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| S.No. | AUTHOR(S) | TITLE | PAGE |
|-------|--|--|-----------|
| 1. | DR. HARI PARKASH Assistant Professor of Physical Education, Government College Kharkhara, (Rewari) Haryana gahlawatharirediffmail.com | ROLE OF YOGA IN MANAGING DEPRESSION: CAUSE, SYMPTOMS, AND STRATEGIES FOR ADDRESSING DEPRESSION | 27 |
| 2. | MISS. G. JAYABHARATHI Research Scholar, Alagappa University, Karaikudi, Tamil Nadu, India DR. S. SAROJA Assistant Professor, Alagappa University, Karaikudi, Tamil Nadu, India. | EFFECTS OF PLYOMETRIC TRAINING ON THE DEVELOPMENT THE VERTICAL JUMP INVOLLEYBALL WOMEN PLAYERS | 30 |
| 3. | MR. RAMANDEEP KRALIA Director of Physical Education, Govt. Degree College Ramban, Jammu and Kashmir. ramandeepkraliakvs@gmail.com | STUDY OF FAT PERCENTAGE AND MUSCLE MASS OF COLLEGE STUDENTS BETWEEN HILLY AND PLAIN AREAS | 35 |
| 4. | MR. VISHAL MALHOTRA P. E. Teacher, Govt. High School Chatha, GHS Chatha Pind J & K. vishal.brandies@gmail.com | AN ANALYSIS OF THE POSITIVE MENTAL HEALTH OF TRIBAL AND NON-TRIBAL ADOLESCENT BOYS | 38 |
| 5. | NAMBURI RAMYA Research Scholar, Department of Studies in Physical Education & Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura ramyaadwitha@gmail.com DR. KIRAN.G. N Assistant Professor, Department of Studies in Physical Education & Sports Sciences Karnataka State Akkamahadevi Womens University, Vijayapura kirannagappa@gmail.com | EFFECT OF YOGIC PRACTICES ON AGGRESSION AMONG FEMALE ENGINEERING STUDENTS IN THE PANDEMIC SITUATION | 40 |
| 6. | DR. RAVI. T. K. Physical Education Director. Shankaragowda College of Education. Mandya. Karnataka ravisport9448@gmail.com | A DAILY EXERCISE AND ITS EFFECT ON PSYCHOLOGICAL WELL-BEING IN MAINTAINING MENTAL AND PHYSICAL HEALTH | 44 |
| 7. | SATYENDER SINGH Assistant professor of Mathematics Government College Kharkhara (Rewari) Haryana chauhans814@gmail.com | ROLE OF PHYSICAL FITNESS AND HEALTH - CHALLENGE IN THE TODAY'S CRISES | 46 |
| 8. | DR. ANU SHRIVASTAVA Head of the Department, School of Journalism and Mass Communication, LNCT University, Bhopal, anushri2811@gmail.com MR. YOGESH DHANJANI Research Scholar, School of Journalism and Mass Communication, LNCT University, Bhopal, yogeshdhanjani@gmail.com | THE TOUCH OF MUSIC: UNDERSTANDING THE IMPACT OF MUSIC STREAMING APPLICATIONS AND THEIR WORK-OUT PLAYLISTS IN ENHANCING PHYSICAL FITNESS | 50 |

| | | | |
|-----|---|---|----|
| 9. | SK RASID MAHAMMAD Ph.D Scholar, Utkal University (Bhubaneswar-Odisha) & State Aided College Teacher (SACT), Dept. of Physical Education. Ghatal Rabindra Satabarsiki Mahavidyalaya, Ghatal. West Bengal | AN EXPLORATION OF THE IMPACT OF YOGA ON THE SOCCER SKILL OF THE MALE PLAYERS OF PASCHIM MEDINIPUR, WEST BENGAL | 53 |
| 10. | SUBHAS HUNNALLI Svm Arts, Science and Commerce College Ilkal | A CORRELATION STUDY OF ANXIETY AND PERSONALITY TRAITS BEHAVIOR OF SPORTSWOMEN | 58 |
| 11. | DR. RAJKUMAR P MALIPATIL Research Guide, Associate Professor Karnataka State Akkamahadevi Women's University Vijayapur SUNITA SAPTALA Research Scholar, Karnataka State Akkamahadevi Women's University Vijayapur | A COMPARATIVE STUDY OF SELF EFFICACY BETWEEN SPORTS MAN AND NON-SPORTS MAN OF SECONDARY SCHOOL STUDENTS | 61 |
| 12. | SMT.BHAGYAJYOTI METI Research Scholar, Department of Studies in Physical Education and Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura | EFFECT OF MEDITATION ON AGGRESSION OF POST-GRADUATE STUDENTS | 64 |
| 13. | GEETA PARASHER Assistant professor, Department of Physical Education, KanyaMahavidyalayaBhoor, Bareilly, (U.P.) geetaparasher.nyk@gmail.com DR. S.N. BEHERA Former Professor, Department of Physical Education, Sant Gadge Baba Amravati, University (M.H.) snbehera28@gmail.com DR. MUKESH KUMAR Physical Educator, mukudhiman3@gmail.com | ROLEOF PANCHAYAT YUVA KRIDA AUR KHEL ABHIYAN (PYKKA) FOR THE PROMOTION OF SPORTS IN ROHTAKDISTRICT | 67 |
| 14. | PROF. DR. MANOJ P. ARMARKAR Shri. Dnyanesh Mahavidyalay Nawrgaon, Tah. Shindewai, Dist. Chandrapur | ADVANCEMENT IN PHYSICAL FITNESS IN MODERN ERA | 71 |
| 15. | DATTATRAYA MAHADEO BIRAJDAR (Director of Physical Education and Sport) C. B. Khedgi's B. Sci. R.V. Comm. & R.J. Arts College, Akkalkot Dist- Solapur (MH) dattatrayabirajdar0015@gmail.com | AFFECT OF MUSIC ON ATHLETE'S RUNNING PERFORMANCE | 73 |
| 16. | DR.PANKAJ CHAUDHARY Director Of Physical Education, Mohasinbhai Zaweri Mahavidhyalaya, Desaignanj (Wadsa) Gadchiroli, Maharashtra- | AGILITY AND ENDURANCE BETWEEN RURAL AND URBAN FEMALE PLAYERS A COMPARATIVE STUDY | 75 |
| 17. | DR. MAHESH M. JOSHI H. O. D., Department of Physical Education & Sports, Kewalramji Harde Mahavidyalaya, Chamorshi, Ta. Chamorshi, Dist. Gadchiroli yogimahesh1947@gmail.com | EFFECT OF FREE HAND EXERCISES ON COLLEGE GOING STUDENTS' PHYSICAL FITNESS | 77 |

