DIRECTORATE OF PHYSICAL EDUCATION & SPORTS
UNIVERSITY OF KASHMIR, HAZRATBAL, SRINAGAR-06.
(NAAC ACCREDITED GRADE A+)

Name of Faculty	Year 2019-2023	Title of Paper	Name of Journal& Publisher	ISSN no.
Dr. Surjeet Singh	2021	Biomechanical analysis of spatio-temporal gait factors in determining gender gait maturation in school children	International Journal of Physiology, Nutrition and Physical Education, www.journalofsports.com	2456-00 57
	2021	Effect Of Package Training On Selected Physical Fitness Variables, shabir Ahmad, Surjeet Singh, Sneha Chowdary,2021,18, pp 3086-3094	http://www.webology.org,InfoSci Publisher editor@webology.orgeditorwebology@gmail.com	1735-188 X
	2021	Relationship between Physical Self Concept, Self-Esteem and Body Fat Percentage among University Students, Medicina Sportiva (2012),2021,	Remarking An Analisation, na	24550817
	2022	Spatial-Temporal Parameters running Gait of Obese & Non-Obese female children, Dr. Amarpreet Singh, Ravinder kour, Dr. Surjeet Singh,2022,Journal Volume 11, Iss 05, 2022	Ijfans International Journal Of Food And Nutritional Sciences, https:// www.ijfans.org/	2320 7876
	2022	Effect of L drill & U drill on agility and speed on football players, Basit Maqbool Surjeet Singh & Fancy,2022,11, S.Iss 06, 2022 pp 325-332	IJFANS INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES, https:// www.ijfans.org/	2320 7876
	2022	Comparative Analysis of use of Doping Drugs for Performance Enhancement among Indian and International Weightlifters., Sneha Choudhary, Dr. Surjeet Singh,2022,Volume 11, S.Iss 06, 2022 pp 378-387	IJFANS INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES, https:// www.ijfans.org	2320 7876
	2022	Nutrition for winter ports, Parvaize Ahmad and Surjeet Singh,2022,1, S.Iss 07, 2022 pp 250-257	IJFANS INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES, https:// www.ijfans.org	2320 7876
	2022	Effect Of Kashmiri Traditional Dance Rouf And Yoga On Motor Educability On Adolescent Girls,Shabir Ahmad Malik , Surjeet Singh & Qurat Ul Ann,2022,Volume 11, S.Iss 07, 2022 pp 294-314	INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES, https:// www.ijfans.org/	2320 7876
	2022	Physical activity status in Government, Private and Residential school of Kashmir Valley, Dr. Surjeet Singh, Dr Shabir Ahmad & Ravinder Kour,2022,Vol. 25 No. 3 (July-December, Special Issue 2021 Part 7)	Stochastic Modeling & Applications, MDU Publication	0972-364 1
	2022	Effect of obesity on body Joint angles in female Children during walking, Ravinder kour , Dr. Amarpreet Singh , Dr. Surjeet Singh,2022,Journal Volume 11, Iss 02, 2022	IJFANS INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES, https:// www.ijfans.org/	2320 7876
	2024	A Study On Food Habits And Dietary Intake, Of Obese Adolescent In Srinagar City, surjeet singh and gurmeet singh,2024,325-332	International Journal of Behavioral social and Movement Sciences, a	2277-754 7
	2024	Relationship Between Motor Abilities And Clear Skills Of Badminton Players,	INTERNATIONAL JOURNAL OF RESEARCH	2319-305 0

		ManjuChahal and Surjeet Singh,2024,Vol.01,Issue01,Se p.2012	PEDAGOGY AND TECHNOLOGY IN EDUCATION AND MOVEMENT SCIENCES (IJEMS),a	

Name of the faculty	Year 2019-2023	Title of paper	Name of journal and publisher	ISSN No.
Dr. Basharat Ali	2021	Seasonal Patterns: Their effect on Insulin and Glucose Levels In Type II Diabetics	DOGO Rangsang Research Journal	2347-7180
	2021	Ramadan and Diabetes Mellitus: A Literature Review	DOGO Rangsang Research Journal	2347-7180
	2021	Obesity and Exercise: A Mini Review	The Journal of Orientation Research Madras	0022-3301
	2021	Are Indian and Diabetes seemingly Inseparable	Bengal, Past & Present	Vol 139
	2021	Health Benefits of Physical activity- A review.	Bengal, Past & Present	Vol 139

Name of Faculty	Year (2019-2023)	Title of Paper	Name of Journal & Publisher	ISSN no.
Dr. Iftikhar Ahmad Wani	2024	A Comparative Analysis of Self-Efficacy among Kabaddi and Handball Players in the Iraqi Context. https://www.hrpub.org/download/20240229/SAJ8-19935442.pdf	International Journal of Human Movement and Sports Sciences HORIZON RESEARCH PUBLISHING COOPERATION.	2381-4381
	2023	Sports Event Data Acquisition Method Based on Wireless Sensor Technology and BP Neural Networks. https://ieeexplore.ieee.org/abstract/document/10397943	**IEEE Xplore** IEEE	979-8-3503-0448-0
	2022	A Ridit Analysis of Formulation and Implementation Success of Strategic Planning for Sports Development Among the Universities of India. International Journal of Professional Business Review, 7(6), e0802. https://doi.org/10.26668/businessreview/2022.v7i6.e802	International Journal of Professional Business Review Logos University International	2525-3654
	2022	Rehabilitation of self-confidence through meditation, relaxing exercises, and personal counselling. International Journal of Health Sciences, 6(S1), 962-968. https://doi.org/10.53730/ijhs.v6nS1.4850, retrieved on 31-03-2022 from, https://sciencescholar.us/journal/index.php/ijhs/article/view/4850.	International Journal of Health Sciences (IJHS) Universidad Tecnica de Manabi	2550-696X
	2022	Relaxation and Psyching-Up in Sport: Anxiety Management Using Psychological Techniques. Journal of Positive School Psychology, 6(2), 2642-2647. Retrieved on 31-03-2022 from	Journal of Positive School Psychology (JPSP) ASR Research India	2717-7564

		https://journalppw.com/index.php/jpsp/article/view/1843.		
	2021	The Decline of University Sport in India; Causes and Retention Measures, Journal of Sports Research E-2410-6534/P-2413-8436, URL: http://www.conscientiabeam.com/journal/90.	Journal of Sports Research https://www.conscientiabeam.com/	2410-6534
	2020	Formulation of Sport Management Strategic Planning using SWOT Analysis, Parishodh Journal, Volume IX, Issue III, March/2020. https://www.researchgate.net/publication/340255573_Formulation_of_Sport_Management_Strategic_Planning_using_SWOT_Analysis.	Parishodh Journal UGC-CARE	2347-6648
	2019	A study of Sports Facilities Management Available in Indian Educational Institutions, Think India Journal, Vol-22, Special Issue-08, 2019. https://www.researchgate.net/publication/339427748_A_Status_Study_of_Sports_Facilities_Management_Available_in_Indian_Educational_Institutions.	Think India (Quarterly Journal) VicharNyas Foundation	0971-1260

Name of the faculty	Year 2019-2023	Title of paper	Name of journal and publisher	ISSN No.
Dr. Iqbal kabir	2021	Effect of home based exercise and self regulative techniques on flexibility and anxiety among middle aged men	Journal of Xian Shiyon university natural science edition	1673-064X
	2021	Impact of multidimensional home based physical exercise on cardio respiratory endurance and muscular endurance among middle age men	Vidyabharati international interdisciplinary research journal	2319-4979
	2022	Influence of aerobic exercises and yoga practice during covid- 19 on depression and self-esteem of middle age peoples	The journal of oriental research madras	0022-3301
	2024	An examination of aggression and achievement motivation in male and female college level khokho athletes: a comparative study	International journal of contemporary research in multidisciplinary	2583-7397
	2024	The role of sports in breaking down cultural barriers: a study	International journal of physical education, sports and health	2394-1685

Name of the faculty	Year 2019-2023	Title of paper	Name of journal and publisher	ISSN No.
Dr. Naseer Ahmad Bhat	2019	A Study on the effect of Eight weeks Exercise training Protocol to prevent Ankle and Knee Injuries among Basketball Players	Indian Journal of Public Health Research & Development, May 2019,	Vol.10, No. 5
	2019	Impact of an exercise training protocol on selected agility speed and injury prevalence among basketball and handball players	International Journal of Yogic, Human Movement and Sports Sciences 2019; 4(1):	330-335
	2019	Impact of an exercise training protocol on	International Journal of	548-552

		selected balance flexibility and injury prevalence among basketball and handball players	Physiology, Nutrition and Physical Education 2019; 4(1):	
	2021	Analysis Of Injury Incidence Among Basketball And Handball Players By Special Designed Exercise Protocol	Turkish Online Journal of Qualitative Inquiry (TOJQI) Volume 12, Issue 7, July 2021:	10171 - 10178
	2021	Ranking of Football Players by DEA-Super Efficiency Model: An Evidence From English Premier League 2016/17 Season	Turkish Online Journal of Qualitative Inquiry (TOJQI) Volume 12, Issue 4, July 2021:	2009 - 2019
	2021	Effect Of Exercise Training Protocol On Selected Factors For Evaluating Injury Incidence Among Basketball And Handball Players	Journal of Fundamental & Comparative Research	2277-7067

Name of the Speaker/Faculty	Year 2019-2023	Lecturers Topic	Organized by
Dr. Basharat Ali	2023	Physiology (Online)	UCSSC World Sports Science 4 Filipiniana Hotel Calapan City Mindoro Philippines

