत्रानुसार मानवाचे आहार उत्तम असल्यासच त्याची शारीरिक क्षमता ही उत्तम असते त्यामुळे शारीरिक शिक्षणाचे प्राथमिक ध्येय व उद्दिष्टे म्हणजे विद्यार्थ्यांची नागरिकांची आरोग्य संपदा व्यायामाद्वारे शरीर सुदृढ बनविणे हे होय याकरिता उत्तम आहाराची आवश्यकता आहे

पोषक द्रव्य सजीवाच्या वाढीसाठी वश्यक असणारी आणि सजीवाच्या चयापचय क्रियेत भाग घेणारे अन्नघटक म्हणजे पोषक द्रव्य अशी व्याख्या करता येईल. पोषक द्रव्याचे पुढीलप्रमाणे वर्गीकरण करतात कार्बोदके प्रथिने स्निग्ध जीवनसत्त्व क्षार व पाणी कार्बोदकाचे कार्य 1. उर्जा स्रोत आहारातील कार्बोदके ही आपल्या ऊर्जेचा प्रमुख स्रोत आहे एक ग्रॅम कार्बोदकापासून सुमारे चार कॅलरी एवढी ऊर्जा मिळते आहारातून मिळणाऱ्या उर्जे पैकी सुमारे 65 ते 80 टक्के ऊर्जा ही कार्बोदका मधून मिळते

प्रथिने

प्रथिने हा पेशीचा अत्यंत महत्वाचा घटक आहे पेशीमधील पाण्याचे वजन वगळता उरलेल्या वजन यापैकी अर्धे अधिक वजन हे प्रथिनांचे आहे

प्रथिनांचे स्रोत

वनस्पती स्रोत डाळी व शेंगा सोयाबीन तूर मूग प्राणीज स्रोत दूध आणि दुग्ध पदार्थ अंडी मांस व मासे
आहार आहारातील प्रथिनांचे कार्य (शरीराची वाढ आणि निगा आ) आहारातील प्रथिने आपणास अमिनो अम्ला चा पुरवठा करतात पाचक विकते प्रथिनांचे अमिनो आम्लांमध्ये विघटन करतात ऊर्जास्रोत एक ग्राम प्रथिनांपासून सहा कॅलरी इतकी ऊर्जा मिळते मेद शरीरामध्ये मेद पदार्थ अनेक महत्त्वाची कार्य करतात त्वचेखालील में पदार्थ शरीराचे तापमान नियंत्रण करतात. बरीचशी संप्रेरके ही मेद स्वरूपात आहेत.

जीवनसत्त्वाचा

जीवनसत्त्वे म्हणजे शरीराचे योग्य वाढीसाठी विकसनासाठी आणि निरोगी राहण्यासाठी अल्प प्रमाणात लागणारी संयोगे होय जीवनसत्त्वे ही पोषक द्रव्ये आपणास आहारातूनच मिळवावी लागतात आहारातील कार्बोदके प्रथिने आणि स्निग्ध पदार्थ यांचा आपल्या वाढीसाठी उपयोग हा जीवनसत्त्वाच्या पुरवठ्यावर असतो जीवनसत्त्वाची दोन प्रकारे आहेत .

1) मेदात विरघळणारी जीवनसत्त्वे अ . ड . ई . के . आहेत तर 2) पाण्यात विरघळणारी जीवनसत्त्वे म्हणजे बी आणि के या गटातील आठ निरनिराळी जीवनसत्त्वे आहेत, क्षार शरीराची वाढ होण्यासाठी आणि उत्तम आरोग्य साठी क्षार व संयुगे यांचा पुरवठा आवश्यक आहे मानवी शरीरातील विविध कार्यासाठी पोषक द्रव्यांची गरज असते पाणी हे अत्यंत महत्त्वाचे पोषकद्रव्ये आहे हे माणूस अन्नाशिवाय काही दिवस जगू शकतो आपण पाण्याशिवाय जगू शकत नाही आपण रोज चार ते पाच लिटर पाणी पिणे आवश्यक आहे.

पाण्याची कार्य

- 1) शहरात सुमारे 65 टक्के पाणी आहे रक्त शरीरभर फिरून सर्व पेशींना अन्न व ऑक्सिजन पुरवित
- 2) शरीराच्या तापमानात नियंत्रणामध्ये पाणी उपयोगी पडते .
- 3) अन्नाचे शोषण पचन आणि सात्विकरण करते
- 4) शरीरातील त्याच्या पदार्थांच्या उत्सर्जनासाठी पाण्याची गरज आहे

खेळ आणि आहार यांचा अभ्यास करणे व त्यांचे खेळाडूवर प्रयोग करणे हा शारीरिक शिक्षणाचा अभ्यासाचा एक भाग आहे म्हणून याला शालेय शिक्षणामध्ये विशेष साधारण महत्त्व आहे खेळाडूची वाढ ही इतर लोक पेशा जास्त गतीने होते शरीराची ठेवण लठ्ठपणा पातळपणा इत्यादी गोष्टी विविध खेळाच्या कसोट्या घेऊन ठरविता येतात व खेळाडूंना योग्य आहार देऊन त्यास त्याकरिता तयार करण्यास आहाराची भूमिका फार महत्त्वाची आहे यात शारीरिक शिक्षणाचा फार उपयोग उपयोग करते खेळाडूचे वर्गीकरण वय वजन उंची नुसार करून त्यांना योग्य व्यायाम व आहार द्यावा

निष्कर्ष

जर खेळा नुसार खेळाडूस आहार न मिळाल्यास तो खेळात प्रगती करू शकणार नाही मेडल्स प्राप्त करू शकणार नाही त्याला जेवढ्या चांगल्या मार्गदर्शकाची गरज आहे त्याच पद्धतीने खेळाडूस इजा झाल्यास ती लवकर भरून निघण्यास आहार मदत करते खेळ व आहार यांचे संशोधन मार्गदर्शन हे शारीरिक शिक्षणात केले जाते म्हणून खेळ व आहार यास शालेय शिक्षणामध्ये खूप जास्तीचे महत्त्व आहे

संदर्भ ग्रंथ :

१. शारीरिक शिक्षण शास्त्र डॉ . के एस गंधाके, समर्थ पब्लिकेशन, औरंगाबाद
२. शारीरिक शिक्षण डॉ. सोपान कांगणे निराली, प्रकाशन पुणे
३. डायमंड किडा ज्ञांकोष, जॉन्सन बरदेस , डायमंड पब्लिकेशन पुणे
४. किडा मानसशास्त्र , जावेद कादरी , समर्थ पब्लिकेशन औरंगाबाद
५. शैक्षणिक व प्रायोगिक मानसशास्त्र , जगताप नूतन, प्रकाशन पुणे
६. खेल चिकित्सा , डॉ. पिके पांडे, खेल साहित्य केंद्र दिल्ली

सूर्यनमस्काराची मानवी आरोग्यातील भूमिका

प्रा. जानकी वामनराव कुर्तडीकर

मत्स्योदरी कलाविज्ञान व वाणिज्य, महाविद्यालय, अंबड जि, जालना.

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सारांश

भारतीय परंपरेतील सूर्योपासना फार महत्त्वाची आहे. सूर्यनमस्कार हा स्वतंत्र व पूर्ण व्यायाम आहे. सर्व वयोगटातील लोक सूर्यनमस्कार करू शकतात-मुले स्त्री पुरुष तरुण खेळाडूंना सुद्धा सूर्यनमस्कार या व्यायाम प्रकाराचा फायदा होतो. शकतातयदा होतो. विविध खेळासाठी सूर्यनमस्काराच्या 12 क्रियांचा खेळाडूवर शारीरिक मानसिक अध्यात्मिक परिणाम होतो. शरीर लवचिक सुडोल व सशक्त होते. सूर्यनमस्काराच्या आसनाने सर्व आसमानचे लाभ मिळतात. आत्मविश्वास वाढतो. श्री व पुरुष खेळाडूंचे क्रीडा कार्यमान पण सुधारते. त्यामुळे खेळाडूसाठी सूर्यनमस्काराच्या क्रियेत शारीरिक हालचाली व स्वास यांच्यात समानता साधली जाते. त्यामुळे मेंदू शुद्ध व ताज्या रक्ताचा पुरवठा होऊन मानसिक आरोग्य व्यवस्थित होते.

मुख्य शब्द : सूर्यनमस्कार, अध्यात्मिक, मानसिक, शारीरिक, उपासना, व्यायाम, कार्यमान, आसन, क्रिया, स्वसन.

प्रस्तावना:

आपल्या भारतीय परंपरेत सूर्याला अनन्यसाधारण महत्त्व आहे. वेदांमध्ये व पुराणांमध्ये सूर्याची उपासना करण्याबद्दल अनेक संदर्भ सापडतात. सूर्यनमस्कार हा उगवत्या व मावळत्या सूर्याला दंडवत घालणे हे सूर्यनमस्काराचे प्रथम उद्दिष्ट आहे. सर्व यौगिक अभ्यासासाठी सूर्योदयाची वेळ सर्वोत्तम मानली गेली आहे. सर्वांगीण व्यायाम आहे. सूर्यनमस्कारात वापरल्या कार्यक्षमता हेच ध्येय, दीर्घायुष्य, सूर्यनमस्कारात आरोग्य, जाणाऱ्या बऱ्याचशा आसनांचा इतिहासिक ग्रंथात उल्लेख आढळतो. शिवाजी महाराज व समर्थ रामदास सूर्यनमस्काराचा बल आणि बुद्धीचा विकास होतो, या आसनामुळे आयुष्य, ठेवायचे असते वापर शरीरशौष्ट्यासाठी करत असत.

व्यायामाचा एक प्रकार:

सूर्यनमस्कार व्यायामाचा आणि उपासनेचा एक प्रकार आहे. याने माणसाच्या सर्व इंद्रियांना व्यायाम मिळून सर्वत्र अंकुचन व प्रसारणाच्या क्रिया जलद व सुलभ होत असल्याने हा व्यायामाचा शास्त्रोक्त रक्ताचा पुरवठा होतो. प्रकार मानतात. प्राचीन काळापासून ते आजतागायत उपासनेचा व व्यायामाचा हा प्रकार परंपरेने चालत आला आहे. सूर्यामुळे सृष्टीला उत्साह, आनंद आणि जीवन मिळत असल्यामुळे प्राचीन काळापासून हिंदू धर्मीय सूर्याला एक देवता मानतात, उष्णता.

श्वसन योग:

श्वसनही एकमेव क्रिया अशी आहे की कारण तीला ऐच्छिकही म्हणता येईल आणि अनेक ऐच्छिकही म्हणता येईल, सूर्यनमस्कार घालताना श्वसनक्रियेवर पुरेसे लक्ष ठेवल्यास ती विशेष हितकारक बनते.

श्वास घेणे आणि सोडणे या क्रिया संथदीर्घ व, लयबद्ध असाव्या. श्वास घेताना अधिकात अधिक हवा फुफ्फुसात भरून घ्यावी आणि सोडताना ती अधिकात अधिक बाहेर सोडून शक्य तितकी कमी करावी. यास श्वसनाच्या क्रियेमुळे खेळाडूंच्या हृदय व स्नायूंचा दमदारपणा पण वाढतो.

वैशिष्ट्ये :

1. सूर्यनमस्कार सावकाशपणे करावे.
2. कोणत्याही स्थितीत सूर्यनमस्कार काढण्याची घाई करू नये.
3. आसनाप्रमाणे सूर्यनमस्कार करण्यापूर्वी षटक्रियायांपैकी एक दोन क्रिया करू शकता .नंतर प्राणायाम करावा .
.सूर्यनमस्कार उगवत्या सूर्याकडे तोंड करून करावे¹

भारतीय तिथी माघ महिन्यातील रथसप्तमी या रोजी जागतिक साजरा केला जातो सूर्यनमस्कारात 'सूर्यनमस्कार दिवस' बारा असं पावित्र्याचासमावेश आहे ते पुढीलप्रमाणे

1. प्राणायाम किंवा नमस्कारासन
2. हस्त उत्तासन
3. पादहस्तासन
4. अश्वसंचालनासन
5. पर्वतासन
6. अष्टांग नमस्कार
7. भुजंगासन
8. पर्वतासन
9. अश्वसंचालनासन
10. पादहस्तासन
11. हस्तउत्तासन
12. प्रणामासन

हे नमस्कार करतांना प्रथम सूर्याचे नाव घ्यायचे 'ओम मित्राय नमः' आणि मग वरील बारा पवित्रे घ्यायचे एक नमस्कार . बारा नमस्कार घालायचे ही बारा नावे ,पूर्ण झाल्यावर सूर्याचे दुसरे नाव घेऊन दुसरा सूर्यनमस्कार अशी बारा नावे घेऊन पुढीलप्रमाणे आहेत.

1. ओम मित्राय नमः
2. ओम सूर्याय नमः
3. ओम खगाय नमः
4. ओम हिराण्यागार्भाय नमः
5. ओम आदित्याय नमः
6. ओम अर्काय नमः
7. ओम रवये नमः
8. ओम भानवे नमः
9. ओम पुष्पाय नमः
10. ओम मरीचये नमः
11. ओम सवित्रे नमः
12. ओम भास्कराय नमः

सूर्यनमस्कार घालतांना करावयाच्या शोषण क्रियांचे अर्थ:

1. पूरक म्हणजे दीर्घ श्वास आत घेणे
2. रेचक म्हणजे दीर्घ श्वास बाहेर सोडणे
3. कुंभक म्हणजे श्वास रोखून धरणे

आंतर कुंभक म्हणजे श्वास आत घेऊन रोखणे व बहिर कुंभक म्हणजे श्वास बाहेर सोडून रोखणे.