| | | | |
|-----|--|---|-----|
| 18. | DR. ATUL TANAJI LAKDE Director of Physical Education and Sports Yashwantrao Chavan Mahavidyalaya, Karmala Dist- Solapur Maharashtra atul_lakade@yahoo.co.in | A COMPARATIVE STUDY BETWEEN ANULOM VILOM AND THREE BALL SPIROMETER EXERCISE ON LUNG CAPACITY | 80 |
| 19. | DR. MOHAMMED AJAZ SHEIKH Director of Physical Education and Sports D. B. Science College, Gondia | PSYCHOLOGICAL AND PHYSIOLOGICAL CHARACTERISTICS OF SOCCER PLAYERS | 82 |
| 20. | DR. VASANT NINAVE Asst.Prof. Dept.of Phy.Edu., Nagar parishad shivaji mahavidyalaya, Movad, Tah-Narkhed Dist-Nagpur | EFFECT OF REIKI THERAPY FOR FITNESS | 86 |
| 21. | PROF. DR. NARENDRA UTTAMRAO PATIL Director of Physical Education and Sports, Dadasaheb Bidkar Art's Science and Commerce College, Peth, Tal. Peth, Dist. Nashik | YOGIC EXERCISES: THE HEALTHIEST WAY TO DEAL WITH STRESS | 88 |
| 22. | DR. SUBHASH M. SHEKOKAR Director of Physical Education (AL-14) & Head Nevjabai Hitkarini College Bramhapuri Dist. Chandrapur (M.S.) | IMPORTANCE OF SOCIOLOGY IN SPORTS | 91 |
| 23. | DR. SHUBHANGI DAMLE Director of Physical Education & Sports Savitribai Phule Mahila Mahavidyalaya, Washim | DESCRIPTIVE STUDY ON ADOLESCENT AND MENSTRUAL CYCLE PROBLEMS IN RURAL AREAS OF WASHIM | 94 |
| 24. | DR. VILAS M. WANKHEDE Director and Physical Education and sports Yadaorao Poshttiwar College Talodhi (Ba) Vilaswankhede@gmail.com | A COMPARATIVE STUDY OF MOVEMENT TIME OF CHANDRAPUR & GADHCHIROLI SOCCER PLAYERS | 97 |
| 25. | DR. ARAK VANDANA DAMODHAR Director of Physical Education, Shri. Dnyaneshwar Mahaavidyalaya Newasa Dist.Ahmednagar vandana.arak@gmail.com | SOCIAL IMPACT OF PHYSICAL EDUCATION ON SOCIETY | 99 |
| 26. | MRS. SANGEETA R. CHATI Asst. Professor, Yeshwant Mahavidyalaya, Nanded | CONTRIBUTION OF INDIAN MUSIC IN MENTAL HEALTH | 102 |
| 27. | DR. DATTATRAY KARANGALE Indira Gandhi college of Physical Education Nagpur, Dist. Nagpur Dattakarangale@gmail.com | ROLE OF STRESS MANAGEMENT IN MAINTAINING FITNESS | 104 |
| 28. | DR. GANESH KATAKDEORE Mahatma jyotirao Fule Sharirik Shikshan Mahavidyalay Umred, Dist. Nagpur | THE ROLE OF SPORT PSYCHOLOGY IN SPORTS PERFORMANCE ENHANCEMENT | 106 |
| 29. | DR. PRAVIN LAMKHADE Associate Professor, Rani Indirabai Bhosale Mahavidyalaya, Kuhi, Dist. Nagpur lamkhade.pd@gmail.com | COMPARISON OF FITNESS IN NORMAL WEIGHT AND OVERWEIGHT INTER- UNIVERSITY PLAYERS IN NAGPUR DISTRICT | 109 |
| 30. | DR. JAYAWANT MANE Director Physical Education & Sports K.M.C. College, Khopoli drjaymane@gmail.com | CONTRIBUTION OF OTHER THERAPY REIKI, AEROBICS, MUSIC, YOGA FOR FITNESS | 113 |