Name of Faculty	Year (2019-2023)	Conferences/Workshop	Organised by	Paper Presented by Faculty
Dr Iftikhar Ahmad Wani	2023	2nd International Azerbaijan Congress on Life, Social, Health, and Art Science	The University of Mindanao	Unemployment and Government Policies: a New Answer to an Old Question
	2023	6th International 'Baskent' Congress on Physical, Social, and Health Sciences	Shoolini University	Assessment of Nutritional Self-Efficacy Among University Athletes
	2022	International online Seminar and Workshop	ShriShivaji College of Physical Education, Amravati, Maharashtra	Essential Phases of Human Resource Management in Sport Organizations
	2022	4th International & 31 National Conference on Sports Psychology Serving Athletes and Coaches	Indira Gandhi Institute of Physical Education & Sports Science, DU	Unemployment and Govt Policies
	2021	International Conference (Online) On Building Resilient and Sustainable Societies: Emerging Social and Economic Challenges Under the Aegis of UGC-DRS SAP-I Programme	Department of Geography (UGC DRS-SAP-I & DST-FIST Supported) JamiaMilliaIslamia, New Delhi - 25	Effective Management of a Public Health Program

Name of the faculty	Year 2019-2023	Conference/ workshop	Organized by	Paper presented by faculty

Dr. Iqbal Kabir	2019	National workshop	Directorate of physical education and sports University of Kashmir in collaboration with (NADA)	Iqbal kabir , Research Scholar
	2019	National conference	National anti-doping agency (NADA) and physical education foundation of India (PEFI)	Iqbal kabir , Research Scholar
	2020	International conference	Department of physical education Madurai Kamaraj , University , Tamil Nadu	Iqbal kabir , Research Scholar
	2020	International conference	Department of physical education and sports Pondicherry University	Iqbal kabir , Research Scholar
	2024	International conference	DPE&S university of Kashmir and SHVPM Amravaiti	Iqbal kabir, faculty of physical education

Name of Faculty	Year	Refresher Course	Organised by	Paper Presented by Faculty
Dr. Surjeet Singh	2021	Biomechanical analysis of 0.00 No 3 spatio-temporal gait factors in determining gender gait maturation in school children		

Name of Faculty	Year (2019-2023)	Refresher Course	Organised by	Paper Presented by Faculty
Dr. Iftikhar Ahmad Wani	2022	Two Days Workshop on Basic Research Methodology	Tribal Research Institute, Kargil Campus, UoL	Research Design
	2023	Effective Curriculum Implementation	Curriculum Development Centre Department of the National Institute of Technical Teachers Training and Research Chandigarh, Ministry of Education, Government Of India.	Curriculum development
	2022	SEVEN-DAY INTERNATIONAL WORKSHOP ON CLINICAL ORTHOPEDIC BIOMECHANICS IN SPORT (SPORTS MEDICINE) (IWCOBIS-22)	Department of Physical Education, Aligarh Muslim University, Aligarh	---

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Effect of L drill & U drill on agility and speed on football players

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Abstract

Football is the most popular sport in the world. Millions of people regularly go to football stadiums to follow their favourite teams, while billions more watch the game on television. It is the sports that demand its players take on a lot of responsibility for what happens in the game, it also demand high level of physical fitness especially sped and agility. The purpose of study was to check the Effect of L drill & U drill on agility and speed on football players for this Thirty (30) male football players from department of physical education university of Kashmir India were selected as subjects. The ages of subjects ranged from 20 to 25 years. The subjects were divided into three equal groups of 10 subjects each. Group I acted as Experimental Group I (L drill Training), Group II acted as Experimental Group II (U drill) and Group III acted as Control Group. Illinois Agility Test (Getchell, 1979) was applied to measure Agility while as 40 Yard Dash was applied for measure speed before and after completion of six week training to get pre test score and post training data. The duration, intensity of two different training was same. Results The result reveals both L drill and U drill had positive effect on the speed and agility, moreover U drill training was significantly better than L drill training in both speed and agility.
Key words:- U drill, L drill, football players, Kashmir

All over the globe, people are attached to football in deep and passionate cultural way. Soccer or football, as it Called in most part of the world. There is just something about soccer, which over the years has earned nick names including the beautiful game, the simplest game, the world's game and the people's game. (Roberts, 2010).Football is played at a professional level all over the world. A very large number of people also play football at an amateur level. (Vijay Asthana, 2009). Football is a popular, complex strategical game of physical and mental challenges. At least 200 million licensed players participate in football and 20 million football games are arranged each year in the world. Football is a team game the object of which is to advance an inflated round ball towards the opponents' goal posts by kicking, passing, dribbling, and playing with any part of the body except arms and hands. (Witvrouw, 2003)Playing any sports offers the opportunity for players to develop qualities that will help them as they strive for excellence in their livesThe contemporary history of football spans more than 100 years. It all began In 1863 in England. When rugby football and association football branched off on Their different courses and the world's first football association were founded (The Football Association). Both forms of

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Nutrition for winter sports

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Abstract

Winter sports are played in cold conditions on ice or snow and often at moderate to high altitude. The most important nutritional challenges for winter sport athletes exposed to environmental extremes include increased energy expenditure, accelerated muscle and liver glycogen utilization, exacerbated fluid loss, and increased iron turnover. Winter sports, however, vary greatly regarding their nutritional requirements due to variable physiological and physique characteristics, energy and substrate demands, and environmental training and competition conditions. What most winter sport athletes have in common is a relatively lean physique and high-intensity training periods, thus they require greater energy and nutrient intakes, along with adequate food and fluid before, during, and after training. Event fuelling is most challenging for cross-country skiers competing in long events, ski jumpers aiming to reduce their body weight, and those winter sport athletes incurring repeated qualification rounds and heats. These athletes need to ensure carbohydrate availability throughout competition. Finally, winter sport athletes may benefit from dietary and sport supplements; however, attention should be paid to safety and efficacy if supplementation is considered.

Keywords: Altitude, cold, skiing, skating, energy

Introduction

Winter sports are pursuits played during the winter season on snow or ice. The Olympic movement included winter sports for the first time in Chamonix in 1924, with 258 participants from 16 nations. Today, winter sport Olympians are outnumbered by about one to four by summer Olympians. Nevertheless, the 2010 Vancouver Olympics reported the highest number of athletes and events at any one Winter Olympiad. This paper will first discuss the winter sport specific environment, altitude and cold, followed by an applied section emphasizing the specific nutrition issues faced by winter sport athletes. Nutritional implications of altitude and cold Winter sport athletes often encounter altitude and cold during competition or training. These athletes may also use a variety of strategies to promote acclimatization to higher elevations or to improve sea-level performance (Chapman, Stickford, & Levine, 2010). Winter sports conducted in an outdoor environment experience temperatures ranging from –25 to þ58C, while those performed indoors on ice have average temperatures of 5– 108C. Many winter sports are dependent on permanent snow located at higher altitude (glacier) or the southern hemisphere for sport-specific training in the summer and fall and for early season competition. Glacier environments are located at moderate (2000–3000 m) to high (3000–5000 m) altitudes. In the winter, cold, altitude, and changing snow/ice conditions are characteristic of most competitive venues, as competitions typically occur at northern latitudes and altitudes between 500 m and 2000 m. For several winter sports, the most challenging period of training occurs when athletes perform high intensity training in the cold at altitude, on-snow or on-ice in late summer and early fall. Training

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EFFECT OF KASHMIRI TRADITIONAL DANCE ROUF AND YOGA ON MOTOR EDUCABILITY ON ADOLESCENT GIRLS

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Abstract

The purpose of the study was to find out the "Effect of Kashmiri traditional dance rouf and yoga on motor educability on adolescent girls," For the purpose of the study a total (N=30) female subjects were selected from Govt Middle School, Chowdrybagh Rainawari Srinagar Jammu and Kashmir by using simple random sampling technique. The age of the participants ranged from 14 to 16 years. The medical history of the participants was investigated and consent was also sought from the students in the study. All the participants volunteered in the study. The participants were explained about the purpose, methods and importance of the study. The actual training program was started after one week of orientation phase in which subjects were made acquainted with the testing procedures, exercise methods, etc. The subjects were divided into two groups (Group A Rouf and Group B Yoga) and data were collected as per by applying the Metheny Johnson motor educability test before training (Pre-test). After the pre-test Kashmiri traditional dance rouf was administered to Group A (Rouf group, n = 15) and Group B (Yoga group, n = 15). Rouf and yoga interventions were given to the two groups simultaneously under the supervision of experts thrice a week for 50 minutes. After the completion of six weeks intervention, again data werecollected for all the selected variables (Post-test).The data collected for the current study was analyzed by using descriptive statistics (mean, standard deviation) and independent T-test was applied in order to find out whether there was any significant difference between the groups. Value of significance was set at 0.05.

Key words Rouf,Yoga,Motor Educability, motor skills, coordination, and mental health.

Introduction

Dance is a dynamic form of exercise that engages the body, mind, and spirit. It enhances cardiovascular health, promotes muscle strength and flexibility, and contributes to weight management inherent in dance lead to reduced stress, boosted mood, and improved mental health. Dance involves a wide range of movements that challenge various motor skills, including coordination, balance, flexibility, rhythm, and spatial awareness **(Zile, 1985)**.

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Comparative Analysis of the use of Doping Drugs for Performance Enhancement among Indian and International Weightlifters.

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Assistant Prof. at Physical Education & Sports Department, Kashmir University.

ABSTRACT
The aim of this study is to make a comparative analysis of the use of doping drugs among Indian and International Weightlifters for Performance Enhancement at the time of Competition and Training Sessions. The present study was designed to collect data on the cases of those Weightlifters who were found guilty of abusing drugs banned by the WADA, NADA, and International Olympic Committee, at various National and International Games. The relevant data pertaining to players who were declared positive in doping tests by IOC Medical Committee, NADA, and WADA was sourced from their official websites respectively.