सूर्यनमस्काराचे फायदे व परिणाम

सूर्यनमस्कार हा कृतिशील आसन समुदाय पारंपारिक हठ क्रियांचा भाग समजला जात नाहीमूळ हठयोगात . सूर्य नमस्काराचा नंतर सामावेश करण्यात आलास्नायू व अंतर्गत अवयव यांना मोकळे करणे यासाठी ,शरीरातील सर्व सांधे . त्यांचा प्रत्यक्ष प्रयोग .सूर्यनमस्कार इतके विविध उपयोगी आहे की .सूर्यनमस्कार हा एक अतिशय परिणामकारक मार्ग आहे उत्साही आणि सक्रीय आयुष्याचा तर लाभ होतोच शिवाय त्या ,केल्यास स्वस्थचवेळी सजगतेचा विस्तार होऊन आध्यात्मिक जागरणाची पूर्वतयारी केली जातेसूर्यनमस्कार आध्यात्मिक साधना .प्राणायाम व बंद या सगळ्यांचे एकत्रीकरण आहेत ,आसन . प्रातःकाळी दिनक्रमाचा प्रारंभ करण्यास.मंत्र व ध्यानाची तंत्रे अंतर्भूत आहेत .प्राणायाम .कारण त्यात आसन .आहे.ाठी सूर्यनमस्कार हा एक उत्कृष्ट आसन समुदाय आहे.

सूर्यनमस्कारामुळे अनेक विविध लाभ प्राप्त होतातपचन संस्था यासह शहरातील ,रक्तभिसरण संस्था .अंतःस्त्रावी ग्रंथी . सूर्यनमस्कार क्रियेत शारी .स्फूर्त व संतुलित करण्यासाठी सूर्यनमस्कार उपयोगी पडतो ,सर्व संस्था सचेतनिक हालचाली व श्वास यांच्यात समानता साधली जात असल्यामुळे साधकांवर दररोज किमान काही वेळ दीर्घ व लयबद्ध स्वसन करण्याची संधी मिळते . परिणामी मेंदूला शुद्ध व ताज्या रक्ताचा .त्यामुळे शरीरातील कार्बन वायु फुफुसातून बाहेर फेकला जातो व प्राणवायू घेतला जातो पुरवठाहोऊन माणसं क्षेत्र स्वच्छ होतेसूर्यनमस्कारामुळे सजगता वाढीस लागते व सर्वांगीण स्वास्थ्याचा लाभ होतो असा . .निष्कर्ष यावरून काढता येतो

संदर्भ

1. दिक्केशव भिकाजी ढवळे प्रकाशन ,ओम सूर्याय नमः ,मा प्रभुदेसाई .
2. भारतीय संस्कृती कोश खंड 4
3. <http://www.yogvidya.com>
4. शारीरिक शिक्षणाचा इतिहास आणि योगाभ्यास डॉक्टर पी आर रोकडे
5. WWW.wikipedia.org.

प्रशिक्षक व प्रशिक्षणाची तत्वे

प्रा. सतीश वसंतराव लोंढे, प्रा. डॉ. वसंत रामसिंग पवार

राज्यशास्त्र विभाग, जे. ई. एस. कॉलेज, जालना

प्रस्तावना :

प्रशिक्षणाची योग्य मांडणी आखणी आणि अंमलबजावणी व नियंत्रण करण्यासाठी मार्गदर्शक खेळाडू यांना दिशादर्शक सूची म्हणजे क्रीडा प्रशिक्षण तत्त्व होईल. खेळाडूने सरावात प्रत्येक क्षण कार्यक्रमात भक्कम व अविचल प्रगती करण्यासाठी आजार व दुखापती टाळण्यासाठी क्रीडा प्रशिक्षणाची तत्वे लक्षात घेतली पाहिजेत त्यामुळे प्रशिक्षण कार्यक्रमाची यशस्वी अंमलबजावणी करता येईल. पुढीलपैकी काही तत्वे स्पष्ट करतात की खेळाडू एक व्यक्ती म्हणून वागविणे का महत्वाचे आहे काही तत्वे दर्शवतात की प्रशिक्षणाचा शरीरावर कसा व का प्रभाव पडतो काही वर्णन करतात ते दैनंदिन कार्यक्रमाच्या महत्वाच्या घटकाचे तर काही स्पष्ट करतात की प्रशिक्षणाचे व प्रशिक्षण नसतानाचे दीर्घ परिणाम परंतु सर्व तत्त्व महत्वाची आहेत तुम्ही जेव्हा जेव्हा मार्गदर्शक म्हणून कार्य करता तेव्हा तुम्ही प्रशिक्षण तत्वाच्या अभ्यासाची जबाबदारी स्वीकारली हे लक्षात ठेवले पाहिजे. तारुण्यात प्रवेश करणारा कुमार कुमारी हे लहान फोड नाहीत हाडांची वाढ थांबेपर्यंत 18 वय 21 वर्षे तरी पूर्णपणे परिपक्व झालेले नसते वाढीसाठी शरीराची मागणी असते ती महत्त्वपूर्ण ऊर्जा विश्रांतीची तो खेळ विकासात्मक असावा उद्ध्वस्त करणारा नसावा यशस्वी मार्गदर्शन प्रशिक्षण तत्वे समजून घेतात आणि त्याचा प्रत्यक्षात वापर करतात .

संशोधनाचे उद्दीष्टे

प्रशिक्षणाची तत्वे अभ्यासणे

प्रशिक्षणाची तत्वे

- 1) तयारी वैयक्तिक खेळाडूच्या शरीरविज्ञान तयारीवर प्रशिक्षणाचे मूल्य अवलंबून असते तयारीही परिपक्वते सोबत येते त्यामुळे तरुण वयात येण्याच्या अवस्थेत खेळाडू प्रशिक्षणास पूर्णपणे प्रतिसाद देऊ शकत नाही कारण ते शरीर विज्ञानाच्या दृष्टीने तयार नसतात तारुण्य किंवा युवा अवस्थेतील खेळाडूंपेक्षा तारुण्यात येण्याच्या अवस्थेत यापूर्वीच्या अवस्थेतील खेळाडूवर प्रशिक्षणाचा कमी परिणाम होतो त्यांच्या कार्यक्रमांना सुधारणा दिसते किंवा शरीर उंची तील वाढ कौशल्य व कार्यक्षमता सुधारणा यामुळे क्षमताही ताकत परिपक्वता यावर अवलंबून असल्यामुळे युवा खेळाडूसाठी आरोग्य प्रशिक्षण परिणामकारक ठरत नाही तारुण्यात येण्यापूर्वीच्या अवस्थेच्या खेळाडू ताकत प्रशिक्षणात स्नायूंमध्ये येथील बदलामुळे परंतु स्नायूंच्या आकारात खूप कमी बदल होत असल्याचे दिसून येते हा आकार वाढतो
- 2) व्यक्ती प्रतिसाद अनेक कारणांमुळे खेळाडूंना एकसारखेच प्रशिक्षण असले तरी त्यांचा प्रतिसाद भिन्न असतो त्याची काही कारणे म्हणजे अनुवंश यातील फरक परिपक्वता, पोषण, विश्रांती, झोप, सुदृढता, पर्यावरण, आजारपण, दुखापत, व प्रेरणा.
- 3) योग्य रूपांतर शरीराच्या वाढीस लागल्याचे मागणीशी जुळवून घेण्यासाठी प्रशिक्षणात हुशारीने मार्मिकपणे प्रगती करावी प्रशिक्षणामुळे दैनंदिन होणारे बदल खूप लहान असतात ते मोजता येत नाहीत प्रशिक्षणात वैशिष्ट्यपूर्ण घेणे म्हणजे प्रश्नांवर हृदयाचे कार्य रक्तभिसरण रक्ताचे आकारमान सुधारते दमदारपणा ताकत शक्ती सुधारते हाडे मजबूत होतात.
- 4) जादा भार दैनंदिन वैशिष्ट्यपूर्ण अपेक्षा प्रशिक्षणाच्या सुरुवातीला अधिकाधिक असाव्यात शरीर वाढलेल्या व्यक्तीला जास्तीचा आहार घ्यावा लागतो वाढीचा दर तीन घटकाशी संबंधित असा वारंवारिता F , तीव्रता I, वेळ, सर्व

प्रकारच्या प्रशिक्षणा आधी भाराचे तत्त्व उघडपणे तपासणे गरजेचे असते ताकद वाढविण्यासाठी तुम्ही बार वर हळूहळू वजन वाढविता.

- 5) प्रगती प्रोग्रेशन आभाराच्या तत्त्वाचा उपयोग वापर करून जुळवून घेणे स्वीकृती संपादित करण्यासाठी तुम्ही प्रगतीच्या तत्त्वाचे पालन केलेच पाहिजे बरोबर 12 तीव्रता अधिक भारती जास्तीत जास्त अवधी परंतु पुनर्प्राप्ती साठी वेळ वेळ न देता सलग वाढ म्हणजे प्रगती नव्हे किंवा उत्साही मार्गदर्शक हाती घेणे प्रगती करण्यासाठी प्रोत्साहित करतात तेव्हा एक चांगले होते की ते खेळाडू लवकर उत्सव कार्यमान मिळतात प्रगतीच्या अधिकतर संबंध मार्गदर्शकाची मार्गदर्शक असतो पुढीलप्रमाणे सुद्धा प्रगतीच्या तत्त्वाचा अधिक तर संबंध मार्गदर्शकाची असतो पुढील प्रमाणे सुद्धा प्रशिक्षणात प्रगती करता येते सामान्याकडून विशिष्टाकडे तुम्ही कायमच जॉगिंग करीत राहिला. तर तुम्ही दररोज जॉगिंग केले तर तुम्ही त्याला प्रशिक्षित होतात. पदार्पणाच्या प्रशिक्षणामुळे जुळणी ही ताकद प्रशिक्षणामुळे होणाऱ्या ध्वनी पेक्षा वेगळी असते ऑक्सिजन सह कार्बोदके यांचे कार्य करण्याची स्नायूंची ऑक्सिजन यांच्या क्षमतेत सुधारणा होते बदल विविधता खेळाडूंची आवड टिकून ठेवण्यासाठी व कंटाळवाणेपणा राहण्यासाठी प्रशिक्षण कार्यक्रमात विविध तेथे बदलाची गरज असते प्रशिक्षणाच्या विविधता या तत्त्वास काही संकल्पना समाविष्ट आहेत कार्य, विश्रांती, कठीण, सहज-सोपे, प्रशिक्षण चक्रे, प्रशिक्षण कार्यान्तर विश्रांती असेल तर दोघांना फायदा होतो तुम्ही प्रशिक्षणात विविधता अनेक प्रकारे आणू शकतो उदाहरणार्थ प्रशिक्षण दैनंदिन कार्यक्रम कवायती प्रशिक्षण कार्य वेगवेगळ्या जागी वेगवेगळ्या परिस्थितीत जास्त कालावधीत या प्रशिक्षणानंतर कमी अवधीत प्रशिक्षण जास्त तीव्रतेच्या प्रशिक्षणासह प्रशिक्षण विविधता आणण्यासाठी इतर प्रकारात प्रशिक्षण चक्रांचा अंतर्भाव करता येतो अंतिमतः परस्परविरुद्ध प्रशिक्षण विचारात घेता येईल उदाहरणार्थ धावपटू विविधते साठी पोहणे किंवा सायकल चालवणे जास्त तीव्रतेच्या प्रशिक्षणानंतर स्नायू व हाडे मजबूत असतात त्यावेळी दम राखण्याचे काम परस्परविरुद्ध प्रशिक्षणामुळे होते उत्तेजक चित्रीकरण समाजाच्या अधिकारीच्या कष्टाच्या बाबी उपक्रमा पूर्वी उत्तेजक व्यायाम करावेत त्यामुळे शरीराचे तापमान वाढते शरीर भरते यांचा वेग वाढतो तेवढेच व्यायाम करणे महत्त्वाचे आहे. जास्त व्यायाम केल्याने अचानक रक्ताभिसरण मंदावणे टाकाऊ पदार्थ हळुवारपणे बाहेर टाकले जातात त्यामुळे गोळे येणे थकवा किंवा गंभीर समस्या निर्माण होऊ शकते व्यायामा नंतर शिथिलता व्हावी व तानावाने व्यायाम केल्यास रक्ताभिसरण सुधारते शिकविणे यांचा प्रत्येक सराव प्रशिक्षण सत्रात समावेश करणे ही तुमची जबाबदारी आहे पूर्वपदावर बऱ्याचदा प्रशिक्षण जुळवणी खूप लवकर पूर्ववत होतात सामान्यपणे दमदारपणा मिळविण्यात जेवढा वेळ लागतो त्यापेक्षा फारच कमी वेळा तो भरविला जातो परंतु खूप प्रशिक्षित केलेल्या स्नायू असेल तरीसुद्धा तो ताकतवान होतो. चतुर व उपचार मार्गदर्शन पूर्व येथे तत्त्व जाऊन घेतात आणि आपल्या खेळाडूंना ऑफसीजन साठी मॅटेनन्स कार्यक्रम उपलब्ध करून देतात.

संदर्भ ग्रंथ :

- 1) आलेगावकर, प्रगत क्रीडा मानसशास्त्र, प्रकाशन पुणे
- 2) जगताप हेमंदरा, शैक्षणिक उपयोजित मानसशास्त्र, नूतन प्रकाशन पुणे
- 3) कादरी, लोकसाहित्य प्रकाशन औरंगाबाद
- 4) करंदीकर सुरेश, शैक्षणिक मानसशास्त्र, फडके प्रकाशन कोल्हापूर
- 5) जानेमन, सामाजिक मानसशास्त्र, कंपोनेंट प्रकाशन पुणे
- 6) पांडे योगेंद्र, शिक्षा मनोविज्ञान, अमृत प्रकाशन नागपूर

जालना जिल्ह्याची औद्योगिकपार्श्वभूमीवएकूण स्थितिचे अध्ययन

संशोधक

गिरी श्याम नारायण

वाणिज्य विभाग,

जे ई एसमहाविद्यालय ., जालना

मार्गदर्शक

डॉ. एन. के. शेवाळे

शिवाजी कला आणि विज्ञान महाविद्यालय, चिखली, जिबुलढाणा .