| | | | |
|-----|--|---|-----|
| 31. | PUNAM DASTAGIR MUJAWAR Director of Physical Education and Sports, Sree Narayana Guru College of Commerce Chembur- Mumbai Suburban poonampathan123@gmail.com | PROCEDURE FOR ATTITUDE SCALE CONSTRUCTION AND IT'S APPLICATION IN PHYSICAL EDUCATION AND SPORTS | 117 |
| 32. | PROF. DR. SHIRISH S NAKHATE Associate Professor, Head of Department Department of Economics, Smt. R. M Patel Mahila College, Bhandara shirishnakhate@gmail.com | STRESS MANAGEMENT IN LIBRARIANSHIP | 120 |
| 33. | YOURAJ RATHOD Research Scholar DR. MANISHA PAWAR Assistant Professor, M.S.M. Physical Education College Khakdeshwar Aurangabad | ACHIEVEMENT MOTIVATION OF STUDENTS ARE AFFECTED BY PARTICIPATION IN OUTDOOR AND INDOOR SPORTS | 124 |
| 34. | MR. AJINKYA AVADHUT KUDTARKAR, Phd Scholar, College Director of Physical Education & Sports, VVM's Shree Damodar College of Commerce & Economics, Margao, Goa. DR. BHADKE DILIP DATTATARYARAO, Sports Director Head, Vai. Dhunda Maharaj Deglurkar Mahavidhyalaya Degloor, Nanded District, Maharashtra | A STUDY OF CORRELATION BETWEEN BODY MASS INDEX (BMI) AND TRIGLYCERIDES OF OVERWEIGHT WOMEN OF GOA | 128 |
| 35. | PROF. DR. KHUSHAL J. ALASPURE Director of Physical Education & sports, Shri Narayanrao Rana Mahavidyalaya, Badnera (MS) | EFFECTS OF YOGA ON SELF-ESTEEM AMONG ADOLESCENT BOYS OF RURAL AREA | 131 |
| 36. | VIDHYA T. AMBHORE Asst. Professor, Psychology Department Mahatma Jyotiba Fule Mahavidyalaya, Amravati. vidhyakhadse.123@gmail.com | A STUDY OF THE STRESS AND MENTAL HEALTH OF ADULTS WHO PRACTICED YOGA AND DID NOT PRACTICE YOGA DURING THE CORONA PERIOD | 133 |
| 37. | PROF. SUNITA S. BALAPURE H.O.D. Home Home Economics, Late Dattatray Pusadkar Arts College, Nandgaon Peth, Dist.Amravati. | IMPORTANCE OF BALANCED DIET AND PROPER EXERCISE FOR THE STUDENTS | 138 |
| 38. | DR. SUGHAND BAND Director Of Physical Education Shri. Shivaji Science College, Amravati | A COMPARATIVE STUDY OF COGNITIVE STYLE OF SPORTS PERSON | 140 |
| 39. | PROF. ANJALI DIGAMBAR BARDE S.K.N. Goenka College, Karanja | PHYSICAL ACTIVITY FOR MENTAL AND PHYSICAL HEALTH | 142 |
| 40. | DR. AJIT J. BHISE G.S. Tompe Arts Commerce and Science college, Chandur bazaar, Dist. Amravati | ENHANCING SPORTS PERFORMANCE: NUTRITION AND FITNESS | 145 |
| 41. | PRASHANT SUDHAKARRAO CHARJAN Director of Physical Education. Dr. Shyamaprasad Mukherjee Arts College, Shendurjanaghat TQ Warud Dist Amravati charjanps@rediffmail.com | INFLUENCE OF INDIAN MODERN AND TRADITIONAL TRAINING METHODS ON WRESTLERS' SPEED AND MUSCULAR ENDURANCE | 148 |
| 42. | PROF. MAHENDRA W. DESHMUKH Director of Physical Education and Sports Late Panchfulabai Pawade Kala, Vanijya Mahila Mahavidyalay, Warud, Dist. Amravati | SIGNIFICANT ROLE OF NUTRITION IN ENHANCING SPORTS PERFORMANCE | 151 |

| | | | |
|-----|---|---|-----|
| 43. | DR. SEEMA V. DESHMUKH Director of Sports And Physical Education Smt. S.R. Mohata Mahila Mahavidyalaya Khamgaon, Dist. Buldhana | SIGNIFICANT ROLE OF NUTRITION IN ENHANCING SPORTS PERFORMANCE | 154 |
| 44. | DR. SHRIDHAR R. DHAKULKAR Director of Physical Education and Sports. Mahatma Jyotiba Fule Mahavidyalaya, Amravati srdhakulkar@gmail.com | EFFECT OF INDIAN TRADITIONAL TRAINING AND MODERN TRAINING METHODS ON SPEED AND MUSCULAR ENDURANCE OF WRESTLERS | 157 |
| 45. | PROF. SUNIL G. DHAKULKAR Physical Director, Shri. V. N. Art's and A N Commerce College, Mangrulpir | ROLE OF MUSIC ON PSYCHOLOGY AND PHYSICAL FITNESS | 160 |
| 46. | DR. PRASHANT GOVINDRAO GAWANDE Director of Physical Education and Sports, Arts, Science and Commerce College, Chikhaldara, District Amravati, Prashantgawande3007@gmail.com DR. AJAY S. BONDE Director of Physical Education and Sports, Arts and commerce college, Bori Arab, Dist. Yawatmal, ajaysbonde@gmail.com | COMBINATION OF DIAGONAL ATTACK, JUDGMENT KHO AND POLE DIVE; INNOVATIVE TACTICS FOR ATTACKERS IN KHO-KHO | 162 |
| 47. | ASST. PROF. DR. RAVIJEET O. GAWANDE Babaji Datey Kala Ani Vanijya Mahavidyalaya, Yavatmal District (M.S.) ravijeet.gawande123@gmail.com | CORRELATION OF PHYSICAL FITNESS WITH EMOTIONAL INTELLIGENCE AND MENTAL IMAGERY OF INTER UNIVERSITY VOLLEY BALL PLAYERS | 165 |
| 48. | PRADEEP K. INGOLE Milind Mahavidyalay Mulawa Tq Umarched Dist. Yavatmal | ROLE OF PHYSICAL ACTIVITY AND EXERCISE IN TODAY'S CRISIS | 169 |
| 49. | DR. HARISH S. KALE Director of Physical Education, Chhtrapati Shivaji Kala Mahavidyalaya, Asegaon Purna, Amravati (M.S.) harishkale1977@gmail.com | STUDY OF THE EFFECT OF ZUMBA EXERCISE ON OVERWEIGHT FEMALE STUDENTS WITH NO DIETARY INTERVENTION | 172 |
| 50. | SANJAY K. KALE Director of Physical Education, Shri Shivaji College of Arts, Commerce & Science, Akola. | OBESITY AND WEIGHT CONTROL | 175 |
| 51. | PROF. SATISH ANANDRAO KALE Physical Director, Appaswami Mahavidyalaya Shendurjana Adhao | THE EFFECT OF MUSIC ON SPORTS AND SPORT PSYCHOLOGY | 178 |
| 52. | DR. VINOD V. KAPILE Director of Physical Education and Sports. Shri. Dr. R.G.Rathod Arts And Science College Murtizapur, Dist Akola kapile.vinod@rediffmail.com | EFFECT OF THREE MONTHS YOGA PROGRAMME ON MENTAL IMAGERY AND COMPETITIVE ANXIETY OF COLLEGE LEVEL PLAYERS | 180 |
| 53. | DR. SANGITA M. KHADSE Director of Physical Education, Smt. Sindhutai Jadhao Arts and Science Mahavidyalaya Mehkar Dist. Buldhana | PHYSICAL FITNESS, NUTRITION' S AND SPORTS PERFORMANCE | 185 |
| 54. | AVINASH VITTHALRAO KHARAT Director of Physical Education, Sant Bhagwan Baba Arts College, Sindhkedraja, Buldana akharat990@gmail.com | EFFECT OF PRANAYAMA AND SURYANAMASKAR ON VO ₂ MAX OF LONG DISTANCE RUNNER | 187 |