Keywords:*NADA, WADA, IOC, Doping, Drugs, Performance Enhancement, Prohibited Substances, Anabolic-androgenic steroids.*

Historical Background:The first evidence of doping in athletics dates back to the Ancient Olympics when athletes were said to have consumed figs to boost their performance. Many sportsmen know that approaches are being created to help stem the tide of Violence. In the beginning,it was to experiment with chemical mixtures to boost strength and overcome exhaustion after the introduction of modern pharmacology in the 19th century.[1] Because this was not an unlawful activity, there are many records of the extent to which athletes would go to win. Along with the advantages came the risks, and after multiple deaths, a code to prohibit performance-enhancing medications was gradually formed. In the 1950s, growth hormone was extracted from the pituitary gland of humans. Its anabolic properties were quickly recognized, and athletes had begun to abuse it by the early 1980s, at least a decade before adult endocrinologists began using it therapeutically. Several well-known athletes have admitted to using growth hormones. It has been difficult to detect its abuse, and the lack of an adequate test has likely promoted it.

Introduction:"Competing clean is not only a key principle in preserving the integrity and fairness of sport, for the benefits of athletes, coaches and fans alike, it also helps in protecting the image of players and above all, your health. Doping robs you of all of these things. As a clean athlete, you can take pride in your performances." [2]

Doping is a serious problem in sports physiology today, both at the national and international levels. This is not only about health, but also about the moral and ethical ideals of humanity that influence the honest team spirit of sports competition. Initially, the term "doping" was limited to blood doping, but today, the scope of doping has expanded to

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Effect of obesity on body Joint angles in female Children during walking

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Abstract

Obesity is one of the leading health complications in the world, one of the most serious public health challenges of the 21st century it effect on every system of human body, locomotory system. The present study is a quantitative study, which was designed to investigate the effect of obesity on different body joints in obese & non-obese females aged between 12-14 years. The whole sample consisted of 50 subjects with equal number of obese (50) and non-obese (50) females. The subjects were instructed to run across a pre-designed walkway at their maximum speeds. During this, they were filmed using high-resolution cameras. The criterion measures of interest were different joint angles of lower extermities. Conclusion: significant difference was found in selected body joint angles between obese and non-obese females of same age category. Obese female have higher joint angel than non obeses female in all selected joints angles.

The leading World Health Organization (W.H.O) considers obesity as one of the serious public health issues of the 21st century. Obesity may be defined as the accumulation of excess body fat. This definition may vary on the basis of region in many Western countries like USA, many European countries its defined by body mass index (BMI). The BMI is calculated by dividing the weight over the square of height. If the BMI is higher than 30 kg/m2 then it indicates the obesity. Under that range it is classified as overweight, average weight and underweight. In addition to normal activity in our daily life if someone is encouraged to participate in sports activities in children and adolescents has received considerable attention for combating the obesity epidemic. Obesity is known to be associated with biomechanical alterations in the gait pattern, which may predispose children and adolescents with overweight or obesity (OW/OB) to short- and long-term musculoskeletal disorders (MSKD). From early childhood, OW/OB has been associated to the development of various MSKD (i.e., musculoskeletal pain, injuries and fractures) which may be extended to adulthood with notable consequences with regard to physical disability, quality of life and healthcare economic costs. Among other suggested explanations, increased joint loads, together with biomechanical alterations during loco-motor tasks, may be underlying the higher prevalence of MSKD in this population.

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Spatial-Temporal Parameters running Gait of Obese & Non-Obese female children

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[2]Physical Training Instructor, Amar Singh College Srinagar

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Abstract

Obesity is one of the leading health complications in the world, one of the most serious public health challenges of the 21st century it effect on every system of human body, locomotory system. The present study is a quantitative study, which was designed to investigate the variations of selected gait parameters between obese & non-obese females aged between 12-14 years. The whole sample consisted of 50 subjects with equal number of obese (50) and non-obese (50) females. The subjects were instructed to run across a pre-designed walkway at their maximum speeds. During this, they were filmed using high-resolution cameras. The criterion measures of interest were spatial temporal parameters. Conclusion: the result shows that significant difference was found between obes and non obese subject in all selected spatial temporal parameters except Swing Phase in seconds

obesity is a condition of abnormality in which body begin to store excessive fat in the adipose tissue that may leads to serious medical complications thereby impair the quality of life for an individual (Kopelman, 2000). Must and Strauss, (1999) recommended that overweight/ obesity can be characterized by having more chance of developing various kinds of medical conditions like strokes, type 2 diabetes, hypertension, cardio respiratory disease, gout, osteo-arthritis, musculoskeletal disorders to feet and lower limbs certain cancers Devita 2005. Obesity has not limited to adults of age group of above 40 but is also seen in children thus it is very important to children from overweight/obesity.

Overweigh/Obesity is accepted as global disease for causing major health complications in developed and underdeveloped countries. The frequency of this condition is increasing at an alarming rate. (Raj 2010). A survey was conducted by National Health &

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Study Of The Various Physical Fitness Variable Of Long Race's Athlete Of Bikaner Region

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Dr. Surjeet Singh kaswan, Dean, Faculty of Physical Education, Tantia University, Sri Ganganagar (Rajasthan)

Introduction-

Physical Education and Sports is a keen area which needs many kinds of training meansand methods to improve the overall performance of the sports person. A mission forperfection is often confronted with numerous difficulties. An athlete's contribution ofdetermination, commitment and long periods of training can lead to the accomplishmentof the most extreme execution. To improve the sports performance the athlete needs totake part in systematic training by the way of scientific method of training. Thereforeathletes or players need proper systematic training to improve their performance through different kinds of training.

Physical education and Sports, being an integral part of education, have alsoexperienced the impact of scientific advancements. Now the sports persons have beenable to give outstanding performance because of involvement of new, scientificallysubstantiated training methods and means of execution of sports exercises such assports techniques and tactics, improvement of sports gear and equipment, as well asothercomponents and conditions of the system of sports training.

Physical Fitness-

Physical fitness is not a staticfactor varies from individual to individual and in the same person from time to timedepending upon variable factors (Clark 1971).

The improvement of physical fitness is the application and systematic utilizationof principles of exercise and developing one's capacity to meet successfully life's physicalchallenges. Competitive sports and athletics provide the participants with a variety ofchallenges that must be met successfully if the athlete is to win his satisfactory share ofcompetition. The basic

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Effect Of Package Training On Selected Physical Fitness Variables

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ABASTRACT

The purpose of the study was to find out the effects of package training on physical fitness variables of PG students of physical education. To achieve the purpose of the study, forty male M P Ed students of Kashmir University were selected as subjects at voluntary and their age were ranged between 20 to 25 years. The selected subjects were divided in to two equal groups of twenty subjects each. Group I underwent package training for three days per week for twelve weeks. Group II acted as control that did not participate in any special training programme apart from their regular activities as per their curriculum. The following physical fitness components namely Speed, Muscular Strength Endurance and Cardio Respiratory Endurance were selected as dependent variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the compellation of training programme. The 0.5 level of confidence was fixed as the level of significance. T-test was used to find out the statistical significances of each age groups pre and post mean differences. The result of the study indicates due to varied packages of package (circuit training and plyometric training), Speed, Muscular Strength Endurance and Cardio Respiratory Endurance has been improved significantly.

Keywords package training, speed, muscular strength endurance and cardio respiratory endurance.

INTRUCATION

Sports training are a physical, technical, moral and intellectual participation of an athlete with the help of physical exercises. It is a planned process for the participation of athlete and players to achieve top level performance. Sports training are the basic form of preparation of sportsmen. Sport training is scientifically based and pedagogical process of sports perfection which through systematic effect on psycho-physical performance ability and performance readiness aims at leading the sportsmen to high and highest performance. Hardiyal Singh, Science of Sports Training.

मध्य भारती MADHYA BHARTI
(UGC CARE Group-I, Multi disciplinary)

CERTIFICATE OF PUBLICATION

This is to certify that the article entitled

Comparative Study on Academic Achievement and Achievement Motivation of Athletic and Nonathletic Students of District Shopian

Authored By
Dr Surjeet Singh
Assistant Professor Department of Physical Education University of Kashmir (J&K)

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COMPARATIVE ANALYSIS OF THE USE OF DOPING DRUGS FOR PERFORMANCE ENHANCEMENT AMONG INDIAN AND INTERNATIONAL WEIGHTLIFTERS

Authored By

Dr. Surjeet Singh
Assistant Prof. at Physical Education & Sports Department, Kashmir University

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Education and Society शिक्षण अणि समाज
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A STUDY ON PHYSICAL FITNESS AND PHYSIOLOGICAL VARIABLES OF BHANGRA & YOGA INTERCOLLEGE PLAYERS.

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Abstract

Bhangra is a Physical Activity which helps one to be fit as it is a form of exercise. One can positively maintain a healthy weight, build and maintain a healthy bone density, muscle strength, and joint mobility, promote physiological well-being, reducing surgical risks, and strengthening the immune system. Yoga is also the best means to develop not only the physical part but also mental part so that man may enjoy both internal and external world. **Objective** To find out the speed, flexibility variation in blood pressure and pulse rate were calculated. **Methodology:** present study was conducted among 80 males were selected (40 subjects were bhangra performers and 40 were yoga practitioners) from the colleges affiliated to Punjabi university Patiala. Random sampling method was used. **Conclusion:** It can be generalized that in order to enhance the speed the activities like bhangra performing can be suggested. Such activities are also advisable for the candidates having blood pressure problems. Yoga and bhangra both are equally advisable to the people who want to increase their flexibility, and control blood pressure problems.

Key words: Bhangra performers, Yoga practitioners, Speed, Flexibility, Blood pressure and Pulse rate.

Introduction

Physical education has existed since the earliest (Clearly 1984) stages of humanity like in areas as simple as hunting. However, the real history of physical education is in the changing methodologies that are used to transmit physical skills. Health is a human condition with physical, social and psychological dimensions, each characterized on a continuum with positive and negative poles (Clement G et. al. 2005). Positive health is associated with a capacity to enjoy life and to withstand challenges. It is not merely the absence of disease whereas Negative health is associated with illness, and in the extreme, with premature death

Bhangra and Health Related Fitness

There are many activities that develop components of both skill- and health-related physical fitness. These include basketball, racquetball and handball, ice skating and roller skating, and soccer and also various activities like Bhangra and yoga. Many individuals prefer to involve in yoga and bhangra while getting fit rather than engaging in fitness activities like running, cycling, or stair climbing. The competitive and social aspects of sports make them enjoyable for many, and help promote long-lasting compliance (one of the greatest challenges in exercise training).