प्रस्तावना :

मराठवाड्याचाविचार करत असताना भारतीय उद्योग क्षेत्राचा अभ्यास करणे आवश्यक आहे आज. प्रगती केल्याचे दिसत असले तरी ही भारतीय उद्योग क्षेत्राला विकासाच्या बाबतीत मोठी प्रगती करावयाची आहे. भारतीयऔद्योगिकीरणाचा विचार करता, भारतात जमशेदजी टाटा यांनी १८७७ मध्ये औद्योगिकीकरणास सुरुवात केली. अमेरिकेतून यंत्रे व इजिप्तमधून कापूस आयात करून त्यांनी मुंबईत स्पीनिंग कंपनी सुरू केली. पुढे १९०७ मध्ये दोराबजी टाटांनी TISCO कंपनी स्थापन करून जड उद्योगांमध्ये प्रवेश केला. १८५४ मध्ये मुंबईत पहिली कापड गिरणी सुरू झाली. तसेच कोलकात्याजवळ रिश्मा या ठिकाणी पहिली ताग गिरणी सुरू झाली. तर १८७० मध्ये पहिला लोह, पोलाद उद्योग आर्थन वर्क्स कंपनी नावाने कुल्टी येथे पश्चिम बंगालमध्ये सुरू झाला. अशाप्रकारे स्वातंत्र्यपूर्व काळात भारतात उद्योगाची सुरुवात झाली.

सदरिल अभ्यासामधे जालना जिल्ह्यातिल औद्योगिक पार्श्वभूमीचा अभ्यास केलेला आहे.

संशोधनाची उद्दिष्ट्ये :

सदरील संशोधन कार्यासाठी पुढील प्रमाणे उद्दिष्ट्येनिर्धारित करण्यात आली आहेत.

१. जालना जिल्ह्याची औद्योगिक पार्श्वभूमी अभ्यासणे.
२. जालना जिल्ह्यातील उद्योगाचे महत्त्व अभ्यासणे.
३. जालना जिल्ह्यातील उद्योगाचे रोजगार निर्मितीतील योगदान अभ्यासणे.
४. जालना जिल्ह्यातील विकासात उद्योगाचे योगदान अभ्यासणे.

संशोधनपद्धती:

प्रस्तुत 'जालना जिल्ह्याची औद्योगिकपार्श्वभूमीव एकूण स्थितिचे अध्ययन' संशोधन लेखासाठी पुढील संशोधन पद्धतीचा वापर केलेला आहे.

आधारसामग्री :

प्रस्तुत संशोधन मुख्यतः द्वितीयक आधार सामग्रीवर आधारित आहे.

द्वितीयक आधारसामग्री:

जालना जिल्ह्यातील उद्योगाचे चिकित्सक अध्ययन करण्यासाठी आवश्यक द्वितीयक सामग्री महाराष्ट्राची आर्थिक पाहणी, विविध जिल्ह्यांचे आर्थिक व सामाजिक समालोचन, जिल्हा उद्योग केंद्र जालना येथील प्रत्यक्ष दस्तऐवज, सांख्यिकीय विवरणपत्र, वार्षिक अहवाल, विषयाशी संबंधित संदर्भग्रंथ, संशोधनात्मक लेख शोधप्रबंध, संगणकीय संकेत-स्थळे आदी स्रोतांद्वारे संकलित करण्यात आली आहे.

जालना जिल्ह्याची ऐतिहासिक पार्श्वभूमी :

जालना जिल्ह्याची निर्मिती १ मे १९८१ रोजी झाली. त्यापूर्वी तो औरंगाबाद जिल्ह्याचा भाग होता म्हणजेच औरंगाबाद जिल्ह्याचे विभाजन होऊन हा जिल्हा अस्तित्वात आला. अनेक सत्तांनी या जिल्ह्यावर राज्य केले बराच काळ जालन्यावर शिंदे घराण्याची जहागिरी होती. १८०३ च्या आष्टीच्या लढाईनंतर कर्नल स्टीव्हन्सच्या सैन्याने ताबा घेतल्यानंतर येथे निजामशाहीचा अंमल राहिला. त्यानंतर १९४७ ला भारत स्वातंत्र्य झाल्यानंतरदेखील मराठवाडा पर्यायाने जालना जिल्हा जुलमी निजामी राजवटीत होता. हैदराबाद मुक्तिसंग्रामानंतर हा जिल्हा स्वतंत्र भारताचा भाग झाला. स्वातंत्र्योत्तर काळात जिल्ह्याच्या औद्योगिक प्रगतीत पद्मभूषण श्री बद्रीनारायण बारवाले यांचे योगदान उल्लेखनीय राहिले.

जालनाजिल्ह्याचे एकूण क्षेत्रफळ ७६१२ चौ. कि. मी. असून त्यात बदनापूर, अंबड, परतूर, घनसावंगी, मंठा, भोकरदन व जाफ्राबाद असे एकूण आठ तालुके आहेत. जिल्ह्यात चार शहरे व ९७० गावे आहेत. जिल्ह्याची एकूण लोकसंख्या १९५९०४६ एवढी असून त्यापैकी पुरुष १०११४७३ तर स्त्रिया ९४७५७३ आहेत. जिल्ह्यात ग्रामीण लोकसंख्या १५८१६१७ (८०.७३%) तर शहरी लोकसंख्या ३७७४२९ (१९.२७%) एवढी आहे. जिल्ह्यात साक्षरतेचे प्रमाण ७१.५२ टक्के असून पुरुष साक्षरता ८१.५३ टक्के तर स्त्री साक्षरता ६०.९५ टक्के आहे. म्हणजेच जिल्हा स्त्री साक्षरतेच्या बाबतीत खूपच मागासलेला आहे.

जालना जिल्ह्याची उद्योग स्थिती :

जालना जिल्ह्याची औद्योगिक पार्श्वभूमी चांगली असून मुख्यतः बी-बियाणे, लोह उद्योगांमध्ये जिल्ह्याचे नाव जागतिक पातळीवर पोहोचले आहे. जिल्ह्याचा औद्योगिक विकास हा अभियांत्रिकी, कृषी, प्लास्टिक उद्योगावर अवलंबून आहे. त्यात दालमिल, तेल गिरणी व शुद्धीकरण, लोह पुनरुत्पादन, टाईल्स आणि सिमेंट, पाईप, खत उद्योग, कीटकनाशके आणि सहकारी साखर कारखाने इत्यादी औद्योगिक विकासात महत्त्वाचे योगदान देतात. येथे कापसाच्या सुत गिरण्या, गाठी प्रेसिंग कंपन्या आहेत. औद्योगिक विकासासाठी राज्य सरकारने छोट्या व मोठ्या उद्योगांना प्रोत्साहित करण्यासाठी विकास आराखडा तयार केला आहे. या आराखड्यांतर्गत महाराष्ट्र औद्योगिक विकास महामंडळाने औद्योगिक वसाहत निर्माण केली असून तेथे लघु, मध्यम आणि मोठे उद्योग आहेत. जालना जिल्ह्यात कोणत्याही महत्त्वाच्या खनिजांच्या खाणी नाहीत, तरीही जालना जिल्हा औद्योगिक क्षेत्रात लक्षणीय प्रगती करीत आहे. जिल्ह्यात औद्योगिक क्षेत्र अंतर्गत एकूण ७९६ भूखंड ४३७ उत्पादक क्षेत्र असून संपादित जमीन ७१६.१६ हेक्टर तर विकसित जमीन ४१७.४६ हेक्टर असल्याचे दिसून येते.

जालना जिल्ह्यात अभ्यास कालावधीचा विचार करता, सन २०१०-११ मध्ये एकूण ७०५ एवढे औद्योगिक प्रकल्प होते ज्यांची संख्या २०१४-१५ मध्ये १५४८ एवढी झाली. म्हणजेच औद्योगिक प्रकल्पांच्या संख्येत ११९५७. टक्के वाढ झाल्याचे दिसून येते. अर्थात ही वाढ समाधानकारक आहे. त्याचप्रमाणे जिल्ह्यात विविध उद्योगांद्वारे २०१०-११ मध्ये ७२२६ एवढ्या लोकांना रोजगार उपलब्ध झाला. तर २०१४१५- मध्ये ७७१२ एवढ्या लोकांना रोजगार मिळाला. म्हणजेच रोजगार निर्मितीत अभ्यास कालावधीत ६ ७३ टक्के वाढ झाली. अर्थात औद्योगिक रोजगार निर्मितीच्या वेगात लक्षणीय वाढ होणे गरजेचे आहे. औद्योगिक विकासामध्ये गुंतवणुकीची भूमिका अतिशय महत्त्वाची समजली जाते. अभ्यास कालावधीचा विचार करता, जालना जिल्ह्यात २०१०-११ मध्ये विविध औद्योगिक प्रकल्पात १२१ ३४. कोटीची गुंतवणूक करण्यात आली तर २०१४ १५-मध्ये २२४९३९. कोटी एवढी औद्योगिक गुंतवणूक करण्यात आली. म्हणजेच अभ्यासादरम्यान जिल्ह्यात औद्योगिक गुंतवणुकीत २१२७ ९७ कोटी एवढी वाढ झाल्याचे दिसून येते. यावरून जिल्ह्याच्या औद्योगिक क्षेत्रात लक्षणीय वाढ करून त्याद्वारे जिल्ह्याचा सर्वसमावेशक विकास करण्याच्या दृष्टीने मोठ्या प्रमाणावरील औद्योगिक गुंतवणुकीची आवश्यकता दिसून येते.

- 6) संपूर्ण जगाचे लक्ष भारताच्या औद्योगिक प्रगतीकडे वेधलेले असताना जागतिक पातळीवरील उद्योग भारतात यावेत याकरिता भारत सरकारने परकीय थेट गुंतवणुकीच्या संदर्भात स्वीकारलेले उदार व खुले धोरण भारताच्या औद्योगिक

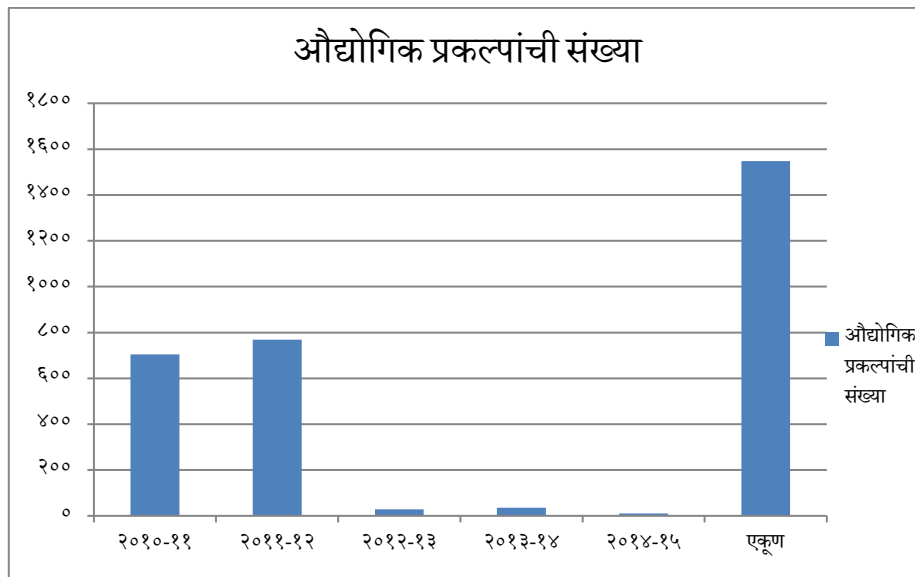
प्रगतीच्या दिशेने टाकलेले महत्वाचे पाऊल ठरणार आहे. स्वस्त मजुरी व उच्च उत्पादन क्षमतेमुळे भारतात परकीय गुंतवणुकीचा वेग वाढणार आहे. विशेषत या:परिस्थितीत मुंबई जरी देशाची आर्थिक राजधानी असली तरी मराठवाड्यातील जालना जिल्हा पर्यायी क्षेत्र म्हणून उदयास येणार आहे. दिल्ली-मुंबई इंडस्ट्रियल कॉरिडोर, आगामी कौशल्य विकास विद्यापीठ संस्था यासारखे प्रकल्प जालना जिल्ह्याच्या औद्योगिक प्रगतीस पूरक ठरणार आहे. जालना जिल्हा हा मध्यभागी असल्यामुळे एकूण मराठवाड्याच्यादृष्टीने उद्योग उभारणी व वाहतुकीसाठी महत्त्वपूर्ण ठरणार आहे.

जालना जिल्ह्यातील वर्षानिहाय उद्योगांची संख्या

(वर्ष २०१०-११-२०१४-१५)

अ.क्र .	वर्ष	औद्योगिक प्रकल्पांची संख्या
०१	२०१०-११-	७०५
०२	२०११-१२-	७६९
०३	२०१२-१३	२९
०४	२०१३-१४	३५
०५	२०१४-१५	१०
	एकूण	१५४८

स्रोत -जालना जिल्हा आर्थिक व सामाजिक समालोचन २०१० :१५



वरीलतक्त्यामध्ये २०१०-१५ जालना जिल्ह्यात तील उद्योगांचा अभ्यास करण्यात आला असून जालना जिल्ह्यात सन २०१०-११ मध्ये एकूण ७०५ उद्योगांची निर्मिती झाली असून वर्ष २०११-१२ मध्ये एकूण ७६९ उद्योगांची निर्मिती झाली, २०१२-१३ मध्ये एकूण २९ उद्योगांची निर्मिती, वर्ष २०१३-१४ मध्ये जालना जिल्ह्यात एकूण ३५ उद्योगांची निर्मितीत जिल्ह्यात वर्ष २०१४-१५ मध्ये एकूण १० उद्योगाची निर्मिती झालेली आहे.

एकंदर वरील तक्त्यावरून असे दिसून येते की जालन्यातील औद्योगिक प्रगती ही समाधानकारक आहे.

