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AREA OF RESEARCH IN PHYSICAL EDUCATION AND SPORTS

Dr. Sinku Kumar Singh : Department of physical Education Swami Ramanand Teerth Maratwada University Nanded (M.S)

Abstract

Physical education research plays a critical role in educating the whole society in the world. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to development of physical competence and fitness and sports performance. It also helps society to make informed choices and understand the value of leading a physically active lifestyle.

Physical education and sports have emerged as scientific discipline very recently and the vast areas in these fields are untouched, virgin and unexplored. The area of research in physical education can broadly divided into laboratory and non laboratory.

Introduction

The aim of physical education research is to advance scientific knowledge and hence--directly or indirectly--lead to improvements in the general health, mental health, physical fitness, sports performance, treatment and prevention of disease. Each research project should continue systematically from previous research and feed into future research. Each research should contribute beneficially to a slowly evolving body of research.

Physical education research plays a critical role in educating the whole society in the world. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to development of physical competence and fitness. It also helps society to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful. Physical education research may enhance the development of a positive self-concept as well as the ability to pursue intellectual, social and emotional challenges. Quality physical education research can promote social, cooperative and problem solving competencies.
Physical education and sports have emerged as scientific discipline very recently and the vast areas in these fields are untouched, virgin and unexplored. The area of research in physical education can broadly divided into laboratory and non laboratory.

1) LABORATORY METHODS OF RESEARCH :

   It can include biomechanics, anatomy, sports, human physiology, sports training, sports engineering, physiology of exercise, Motor learning, psychology, kinesiology, growth and development, Kinanthropometry, sports sociology etc.

Sports training:

   Under this subject muscle strength, speed abilities physical and motor fitness muscle fatigue, endurance, work and energy cost in various sports, body composition and morphological characteristics etc. can be studied.

Exercise physiology:

   Under exercise physiology effects of exercise on various physiological system such like blood circulatory system system, respiratory system, muscular system can be studied.

Motor learning::

   Types of motor learning, specific learning retention, transfer of learning, co-coordinative ability, static and dynamic balance and kinestatic awareness etc. can be studied.

Sports Psychology:

   Various aspects of personality, personal and social adjustment, stress, trait and state anxiety among the sportsmen, behavior rating, self image, level of aspiration, motivation, crowd behavior mental health etc. can be undertaken.

Kinesiology ::

   Kinesiology is a study of human movement Under this heading Electro myographical, cinematography and T.V. photography, mechanical analysis, Range and movement of joints, flexibility of the various limbs etc. can be taken into consideration.
Kinanthropometry:

Kinanthropometry is a systematic study to measuring the parts of human body. Measurement of various segment of the body and their relation with different sports, size of the body structure can be highlighted.

Growth and development::

Pattern of growth and development anthropometric measurements, physique, nutritional status, strength and matter performance can be studied.

Bio-mechanics::

Biomechanics’ is a application of physical law to the study of biological system. Force, Motion, force of gravity, Projectile, aerodynamic, Hydrodynamic, weight training, circuit training, Analysis of sports technique, load physical fitness, strength, speed, flexibility agility etc. can be studied.

Miscellaneous:

Besides this subject wise, the scope of research in physical education and sports can also be extended to such areas such sports medicines, Health education, recreation, cultural basis method of tracking, sports administration, sports management etc.

NON LABORATORY METHODS OF RESEARCH:

It includes historical, philosophical, survey and case study researches etc.

Historical::

Historical research may be defined as event has already occurred. It includes study of past and present history of physical education and sports. Such as history of ancient Olympic and modern Olympic games. Their origin, organization, participation and pattern of physical education in different countries can also be studied.

Philosophical:

Under the philosophical research physical educationist can understand the nature of philosophical methods applied to physical education and sports. Critical thinking based upon the philosophical facts can also be studied.
Survey:

Frequent surveys have become a necessity for examining present practices. The status of the profession, individual through survey can also be conducted. The reports of various issues can highlight the various good points and drawbacks which need improvement. Data can be collected through questionnaires.

Case study:

Case study is a depth study of any institution community or person. Case studies of the institutions can also be studied through questionnaires. Interview and profiles of top ranking sports persons can be studied through case studies.

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Mechanism of Knee, Ankle and Foot Injuries in Football

Anu Gill : PET Kaithal Haryana

Abstract

Football has been demonstrated to be among the most hazardous of organised team sports. Serious football related have been the subject of reports in both the medial literature and popular press through in our country.

Injury is a frequent event in Football. An injury is defined a physical complaint, including match or training session that requires absence from almost training session or match.

Football requires a variety of physical attributes (Speed, Power, Flexibility, Strength co-ordination and Balance) and specific playing skills. Therefore participants need to train and prepare to meet at least a minimum set of physical, physiological and psychological requirements to cope with the demands of play and reduce the risk of injury.

We know Football is one of the most popular sports in the world. It is an enjoyable and social sports that can be played from childhood to old age, either at a recreational level or as a competitive sport. Football is a team as well as semi contact sports. In this paper Authors discuss the mechanism of Knee, Ankle and Foot injury

Introduction

The most frequent site of injury in Football is the knee injury and the medial collateral ligament is the most frequent type at knee injuries in this sports. Over the past fifteen years the most common means of attempting to prevent the number and severity of knee injuries in football specifically at the medial collateral ligaments have been the use of preventive knee braces.

The most common causes of disorders of the knee are:

(1) A torn medial meniscus cartilage ; (2) Subluxation of the patella ; (3) Sprains and tears of the medial collateral, lateral collateral and anterior cruciate ligaments. Knee injuries can occur in many ways. A well documented experience is the athlete running down the soccer or football field, planting his foot, making a turn, and spraining or tearing just about every
ligament in the knee joint. They can occur during all leisure, recreational and sporting endeavours, as well as while scuffling around the house.

Locking of the knee can occur from hamstring Muscle spasm secondary to a sprain of the Medial collateral ligament, Posterior capsutities, or even server synovitis or bursitis. The muscle spasm causes the knee to be held in flexion and lock. True locking in an acute injury is usually associated with an internal knee derangement such as an injury to the anterior cruciate ligament or medial meniscus cartilage. If on knee movement, poping occurs, all most any condition involving soft tissue and bony surfaces around or in the knee can be the cause. An example of an injury that can cause poping is a partial rupture of the semimembranous muscle tendions at its insertion in the posterio-medial corner of the knee. The location and occurrence of pain is also important factors. Unfortunately, on the first occasion when a patient is examined, often the pain is everywhere and cannot be localized. There are instances when athletes have more pain at rest and feel better and even eliminate pain on activity. It is also imperative that in the History taking the pain be described in standard terms, such as sharp, dull, radiating, aching, pressing, or squeezing. A functional history must also be obtained when does the pain bother the athlete; going up or coming down stairs; on sudden turns or movements. As an example, going up stairs does not produce pain in the patellafemoral joint, but going down stairs may be intorelable. Pain associated with going up stairs is usually related to an internal knee derangement such as a meniscus or anterior cruciate ligament tear. Foot and ankle injuries are very common and serious injuries to the footballers. The foot in athletes competition is a complex structure of 26 bones, having numerous joints, muscles, tendons, nerves, vessels and protective tissues in place under considerable stress. The functions at the foot in stance and motion are primarily stability, support, and secondarily propulsion at body weight under varied conditions. In order to function efficiently the structures must work in intricate balance, allowing effortless support, voluntary control, and effective propulsion, if this takes place, there is no energy wasted, no friction, extra motion, or protective inefficient activity.