| | | | |
|-----|---|--|-----|
| 55. | DR. SHRIKANT S. MAHULKAR Director of Physical Education & Sports, Late Dattatraya Pusadkar Art College, Nandgaon Peth, Amravati. shrikantmahulkar72@gmail.com | EFFECT OF SPECIFIC TRAINING PROGRAMME ON OPTIMUM HEALTH OF KHO-KHO PLAYERS OF AMRAVATI: POST PANDEMIC | 190 |
| 56. | GAJANAN SHESHRAO PAIKAT Director of Physical Education & Sports Arts & Commerce College Warvat- Bakal Ta Sangarampur Buldhana gajananpaikat55@gmail.com | A STUDY OF SOME MOTOR FITNESS COMPONENTS OF TRIBAL AND NON- TRIBAL SPORTS PERSONS | 193 |
| 57. | DR. UMESH RATHI Director of physical education and sports Art and science college of Kurha, Dist. Amravati umeshrathisir@gmail.com | IMPACT OF SOCIAL BEHAVIOUR ON SPORT PERFORMANCE | 195 |
| 58. | DR. PRAHLAD V. RAUT Ast. Prof. Mahatma Jyotiba Fule Commerce, Science and Vitthalrao Kant Arts College, Batkuli, Dist. Amravati | YOGA AND PRANAYAMA BENEFITS FOR PHYSICAL HEALTH | 198 |
| 59. | DR. BHASKAR MAHADEORAO SAWARKAR Director of Physical Education & Sports G. S. Gawande College, Umarched, Dist-Yavatmal sawarkarbm@gmail.com | PHYSICAL FITNESS USING NEW TRENDS TO ENHANCE THE PERFORMANCE WHILE PLAYING A SPORT | 200 |
| 60. | DR. RAVINDRA SAWARKAR Director of Physical Education & Sports, Late C.M. Kadhi Kala Mahavidyalaya, Paratwada, Dist. Amravati, Mobile rdsawarkaro@gmail.com | EFFECT OF YOGIC ASANAS ON THE PHYSICAL FITNESS OF GIRLS IN PARATWADA CITY | 202 |
| 61. | DR. PANKAJ R. SHARMA Director of Physical Education Shri Padmaprabha Digambar Jain Arts College, Ansing, Tq. Dist-Washim DR. HARISH SUBHASH GHODEKAR Asst.Prof.Dept. of English, Shri Padmaprabha Digambar Jain Arts College, Ansing, Tq. Dist- Washim | POSTURE AND STRESS MANAGEMENT IN COLLEGE STUDENTS | 206 |
| 62. | SYED ANISODDIN Director of Physical Education, SMT S. U. Deshmukh College Digras | SIGNIFICANCE OF AEROBIC EXERCISE FOR PHYSICAL FITNESS | 209 |
| 63. | SHRI UDAY V. THAKARE Director of Physical education, Dr. Punjabrao Deshmukh College of Law, Amravati | ROLE OF SPORTS PSYCHOLOGY IN SPORTS | 212 |
| 64. | PROF. VINOD N. TELMORE Director of Physical Education, Mahatma Fule Arts Commerce and Sitaramji Chaudhari Science Mahavidyalay Warud, Dist. Amravati | IMPORTANCE AND METHODS OF PRANAYAMA | 215 |
| 65. | PROF. VASANT B. THAKRE Director of Physical Education, Sant Gadage Maharaj Mahavidyalaya, Walgaon tvasant630@gmail.com | ASSESSMENT OF SELECTED PSYCHOLOGICAL TRAITS OF INTER DISTRICT ATHLETICS PLAYERS | 217 |
| 66. | ASHOK KUMAR J. TIWARI Director of physical Education, B. N. College of Engineering Pusad, Dist. Yavatmal | ROLE OF MUSIC IN MENTAL AND PHYSICAL FITNESS | 219 |