Bhangra is a form of music and dance that originated in the Punjab region which is primarily in Pakistan and secondarily in India. Bhangra began as a folk dance conducted by farmers to celebrate the coming of Spring, a time known as Vaisakhi. As Bhangra continues to move into the mainstream, cultural understanding of its history and tradition enables people to appreciate it more. Bhangra actions and movements are full of energy and happiness as well as being highly methodical.

Thus, Bhangra is a physical activity which helps one to be fit as it is a form of exercise. One can

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Increasing Students' Awareness About Winter Sports At Government College Of Physical Education, Ganderbal

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Dr. Surjeet Singh Assistant Professor Department of Physical Education University of Kashmir (J&K)

Abstract The aim of this study is to determine awareness levels of students attending Govt. College of Physical Education about winter sports and to examine the effects of the training program applied within the scope of the study on their cognitive, affective, psychomotor and overall awareness. The study used single-group pre-test and post-test experimental design, which is a quantitative research approach. The participants of the study were 25 students studying in College of Physical Education and Ganderbal. The data collection tools used in the study were 'Personal Information Form', which includes questions to obtain data about their demographic information, and 'Winter Sports Awareness Scale'. The data collected was analysed by using SPSS 20 software. According to the results of the analysis, the changes in cognitive awareness, psychomotor awareness and overall awareness levels according to pre-test and post-test scores were found to be significant while affective awareness levels were not significant.

Introduction

Educational activities designed and prepared at schools, according to the needs of individuals and societies, which aim to result in targeted changes in behaviour of individuals. Both mental as well as physical development are necessary to achieve educational goals that are in harmony with modern education philosophy. Without any doubt, physical education is an indispensable component of general education (Gokmen, 1988), which means sport is an important activity as both in-class and out-of-class practice. Sport activities are, especially important in general education as it allows students to build up a bridge between theoretical and practical content (Fidan & Erden, 1996). Behaviour of individuals develop throughout their lives through education. Learning is a lifelong process that starts first in family environment. Infact, learning always causes behavioral changes in an individual (Tavacioglu, 1999). Today, all countries of the world give importance to sports and try their best to be successful in international sports organisations, which is considered as a sign of international prestige. However, losers often outnumber winners in such events. It is an established fact that sport is an important part of people's lives in countries which are successful in sports (Ozturk, 1998). Various factors, such as income level, educational background, geographical region, transportation opportunities, the nature of pastime activities,

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EFFECTIVENESS OF AEROBIC EXERCISES ON PSYCHOLOGICAL VARIBLES OF SENIOR SECONDARY SCHOOL STUDENTS

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Corresponding editor Surjeet Singh surjitbali@gmail.com

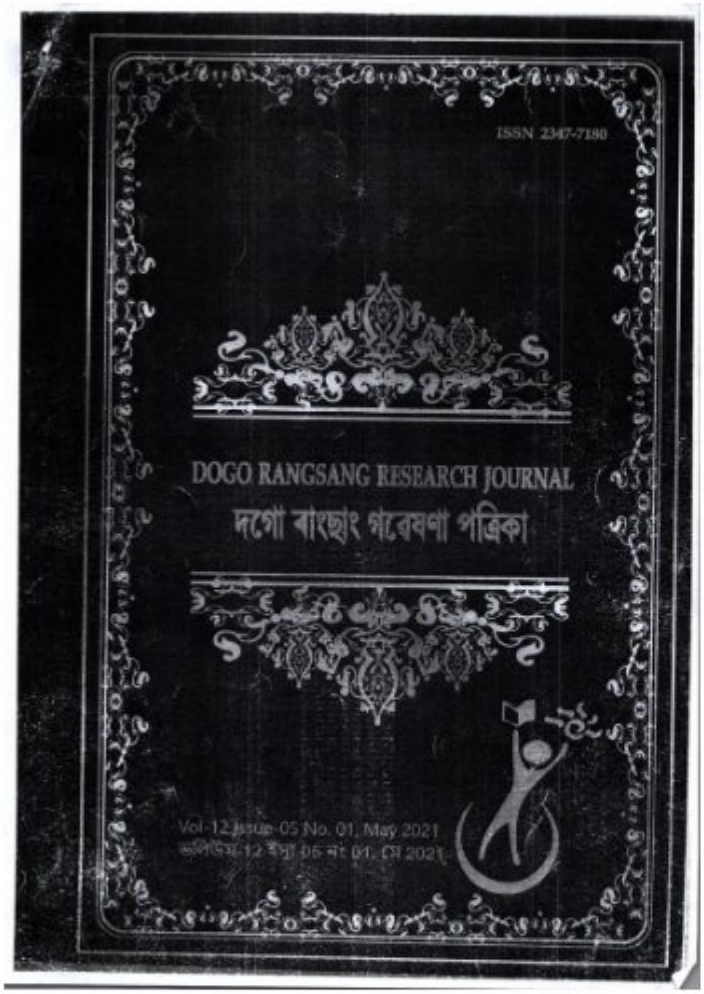
ABSTRACT

Introduction: the aim to study is to know effect of exercise on psychological variables (Anxiety and depression). Anxiety and depression may seem like opposites, anxiety and depression often occur together. The loneliness, hopelessness, and sadness of depression can make afraid and anxious. In turn, this fear and anxiety may make exhausted and more depressed. Anxiety takes many different form, some people with anxiety disorders suffer panic attacks, which are sudden bouts of extreme fear along with a racing heart, breathlessness, and even pain. Others have anxiety that causes them to often relive traumatic events from their past. **Methodology:** To know the effect of physical exercises on the level of anxiety and depression among Senior Secondary School students. Pre-test, post-test experimental design was used to find out the effect of exercises on the subjects. 100 students were selected for the study. Subjects were divided into two groups of 50 each, one group served as experimental and one as control group. Pre-test were conduct on both the groups to know the level of anxiety and depression of the subjects before importing training to the selected subjects. After pre-test the experimental group were provided with training of selected programme of exercises for the period of 6 weeks. **Result**: There is significance difference between the pre test and post test level of anxiety and depression in experimental group while as no significance difference was found between the pre test and post test level of anxiety and depression of Control group.

Key Words: Anxiety, Depression, Aerobic Exercise

Anxiety and depression may seem like opposites, but depression and anxiety often occur together. Anxiety and depression are believed to stem from the same biological vulnerability, which may explain why they so often go hand in hand. Since depression makes anxiety worse. Depression is characterized by a number of common symptoms. These include a persistent sad, anxious, or "empty" mood, and feelings of hopelessness or pessimism. A person who is depressed also often has feelings of guilt, worthlessness, and helplessness. Depression is a serious illness. Health professionals use the terms depression, depressive illness or clinical depression to refer to something very different from the common experience of feeling miserable or fed-up for a short period of time. Anxiety is a feeling of tension associated with sense of threat of danger when the source of danger is not known. It is a state of intense apprehension, uneasiness, uncertainly or resulting from anticipation of a threatening event or situation, often to a degree that the normal physical or psychological functioning of the affected person is disturbed. In modern competitive sports, the role of anxiety in sports performance has attracted the attention sports scientists.. Most of the researchers pertaining to relationship between anxiety and sports are concerned with the questions as to how trait anxiety and state anxiety affect sports performance.

The psychological side includes a specific conscious inner attitude and a peculiar feeling state characterized by a physical as well as mentally painful awareness of being powerless to do anything about a personal matter, by a tense and physically exhausting alertness as if facing an emergency. By



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A Comparative Analysis of Self-Efficacy among Kabaddi and Handball Players in the Iraqi Context

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Abstract This comprehensive research investigates self-efficacy levels among handball and kabaddi players in Iraq, utilizing the validated General Self-Efficacy Scale by Sahrayan and Muhammad Wasmaghafi. With 300 participants from diverse backgrounds in Iraqi universities and sports clubs, the study unfolds in two phases aligned with academic and training schedules. Employing SPSS for statistical analysis, the research reveals a marginal difference in mean scores (7.24 for Handball, 7.17 for Kabaddi). Despite this, the non-significant p-value ($p = 0.41$) leads to accepting the null hypothesis, emphasizing the intricate interplay between psychological factors and sports performance in Iraqi athletes. Situated within sports psychology and rooted in Albert Bandura's social cognitive theory, the study explores how athletes' beliefs in their abilities influence performance, motivation, and overall mental well-being. Focusing on Iraq, the research adds significance to understanding psychological dynamics in kabaddi and handball beyond football's dominance. The methodology employs the General Self-Efficacy Scale, a well-established tool, with robustness reinforced through validity and reliability assessments. Statistical analysis, including descriptive statistics and t-tests, provides a comprehensive overview of self-efficacy levels among handball and kabaddi players. Results challenge assumptions about sport-specific influences, indicating a non-significant difference in self-efficacy between the two sports. Practical implications extend to coaches and sports psychologists, suggesting tailored interventions for enhancing self-efficacy in both sports. In conclusion, this research expands comprehension of self-efficacy in diverse sports, emphasizing its universality and holding practical implications for coaches, sports administrators, and researchers. Despite limitations, the study contributes valuable insights, paving the way for future investigations into psychological intricacies influencing sports performance and athletes' well-being. The findings hold practical implications, fostering an environment recognizing the omnipresence of self-efficacy in sports excellence.

