



Shiksha Mandal's
G. S. College of Commerce
Jamnalal Bajaj Marg, Civil Lines, Wardha



Sporting Revival : Health, Harmony And Glory



Indian Council of
Social Science Research



EAGLE LEAP

Shiksha Mandal's
G. S. College of Commerce, Jamnalal Bajaj Marg, Civil Lines, Wardha
ICSSR Sponsored One Day National Seminar
on

"Reviving Indian Sport's Heritage to Regain Health, Harmony, Glory, and Legacy: Reclaiming the Past, Shaping the Future"

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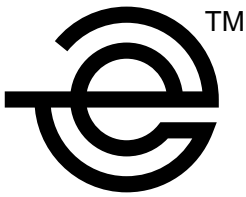
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Editorial



In a world often marked by division, sports stand as a realm of unity and camaraderie. Amidst cheers and challenges, they offer not just competition but also virtues. As we enter a new era, it's crucial to recognize sports' potential as more than just a pastime but as a catalyst for holistic revival. In an age of sedentary lifestyles and rising health concerns, the importance of physical activity cannot be overstated. The revival of sports goes beyond breaking records; it breaks barriers to wellness. By promoting participation across ages, genders, and abilities, we pave the way for a healthier society through grassroots initiatives and accessible facilities. This revival isn't just about physical fitness; it's about societal cohesion. In a fractured world, sports have the power to foster harmony and understanding. Through shared goals, barriers dissolve, fostering bonds that transcend cultural divides. By embracing diversity, sports become a beacon of hope, guiding us towards a more tolerant world.

Moreover, sports embody the pursuit of glory through values like integrity and sportsmanship. As we mentor the next generation, instilling the desire for excellence alongside humility in defeat is essential. True glory isn't just about trophies but about character. As we embark on this journey, let's keep sight of our goal: to weave health, harmony, and glory into the fabric of human achievement. Let's leverage sports to inspire unity and elevate humanity. In sports' arena, we find not just greatness but the promise of a brighter tomorrow, where everyone can thrive and dreams can soar.

The focal objective of this ICSSR Sponsored National Seminar on “Reviving Indian Sport's Heritage to Regain Health, Harmony, Glory and Legacy: Reclaiming the Past, Shaping the Future” is to leverage the advantages of Holistic Development with a due emphasis on Healthy India and Fit India to face the upcoming challenges among the generations to come and endure the opportunity to place the country both economically as well as in other fronts to lead the world by regaining the past glory as the “**Vishwa Guru**” once again.

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Dated



It is a matter of privilege that our College's proposal to host a National Seminar on Sports has been sponsored by a national body like ICSSR.

As an institution Shiksha Mandal has always encouraged sport because it is committed to all round development of its students, and is acutely aware of the significant contribution that sports makes to the persona of a student, by not only building a body but mental toughness by taking failure in one's stride, team spirit, competitive spirit, in all a delight in achievement. As a former State level athlete I know this only too well.

Awareness of the past and a commitment to building a better future are necessary for development. What better place to discuss this than Wardha, inextricably linked to our freedom struggle, and which gave to the country and the world, a pathway to sustainable development under the thought leadership of Gandhiji and Vinobaji. We may have meandered from their path but we can always rediscover the good.

We are seeing a revival of sports in our country, though the turning point may have been the Asian Games at Delhi in 1982. It is pertinent to note that we held the first Asian Games in 1952. So, the intent was always there!

At the same point we are seeing a decline in health of the young. Cases of disease and at times death of the not so old are becoming frequent. This is why it is important that educational institutions inculcate the joy of sport early on. We also have a wonderful legacy of Yoga which can go a long way in developing a healthy body and a stabilised mind.

It is heartening to see the enthusiastic response to the Seminar. We are specially grateful to the experts who are travelling from far and sparing their time for it.

My very best wishes to a fruitful discussion which would lead to sustained action.

Sincerely

(Sanjay Bhargava)

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01

Empowering Youth through Sports Participation



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ABSTRACT

Sports plays pivotal role in life of every human being. Sports can transform an individual to a responsible person of society. How sports can bring such transformation? Sports can remove deficiency of laziness in youth. Young generation can be really empowered though their participation in various sports.

Key Words : Pivotal, transform, deficiency, empowered

Introduction :

Today's youth face so many challenges in modern technologically developed and fast-paced world. Digitalisation have made it compulsory to use Smartphones, social media and other technical gadgets. During the pandemic period the school children of even standard 1st was forced to use social media. Though it has kept the pace of education live but it has certain disadvantages like eye infection, increased number of specs in children and other health hazards too. However I want to relate here how sports can directly affect the physical health and can improve the mental health of youth also.

Physical Health :

One of the most important connection of sports with youth is that it offers positive impact on physical health and well-being. Today's youth including children of teen age or university going students tend to spend their more time on mobile phones or other onscreen modes, which may in turn affect their health. Regular participation in sports and playing various sports will help the student to keep physically, medically fit and fine. At the same time sports participation also help the youth to maintain their body weight, reduce the risk of obesity, and other life-style related diseases.

Mental and Emotional Recovery :

Beyond physical health sports also foster the mental and emotional health of youth. Today, maintain the healthy lifestyle is quite difficult among youth because new generation is more busy in mobile or playing computer games rather than ground games. They commonly remain busy in mobile or on computer. May be they are forced to do such, considering the current academic situation. Operation of digital mode is up to some extent necessary. But youth should not too much inclined towards the social media but they have to take care of their physical health too.

Building Sporting nature and Team Spirit :

What sports teaches you? It teaches you how to built sporting nature. Win and loss are two elements of one coin. One team will win one will loose, One has to accept such situation which arises during playing game. Sports surely tells you to increase sporting nature, to work with team spirit. Team spirit says winning is a part of game so play with high morale, motivation and enthusiasm but accept the loss and try further to win if you loose.

Budget Allocation and financial aid for sports by Government Scheme : Khelo India Programme :

Khelo India Programme is a National Scheme for the development of sports in India. It was launched in the year 2018 by the then Sports Minister Col. Rajyavardhan Singh Rathore in Delhi. This program has been launched to improve and increase the awareness about sports in India.

The 'Khelo India' scheme has taken a hit of 232.71 crores with its allocation slashed to 657.71 from 890.42 crore. In the interim budget presented for the year 2024, Finance Minister Nirmala Sitharaman has allocated 900 crore for the nation's ambitious Khelo India programme. Talented players are identified in priority sports disciplines by Khelo India Committee and they will be provided annual financial assistance (Scholarship) of INR 5 lakh per annum for 8 years.

Social Awareness :

With the large diversification of digitilisation, it has replaced face-to-face communication with social media. People are busy in chatting, talking on phone no personal interaction is there. In this area also sports plays a great role by offering opportunity for social gathering and meeting one to one. May be in schools, university level, at colleges and sports clubs youth come together, play matches, share their views and create social bonding. Hence such sense of belongingness and informal communication really develops social cohesion and understanding among the society as a whole.

Face challenges like stress, tension :

The youth today face immense pressure of academics, family expectations. They want to compete with others and prove themselves academically. So engaging in sports truly offers a healthy way of life style, channelise their energy in right direction and releases stress up to large extent. Hence playing sports provide a youth to escape themselves from peer pressure of studies, academic excellence and to sustain in competition.

Conclusion :

In nutshell I would conclude that sports has proved to be an invaluable tool in empowering youth. It offers strong physical fitness, mental health, improves team spirit, builds confidence among youth.



Significant Role Of Leadership In Physical Education And Sports



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Abstract:

Leadership also plays an important role in enabling high school teachers to encourage a four-year commitment to an active lifestyle among both children and young people. Physically lively human beings can achieve numerous fitness advantages from it. Physical sports are capable of lower mortality charges as properly. On the alternative hand, the tremendous consequences of bodily sports may be visible withinside the case of mental factors as properly. Physical sports help the intellectual properly-being and the social factors of people as properly with the aid of using strengthening their social relations. The significance of training for economical turn of events and natural manageability was recognized many years prior. Thus, by joining to a few global shows nations across the world consented to successfully coordinate and carry out schooling for maintainable turn of events (ESD). Nonetheless, it before long became obvious that ESD should be successfully coordinated into state funded schooling and vitally created, in the event that we truly need to diminish the natural weight brought about by human exercises. One opportunities for this is to foster current, intelligent, ICT based instructive devices which might command the notice of understudies today. In this paper we present a rousing model, the e-School4S (E-School for Sustainability in the Danube Region) Comenius project in the structure of which instructors and NGOs across borders teamed up to assemble intuitive e-learning courses for optional school understudies.

Keywords: Leadership, significance, Sports, physical activity

Introduction:

Leadership is about the behavioral processes through which one person influences another person or a group of others to achieve certain goals or objectives (Northouse, 2001). As such, it is perhaps not surprising that leadership has been of great interest to sport and exercise psychology researchers, educators and practitioners. Perhaps the most studied social actor responsible for leading this field is the sports coach. At the grassroots level, sports coaches are responsible for developing motor skills and social skills, as well as ensuring that young children and young people get enough health-promoting exercise. At the other extreme, coaching is "big business," where coaches are not only responsible for the performance of world-class athletes, but also for the profitability of large organizations. In sports teams, leadership is not just the responsibility of coaches, and it is widely recognized

that athlete leaders play an important role in supporting effective team functioning. Leadership behavior also promotes exercise endorsement and advocacy through exercise class instructors, health promotion experts (eg, exercise counselors), and personal trainers. In educational settings.

Quality education is a key tool to realize a more supportive world. This was emphasized at the UN Summit in Johannesburg in 2002, where a reorientation of current educational frameworks was seen as key to a sustainable turnaround. Mentoring the sensible turn of events (ESD) fosters the improvement of knowledge, skills, access, functions and functions necessary to create a useful world that ensures natural resilience and conservation, promotes social value and strengthens financial service. The idea of ESD emerged from a generally natural practice that sought to promote information, skills, qualities, perspectives and practices of individuals to focus authentically on their current circumstances. In addition, it is planned to coordinate the innate qualities of sensible improvement in all aspects and levels of learning. Education is an important tool that provides people with actionable knowledge. After a few years of globalization, people everywhere in international places realized that the signs of economic improvement are no longer sustainable, so many felt that education is important to move forward to the sustainable development of society. Education supporting sustainability (ESD) is important from the point of view of sustainable development, because going to school enables absolutely every person to acquire knowledge, skills, attitudes and values important for the formation of destiny in a particularly sustainable way. ESD is described as approaching teaching in a very holistic way with an imaginative and proactive way "to develop generations with a higher international destiny in all matters of housing". However, many have argued that education is no longer a credible proposition based primarily entirely on the idea of sustainability.

Fitness and Health :

The examination on Sports under the objective of supportable improvement is basically completed by three foundations. To begin with, the Sixth International Conference of pastors and senior authorities accountable for sports and Sports Affairs (mineps VI) . The gathering distinguished three expansive spaces of intercession focused on (I) fostering a comprehensive vision for admittance to don, actual training and game for all; (II) boosting the commitment of game to manageable turn of events and harmony; and (III) ensuring the uprightness of game. This paper audits diverse SDOs to feature SDOs identified with AF and Sport. Notwithstanding, the job of joint endeavors in the 2030 plan isn't determined. Simultaneously as mineps VI, the Commonwealth gave a report explaining the commitment of sports to economical improvement objectives. The identity of the record lies in the detailing of a progression of markers and related fields to the definition of maintainable advancement objectives. Simultaneously, along with the directions in mineps VI, it gave another report itemizing that the particular targets of each manageable advancement objective can be accomplished through sports, however didn't determine the particular qualities of EF.

Sports and Leadership:

Can effective leadership be explained by underlying personality traits or personality

profile? This important question has been of interest to researchers and practitioners in both sport and exercise psychology for many years, receiving considerable attention in the early 20th century, particularly in understanding the sources of effective leadership in the workplace. Shortly after the end of World War II, a highly influential review article concluded that personality factors were less important in explaining effective leadership than previously thought, and that situational factors probably played a much larger role (Stogdill, 1948). As sport and exercise psychology began to emerge as a separate discipline in the 1960s and 1970s, the link between personality and leadership strengthened, and some researchers even considered leadership a part of personality (Ogilvie, 1968; Tutko et al., 1969). . An outstanding example of this is the Athletic Motivation Inventory (AMI) (Tutko et al., 1969), which assesses personality traits such as drive, leadership and responsibility. The authors of the AMI argued that measures derived from the list can predict indexes of sports success and market the tool for use in professional sports (eg, to identify promising prospects in draft choices). However, subsequent studies have raised much concern about AMI and its ability to predict athletic behavior.

Physically lively human beings can achieve numerous fitness advantages from it. Physical sports are capable of lower mortality charges as properly. On the alternative hand, the tremendous consequences of bodily sports may be visible withinside the case of mental factors as properly. Physical sports help the intellectual properly-being and the social factors of people as properly with the aid of using strengthening their social relations. They actually have a tremendous impact on self-assessment and on the general delight with existence. The effects of studies at the subjective first-rate of existence have additionally tested that it now no longer best impacts the bodily or intellectual fitness of an person, however additionally impacts their social, demographic, and monetary position, and the first-rate in their social relationships. The socioeconomic reputation performs a important function withinside the case of participation in bodily sports. People with a decrease socioeconomic reputation take part in bodily sports much less regularly, whilst human beings with a better socioeconomic reputation normally take part greater regularly in those sports and in sports activities. The motives for decrease participation charges withinside the case of a decrease socioeconomic reputation are a loss of unfastened time and a loss of to be had money.