| | | | |
|-----|---|---|-----|
| 67. | DR. ANIL S. VAIDYA Director of physical education and sports Late N. A. Deshmukh Arts and Commerce College , Chandur Bazar , Dist - Amravati | THE IMPACT OF SURYANAMASKAR ON ATHLETES' FLEXIBILITY, EXPLOSIVE STRENGTH, AND CARDIO RESPIRATORY ENDURANCE | 222 |
| 68. | DR. D.S. WANKHADE Director Physical Education & Sports, Vidya Bharti Mahavidyalaya, Amravati | A ROLE OF DIET AND NUTRITION IN SPORTS PERFORMANCE & FITNESS | 226 |
| 69. | DR. ATUL BIJWE PG department of Physical Education Sant Gadge Baba Amravati University, Amravati atul.bijwe@rediffmail.com | STUDY OF IMAGERY INTERVENTION ON THROWING SKILL PERFORMANCE OF SOFTBALL PLAYERS AT THE UNIVERSITY LEVEL | 229 |
| 70. | MR. SURENDRA TULSHIRAMSINGH CHAUHAN Director of Physical Education, Art's & Science College KamargaonTq. Karanja, District Washim (M.S.) | A COMPARATIVE STUDY OF SPORTS COMPETITIVE ANXIETY AND AGGRESSION BETWEEN JUDO AND BOXING PLAYERS | 235 |
| 71. | PROF. MANJUSHA J. DESHMUKH Asstt.Prof. Physical Education, Post Graduate Institute, Dr. P. D. K. V. Akola mjdeshmukh20@gmail.com | STATISTICAL ANALYSISOF SELECTED COLLEGE-LEVEL KABADDI AND KHO- KHO PLAYERS' PHYSICAL FITNESS COMPONENT | 238 |
| 72. | DR.P.M. DESHMUKH Shri Shivaji College Of Physical Education Amravati | THE IMPORTANCE OF ENVIRONMENTAL ON PROTECTION AND SUSTAINABLE DEVELOPMENT | 240 |
| 73. | DR.ULHAS V DESHMUKH Shri Shivaji College of Physical Education Amravati | THE IMPACT OF COVID-19 ON PHYSICAL ACTIVITY AND PSYCHOLOGICAL WELL-BEING | 243 |
| 74. | PROF. RAMKRUSHNA N. GAWANDE Asst.Prof. (English), B.L.D.College,Pinjar, Dist.Akola | ROLE OF MUSIC FOR MENTAL FITNESS AND HEALTH | 245 |
| 75. | DR. PRAMOD N. HUMBAD Director of Sports& Physical Education MES Arts & Commerce College, Mehkar | IMPACT OF YOGIC PRACTICES ON MOTOR FITNESS COMPONENTS AMONG HIGH SCHOOL STUDENTS - A STUDY | 248 |
| 76. | DR. CHHAYA B. JATKAR Librarian, Smt. V.N. Mahila Mahavidyalaya, Pusad chhayajatkar@gmail.com | STRESS MANAGEMENT IN LIS PROFESSIONALS | 251 |
| 77. | PROF.DR. KADAM R.M. (D.P.E.), B.B. Arts, N.B.Commerce & B.P.Science College, Digras District- Yavatmal, Maharashtra rmkadam.judo@gmail.com | A STUDY OF PHYSICAL MOTION IN THE COURSE OF COVID-19 INDUCED LOCKDOWN HINTS | 253 |
| 78. | DR. SAVITA M. KENE Associate Professor, Yuvashakti Coll.Of Phy Edu Amravati savita.kene2014@gmail.com | THE COMPARATIVE STUDY OF LIFESTYLE OF RURAL AND URBAN ATHLET | 257 |
| 79. | PUSHPAK PRADIPRAO KHONDE Research Scholar, Shri H.V.P. Mandal's Degree College of Physical Education, Amravati (M.S.) | THE EFFECT OF SIX WEEK CALISTHENIC EXERCISE PROGRAM ON SELECTED PSYCHOMOTOR ABILITIE | 259 |
| 80. | DR. KAMINI MAMARDE Director of Physical Education & Sports Raje Chatrapati Kala Mahavidhyalaya, Dhamangaon Badhe.Tq. Motala, Dist. Buldana. | IMPORTANCE OF GAME PLAN IN THE SPORTS | 264 |

| | | | |
|-----|--|--|-----|
| 81. | DR. AKASH VIJAYRAO MORE Yuvashakti Arts & Science College, Amravati <i>akashmore1977@gmail.com</i> | STUDY OF THE EFFECTS OF BREATHING TECHNIQUES WITH MUSIC ON PHYSIOLOGICAL COMPONENTS OF COLLEGIATE STUDENTS | 265 |
| 82. | DR. DINANATH NAWATHE Professor, Degree College of Physical Education Amravati, Maharashtra MR. ASHISH SOLANKE Degree College of Physical Education Amravati. | COMPARATIVE STUDY OF EYE-HAND COORDINATION AND FLEXIBILITY BETWEEN CRICKET AND HOCKEY PLAYERS | 268 |
| 83. | DR. YOGESH S. NIRMAL Assistant Professor, Shri H.V.P. Mandal's Degree College of Physical Education, Amravati (M.S.) <i>nirmalys@rediffmail.com</i> | EFFECT OF SIX WEEK FREE HAND EXERCISES ON MUSCULAR ENDURANCE OF ATHLETES | 271 |
| 84. | DR. ANJALI CHANDRAKANT PANDE Head, Home Economics Department Narayanrao Rana Mahavidyalaya, Badnera, Amravati <i>chepemanjiri@gmail.com</i> | NUTRITION FOR ATHLETIC PERFORMANCE | 275 |
| 85. | DR. SUDHIR D. PATHARE Director of Physical Education Shriram Kala Mahavidyalaya Dhamangaon Rly, Dist. Amravati (M.S.) | SOCIAL IMPACT OF PHYSICAL FITNESS ON SOCIETY | 277 |
| 86. | DR. ATUL R. PATIL Director of Physical education and sports Bar. R.D.I. K. and K. D. College Badnera-Amravati-444701 (M.S.) INDIA <i>atulpatilrdik@yahoo.co.in</i> | SPORTS MOTIVATION | 279 |
| 87. | DR. GAJENDRA B. RAGHUWANSHI Director of Physical Education & Sports, Smt, K. L. College, Amravati (M.S.) <i>gb.raghuwanshi@gmail.com</i> | THE CONTRIBUTION OF PHYSICAL EXERCISE ON PHYSICAL FITNESS | 281 |
| 88. | MRS. SHITAL S. RAUT Indira Mahavidyalay, Kalamb. District: Yavatmal <i>shital.raut123@gmail.com</i> | THE IMPACT OF SOCIOECONOMIC STATUS ON THE PERSONALITY TRAITS OF WOMEN HANDBALL PLAYERS | 284 |
| 89. | DR. CHETAK R. SHENDE Shri shivaji College of Physical Education Amravati | A STUDY OF SELECTED PHYSICAL FITNESS VARIABLES AMONG THE STUDENTS OF MAHARASHTRA AND KASHMIR | 287 |
| 90. | DR. SHIRISH V. TOPARE Director of Physical Education and Sports Bharatiya Mahavidyalaya, Morshi | ROLE OF POLITICS IN SPORTS | 289 |
| 91. | PROF. GANESH S. VISHWAKARMA Director, Sports & Physical Education, S.M.B. Shingne Arts College, Khamgaon | PHYSICAL EDUCATION FOR THE SOCIETY | 291 |
| 92. | PROF. SARJERAO RAMBHAU WAGH Director of Physical Education, Narayanrao Nagre College, Dusarbid, Buldhana <i>waghsarjerao773@gmail.com</i> | A STANDARD OF LIVING OF GOVERNMENT EMPLOYEE AND SELF- EMPLOYED P. E. TEACHERS | 293 |
| 93. | DR. VIKRANT RAMCHANDRA WANKHADE Director of Physical Education & Sports Bharatiya Mahavidyalaya, Amravati (M.S.) <i>vrwankhade1975@gmail.com</i> | EFFECT OF LEZIM EXERCISE ON OBESE AND OVERWEIGHT COLLEGIATE STUDENTS | 296 |