निष्कर्ष :

जालना जिल्ह्याचे एकूण क्षेत्रफळ ७६१२ चौकि .. मी. असून त्यात बदनापूर, अंबड, परतूर, घनसावंगी, मंठा, भोकरदन व जाफ्राबाद असे एकूण आठ तालुके आहेत जिल्ह्यात ४ शहरे व ९७० गावे आहेत .. म्हणजेच जालना जिल्ह्याचा मोठा भुभाग ग्रामीण क्षेत्राचा आहे.

जिल्ह्याची एकूण लोकसंख्या १९५९०४६ एवढी असून त्यापैकी पुरुष १०११४७३ तर स्त्रिया ९४७५७३ आहेत. जिल्ह्यात ग्रामीण लोकसंख्या १५८१६१७८०).७३तर (% शहरी लोकसंख्या ३७७४२९ १९).२७ एवढी आहे (%.

जिल्ह्यात साक्षरतेचे प्रमाण ७१.५२ टक्के असून पुरुष साक्षरता ८१.५३ टक्के तर स्त्री साक्षरता ६०.९५ टक्के आहे. म्हणजेच जिल्हा स्त्री साक्षरतेच्या बाबतीत खूपच मागासलेला आहे. मराठवाड्यातील सर्वात कमी साक्षरता असणारा जिल्हा म्हणून जालन्याची ओळख आहे जालना जिल्ह्याचा औद्योगिक दृष्टीने विचार केला असता असे दिसून येते की ., जालना जिल्ह्यामध्ये औद्योगिक दृष्टीने समाधानकारक प्रगती झालेली आहे .

शिफारशी :

१. जालना जिल्ह्यात फक्त चार शहरे आहेत म्हणजे जालना जिल्ह्याचे शहरीकरण करणे आवश्यक आहे त्यामुळे जालना जिल्ह्यातील पायाभूत सुविधांचा विकास होईल परिणामी उद्योगधंद्यांचा विकास होण्यास मदत होईल.
२. जालना जिल्ह्यातील ८०७३ टक्के ग्रामीण लोकसंख्येचा कृषी क्षेत्रावर अतिरिक्त भार कमी करण्यासाठी औद्योगिकरण होणे आवश्यक आहे म्हणजेच उद्योगांमध्ये मोठ्या प्रमाणात रोजगार निर्माण करणे आवश्यक आहे .
३. जालना जिल्ह्याची साक्षरता अत्यंत कमी आहे साक्षरता वाढविण्यासाठी गावे, वस्ती, तांडे इत्यादी ठिकाणी शाळा सुरू कराव्यात तसेच मुलींना शैक्षणिक प्रवाहात आणण्यासाठी विशेष सवलती देणे आवश्यक आहे तसेच पदवीपर्यंत मोफत शिक्षण द्यावे.

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ऑलिम्पिक स्पर्धेत भारतीय महिला खेळाडूची कामगिरी

प्रा. डॉ. उदय परमेश्वर डोंगरे

क्रीडा विभाग प्रमुख

शिवाजी कला, वाणीज्य व विज्ञान महाविद्यालय, कन्नड, ता. कन्नड, जि. औरंगाबाद

प्रस्तावना :

क्रीडा क्षेत्रातील खेळाडूचा जागतिक स्तरावरचा कुंभमेळा म्हणून ऑलिम्पिक स्पर्धेला संबोधले तर वावगे ठरणार नाही. जगामध्ये शांतता, बंधुता निर्माण व्हावी, देशा देशामधील मैत्रीचे संबंध वृद्धीगंत व्हावे या उदात्त हेतुने ऑलिम्पिकची मुहूर्तमेढ रोवलेली आहे. आधुनिक ऑलिम्पिकचा प्रारंभ १८९६ साली पॅरिस दि कुबर्टीन यांच्या पुढाकाराने झाला. पहिले व दुसरे महायुद्धातील कालखंड वगळता या स्पर्धा आतापर्यंत अविरत विनासायास सुरू आहेत. भारतीय खेळाडूचा संघ तसा स्वातंत्र्यपूर्व काळापासून ऑलिम्पिकमध्ये सहभागी होत आहे. इ.स. १९०० साली पॅरिस येथे झालेल्या दुसऱ्या ऑलिम्पिकमध्ये अँग्लो इंडियन नार्मन प्रिटचर्ड हे भारतीय संघाचे प्रतिनिधी म्हणून सहभागी झाले व त्यांनी पदक देखील पटकावले. त्यानंतरच्या काळात भारताने हॉकी खेळामध्ये ऑलिम्पिकमध्ये सुवर्ण पदक कामगिरी केली. अशा पद्धतीने भारताचा संघ सातत्याने ऑलिम्पिकमध्ये सहभागी होवू लागला. महिला खेळाडूंना फारशी संधी त्या काळात मिळाली नाही. भारतीय महिलांचा सहभाग देखील अल्प होता. पदक विजेती कामगिरी देखील फार कमी महिला ऑलिम्पिकमध्ये करू शकल्या आहेत. परंतु अलीकडच्या काळात मात्र महिलांची पदक विजेती कामगिरीमध्ये कमालीची सुधारणा झालेली पाहावयास मिळते.

ऑलिम्पिक स्पर्धा : - ऑलिम्पिकचे प्रमुख दोन खंड पडतात प्राचीन ऑलिम्पिक व आधुनिक ऑलिम्पिक प्राचीन ऑलिम्पिक स्पर्धा इ.स.पु. ७७६ मध्ये संपन्न झाले होत्या तर आधुनिक ऑलिम्पिक १८९६ पासून सुरू झाले. पॅरिस दि कुबर्टीन यांच्या प्रेरणेने व पुढाकाराने पहिले ऑलिम्पिक सामने अथेन्स, ग्रीक येथे संपन्न झाले. या सामान्यामध्ये महिलांना सहभाग नव्हता परंतु १९०० च्या पॅरिस ऑलिम्पिकपासून महिलांना सहभागी होण्यास मान्यता देण्यात आली. पण त्याही वेळेस फार कमी क्रीडा प्रकारात महिलांचा अल्प सहभाग होता. कालांतराने महिलांना समान संधी देण्यात येवू लागली व आजघडीच्या ऑलिम्पिक स्पर्धेत महिलांचा सहभाग हा पुरुषांच्या बरोबरीनेच समान दर्जाचा झाला आहे. ऑलिम्पिक स्पर्धा या देशा-देशामधील संबंध वृद्धीगंत करण्यासाठी शांती, बंधुभाव, मैत्री प्रस्थापित करण्यासाठी असल्याने सर्व जगामध्ये ऑलिम्पिक स्पर्धांना श्रेष्ठत्वाचा दर्जा दिला आहे. ऑलिम्पिक स्पर्धात जवळपास २०० हून अधिक देशांचे हजारो खेळाडू सहभागी होतात. व बंधुभावाने खेळाडूवृत्तीने सचोटीने स्पर्धेत कामगिरी करतात. ऑलिम्पिक क्रीडा स्पर्धा म्हणून संपूर्ण जगाला एक संघ करणारी स्पर्धा आहे. ही बाब ऑलिम्पिकच्या बोध चिन्हांतून पाहावयास मिळते.

भारतीय क्रीडा संस्कृती :- भारतीय संस्कृती ही जगातील प्रमुख अतिप्राचीन संस्कृतींपैकी एक आहे. शिक्षण, शारीरिक शिक्षण व क्रीडा या बाबींना आपल्या प्राचीन संस्कृती मध्ये अनन्य साधरण महत्व आहे. बलोपासना करणे, व्यायाम करणे, विविध खेळ खेळणे हे आपण आपल्या प्राचीन संस्कृती मध्ये पाहीलेले आहे. जागा पूर्वीच्या काळात जशी गुरुकुल पद्धत होती. तशी गुरुकुल पद्धत आज जरी नसली तरी शाळा, महाविद्यालयांनी त्यांची घेतली. ब्रिटीशांनी आपल्या शासनाच्या कारभार

सुरळीतपणे चालावायासाठी साधारणतः इ.स.१८१८ मध्ये शाळा सुरू करून, शाळेत शिक्षण देण्यास सुरुवात केली. पण त्यामध्ये शारीरिक शिक्षणाचा समावेश नव्हता. १८५५ साली शिक्षण विभागाचा स्थापना झाली व इ.स.१८८२ साली नेमलेल्या हंटर कमिशनने आपल्या अहवालात शारीरिक शिक्षणाचा सर्व प्रथम नामनिर्देशकेला. अशा पद्धतीने स्वातंत्र्योत्तर काळात शिक्षण व शारीरिक शिक्षण व क्रीडा ला प्राधान्य देण्याच्या अनेक संस्था उभ्या राहिल्या. भारत हा आपली संस्कृती जपणारा देश आहे. त्यामुळे भारतीय संस्कृतीतील कबड्डी, खो-खो, कुस्ती, आटया-पाटया धावाणे, विटी दांडू अशा खेळांना प्राधान्य राहिलेले आहे. आजही भारताने जागतिक स्तरावर खुप प्रगती केली आहे. तरीदेखील वर नमूद केलेले क्रीडा प्रकारच ग्रामीण भागात जास्त लोकप्रिय आहेत. ऑलिम्पिकमध्ये समाविष्ट असलेल्या अनेक क्रीडा प्रकारांची साधी माहिती देखील ग्रामीण भागापर्यंत पोहोचलेली नाही. पारंपारीक खेळाची आवड, महागडे न उपलब्ध होणाऱ्या क्रीडा साहित्याची चणचण, क्रीडा प्रकाराविषयी पुरेसे ज्ञान नसणे व ऑलिम्पिक क्रीडा प्रकार शिकवण्यासाठी प्रशिक्षकउपलब्ध होवू न शकणे ही त्या पाठीमागची प्रमुख कारणे असू शकतात. भारतीय क्रीडा संस्कृती ऑलिम्पिकमधील समाविष्ट पाश्चिमात्य क्रीडा प्रकारांचा जास्त प्रसार झालेला नसला, तरी शारीरिकव्यायाम, बलोपासना करणे या बाबी शालेय क्रीडा संस्कृतीत प्रामुख्याने दिसून येतात.

पदक विजेत्या महिला :- ऑलिम्पिक स्पर्धांमध्ये भारतीय महिलांनी स्वातंत्र्यपूर्व काळापासून सहभाग नोंदविल्याच्या नोंदी आहेत. परंतु विसाव्या व एकविसाव्या शतकात भारतीय महिला खेळाडूंची ऑलिम्पिक मधील कामगिरी सुधारल्याचे पाहावयास मिळते. भारतीय महिलांनी प्रामुख्याने अॅथलेटिक्स, रायफल शूटींग, वेटलिफ्टिंग, कुस्ती बॅडमिंटन इत्यादी क्रीडा प्रकारात जास्तीत जास्त महिला खेळाडूंनी सहभाग नोंदविल्याचे दिसून येते. २००० च्या सिडनी ऑलिम्पिक स्पर्धेत वेटलिफ्टिंग क्रीडा प्रकारात कर्नम मल्लेश्वरी यांनी ६९ किलो वजन गटात कांस्य पदक पटकावून इतिहासात पहिल्यांदा महिला खेळाडूने ऑलिम्पिकमध्ये पदक पटकावल्याचा मान मिळवला, कर्नम मल्लेश्वरी यांचा जन्म १ जून १९७५ साली बूसावनी पेठा या आंध्रप्रदेशमधील छोटयाशा गावात झाला. कर्नम मल्लेश्वरी यांना चार बहीणी आहेत. त्या सर्व वेटलिफ्टिंगच्याच खेळाडू होत्या त्यांनी त्यांच्या सोबतच वयाच्या १२ व्या वर्षापासून वेटलिफ्टिंग खेळाच्या सरावासाठी सुरुवात केली. त्यानंतर त्यांची चमकदार कामगिरी लक्षात घेता त्यांना दिल्ली येथे साई मध्ये प्रवेश मिळाला व पुढे चांगले मार्गदर्शन, उत्कृष्ट सोयीसुविधा, आहार, उत्तम प्रशिक्षक व त्यांच्या मेहनतीच्या जोरावर त्यांनी १९९४ व १९९८ च्या आशियाई क्रीडा स्पर्धेत अनुक्रमे ५४ किलो व ६३ किलो वजनी गटात रौप्य पदके पटकावली तसेच १९९३, १९९४, १९९५, १९९६ सलग चारही वर्षे ५४ किलो वजनी गटात अनुक्रमे कांस्य, सुवर्ण, सुवर्ण व कांस्य पदक पटकावले व भारताचे नाव लौकिक केले जागतिक स्तरावरील सर्वोत्कृष्ट कामगिरी केल्याबद्दल भारत सरकारने त्यांना १९९५ साली क्रीडा क्षेत्रातील सर्वोच्च राजीव गांधी खेलरत्न पुरस्काराने गौरविले कर्नम मल्लेश्वरी यांची अफाट मेहनत, कामगिरीतील सातत्य यांच्या जोरावर त्यांनी पुढे २००० साली सिडनी ऑलिम्पिकमध्ये वेटलिफ्टिंग क्रीडा प्रकारात भारताला पहिले पदक पटकावून दिले. या स्पर्धेत त्यांनी ६९ किलो वजनी गटात कांस्य पदक पटकावले त्यांचे हे पदक क्रीडा क्षेत्रात सर्वांनाच उर्जा देणारे होते. विशेषतः महिलांना नवी दिशा, नवी प्रेरणा देणार ठरले. २००० सिडनी ऑलिम्पिक नंतर तब्बल १२ वर्षांनंतर २०१२ लंडन ऑलिम्पिकमध्ये भारतीय महिला खेळाडू मेरीकोम आणि साईना नेहवाल यांनी नेत्रदिपक कामगिरी करीत दोन कांस्य पदकाची कमाई करीत इतिहास रचला.