Keywords Self-efficacy, Sports Performance, Athletes in Iraq, Handball, Kabaddi in Iraq, Psychological Aspects, Sports Psychology, Psychological Dynamics, General Self-efficacy Scale

1. Introduction

Sports psychology plays a pivotal role in understanding athletes' psychological attributes and mental preparedness, significantly contributing to their performance and success in various sports [1]. Self-efficacy, a construct rooted in Albert Bandura's social cognitive theory, has emerged as a central element in sports psychology, influencing athletes' beliefs in their ability to achieve desired outcomes and goals within their chosen sport [2]. The concept of self-efficacy has been extensively researched and linked to an athlete's performance, motivation, and overall mental well-being [3]. In Iraq, where sports have been an integral part of its culture and history, investigating and comparing self-

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Sports Event Data Acquisition Method based on Wireless Sensor Technology and BP Neural Networks

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***Abstract* - By and large, tantamount games were pursued and accumulated by various gatherings in various regions of the planet, prompting the improvement of a great many ethnic sports. Rivalry results for competitors are impacted by a wide assortment of conditions. It is trying for mentors to rapidly get more exact sports execution expectation discoveries and comparing data investigation utilizing the traditional technique, making it inconceivable for them to concoct designated and logical preparation run plans for players' issues. Thus, in this exploration, we construct a model to foresee athletic execution and afterward test and dissect it utilizing data from different sources, all with the assistance of the BP neural organization procedure. The exploratory outcomes show that the BP neural organization technique beats the BP neural organization as far as combination speed and can achieve the normal blunder exactness in a more limited measure of time. Simultaneously, this paper combines the fields of wireless sensor networks and sports preparing to introduce a keen sports preparing framework that works on the back of such networks.**

Keywords: Sports, Event data acquisition, Wireless sensor technology, Back propagation neural networks.

I. INTRODUCTION

The level of the sports area given to games is on the ascent against the backdrop of energetic financial development. Games are an extraordinary gauge of a city's general improvement potential, featuring qualities and shortcomings in regions, for example, natural administration, foundation arranging, and resident schooling. It can help the city's general personal satisfaction, the wellness of its occupants, the liveliness of its social scene, the speed of metropolitan turn of events, and the development of related organizations [1]. Games have an abundance of potential outcomes, however, they likewise convey with them significant risks. The smooth running of the event could be seriously disturbed or even prevented by unexpected political, monetary, social, or catastrophic events that happen both abroad and at home. There is a great deal of unusualness during the time spent holding events, and the development of India's sports business is unassuming. In light of this, risk assessment should be an integral element of the cycle before game execution [2]. The getting organized council must have a thorough understanding of the risks associated with sporting events, survey and forecast the risk level associated with sporting events, develop crisis plans for hosting sporting events, and manage the likelihood of risks in conjunction with the localized reality.

Lately, wireless sensor networks have seen critical progressions that can possibly fundamentally modify our opinion on Web-based technology. To speak with or know about a controlled region or designated spot, one answer for the trouble of laying out wireless sensor networks is to make wireless sensor reference hubs that can be put in vital areas. Neighborhood reports or following area data ought to be utilized in the evaluation of the advantages and drawbacks of the method advancement approach [3]. Homegrown and global analysts are progressively zeroing in on inquiries of improvement. Thus, the improvement approach varies significantly depending upon the sort of utilization object being dealt with. Customary qualities incorporate an appreciation for sports culture[28]. Rivalries on a public scale have been created over numerous years. Customary sports are as yet prowling in the background, yet current sports have retained a significant part of the old insight and culture that they address. Expanding quantities of people are tolerating of and continuing a few public sports. With this in mind, we introduced a wireless sensor network to monitor ethnic sports, directly survey current ethnic sports top-down, and integrate ongoing community-based improvements to develop regional bespoke games. to develop [4].

The extremely nonlinear planning connection between this factors can in any case be effectively communicated by a neural network. The neural network calculation can gain from past data tests to acquire the important skill, kill the tedious

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A RIDIT ANALYSIS OF FORMULATION AND IMPLEMENTATION SUCCESS OF STRATEGIC PLANNING FOR SPORTS DEVELOPMENT AMONG THE UNIVERSITIES OF INDIA

Merajuddin Faridi[A], Iftikhar Ahmad Wani[B], Gyan Prakash Singh[C]

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Formulation of Strategic Planning;
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ABSTRACT

Purpose: The study's purpose was to analyze the formulation and implementation success of strategic planning for sports development in India's universities.

Theoretical framework: The researcher considered the "competing values approach (CVA)," the work of organization theorists Quinn and Rohrbaugh (1981, 1983),' to measure organizational effectiveness. The researcher also considered the study of 'David Shilbury & Kathleen A. Moore (2006)' which is based on the "competing values approach (CVA)."

Design/methodology/approach: This study was approached through a post-positivist paradigm with the concurrent design of mixed-method research. The 313 participants, who represented administrators, coaches, and players from India's three central universities, were surveyed using a structured questionnaire and interviewed using a semi-structured format. The three universities were Jamia Millia Islamia, Banaras Hindu University, and Aligarh Muslim University. The study used a multi-stage sampling method. At the onset, the three universities were selected purposively based on uniformity in their organizational structure, ordinances, academic calendar, and establishment age; finally, simple random sampling was utilized to determine the participants randomly from the selected universities. RIDIT analysis was used to analyze the questionnaire data, and thematic analysis was used to analyze the interview data.

Findings: The study results revealed a dearth in the formulation of strategic planning and its successful implementation for sports development in the universities of India. Further research is needed to explore university sports in India.

Research, Practical & Social implications: This study suggests that the university sports boards of the universities of India, particularly of the central universities, must recognize and consider the formulation of strategic planning along with its effective implementation procedure for the development of sports, which includes the formulation of the long-term strategic planning with clear and attainable objectives and the viability of how the formulated strategic planning can be resourced. The formulation of strategic planning must include the vision for the future development of sports, along with regular reviews based on its performance. The university sports boards will have to consult the administrators, coaches, experts, and their players to effectively formulate strategic planning with its successful implementation criterion. Well-organized strategic planning with a practical implementation criterion is the need of the hour to develop sports in Indian universities.

Originality/value: This is to certify, that the research paper submitted by us is an outcome of our independent and original work. We have duly acknowledged all the

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Rehabilitation of Self-Confidence Through Meditation, Relaxing Exercises, and Personal Counseling

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***Abstract*---**The purpose of the study was to find out the effect of a four-week rehabilitation program on the Self-Confidence of Handball players of Iraq. The Agnihotri's Self–Confidence Inventory (ASCI) was used to collect the data. A multi-stage sampling technique was adopted. At the onset, the handball players belonging to Iraqi Central Handball Federation, Baghdad, Al Shorta Stadium, Baghdad, Albaladiyeh club, Basra were selected purposively. Finally, fifty (50) subjects were selected randomly from the mentioned centers. Since the present study was experimental, the one-group pretest-posttest design was used to complete the study. The paired t-test was used to analyze the data using SPSS version 21. The results revealed a significant difference in the scores of pre and post-tests.

***Keywords*---**breathing exercises, handball, rehabilitation program, relaxing exercises, self-confidence.

Introduction

Previous research has demonstrated that sports can help people cope with modern society's multifaceted structure and material culture (Ryu, 2000). Besides, sports can strengthen interpersonal connections, cultivate active physical attitudes, foster social solidarity, and promote personal health, which can help meet social-psychological demands and alleviate emotional differences. Also, research shows that youth who participate in sports benefit in various ways, including enhanced social affinity, collaboration, physical adaption, accomplishment motivation, emotional control, sense of responsibility, self-

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THE DECLINE OF UNIVERSITY SPORTS IN INDIA: CAUSES AND RETENTION MEASURES

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University sports in India
Strategic planning
Players of universities
Sports strategic planning
Management of sports in India.

ABSTRACT

The objective of this study was to determine the causes of the decline of sports in the universities of India. A structured questionnaire was used to collect the data from India's hundred-year-old three central universities. The subjects for this study were the administrators, coaches, and players of the University Sports Boards. A multi-stage sampling technique was adopted for this study. At first, the three central universities, Aligarh Muslim University, Banaras Hindu University, and Jamia Millia Islamia, were selected purposively based on uniformity. Three hundred thirteen subjects, including 39 administrators, 29 coaches, and 245 players, were randomly selected from the three universities. RIDIT analysis followed by the Kruskal Wallis test was used to analyze the data and hypothesis. The study results unveiled that the effectiveness of sports in the universities of India has declined. There is no strategic planning with clear and attainable objectives for the management of sports in the universities of India. The study displayed the causes of its decline and suggested retention measures. Further research is needed to explore sports in the universities of India.

Contribution/Originality: The study reveals the causes of the decline of the effectiveness of sports in the universities of India. The study also suggests retention measures for the effectiveness of sports in the universities of India. The study stresses prompt action from the authorities for saving sports in the universities of India.

1. INTRODUCTION

Management is essential in any sports program since it must be adequately implemented to be effective and relevant. Bucher and Krotee (1993) assert that sports management entails collaboration between those who administer and participate in sporting processes. However, a quick look at universities in India reveals that those who participate in sports are just a selected few varsity athletes, that is, those who represent the university. As a result, this falls under interscholastic and intercollegiate sports. Most sports administrators, particularly at the university level, give this phase of sports greater attention and publicity than most other areas of the sports continuum. The reason is not far-fetched. Since this group has the most talented and skilled individuals, it is easier to obtain results, possibly justifying the large sums of money spent on sports. The only dependence on intercollegiate and interscholastic sports as a panacea for success has resulted in the following issues in university sports management.

i. Sports at the university level have become for a chosen few because most students are restricted to spectator rather than active participation.
ii. Most sports administrators become managerially lazy because they only deal with a few students. As a result, there are no expectations on their intelligence, initiative, or drive.