These college students realized that additional wall space was needed to display the college's environmentally conscious messages, so they created a large cellular wall of used boxes stacked on top of each other! In addition to reducing the amount of waste generated in colleges and saving money from colleges, the students recommend innovatively questioning the central message of their college network and the past to make the best possible use of existing and recyclable sources. . Sustainability teaching is not the most effective approximately environmental friendliness; it additionally includes a growing ability to exist, as well as leadership, conversation and administration; all of which can be very important for private treatment. By equipping younger people with skills in addition to environmental knowledge, they can excel in a residential life that is now no longer most effective together with humanity, but care for and admire the sources of our planet. There are several examples that most effectively reiterate the benefits of getting sustainability education in UAE faculties. The students of Ras Al Khaimah Eco School suggested that their head coach put water dispensers in the corridors and that fellow students bring a recyclable bottle to the university. save money and plastic. The goal of these children was simple:

according to their inner understanding, they wanted to reduce their university's water use and waste.

Education for sustainable development can help our alternative destiny. Continued help from the authorities, proper guidelines and laws, responsible movement with the help of people and groups, and above all a deep compassion for our planet, together help to alleviate the global environmental crises we face today. This type of apprenticeship goes beyond the university. What the baby learns during this procedure cannot be avoided there - it must also be practiced with the help of your relatives. Wise use of water and electricity at home and in the painting area should be part of our plant behavior as mothers and fathers and caretakers. More efforts should be made to use households and groups to reduce waste, recycle often and spread the word to illustrate the importance of sustainable living to our youth. Our houses and groups can be the perfect platform for young people to practice and enjoy what they learn in the classroom.

Conclusion :

Leadership is about the behavioral processes through which one person influences another person or a group of others to achieve certain goals or objectives (Northouse, 2001). As such, it is perhaps not surprising that leadership has been of great interest to sport and exercise psychology researchers, educators and practitioners. Every one of the three are basically worried about conduct change through schooling and the advancement of qualities, perspectives and comprehension. A fundamental belief advanced by the three areas is regard: regard for yourself, regard for other people, regard for the world we live in and regard for the planet. Notwithstanding, a nearer assessment of every area recommends that each has an essential point or center that separates it from the others.

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Significance Of Sports Tourism



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ABSTRACT:

The main purpose of this research paper is to understand the significance of sports tourism. As we all know sports development for a country is a great achievement. Achievements in sports for a country is a glamorous thing for any nation. Sports achievement beats a different excitement in a country. Sports empowers the youth, improves our mental, physical development. In order to promote these sports, various methods are used by the nations. It develops a series of enthusiasm and interest in youth towards sports and helps to increase the beauty of the nation. The individuals, who plan a career in sports, they plan a sport tourism, for the purpose of participating or observing. The main areas that have been taken in consideration through this research paper are: factors affecting the sports tourism, benefits of sports tourism, classification of sports tourism and its characteristics.

KEYWORDS: Sports tourism, its benefits, achievements, youth.

INTRODUCTION:

Sports tourism is a tourism which is planned by the individual or by nation with the purpose of observing or participating in various sports fields.

This type of tourism focuses on the need of sports for a country's development and achievements. Various country's participate in this events in order to promotes the traditional sports of their country and focuses on the participation of their country in various other country's sports activities. It enhances the empowerment of the youth of that country to lead interest in sports and make their nations name high in the sky.

FACTORS INFLUENCING SPORTS TOURISM:

The factors that influences the sports tourism are divided in three categories:

- 1) Economic factors:** For the installation of an individual in any sports event, a huge capital is required. Due to sports events, there have been significant changes in employment functions, therefore, a large leisure time people have with them. People with huge capital and free leisure time often invest their times and money in such sports events.
- 2) Technological factors:** With the addition of latest technology, a great grasp we have in transportation, media, stay facilities, development in various sports equipment have contributed to the development of sports tourism.

- 3) Socio-cultural factors:** Sports tourism is a greater force of attraction that can reunite the national heritage, individual's uniqueness and nations. It can initiate the restoration and preservation of cultural traditions.

BENEFITS OF SPORTS TOURISM:

- 1) Economic development:** A huge investment in sports has been seen due to sports events and development. Sports tourism initiates economic growth through transportation, staying hotels, lodges, restaurants, etc.
- 2) Experience:** A sport event for an sports individual provides him with a long lasting and memorizing experience. The experience this sports events are unbeatable that the individual can argument on his experiences and achievements of that sports events. They are able to compare and acknowledge their flaws and inconsistencies and make improvement. Sports tourism can establish a new youth of the country.
- 3) Product development:** Here the product development due to sports tourism means the requirement of various sports equipment for sports festival. The basic need of sports that too in sports festival in the sports equipment.
- 4) Community relationships:** Sports tourism invites many nations together and establishes relationships between these countries. It helps to enrich the national heritage of the nation and makes other countries aware of it. A sports individual in the sports tourism also have some communication with the other players and a good bond on sense and communication is developed leading to the great relation between the countries.

CHARACTERISTICS OF SPORTS TOURISM:

- 1) Health and well being:** In many cases, though the individual is good in sports but somewhere he lacks in his health fitness and becomes irregular in adequate supply of proper nutrition and diet. For this individuals, maintenance of good health and proper diet is of utmost importance. It is accepted from them to be aware of their physical fitness. In order to draw attention on this important point, sports tourism on a wide angle helps them to achieve their physical fitness by providing them with a good information through well known sports persons.
- 2) Discipline:** For being a perfect sportsperson, the topmost required thing is time management for which discipline is highly expected. In most of the cases, individuals finds it hard to maintain their daily routine due to heavy workload or sometimes due to sports matches and tournaments. Mostly, in sports tourism festivals information through a good source is provided to the upcoming sports individuals. Thus a need of discipline in an individuals life is understood by them and then take the necessary procedure towards it.

Again, given below are few more characteristic of sports development which enhances the need of sports festival in every nation and the requirement of participation of individual.

- 3) Effective communication
- 4) Responsible behavior

5) Development of intellectual abilities 6) Travelling by themselves.

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Prandharna Enhances Happiness Levels In Experimental Groups



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Abstract

This study analyzes the effect of an intervention on happiness levels by comparing a control group with an experimental group. Initial ratings show comparable levels of happiness in both groups before the intervention, guaranteeing an equitable comparison after the intervention. The mid-intervention data shows a notable rise in happiness within the experimental group, suggesting an initial beneficial impact of the intervention. The post-intervention data indicates a considerable increase in happiness scores for the experimental group in comparison to the control group, backed by robust correlations and statistically significant ANOVA findings. The happiness levels significantly increased in the experimental group from before to after the session, highlighting the effectiveness of the intervention. The results indicate that the intervention significantly and effectively increases levels of happiness.

Key words: prandharna, happiness index, pre-intervention, post-intervention, ANOVA

Introduction

The use of Prandharna practices, including controlled breathing and mindfulness exercises, has been found to have a positive effect on stress reduction and emotional well-being. Through the cultivation of a state of inner tranquility and relaxation, these activities serve to enhance an individual's overall experience of happiness and fulfilment (Keng et.al.; 2011).

Prandharna promotes an elevated state of mindfulness, urging individuals to direct their attention to the current moment and nurture a profound appreciation for the fundamental elements of existence. Through the cultivation of a heightened recognition and value for the current moment, these techniques serve to foster a more optimistic perspective and an augmented state of well-being (Telles et.al.; 2010).

Prandharna is an advocate for emotional resilience, which empowers individuals to effectively regulate their emotional reactions and uphold a positive cognitive outlook, even within difficult circumstances. Through the cultivation of emotional stability and creating a positive mindset, these practices play a significant role in promoting a comprehensive state of happiness and well-being (Tugade and Fredrickson, 2004).

By integrating the principles of Prandharna into their everyday practices, individuals have the opportunity to cultivate a comprehensive approach towards enhancing happiness,

nurturing emotional well-being, and building a constructive perspective on life. These practices provide beneficial techniques for cultivating mindfulness, regulating emotions, and fostering a sense of satisfaction, so contributing to a holistic experience of happiness and well-being (Garland et.al., 2015).

The significance of Prandharna in promoting satisfaction is noteworthy, since these practices contribute to a comprehensive approach to overall well-being, emotional equilibrium, and a feeling of contentment (Fredrickson; 2004).

Method

The procedure of selecting participants for this study is crucial since it directly impacts the validity and reliability of the research results. 60 subjects were chosen for the experiment after obtaining their informed consent. There were 60 individuals, with half (30) assigned to the experimental group and the other half (30) assigned to the control group. The study exclusively targets males aged 40 to 45 years. This age range is chosen to reflect middle-aged adults who commonly undergo notable physiological changes. Participants were sourced from the Vidharbha district of Maharashtra. All the subjects were seemingly in good health.

Participants were given comprehensive information on the study, which covered its goal, methods, potential hazards, and benefits. Prior to the trial, each participant will be required to provide informed consent. Confidential personal information and research data will be utilized exclusively for the study's intended purpose.

The happiness index was evaluated both before and after the intervention. The happiness index was evaluated using the Subjective Happiness Scale developed by Lyubomirsky, S., & Lepper, H. (1999). This scale is a reliable instrument for evaluating subjective happiness. It will assist in assessing the impact of the practices on general happiness and well-being.

Prandharana, a crucial element of yogic practices, incorporates focused breathing techniques to improve mental and physical well-being. The experimental group participated in various Prandharana practices, each designed with a distinct approach and specific benefits. Practices such as Nadi Shodhana, Kapalhati, Bhramari, Guided Mindfulness Meditation with Breathing, and Ujjayi Pranayama were performed and supervised. The activities are planned to occur everyday, ideally in the morning or evening, in a peaceful and cozy environment. At first, sessions are overseen by a qualified yoga instructor to guarantee proper technique and posture.

Data Analysis

Descriptive Statistics: Initial analysis involves descriptive statistics to understand the baseline characteristics of the sample, such as mean, standard deviation, and range for each variable.

Comparative Analysis: To compare the effects of the interventions between the experimental and control groups, inferential statistics are employed. This includes: t-tests: Used for comparing the means of two groups (e.g., experimental vs. control group) for each variable.

ANOVA (Analysis of Variance): Employed when comparing more than two groups or conditions, especially useful for repeated measures over time.

Handling Missing Data: Strategies for handling missing data, such as imputation techniques or sensitivity analysis, are employed to ensure the robustness of the findings.

Software Tools: Statistical analysis is carried out using software tools like SPSS, R, or Python, which provide a range of functions for complex statistical computations and visualizations.

Results

The below table presents a comprehensive analysis of the Happiness Index, comparing the control and experimental groups in a study intervention. It includes various stages of assessment: pre-intervention, mid-intervention, and post-intervention, alongside the overall change in happiness scores. Utilizing descriptive statistics and comparative analyses such as t-tests, correlation analysis, and ANOVA analysis, the table is designed to illustrate the significant positive impact of the intervention on increasing happiness levels in the experimental group.

Statistical Measure	Control Group (Mean ± SD)	Experimental Group (Mean ± SD)	t-test (p-value)	Correlation (r)	ANOVA (F-value, p-value)
Pre-Intervention Happiness Score	40 ± 5	42 ± 6	-	-	-
Mid-Intervention Happiness Score	42 ± 6	55 ± 5	0.01	0.60	-
Post-Intervention Happiness Score	43 ± 6	70 ± 4	<0.001	0.85	10.50, <0.001
Change in Happiness Score (Pre to Post)	+3 ± 1	+28 ± 3	<0.001	-	15.00, <0.001

Pre-Intervention Happiness Scores

The initial scores are quite similar between the control (40 ± 5) and experimental (42 ± 6) groups. This baseline similarity ensures a fair comparison post-intervention, indicating that subsequent changes in happiness levels can be attributed more to the intervention than to pre-existing conditions.

Mid-Intervention Happiness Scores

A significant increase in happiness is observed in the experimental group (55 ± 5) compared to the control group (42 ± 6), with the t-test showing significance (p=0.01) and a strong positive correlation (r=0.60). This mid-point data suggests an early positive impact of the intervention on happiness levels. The significant p-value indicates a meaningful difference emerging, and the strong correlation points to a robust relationship between the intervention and improved happiness.

Post-Intervention Happiness Scores

Post-intervention shows a substantial increase in the happiness score for the

experimental group (70 ± 4) compared to the control group (43 ± 6). This difference is underlined by a very strong correlation ($r=0.85$) and significant ANOVA results ($F=10.50$, $p<0.001$). The considerable increase in happiness scores in the experimental group suggests that the intervention had a significant and robust positive impact. The very strong correlation and significant ANOVA results reinforce this, indicating that the intervention is a key driver in boosting happiness.

Change in Happiness Score (Pre to Post)

There is a stark contrast in the change in happiness scores from the beginning to the end of the study between the groups, with the experimental group showing a dramatic increase ($+28 \pm 3$) compared to the control group ($+3 \pm 1$). The t-test and ANOVA results are highly significant. The pronounced improvement in happiness scores in the experimental group is a clear indicator of the effectiveness of the intervention. The statistical significance in both the t-test and ANOVA confirms that the observed changes are not due to random variation but are directly related to the intervention.