२०१२ लंडन ऑलिम्पिक मध्ये बॉक्सींग खेळात महिलांना प्रवेश देण्यात आला, यामध्ये पाच वेळा जगज्जेती राहिलेल्या मेरी कोमने कांस्य पदक पटकावून इतिहास रचला, मेरी कोम या मणिपुरच्या अंत्यत दुर्गम भागातून येतात मेरी कोम यांचा जन्म अंत्यत गरीब घरात झाला, त्यांचे आई वडील हे दुसऱ्याच्या शेतात राबून मोलमजुरी करून पोट भरायचे व मेरी कोम या देखील आई वडीलांना शेती कामात मदत करायच्या. शालेय जीवनापासून अॅथलेटिक्स व बॉक्सींगची त्यांना आवड होती. परिस्थितीशी

निकडीचा संघर्ष करीत त्यांनी बॉक्सींग या पुरुषी प्राबल्य असलेल्या खेळात स्वतःचे करीअर केले. मेरी कोम यांनी आंतरराष्ट्रीय स्तरावर भारतासाठी पदकांची लयलूट केली आहे. आशियाई क्रीडा स्पर्धेत एक सुवर्ण, एक कांस्य पदक पटकावले आहे. तसेच जागतिक बॉक्सींग स्पर्धेत एकूण सहा सुवर्ण, एक रौप्य व एक कांस्य पदक पटकावले आहे. तर कॉमनवेल्थ गेम्स २०१८ मध्ये सुवर्ण पदक पटकावले आहे.

आंतरराष्ट्रीय स्पर्धेत त्यांनी एकूण १३ सुवर्ण २ रौप्य व ३ कांस्य पदक पटकावून भारताचे नाव लौकिक केले आहे. भारत सरकारने त्यांना राजीव गांधी खेलरत्न सह पद्मश्री, पद्मविभूषण व पद्मभूषण पुरस्काराने सन्मानित केले आहे, बॉक्सींग सारख्या खेळात महिला खेळाडू करीअर करू शकतात व आंतरराष्ट्रीय स्तरावर ऑलिम्पिक सारख्या स्पर्धेत पदक पटकावू शकतात हे त्यांनी सिद्ध करून दाखविले. प्रतिकूल परिस्थितीवर मात करीत त्यांनी हे शक्य करून दाखविले व नव्या तरुण पिढीला महिला खेळाडूंना बॉक्सींग खेळात व क्रीडा क्षेत्रात करीअर करता येवू शकते असा विश्वास निर्माण केला. साईना नेहवाल यांचा जन्म हिसार, हरियाणा येथे झाला व वडीलांच्या नोकरी निमित्त ते सर्व कुटूंब हैद्राबादला स्थलांतरित झाले. साईनाच्या आईला बॅडमिंटनची आवड होती त्या स्वतः उत्तम बॅडमिंटन खेळाडू होत्या. साईनाला घरातून प्रोत्साहन मिळत होते. चांगले प्रशिक्षक व चांगल्या सुविधा मिळून देण्यात साईनाचे कुटुंबीय सदैव प्रयत्नशील असत, साईनाप्रमाणेच महिला खेळाडूंना घरातून प्रोत्साहन मिळणे अत्यंत आवश्यक आहे. साईनाने बॅडमिंटन खेळात भारतासाठी ऐतिहासिक कामगिरी केली आहे. साईनाने कॉमनवेल्थ युथ गेम्समध्ये एक सुवर्ण, एक रौप्य पदक पटकावले, आशियाई क्रीडा स्पर्धेत दोन कांस्य पदके पटकावली. कॉमनवेल्थ गेम्समध्ये एकूण तीन सुवर्ण, एक रौप्य व एक कांस्य पदक पटकावले. जागतिक स्पर्धेत एक रौप्य व एक कांस्य पदक संपादन केले आहे. २०१२ च्या लंडन ऑलिम्पिकमध्ये भारतासाठी बॅडमिंटन खेळात पहिले कांस्य पदक पटकावून इतिहास रचला. महिला खेळाडूंना भारतामध्ये खूप संघर्ष करावा लागतो. खेळ म्हटले की संघर्ष आलाच परंतु साईना नेहवालला घरातून आई वडीलांचा संपूर्ण पाठींबा वेळोवेळी मिळत गेला. त्यामुळे साईनाने कष्ट करून ऑलिम्पिकमध्ये पदक विजेती कामगिरी केली, २०१२ ऑलिम्पिक हे महिलांच्या घवघवीत यशाने प्रोत्साहित झाले. २०१६ ऑलिम्पिक मध्ये या कामगिरीत सातत्य पाहायला मिळाले पी.व्ही. सिंधूने बॅडमिंटनमध्ये रौप्य पदक पटकावत साईना नेहवालच्या कांस्य पदक कामगिरीस पुढे नेले. पी.व्ही सिंधूचे पूर्ण नाव पुसारला व्यंकटा सिंधु हिचा जन्म हैद्राबाद येथे झाला. आई वडील दोघेही व्हॉलिबॉलचे राष्ट्रीय खेळाडू त्यामुळे घरातून जन्मापासूनच खेळाविषयी आवड आणि प्रोत्साहन मिळाले. पी. गोपीचंद यांच्या बॅडमिंटनमधील घवघवीत यशामुळे तिने बॅडमिंटन खेळातच करीअर करण्याचे ठरविले. पी.गोपीचंद यांच्या मार्गदर्शनाखाली पी.व्ही. सिंधूने आशियाई क्रीडा स्पर्धेत एक रौप्य व एक कांस्य पदक संपादन केले. कॉमनवेल्थ गेम्स मध्ये एक सुवर्ण, एक रौप्य व एक कांस्य पदकाची कमाई केली. जागतिक स्पर्धेत एक सुवर्ण, दोन रौप्य व दोन कांस्य पदक संपादन केले. २०१६ च्या रियो ऑलिम्पिक मध्ये भारताला रौप्य पदक पटकावून दिले. पी.व्ही. सिंधूची कामगिरी सातत्यपूर्ण राहिलेली आहे. कनिष्ठ गटापासूनच पदकांची लयलूट केली आहे. पी.व्ही. सिंधूला घरातून मिळणार प्रोत्साहन अनुभवी गुणवत्त पी.गोपीचंद सारखा प्रशिक्षक व तिची कठोर मेहनतीच्या बळावरच ऑलिम्पिक मधील हे रौप्ययश तिने संपादन केले आहे. १९५२ साली महाराष्ट्राचे सुपुत्र खाशाबा जाधव यांनी हेलसिंकी ऑलिम्पिक मध्ये कुस्तीमध्ये भारताला पहिले पदक पटकावून इतिहास नोंदविला होता. महिला कुस्तीगिरींना पदकिय कामगिरी करण्यासाठी २०१६ साल उजाडावे लागले. साक्षी मलिकने २०१६ रियो ऑलिम्पिक मध्ये कुस्ती मध्ये कांस्य पदक पटकावले. साक्षी मलिकचा जन्म ३ सप्टेंबर १९९२ रोजी हरीयाणातील रोहतक जिल्ह्यात झाला. वयाच्या १२ व्या वर्षापासून तिने कुस्तीचे धडे गिरवण्यास सुरुवात केली. घरामध्ये वडील आजोबा पासून कुस्ती असल्यामुळे तिला सातत्याने प्रोत्साहन मिळत गेले. कनिष्ठ गटापासूनच राज्य राष्ट्रीय स्पर्धामध्ये पदकांची लयलूट केली. साक्षीने आशियाई कुस्ती स्पर्धेत एक रौप्य व तीन कांस्य पदकांची कमाई केली. कॉमनवेल्थ गेम्समध्ये एक रौप्य व एक कांस्य पदकांची कमाई केली. तर २०१६ रियो ऑलिम्पिक मध्ये

५८ किलो वजनी गटात कांस्य पदक पटकावून इतिहास रचला कुस्ती क्रीडा प्रकारात महिला वर्गात पदक पटकावणारी साक्षी मलिक ही पहिली कुस्तीपटू ठरली. २०१६ ऑलिम्पिकमध्ये फक्त महिलांनीच पदके पटकाविले. महिला खेळाडूंचे कामगिरी सुधारत असून भारतीय महिला खेळाडूंमध्ये उत्साहाचे वातावरण तयार झाले आहे. प्रत्येक घराघरातून मुलींना प्रोत्साहन देण्यात येत आहे.

समारोप :- भारताने ऑलिम्पिकमध्ये फार लवकर सहभाग नोंदविला. अगदी दुसऱ्या ऑलिम्पिक पासून भारताचा ऑलिम्पिकमध्ये सहभाग झालेला आहे. त्यानंतरच्या काळात देखील हॉकी मध्ये भारताने सलग ५ वेळा सुवर्ण पदक विजेती कामगिरी करत ऑलिम्पिकमध्ये भारताच्या नावे सुवर्ण काळ लिहीला आहे. परंतु स्वातंत्र्योत्तर काळात भारताला हे यश खूप काळ टिकवून ठेवता आले नाही. महिला खेळाडूंचा सहभाग स्वातंत्र्यपूर्व काळापासून असला तरी महिला खेळाडूंना पदक पटकावण्यासाठी उजाडावे लागले. २१ व्या शतकाच्या प्रारंभी अनेक गुणवत्त महिला खेळाडूंनी ऑलिम्पिकमध्ये सहभाग नोंदविला परंतु त्या पदकापासून वंचित राहिल्या. अलीकडच्या काळात पार पाडलेल्या २०१२, २०१६ ऑलिम्पिकमध्ये महिला खेळाडूंनी नेत्रदिपक कामगिरी करीत पुरुषांपेक्षा जास्त पदक पटकावण्याची कामगिरी करून दाखवली आहे. आणि नुकत्याच झालेल्या २०१६ ऑलिम्पिकमध्ये फक्त महिला खेळाडूंनी पी.व्ही.सिंधू आणि साक्षी मलीक यांनी पदके पटकावून भारताचे नाव लौकिक केल्याचे पहावयास मिळते. अलीकडच्या काळात मिळालेले हे यश लक्षात घेता २१ व्या शतकाच्या सुरुवातीलाच पुरुष महिला समानता मुलींना मुलांच्या बरोबरीने शिक्षण व ईतर सर्व सुविधा उपलब्ध करून देण्यासाठी झालेले प्रयत्न हेच भारताचे यशाचे फलित आहे. असे म्हणावे लागेल. भारतीय संस्कृती प्राचीन काळी असलेला, मानला जाणारा भेद हा आज कुठेतरी बऱ्यापैकी प्रमाणात कमी झाल्याचे हे ऑलिम्पिक मधील महिला खेळाडूंच्या यशावरून म्हणता येईल. भारतीय पदक विजेत्या महिला कर्नम मलेश्वरी, मेरी कोम, साईना नेहवाल, पी.व्ही सिंधू, साक्षी मलीक या अतिशय सर्वसामान्य व अतिग्रामीण भागातून संघर्षातून पुढे आलेल्या खेळाडू आहेत, आजच्या युवापिढीला त्यांचे यश हे दिशादर्शक व प्रेरणादायी ठरणारे आहे. मेरी कोम ने परिस्थितीशी संघर्ष करून अत्यंत प्रतिकूल वातावरणात यश संपादन केले आहे. कर्नम मलेश्वरी, साईना नेहवाल व पी.व्ही.सिंधू यांना घरातून चांगले पाठबळ व प्रोत्साहन मिळले, असेच प्रोत्साहन प्रत्येक घरातून महिला खेळाडूंना मिळाले पाहिजे गुणवंत दर्जेदार खेळाडू घडवण्यासाठी घरातून, समाजातून, शासनाकडून सर्वांकडूनच सहकार्य व प्रोत्साहन मिळणे आवश्यक आहे. भारतीय क्रीडा धोरणात झालेले बदल, समाजाने मुला मुली मधला भेद हा कमी केल्यामुळे ऑलिम्पिकमध्ये महिला खेळाडूंचे यश पहावयास मिळत आहे. येत्या काळात आगामी ऑलिम्पिक स्पर्धांमध्ये जास्तीत जास्त महिला खेळाडू जास्तीत जासा पदके पटकावून भारताचे नाव उज्वल करतीलयात शंका नाही.

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शारीरिक संरचनेत वय, वजन, उंचीचे महत्व

अरुण मारुती पाटील

क्रीडा अधिकारी

क्रीडा व युवक सेवा संचलनालय ,

महाराष्ट्र राज्य, पुणे

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प्रस्तावना:

माणसाच्या शारीरिक संरचनेत वेळेनुसार बदल होतात, हा बदल त्यांच्या पुढील आयुष्यात त्यांना मदत करतो. बाबींचा विचार केल्यास असे आढळते की मनुष्य संपूर्ण आयुष्य शिकतच राहतो. ज्यामुळे तो घडतो, अनुभवतो आणि जीवन जगण्याच्या कला शिकतो या साठी शिक्षण फार महत्वाचे असतात. शिक्षण म्हणजे फक्त पुस्तकीय ज्ञान नव्हे, तर व्यावहारिक, सामाजिक, आणि शारीरिक ज्ञान आहे।

२१ व्या शतकात शिक्षणाला अनन्यसाधारण महत्व प्राप्त झालेले आहे. शिक्षणातून विद्यार्थ्यांचा सर्वांगीण विकास करता येतो. आजची शिक्षण पद्धती ही विद्यार्थ्यांच्या बौद्धिक पातळीचा विकास करते. त्यात त्यांच्या शारीरिक विकासाला तितके महत्व दिले जात नाही. कारण त्यात वेळेच्या मर्यादा आहेत. याचेच एक उदाहरण म्हणजे सर्वाधिक लोकसंख्या असूनही आपल्या देशात, विविध खेळांमध्ये, स्पर्धांमध्ये, ऑलम्पिक पातळीवर पुरेसे उत्कृष्ट दर्जाचे खेळाडू मिळत नाहीत. तर काही खेळांमध्ये प्रतिनिधित्व करण्यासाठी खेळाडू उपलब्ध होत नाहीत. त्याचे मूळ कारण म्हणजे लहान वयापासून तर शालेय जीवनापर्यंत कुटुंब व शाळा या विद्यार्थ्यांच्या शारीरिक विकासाकडे लक्ष दिले जात नाही. तसेच साधनांची उपलब्धता ही केली जात नाही.