INFLUENCE OF AEROBIC EXERCISES AND YOGA PRACTICES DURING COVID -19 ON DEPRESSION AND SELF-ESTEEM OF MIDDLE-AGED PEOPLES*

BY

Iqbal Kabir*

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Abstract:

This study was designed to investigate the influence of aerobic exercise and yoga practice during covid-19 on depression and self-esteem of middle-aged people. To achieve the purpose of the study forty-five middle-aged men from various colleges, working as teaching faculty, of North Kashmir in Baramulla district were selected at random and their age ranged between 45 to 50 years. The selected subjects were randomly divided into three equal groups of 15 each, namely aerobic exercise group (group A), yoga practice group (group B) and control group (group C). The aerobic exercise and yoga practice were designed in consultation with the experts and were administered for a period of twelve weeks, six days a week; during the morning session, which lasted an hour. For depression, Beck depression inventory (BDI-II) was used and self-esteem was assessed by using the Rosenberg self-esteem scale. The pre-test, post-test and adjusted post-test mean were analyzed by Analysis of Covariance (ANCOVA) were applied. Whenever the 'F' ratio of the adjusted post-test mean was found to be significant, Scheffe's post hoc test was employed to find out the paired mean difference. The level of significance for the study was chosen as 0.05 level of confidence. The result of the present study indicates that there was a significant decrease in depression and an improvement in self-esteem for both the experimental groups when compared with the control group. The result of the study also indicates that there was a significant difference between the experimental groups only on self-esteem in favor of the aerobic exercise group.

Index terms: Exercise, self-esteem, aerobic middle-aged, depression, physical.

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INTRODUCTION

Regular practice of yoga and aerobic exercise helps to keep the body fit, controls cholesterol levels, reduces weight, normalizes blood pressure, and maintains psychological behavior, mental clarity, and greater self-understanding. Aerobic exercise is the keystone of fitness by doing aerobics and it increases the capillary network in the body (**Sathiaveni,** 2009). Aerobic metabolism is the way

I J C R M

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Original Article

An Examination of Aggression and Achievement Motivation in Male and Female College-Level Kho-Kho Athletes: A Comparative Study

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Abstract

Psychology is the scientific inquiry into behavior and cognitive processes. Put simply, psychologists endeavor to systematically comprehend our thoughts and actions. They delve into observable behavior, cognitive processes, physiological occurrences, societal and cultural influences, and the often-veiled facets of the subconscious mind. The objective of this specific study was to juxtapose the levels of aggression and achievement motivation among college-level kho-kho players hailing from diverse institutions within District Morena, Madhya Pradesh. The researcher opted for a random selection process, recruiting 150 male and female kho-kho athletes (75 individuals each) aged between 17 and 23. A significance level of 0.05 was predetermined. To evaluate aggression and achievement motivation, the researcher employed a questionnaire devised by Smith and Kamlesh. The gathered data underwent statistical scrutiny utilizing measures such as mean, standard deviation, and the't' test. The study findings significant differences in aggression and achievement motivation between male and female college-level kho-kho players in District Morena, Madhya Pradesh. These findings underscore the importance of considering gender-specific psychological factors in athlete development programs within the sport.

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1. Introduction

In domains where human interaction prevails, behavior inevitably arises, shaped by underlying psychological processes, whether on an individual or societal scale. Understanding the interplay between motivation and behavior holds paramount importance across diverse achievement-oriented contexts, ranging from controlled laboratory environments to dynamic classrooms and competitive sports arenas. A shared aspiration within both social psychology and sports psychology is the optimization of motivation, striving for equitable opportunities for individuals to realize their athletic potential (Phairembam, 2013). Motivation serves as a central focus in sports psychology research, delving into facets such as participation and discontinuation motives, intrinsic and extrinsic orientations, and pursuit of achievement goals. Sport, evolving from rudimentary forms of play, has evolved into a sophisticated and highly organized endeavor deeply ingrained in societal customs and traditions. The intricate behavioral dynamics inherent in sports

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The role of sports in breaking down cultural barriers: A study

Musavir Rashid and Iqbal Kabir

Abstract
This study explores whether sports can break down cultural barriers and promote understanding between diverse groups. The sample comprised 41 students aged 21 to 35, collected through a questionnaire method. We examined how sports can foster inclusivity and mutual respect. Our findings suggest that sports can indeed serve as a powerful tool for cultural integration, though challenges remain. The study concludes with recommendations for leveraging sports to enhance intercultural dialogue and understanding.

Keywords: Cultural integration, sports and diversity, intercultural dialogue, social cohesion

Introduction
In an increasingly interconnected world, the ability to understand and appreciate cultural diversity is more important than ever. One powerful medium that consistently bridges cultural divides and promotes mutual understanding is sports. From local soccer fields to the global stage of the Olympics, sports have a unique ability to unite people across cultural, ethnic, and linguistic boundaries. Cultural barriers often lead to misunderstanding, prejudice, and conflict. However, sports, with their universal appeal and ability to bring people together, have been proposed as a means to bridge these divides. This paper investigates whether sports can break down cultural barriers and promote understanding among diverse groups.

Methodology
For this study, the sample was collected from university and college campuses, focusing on students who participated in sports. A structured questionnaire was distributed to more than 50 individuals, with 41 students returning their responses. The questionnaire aimed to gauge their perceptions of sports as a tool for cultural integration.

Results
The responses were analyzed using a five-point Likert scale ranging from "Strongly Agree" to "Strongly Disagree." The results are summarized in Table 1 below:

Table 1: Show the results are summarized

Response	Score	Frequency (f)	fx
Strongly Agreed	5	19	95
Agreed	4	13	52
Partially Agreed	3	3	9
Disagreed	2	3	6
Strongly Disagreed	1	3	3
Total	-	41	165

The mean score ($\bar{x}$) is calculated as follows:

$$\bar{x} = \frac{\Sigma fx}{N} = \frac{165}{41} = 4.02$$

EFFECT OF HOME-BASED EXERCISE AND SELF-REGULATIVE TECHNIQUES ON FLEXIBILITY AND ANXIETY AMONG MIDDLE-AGED MEN

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Abstract:

The aim of the present study was to know the effects of home-based exercise and self-regulative techniques on flexibility and anxiety among middle-aged men. To attain the purpose of the study forty-five healthy middle-aged men accept to volunteer and their age between 45 and 50 years. They are teaching and non-teaching staff at Government Degree College, Sopore, Jammu and Kashmir UT. The subjects were randomly assigned into three equal groups, in which group - I (n=15) underwent home-based physical exercise, group - II (n=15) underwent self-regulative techniques and group – III (n=15) acted as a control. The relevant training program was given to the experimental groups for six days per week for twelve weeks. The control group did not perform any kind of structured physical activity. The criterion variables selected for the present study were: flexibility and anxiety. To measure the flexibility, the investigator used V-Sit and Reach test box and for testing the anxiety, the researcher used Hamilton Anxiety Rating (HAM-A) scale. The data was collected prior to and after experimentation from both the training groups and the control group. Paired 't' test was applied to examine the change within the groups and find out the significant differences between the groups the Analysis of Covariance (ANCOVA) was applied. Whenever the 'F' ratio of the adjusted post-test mean was found to be significant, Scheffe's post hoc test was employed. The result of the present study indicates that there was a significant improvement in flexibility and a significant decrease in anxiety due to the effect of home-based physical exercise and self-regulative techniques when compared with a control group. There was a significant difference found between the training groups on flexibility and anxiety, in which the home-based exercise group has better performance than the self-regulative techniques group.

Keywords: *flexibility, anxiety, home-based exercise, middle-aged, improvement, and self regulative techniques.*

IMPACT OF MULTIDIMENSIONAL HOME-BASED PHYSICAL EXERCISE ON CARDIO-RESPIRATORY ENDURANCE AND MUSCULAR ENDURANCE AMONG MIDDLE-AGED MEN

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ABSTRACT

To determine the impacts of multidimensional home-based physical exercises on cardiorespiratory endurance and muscular endurance among middle-aged men. To achieve the purpose of the study 30 middle-aged men, working as teaching and non-teaching staff at Government Degree College, Sopore, in Jammu and Kashmir State, selected for the present study and their aged between 45- 50 years. The selected subjects were randomly assigned into two equal groups, Group - I (n=15) underwent multidimensional home-based exercise and Group - II (n=15) acted as a control. The frequency of training was fixed to six-day per week (Monday to Saturday) for twelve weeks. The subjects in the control group did not undergo any special training apart from their regular or routine work. The criterion variables selected for the present study were: cardio-respiratory endurance and muscular endurance and the cardio-respirtory endurance was assessed by administering Cooper's 1.5-mile run/walk test and muscular endurance was measured by conducting sit-ups test. The collected data from both the groups were statistically analyzed by applying Analysis of Covariance (ANCOVA), to find out significant improvement if any. The result of the present study indicates that the cardio-respiratory endurance and muscular endurance were improved significantly due to the impact of multidimensional home-based physical exercises and there was a significant difference also found between the training group and control group on selected criterion variables in favour of experimental group.

Keywords: *cardiorespiratory, endurance, muscular, multidimensional, significant, and middle-aged.*

Introduction

Home-based exercise for the elderly is effective in keeping and increasing functional and health status when carried out correctly (**Campbell** *et al*, 2000). Health-related quality of life is a multidimensional concept that encompasses physical, mental, emotional, and social functioning (**Ferrans**, 2005). It relates to a person's self-perceived health in terms of well-being and functionality in different areas of life, such as physical well-being and functioning, emotional well-being, self-esteem, social functioning, and family relations (**Ravens-Sieberer** *et al*., 2008). The concept has gained much attention in the past few decades, as it is a stronger predictor of mortality and morbidity than many other objective measures of health (**DeSalvo,** *et al*, 2006 **and Dominick** *et al*, 2002).

Cardio-respiratory and muscular endurance is the level at which the heart, lungs, and muscles work together when people performing an exercise for an extended period of time. This shows how efficiently the Cardio-respiratory system functions, and is an indicator of how physically fit and healthy. It is useful to know Cardio-respiratory endurance level because it can be either be a sign of health or a sign that you need to improve your level of fitness. Increasing Cardio-respiratory endurance has a positive effect on overall health. Lungs and heart are able to better use oxygen. This allows exercising for longer periods without getting tired. Most people can increase their Cardio-respiratory endurance by doing regular exercise. Cardio-respiratory endurance is an indication of a person's overall physical health and it monitors how well the heart, lungs, and muscles perform during moderate to high-intensity exercise (**Cronkleton**, 2018).