Conclusion

The study shows that the intervention effectively increased happiness levels in subjects. The comparable satisfaction scores at the beginning enabled a just comparison between the control and experimental groups. The mid-intervention data revealed a notable rise in happiness levels within the experimental group, suggesting that the intervention started to produce positive outcomes promptly. Following the intervention, assessments revealed a significant rise in happiness levels, indicating a deep and enduring impact of the intervention. The study demonstrated a significant rise in happiness levels following the intervention, suggesting its efficacy in bringing about substantial changes. The results underscore the significance of implementing strategies that encourage happiness and well-being, indicating the potential for substantial enhancements in quality of life through focused interventions.

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Gender inequality in sport: The challenges facing female players in India



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Abstract:

The main objective of this article was to shed light on the challenges and gender inequality faced by women players in sports in India. Today the viewpoint of sports has changed. Today sports are seen as a good medium for overall development, but in the context of women, this is denied, playing sports helps in improving self-confidence and health. Many researches are visible, but still women in India have to face many challenges. Women in India face challenges such as limited funding, income inequality, political interference, social expectations, safety concerns, family support, cultural barriers, lack of sports facilities, lack of quality of training, positive role models, job insecurity and sexual harassment have to face. If all these issues are resolved then women can be brought at par with men in sports.

Keywords: Gender inequality, Sport, Challenges

Introduction:

Various types of play are an integral part of childhood through which various aspects of growth and development unfold. Children easily indulge in various games as they provide instant gratification. By inculcating the playful spirit and sportsmanship in sports, the aggressive attitude among them will automatically be calmed down. Play is naturally the best medium of learning through which mental, physical and intellectual development of children can be seen gradually. Play is a child's spontaneous reaction and recreation which is a source of maximum results with minimum effort.

Since the primitive man, the human race started to form activities in groups, from which the field of cycling was born. The concept of play is basically a spontaneous activity through which individuals get to know their own expression. Human environment is constantly changing. Similar changes can be seen in the demands from the society. Therefore, facing such various changes, through continuous deliberate efforts, human beings started struggling to adopt the modern lifestyle by designing it. Therefore, the field of sports is an inseparable part of our daily life. Being a part of everyday social life, well-planned and scientifically proven sports procedures can make a drastic change in life. When the process of generalization of the society was studied based on various elements, there was an attempt to reconcile the sportspersons of all levels on the same platform at school or college. Despite the ideological struggles of some schools, sociologists have found that social

stratification goes hand in hand with dimensions of cultural background and economic affluence.

Due to the sports sector in the social organization, social values are developed among the children and it is seen influencing the daily behavior of the children. Concepts of respectable citizenship are reinforced. Socialization, gender roles are weakened and development process becomes more dynamic through division of labor. However, women still have a secondary position in business, industry, politics and religion. Therefore, there is still indifference regarding the participation of women in the field of sports.

Today there is a lot of scope for women's activism which was never before. Today, women are scaling new heights of success in social, political and economic fields. But women's participation in sports, especially competitive sports, is still not encouraging due to circumstances or parental attitudes, so they face various criticisms and anger. Even in today's women's liberation environment, there is a perception that society still cannot digest the coexistence of girls and participation in sports. There is also a social misconception that girls who excel in sports are detrimental to their femininity.

Challenges faced by women in Sports:

Indian women have to face many challenges while participating in sports. Some of those challenges are explained as follows.

Limited Funding :

Funding for any sport should be done after assessing the financial needs. Funding is done by individuals, companies and institutions. Funding is very important for the resources required for sports. On a day-to-day basis, funds are required for sports equipment, maintenance of grounds, nutritious food and nutrition. The biggest issue facing women is that women's sports events are given less funding than men's. Due to which the perspective of women towards sports changes. Even in small events, we see that very little funding is provided for women.

Income Inequality :

Women get less prize money in sports compared to men. Some male players get more salary while female players get much less in comparison. Due to which the perspective of women towards sports changes.

Political Interference :

Another challenge for women players is that political interference keeps happening, which poses a big threat to their sports events and sports equipment.

Social Expectations :

Society also has expectations from women as to how they should live, what clothes they should wear and should participate more in household work instead of sports.

Security Concerns :

Due to security related concerns, some women do not want to participate in sports, due to which lack of female coaches in schools and colleges, they cannot express their

problems openly and that is why they want to stay away from sports. To play sports, women have to go to some other place where sports are organized, in which women have to face security related problems.

Family Support :

Compared to men, women receive less family support for playing sports, due to family opposition they do not want to participate in sports, whereas men are encouraged to play sports.

Cultural Barrier :

Every person is a part of some society and has a cultural heritage, accordingly to live in that society one has to follow that culture. Women are not allowed to play sports in many cultures, due to which women are not participation in sports.

Lack of sports facilities :

Women are allotted less sports facilities as compared to men, due to which they are not able to hone their skills and participation in sports reduces.

Decrease in quality of training :

The facilities for girls are much less than those for boys, one of the reasons being the lack of availability of trained coaches, women do not get good training and they stop playing sports at the school level itself.

Positive Role Models:

It is very important to have a positive role model in a person's life, seeing whom one wants to become like him. Women are viewed as having physical beauty by the media and society.

Job Insecurity :

It is still a difficult task for women in India to get a job because such opportunities are given to them less. It is a tougher task for a female player to get a good job than for a male player. In any institutions and organizations, more importance is given to men, as a result of which they feel that it is difficult to earn income in this field and they stop their sports participation.

Conclusion:

Not only in India but all over the world, the way of looking at women is different, be it on the field or on the streets, due to which they are seen and presented as objects. Women are not seen as individuals full of potential and talent, but rather as objects to be displayed for the entertainment of men. It is suggested that if we change the way we view them from home, our sports participation and equality can be brought about.

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06

Development Of Youth Through Physical Education And Sports



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Abstract :

Physical activities is not only keeps our bodies healthy and functioning optimally, but it can play prevent cognitive decline later in life. Allowing your children to participate in youth sports is a fantastic way for children to explore and develop lifelong skills. Youth sports not only play an important role in exercise but promotes mental and psychological advances as well. It is well-known that children who participate in sports are lets likely to drop out of school and become not involved in drugs and alcohol activity, while they also exile in academic performances and sociability. Sports provides children with the perfect outlet to keep then active while having fun and learning valuable life skills.

Keywords: Physical Education, Sports, Youth, Development.

Introduction:-

Sports and physical education have an educational impact . Physical activity is vital to the holistic development of young people, fostering their physical, social and emotional health. Sports provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing. These learning aspects highlight the impact of physical education and sports on a child's social and moral development in addition to physical skills and abilities.

WHAT IS SPORTS AND DEVELOPMENT?

Sport and physical education is fundamental to the early development of children and youth and the skills learned during play, physical education and sport contribute to the holistic development of young people. Through participation in sport and physical education, young people learn about the importance of key values such as: Honesty, Teamwork, Fair play, Respect for themselves and others, Adherence to rules. It also provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing. These learning aspects highlight the impact of physical education and sport on a child's social and moral development in addition to physical skills and abilities. In terms of physical and health aspects of child and youth development, there is an overwhelming amount of evidence that focuses on the (mostly positive) effects of sport and exercise on physical health, growth and development.

BENEFITS OF PHYSICAL EDUCATION:

It is no secret that physical activity is necessary to a person's well-being. Because children are continuously developing physically and emotionally, they are especially affected by the benefits of activity - and inversely, the negative effects of inactivity. Educators can control the amount of exercise a child gets at home no more than they can control his eating habits or his family situation, and according to numerous studies, many children are neither active at home nor at school. Consequently, it is vital that schools provide physical education programs to ensure that each child stays active.

Physical Development:

Children who participate in sports develop stronger muscles and bones, to develop stronger muscles and bones that will be the foundation for future growth. Physical activity and sports improve health and well-being extend life expectancy and reduce the likelihood of several non-communicable diseases including heart-disease. Participating in sports improves cardiovascular endurance. Regular physical activity can have the following impact on children Stronger muscles, bones and joints, Stronger heart, Controlled body fat, Decreased risk of type 2 diabetes, Improved fitness.

Mental development :

When we are physically active our body releases serotonin which directly contributes to our feeling of well-being. Exercise has also been found to relieve stress, depression and anxiety. Sports increases the likelihood of children staying active allowing them to sleep better and keep them mentally sharp.

Social Skills :

Sports can not only help encourage children to be more physically active but also helps teach them valuable skills and life lessons that they can carry with them through adulthood. Growing up can be difficult leaving many youth with the feeling of inadequacy but sports has been found to help increase self-esteem and self confidence in children. Participation in sports enhanced the social character in youth - Teamwork, Communication, Respect for others, Ability to follow rules, Independence, Leadership.

Boosts Self-esteem :

Being part of a team with similar goals will increase the child's value of their self. What they contribute to the team. Whether it be in leadership position or in fulfilling important roles-will ultimately contribute to the boost in their self-esteem and their confidence.

Strengthens Perseverance :

Athletes are often placed in adverse situations on the field, both during games days and practices. During these high picture moments, the children learn to persevere through those challenges, and because of there are so many of these moments in sports, the child will learn to quickly adapt to these situations and take them in stride. Practicing perseverance at a young age with skills and critical thinking and application skills in life when they are met with bigger challenges.

Develop Teamwork Skills :

Teamwork is a skill you are going use for year to come, so it important to learn the basics early. Youth sports provide children important lessons in team dynamics. Everyone

must work together to active their goals and sports allow children to sort through each others strengths and weaknesses to decide what strategy works best for the team.

Teaches Discipline :

Playing sports require athletics to be disciplined in tactical, mental and physical aspects. In order to succeed in sports you must have self restraint and behave in a controlled and precise manner. Good discipline translates to life situations in order to a achieve goals and reach their fullest potential.

Sports for Personal and life Skills Development :

We need balance of mind, body and spirit to feel and function at our best. The benefit of sports extends much beyond the physical aspects. It builds character, teaches, strategic thinking, analytical thinking, leadership skills, goal salting and risk taking to name a few. Participating in sports/physical activity develops the five components of fitness, which are :- strength, special skill, stamina and flexibility. When we are under stress from performed problems, work pressures and anxiety, apart from the fitness benefits, exercise through playing sports help release pressure and tension in a healthy and controlled way.

Sport for Professional Development :-

Sports management is an industries field concering the business aspects of sports and recreation. It provides an opportunity to gain financial and marketing knowledge as well as business managements skills. Sports also offers, rang of professional development or continuous professional development courses to enable coaches, team managers, sports administrators, teachers sports leaders, physiotherologist, occupational therapists and sporting professional to enhance their skills and knowledge

Sports for Developing Mental Health :

When we are physically active our body release serotonin which directly contributes do our feelings of well being. Exercise has also been fund to relieve stress, depression and anxiety. Sports increase the likelihood of children staying active, allowing them to deep better and keep them mentally sharp. Recent studies have found that increased practical activity levels, directly relate to school performance , perticularly in the areas of math, reading and retraction of information.

Physical Health:

Physical education programs in schools directly benefit students' physical health. Getting the recommended amount of exercise combats obesity, which subsequently reduces the risk for diabetes, heart disease, asthma, sleep disorders and other illnesses. Regular exercise also contributes to cardiovascular health and promotes muscle and bone development. According to the National Association for Sport and Physical Education, school PE programs should require both fitness and cognitive assessments. In addition to participating in physical activity, students in PE learn the fundamentals of a healthful lifestyle, the building blocks upon which they can develop into healthy, knowledgeable adults.

Academic Performance:

Though a lack of attention on PE is often justified as an opportunity to spend more

time in the classroom, studies show that physical activity contributes to improved academic performance. Regular activity during the school day is strongly associated with higher concentration levels as well as more directed, composed behavior. A statewide policy in North Carolina required that children from kindergarten to eighth grade participate in 30 minutes of physical activity each day. A survey of school representatives from 106 of the state's school districts reported that the most recognizable benefit of the mandate was "improved academic focus."

Social Assimilation:

Activities in PE help children develop healthful social interactions. From a young age, children learn cooperation through group activities and form a positive sense of identity as part of a team. Such group activities are continually important as children grow older. The International Platform on Sport and Development states that "sport has been used as a practical tool to engage young people in their communities through volunteering, resulting in higher levels of leadership, community engagement and altruism among young people." Sportanddev.org also notes that positive character development through group physical activities depends on the program curriculum.

Conclusion :

As adults we understand the necessity of staying physically active as we age, sports provides children with the perfect outlet to keep them active, while having fun and learning valuable life skills. Physical activity has an immense impact on not only children's physical health and development but on their psychological health as well. Physical activity be included from an early age to develop respect and understanding for life long engagement in professional or recreational activities. Hence school and especially teachers play an important role. Physical activity is vital to the holistic development of young people, fostering their physical, social and emotional health. Hence physical education and sport play an important role in developing of youth.

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Casualty Lifting Techniques In First AID



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Abstract

This document outlines two methods for safely lifting and transporting a casualty in a first-aid scenario when a conventional stretcher is unavailable. The first method is a two-person stretcher lift, suitable for short distances and unconscious casualties. The second method utilizes improvised stretchers made from blankets or coats for situations with more rescuers. Both techniques prioritize spinal stabilization and emphasize safe lifting practices for both the rescuer and the casualty.