Over use implies that when the problems develop, the body is under conditioned. Each organs and tissue of the body can be conditioned to a high level of efficiency. Assuming the basic structural elements are present and adaptable to specific demands of the training program. If tissues of the body are underconditioned, overuse injuries will occur selection of proper equipment, shoes, support taping and balancing when necessary will eliminate abnormal stress.
In discussing foot injuries, two major categories stand out; those caused by imbalance, and those caused by training, imbalance injuries of the foot may be described in terms of the reference planes at the body namely: (1) Sagittal; (2) Flexion and extension; (3) Frontal (side to side) problems, inversion or eversion at the foot and ankle; (4) Transverse (rotational) problems, such as in toe, or out of toe, or secondary knee and hip torsional (twisting) problems.

Each plane can be related to specific imbalance conditions within the foot and leg. Imbalance of the foot will allow either direct training to the body or the body will compensate for the imbalance with additional stress in the form of the overuse, such as strain, muscle fatigue, cramps, tendinitis, or the stress fractures. Specific muscle and soft tissue abnormalities may also cause imbalance injuries.

Traumatic injuries to the foot may be caused by a direct blow at short duration or be the result at continuous or intermittent injury (microtrauma) over an extended time period. Cummulating microtrauma will cause tissue destruction. Specific foot injuries are common to particular sports such as running, skiing, basketball, football and golf. Each athletic activity puts its own demands on the foot and body. Through Non-weight-bearing examination at the lower extremity, observation of stance, gait and function under stress, it is possible to predict thereby prevalent imbalance and overuse syndromes of the foot and leg.

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Compression of Anxiety level between Kabbadi and Kho-kho players in Nanded District.

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Degloor college Degloor.

Introduction:
Anxiety means a disturbed state of mind emotional reactivity; arousal: nervousness; and unrealistic and unpleasant state of mind. Anxiety is an essential ingredient of any competitive situation and without certain level of anxiety is not conducive to sports performance. Adequate level of anxiety produces best results. Unless sports persons learn to cop up with stressful competitive situations by managing anxiety, they would fail to achieve their goal.

Objective:
The main purpose of the study was to compare the Anxiety scale social experiences between Kabbadi and Kho-kho players in Nanded District

Hypothesis:
There will be no significant differences in Anxiety scale social experiences between Kabbadi and Kho-kho players in Nanded District

Sample
A sample of subject consisting 120 Kabbadi Players & 120 Kho-kho players which were randomly selected from different Taluka in Nanded District.

Tools of the Study:
Anxiety and sub-scale adopted by Dr. A.K.P. Sinha and Dr. L.N.K. Sinha (Patana) were using for measure sports compotation anxiety test between kabbadi and Kho-Kho players in Nanded dist. This inventory provides anxiety dimensions.

Statitical procedure:
The data attained from inventory were statically treated using Mean, S.D, and ‘t’ Test
Result:

Table No. 1

Comparison of Anxiety in kabbadi and kho-kho players.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Players</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>Degree of freedom</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Kabbadi players</td>
<td>120</td>
<td>31.65</td>
<td>15.65</td>
<td>138</td>
<td>1.44</td>
</tr>
<tr>
<td></td>
<td>Kho- kho Players</td>
<td>120</td>
<td>28.06</td>
<td>16.56</td>
<td></td>
<td>NS</td>
</tr>
</tbody>
</table>

Not significant

Finding:

From the result it was found that with regard to Anxiety level of kabbadi and kho- kho players they have obtained the mean values of 31.65 and 28.06 respectively which are given in table no.1 reveals that the not significant different was found in (‘t’=1.44).

Conclusion:

In this study found kho- kho players had more slightly Anxiety Level tendency as compare Kabbadi players. Which means Kabbadi players have less slightly Anxiety tendency.

References

Examining the Effect of Therapeutic Exercise and Health-Related Fitness Programme on Resting Heart Rate among Young Adults.

* Bhosale Vithal Ramkishan  
** Dr. S.K. Singh

* Research scholar (Dept. of Phy. Edu)  
** H.O.D. (I.C. Dept. of Phy. Edu)  
S.R.T.M.U., Nanded.

Abstract

The purpose of the research was to examine the effect of Therapeutic exercise and Health-Related Fitness programme on Physiological Efficiencies among young adults with respect to resting heart rate. The subjects of the present study were taken from two groups, both groups included 40 young adults considered as experimental group. Training was given to the Therapeutic exercise and Health-Related Fitness programme was planned as 12 weeks 4 days a week and 60 min. study was conducted Dept. of physical education at Swami Ramanand Teerth Marathwada University Nanded. The mean age of Therapeutic exercise and Health-Related Fitness programme groups were 21.62 & 24.42 years; weight was 60.62 & 61.98 kg and Height were 169.9 & 170.68 cm. And S.D. of each group’s was 1.89 & 1.43 years; weight was 5.32 & 10.95 kg and Height were 5.38 & 7.54 cm. The Mean scores and standard deviation were taken and paired ANCOVA was applied. The results reveal that there was no significant effect of Therapeutic exercise and Health-Related Fitness programme on Resting Heart Rate ($F = 2.04, p < .05$). It was found that Therapeutic exercise and Health-Related Fitness programme not improvement of the resting heart rate among young adults.

Key words:- Therapeutic exercise, Health-Related Fitness programme, Resting Heart Rate and young adults.

INTRODUCTION

At this time little research has Examining the Effect of Therapeutic Exercise and Health-Related Fitness Programme on Resting Heart Rate among Young Adults. Therapeutic exercise is perhaps one of the most valuable modalities used in canine physical rehabilitation. Some of the common goals of therapeutic exercise are to improve active pain-free range of motion, muscle mass and muscle strength, balance, performance with daily function, aerobic capacity, help prevent further injury, and to reduce weight, and lameness. Common activities include standing exercises, controlled leash activities, stair climbing, treadmill activity, “wheel barrow” (for forelimb activity), and “dancing” (for rear limb activity). Other activities include jogging, sit-to-stand exercises, pulling or carrying weights, walking and trotting across cabalettas rails, playing ball, taping a bottle or syringe captors the bottom of an unaffected foot to encourage weight bearing, slinging the contra lateral good limb, and using balance balls or rolls. In addition to being an important method to assist an animal’s return to the best function possible, the equipment needed for therapeutic exercise is
relatively inexpensive and similar principles apply to a variety of individuals and conditions meanwhile.

The importance of Health-related physical programmes is linked to a higher quality of life as well as academic achievement. It is well documented that Health related physical fitness in childhood and adolescence improve strength & endurance, health build, healthy bones & muscles, hips control weights, reduce anxiety and stress increases self-esteem and may improve cardio reparation function. Low Health-related physical fitness may result in high physical strain during the performance of activities (Bruining et. al. 2007). As a consequence, activity levels may decrease due to fatigue and discomfort, exacerbating low physical fitness. The definition of health related fitness is fitness done with balance among the development and improvement of the whole body. For health related fitness, the activity components included are not only for strength, and muscular development and endurance training, The lungs, heart, and circulatory system are also the focal points in health and fitness. The exercises are much better when you include another exercise that will focus on improving your strength, muscle development and endurance. It will make you less prone to injuries. Aside from cardio and body composition, strength and muscular endurance, flexibility is another important thing that you need to consider. Your fitness health training program should be able to let you enhance your flexibility. Keeping in view the fact that student’s physical fitness has important health consequences during adulthood (Sallis et.al. 1999) a large number of studies on physical fitness have been reported form different countries of the world.