| | | | |
|------|--|--|-----|
| 94. | TUSHAR S. JUMDE Ph.D Scholar | THE INFLUENCE ON EXERCISE ON MENTAL HEALTH | 300 |
| 95. | PROF. SANDIP D. MAIND Bhagwantrao Arts and Science College Etpalli Dist Gadchiroli | OBESITY AND WEIGHT MANAGEMENT | 303 |
| 96. | DR. SUBHASH S. DADHE Associate Professor, Dept. of Physical Education and Sports, Dhanwate National college Nagpur, Dist. Nagpur (M.S.) | IMPORTANCE OF SOCIOLOGY IN SPORTS | 306 |
| 97. | SHARAD TULSHIRAM BAKHADE Assistant Professor, Department of Physical Education, Sevadal Mahila Mahavidyalaya, Nagpur | EFFECT OF YOGIC ACTIVITES ON LORDOSIS OF SCHOOL STUDENTS | 310 |
| 98. | DR. SANGITA BHANGDIYA MALANI Head department of political science Narayanrao Rana Mahavidyalaya, Badnera, Amravati | THE IMPORTANCE OF PHYSICAL ACTIVITY AND THE ROLE OF GOVERNMENT IN SPORTS | 313 |
| 99. | DR. SWATI D. GIRASE Asst. Professor, Department of Geography Mahatma Jyotiba Fule Mahavidyalaya, Amravati. | PSYCHOLOGICAL EFFECTS OF YOGA | 317 |
| 100. | SANGEETA HULLUR Research Scholar, Department of Studies in Physical Education and Sports science. Karnataka State Akkamahadevi Women's University, Vijayapura. PROF. D.M. JYOTI Professor, Department of Studies in Physical Education and Sports science, Karnataka State Akkamahadevi Women's University, Vijayapura. | THE MEDITATION OF VO2 MAX AND VITAL CAPACITY OF SPORTS WOMEN | 319 |
| 101. | MR. ABINASH KAR PhD Scholar, Utkal University, Bhubaneswar (Odisha) | STRESS LEVEL OF INTER COLLEGIATE PLAYERS OF SAMBALPUR UNIVERSITY, ODISHA | 322 |
| 102. | MS. MANDEEP KAUR Department of Physical Education Sports, Sant Baba Bhag Singh University, Khiala Jalandhar DR. PARMPREET Department of Physical Education Sports, Sant Baba Bhag Singh University, Khiala Jalandhar | REIKI FOR IMPROVEMENT OF PHYSICAL AND MENTAL HEALTH OF SPORTS PERSONS | 325 |
| 103. | MOHAMED PRINCE M Assistant Professor, Department of Physical Education, Malabar College of Commerce & Science, Manoor, Edappal, India LT.DR. SALEEM MK Assistant Professor, Department of Physical Education, Ansar Training College for Women, Perumbilavu, Thrissur India | NEED AND IMPORTANCE OF ESPORTS ARENA IN INDIA | 328 |

| | | | |
|------|---|---|-----|
| 104. | PROF. DR. NARENDRA UTTAMRAO PATIL Director of Physical Education and Sports, Dadasaheb Bidkar Arts Science and Commerce College, Peth, Tal. Peth, Dist. Nashik PROF. PRADEEP ATMARAM WAGHMARE Director of Physical education and sports, M.G.V. Art's, Science and Commerce College, Surgana, Tal. Surgana, Dist. Nashik | THE IMPACT OF MOTIVATIONAL APPROACHES ON THE SKILL ACQUISITION OF VOLLEYBALL BEGINNERS | 331 |
| 105. | PROF. NANASAHEB B. SAPKAL Director of Physical Education B L D Arts College Pinjar Dist.- Akola, Maharashtra | ASANA & PRANAYAMA TO DEVELOP POSITIVE THINKING SPECIALLY IN PERIOD OF CRISIS | 333 |
| 106. | DR. PRASHANT B. SHINGWEKAR University Department of Chemical Technology, S.G.B. Amravati University, Amravati, Maharashtra | DIETARY FAT INTAKE FOR ATHLETES | 336 |
| 107. | DR. NITIN W. DEULKAR Director of Physical Education, Sudhakararo Naik Arts & U K Commerce College, Akola (MS) | APPLICATION OF PSYCHOLOGY IN THE FIELD OF PHYSICAL EDUCATION | 339 |
| 108. | डॉ. रुपाली अ. इंगोले संचालक शारीरिक शिक्षण व खेळ, श्री शिवाजी विज्ञान महाविद्यालय अमरावती | कोरोना महामारी काळातील ताळेबंदिमुळे वाढल्या बालकांमधील लठ्ठा पनाच्या समस्या. | 342 |
| 109. | सहा. प्रा. गजानन बाळासाहेब काळे संगीत विभाग, महात्मा ज्योतिबा फुले महाविद्यालय, अमरावती | शास्त्रीय संगीत में योग प्राणायाम का महत्व | 347 |
| 110. | डॉ. कविता मुरलीधर इंगळे ग्रंथपाल, स्व. पंचफुलाबाई पावडे कला व वाणिज्य महिला महाविद्यालय, वरुड | ग्रंथपालनामध्ये तणावाचे व्यवस्थापन | 350 |
| 111. | डॉ. मोनाली इंगळे गृह अर्थशास्त्र विभाग प्रमुख, श्रीराम कला महिला महाविद्यालय धामणगाव रेल्वे जि. अमरावती | लठ्ठपणा आणि वजन नियंत्रण | 354 |
| 112. | प्रा. डॉ. पी. आर. जाधव स्व. दत्तात्रेय पुसदकर कला महाविद्यालय, नांदगाव पेठ, ता. जि. अमरावती | ग्रामीण आणि शहरी विभागातील विद्यार्थ्यांच्या आहाराविषयक समस्या व उपाय | 358 |
| 113. | चंद्रशेखर बाबासाहेब कडू शारीरिक शिक्षक संचालक, शंकरलाल खंडेलवाल कला, विज्ञान व वाणिज्य महाविद्यालय, अकोला. | योगाभ्यासाचा महिलांच्या उच्च रक्तदाबावर होणारा परिणाम | 362 |
| 114. | प्रा.कविता आर. किर्दक शि.प्र.मं.विज्ञान व गिलाणी कला वाणिज्य महाविद्यालय, घाटंजी जि.यवतमाळ. | संतुलीत आहार व नियमित व्यायाम"उत्तम आरोग्याची गुरुकील्ली | 365 |
| 115. | सहा प्रा. अमोल द. वाडवे संगीत विभाग, महात्मा ज्योतिबा फुले महाविद्यालय अमरावती | मन एवं शरीर स्वास्थ्य के लिये संगीत की महत्वपूर्ण भूमिका | 367 |