शारीरिक विकास हे टप्प्या-टप्प्यात होत राहते. बाल्यावस्था ते वयस्क होई पर्यंत विकास सुरूच राहते यात शारीरिक यष्टि महत्वाची ठरते. महाविद्यालयांमध्ये विविध स्पर्धांचे आयोजन केले जाते. यात या स्पर्धांमध्ये भाग घेण्यासाठी खेळाच्या नियमानुसार योग्य वय, वजन, उंची असलेली विद्यार्थी उपलब्ध होत नाहीत. तसेच विशिष्ट खेळासाठी ज्या उंचीची खेळाडू असावी तशी खेळाडू मिळत नसल्या कारणाने स्पर्धेत यश मिळत नाही. सैन्य दलात, पोलीस भरतीत व इतर महत्वाच्या विभागात नोकरी मिळत नाही. आणि नोकरीसाठी पहिली पात्रता म्हणजे वय, वजन उंचीचा ताळमेळ होय.

शारीरिक वृद्धी आणि शारीरिक विकासासाठी उपयोगी घटक:

शारीरिक वृद्धी व विकास ही एक नैसर्गिक संपत्ती जरी असली तरी इतर विविध घटकांवर अवलंबित आहे. या अशा अवस्थेत मुलांना मिळालेले पोषक तत्वे तसेच प्राथमिक स्तरावर वृद्धी होण्याकरिता झालेले लसीकरण, आरोग्य तपासणी, सात्विक आणि उपयोगी आहार. दैनंदिनी घरचे वातावरण परिवारातील आणि बाहेरील इतर सर्व घटक वृद्धी व विकासासाठी महत्वाचे ठरतात. सुरुवातीलाच व्यवस्थित आरोग्यदायी जीवन जगण्याचा गुर दिला गेल्याने शरीराची उत्तम वाढ होणे अपेक्षित असते.

मुलांच्या खेळा मधील सहभाग हा त्यांच्या चरित्र निर्मितीच्या दृष्टिकोनातून महत्वपूर्ण आहे. काही माणस पितृक गुण घेऊन जरी जन्मतात, परंतु त्यांचा संगोपन समाजात आणि सांस्कृतिक वातावरणात होत असतो. त्यामुळे त्यांच्या व्यक्तिमत्त्वावर सकारात्मक प्रभाव पडतो. माणसाचा महत्वाचा गुण म्हणजे स्वतःला बाहेरच्या वातावरणाच्या हिशोबाने बदलून स्वतःला शिकण्या साठी तयार करणे. मानवाच्या व्यक्तित्वाच्या सर्वात महत्वाचे म्हणजे शरीराची संरचना आहे. योग्य वातावरणात त्याचा विकास होतो. आकर्षक व्यक्तिमत्त्वा साठी शरीराची उंची, शरीराची आकृती व त्यांचे मांस पेशीयांच्या सहाय्याने निर्मिती झालेली पाहून समोरच्याना योग्य व आकर्षक वाटले पाहिजे ज्यामुळे व्यक्तीच्या मनात आत्मविश्वास वाढते आणि त्यांची योग्य रीतीने प्रगती देखील होते चांगल्या शरीराच्या आणि आरोग्याचा सहसंबंध असतो. एक निरोगी व्यक्ती समाजाला बरेच काही

देऊ शकते कारण स्वरूप व्यक्तीचे कर्तृत्व त्या राष्ट्राची संपत्ती असते. प्राचीन काळा पासूनच व्यक्तीच्या शरीरात आकृत्या वर्गीकरण केले गेले आहे.

नेकेरेती (Naccarati) यांनी सन १९२१ साली मारफॉलो जिगल“चे” संदर्भ घेऊन शरीराच्या उंची आणि वजन या आधारावर तीन गट केले होते त्यात इंग्रजीत खालील प्रमाणे अ. से म्हणतात.

- 1) Microsplanchnics : ऊंची असलेले पातळ व्यक्ती.
- 2) Macro Splanchnics : कमी उंचीचे लहान व जाड असलेले व्यक्ती.
- 3) Normsplanchnics : ज्यांच्या शरीराची वाढ उत्तम रीतिने झालेली असते तसे व्यक्ती.

त्याच प्रमाणे वेगवेगळे शास्त्रज्ञ यांनी वेळोवेळी शरीराकृती संदर्भात संशोधन केले आहे व त्यात सुधारणा केली आहे यात Kretchmer, Berman आणि Sheldon यांनी शरीराकृतीबंधांचे संदर्भात केलेले संशोधन महत्वाचे ठरते, असे वाटते.

शरीराकृतीचे मापन:

शरीरीक क्षमतेच्या मोजमापा बरोबर शरीराकृतीचे मापन देखील महत्वाचे ठरते यात खेळाडू निवडने सोपे व सहज होते.

आज वेगवेगळे ॲप उपलब्ध आहे. तसेच इंटरनेट द्वारे ऑनलाइन स्वरूपात शारीरिक मोजमाप आणि शरीराकृती मोजणीसहज रीतिने करता येते. यात ऊंची, वजन, वायचे आकडे टाकून शरीराकृती मोजाता येते व या द्वारे वयोमानुसार कमी, जास्त, तसेच अतिजास्त जाडी मोजून त्यासाठी उपाययोजना करता येते.

Computerized Body Mass Index:-

STANDARD
METRIC

Your Height: (feet) (inches)

Your Weight: (pounds)

Compute BMI

Your BMI:

BMI Categories:

Underweight = <18.5

Normal weight = 18.5-24.9

Overweight = 25-29.9

Obesity = BMI of 30 or greater

What Next? Take Action Towards Better Health:

[Maintain a Healthy Weight](#)

- Maintaining a healthy weight is important for your heart health.
- Learn more about [overweight and obesity](#)

[Increase Physical Activity](#)

- Moving more can lower your risk factors for heart disease.

[Eat a Heart-Healthy Diet](#)

- Eating a healthy diet is the key to heart disease prevention.

[Know and Control Your Heart Health Numbers](#)

संदर्भित साहित्याचा आढावा

राठोड निंबाजी व इतर (२००९) “विद्यापीठ स्तरावरील खेळाडू आणि इतर पदव्युत्तर विषयातील विध्यर्थ्यांचे वय, वजन, उंचीचा B.M.I. अभ्यास आणि उपाय योजना या विषयावर संशोधन केलेले असून प्राप्त माहितीचे वर्णनात्मक व अनुमानात्मक " विश्लेषण करून निष्कर्ष काढलेले आहेत ते पूढील प्रमाणे.

उत्तर महाराष्ट्र विद्यापीठ स्तरावरील खेळाडूंच्या वयाचे मध्यमान 22.02 वजनाचे मध्यमान 57.3 व उंचीचे मध्यमान 172.6 आढळून आले विद्यापीठ स्तरावरील पदव्युत्तर विषयातील शिकणाऱ्या विद्यार्थ्यांच्या वयाचे मध्यमान 24.18 वजनाचे मध्यमान 66.86 व उंचीचे मध्यमान 168.84 आढळून आले, विद्यापीठ स्तरावरील खेळाडूंचे वय हे इतर पदव्युत्तर विषयातील विद्यार्थ्यांच्या वयापेक्षा कमी आढळून आले. विद्यापीठ स्तरावरील खेळाडूंचे वजन हे इतर पदव्युत्तर विषयातील वजनापेक्षा कमी आढळून आले. विद्यापीठ स्तरावरील खेळाडूंची उंची ही इतर पदव्युत्तर विषयातील विद्यार्थ्यांचे उंचीपेक्षा जास्त आढळून आले. विद्यापीठ स्तरावरील खेळाडूंच्या कमी वजनाची टक्केवारी ही इतर पदव्युत्तर विषयातील विद्यार्थ्यांपेक्षा 28% नी अधिक आढळून आले. विद्यापीठातील पदव्युत्तर विद्यार्थ्यांच्या वजनाची टक्केवारी ही विद्यापीठ स्तरीय खेळाडूपेक्षा 6%नी अधिक आढळून आले. इतर पदव्युत्तर विषयातील विद्यार्थ्यांचे वजन हे सरासरी पेक्षा जास्त आहे. विद्यापीठ स्तरावरील खेळाडूपेक्षा इतर पदव्युत्तर विषयातील 2% विद्यार्थ्यांमध्ये लठ्ठपणा आढळून येतो.

यानुसार शिफारशी करण्यात येते की,

खेळाडूंनी आपली उंची वाढविण्यासाठी प्रयत्न करावे. खेळाडूंनी आपले वजन वाढविण्यासाठी आपल्या आहाराकडे लक्ष द्यावे. वयाच्या तुलनेत खेळाडूंचे वजन कमी असल्याने त्यांनी योग्य आहार सेवन करावा. खेळाडूंनी सुदृढ शरीर बनविण्याकडे लक्ष द्यावे. खेळाडूंनी नियमीत व्यायाम व पोषक जिवनसत्त्वे सेवन करावीत. दुग्धजन्य व मांसाहारी पदार्थ रोज सेवन करावीत त्यामुळे त्यांची शारीरिक क्षमता वाढेल. अंडी, केळी, इतर फळे नियमीत आहारात घ्यावीत जेणे करून त्यांचे वजन वाढेल. आपले वजन नियंत्रण ठेवण्यासाठी व्यायाम केले पाहिजे. लठ्ठपणा हा शरीरास घातक असल्याने लठ्ठपणा कमी करावे व अति विश्रांती व झोप घेण्याचे टाळावे. स्निग्ध व चर्बीयुक्त पदार्थ सेवन करू नये. वजन कमी करण्यासाठी रोज किमान 5 कि.मी. धावणे किंवा १०००० पाऊल चालले पाहिजे व वयाच्या तुलनेत उंची वाढवावी, वजन कमी करावे.

निष्कर्ष

खेळाडूसाठी मोजमपन अती आवश्यक असून संगणक सहाय्याने त्यांचा (BMI) बी.एम.आय काढता येतो व त्यांना पुढील स्तरावर तैयार करता येतो ज्यामुळे चांगले खेळाडू तयार होऊ शकतात.

संदर्भ-

१. आर. के. शर्मा(१९९९) व्यायाम क्रिया विज्ञान एवं खेल औषधी विज्ञान.
२. डॉ. देवेंद्र बालायन “शारीरिक शिक्षा”: उपकार प्रकाशन, आगरा.
३. डॉ. बलजीत सिंह “शारीरिक शिक्षा मे मूल्यमापन” स्पोर्ट्स पब्लिकेशन दिल्ली.
४. सुरेश दीक्षित “खेल चिकित्सा” स्पोर्ट्स पब्लिकेशन दिल्ली.
५. डॉ. पी. के पांडे. “खेल चिकित्सा” खेल साहित्य केंद्र दिल्ली.
६. डॉ. हेमंत वर्मा “शारीरिक शिक्षा के नूतन आयाम” ईशिका पब्लिकेशन जयपुर.

आरोग्य की दृष्टि से प.पूज्य जनार्दन स्वामी योगाभ्यासी मंडल द्वारा किये गये कार्य का अध्ययन।

संतोषकुमार S/O कपिलदेव सिंह¹ डॉ. मीनाक्षी पाठक²

योगाभ्यास का मुख्य लक्ष्य आधुनिक युग के अनुसार शरीर को लचीला आरोग्य जोशीला तथा जीवन में व्यक्ति को अधिक स्वास्थ्य बनाना व रखना है। योग शरीर, मन, आत्मा की आवश्यकताओं को पूर्ण करने का एक उचित साधन है। साथ ही समूह (समाज) द्वारा बनाये गये नैतिक मूल्यों के पालन करने के भाव को करने की प्रेरणा मिल रहा है। योगाभ्यास से साधकों में सामाजिक व घरेलू हालात के कारण उत्पन्न, मानसिक द्वंद, शीघ्र कोपित होना या निराश होना, अकारण भय की अनुभूति होना आदि से मुक्त होने के लिये योग सर्वश्रेष्ठ चिकित्सा है।

कुंजी – योग शिक्षा, शारीरिक शिक्षा, नेतृत्व व्यवहार, मानसिक कौशल।

प्रस्तावना :

आरोग्य की दृष्टि से व्यायाम (शारीरिक शिक्षा) की उपयोगिता अहंकार मुक्त एवं विशेष रूप से है लेकिन शारीरिक शिक्षा व्यायाम योगासन नहीं हो सकते। योगासन का अर्थ है सजग होकर लययुक्त जीवन में प्रवेश करना, चेतना को जागृत कर जीवन को लय व स्वबद्ध, संगीतमय बना लेना इस लिये योगासन की प्रत्येक क्रिया लयबद्ध गति से करनी चाहिए। कहीं कोई तनाव, खिचाव व हठ नहीं होना चाहिये। बल्की होना चाहिये अंतरतम में होश, चेतना का जागरण व आत्मस्फुरण। योगासन के व्यापक प्रभाव को समझने के लिये शरीर के उन अंगों को जानना आवश्यक है जो यौगिक योगासनों से विशेष प्रभावित होते हैं।

स्वस्थ शरीर में की स्वस्थ मन का विकास होता है। फलतः स्वस्थ मन की प्राप्ति के लिये स्वस्थ शरीर का होना एक अनिवार्य है। एक स्वस्थ व्यक्ति ही एक स्वस्थ समाज को निर्मित कर सकता है। योग की शिक्षा द्वारा ही एक व्यक्ति समाज, राष्ट्र तथा संपूर्ण विश्व के कल्याण के लिये अपना योगदान दे सकता है।

शोध के उद्देश्य :

योग के नियमों द्वारा साधकों में उचित-अनुचित का ज्ञान विकसित होता है। जिससे मानसिक तनाव जैसी आधुनिक युग की व्याधि सताती ही नहीं है। ऐसे साधकों का जिनका अतिशीघ्र

मानसिक एवं भावनात्मक संतुलन बिगड़ जाता है, सामाजिक व घरेलू हालात के कारण उत्पन्न, मानसिक द्वंद, शीघ्र कोपित होना या निराश होना, अकारण भय की अनुभूति होना आदि से मुक्त होने के लिये योग सर्वश्रेष्ठ चिकित्सा माना गया है। अक्सर समाज में योग की अवधारणा इसी सिद्धांत पर आधारित है।