Cardio-respiratory endurance is defined as a health-related component of physical fitness that relates to the ability of the circulatory and respiratory systems to supply fuel during sustained physical activity and to eliminate fatigue products after supplying fuel (Caspersen, *et al*, 1985). Cardio-respiratory endurance is a performance factor in all activities in which adenosine triphosphate (ATP) is resynthesized, mainly by aerobic metabolism or oxidative processes that produce energy. In the training program, the expended effort typically lasts longer than five minutes, primarily depending on the metabolic level of

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A Study on the Effect of Eight Weeks Exercise Training Protocol to Prevent Ankle and Knee Injuries among Basketball Players

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ABSTRACT

Background: The prevalent ratio of injuries in basketball influences the lower appendages, particularly, ankle and knee joint, and this is the real reason for missed long periods of training amid a season. Additionally, ankle and knee injuries can increase the risk factor of intermittent injuries. An exercise protocol is conceivably a critical preventative measure as it seemed to diminish the occurrence of ankle and knee injuries.

Objectives: To examine the impact of a structured thera-band exercise protocol intended to reduce the rate of ankle and knee injuries in young basketball players.

Materials and Method: 48 male players aged 19-25 years; contributed in the study, 24 in experiment group; 24 players in the control group. The program is a modification of other prevention exercise protocol previously proven to be effective. All exercises in the present protocol are attuned so that a more progressive development in the exercise is accessible.

Intervention: A structured training protocol (thera-band exercise programme) to improve neuromuscular power, strength, and control and to reduce ankle and knee injuries.

Main Outcome Measure: The rate of injuries to the ankle or knee.

Results: During the season, 6 ankle and knee injuries occurred, 5 injuries in the control group; (2 injuries in training and 3 during matches) and 1 injury in the experiment group (0 injuries in training and 1 injury in matches). Rarer injured players were in the experiment group than in the control group.

Conclusion: Structured exercise training protocol of thera-band exercises focusing on awareness and can successfully prevent ankle and injuries in young basketball players. Preventive training ought to hence be presented as a vital part of youth sports programmes.

Keywords: *basketball, ankle, knee, exercise, prevention.*

Introduction

To accomplish capability and elite execution, competitors are embraced extreme training at more youthful ages, taking an interest in complex games in a single season, and keeping training all through the whole year. Sporting activities, for example, basketball, handball, soccer, and volleyball are high-chance activities particularly for parallel ligament injuries of the lower leg joint complex.[1] A large portion of the injuries which happen in basketball in the lower appendage.[2-3-4-5] Both abuse (e.g. shin braces, stress fractures,[6] patellar tendinopathy (PT),[7,8] patellar femoral agony disorder (PFPS) [9,10] and acute injuries (e.g. ACL injury[11,12] and lower leg sprains.[13,14] These injuries frequently result in a substantial time off for the injured players, regularly one week or more[15] or five to six sessions.[16] Reports from Scandinavia that sports injuries establish 10-19% of every single acute injury found in emergency organizations and the most well-known categories are ankle and knee injuries.[17] Genuine knee injuries, for example, injuries to the ACL, are a developing reason for concern. The most elevated occurrence is found in young players playing rotating sports, for example, basketball, handball, and football. This implies injury event can put a stop to the competitor's cooperation in his game for quite a while. This would already be able to happen at an early age and result in long-lasting imperative in-game support.[18,19]

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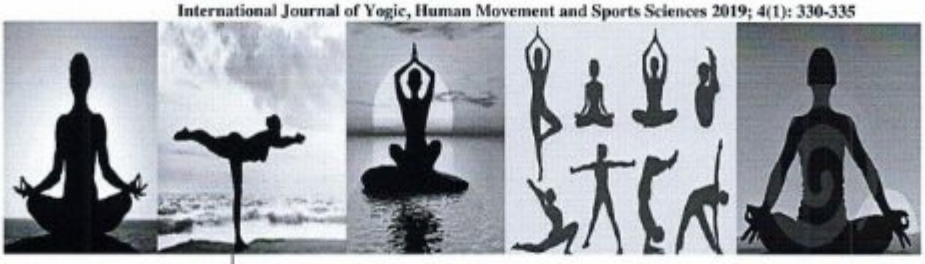

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Impact of an exercise training protocol on selected agility speed and injury prevalence among basketball and handball players

Naseer Ahmad Bhat and Dr. K Sreedhar

Abstract
Purpose: The purpose of the study was to determine the impact of an exercise training protocol on agility, speed and injury prevalence among college level men basketball and handball players.
Method: Forty (N = 40; 20 Basketball + 20 Handball) players were selected and divided into two groups: Experimental group (N =20; 10 Basketball + 10 Handball) and Control Group (N = 20; 10 Basketball + 10 Handball). Both the experimental and control group endured a common fitness training for 20 min per season 3 to 5 seasons in a week for 8 weeks with a gradual increase in number of seasons/week as the training progresses. The experimental group underwent a special deigned exercise training protocol in addition to the fitness training and control group did not undergo the training protocol. The factors namely agility, speed and injury prevalence were measured by semo agility test, 50-meter dash and injury ratio questionnaire assessment respectively. The data were collected and tested from each subject before and after the training period and statistically analyzed by using analysis of covariance (ANCOVA).
Results: The result of the study showed that eight weeks of exercise training protocol significantly improved agility (F = 239.70), speed (F=7.70) and reduced injury prevalence (F=5.53) of basketball and handball players. After training intervention, the results showed 8.53% improvement in agility, 5.61% improvement in speed and 60% reduction in injury prevalence in experimental groups after eight weeks of exercise training protocol.
Conclusion: This study shows that there was a significant improvement in the experimental groups on selected factors namely agility, speed and a significant reduction in injury prevalence due to the 8-weeks of exercise training protocol and has made a factual attempt to reduce the injuries of college level men basketball and handball players.

Keywords: Exercise training protocol, agility, speed, injury prevalence, injury prevention, basketball, handball

Introduction

Basketball and handball are among the most popular team sports in the world and their performance is highly dependent upon a combination of technical, physical and tactical skills of players among which physical fitness plays a vital role during a match (Borowski *et al*., 2008; Maffulli *et al*., 2010) [5, 24]. In basketball and handball, abrupt and intense change of direction, regular commencement and preventing, and contact among players mostly depend on dynamic balance. It is obvious that basketball and handball playing ability is possibly related to balance maintenance while moving, passing, shooting, dribbling etc. After commencement of basketball and handball in Olympics, it steadily improved the players' physical fitness, physique, physiological and psychological physiognomies. The intensity of the games has been enhanced because of new training approaches. Injuries can counter the helpful impacts of sports participation if an athlete who is unable to continue to participate because of residual effects of injury (Longo *et al*., 2010; Longo *et al*., 2011; Longo *et al*., 2008; Maffulli *et al*., 2010; Maffulli *et al*., 2011; Maffulli *et al*., 2010) [21-26]. During a basketball and handball match players perform irregular activities at high intensity that require a blend of aerobic and anaerobic fitness (Buchheit *et al*., 2009; Buchheit *et al*., 2009; Delamarche *et al*., 1987; Rannou *et al*., 2001; Souhail *et al*., 2010) [6, 7, 11, 31, 37]. In spite of the various medical advantages,

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Impact of an exercise training protocol on selected balance flexibility and injury prevalence among basketball and handball players

Naseer Ahmad Bhat and Dr. K Sreedhar

Abstract
Purpose: The purpose of the study was to determine the impact of an exercise training protocol on balance, flexibility and injury prevalence among college level men basketball and handball players.
Method: Forty (N = 40; 20 Basketball + 20 Handball) players were selected and divided into two groups: Experimental group (N =20; 10 Basketball + 10 Handball) and Control Group (N = 20; 10 Basketball + 10 Handball). Both the experimental and control group endured a common fitness training for 20 min per season 3 to 5 seasons in a week for 8 weeks with a gradual increase in number of seasons/week as the training progresses. The experimental group underwent a special deigned exercise training protocol in addition to the fitness training and control group did not undergo the training protocol. The factors namely balance, flexibility and injury prevalence were measured by star excursion balance test, sit and reach test and injury ratio questionnaire assessment respectively. The data were collected and tested from each subject before and after the training period and statistically analyzed by using analysis of covariance (ANCOVA).
Results: The result of the study showed that eight weeks of exercise training protocol significantly improved balance (F = 1247.07), flexibility (F=119.01) and reduced injury prevalence (F=5.53) of basketball and handball players. After training intervention, the results showed 8.03% improvement in balance, 12.98% improvement in flexibility and 60% reduction in injury prevalence in experimental groups after eight weeks of exercise training protocol.
Conclusion: This study shows that there was a significant improvement in the experimental groups on selected factors namely balance, flexibility and and a significant reduction in injury prevalence due to the 8-weeks of exercise training protocol and has made a factual attempt to reduce the injuries of college level men basketball and handball players.