Introduction

There may be emergency occur to a general person or in sports at any stage, in such situation a question raised to everyone that what to do and how to lift a casualty to remove him from danger or to move the casualty to the hospital, there may be a specific method to be followed for lifting the casualty because if a person is suffering from spine injury, a wrong lifting technique may harm the casualty and put him in to danger therefore a first aider must be trained enough to perform such technique for lifting the casualty. There are many casualty lifting techniques which one can apply while shifting the casualty, it may be with or without instrument or it may be performed by the single person or may be performed by the help of multiple peoples. The main aim of Transporting the casualty is to move the casualty with the trained staff to stabilize the injured part & to avoid excessive bleeding to save the life of an injured one.

Principles of Transporting the casualty:

- ✓ **Safety first:** Assess the scene for dangers before approaching the casualty.
- ✓ **Evaluate the casualty:** Check for consciousness, breathing, and any serious injuries like bleeding or suspected spinal injury.
- ✓ **Call for help:** If the situation is serious, call emergency services immediately.
- ✓ **Minimize movement:** Only move the casualty if they are in immediate danger or for better access to provide first aid.
- ✓ **Maintain proper body mechanics:** Bend your knees and use your leg muscles to lift, avoid putting strain on your back.

Methods to Transfer the Injured person:

There are many techniques available for shifting the casualty, some of them are as mentioned below;

- Human Lift and Carry
- Transfer by Chair or Bench
- Transfer by Stretcher
- Transfer by an Road Ambulance, Airlift or Water Ambulance

Techniques:

Human Lift and Carry

• One Rescuer :

- **Cradle Carry:** Suitable for a conscious casualty with minor injuries. Cradle the casualty's arms in yours and lift them together.
- **Human Crutch:** Assist a conscious casualty with minor leg injuries to walk by supporting their waist and allowing them to lean on you.
- **Drag:** Used as a last resort, for an unconscious casualty in immediate danger. **Only use this if absolutely necessary and a spinal injury is not suspected.**

• Two Rescuers:

- **Two-Person Carry:** One rescuer supports the head and neck, the other supports the legs. Coordinate lifting and moving together.
- **Firefighter's Lift:** One rescuer slides their arm under the casualty's armpit, the other under the knees. Lift the casualty together, carrying them on the rescuer's back.

Additional Considerations:

- **Spinal Injury:** If a spinal injury is suspected, minimize movement and call emergency services immediately. Use special techniques like logrolling for transportation by trained personnel only.
- **Improvised Techniques:** Use clothing or blankets as slings or straps if needed.

Transfer by Chair or Bench :

While a chair or bench can be used as an improvised litter in first aid situations, it's important to remember it's not ideal and should only be used as a last resort.

- **Safety:** Chairs and benches aren't designed for transporting casualties. They might be unstable or break under weight, potentially causing further injury.
- **Comfort:** They provide little to no support for the casualty's body, which can be especially problematic for injuries to the back, neck, or legs.

However, if it's the only option available, here's a general approach to lifting and transporting a casualty with a chair or bench:

- 1. Assess the Situation:** Ensure the scene is safe and you have enough helpers to move the casualty safely. Ideally, you'll have at least two or three people.
- 2. Prepare the Chair/Bench:** Remove any loose objects from the chair or bench. If possible, secure the legs with straps or tape to improve stability.
- 3. Support the Casualty:** Carefully stabilize the casualty's head, neck, and back in a neutral position. If there's a suspected spinal injury, minimize movement as much as possible.
- 4. Lifting:** One person should support the head and neck, another the back and hips, and a third (if available) the legs. Lift the casualty slowly and smoothly onto the chair/bench.
- 5. Transportation:** Carry the chair/bench level and close to the ground. Communicate with your helpers to ensure coordinated movement to avoid jolts or bumps.

Transfer by Stretcher

The term "human stretcher" isn't a standard technique in first aid. However, there are several methods for lifting and transporting a casualty with multiple rescuers depending on the situation and number of people available. Here are two options:

1. Two-Person Stretcher Lift:

This is useful for moving an unconscious casualty a short distance.

- Rescuers kneel on opposite sides of the casualty, one near the head and one near the feet.
- The rescuer at the head secures the casualty's head and neck in a neutral position.
- Both rescuers slide their arms under the casualty's back and thighs, interlocking their fingers for a secure grip.
- On command, both rescuers lift the casualty together, keeping their backs straight and lifting with their legs.
- Carry the casualty for a short distance to a stretcher or safe location, coordinating steps.
- To lower the casualty, slowly bend your knees while keeping your back straight and gently lay them down.

2. Improvised Stretcher Carry (using blankets or coats):

If a stretcher isn't available, you can use large blankets or coats to create a makeshift one.

- Lay the blankets or coats flat on the ground next to the casualty.
- Carefully roll the casualty onto the makeshift stretcher.
- Two or more rescuers grasp the clothing or blanket edges on opposite sides.
- Lift the casualty together on command, keeping their body aligned and level.
- Carry the casualty for a short distance to a safe location or until a proper stretcher arrives.
- Slowly lower the casualty by lowering yourselves while keeping your backs straight.

Important Considerations:

- Only use these methods if absolutely necessary, especially if a suspected spinal injury exists.
- If possible, wait for medical personnel to transport the casualty.
- Always prioritize the safety of both the casualty and the rescuers.
- Communicate clearly with other rescuers throughout the process

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Yoga And Meditation: Nourishing Mental Health And Wellness



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Abstract

Yoga is a traditional method of meditation developed with the useful resource of the use of the saints of ancient India. They practiced yoga as a effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of workout which include eight tiers of development withinside the areas of physical, highbrow, social and non secular health. When you are healthful you are in touch collectively together with your inner Self, with others and your surroundings on a much deeper level, which presents on your non secular health. Practicing yoga can also additionally seem like actually stretching, but it can do an lousy lot more on your body from the way you experience, look and move. Above paper talk approximately the blessings of yogic practices in day by day lifestyles and additionally intellectual and bodily health. The above paper discuss about the significance of yoga and meditation. Yoga isn't a religion - it's far the supply of spirituality and wisdom, the foundation of all religions. Yoga transcends spiritual barriers and well-known shows the manner to unity. "Yoga in Daily Life" gives the religious aspirant steering on lifestyles's direction through the practices of Mantra Yoga and Kriya Yoga. As the maximum especially advanced beings upon earth, people are able to figuring out their actual nature and internal Self, God. The religious intention of Yoga is God-Realization, the union of the man or woman soul with God. The attention that we're all one in root and connection to God is the primary step. Meditation is popularized as a practising approach for centuries. The time period meditation refers to "a own circle of relatives of intellectual physical activities that typically contain frivolously restricting concept and interest".

Keywords: Yoga, physical, yogic practices, meditation

Introduction

Yoga increases the potential of the spine, improves the physical scenario of the body and increases the importance of relaxation. It is emphasized that each exercise is practiced slowly, harmonizing the movement with the breath, stopping motionless on each line and always with full concentration. Yoga teaches you to be aware of your breathing in your poses. This breathing hobby calms and relieves stress and tension. Yoga can help treat insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy levels throughout the day. Yoga is an effective treatment for many autoimmune diseases, as it can actually reduce the symptoms often caused by the disease, such as stiffness, malaise, fatigue and weakness. Even children can benefit from

yoga. Those suffering from hobby deficits and hyperactives can learn to facilitate and master yoga breathing and yoga asanas with this helpful resource. Yoga has been used to heal patients from torture or painful trauma. Because yoga is a form of meditation, it helps you experience inner peace and mindfulness, which has far-reaching health benefits. Meditation has been a popular form of exercise for centuries. Regular meditation refers to "a tribal circle of human mental-physical activity that usually involves frivolous perception and limiting interest." Shapiro (1982) uses the mechanisms of attention as a starting point for the definition, and he defines meditation as "one technique that does not involve unusual conscious experimentation and cognitive interest that is no longer analytical and an effort not to dwell. . . . a discursive, reminiscent concept ." Such physical activities vary widely and may still include sitting and counting breaths, achieving a repetitive concept, or focusing on some simple external or internal stimulus. Carrington (1977) developed his "mantra" form of meditation for use in medical practice and research. In CSM, the choice of chants is left to the character, who chooses one of 16 Sanskrit mantras collected by Carrington. A meditator can even come up with his own mantra by following a few simple rules. Mental health and awareness Staying in harmony with oneself and the environment is a need of every human being. In extreme cases, however, more emotional demands are placed on many aspects of lifestyle. As a result, more and more people suffer from physical and mental stress, which consists of stress, anxiety, insomnia and imbalances in the body time and movement can occur. Therefore, the strategies and strategies to achieve and develop physical, mental and religious harmony are excellent, and it is for this admiration that Yoga in Everyday Life offers extensive useful material. The word "yoga" itself comes from the Sanskrit language and means "to connect, to unite". The physical games of yoga have a holistic effect and balance the frame, thoughts, cognition and soul. This is how yoga helps us deal with ordinary needs, problems and worries. Yoga helps to increase knowledge about ourselves, the motives of our lifestyle and our relationship with God. On the religious path, yoga leads us to complete mastery and eternal bliss in the union of the personal Self and the conventional Self. Yoga is the perfect cosmic principle. It is a gentle way of life, traditional innovative appreciation, constantly falling asleep and never sleeping; which has constantly changed, constantly is and is constantly changing. Several hundred years ago, Rishis (sages and saints) in India studied nature and the cosmos for their meditations. They followed the legal guidelines of fabric and religious geography and gained an understanding of the interconnectedness of the universe.

The practices that this book of yoga gives have consequently already demonstrated themselves over hundreds of years and were located to be beneficial with the aid of using hundreds of thousands of humans. The gadget "Yoga in Daily Life" is taught global in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts. It is appropriate for all age groups - it calls for no "acrobatic" abilities and additionally offers the unfit, in addition to handicapped, sick and convalescent humans, the opportunity of working towards Yoga. The call itself suggests that Yoga may be and must be used "in Daily Life".

Review of Literature

Kirsnoff (1987) evaluated that the lifestyles pressure and social guide as predictors of Athletic harm. The cause of this examiner changed into to decide if lifestyles pressure and social guide are predictive of athletic harm. The athletic lifestyles Exp survey (passer and

seese, 1983) and a social guide Functions scale (pines, Aronson and kafry, 1981) have been admin to 170, M and F, varsity athletes. The pattern covered athletes from 7 sports: volleyball, gymnastics, hockey, soccer, cross - country. Track and wrestling. The end result of the examiner indicates that the frequency of harm is predictable on the premise of lifestyles pressure. They additionally suggest that the high-satisfactory of emotional social guide functions 'buffers' the affect of lifestyles pressure.

Physical Health

The fitness of the frame is of essential significance in lifestyles. As the Swiss-born Physician, Paracelsus, very effectively said, "Health is not the entirety, however with out fitness the entirety is nothing". To maintain and repair fitness there are bodily physical activities (Asanas), breath physical activities (Pranayama) and rest strategies. Seven different components observe this preparatory stage and lead regularly thru the exercise of Asanas and Pranayamas. Several unique packages had been advanced from the simple physical activities: "Yoga for Back Pain", "Yoga for Joints", "Yoga for Seniors", "Yoga for Managers" and "Yoga for Children". To keep desirable fitness, different treasured physical activities within "Yoga in Daily Life" are the purification strategies of Hatha Yoga. These contain Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) in addition to Mudras and Bandhas (unique Yoga strategies).

Conclusions

Yoga isn't a religion - it's far the supply of spirituality and wisdom, the foundation of all religions. Yoga transcends spiritual barriers and well-known shows the manner to unity. "Yoga in Daily Life" gives the religious aspirant steering on lifestyles's direction through the practices of Mantra Yoga and Kriya Yoga. As the maximum especially advanced beings upon earth, people are able to figuring out their actual nature and internal Self, God. The religious intention of Yoga is God-Realization, the union of the man or woman soul with God. The attention that we're all one in root and connection to God is the primary step. Meditation is popularized as a practising approach for centuries. The time period meditation refers to "a own circle of relatives of intellectual physical activities that typically contain frivolously restricting concept and interest".

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Role Of Sports In Rehabilitation And Recovery



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ABSTRACT:

Sports rehabilitation is essential for athletes recovering from injuries, guided by seven key principles encapsulated in the mnemonic "ATC IS IT". These principles emphasize avoiding aggravation and timing interventions appropriately. The Sports Rehabilitation Association of India leads pioneering efforts in athlete care, instilling confidence in their return to performance. Rehabilitation progresses through three stages: early-stage focuses on gentle exercise for tissue healing, mid-stage involves strength development, and late-stage emphasizes functional readiness. Various treatments including casting, splinting, and specialized therapies are tailored to individual injuries, promoting inflammation reduction and tissue healing. Active and passive recovery methods, alongside long-term recovery strategies, facilitate optimal performance and injury prevention. Rehabilitation efforts aim at personalized exercise prescriptions, restoring mobility and strength for a return to pre-injury function. Nutritional supplementation and psychological counseling play crucial roles in comprehensive rehabilitation, ensuring athletes' holistic well-being. Individualized monitoring and recovery strategies align with athletes' unique needs and training demands, optimizing long-term performance outcomes and fostering a culture of athlete-centered care in sports.