| | | | |
|------|---|---|-----|
| 116. | डॉ. मनोज गं. राठोड समाजशास्त्र विभाग प्रमुख, स्व. पंचफुलाबाई पावडे कला वाणिज्य महिला महाविद्यालय, वरुड, जि. अमरावती | समाजशास्त्र की दृष्टिसे मानसिक स्वास्थ्य | 369 |
| 117. | प्रा.जगनाथ इंगोले सहा. प्राध्यापक (संगीत विभाग प्रमुख) महात्मा ज्योतिबा फुले महाविद्यालय, अमरावती | क्रीडा जगत और संगीत चिकित्सा पद्धती | 371 |
| 118. | सोनाली आसरकर शिलेदार सहाय्यक प्राध्यापक, महात्मा ज्योतिबा फुले महाविद्यालय, अमरावती | शारीरिक एवं मानसिक स्वास्थ्य के लिये संगीत एक प्रभावी माध्यम | 373 |
| 119. | प्रा. डॉ. संजय जे. भगत समाजशास्त्र विभाग प्रमुख, महात्मा ज्योतिबा फुले महाविद्यालय, अमरावती. | आधुनिक समाजात योगाचे महत्व | 376 |
| 120. | प्रा.डॉ.स्वप्ना एस. देशमुख गृहअर्थशास्त्र विभाग, श्रीमती वत्सलाबाई नाईक महिला महाविद्यालय पुसद जि.यवतमाळ | मानसिक आरोग्य प्राप्ती करीता समुपदेशकाची भूमिका | 379 |
| 121. | डॉ. रंजना एच जिवने गृहअर्थशास्त्र विभाग प्रमुख श्रीमती वत्सलाबाई नाईक महिला महाविद्यालय, पुसद | पुसद शहरातील बंजारा समाजातील शेतमजूर स्त्रियांचा आहार आणि आरोग्याचा अभ्यास | 382 |
| 122. | प्रा आनंद मनवर समाजशास्त्र विभाग प्रमुख, युवाशक्ती कला व विज्ञान महाविद्यालय अमरावती | मानवी जीवनातील योगाचे महत्व आणि फायदे | 387 |
| 123. | प्रा.नितु जिवनराव शेंडे श्रीमती नानकीबाई वाधवाणी कला महाविद्यालय यवतमाळ | फास्टफुड: लठ्ठपणा व आरोग्यावर होणारे दुष्परिणाम | 390 |
| 124. | डॉ पंकज मा तायडे (सहाय्यक प्राध्यापक, अर्थशास्त्र विभाग) भाऊसाहेब लहाने ज्ञानप्रकाश आर्टस् कॉलेज पिंजर | ताणतणावाचे व्यवस्थापन - योगसाधना | 394 |
| 125. | डॉ. अनिल खु. ठाकरे भाऊसाहेब लहाने ज्ञानप्रकाश आर्ट्स कॉलेज पिंजर जिल्हा. अकोला | आरोग्य आणि मानसिक तंदुरुस्तीत संगीताची भूमिका ; एक समाजशास्त्रीय अध्ययन | 398 |
| 126. | डॉ. नेत्रा श्रीकांत तेलहारकर संगीत विभाग, जे. डी.पा.सा. महाविद्यालय दर्यापुर | योग और संगीत | 400 |
| 127. | प्रा. डॉ. बबिता येवले स. प्रा. राज्यशास्त्र विभाग, महात्मा ज्योतिबा फुले महाविद्यालय, अमरावती | राजकारणात खेळाचे महत्व | 403 |
| 128. | सहा. प्रा.अभय शरदराव चांदेकर संचालक, शारीरिक शिक्षण व खेळ, बाबासाहेब देशमुख पारवेकर महाविद्यालय, पारवा जि. यवतमाळ | खेळ व्यायाम आणि शारीरिक सुदृढता | 407 |
| 129. | निघोंट अर्चना महादेवराय पीएच- डी- शोधार्थी (हिन्दी), संत गाडगे बाबा अमरावती विश्वविद्यालय, अमरावती (मानव विज्ञान शाखा) | शारीरिक क्षमता पर सूर्य नमस्कार का प्रभाव | 410 |



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EFFECT OF SPECIFIC TRAINING PROGRAMME ON OPTIMUM HEALTH OF KHO-KHO PLAYERS OF AMRAVATI: POST PANDEMIC

ABSTRACT

There is a great scope and need for research in developing optimum health of Kho-Kho Players of different age groups. The review of literature does not indicate any studies to evaluate the effect of Specific training programme on optimum health of Kho-Kho players. A sample of fifty (n=50) boys were purposely selected for the study of age ranging between 12 to 14 years as subjects from Amravati Division. These selected subjects were divided into two groups i.e. experiment and control group with equal number of subjects assigned randomly in each group. Group "A"=Specific Training Group (Experimental Group) Group "B"= Non-Non-Control Group. At the baseline and after training intervention, Optimum Health Scale by Dr.Pravin Kumar and Loveleen Bala were used to assess the levels of Optimum Health. Data were analyzed by using One Way ANCOVA test. The results revealed that effect of Specific Training helped to improve Optimum Health Status as compared to control group. The findings conclude that effect of the Specific training was found to be helpful to improve selected Optimum Health variables such as Physical Health, Mental Health, Social Health, Emotional Health and Spiritual Health.