योगाभ्यास से साधकों में सामाजिक व घरेलू हालात के कारण उत्पन्न, मानसिक द्वंद, शीघ्र कोपित होना या निराश होना, अकारण भय की अनुभूति होना आदि से मुक्त होने के लिए योग सर्वश्रेष्ठ चिकित्सा इसका भी अध्ययन।

साहित्य समीक्षा

सिंह (2006) ने विद्यार्थियों की शैक्षिक उपलब्धि एवं नैतिक मूल्यों का अध्ययन शीर्षक शोध में पाया कि नैतिक मूल्यों के विकास में शैक्षिक उपलब्धि का प्रभाव नहीं पड़ता है। इससे स्पष्ट है कि मूल्यों के विकास के लिए उत्तरदायी अनेक कारण हैं जो समय रूप से प्रभाव डालते हैं।

शर्मा (2010) के अध्ययन के अनुसार सरकार की नई खेल नीति उस अंतिम खिलाड़ी के लिए लाभकर सिद्ध होती है चाहे वह खिलाड़ी पुरुष हो या स्त्री हो दोनों इससे खेल भावना का विकास हो सकेगा और देश को अच्छे खिलाड़ी प्राप्त हो सकेंगे।

निर्वचन

प्रस्तुत अध्ययन में 127 साधकों से विभिन्न प्रकार के प्रश्न किये गये तथा उनसे प्राप्त उत्तरों को तालिका में दर्शाया गया है।

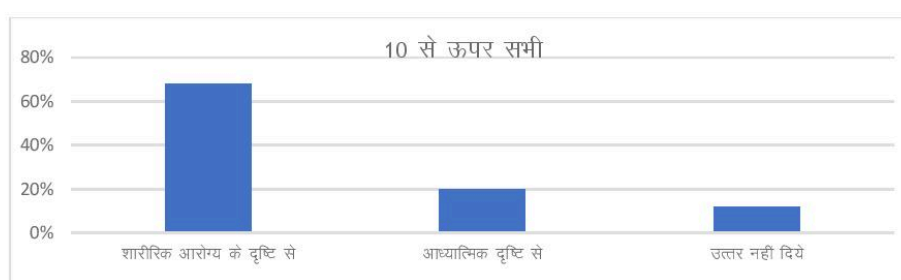
तथ्यों का विश्लेषण :

प्रस्तुत शोध निबंध में संग्रहित तथ्यों की जानकारी तालिका में दी गयी है।

तालिका क्र. 1

साधकों का योगाभ्यास से जुड़ने का मुख्य कारण

आयु	साधकों की संख्या	शारीरिक आरोग्य के दृष्टि से	आध्यात्मिक दृष्टि से	उत्तर नहीं दिये
10 से ऊपर सभी	127	86 (68%)	25 (20%)	15(12%)

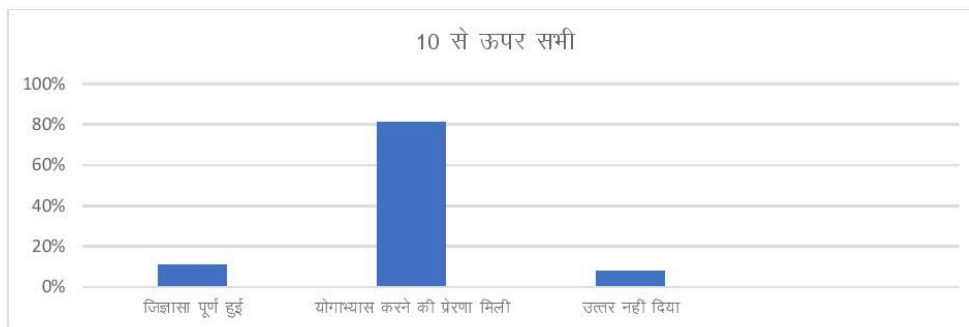


आलेख क्रमांक 1 यह दर्शाया है कि साधकों का योगाभ्यास से जुड़ने का मुख्य कारण । तालिका क्रमांक 1 के आँकड़ों से निष्कर्ष निकलता है कि सभी आयु वर्ग के साधक आरोग्य लाभ प्राप्ति के दृष्टि से सर्वाधिक आकृष्ट हो रहे हैं। अतिरिक्त आध्यात्मिक विकास भी साधकों में योग साधना के प्रति आकर्षण है। अनुत्तरित आँकड़ों से निष्कर्ष प्राप्त करना कठिन है। अपितु अन्वेषक अनुमानाधारित निष्कर्ष पर पहुँचता है कि उत्तर नहीं देने वाले साधक प्रश्न की उपयोगिता के प्रति सजग नहीं रहे।

तालिका क्र. 2

प.पूज्य जनार्दन स्वामी योगाभ्यासी मंडल में योगाभ्यास से साधकों को क्या प्राप्त हुआ ?

आयु	साधकों की संख्या	जिज्ञासा पूर्ण हुई	योगाभ्यास करने की प्रेरणा मिली	उत्तर नहीं दिया
10 से ऊपर सभी	127	14(11%)	103(81%)	10(8%)



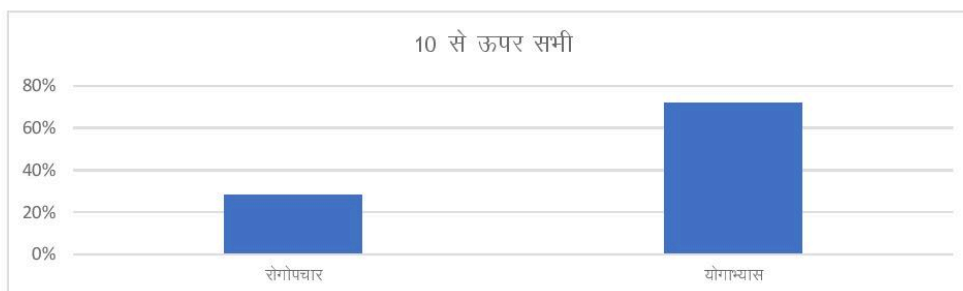
आलेख क्रमांक 2 यह दर्शाया है कि प.पूज्य जनार्दन स्वामी योगाभ्यासी मंडल में योगाभ्यास से साधकों को क्या प्राप्त हुआ ?

तालिका क्रमांक 2 के प्राप्त आँकड़ों से भी निष्कर्ष प्राप्त होता है कि सर्वाधिक साधकों ने परम पूज्य जनार्दन स्वामी योगाभ्यासी मंडल में नियमित योगाभ्यास से प्राप्त स्वयं का अनुभव बताया है। जैसे योग सीखने की जिज्ञासा हेतु साधक परम पूज्य जनार्दन स्वामी योगाभ्यासी मंडल में नियमित योगाभ्यास से जुड़े और यहीं के हो गये। साथ ही नियमित योगाभ्यास करने की प्रेरणा मिली। जिन साधकों से उत्तर नहीं मिला उसका निष्कर्ष शोधकर्ता के अनुमान से उन्होंने उत्तर देना उपयोगी नहीं समझा अथवा उसके प्रति सजगता नहीं दिखाई।

तालिका क्र. 3

क्या आप रोगोपचार के लिए प.पूज्य जनार्दन स्वामी योगाभ्यासी मंडल आये ?

आयु	साधकों की संख्या	रोगोपचार	योगाभ्यास
10 से ऊपर सभी	127	36(28%)	91(72%)



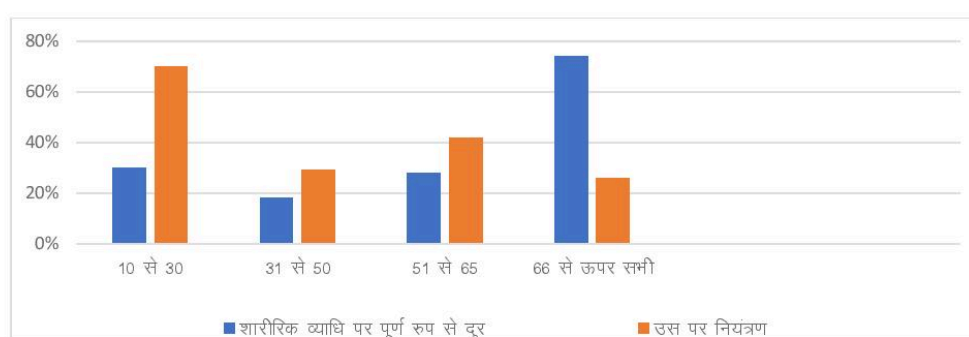
आलेख क्रमांक 3 यह दर्शाया है कि रोगोपचार के लिए प.पूज्य जनार्दन स्वामी योगाभ्यासी मंडल आये साधक ?

तालिका क्रमांक 3 में उपलब्ध आँकड़ों से निम्नांकित निष्कर्ष स्पष्ट होता है। साथ ही चिकित्सा शास्त्र के दृष्टि कोण से सर्वाधिक शारीरिक क्रियाओं के अभाव में शरीर के विभिन्न अवयवों की कार्य क्षमता में ह्रास उनमें विकृति विकार और अतिरिक्त खनिज संचयन (जमाव) से हो जाता है। परिणामतः शरीर की सभी प्रणालिया सुचारु रूप से कार्य नहीं कर पाती हैं। मनोरोग भी शरीर को ग्रस्त कर देता है। जिसे नियमित योगाभ्यास से दूर करना सम्भव हो जाता है। इस तथ्य की जानकारी का प्रार्दुभाव साधकों में स्पष्ट दिखता है। साधकों में इस जानकारी के प्रार्दुभाव (आगमन) के लिये निःसंदेह प.पूज्य जनार्दन स्वामी योगाभ्यासी मंडल की महत्त भूमिका दिख रही है।

तालिका क्र. 4

योगाभ्यास का परिणाम।

आयु	साधकों की संख्या	शारीरिक व्याधि पर पूर्ण रूप से दुर	उस पर नियंत्रण
10 से 30	10	3(30%)	7(70%)
31 से 50	34	6(18%)	28(82%)
51 से 65	64	18(28%)	46(72%)
66 से ऊपर सभी	19	14(74%)	5(26%)



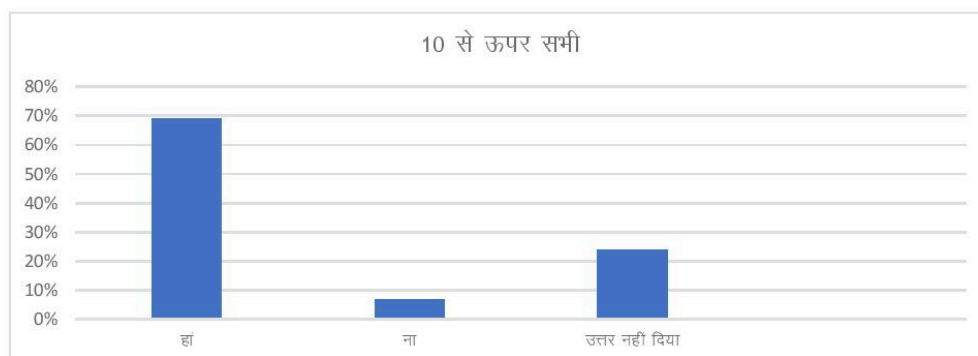
आलेख क्रमांक 4 यह दर्शाया है कि योगाभ्यास का परिणाम क्या प्राप्त हुआ ?

तालिका क्रमांक 4 में प्राप्त आँकड़ें स्पष्ट करते हैं कि योग रोग को नियंत्रित करने में सफल होता है। वस्तुतः शारीरिक व्याधियों से विमुक्ति योगाभ्यास के विभिन्न पहलुओं के अक्षरशः अनुपालन, अपेक्षित परिवेश तथा समुचित आहार, आचार-विचार आदि पर भी निर्भर करता है। योगाभ्यास की निरंतरता की अवधि कतिपय व्याधि त्रस्तता की अवधि से भी सम्बंध रखता है। जैसा की 66 वर्ष से अधिक आयु वर्ग से संबंधित आँकड़ों से प्रतीत होता है। 74 प्रतिशत योग साधक रोग व्याधि से पूर्णतया मुक्ति पाये बताये हैं। दृढ़ निष्कर्ष है कि योग व्याधियों को दूर करने में सक्रिय भूमिका निभाता है। जो अगली तालिका में सुस्पष्ट है

तालिका क्र. 5

क्या योगाभ्यास से समाज में समाजिक व्यवहार में सकारात्मक परिणाम दिखा ?

आयु	साधकों की संख्या	हां	ना	इस प्रश्न का उत्तर नहीं दिया
10 से ऊपर सभी	10	87(69%)	9(7%)	31(24%)



आलेख क्रमांक 5 यह दर्शाता है कि क्या योगाभ्यास से समाज में समाजिक व्यवहार में सकारात्मक परिणाम दिखा ?

तालिका क्रमांक 5 में प्राप्त आँकड़ों से स्पष्ट होता है कि 127 साधकों में से 69 प्रतिशत साधकों ने स्पष्ट रूप से साधकों के समाजिक व्यवहार में व स्वयं में भी सकारात्मक परिवर्तन पाया है। कुछ साधक इसको स्पष्ट नहीं कर पाये इसके भी अनेक कारण हो सकते हैं।

निष्कर्ष :

इस अध्ययन का आधार लेकर हम कह सकते हैं कि योगाभ्यास से साधकों में सामाज में सक्रिय भागीदारी, साथ ही विभिन्न वस्तुओं के उपयोग गुण, रचना आदि का ज्ञान एवं महत्त्व समझने में सहायक हुआ है। साधकों में खोई एवं सृजनात्मक शक्तियों का विकास होता दिखा है। योगाभ्यास से साधकों में जीत-हार, सुख-दुख में आत्मनियंत्रण करने में सहायक होता दिख रहा है। समूह (समाज) द्वारा बनाये गये नैतिक मुल्यों के पालन करने के भाव को करने की प्रेरणा मिल रहा है। योगाभ्यास से साधकों में सामाजिक व घरेलू हालात के कारण उत्पन्न, मानसिक द्वंद, शीघ्र कोपित होना या निराश होना, अकारण भय की अनुभूति होना आदि से मुक्त होने के लिये योग सर्वश्रेष्ठ चिकित्सा है।

संदर्भ :**ग्रंथ :**

सिंह संतोषकुमार, योग विज्ञान, श्री मंगेश प्रकाशन, 23 नवी रामदासपेठ, नागपूर -440010 (प्रथम आवृत्ती) 2017.