Materials and Methods

The subjects of the present study were taken from Two groups was targeted, both group is include 40 young adults considered as experimental group. Their age ranged 18 to 35 year between voluntary participated in Therapeutic exercise and Health-Related Fitness program of Training program. Exclusion criteria were the presence of chronic medical conditions such as heart disease or any other condition which may put the subject at risk while conducting the experimental tests. The subjects were free from the habits of smoking or any other antioxidant supplementation during training. They completed informed consent document to participate in this study. The age, mean, height, weight and heart rate of all subjects measured in Dept. of physical education laboratory at Swami Ramanand Teerth Marathwada University, Nanded.

Research design:

The design in a research study refers to “the researcher’s overall plan for answering the researcher’s question or testing the research hypotheses”. This study involves a cross sectional, comparative pre and post-test of two groups of young adults in an experimental research. Since only experimental group was taken by the investigator and there will be no control group so this study was conducted in a quasi-square experimental design. This explores and measures the Physiological efficiencies within the environment and culture.

Training Programme

The Therapeutic exercise &Health Related Fitness Programme session should consist of the following:
A) Training programme prepared for study was for 12 weeks, 4 days a week & 60 minutes per day as per availability in morning or in evening session. The level of training intensity was improved from initial 40% to 60% during 12 weeks. Subjects were skilled according to procedure of three sets 8 to 10 repetitions & 5 minutes break between every set.

B) Warm up session was conducted for 10 minutes: - This included Brisk Walking, Jogging and stretching exercises. The core activity session was conducted for 45 minutes: - Progressive aerobic activity which increased the heart rate. A cool down session was conducted for 05 minutes: - That was combining static stretching exercises and light walking & jogging.

**Parameters measurements**

**Resting heart rate:** Resting heart rate of each subject was recorded before & after training. Before recording Resting heart rate the subject was instructed to remain lying on their bed to record the heart rate, pulse rate was recorded by the palpation at redial artery per minute. The score was express in number of pulse rate per minute.

**Selection of exercise:**

These therapeutics exercises include Treadmill-walking, Adler-running, jogging, climbing, like running, jumping row, slight weight training, and cross country. The health related physical fitness programme includes running, Split Squat Jump, Standing broad jump, Bent Knee Sit Ups, Squat Thrust waking, jumping, throwing, speed ply training were involved.

**Statistical technique:**

To analysis the date Mean, standard deviation, and ANCOVA. The level of significance was keep at 0.05 levels.

**Results**

As the primary aim of the study was to statistically Effect of Therapeutic Exercise and Health-Related Fitness Programme on physiological efficiencies among Young Adults. With the help of mean standard deviation and analysis of co-variance.

**Table-1**

Shows Mean Scores and Standard Deviations of Morphological Characteristics of the Therapeutic exercise.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Characteristics</th>
<th>Means Scores</th>
<th>Standard Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Age (year)</td>
<td>21.62</td>
<td>1.89</td>
</tr>
<tr>
<td>2.</td>
<td>Weight (kg)</td>
<td>60.62kg</td>
<td>5.32</td>
</tr>
<tr>
<td>3.</td>
<td>Height (cm)</td>
<td>169.9cm</td>
<td>5.38</td>
</tr>
<tr>
<td>4.</td>
<td>Body Mass Index (BMI)</td>
<td>21.47</td>
<td>2.05</td>
</tr>
</tbody>
</table>
The Mean Scores (S.D.) age of Therapeutic exercise was 21.62 (1.89) years, mean scores (S.D.) weight was 60.62 (5.32) Kg, mean scores (S.D.) height was 169.9 (5.38) cm. and mean scores (S.D.) BMI was 21.47 (2.05).

Table 2

Shows Mean Scores and Standard Deviations of Morphological Characteristics of the Health-Related Fitness programme.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Characteristics</th>
<th>Means Scores</th>
<th>Standard Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Age (year)</td>
<td>24.42</td>
<td>1.43</td>
</tr>
<tr>
<td>2.</td>
<td>Weight (kg)</td>
<td>61.98</td>
<td>10.95</td>
</tr>
<tr>
<td>3.</td>
<td>Height (cm)</td>
<td>170.68</td>
<td>7.54</td>
</tr>
<tr>
<td>4.</td>
<td>Body Mass Index</td>
<td>21.63</td>
<td>2.33</td>
</tr>
</tbody>
</table>

Mean Score (S.D.) age of Health-Related Fitness programme Was 24.42 (1.43) years, mean score (S.D.) weight was 61.98 (10.95) Kg., mean score (S.D.) height was 170.68 (7.54) cm. mean score (S.D.) Body mass Index was 21.63 (2.33).

Table 3

Shows Mean Scores and Standard Deviations of selected physiological efficiencies with respect to heart rate of pre and post-test of Therapeutic exercise.

<table>
<thead>
<tr>
<th>Components</th>
<th>Test</th>
<th>Number</th>
<th>Mean Scores</th>
<th>Standard Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Rate</td>
<td>Pre Test</td>
<td>40</td>
<td>107.65</td>
<td>10.41</td>
</tr>
<tr>
<td></td>
<td>Post Test</td>
<td>40</td>
<td>103.75</td>
<td>9.49</td>
</tr>
</tbody>
</table>

The mean scores obtained from Table 3, the mean scores of Pre-test were 107.65 and the post test was 103.7 respectively of selected physiological efficiencies with respect to heart rate of pre and post-test of Therapeutic exercise.

However, the standard deviations of Pre-test were 10.41 and post test was 9.49 respectively of selected physiological efficiencies with respect to heart rate of pre and post-test of Therapeutic exercise.
Table – 4

Mean Scores and Standard Deviations of selected physiological efficiencies with respect to Heart Rate of pre and post-test of Health-Related Fitness programme.

<table>
<thead>
<tr>
<th>Components</th>
<th>Test</th>
<th>Number</th>
<th>Mean Scores</th>
<th>Standard Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Rate</td>
<td>Pre Test</td>
<td>40</td>
<td>67.2</td>
<td>8.69</td>
</tr>
<tr>
<td></td>
<td>Post Test</td>
<td>40</td>
<td>67.9</td>
<td>7.74</td>
</tr>
</tbody>
</table>

The mean scores obtained from Table 4, the mean scores of Pre-test were 67.2 and the post test was 67.9 respectively of selected physiological efficiencies with respect to heart rate of pre and post-test of Health-Related Fitness programme.

However, the standard deviations of Pre-test were 8.69 and post test was 7.74 respectively of selected physiological efficiencies with respect to heart rate of pre and post-test of Health-Related Fitness programme.

Table-5

Analysis of Covariance of Examining the Effects of Therapeutic exercise and Health-Related Fitness programme on physiological efficiencies with respect to Heart Rate among young adults.

<table>
<thead>
<tr>
<th>Source Of Variation</th>
<th>d.f</th>
<th>Ssx</th>
<th>Ssy</th>
<th>Ssxy</th>
<th>Ssyx</th>
<th>Mssyx</th>
<th>F-ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment group Mean</td>
<td>2-1=1</td>
<td>32724.05</td>
<td>25704.45</td>
<td>29002.65</td>
<td>94.82</td>
<td>94.82</td>
<td>2.04NS</td>
</tr>
<tr>
<td>Errors group mean</td>
<td>80-2-1=77</td>
<td>7177.5</td>
<td>5851.1</td>
<td>5450.3</td>
<td>1712.36</td>
<td>46.28</td>
<td></td>
</tr>
</tbody>
</table>

*Not Significant at 0.05 level of Confidence (F= 2.04, P<0.05)

Table-5, Illustrates the statistical information of analysis of co-variance to effects of Therapeutic exercise and Health-Related Fitness programme on physiological efficiencies with respect to Heart Rate among young adults.