KEYWORDS: Sports, Rehabilitation, Recovery

INTRODUCTIONS:

SPORTS REHABILITATION: Principles are the foundation upon which rehabilitation is based. Here are seven principles of rehabilitation, which can be remembered by the mnemonic: ATC IS IT. A: Avoid aggravation. It is important not to aggravate the injury during the rehabilitation process. Therapeutic exercise, if administered incorrectly or without good judgment, has the potential to exacerbate the injury. T: Timing. The Sports Rehabilitation Association of India is the organisation which is doing pioneering work in taking care of various injury related worries and problems of the sports persons. Sports persons are a trusted organization which gives a sense of assurance to the sports persons that they can go back to their arena and perform to their full potential. Sports Rehabilitation Treatments Use the latest, most effective therapies to help you overcome any injury you're facing, including: Casting and splinting of fractures: Depending on your injury, a cast or a splint might be the best way to support and protect injured bones, ligaments, tendons and tissues

STAGES OF SPORTS REHABILITATION

There are 3 recognized stages of rehabilitation and these are:

1. Early-stage rehabilitation is gentle exercise allowing for the damaged tissue to heal. This stage is often rushed and will result in poor quality healing and will be prone to re-injury.
2. Mid-stage rehabilitation involves progressively loading the muscles/ tendons/ bones or ligaments to develop tensile strength producing a healed tissue that will be able to withstand the stresses and strains of everyday life and exercise.
3. Late - the final stage (late) of rehabilitation is where the tissue adapts and is stressed using functional exercises and drills to ensure the body is ready to return to play.

SPORTS REHABILITATION TREATMENTS

The latest usage of most effective therapies to help overcome any injury facing, including:

Cast and splinting of fractures: Depending on your injury, a cast or a splint might be the best way to support and protect injured bones, ligaments, tendons and tissues.

Dry needling: A trained specialist will insert a thin needle into your muscle to stimulate muscle tissue, reduce pain and boost muscle function.

EMG/nerve conduction studies: We use this test to find the cause of nerve pain such as pinched nerves or carpal tunnel syndrome. This helps us determine the best treatment.

Gait analysis: Your pattern of running or walking is called your "gait" and is unique to you. Some injuries can affect your gait. Walking or running in a certain way can also cause injuries. We use video analysis to help identify what's causing these problems and help you heal.

Knee osteoarthritis and cartilage preservation treatment: If you're experiencing cartilage problems, we can use hyaluronic acid to relieve pain and help strengthen cartilage. This is a way to treat knee osteoarthritis without steroids, which can make cartilage weaker over time.

Radiofrequency ablation: This procedure can help eliminate back and neck pain by dulling nerve fibers that carry pain signals to the brain.

BENEFITS

Specific physical therapy techniques vary dependent on the particular injury and level of activity the athlete is working towards. Some of the benefits include: Functional baseline testing Decreased soft tissue inflammation Relief of spasms Improved tissue healing Increased balance and coordination Personalize exercise prescription to improve mobility Regaining lost strength Targeted sport-specific exercise to return to pre-injury function Preparation to avoid recurrent injuries.

RECOVERY IN SPORTS: Recovery in sports refers to the physiological and psychological processes that help an athlete restore their body and mind to pre-exercise states after intense physical activity. These processes aid in repairing tissue damage, replenishing energy stores, and reducing fatigue, ultimately facilitating enhanced performance and injury prevention

PRINCIPLE OF RECOVERY IN SPORTS: The principle of recovery in sports emphasizes the importance of adequate rest and recuperation for athletes to restore their physical and mental capacities after intense training or competition. This principle recognizes that optimal performance and long-term health depend on the body's ability to recover from stress imposed by physical activity.

TYPES OF SPORTS RECOVERY:

1. Active recovery:

Active recovery involves engaging in low-intensity exercise or movement that promotes blood flow and aids in the removal of metabolic waste products. This form of recovery is beneficial for reducing muscle soreness, improving flexibility, and restoring energy balance. Examples of active recovery include light jogging, swimming, and yoga.

2. Passive recovery:

Passive recovery entails complete rest or inactivity, allowing the body to recuperate naturally without any additional physical stress. This type of recovery is essential for tissue repair, immune system support, and mental rejuvenation. Examples of passive recovery include sleep, relaxation, and meditation.

3. Long term recovery:

Long-term recovery refers to scheduled periods of reduced training volume or complete rest, typically incorporated into an athlete's training program to prevent overtraining and burnout. These periods, often referred to as "deload" or "taper" weeks, help athletes adapt to training stress and achieve peak performance during competition. Examples include off-season breaks and rest days within training cycles.

CONCLUSION:

Rehabilitation plays a key role after a sports injury for complete recovery, to minimize injury period and to prevent further injury. Update rehabilitation methods have excelled conventional treatment protocols and are based on problem oriented rehabilitation framework that involved the athlete and other rehab members equally. the role of surgical interventions and pharmaceutical requirements is need based and beyond the scope of this manuscript, rehab team give highest effort to return game as soon as possible for any athlete. In addition, all Physiatrists give emphasis on nutritional supplementation and psychological counseling if needed, which have a major role in getting the athlete back with complete fitness, along with injury-free return to sports at the same level when he was injured.

The measurement and monitoring of recovery and fatigue in training and competition contexts constitute a complex task. Expertise in physiology, psychology, and sport science is required to enable a high quality in the overall process. We give some general recommendations that may contribute to successful imple-mentation of a monitoring routine to maintain and enhance recovery in sports. During the planning phase of the monitoring routine ,training- and competition-related goals should be set in close cooperation with athletes and the coaching staff. Recovery should be prescribed by taking the current period of the season and the nature of the applied training stimulus (eg, muscle

damaging vs cognitively fatiguing vs metabolically demanding) into account. This approach connects to the topic of individualization of recovery monitoring in sports. Individualized measurement of recovery should be followed by an individualization of recovery methods according to athletes' situation-specific needs. Therefore, the individualization process is one of the most pivotal and challenging tasks in current monitoring research and practical environments. Periodization of training loads and recovery activities to promote adaptation and/or performance outcomes over longer periods (ie,>6 mo) can only be achieved by referring to individual long-term data. Based on the collected data, tools and screenings to direct the selection of evidence-based recovery activities can be developed. Future recovery studies should develop holistic models to derive practical rules for diagnostic, intervention, and evaluation purposes.

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Influence Of Fit India Fitness Protocol On Fitness Profile Of Middle Aged Men



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ABSTRACT

The fit India movement is the public authority of Indian central government planned to control the fitness status towards an all the more truly dynamic way of life of the each and every single Indian citizens. The fit India scheme was started in India during august 2019. The vision of the fit India development is empowering each Indian resident to embrace a genuinely dynamic way of life. It prompts make wellness a vital piece of our day to day routines. The aim of the research was to influence of Fit India fitness protocol on fitness profile of middle aged men. For the selection of subjects sixty (N=60) middle aged men who were living in the Virudhunagar district, Tamil Nadu, India were choosen randomly for this research. The age gathering of the subject was 30 to 40 years. The subjects were separated into two gatherings specifically Fit India fitness protocol as experimental group and control group with each gathering having a thirty subjects (n=30). The experimental group tag on the training of Fit India fitness protocol for eight weeks. Control group not take part any exceptional preparation, they took part their normal customary exercises as it were. The collected data on pre-test and post-test was statistically dissected with dependent "t"-test. The outcome of the results of this research show that the fit India fitness protocol significantly develop the variable of muscular strength, muscular endurance, core strength, cardiovascular fitness, static balance and flexibility of the middle aged men and where as there is no significant change in their body composition.

Keyword: Fit India, Fitness Protocol and Fitness Profile

INTRODUCTION:

India faces difficult situation on the illnesses and medical problems. India faces parcel of way of life illnesses as well as transferable infections. Basic needs to getting ready and plan to handle the situation exercise and fitness play a vital role of the country. Furthermore, the Coronavirus pandemic has expanded the need to embrace reasonable practices and return to the dynamic way of life and generally sound eating routine and exercises that has been a piece life.

The fit India scheme was started in India during august 2019. The vision of the fit India development is empowering each Indian resident to embrace a genuinely dynamic way of life. It prompts make wellness a vital piece of our day to day routines. The fit India movement is the public authority of Indian central government planned to control the fitness status towards an all the more truly dynamic way of life of the each and every single Indian citizens.

The Fit India movement, which is in its early phases, has taken one of its most memorable vital stages to foster age fitting wellness conventions fit to the Indian setting. These conventions incorporate straightforward tests and essential rules that demystify staying 'Stay Fit and Active'. Actual wellness is the capacity to perform everyday ordinary exercises with life, readiness, without unnecessary weariness, and with adequate energy to appreciate relaxation time pursuits and meet any unexpected crises. Actual wellness is made out of different qualities which people have or accomplished that connect with their capacity to perform actual work.

The programmes organised by the Fit India movements were Fit India school week, Fit India freedom run, cyclothon, Fit India campaign, Fit India prabhatpheri, etc. Fit India movement has presented the wellness conventions and wellness is based on their age. It was essentially delivered in three classes. The First class is the Fitness protocols for age 5 to 18 years, the second class is fitness protocols for age 18 to 65 years and the third class is fitness protocols and guidelines for age 65+ years.

It is the ideal opportunity for Fit India movement to spread mindfulness about the significance of actual exercise and fitness sustenance to foster areas of strength for a framework, sound psyche and body. Fit India movement is a group focused development of fitness of each and every Indian citizen. Under the Fit India Mission, they intend to roll out a conduct improvement for health and fitness of dynamic way of life. Fit India movement recommend the subsequent physical activities for the development of 18-65 years age group. The activities based on flexibility, strength, endurance, balanced related activities and yoga as a part of improving fitness.

METHODOLOGY

The aim of the research was to influence of Fit India fitness protocol on fitness profile of middle aged men. For the selection of subjects sixty (N=60) middle aged men who were living in the Virudhunagar district, Tamil Nadu, India were chosen randomly for this research. The age gathering of the subject was 30 to 40 years. The subjects were separated into two gatherings specifically Fit India fitness protocol as experimental group and control group with each gathering having a thirty subjects (n=30). The experimental group tag on the training of fitindia fitness protocol for eight weeks. Control group not take part any exceptional preparation, they took part their normal customary exercises as it were. The collected data on pre-test and post-test was statistically dissected with dependent "t"-test.

INDEPENDENT FACTORS OF THIS RESEARCH:

- Fit India Fitness Protocol

DEPENDENT FACTORS OF THIS RESEARCH:

- Muscular Strength
- Muscular Endurance
- Core Strength
- Body Composition
- Cardiovascular Fitness

- Static Balance
- Flexibility

TRAINING PROGRAMME:

<i>Flexibility related Activities</i>	<ul style="list-style-type: none"> • Forward bend • Calf stretch • Child’s pose • Knee to chest stretch • Bend down.
<i>Strength related activities</i>	<ul style="list-style-type: none"> • Straight leg raises • Push-ups • Curl up • Plank • Squat • Modified push-ups
<i>Endurance related activities</i>	<ul style="list-style-type: none"> • Spot running • Climbing stairs • Jumping jacks • March and swing arms • Brisk walking • Quick air punches • Swimming • Walking lunges
<i>Balanced related activities</i>	<ul style="list-style-type: none"> • Single leg stance • leg swings • Walking on lines of different shapes
<i>Yoga</i>	<ul style="list-style-type: none"> • Suryanamaskar • Asanas • Pranayama • Dhyana

SELECTION OF TEST ITEMS:

- Muscular Strength – Naukasana in Seconds
- Muscular Endurance – Push ups in Numbers
- Core Strength – Partial curl up for 30 seconds in Numbers
- Body Composition – Body Mass Index in Level
- Cardiovascular Fitness – 2 kilometre run or walk test in minutes/seconds
- Static Balance – Flamingo Balance Tests total Number of falls
- Flexibility – V Sit Reach Test in Centimetres

RESULTS AND STATISTICAL TECHNIQUE

The data collected on pre-test on different variables in Fit India fitness protocol group and Control Group were tested and presented in Table – I.

Table - I

Mean, Standard deviation and 't' ratio on Pre-test of variables

Variables	Mean & Sd		't' ratio
	Experimental Group	Control Group	
Muscular Strength	31.73 +/- 2.75	32.44 +/- 4.72	1.61
Muscular Endurance	31.06 +/- 6.30	32.19 +/- 7.05	1.45
Abdominal/Core Strength	26.46 +/- 5.37	26.71 +/- 4.41	1.09
Body Composition	26.42 +/- 2.21	26.13 +/- 2.07	1.06
Cardiovascular Fitness	11.54 +/- 2.30	11.47 +/- 2.82	0.79
Static Balance	14.9 +/- 3.54	14.8 +/- 2.52	0.14
Flexibility	16.6 +/- 1.47	16.8 +/- 1.96	1.03

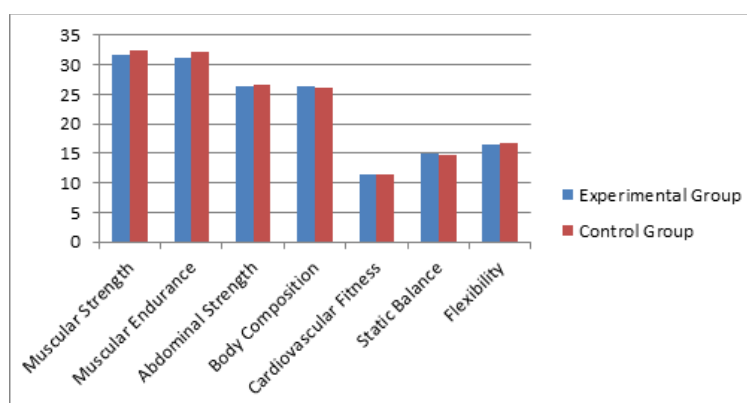
Significant at 0.05 level. (Required value for 't'-test with df 29 is 2.045)

Table -I displays that the mean values of pre-test of experimental group and control group. The gained 't' ratio of 1.61, 1.45, 1.09, 1.06, 0.79, 0.14 and 1.03 for muscular strength, muscular endurance, abdominal strength, body composition, cardiovascular fitness, static balance and flexibility for experimental group and control group. The obtained 't' value of experimental group and control group were lesser than the table value of 2.045 and there is no significant difference in pretest.