Keywords: Exercise training protocol, balance, flexibility, injury prevalence, injury prevention, basketball, handball

Introduction
Basketball and handball were among the world's most prevalent physical activities, complex and highly challenging intermittent sport, concerning multiple high-intensity runs (Hermassi *et al*., 2016; Schwesig *et al*., 2016) [11, 20], repeated body contacts and other high-intensity strength and power actions. Innovativeness in blend with speed-jumping, turning, evolving pace, ball throwing, and lateral movements makes these sport very attractive but intense to play. Although both the sports were entirely not considered as contact sport, the lower limb joints are continually exposed to physical stress from the technical movements and exceptional physical interactions during play (Cumps *et al*., 2007) [4]. However, the regular participation among young players, further to the specific risks of these sport can rise the chances of suffering an injury (Borowski *et al*., 2008; Deitch *et al*., 2006) [2, 5] predominantly due to the immaturity of the musculoskeletal system during the era of structural and motor development (Gaca, 2009; Taylor and Attia, 2000) [8, 22]. From a sports medicine perception, the prevention of sports injuries is imperative, as an injury occurring at a young age can have short and long-term effects on both physical and mental health. A precondition for the development of prevention strategies is adequate comprehension of the extent (i.e. incidence) and risk factors of sports injuries (Emery, 2003) [7]. Writers of imminent investigations have revealed that previous injury (Starkey, 2000) [21], anatomical factors (Hewett *et al*., 2005) [12], biomechanical

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Research Article

Analysis Of Injury Incidence Among Basketball And Handball Players By Special Designed Exercise Protocol

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Abstract

Purpose: The purpose of the study is to assess the analysis of injury incidence among basketball and handball players by special designed exercise protocol. **Method:** Forty (N = 40; 20 Basketball + 20 Handball) subjects were selected randomly as subjects and divided into two groups: experimental group (EXP = 20; 10 Basketball + 10 Handball) and Control Group (CON = 20; 10 Basketball + 10 Handball). EXP Group underwent special exercise training protocol and CON Group acted as control group. The experimental group was subjected to the training for three days in a week which is progressively increased to five sessions as the training progresses for the period of 8 weeks. The factors namely explosive strength and injury prevalence were measured by sargent jump test and injury rate assessment. The data were collected and tested from each subject before and after the training period and statistically analyzed by using analysis of covariance (ANCOVA). **Results:** The results of the study indicate that there was no significant change in explosive strength (F = 0.28) among experimental group when compared with the control group and there were significant changes in injury prevalence (F = 5.53) of basketball and handball players which shows significant difference among the groups. After training intervention showed 20.76% improvement in explosive strength and 60% reduction in injury prevalence were noticed in experimental groups after eight weeks of exercise designed protocol. **Conclusion:** We conclude that there was a significant improvement in experiment groups on selected factors namely explosive strength and injury prevalence of college level men basketball and handball players.

Keywords: exercise training protocol, explosive strength, injury prevalence, basketball, handball

INTRODUCTION

Explosive strength is nearly the most vital basic feature behind the performance in all sports. A basketball and handball player should achieve a high essential strength level since it has a many advantageous impacts to moving in the court through from speed, explosive strength, and circumstance power. One additionally requires strength to hold one's body or body parts in a specific position, move rapidly or to back off the movement. A strong core strength is vital in basketball and handball for winning defensive and offensive duels (Barth and Bosing 2010). The strength of the upper body part is critical in setting screens (Rose, 2013); attaching a bounce back (Manfredi, 2016;

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Research Article

Ranking of Football Players by DEA-Super Efficiency Model: An Evidence From English Premier League 2016/17 Season

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Abstract

In the professional and competitive sport ranking and rating of players and teams in response to their performance is vital. There is no universal method of ranking which can be applied to all sports. In this study we suggest Data Envelopment Analysis super efficiency technique for ranking of football players in English Premier League 2016/17 season. Performance of 46 forwards and 31 midfielders was evaluated and subsequently ranked who had played a minimum of 1000 minutes and had scored at least 3 goals during the season based on their input and output statistics. According to the CCR DEA model, only twelve players reached the performance of 100%. This means that only 26.086% of the sample reached the efficiency frontier. The average CCR performance of the forward players during the 2016/17 was 0.85%. The results showed that midfielders were more efficient than forwards but strikers were more successful in scoring goals. The use of super efficiency analysis sets out to rank the DMUs which allows an unbiased assessment of player performance. Such an efficiency measuring system would provide useful information to management of football clubs, their coaches and to football players themselves.

Key Words: Data Envelopment Analysis, Forwards, Midfielders, Super efficiency, Football.

1. Introduction

Manchester United is efficient or Chelsea. If you have Lionel Messi or Cristiano Ronaldo, who would you choose. The question "who is efficient or who is better" is the one that everyone associated with sport seeks to find. Abstract and subjective elements have a great deal of bearing on this discourse; and mystique, intensity, specialized quality, class and sportsmanship all raise a player's prestige in the supporters' eyes Santin (2014). For example, in football, basketball, baseball etc. the national and international prizes won by the players, as well as an ever expanding array of statistics support in evaluating the efficiency and performance of players and additionally are essential factors for their rating and ranking. Furthermore, different players can only be compared taking into account how many seasons they played for the same team or their performance across a particular season. For instance, it is unjustifiable to reason that player x who won four cups in four seasons was less efficient than player y who earned six cups across 13 seasons.

Efficiency analysis in football is a well established line of research making use of different methodological approaches such as parametric and non parametric methods. Parametric methods use

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EFFECT OF EXERCISE TRAINING PROTOCOL ON SELECTED FACTORS FOR EVALUATING INJURY INCIDENCE AMONG BASKETBALL AND HANDBALL PLAYERS

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Abstract
Purpose: The purpose of the study is to assess the effect of an exercise training protocol on vo2 max and injury prevalence for evaluating injury incidence among college level men basketball and handball players. **Method:** Forty (N = 40; 20 Basketball + 20 Handball) subjects were selected randomly as subjects and divided into two groups: experimental group (EXP = 20; 10 Basketball + 10 Handball) and Control Group (CON = 20; 10 Basketball + 10 Handball). EXP Group underwent special exercise training protocol and CON Group acted as control group. The experimental group was subjected to the training for three days in a week which is progressively increased to five sessions as the training progresses for the period of 8 weeks. The factors namely Vo2 max and injury prevalence were measured by Yo-Yo intermittent test and injury rate assessment. The Data were collected and tested from each subject before and after the training period and statistically analyzed by using analysis of covariance (ANCOVA). **Results:** The result of our study showed that eight weeks of exercise training protocol significantly improved Vo2 max (F = 338.56) and injury prevalence (F = 5.53) of basketball and handball players which shows significant difference among the groups. After training intervention showed 8.63% improvement in Vo2max and 60% reduction in injury prevalence were noticed in experimental groups after eight weeks of exercise training protocol. **Conclusion:** We conclude that there was a significant improvement in experiment groups on selected factors namely Vo2 max and injury prevalence of college level men basketball and handball players.
Keywords: Exercise training protocol, Vo2 Max, injury prevalence, basketball, handball

INTRODUCTION

Basketball and handball is one of the world's most popular physical activities, complex and highly demanding intermittent sport, involving multiple high-intensity runs, [1-2] frequent body contacts, and other high-intensity strength and power actions. Creativity in combination with speed-jumping, turning, changing pace, ball throwing, and lateral movements makes this sport very attractive but tough to play. Although both is not strictly considered a contact sport, the lower limb joints are constantly subjected to physical stress from the technical movements and intense physical interactions during play. [3] However, the regular participation among young players, added to the specific risks of the sport factors can increase the chances of suffering an injury [4-5] due mainly to the immaturity of the musculoskeletal system during the period of structural and motor development [6,7]. Sports injuries constitute an untoward adverse effect that undermines the benefits of regular physical activity. From a sports medicine perspective, the prevention of sports injuries is important, as an injury occurring at a young age can have short and long-term effects on both physical and mental health. As a result, it is necessary to conduct prevention research to protect children and adolescents against the potential negative consequences of sports. A precondition for the development of prevention strategies is sufficient understanding of the extent (i.e. incidence) and determinants (i.e. risk factors) of sports injuries [8]. Authors of prospective studies have reported that previous injury [9] biomechanical alignment [10] anatomical factors, [11] decreased muscle flexibility [12] and poor balance [13] are common risk factors for lower limb injuries in basketball and handball players.

In basketball and handball, abrupt and intense change of direction, frequent commencement and stopping, and contact among players largely depend on dynamic balance. It is obvious that basketball

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DISPARITY BETWEEN PHYSICAL AND PHYSIOLOGICAL VARIABLES

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Abstract

Study was to analyze physical and physiological variables of high school children. Total number of subjects were taken 240 from different classes as the age (10, 11, 12 &13). From each age group 60 subjects were taken. The selected subjects for the study were male school children from different high schools. The physical variable (speed) and physiological variable (Anaerobic power) were selected for the present investigation. Speed was measured by 50m dash and anaerobic power was measured by RAST. Speed was found statistically significant as the 'f' value was higher than the calculated table value (2.77) of all the age groups (10, 11, 12 & 13). Similarly, anaerobic power was found significant among (11 & 13) age groups but insignificant among (10 &12) age groups. Scheffe's post hoc test was done to see the mean difference between the districts on the physical and physiological parameters of school children. The level of significance was set at 0.05.

Key words:- speed, anaerobic power, RAST

Introduction

Physical fitness is a versatile idea and there are quite a lot of different definitions of physical fitness and the relation of components depend on the scientific area through which it can be operated. Physical fitness, exercise and physical movements under which the different terms describe different concepts. But, unfortunately these terms are often confounded. As we show some kind of interest towards the physical fitness. But it is not enough for the betterment of the ones own fitness and also for the other people. As we know that it is not easy to make the decisions clear. To measure the weight of the subjects it also difficult because of the sex difference and change in the Body mass index in connection with age.

Most people consider themselves basically healthy as long as they don't suffer from any disease or infirmity. But fitness is more than that. Fitness means having efficient circulation, muscular strength and stamina, and good balance, it means that being agile and coordinated. Being physically fit make you good and feel well, enable you to live energetically and enjoy life more, and improves mental efficiency. A group of members of the American association for health, physical education and recreation has defined physical fitness as "that state which characterizes the degree to which a person is able to function."

Being fit has many advantages, from helping to control weight and giving a better night sleep. There is impressive evidence that people who exercise frequently, and in correct way are less prone to heart attacks, strokes and other life-threatening conditions and live longer than people whose existence is sedentary. We can't build up a store of fitness that will last for longer time period, for that purpose we have to exercise regularly and correctly throughout our life. The present study gives you better view about the physical and physiological fitness of school children and proper guidance about the drawbacks to be removed and correction in case of mistakes done in the development of the physical and physiological fitness in every respect.

Physical and physiological fitness of human beings should be taken into consideration at the early stages of the life. The rich sources of protein, carbohydrates, fats, minerals and fiber type food will play an important role in making the body healthy and sound. As we grow our body needs much more food because of heavy work load as compared with the earlier stages of life.