Above table indicates that statistically Not Significant Effects of Therapeutic exercise and Health-Related Fitness programme on Heart Rate of physiological efficiencies of young adults was found as above observed in F-ratio was 2.04 which is required to be 3.98 at 1.77 d.f at 0.05 No Significant level of Confidence.

References:


A Study of Personality Traits extraversion between sports Students And general Students in Osmanabad district.

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S.C. S. College Omarga.

Introduction:
Personality traits extraversion is a marvellously intricate structure, delicately woven of motives, emotions, habits and thoughts into a pattern that places the pulls and pushes of the outside world, It is the totality of his being and includes his physical mental emotional and temperamental make up. His experience perception, memory, imagination instincts, habits, thoughts and sense at time constitute his personality. Therefore personality differences are inevitable, as to individuals cannot possess similar personality traits. Personality traits are basic to sport excellence. It is necessary to identify and cultivate those personality traits which are most conducive to the performance in sports. Hence personality is an important psychological factor which to a great extent determines the result of new athletic output.

Objective:
The main purpose of the study was to compare the Personality Traits extraversion between sports Students And general Students in Osmanabad district.

Hypothesis:
There will significant differences in extraversion sports student & general student

Sample
A sample of subject consisting 100 sports student & 100 general student which were randomly selected from various senior colleges in osmanabad dist.

Tools of the Study:
Eysenck Personality inventory was used to assess the respective personality traits Extraversion
Statistical procedure:

The data attained from inventory were statically treated using Mean, S.D, and ‘t’ Test

Result:

Table No. 1
Comparison of extraversion Sports students and general students

<table>
<thead>
<tr>
<th>Variables</th>
<th>Student’s</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extraversion</td>
<td>Sports Student</td>
<td>100</td>
<td>16.55</td>
<td>2.93</td>
<td>4*</td>
</tr>
<tr>
<td></td>
<td>General Student</td>
<td>100</td>
<td>14.67</td>
<td>3.72</td>
<td></td>
</tr>
</tbody>
</table>

*0.05 significant Level

Finding:

From the result it was found that with regard to extraversion of sports student and general student they have obtained the mean values of 16.55 and 14.67 respectively which are given in table no.1 reveals that the significant different was found in (‘t’=4, P<0.5) general student having more extraversion less tendency as compared sports student which means that general students in cure significantly less extrovert tendency

Conclusion:

Sports also encourage an Students have studying to take up some sports which will develop a trait in which he is thought to be lacking for example to in include virtual of patience he may be in encouraged to take part in games liked. In almost every sports Student will shows a degree of appetite that will justify and ambition to purse that sport at its highest competitive level. This ambition can be of great importance as it leads enable them to avoid frustration and can lead to achievement that contributes consider in the formation of a self-determined and self-sufficient personality.

References

1) Eaggen, Paul, Kauchak, Donk : Educational psychology (Fourth ed), Ohio, Merrill, 1999.
Importance of Health Awareness through Daily Newspaper

1Dr. G. S. Martale, Director of Physical Education, Dhanaji Nana Mahavidyalaya,
Faizpur Tal. Yawal, Dist. Jalgaon (Maharashtra)
2Dr. V. R. Parihar, Director of Physical Education N. S. B. College, Nanded Dist. Nanded
3Prof. Usman Gani Jainoddin, Yashwant College of Physical Education, CIDCO New Nanded

Abstract

News paper is a forth pillar of Democracy in Modern age. We found it’s history from 850 A.D. But in modern India it started on 29 Jan. 1780 and in 1826 a Hindi daily newspaper, weekly reports, half monthly, monthly reports, quarter yearly and yearly reports in different language has been published. But among these printed reports only newspaper provides only knowledge at an accessible price for common man and guides lead successful life. Good physical health is necessary to manage the daily needs of man a person without good health, neither able to protect himself nor to lead his life self-existent. He has to be dependent on others. Health is not only a good of life but a medium to lead it. It can not buy it is a wealth earned by efforts, hardworking and to maintain it we have to work hard. That is why; it is only newspaper which guides man in this respect.

Importance of Daily Newspaper in Health: Health is a continuous process and it does not achieve in quick time. It consists of physical, mental, and social. To maintain it one has to knowledge of health education and the education trickles through the newspaper in the form of mother tongue, national language, and International language.

Key Words: - Health Awareness through Daily Newspaper

Introduction

News paper is a forth pillar of Democracy in Modern age. We found it’s history from 850 A.D. But in modern India it started on 29 Jan. 1780 and in 1826 a Hindi daily newspaper, weekly reports, half monthly, monthly reports, quarter yearly and yearly reports in different language has been published. But among these printed reports only newspaper
provides only knowledge at a accessible price for common man and guides lead successful life.

Today’s newspapers are not only consisting of news but various things which help man to have all round developments especially we are discussing about healthy life. In newspaper there are various aspect of healthy life, importance of exercise, food and its importance, blood donation and importance, good and bad habits, yoga and importance, etc.

It seems that today man has no time for his own health in this competitive world. Because he has changed his view to health. Generally, everyone assumes that to be away from disease means a good health.

Health is not only a good of life but a medium to lead it. It can not buy it is a wealth earned by efforts, hardworking and to maintain it we have to work hard. That is why; it is only newspaper which guides man in this respect.

**What is Health?**

Health is a continuous process in mans life and it is not measured from its external appearance or it would be wrong also to say that a person in good health means a health person. Expert’s thoughts prove this to be true-

1) J.F Williams: Health is a quality of life which enables the individual to give long and serve best.

2) Herbert Spencer: To be a good animal is the first request to success in life and to be a national property.

3) Mary Baker: Health is not a condition of matter but of mind.

4) Word health organization: Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

A Human life is more precious than rest of the other life on the earth. Because man with the help of good health can experience the paradise life or it will be painful and miserable. It is not only the patient who suffered but the whole family. If we start to utilize all the tips related to health that published into newspaper, we can build up health of society and our self.
Importance of Daily Newspaper in Health: Health is a continuous process and it does not achieve in quick time. It consists of physical, mental, and social. To maintain it one has to knowledge of health education and the education trickles through the newspaper in the form of moth tongue, national language, and International language.

**Importance of Daily Newspaper in soundness of Health:**

Good physical health is necessary to manage the daily needs of man. A person without good health, neither able to protect himself nor to lead his life self existent. He has to be dependent on others.

There are some points to be consider 1) Exercise 2) Food 3) cleanliness 4) good habits 5) rest 6) Importance of yoga.

1) **Exercise:**

In newspaper icons photographs while exercising articles on exercise get published. It motivates people do. Not only these exercises, by improving flexibility, speed, balance, agility, endurance, and power among human beings.

2) **Diet:** We need energy to live our life. We get energy through the food. Diet is made up at various constituents of food carbohydrates, fats, proteins, water mineral and vitamins are the contents at diet. Physical loss can be made up life with the help of good diet.

In India there are some types of diet 1) satwik diet

2) Rajasik diet

3) Tamsik diet

4) Balanced diet

5) Shadras diet

6) Single food diet.