The mean values of pre-test were graphically given in figure - I.

Figure - I

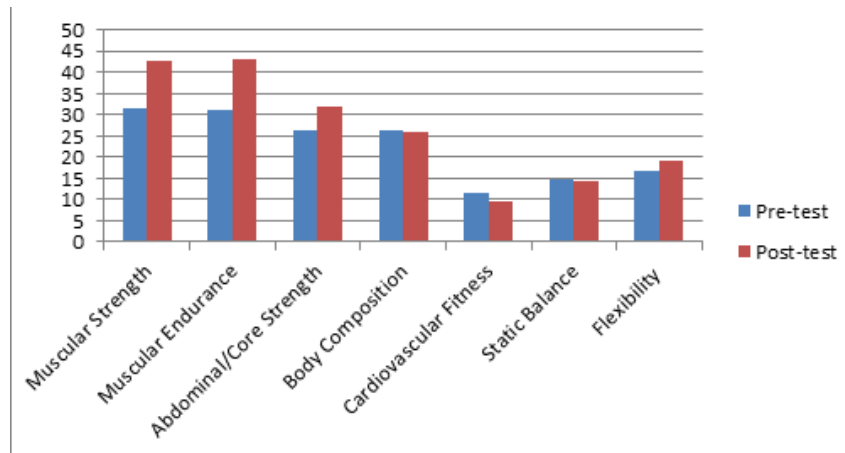
Mean Value of Pre-test on Experimental group and control group



The data collected on pre-test and post-test on different variables in Fit India fitness protocol group and Control Group were tested and presented in Table - II.

Table – II

Mean value, Standard deviation on Pre and Post test and T-Ratio on variables



Significant at 0.05 level.(Required value for 't'-test with df 29 is 2.045)

Table -II displays that the mean values of pre-test and post-test of experimental group and control group. The gained 't' ratio of 2.47, 5.48, 2.23, 3.15, 2.14 and 4.03 for muscular strength, muscular endurance, abdominal strength, cardiovascular fitness, static balance and flexibility for experimental group were greater than the required table value of 2.045 for significance at 0.05 level of with 2 degrees of freedom it create statistically significant. The 't' ratio for body composition was 1.07 was lesser than the required table value of 2.045 and there is no significant improvement in body composition. The obtained 't' value of control group were 1.13, 1.53, 0.17, 1.07, 0.95, 0.29 and 1.42 were less than the table value of 2.045 and there is no significant changes in control group.

The mean values of experimental group pre-test and post-test were graphically given in figure - II.

Variables	Experimental Group		't' ratio	Control Group		't' ratio
	Mean & Sd			Mean & Sd		
	Pre	Post		Pre	Post	
Muscular Strength	31.73 +/- 2.75	42.86 +/- 9.94	2.47*	32.44 +/- 4.7 2	32.91 +/- 5.2 3	1.13
Muscular Endurance	31.06 +/- 6.30	43.06 +/- 8.51	5.48*	32.19 +/- 7.0 5	33.65 +/- 6.4 3	1.53
Abdominal/Core Strength	26.46 +/- 5.37	31.81 +/- 5.12	2.23*	26.71 +/- 4.4 1	26.92 +/- 4.2 7	0.17
Body Composition	26.42 +/- 2.21	26.03 +/- 2.16	0.89	26.13 +/- 2.0	26.19 +/- 2.3	1.07

				7	0	
Cardiovascular Fitness	11.54 +/- 2.30	9.41 +/- 2.01	3.15*	11.47 +/- 2.8 2	11.43 +/- 3.1 5	0.95
Static Balance	14.9 +/- 3.54	14.3 +/- 4.11	2.14*	14.8 +/- 2.5 2	14.9 +/- 3.1 6	0.29
Flexibility	16.6 +/- 1.47	19.2 +/- 1.68	4.03*	16.8 +/- 1.9 6	17.2 +/- 2.3 4	1.42

CONCLUSIONS

In view of the results the accompanying conclusions have been made. The outcome of the results of this research show that the fit India fitness protocol significantly develop the variable of muscular strength, muscular endurance, core strength, cardiovascular fitness, static balance and flexibility of the middle aged men and where as there is no significant change in their body composition.

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Sports Nutrition for sport Person: An Overview



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Introduction

Sports nutrition plays a key role in optimizing the beneficial effects of physical activity, whether you're a bodybuilder, a professional athlete in training or exercising to improve your mental and physical health. Nutrition professionals offer a variety of services to support your health and sporting goals. This can range from a daily food diary to tips for eating after workouts or a comprehensive nutrition plan for training and competitions.

Sports nutrition is the study and practice of nutrition and diet with regards to improving anyone's athletic performance. Nutrition is an important part of many sports training regimens, being popular in strength sports (such as weightlifting and bodybuilding) and endurance sports (e.g. cycling, running, swimming, rowing). Sports nutrition focuses its studies on the type, as well as the quantity of fluids and food taken by an athlete. In addition, it deals with the consumption of nutrients such as vitamins, minerals, supplements and organic substances that include carbohydrates, proteins and fats.

According to Emily Whitton, "Sports nutrition is the study and implementation of a diet/ plan that is designed to increase athletic performance. Best performance is achieved by providing the right amount of food type (protein, carbohydrates, fats, fibre, etc.), fluids and nutrients to maximize energy and aid in sports recovery. It's most common in endurance and strengthening sports.

Keywords: Sport nutrition, Importance of Sport nutrition, sport performance and energy

The importance of sports nutrition

Consuming the right balance of food and drink is important for everyone and those actively participating in sports need to be aware that it can also affect performance. For example, athletes may need more calories than the average person, or individuals training for bodybuilding competitions may need to increase their protein intake: a good nutrition plan is key to your success. Sports nutrition refers to nutritional strategies that are put in place to aid athletic performance. This can help them prepare and recover from training and competition. Nutrition and hydration are key for performance. They are what fuel your body to move. Like putting petrol in a car, having the right fuel is key - you wouldn't put diesel in a petrol car! Staying hydrated reduces the risk of injury and muscle fatigue which is key in sports performance. At the most basic level, nutrition is important for athletes because it provides a source of energy required to perform the activity. The food we eat impacts on our

strength, training, performance and recovery. Not only is the type of food important for sports nutrition but the times we eat throughout the day also has an impact on our performance levels and our bodies ability to recover after exercising. Meals eaten before and after exercise are the most important in sports nutrition but you should really be careful with everything that you put into your body. As a general rule of thumb athletes should eat about two hours before exercising and this meal should be high in carbohydrates, low in fat and low to moderate in protein.

Review of literature:

Kevin Iwasa-Madge and Erik Sesbreno, in his research Study 'a proposed conceptual sport nutrition approach for athlete development and assessment: the athlete nutrition development approach' mentioned that Appropriate dietary intake can improve athletes' health and sport performance and is a direct result of eating behaviours. Therefore, assessing and shaping athletes' eating behaviours and dietary intake is critical to the provision of sport nutrition services. As such, nutrition practitioners must also consider the determinants of eating behaviours. However, dietary intake, eating behaviours, and its determinants are inconsistently defined in the literature, requiring nutrition practitioners to navigate a complicated landscape of concepts and terminology. This is further complicated by limitations in practically measuring and influencing eating behaviours and dietary intake. The proposed Athlete Nutrition Development Approach was developed to aid practitioners in servicing decisions through the athlete development process, through a three-tiered approach to sport nutrition service delivery.

Konstantinos D. Tambalis, in his study "Special Nutritional Needs for Athletes and Exercisers" elaborates that under several training conditions and sports, in addition to proper recommendations for safe administration. The association between nutrition, exercise, and health is an essential part of athletes' and exercisers' competitive and training programs. The quality, quantity, composition, and timing of food consumption are significant to make sure that athletes could train more efficiently to decrease the risk of illness and injury. Athletes who deteriorate their energy intake or use uncontrolled weight loss practices, eliminate certain food groups from their diet, or follow other extreme nutritional philosophies, are at greater risk for micronutrient deficiencies. Fluid intake before, during, and after exercise training or/and competition is significant, particularly in specific circumstances such as hot climates, altitude, etc. The most significant point to achieving complete and effective nutrition among travelling athletes is planning and preparation while eating properly and hydrated could decrease the potential adverse effects of jet lag and long flights. An effective, healthy, targeted, and complete diet among athletes of different sports should make available sufficient amounts of energy, protein, and carbohydrates depending on the specific sport to make certain sustained exercise training performance and to maintain and improve exercise performance.

Objective:

1. To Study the importance of sports nutrition
2. To Study the Sports performance and energy
3. To Know the Importance of sports nutrition professional to help Sport Nutrition

Research Methodology

The present Study is based on secondary data. The data are collected from various research studies which are already done by eminent writer; the data are collected from research paper, magazines and books etc.

Sports performance and energy

An essential for sports performance fuelling your body with the right foods. It is mainly fats, protein and carbohydrates which maintain the body's energy. Carbohydrates are the primary fuel used by working muscles, so adequate intake is essential for preventing muscle fatigue. While it's important to monitor your fat intake, you shouldn't remove it from your diet completely. Fats provide fatty acids that can be used as a source of energy - especially if your exercise sessions last longer than one hour. Fats also provide the building blocks for hormones and the formation of cell walls. Protein can be used as a source of energy and is critical for building new muscle tissue. If you're taking part in resistance training, your body will require additional protein.

Nutrients

Nutrients are fuel for the body. In order for our physical and mental health to remain strong and healthy, we need to consume a balanced diet of nutrients that can carry you through everyday life. Not only whilst performing sports activity, but before and afterwards. Important nutrients include:

Carbohydrates

There are two key forms of carbohydrates – starchy or complex, and simple sugars. Simple sugars are carbohydrates found in refined products and provide a sweet taste such as white bread and sugary cereals. Naturally found in milk products, fruit and vegetables, they can also be added to foods such as white sugar, brown sugar, honey, molasses and maple syrup etc. Though all of the sugars which we eat (whether they occur naturally or are added) are used by the body in the same way, it is better to get your simple sugars from foods which they occur naturally in, as these foods also contain fibre an important nutrient. Complex carbohydrates, also known as starches, include grains such as bread, pasta and rice. Similarly to simple sugars, there are some complex carbohydrates that are better than others. Processed refined grains such as white rice and white flour are less favourable as the nutrients and fibre are removed. Instead, nutritionists recommend that where possible, individuals opt for unrefined grains, which are still packed full of vitamins, minerals and fibre.

Fats

Fat is an essential component of any diet as it helps the body to absorb nutrients as well as being a great source of energy. Although fats are important, we should still attempt to monitor how much we are eating. Large amounts could lead to excess weight gain and could result in an increased risk of serious health concerns. Saturated fats are commonly found in animal products and processed foods such as meat and dairy. This type of fat is not considered to be healthy for the heart and is thought to raise your LDL (bad) cholesterol levels. Unsaturated fats are found in foods such as avocados, olives, nuts and oily fish. They are considered to be heart-healthy, can work to lower your LDL cholesterol levels and raise

your HDL (good) cholesterol levels.

Protein

Protein is present in every cell of the body and is important for helping to build and repair tissues. It's also used to make enzymes, hormones and a variety of additional body chemicals as well as forming the building blocks of bones, muscles, cartilage, skin and blood. Protein-rich foods include meat, fish, eggs, pulses, nuts, seeds and soy products.

Supplements

Supplements are often used by athletes, bodybuilders and sportsmen and women to boost their strength, performance and recovery. They are available in different forms ranging from multivitamins and minerals to protein, creatine and various other 'ergogenic' aids. Common sports supplements include the following:

Creatine

Simply explained creatine is a high-energy compound that helps to store and provide energy. It is produced within the body, occurs naturally in fish and meat and can also be taken in supplement form. As a dietary supplement, creatine is used by athletes and sportsmen and women to increase muscle strength and explosive power. It is intended to help you train for longer and also to boost performance during frequent high-intensity exercise.

Whey protein: Whey protein is a natural protein present in milk, containing very little fat, carbohydrate or lactose. Whey is what is known as a naturally complete protein. This means that it contains all essential amino acids needed in the average daily diet. As well as housing the perfect combination of amino acids, whey protein also contains what is known as a 'branch chain of amino acids' (BCAAs), which are the first ones to be used during intense training. The whey protein provides the body with these amino acids and in turn, they assist with repairing and rebuilding lean muscle tissue. Another benefit of whey protein is that it is extremely easy to digest. This means it is absorbed quickly and can provide instantaneous nourishment to the muscles.