Keywords: Optimum Health, Physical Health, Mental Health, Social Health, Emotional Health and Spiritual Health, Specific Training.

INTRODUCTION

As the world grapples with the effects of the Pandemic, many of us are worried about what may come next. Some of us are even more concerned about the safety of our homes. For many people, dealing with the corona virus is a daunting task. It's not clear how it will affect them, how long it will last, or what their worst fears will be. There are some simple steps that can help manage your anxiety and panic. Physical Education has been acknowledged as an vital part of general education in India. There is a great scope and need for Research in Physical Education and Sports. Young generation is the foundation of the country. Training has exact goals of improving ones capability, capacity, productivity and performance. There are so many unknowns in this time of upheaval, and it's hard to accept that we can't control everything that's happening outside of our control.

Their view of literature does not indicate any studies to evaluate the effect of Specific training on Optimum Health of Kho-Kho. The Present study is conducted with a view of collecting the scientific evidence about the Effect of Specific Training

Programme on Motor Fitness and Optimum Health of Kho-Kho. It is hoped that the findings and results of the present study may be helpful to those who are interested in the applied aspects of Specific Training Programme for the improvement of Motor Fitness Components and Optimum Health of Kho-Kho Players.

Objectives of the Study

The objectives of the study were as under:

1. To compare the adjusted Mean Scores of Optimum Health after pandemic of Kho-Kho Players of specific training and Control Groups by taking Pre Optimum Health as Covariate.

Hypotheses of the Study

The hypothesis sought to be tested are as follows:

There is no significant difference in the adjusted Mean Scores of Optimum Health after pandemic of Kho-Kho Players of specific training and Control Groups by taking Pre Optimum Health as Covariate.

Materials and Method

Selection of Sample: A sample of fifty (n=50) boys was purposely selected for the study of age ranging between 12 to 14 years as subjects from Amravati

Division. Group "A" = Specific Training Group (Experimental Group) and Group "B" = Control Group
Research Design:(Non-equivalent groups design)The experiment was designed in three phases: Phase I: Pre-test, Phase II: Training or Treatment, and Phase III: Post-test. The individuals in the experiment were separated into two groups: one Specific Training Group (Experimental Group) and one Control Group, with 25 people in each group, The experiment was planned in three phases. It involved dividing the participants into two groups namely, the Experimental Group and the Control Group. The groups were composed of 25 subjects. Specific Training Group i.e.(Experimental Group) was given Specific Exercise training programme for the period of eight weeks for 5 days in a week i.e Monday to Friday in the morning session 1hour from 7:30am to 8:30am.

Selected Psychological Variables: Optimum Health.

Tools/ Instruments

The following criterion measures were included to record the scores of Optimum Health

| PSYCHOLOGICAL VARIABLE | TEST | UNIT |
|--|---|--------|
| Optimum Health Physical Health, Mental Health, Social Health, Emotional Health and Spiritual Health | Optimum Health Scale by Dr.Pravin Kumar and Loveleen Bala | Scores |

Treatment

The Following Items were included in the Specific Exercise Training which Concentrated on the development of Motor Fitness Components viz., Speed, Agility, Co-ordination, Balance which will effect Optimum Health

| Exercise | | | | | |
|----------|------------------------|---|----------------------------|----|-------------|
| 1 | 30 Meter Running | 4 | Running in the figure of 8 | 7 | Vrikshasana |
| 2 | High knee 50 mtrs 3 | 5 | Rope skipping | 8 | Tadasana |
| 3 | Zig-Zag Running 10mtrs | 6 | Ball Wall Toss | 9 | Utktasana |
| | | | | 10 | Santulasana |

Statistics:

Since, there were two groups for this experimental study viz. Specific Training group and control group,

wherein the researcher compared the change in mean scores of pre-test and post-test of experimental group and control group in order to see the efficacy of experimental treatment, Hence One way ANCOVA test was appropriately used for the data analysis

RESULTS AND DISCUSSION:

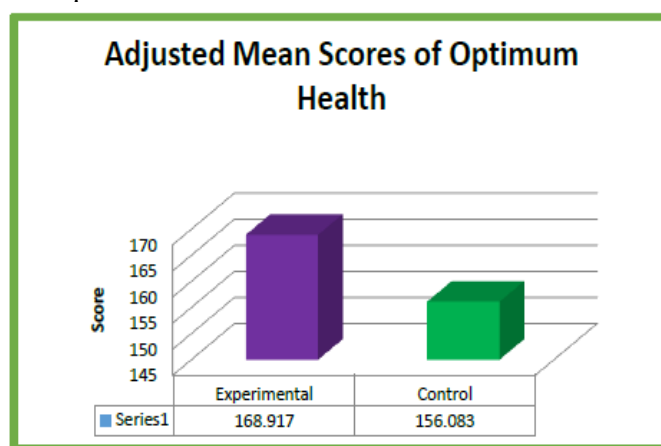
Group wise comparison of effect of Specific Training Group and Control Group on Optimum Health of School Boys.

Table 1: Summary of One Way ANCOVA of Optimum Health by taking Pre-Optimum Health as co-variate

| Source of Variance | df | SSy.x | MSSy.x | Fy.x | Remark |
|--------------------|----|-------|--------|------|--------|
| Group | 2 | 5.10 | 5.11 | 9.72 | p<0.01 |
| Error | 48 | 19.44 | 0.52 | | |
| Total | 50 | 42.97 | | | |

The mean achievement in Optimum due to Specific Training Module, as obtained from ANCOVA test, revealed that -

There was significant difference between adjusted mean scores of Optimum Health of School Boys of specific training and Control Groups by taking Pre-Optimum Health as Covariate (Fy.x=168.917, df=1/49, p<0.01). Therefore, adjusted mean score of Optimum Health of Specific Training Group is 168.91which is significantly higher than that of Control Group where adjusted mean score of Optimum Health is 156.083. Thus, the overall performance scores of both the groups of specific training and Control Groups of Optimum Health were not equal.



CONCLUSION

The findings conclude that effect of the Specific Training Programme was found helpful in improving selected Optimum Health after pandemic and significant improvement on variables such as Physical Health, Mental Health, Social Health, Emotional Health and Spiritual Health.

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