Though there is various method of the diet it is not only for fostering but also the therapy. Newspaper frequently published the write ups on the suitable diet according to changing atmosphere.
3) **Cleanliness**- cleanliness is an important factor in maintaining physical fitness. Cleanliness is important to acquire good health and to keep away from decease for that personal hygiene and public hygiene is also important. Main aspect personal hygiene are to keep clean our skin, hands, legs, tongue, nose, teeth, eyes, ears, nails cloths and the things which are use in our day today life. Similarly main aspects of pubic sanitation are rivulets sources of water drainage system, bio degradable waste, polluted water of factories roads and environment protection. Newspapers frequently publish various information on the above aspect.
4) Good habits-

Personal health is depending on ones nature and habits. Therefore we need to acquire good habits in our life. Newspaper always guide us about the good habits through the write-ups on the sequence of our daily chores like to wake up early in the morning to exercise to tag are breakfast and meal in time to keep away from stress and strain.

5) Rest –

In this modern age or culture life has become fast. It is just like a machine because everyone has to do hard work for festering his own and family life persons efficiency of working is decreasing day by day due to working hard and because of that person become tired physical and mentally. Consequently he looses his efficiency and develops the errors in his daily work. To avoid all this, Rest is important. He can get charged through rest.

Rest is the important factor in physical health. When we do work there is decadence of cells every time. To recover this decadence and to maintain the heath, rest is important .So many writers have written on the topic at Rest and sleep in the newspaper.

6) Important of yoga:

Yoga is a gift to us by our ancestors”; by which the whole world can maintain their health. Yoga and our body is co-related to each other. They are closely connected. Human body is divided into two parts1) outer body2) inner body. Yoga is a mediator to control these two parts. By yoga we can achieve physical fitness. Yoga is actinic by which we can develop our physical health. In newspaper we read about yoga benefits of yogasana many times.
Importance of Newspaper for mental fitness-

In human life physical health is important as well as mental health. Any person can achieve real happiness through mental health. He can perform all the activities if he is mentally well prepared. Anger hatred jealousy greed occurs if mental health is not good. If a person needs to maintain health, he should have satwik diet or balanced diet pranayama, Dhyana plays the vital role. He should take guidance and help from psychiatrists. We can get such type of guidance from the newspaper. Such type of articles and writes up published in newspaper.

Social Health: Man is a social animal. He can’t live without society. If you need to create a developed nation, the people in the nation should be socially healthy. There are so many articles or writes up published in newspaper to remain socially healthy like, personal cleanliness, to keep clean our surrounding, etc.

Conclusion:

Journalism is the fourth pillar of democracy. Today, our people are reading newspaper in remote areas also. Nowadays, newspapers are giving importance for health articles in it. It is our responsibility to preserve such types of articles, thoughts related to health programmes by which we can get help to maintain good physical, mental and social health.

Reference


A Study of Personality Traits Lie-scale between sports female Students And general female Students in Umarga city.

Mr. Apparao .S. Sonkate
Associate Proff.
Adarsh college Umarga.

Introduction:
Personality traits Lie-scale is a marvellously intricate structure, delicately woven of motives, emotions, habits and thoughts into a pattern that places the pulls and pushes of the outside world. It is the totality of his being and includes his physical mental emotional and temperamental make up. His experience perception, memory, imagination instincts, habits, thoughts and sense at time constitute his personality. Therefore personality differences are inevitable, as to individuals cannot posses similar personality traits. Personality traits are basic to sport excellence. It is necessary to identify and cultivate those personality traits which are most conducive to the performance in sports. Hence personality is an important psychological factor which to a great extent determines the result of new athletic output.

Lie-scale :- individual council something

Objective:
The main purpose of the study was to compare the Personality Traits Lie-scale between sports female Students And general female Students in Umarga city.

Hypothesis:
There will significant differences in Lie-scale sports female student &general female student

Sample
A sample of subject consisting 100 sports female student & 100 general female student which were randomly selected from various senior colleges in Umarga city.
Tools of the Study:

Eysenck Personality inventory was used to assess the respective personality traits Lie-scale.

Static procedure:

The data attained from inventory were statically treated using Mean, S.D, and ‘t’ Test.

Result:

Table No. 1

Comparison of lie-scale in sport female students and general female students

<table>
<thead>
<tr>
<th>Variables</th>
<th>Student’s</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lie-scale</td>
<td>Sports female</td>
<td>100</td>
<td>15.87</td>
<td>2.89</td>
<td>7.18*</td>
</tr>
<tr>
<td></td>
<td>Student</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>General female</td>
<td>100</td>
<td>12.78</td>
<td>3.22</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Student</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*0.05 significant Level

Finding:

From the result it was found that with regard to Lie-scale of sports female student and general female student they have obtained the mean values of 15.87 and 12.78 respectively which are given in table no.1 reveals that the significant different was found in (‘t’=7.18, P<0.5) sports female student having more Liar tendency as compared general female student which means that general female students in cure significantly less liar tendency.

Conclusion:

Sports also encourage an Students have studying to take up some sports which will develop a trait in which he is thought to be lacking for example to in include virtual of patience he may be in encouraged to take part in games liked. In almost every sport female Student will shows a degree of aptitude that will justify and ambition to purse that sport at
its highest competitive level. This ambition can be of great importance as it leads enables them to avoid frustration and can lead to achievement that contributes consider in the formation of a self-determined and self-sufficient personality.

References

A Study of emotional intelligence scale self-awareness between physical education Students And general Students in Osmanabad District.

Mr. Rajendra M. Suryawanshi
Dept. Physical education
SCS college Umarga.

Introduction:

Intelligence is the aggregate mental capacity or energy of an individual to not purposefully, to think rationally, and to deal effectively with one’s environment. Intelligence involves awareness is goal directed and has value. It is an ability to undertake the activities that are difficult, complex and which lead to the creation of something new and different. Intelligence of an individual plays an important role in affecting physical performance. The more complex and the more interpretative the movement, the greater the amount of intelligence necessary to comprehend. Sport activities involve complex skilled action. Since all skilled behaviour is intelligent behaviour, relationship between sport performance and intelligence cannot be denied.

Self Awareness:- self awareness is having a clear perception of our personality including strength, weakness, thoughts beliefs motivation and emotions.

Objective: -

Objective of the study was to compare the emotional intelligence scale self-awareness between physical education Students And general Students in Osmanabad district.

Hypothesis:-

There will be no significant differences in emotional intelligence scale self-awareness between physical education student and & general student.

Sample

A sample of subject consisting 120 phy. Education student & 120 general student which were randomly selected from various senior colleges in Osmanabad district.

Tools of the Study:

Emotional intelligence and sub-scale adopted by Aunukool hyde et. Al was used measure emotional intelligency This inventory provides self awareness dimensions.
Statistical procedure:

The data attained from inventory were statistically treated using Mean, S.D., and ‘t’ Test

Result:

<table>
<thead>
<tr>
<th>Variables</th>
<th>Student’s</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-awareness</td>
<td>Phy.Edu. Student</td>
<td>120</td>
<td>16.53</td>
<td>2.46</td>
<td>0.26 NS</td>
</tr>
<tr>
<td></td>
<td>General Student</td>
<td>120</td>
<td>16.45</td>
<td>2.32</td>
<td></td>
</tr>
</tbody>
</table>

Not significant

Finding:

From the result it was found that with regard to self-awareness of phy edu student and general student they have obtained the mean values of 16.53 and 16.45 respectively which are given in table no.1 reveals that the not significant different was found in (‘t’=0.26).