Hydration

It's crucial to stay hydrated when taking part in sports: inadequate fluid intake leads to dehydration as the body is trying to cool down through sweating. This not only affects your performance, but it can also be extremely dangerous to your health and develop further complications. Although dehydration can happen in any activity, it's more prevalent when exercising in hot and humid conditions.

Water is perfect for rehydration, but if you are engaged in physical activity for longer than one hour, sports drinks that include electrolytes or natural coconut water can be helpful. Electrolytes, tiny charged particles, are essential for maintaining a healthy sodium and potassium balance in our bodies. They help to stimulate thirst and encourage drinking, as well as enhance the body's ability to hold water

Importance of sports nutrition professional to help Sport Nutrition

Making informed decisions with your nutrition and hydration can result in improved

performance, injury prevention and quicker recovery but it's difficult to know where to start with so much conflicting information readily available. At that time the help of a professional nutritionist can aid our decisions, and ultimately improve our performance. Before individuals opt to take any form of supplement they should ensure their diet is healthy, balanced and suits their sport. Those who do decide to take additional nutrients in supplemental form should always consult an accredited sports dietitian or a registered nutritionist who specializes in sports nutrition. They will be able to assess your suitability for a particular supplement. A sports nutritionist can create a tailored nutrition plan to support an individual's training regime and goals. The plan will incorporate both food and hydration integral to performance, but tailored nutrition can also help to: 1. Increase energy levels 2. Promote good health 3. Help manage weight 4.improve concentration 5.develop body composition and growth 6.enhance recovery .To create the best nutrition strategy, a sports nutrition professional will assess not just an individual's training and diet but also their lifestyle, day-to-day habits, supplements and regular medication needs.

Weight management

To maintain a healthy weight, eating well is crucial. But with many diet promotions on offer, it can be hard to get correct, healthy advice. This is where a nutritionist can be helpful in advising on losing weight for sport and performance: it's common that people deciding to lose weight will strictly reduce protein, fat or calorie intake. This can not only have a negative impact on your performance, but it can severely harm your body. The types of food that you should include in your diet for optimum sports nutrition include: vegetables, whole grains, fruit, sources of lean protein and low-fat dairy produce, healthy fats

Special events

A specific sporting event out your body under stress, even more so if your nutritional needs aren't being met, a nutritionist can advise and deliver strategic plans for you to follow in order for optimum performance. Even if things haven't gone to plan in your game, or you've had to walk the last half-mile of your run because of fatigue, you shouldn't neglect your nutritional needs. It should be a priority, no matter what the result is. Athletes, casual runners, footballers and so on typically do not consume enough fluids when they are taking part in events, or even training. So restoring the balance after the event is crucial. Water is perfect for rehydration.

Conclusion:

The importance of diet to athletes is very important; the key to achieving an optimal sports diet in relationship to peak performance and good health is balance. To meet their energy requirements in competition, training and recovery, Athletes must fuel their bodies with the appropriate nutritional foods. If these nutritional needs are not sufficient, there is an increased risk of poor performance and health issues. The use of a nutritional supplement within established guidelines is safe, effective and ethical. The previous study shows that the effectiveness of creatine monohydrate supplementation in improving anaerobic capacity strength and lean body mass in conjunction with training, but still there is sports specific variation in the food fads and practices indicating the strong influence on coaches and peers. It is important to educate the sportsmen about the dietary pattern. Failure to consume right diet during competition due to false belief in markets and constant fear of eating prohibited

foods may hamper performance lastly; the future of nutritional supplement looks bright in regard to the areas of transport mechanism, improved muscle retention as well as treatment of numerous clinical maladies through supplementations

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Prediction Of Kho-kho Playing Ability From Anthropometrical, Physical Fitness And Physiological Variables Among Intercollegiate Players



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Abstract

The aim of the research was to forecast the impact of a subset of anthropometric and physiological physical characteristics on the skill performance of Kho-Kho players. Thirty male students from Madurai Kamaraj University intercollegiate players were chosen as subjects for the study and take part in an intercollegiate Kho-Kho competition. They ranged in age from twenty to twenty-five. To determine whether there was a significant association between the dependent and independent variables, multiple correlation analysis was used to examine the acquired data. Every time. A fixed level of significance of 05 was used to test the hypothesis. Anthropometric factors and Kho-Kho players' skill ability were significantly correlated. Maximum breath holding time and resting pulse rate together had a substantial correlation with the performance of Kho-Kho players.

Introduction

Kho-Kho is a game of sacrifice. It is a game of continually changing situation. The game demands agility, muscular, co-ordination, breath holding capacity, quick, responses and a great deal of presence of mind. This is the only combative sport in which offense in a group effort. For an individual to face up to seven opponents and remain unscathed is no mean achievement. This is catch for tremendous fitness of body, mind and the ability to concentrate as well as anticipate the opponent's moves. This can only be achieved with a lot of tactical preparation and maneuvering. (E.Prasad, 1997, P.55)

Considerable attention has been given in recent years to the classification of boys and girls according to the factors of age, height and weight for purpose of homogeneous grouping, the factors, play a rather prominent part in determining physical performance (Wuest Bucher, 1998).

Physical fitness is one of the aspects of total fitness. Physical fitness is not only one of the most important keys to a healthy body, but also the basis of dynamic and creative activity. Fitness is active not passive, because from birth to death, cradle to graveyard, individual is an active organism.

In physiological variable the heart rate is one of the simplest and most informative of the cardiovascular parameters. Resting heart rate averages 60 to 80 beats/ min. In middle aged, unconditioned, sedentary individuals, the resting rate can exceed 100 beats/ min. In

highly conditioned, endurance trained athletes, resting rate in the range of 28 to 40 beats/mm have been reported. Your resting heart rate typically decreases with age. It is also affected by environmental factors (Sawyer DT, Ostarello JZ, Suess EA, Dempsey M., 2002).

Methodology

Thirty male students from Madurai Kamaraj University intercollegiate players were chosen as subjects for the study and take part in an intercollegiate Kho-Kho competition. They ranged in age from twenty to twenty-five.

To determine whether there was a significant association between the dependent and independent variables, multiple correlation analysis was used to examine the acquired data. The threshold of significance to test the hypothesis was fixed at .05.

Table I
Test selection

S.No	Criterion variables	Test items	Unit of measure
1	Agility	Shuttle run	In Seconds
2	Speed	50m run	In Seconds
3	Resting Pulse rate	Radial Pulse	In Seconds
4	Max breath hold time	Nostril method	In Seconds
5	Muscular endurance	Bent knee sit ups	In Seconds
6	Vo2max	Queens college step test	In Seconds

Table II

PEARSON PRODUCT MOMENT CORELATION BETWEEN THE SELECTED VARIABLES AND PLAYING ABILITY OF KHO-KHO PLAYERS

Dependent variables	Independent variables	Pearson r12 value	Multiple Correlation
Playing Ability	Height	-.227	0.4*
	Weight	-.340	
	Arm Length	-.237	
	Leg Length	-.234	
	Speed	-.106	
	Muscular Endurance	.255	
	Shuttle run	-.127	
	Breath Hold Time	-.107	
	Resting Heart Rate	.125	
	Vo2 Max	.400	

Significant at 0.05 level.

Anthropometric variables

Table III

MULTIPLE CORRELATION COEFFICIENTS BETWEEN THE SELECTED ANTHROPOMETRICAL VARIABLES AND PERFORMANCE OF KHO-KHO PLAYERS

Dependent variables	Independent variables	Pearson r12 value	Multiple Correlation
Playing Ability	Height	.227	0.32*
	Weight	.340	
	Arm Length	.237	
	Leg Length	.234	

Significant at 0.05 level

Physical Fitness Variables

Table IV

MULTIPLE CORRELATION COEFFICIENTS BETWEEN THE SELECTED PHYSICAL FITNESS VARIABLES AND PERFORMANCE OF KHO-KHO

Dependent variables	Independent variables	Pearson r12 value	Multiple Correlation
Playing Ability	Speed	.106	0.27*
	Muscular	.255	
	Endurance		
	Shuttle Run	.127	

Significant at 0.05 level.

Physiological variables

Table V

MULTIPLE CORRELATION COEFFICIENTS BETWEEN THE SELECTED PHYSIOLOGICAL VARIABLES AND CHASING OF KHO-KHO PLAYERS.

Dependent variables	Independent variables	Pearson r12 value	Multiple Correlation
Playing Ability	Breath Hold Time	.107	0.40*
	Resting Heart Rate	.125	
	Vo2 Max	.400	

Significant at 0.05 level.

Supportive Study

Oppliger RA, Nielsen DH, Shetler AC, Crowely ET, Albright JP. (1992). The need for sample, valid techniques of body composition assessment among athletes is a growing concern of the physical therapist. This paper reports on several common methods applied to university football players. Body composition analysis was conducted on 28 Division IA football players using three different bioelectrical impedance analysis (BIA) systems, skin folds (SF), and hydrostatic weighing (HYDRO). Correlations for all methods with HYDRO

were high (>.88), but BIA significantly over predicted body fatness. In contrast, three SF equations showed small differences with HYDRO and reasonable measurement error.

Bale P. (1991). The purpose of the study was to determine the physique and body composition of young female basketball players and to examine these variables in relation to their playing position. Eighteen members of the under seventeen England Basketball squad were measured on twenty different anthropometric sites from which somatotype and body composition were calculated. Four performance measures vertical jump, anaerobic power, right and left grip strength and laterality were also measured. The variables of the basketball players grouped according to playing position were then compared statistically using ANOVA. Centers had the largest measures of physique and body composition followed by the forwards and then the guards. These differences were significant, particularly between the centers and the guards. The centers were much taller, had longer limb lengths, hip widths and were more muscular.

Maud PJ. (1983) described the anthropometric and physiological parameters that apply to a USA amateur rugby union club team. Fifteen players who were members of the club's first team were evaluated for body composition, muscular strength, power and endurance, flexibility, anaerobic power, anaerobic capacity and cardio-respiratory function shortly after completion of the regular season. Means for some of the variable measured include: age- 29 yrs; height- 180cms; weight-84kg; lean body weight- 74kg; body fat-12%; endurance sit-ups-50/ min; vertical jump height-51cms; anaerobic power output-132m.kg.s-1 (1.32kw); anaerobic capacity, 2247 m.kp/40s (22.5 kJ); maximum heart rate, 186 beats/ min; maximum ventilation, 175 l/min-1; maximum respiratory quotient 1.23; and maximum oxygen uptake, 56.6 ml.kg-1. In comparison with other rugby players studied these players had higher maximum oxygen uptake values, were similar in endurance sit-up and vertical jump ability, exhibited less upper body strength, and the forwards had lower body fat percentages.

Conclusions

- ❖ There was a significant relationship between skill performance of Kho-Kho players and anthropometric variables.
- ❖ The combined effect of resting pulse rate and maximum breath holding time had significant relationship with the performance of Kho-Kho players.

Recommendations

- ❖ The same study may be conducted on female subjects.
- ❖ The same study may be conducted on the other major games.
- ❖ A similar study may be conducted on other variables, like Bio-chemical and psychological as independent variables.

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The Role of Traditional Indian Sports in Promoting Health and Well being



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Abstract:

The aim of this article was to clarify the importance and role of Indian traditional sports for health and well-being. The traditional games played in India were created only for physical and mental health and well-being. There are many popular and traditional games in India which are generally played by children. Due to limited resources of toys in India, Indian children have generally been inventing games without the need for anything other than the game itself. Whose main focus was on their general health, physical fitness and mental health. Sports were more beneficial for people in their thinking and working activities. Indian sports developed physical flexibility. To improve the lifestyle of Indian youth, it has become even more important to give them knowledge about Indian traditional sports and teach them traditional recreational activities. Dedicating some time to entertainment helps in staying healthy and achieving mental peace. Doing traditional activities can prevent many diseases like diabetes, high blood pressure, reduce the risk of cancer and improve mental and physical health and quality of life. Traditional sports are the need of today's times.

Keywords: Traditional, Sports, Health and Well being

Introduction:

These traditional games were quite entertaining. These games were not just games, but also a means of living a good life. These were designed in such a way that a person can develop many skills like logical thinking, strategy making, concentration, basic mathematics, goal setting and much more. They teach us many things while playing like learning to win and lose, developing sensory skills, counting, adding, improving motor skills, color identification, improving hand-eye coordination and finally having fun, naturally from playing or watching a game.

The value we get by playing these games is higher than the games played nowadays. Some of the values that we gain are that they are eco-friendly, we get a chance to learn about our culture and history, and an important thing is that it is suitable for all ages. Many modern games played around the world have their origin from these traditional games, it is a matter of pride for Indian culture. There are lots of traditional and recreational games played by children, men and women in India.

Promoting health and well-being through traditional Indian sports

In India most of the Fire In The Jungle, Land and Water (Talayat Malayad), Gobilla Pata (Mama Cha Patra Harvla), Ka Ka Para Para (Kaouwa Bhur Chidya Bhur), Mud Bund (Treasury Dhundo), Dog and Bone (Rumal Chouri) , Billy Goat, Balli (Jaga Banao), Game of Squares, Hop Scot (Tikkar Billa), Chaupar, Blind man's bluff (Andhali-koshimbir), Marble games (Kancha), Lagori, Viti-Dandu (Guli and Danda), Tug Games like war, Matkaphod, Cockfight etc. were played and other important games like Kabaddi, Kho-Kho, Mallankhamb and Ball Badminton were played, these important games were played which have many physical and mental benefits. There are many benefits of Indian traditional games which can improve health and well-being, which are explained below.