निरज नाग्रेन्द्र कुमार, प्राकृतिक चिकित्सा एवं योग, माँ सीता स्मृति स्वास्थ्य प्रकाशन माला जयपुर- (प्रथम आवृत्ती) 1998.

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प्रस्तावना :

उत्तम आरोग्य टिकवण्याकरता उत्तम आहाराची गरज असते. धावपळीचे जीवन जगत असताना राहणीमानात सुद्धा बदल होत आहे, तसेच वेगवेगळ्या क्षेत्रातील काम करताना होणाऱ्या शारीरिक व मानसिक त्रास देखील आरोग्यासाठी घातक ठरत आहे. पर्यावरणात होणारे बदल यामुळे, वातावरण अशुद्ध झालेला दिसतोहा . पण एक आरोग्य घातक घटक बनला आहे .उत्तम आरोग्य ठेवणे आज काही कठीण जरी वाटत असले तरी याला नियमित सवयींमध्ये बदल केल्याने सहजतेने टिकून ठेवता येते.

सामान्य रूपात आरोग्य म्हणजे निरोगीपणा किंवा रोगापासून दूर असणे असा म्हणू शकतो. 50 वर्षांपूर्वी, जागतिक आरोग्य संघटनेने आरोग्याची व्याख्या, आजार, रोग आणि दुर्बल परिस्थितींपासून स्वातंत्र्यापेक्षा अधिक आहेअलिकडच्या वर्षात ., सार्वजनिक आरोग्य तज्ञांनी निरोगीपणाला म्हणून ओळखले आहे "जीवनाची गुणवत्ता" आणि "कल्याणची भावना"

शारीरिक विकासात आहाराची मुख्य भूमिका असते शिक्षणातून विद्यार्थ्यांच्या विकास करता येतो तरीही चुकीची शिक्षण पद्धतीचा परिणाम मुलावर ही पडतो विजय मिळवू इच्छित आना क्रीडापटू यांना योग्य पोषण आवश्यक असते जेव्हा आपण योग्य प्रमाणात पाणी पितो आणि संतुलित आहार घेतो तेव्हा आपल्या शरीरात उर्जा निर्मिती आणि इंधन निर्मिती चांगल्या प्रकारे करू शकते मुलांच्या शारीरिक विकासाला तितके महत्त्व दिले जात नाही कारण त्यांना देखील सर्वसाधारण समजले जाते खेळाडूंना उत्तम प्रकारे खेळण्यासाठी व त्यात यशस्वी होण्यासाठी जास्तीत जास्त ऊर्जेची गरज असते यासाठी खेळाडूंनी आपल्या आहाराकडे लक्ष देणे गरजेचे असते रोजच्या आहारातून योग्य त्या प्रमाणात पोषक तत्व मिळवण्यासाठी ची गरज भागवणे आवश्यक असते बालपणापासून बालक आतला सकस व नियंत्रित आहार मिळत असेल तर त्याची बौद्धिक वाढ होऊन योग्य रीतीने होते ग्रामीण भागातील बहुसंख्य मुलांना पुरेसे वा सकस अन्न उपलब्ध होत नसल्यामुळे त्यांच्या परिणाम त्यांच्या विकासावर होतो.

आवश्यक असणारे पोषक तत्व

पाणी हा खेळ पोषाहार मधील महत्त्वाचा घटक आहे प्रत्येक व्यक्तीच्या शरीरात त्याच्या वजनाच्या 60 टक्के इतके पाणी असते पाणी हे शरीरातील प्रत्येक प्रक्रियेत सहभागी असते आपल्या शरीरात पाणी पासून तयार होतो पण पाणी तयार करत नाही किंवा पानवी पाणी साठवू शकत नाही म्हणून पाहण्याचीही गरज आपल्यालाच भागवावी लागते आपण दिलेली पाणी हे घाम आणि लघवी यांच्यामार्फत सतत बाहेर पडत असते म्हणूनच आपल्याला भरपूर पाणी पिणे गरजेचे आहे. प्रत्येकाला दिवसातून आठ ते दहा ग्लास पाणी पिणे गरजेचे असते आणि खेळाडूंना यापेक्षा अधिक पाण्याची आवश्यकता असते खेळानंतर ओवरहीटिंग आणि हायड्रेशन टाळण्यासाठी जास्तीत जास्त पाण्याची आवश्यकता असते.

कार्बोदके

कार्बोदके हा महत्वाचा घटक असते यातून भरपूर प्रमाणात ऊर्जा मिळते कार्बोदके ही फळे भाज्या ब्रेड कार्ड धान्य त्यातून मिळतात दररोज सात 60 ते 70 टक्के इतकी कार्बोदके आवश्यक असतात आपले शरीर कार्बोदके काम मधील साखर आणि स्टार्चचे रूपांतर अणुऊर्जा मध्ये करते आणि ते यकृत आणि स्नायू होती यामध्ये साथ सावट साठवून ठेवते आणि शरीराला आवश्यक त्या वेळी ही ऊर्जा वापरली जाते.

प्रथिने

प्रथिने मास कोंबडी अंडे सोयाबीन काजू डेअरी उत्पादने यातून मिळते प्रथिनांची दैनंदिन गरज ही 12 ते 15 टक्के इतके असते. प्रथिने शरीरात ऊर्जा निर्मिती करण्यात मदत करतात आणि नवीन पेशी तयार करण्याचे कार्य करतात. शरीरात जास्तीत जास्त प्रथिने साठवली जात नाही. अनावश्यक प्रथिने जळतात किंवा चरबी मध्ये रूपांतरीत होतात.

स्निग्धे

सॅच्युरेटेड फॅट्स प्राणिज पदार्थ मिळतात जसे की मांस, अंडे, दूध आणि चीज हे, वनस्पती पदार्थातून मिळतात, जसे की कॉर्न तेल हा ऊर्जा मिळवण्याचा एक पर्याय आहे.

याबरोबरच विविध पदार्थ जसे खनिज पदार्थ त्याच्यात कॅल्शियम, स्नायूच्या कार्यावर नियंत्रण ठेवण्यासाठी फास्फोरस, हिमोग्लोबिन निर्मितीसाठी लोह, आयोडीन, ज्याने शारीरिक मानसिक व बौद्धिक वाढ होते जीवनसत्त्वे जसे विटामिन इत्यादी.

खेळाडू

खेळाडू स्वतःला तंदुरुस्त ठेवण्यासाठी खूप मेहनत करतात. कोणत्याही गेममध्ये जिंकण्यासाठी खेळाडूंची मेहनत जेवढी महत्वाची असते तेवढीच त्यांच्या अन्नाची असते. खेळाडूंना उर्जेसाठी संपूर्ण आहाराची आवश्यकता असते. उच्च-तीव्रतेच्या खेळांमध्ये भाग घेताना, क्रीडा पोषणाबद्दल जागरूक असणे महत्वाचे आहे. व्यायाम किंवा खेळ सुरू ठेवण्यासाठी पोषक तत्वांची गरज असते. बरेच लोक पोषक तत्वांच्या वापराबद्दल योग्य ज्ञान न घेता व्यायाम करतात तसेच बरेच लोकांना क्रीडा, प्रशिक्षणात पिण्याचे पदार्थ व त्यांचे महत्त्व आणि व्यायामानंतरचे अन्न याबद्दल माहिती नसते. म्हणूनच पौष्टिक आहाराची माहिती असणे महत्वाचे आहे. पोषणासाठी खेळाडूला खालील गोष्टींची आवश्यकता असते: ज्यात त्यांना प्रथिने पावडर, दूध, दलिया, केळी, हरभरा, गूळ, मसूर, तांदूळ, हिरव्या भाज्या, रोटी आणि लोणी आणि मांसाहारी खेळाडू जसे अंडी, मटण आणि चिकन इ. संध्याकाळसाठी डाळी, तांदूळ, हिरव्या भाज्या, रोटी, लोणी आणि झोपेच्या वेळी दूध आवश्यक आहे. खाद्य तज्ञ आणि क्रीडा तज्ञ, खेळाडूंच्या खाण्यापिण्याबाबत विशेष काळजी घेण्याविषयीही बोलतात. त्यांचे म्हणणे आहे की, खेळाडू पौष्टिक आहार घेतल्याने ते चांगली कामगिरी करू शकतील. खेळाडूंच्या मेहनतीइतकेच त्यांचे जेवणही महत्वाचे आहे आणि जेव्हा गेममध्ये जिंकण्याचा प्रश्न येतो तेव्हा कोणालाही धोका पत्करायचा नसतो. तीव्र खेळांमध्ये माहिती मिळवणे महत्वाचे आहे. बरेचदा लोक शरीर कसे कार्य करते, व्यायाम चालू ठेवण्यासाठी कोणत्या प्रकारच्या पोषक तत्वांची आवश्यकता असते? आणि शरीर हे पोषण कसे वापरते? त्याचे योग्य ज्ञान न घेता व्यायाम करतात व्यायामानंतर क्रीडा पेय . आणि अन्नाचे महत्त्व लोकांना माहीत नाही.

संतुलित आहार :

खेळामुळे व्यायाम होतो, व्यायामातून शरीराची झालेली झीज भरून काढण्यासाठी आहाराची आवश्यकता असते मुलामध्ये अनेक . रोग हे अपुऱ्या व निसःत्व आहारामुळे होतात, यामुळे आरोग्यावर परीणाम होतो आरोग्याविषयी चांगल्या सवयी लावण्यासाठी . शालेय स्तरावर शासनाने समतोल आहार योजना मुलांच्या शरीर वाढीसाठी आणि उत्तम आरोग्यासाठी व शरीरयष्टी भक्कम व जेव्हा प्रश्न केला जातो की .सुदृढ करण्यासाठी सुरु करावी, तुम्ही सुदृढ आहात का ? या प्रश्नाचे उत्तर देण्यासाठी प्रत्येकाच्या मनामध्ये संभ्रमवस्था निर्माण होते तर सर्व सामान्य व्यक्तीस आरोग्याधिष्ठीत शारीरिक सुदृढतेची तर खेळाडूंना कौशल्याधिष्ठीत . त्यासाठी समतोल आहार असणे आवश्यक आ .शारीरिक सुदृढतेची आवश्यकता असते हे समतोल आहारामुळे शरीर सुदृढ .

निरोगी व्यक्तीचे मन निकोप असते आणि निकोपी मनामुळे व्यक्तीचा बनते व सुदृढ शरीर हे निरोगी आरोग्याचे लक्षण असते. शारीरिक, बौद्धिक, भावनिक, सामाजिक विकास घडून येतो व्यक्तीमत्व विकासामुळे अनेक खेळाडूंनी राष्ट्रीय व आंतरराष्ट्रीय . पातळीवर देशाला सुवर्ण पदकांसह अनेक पदके प्राप्त करून दिली आहेत खाशाबा जाधव .को .उदा ., मेजर ध्यानचंद, पवनपुत्र मिल्खा सिंह, सुवर्ण कन्या पीउषा .टी., सचिन तेंडुलकर, अभिनव बिंद्रा, कर्णम मल्लेश्वरी, लियांडर पेस, मधुनीता बीस्ट (गोस्वामी), पी हरीकृष्णा अशा अनेक व्यक्तींनी व्यक्तीमत्वाच्या बळावर पादाक्रांत केले ते केवळ खेळ आणि आरोग्याच्या बळावरच.

खेळामुळे व्यायामाचे शरीरावर होणारे परिणाम शरीरातील सर्व अवयवांना सुयोग्य रक्त पुरवठा (२ .हृदयाचे कार्य सुधारते (१ : .होतो

रक्तदाब नियंत्रित राहतोखेळतांना दम लागत नाही ., त्यामुळे आरोग्य सुधारते .VO₂ max मध्ये सुधारणे होतेफुफुसांचे कार्य . .जलद गतीने सुधारते

निष्कर्ष

निरोगी आहारामध्ये सर्व पोषक आणि पाण्याचा पुरेशा प्रमाणात समावेश असतो. निरोगी आहार आपल्या शरीरासाठी खूप फायदेशीर आहे. निरोगी आहार हा एक आहे जो आरोग्य राखण्यास किंवा सुधारण्यास मदत करतो. लठ्ठपणा, हृदयरोग, मधुमेह आणि कर्करोग यासारख्या अनेक दीर्घकालीन आरोग्य धोक्यांपासून बचाव करण्यासाठी हे महत्वाचे आहेत.

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INCULCATION OF HUMAN VALUES THROUGH SPORT EDUCATION AT PRESENT SCENARIO: NEED AND IMPORTANCE

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ABSTRACT

This is the world of endless possibilities. The world has come closer as a village due to the advancement in the internet and communication technology. The concept of "Global" has transformed into the "Glocal". The progress in science and technology benefitted human life through various ways. Though human life has settled down with all comforts in today's World, we are struggling with different kinds of pertinent issues. Loss of human values, disbelief, dishonor, unfair relations, insecurity of women, growing rate of crime and lack of mental health are strong challenges to come over. The role of education in human life is immense. It plays significant role in the all-round development of a child. The seeds of human values are inculcated through education, constructive interactions only. Sport has been an integral part of human life. It has played very keen role in the development of human culture. Sport increases the physical and psychological strength of human being. It carries the values such as team building, fairness, beliefs, confidence, sport-ship and patriotism. The philosophers have agreed that, sport is a best channel through which we can teach and inculcate the human values to the students to meet the today's challenges. The present research paper highlights the need and importance of human values at present and it is entitled as "Inculcation of Human Values through Sport Education at Present Scenario: Need and Importance".

Key words: Human Values, Education, Sportive spirit, Co-operative Behavior Society