Conclusion:

In this study found physical education student had more slightly self-awareness tendency as compare general students. Which means general student have less slightly self-awareness tendency

References

Analyses of attitudes scale Health fitness between Kabbadi and Kho-Kho players in marathawada region

Mr. Dr. Prashant B. Chavan
Director of Phy. Edu & sports
Shahid Bhagatsingh College Killari.
Tq. Ausa Dist. Latur

Introduction:

Human being and animals are product of a long process of biological evolution. Their activities are highly complex in nature and directed from within. Since ancient times, philosophers have tried to understand why human being and other animals behave as they do.

The origin of psychology is often traced to the Greek philosophers. The term psychology is derived from two Greek words psyche; and logos’, here in psyche means the soul of mind, and the meaning of logos is to talk about of science or study. Thus the literal of soul. Greek philosophers believed that soul was responsible for various mental activities such as learning, thinking, feeling, etc. It was believed soul was the essence or true being of an organism, the case and the principles of life. As the relation of soul to the body and the functions of soul could be explained, some philosopher tried to define psychology as a science of mind. Are about thoughts and feeling. Attitude is often thought to predict behaviour. Atitudinal responses are also evaluative in nature. They are significant in deciding the kind and extent of the learning that takes place and reflect the likes and dislikes concerning specified objects of action. Attitude involves knowledge and beliefs. Attitude is developed through direct experience and interpersonal communication. Positive beliefs and values concerning physical activity result in development of good and positive attitudes, enabling the athlete to strive hard for better performance.

Objective:

The main objective of the study was to analysis the attitudes scale health fitness between Kabbadi and Kho-kho players in marathawada region

Hypothesis:

There will be no significant differences in attitudes scale health fitness between Kabbadi and Kho-kho players in marathawada region.
Sample

A sample of subject consisting 120 Kabbadi Players & 120 Kho-kho players which were randomly selected from different district in marathwada region.

Tools of the Study:

Attitude scale adopted by Dr. Vishnu pethkar (University of Pune) was used for measure the attitude scale questioner between kabbadi and kho-kho players in marathwada region. This inventory provide health fitness dimension.

Statitical procedure:

The data attained from inventory were statically treated using Mean, S.D, and ‘t’ Test

Result:

Table No. 1

<table>
<thead>
<tr>
<th>Variables</th>
<th>Players</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>Degree of freedom</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health fitness</td>
<td>Kabbadi players</td>
<td>120</td>
<td>24.90</td>
<td>2.91</td>
<td>138</td>
<td>1.48 NS</td>
</tr>
<tr>
<td></td>
<td>Kho- kho Players</td>
<td>120</td>
<td>24.29</td>
<td>3.92</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Not significant

Finding:

From the result it was found that with regard to health fitness of kabbadi and kho- kho players they have obtained the mean values of 24.90 and 24.29 respectively which are given in table no.1 reveals that the not significant different was found in (‘t’=1.48).
Conclusion:

In this study found Kabbadi players had more slightly health fitness as compared to Kho-kho players. Which means Kho-kho players have less slightly health fitness.

References

Compression of attitudes scale social experiences between Kabbadi and Kho-kho players in Marathawada region

Mr. Vilas S. Shinde
Research student
Dept. Physical education
JJT University Jhunjhunu.
Rajasthan.

Introduction:

Are about thoughts and feeling. Attitude is often thought to predict behaviour. Attitudinal responses are also evaluative in nature. They are significant in deciding the kind and extent of the learning that takes place and reflect the likes and this likes concerning specified objects of action. Attitude involves knowledge and beliefs. Attitude are developed through direct experience and inter personal communication. Positive beliefs and values concerning physical activity result in development of good and positive attitudes, enabling the athlete to strive hard for better performance.

Social experiences:-Social experiences consist of knowledge, of skill, of something our some event gained through involvement in or exposure to that thing or event.

Objective:

The main purpose of the study was to compare the attitudes scale social experiences between Kabbadi and Kho-kho players in marathwada region

Hypothesis:-

There will be no significant differences in attitudes scale social experiences between Kabbadi and Kho-kho players in marathwada region

Sample

Sample of subject consisting 120 Kabbadi Players & 120 Kho-kho players which were randomly selected from different district in marathwada region.

Tools of the Study:

Attitude scale adopted by Dr. Vishnu pethkar (University of Pune) was used for measure the attitude scale questioner between kabbadi and kho-kho players in marathwada region. This inventory provide social experience dimension.
Statistical procedure:

The data attained from inventory were statically treated using Mean, S.D, and ‘t’ Test

Result:

Table No. 1

<table>
<thead>
<tr>
<th>Variables</th>
<th>Players</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>Degree of freedom</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social experiences</td>
<td>Kabbadi players</td>
<td>120</td>
<td>22.5</td>
<td>2.88</td>
<td>138</td>
<td>0.31 NS</td>
</tr>
<tr>
<td>Social experiences</td>
<td>Kho-kho Players</td>
<td>120</td>
<td>22.62</td>
<td>3.15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Not significant

Finding:

From the result it was found that with regard to social experience of kabbadi and kho- kho players they have obtained the mean values of 22.5 and 22.62 respectively which are given in table no.1 reveals that the not significant different was found in (‘t’=0.31).

Conclusion:

In this study found kho- kho players had more slightly social experience tendency as compare Kabbadi players. Which means Kabbadi players have less slightly social experience tendency.

References

Study of emotional intelligence scale self-motivation between sports Students And general Students in Solapur District.

Mr. Shashikant D. Gadhave
Dept. Physical education & Sports
R.S Law college Barshi.

Introduction:

Intelligence is the aggregate mental capacity or energy of an individual to not purposefully, to think rationally, and to deal effectively with one’s environment. Intelligence involves awareness is goal directed and has value. It is an ability to undertake the activities that are difficult, complex and which lead to the creation of something new and different. Intelligence of an individual plays an important role in affecting Sports performance. The more complex and the more interpretative the movement, the greater the amount of intelligence necessary to comprehend. Sport activities involve complex skilled action. Since all skilled behaviour is intelligent behaviour, relationship between sport performance and intelligence cannot be denied.

Objective:

The main purpose of the study was to compare the emotional intelligence scale self-Motivation between sports Student and general Student.

Hypothesis:

There will be no significant differences in emotional intelligence scale self-Motivation between sports student and general student.

Sample

A sample of subject consisting 120 Sports student & 120 general student which were randomly selected from various senior colleges in Solapur district.

Tools of the Study:

Emotional intelligence and sub-scale adopted by Aunukool hydeet. All was used measure emotional intelligence this inventory provides self-motivation dimensions.
Statical procedure:

The data attained from inventory were statically treated using Mean, S.D, and ‘t’ Test

Result:

<table>
<thead>
<tr>
<th>Variables</th>
<th>Student’s</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self</td>
<td>Sports Student</td>
<td>120</td>
<td>23.66</td>
<td>3.17</td>
<td>0.1 NS</td>
</tr>
<tr>
<td>Motivation</td>
<td>General Student</td>
<td>120</td>
<td>23.07</td>
<td>3.18</td>
<td></td>
</tr>
</tbody>
</table>

Not significant

Finding:

From the result it was found that with regard to self Motivation of Sports student and general student they have obtained the mean values of 23.66 and 23.07 respectively witch are given in table no 0.1 reveals that the not significant different was found in (‘t’=0.1) .

Conclusion:

In this study found sports student had more slightly self-Motivation tendency as compare general students. Which means general student have less slightly self-Motivation tendency

References

आंतररम्यविषालयीन कोठार्टकेळ कला वरिष्ठ महिलां महाविद्यालय सहभाग एक फ्रेंच?

(मराठयाचा विषय)

प्रांतवेळा ठाकरे
कला वरिष्ठ महिलां महाविद्यालयाचे, अंबाजेगाई , जिल्हा.

सारांश
आज रिःशैशाना अधिकारकांना काय होईल ज्योत्वहाण महिलां महाविद्यालयाचे, कोठार्टकेळ, राजकीय, सामाजिक क्षेत्रांमध्ये किती स्थान आहे, त्यांची कोठार्टकेळ महिलां त्यांच्या प्रभावाचा फायदा कमी आहे, अर्थात, अलेक्जेंड्र र्स्तु आहे महाविद्यालय त्यांच्या वातावरणात, कोठार्टकेळ महाविद्यालय असणाऱ्या महिलांच्या कोठार्टकेळ राहमण वाढेल.

कोठार्टकेळ महिलांत राहमण हा सामाजिक खेळाच्या छोट्या तुलस्करपणे पूर्वी ऑलिम्पिक खेळाडू महिलांत खेळाडूंचा पाठू दिले जात आहेत, त्याच्या कोठार्टकेळ महिलांचे बन्ध बदलले खेळ पाहत असलेले, त्यांच्या घेतली महिलां ह्यांची पाहत असते. पाठूमयों १५०० ते २००५ या काळात्तले महिलांची कोठार्टकेळ गडचितविरुद्ध आहे, त्यांनी सारांश दिले ती आहेत.

अलेक्जेंड्र र्स्तु महिलांत खेळाडूंचा पाठू दिले जात आहे, त्यांनी सारांश दिले ती आहेत. खेळाडूंसह महिलांतल्या ह्यांच्या सामस्येंच्या कारणी, त्यांच्या वातावरणात, महिलांच्या कोठार्टकेळ अमाला कोठार्टकेळ गेला आहे. त्यांतरी, सामस्यांना कोठार्टकेळ लक्ष्य राहणाऱ्या त्यांच्या महाविद्यालयाच्या प्रारंभ आहे.

प्रस्तावना:
महिलांत खेळाडूंसह राहणाऱ्या त्यांचे, त्यांनी विकल्पात्मक शौचालय नाही, पुणेच्या संस्कृती पणा, पूर्वीहाळ, बालकृत्व, राहणाऱ्या महिलांच्या ह्यांची माहिती ह्यांनी ती जवळपास आहे. महिलांत अपसहभाग एक तसेचाचे प्रश्न आहे, त्यांनी समस्येत कटुस्विलिंगपणे पाखळ्यात राहले हाळ.
महाराष्ट्रः इतर प्रांतात तुलनेत स्त्री व पुरुष समानतेत वादतीला असेल होते. हे,वाराजेहेच आवेदकां, महात्मा ज्योतीबा पुलेले, राज्यी ४५साली अनेक महाराष्ट्र ताली स्त्री शिक्षणाकेंद्र प्रोटोकोल हळेले. आज अलेक्क महिला कॉलेज, महिला विहारीला आहेत महिला कॉडा रांगावलक महिला प्रियेक्षक आहेत पर्यंत त्यांते प्रमाण पावू असेल आहेत.

आज महाराष्ट्र शाळाांमध्ये एल.सी.सी. यांमध्ये प्रथम व फाटले मुलीसाती प्रकेश वंदे केला आहे.कारण महिला प्रशिक्षक पुढेून तांत्रिक महापुरुष हि वेळ का आलो? आज महिलाला वादतील महाराष्ट्र सरकार आहेत का अनेक प्रश्न उपशेष्टत केला जात आहे. मयुर, काराटे शासनात शिक्षण हळे हे वेळे पाहिजे.हे महात्मांनी साहित्य, वाणिज्य, और सांस्कृतिक जीवन सुरक्षित कराव्यांनी आज्ञा देत तर सेवालीला यांनी अवश्य चा सहभाग अवश्यक विशेषतर्क तथा विद्यालय तयार करते हि विद्यार्थी कमी करे. नागरिककर्त्यांमध्ये शांतकृतीक आधारात एक प्रकारचा कसाहतवाद जोडलाला जात आहे. तो गांधीजीला सेवालीला महामार्गातून पुढे वेळ आहे.

मराठवाड्यात महिलाक्ष्य उच्च शिक्षणातील अडचणी –

1. पालकली तारींत अर्थिक परिशिष्टाती.
2. हूळा, पडळा यालासात तुलना, सामाजिक वाली.
3. स्त्री शिक्षाक्षेत्र अभाव - माणासा भागात स्वतंत्र शिक्षण नाही.
4. रिजियांतर संस्थान महिला आळा स्वतंत्र कार्यक्रमहारा आभाव - मराठवाड्यात केवळ १० महिला महाविद्यालयेही आहेत.
5. रिजियांतरीत स्वतंत्र शिक्षण संस्थाना आभाव - मराठवाड्यात केवळ १० महिला महाविद्यालये आहेत.

शासन आपणांत महिला कॉडा सहभाग हा अभावाचा विपरीत करता मुंतुपंहा आहे ते लक्षात येते.

980 मध्ये मराठवाड्या विहारीला १७७ महाविद्यालय होती. विहारीला स्थानपासून १००० वर्षांना विषम महाविद्यालयात ३०० विद्यार्थी जाता विषम रणरीत समावेश सहभाग नोंदविला. ५२ पुढे में २००० वर्षांत वायु वालेखों आवेदक मराठवाड्या विहारीला अंतर्गत एकपुरूष १३३ महाविद्यालये ह्यांनी ७५० वर्षांना जाता विद्यार्थीला सहभाग नोंदविला होता तर २००६ मध्ये हि संख्या १९० पेक्षा कमी ठरली. अंतर्महाविद्यालयी महिला कॉडा कर्मी एकक्षी विहारीला अंतर्गत असली आनें दुसरें महाविद्यालयात विषम शिक्षणातील पातळी पातळी शिक्षण दिले जाते. ता विहारीला शिक्षणातून साधनशाळा स्वरूपित सिंहासन विकास महाराष्ट्र धार्मिक, मार्गदर्शिक अज्ञातवादीत.
वैश्विकता के अंतर्गत रक्षक होने के लिए सरकारी संस्थाओं ने विभिन्न प्रकार की मात्राएं तेजी से बढ़ाई हैं। इसके बावजूद, विशेषता के क्षेत्र में नये उपकरण तेजी से विकसित हो रहे हैं।

मराठवाड़यात महिला महाविद्यालय -

आज मराठवाड़यात महिला महाविद्यालय में सक्रियता मथुरानाथ तेजस्वी, जिल्हा चिड़िया, शहीद लालू, तीड़ लेह वकील कोलेज आधित्य द्वारा हिंदी संस्कृति महिला संवेदनशील व प्रशिक्षक महिला आधित्य। परंतु प्रकट अपरेंटिस एएच जौहर, सुंदर काविदाते चांदी व्यक्ति कोलेज आधित्य आंत प्रेमी. पूर्व विद्याभासी लोकल संस्कृति व विद्यु व्यक्ति महाविद्यालय में संवेदनशील नेत्रात आधित्य।

मराठी विश्वकोश खंड – 9

तर्क तर्क पहले मणिमाणीश्री जेहरी चांदी वळणले कोलेज मराठी विश्वकोश कोलेज व मलंकोल या विद्यालय श्री.दे.इलामादार,पी.टी.वुबुह एकमेव उपाग्रह तत्काल राजकोश हि लालू कुमारोपकरण मधुनंद प्रसिद्ध अध्यात्म या प्रथम विश्वविद्यालय जीवनात वर्तु उत्तर जीवनात। पी.टी.वुबुह रुखा आपल्या जीवनात करांण प्रमाण लागोत याचे लागले वृत्तिते हार मात्रकाळी काळो. आपल्यांकडून मंजिला १२ वीं वर्ष विकल्पवाती पालक तर्कों मनोवात संबंधित हि महाकाव्य मराठवाड़यात महाविद्यालय हि केंद्री पदेवांत हो. तर्कों लेख हि एक स्वाभाविक बात आहे. जो लालूलपणापूर्वक सलेखली जाते उड़े मोठे मॉडल हुरात खेण्डंशत प्रवासी मेरळे पण मराठवाड़यात तसेच महाराष्ट्र म्हणून कसों आहे. क्रिकेट आणि तोल टेलिकाला जतत महत्त्व आहे. भारतात आता काळी ही विरोध करले दिवस आहे आधित्य दृष्टिकोण
समाजिक वृक्षीकोण -

आज देखिएक रामजाता याकडे लाखपत्त्य वृक्षीकोण चांगला लागी. रेह आपण पाहून मुलीव्हा वाचविला करा घडते ते? लाखपत्त्याची भीती ठोसते पालकांता घडते तंत्रज्ञानी आपल्याकडे रुजलेल्या नाही. मार्केटिंग फॅक्टर खेळले जाते किंवा पोलिसी मराठीतातील ऑर्डरमध्ये आपणे उपलब्ध कमी? त्याच्या तसे प्रयत्न होता नाही. मार्केटिंग फॅक्टर खेळले जाते किंवा पोलिसी मराठीतातील ऑर्डरमध्ये आपणे उपलब्ध कमी? त्याच्या तसे प्रयत्न होता नाही.

मान्य महिला क्रिकेट विषयक उपयोग म्हणजे एक सामना म्हणून ठेवली झाली. फ्रेंड्स तिकडे मिळकूट नाहीत का? फॅक्टर टिल्यांवर ताप तोडता म्हणजेच महिला क्रिकेटचा रंग देखिलेल्या उद्देश्य म्हणून घेतल्या प्रश्न म्हणून करतात म्हण हा? जुगा भाव का? देखीरंगमर्फत महिला व पुढीलमध्ये शारीरिक दृष्टीकोण फार्म्स आहे. तसेच मुली खेळल्या वातावरणात देखि उठली त्यादेखील शक्तिक तसे उपलब्ध नाही.अपलेकडून विलापात बघता जेथे सामने होतात मुल फॅक्टर झिंगल करतात, दोमो मराठात. धावणाऱ्याच्या बनते भाग हेरत नाही. हे वातावरण बदलत गेले पाहिजे.

महिला खेळ विषयक मानसिकता -

मुलीव्हा समाजिक द्रवात असलेले, खेळातील गणविशेषज्ञ वाचविला हो. देखि घडते एकून गणव्हात डातात्त्य मुली धावतात.प्रश्नातात. मुलीव्हा मार्केट्स धम्मि झाला अर्थरूप उपवन त्यांच्या आहे. प्रश्नात वाचविला देखिलेल्या कसे पाहिजे मुलीच्या शारीरिक क्षमतेचा प्रश्न उपलब्ध नाही. देखील फिटनेसला नाहात त्यांचा आहे ही कमी झालेला हा. देखीरंगमर्फत म्हणून अभ्यास आहे. त्यांची तरी मानसिकता नाही. ग्रंथीचा भागातील मुली काठाक असतात पण त्या खेळात्त्याच्या बें लाकत नाहीत.

प्रशिक्षण व्यवस्था -

विहारीपालकांना महिलातांती प्रशिक्षणविषय व्यवस्था वेगळी नाही. मुलीचे रेकॉर्ड हो व्यवस्थित लक्षातात खेळातील प्रशिक्षण विशेष हो जात दिवस लक्षातात. त्याच्या महाविद्यालांमधील लोणी लक्षातात व्यवस्थापन परिणाम हेतू शकता. जिथे व्यवस्था असेल तिसे मुलीचे शेपण जाणून धक्का होत नाही. आपल्याच्या अनेक रा टॉप पाहिजे पाहत हि सामना आहे. अनेक महिला रा टॉप सेल्याच्या तकारी करतात महिला प्रशिक्षक नाहीत.शाश्वतकसूक्त व जनतेकसूक्त देखि तसे प्रयत्न होत नाही. काही विविध महिला खेळात्त्याच्या प्रशिक्षण इत्यादी इतः लाख वातावरण पर तेथे हेरत नाही.
प्रसार माध्यम -

प्रसार माध्यम महिलाव्यया वाचतीह स्त्रोताविषयी उद्देश्य आहेत. महापावा तत्त्व प्रवार होत नाही कुटिलपत्र पेख, टेलिविजनकर, वेबसाइटकर खेळात्या कार्यक्रम दाखवलेले जावेत विशेष महिला खेळाडू, आंतरराष्ट्रीय, राष्ट्रीय खेळाडूद्वारे मुलाखत दाखवली. पेट्रिवा मिलु शक्ती मुलु का? अपवार भागात महात्मागांधीचा फक्त तांगाते कोटे अखातात, महिला भारतीय आंतर विश्वप्रांमध्ये सप्ताह जातानांना पण पुत्रीया वाचणी करते. त्यांनी मुलाखत व्याख्यातील आयुक्त कलापण्यांत विस्तारण करती. वातावरण अनेक राष्ट्रीय महिला खेळाडू त्या यांची कार्यीमाण, कर्मचारीमाण महिली धारणी. महिलाव्यया महिलाव्यया वाचणी हेलियोलाक फार थीड्या व पलोट्स सर्वपाच्या अखातात.

महात्मागांधी तींकले अनेक राष्ट्रीय आंतरराष्ट्रीय खेळेवाडु आहेत पण प्रकट मुलाखत होत नाही मुलुका त्या कोण आहेत हे हेलियोलाक महिला न्युनतम. आंतरराष्ट्रीय एकदा आपल्या आंतरराष्ट्रीय विवाहालायी महिला खेळाडूद्वारे मुलाखत तीटती जाती आता ४६, खेळ अहमद विश्वप्रांमध्ये पालतोवर धातीमाध्यम काही केस धक्कातात. एकाचारण कर उकाचारण तर एकाचारण राह्या आणार्या महिला महान सूचना प्रभावी आहे. फोकाँस्टाढी तेव महिला खेळाडूंना व्याख्या देतं धक्कातात.

परिचय

सांस्कृतिक संस्था, राजकीय लोक खाजगी संस्था, खेळ व खेळाडूंना गावातील लगतपालिका, ह्या सर्वांत ठरते ही पहिल्या. खेळाडू दृश्यक ठरते पहिल्या त्यांचा विषय होणा थक आहे. त्यांचा उद्देश्य त्रिवेणीच्या होरणा. स्त्रीलोकांसाठी काळीमध्ये होता देर धक्का हे पद्ध धक्का, महात्माकांताली मुली आंतरराष्ट्रीय दृष्टी पालती परंत सक कराली.

1. शहरातील कोटांतकुं भांडेलाई देतं धक्कातात, अनेक राजकीय मिळु, तारीखा लेखांत, यो दो, उपा, भिलारोज. राजकीय व.से.खेळाडूंना शास्त्री होतं धक्कातात व महाराष्ट्रीय वाचणी देतं धक्कातात. महामहोधास्या जनतिनिर्देशक महिलांना मेजर ध्यानदाय यांना भारतात हे भिन्नाचत पहिल्या अशी आमची ईश्विक आहे.

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