Mental Health and Mental Well-Being

Yoga was traditionally practiced for everyone mainly to improve mental health, through which mental strength and mental stability can be achieved. It was also used more for physical and mental adjustment. Sports activities like Chaupar, Chaturanga, Pachisi and Hopscotch were done as recreational activities to achieve mental health. Games like Kalaripayattu and Mallakhamb were played for mental strength. They were also used for mental and physical integration. Coordination was achieved through games like Gilli Danda, Kho-Kho, Kabaddi and Lagori. Participating in sports has long-term effects on mental health. Many researches show that children who participated in team sports had good mental health even in their adulthood and old age. Playing sports helps in controlling emotions. In Indian traditional games, the games which are played in groups have more impact on mental health.

Reduces Stress, anxiety levels and depression

Playing sports reduces stress, anxiety levels and depression and keeps it under control. Indian traditional game: Endorphins are chemicals present in the brain that help in reducing stress and pain. As a result, the symptoms of mental stress, anxiety and depression are reduced.

Improves Sleeping Habits and Mood

Indian traditional games can create mood and generate desire to do any work. The mood can be improved by playing the game through which personal enjoyment can be achieved. Playing sports improves the quality of sleep to a great extent. The games which are played traditionally in India like Silambam, Kalaripayattu, Kho Kho, Kabaddi and Mallakhamb provide more exercise due to which the person gets more deep sleep.

Self confidence

The success of any person in life depends on how much self-confidence he has, playing sports helps a lot in increasing self-confidence. During the game, you gain self-confidence and that keeps on helping you in going towards victory.

Physical Health Wellness

Playing Indian traditional sports can prevent many diseases like diabetes, heart disease, asthma, arthritis, cancer, dementia, and many other physical health benefits which are discussed below.

Physical Fitness:

Physical fitness has a very important place in the life of every person, playing Indian traditional sports increases physical ability, for example, playing Mall Khamb increases strength and flexibility to a great extent. Games like Kho-Kho and Kabaddi develop agility and quickness, games like Gilli Danda develop physical and mental coordination, games like Lagori and Ball Badminton develop hand-eye coordination and all physical activity games. Muscle strength, power and endurance develops. Indian traditional games play an important role in the development of athletic abilities.

Conclusion:

In today's modern era, mobile phones, video games, computers and internet are used and it is good to some extent but it is very bad for health and physical fitness. Many studies have also shown that excessive use of mobile, video games, computers and internet is having a negative impact on the youth due to which their health and fitness level is deteriorating. To improve the lifestyle of Indian youth, it has become more important to give them knowledge about Indian traditional sports and to teach them traditional recreational activities. Dedicating some time to entertainment helps in staying healthy and achieving mental peace. Doing traditional activities can prevent many diseases like diabetes, high blood pressure, reduce the risk of cancer and it improves mental and physical health and improves the quality of life. Traditional sports are the need of today's world.

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Challenges During Sports And Physical Activities: Health And Sustainable Development



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Abstract

The fitness zone itself is changing. For example, a few fitness structures are greater orientated to the wishes of negative humans, deliver extra interest to selling fitness all through the lifespan, redress inequities in fitness status, display heightened challenge for quality, degree overall performance and try to shut the space in studies ability among advanced and growing nations. Physical hobby or exercising can enhance your fitness and decrease the danger of growing numerous sicknesses like kind 2 diabetes, most cancers and cardiovascular disease. Physical hobby and exercising will have instantaneously and long-time period fitness benefits. Most importantly, normal hobby can enhance your pleasant of lifestyles. Being wholesome have to be a part of your universal life-style. Living a wholesome life-style can assist save you persistent sicknesses and long-time period ailments. Feeling suitable approximately your self and looking after your fitness are critical on your shallowness and self-image. Maintain a wholesome lifestyle with the aid of using doing what's proper on your body. People who're bodily energetic and at a wholesome weight stay approximately seven years longer than folks who aren't energetic and are obese. And the critical element is that the ones more years are normally more healthy years! Staying energetic allows put off or save you persistent ailments and sicknesses related to aging.

Keywords: Physical, exercise, fitness, sickness, lifestyle

Introduction

Health has been diagnosed as primary to global improvement for extra than 20 years, and principal efforts were made to lessen morbidity and mortality both universally, or thru a focal point on unique populace subgroups (e.g. "the poor", "ladies and children"). The 8 Millennium Development Goals (MDGs), followed in 2000, covered 3 fitness-associated desires to be met with the aid of using 2015: discount in baby (beneathneath five years) mortality (Goal 4); discount in maternal mortality and get admission to to reproductive fitness care (Goal five); and reversing the unfold of HIV/AIDS, tuberculosis and malaria (Goal 6). These had been instrumental in focusing international assets in low- and middle-profits countries. The dreams of sustainable improvement can not be performed whilst there's a excessive occurrence of debilitating ailments, and populace fitness can not be maintained with out ecologically sustainable improvement. This document examines development performed in decided on regions associated with Chapter six of Agenda 21, highlights regions wherein development has been limited, and identifies problems and

tendencies warranting destiny consideration. Health problems associated with different components of sustainable improvement are addressed in next reviews handling the thematic evaluation of Agenda.

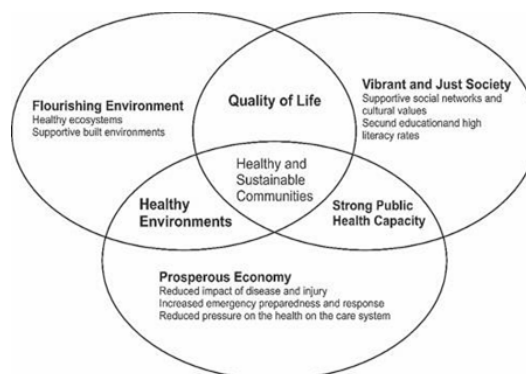
Health and Sustainable Development

The number of countries affected by polio fell from one hundred and twenty-five to thirty during this period; the latest infected countries are concentrated in parts of sub-Saharan Africa and the Indian subcontinent – especially in places where immunization is low, sanitation conditions are terrible, or war is common. Since 2005, sport has made significant progress in advancing the goal of global polio eradication. Setting international fitness goals has far-reaching and profound implications for international development. One evaluation of the impact of the MDGs found that they increased beneficial resource flows, but evidence of this impact on changes in coverage, particularly in poorer countries, is weaker. There is debate about how purported fitness enhancement (ODA) may also affect exercise performance. However, the SDGs are important to everyone involved in fitness, equity and improvement, as they may decide the direction and stage of resource allocation for international fitness programs over the next 15 years in an environment where ODA plays an increasingly marginal role. Global fitness is everyone's concern, and the proposed Sustainable Development Goals have moved the industry from a focus on the poorest countries to a widespread and equitable approach - in other words, the global fitness network must be involved in fitness for almost everyone. . and diverse, which includes marginalized people in middle- and highincome countries. Using the OWG, an exercise program is proposed, as it should be, comprehensive, taking into account the modern and crucial exercise requirements worldwide - and as such represents a primary development beyond the Millennium Development Goals. However, its implementation requires both qualitative and quantitative changes in the international situation. Achieving the fitness goal would require leadership beyond the fitness quarter and more coordination across sectors. This raises the question of what volume the current international and national qualification structure is fit for purpose. In our opinion, it has serious disadvantages. Just as OWG pulled the MDGs out of "isolation", we now want to isolate the fitness block by increasing awareness of infection prevention and wellness marketing, and increasing collaboration with the various sectors that affect fitness. and Contagion Consequences, which include important new techniques for reducing "merit-driven" factors in contagion. Implementation would require large recent investments. Now is the time for the global fitness network to unequivocally express the return on investment in fitness, as reaffirmed in The Lancet Commission's book, Investing in Health 2035. OWG calls for "a significant boom in exercise funding." Resources are always limited. But completely new goals and objectives can be potential if instead of depending on treatment we achieve real approximate prevention. Given the exorbitant costs of treatment and ongoing treatment – \$84,000 for a complete cure for hepatitis C (one of OWG's goals, which could benefit more than a hundred million people) – we may not want prevention either. . Prevention of the leading international causes of premature death and disability (especially coronary heart disease, chronic obstructive pulmonary disease, diabetes, lung cancer) would require a fundamental rethinking of how we address the economic drivers of infections and incomebased diseases. It may even require us to rethink the way vaccines and medicines are developed and priced. The OWG calls for "support" for RandD and access to "affordable" treatment and vaccines -

and the application of all TRIPS flexibility for that matter. But as others have pointed out, RandD would fundamentally need new regimes that are not entirely profit-oriented. The OWG recognizes the need to strengthen "recruitment, development and training of workers and maintenance of physical fitness in developing countries, especially least developed countries and SIDS countries". However, as well as quantity, it is undeniably the case that the fitness body of the workers themselves want to restructure and move to groups to achieve a lifestyle. The SDG approach provides an opportunity to rethink international health and its sustainability in terms of sustainable development. The OWG concept provides a useful guide to what we should strive for. Let us now present a reputable entertainment plan to improve human dignity, justice and sustainable well-being. In our opinion, this could require nothing less than a paradigm shift in international fitness.

Today, extra than 1 billion human beings are with out get right of entry to to progressed water deliver, and 2.four billion lack get right of entry to to progressed sanitation. Diarrhoeal sicknesses, in large part preventable via get right of entry to to secure ingesting water, sanitation and meals hygiene, declare 1.five million lives a yr amongst kids beneathneath 5 years and account for numerous billion diarrhoeal episodes every yr. Many of those deaths will be prevented with the aid of using the usage of easy and reasonably-priced oral rehydration salts. Cholera is a routine trouble in lots of regions and has emerge as endemic in others. Exemplifying this trend, the quantity of mentioned instances global almost doubled in 1998, in comparison to 1997. Today, extra than 1 billion human beings are with out get right of entry to to progressed water deliver, and 2.four billion lack get right of entry to to progressed sanitation. Diarrhoeal sicknesses, in large part preventable via get right of entry to to secure ingesting water, sanitation and meals hygiene, declare 1.five million lives a yr amongst kids beneathneath 5 years and account for numerous billion diarrhoeal episodes every yr. Many of those deaths will be prevented with the aid of using the usage of easy and reasonably-priced oral rehydration salts. Cholera is a routine trouble in lots of regions and has emerge as endemic in others. Exemplifying this trend, the quantity of mentioned instances global almost doubled in 1998, in comparison to 1997. Nearly 30 in line with cent of the global's populace be afflicted by one or extra of the a couple of styles of malnutrition. Deficiencies of iodine, nutrition A, iron and folic acid continue to be critical and preventable individuals to morbidity and mortality. Almost 50 in line with cent of the ten million deaths amongst kids beneathneath 5 every yr withinside the growing global are related to underweight malnutrition. At the identical time, weight problems is turning into an an increasing number of critical danger aspect globally in teenagers and adults.

Fig-1 Health and development



Challenges over health

In all nations, using seatbelts, higher alcohol manipulate and preferred street visitors protection might extensively lessen mortality and morbidity. Three of the ten main reasons of dying for 15-44-yr-olds in growing nations are injury-associated: street visitors accidents, interpersonal violence, and suicide. Three million teens among the a while of 10 and 25 lose their lives every yr, more often than not to visitors accidents, suicide and homicide. Mental and neurological issues have an effect on four hundred million humans. Thirty according to cent of nations do now no longer have get admission to to the simple pills had to deal with such situations as schizophrenia, despair and epilepsy. Over a million people die every yr due to workrelated illnesses and accidents, and approximately 250 million injuries and one hundred sixty million instances of paintings-associated illnesses arise globally every yr. The burden is heavier on people (such as children) withinside the casual zone, that is the biggest and least included zone. The monetary charges of occupational injury, illnesses and dying had been envisioned at 4 according to cent of worldwide GNP. Injuries and violence (such as home violence in opposition to ladies and children) are important disregarded public fitness troubles and result in greater than 5 million deaths a yr. Injuries presently constitute 14 according to cent of the worldwide burden of disorder. Many accidents additionally bring about lifelong disabilities, affecting up to ten according to cent of the population. Road visitors accidents in unique, are an critical reason of accidental accidents in advanced and growing nations alike.

Future Trends and Development

At the sunrise of the brand new millennium, poverty is possibly to stay the primary killer worldwide. Poverty is an critical purpose that toddlers aren't vaccinated, smooth water and sanitation aren't provided, pills and different remedies are unavailable, and moms die in childbirth. A disproportionate burden of disorder will remain borne through deprived or marginalized ladies, in particular the ones residing in environmentally degraded or ecologically inclined regions, in zones of warfare or violence, or pressured emigrate for monetary or different reasons. The feminization of poverty is a main risk to social and monetary development. Badly controlled city settlements and overcrowded housing make it less difficult for infectious illnesses to unfold and for illicit pills and violence to take hold. Urban boom has outstripped the ability of many municipal and neighborhood governments to offer even simple fitness services. Urban boom additionally way extra dependence on shipping structures, which, if automobile-based, generate in addition pollutants and hazard of accidents. Air pollutants, each ambient and indoor, such as the paintings environment, will remain a main contributor to respiration and different ill-fitness situations and of unique challenge to the fitness of children (bronchial allergies and acute respiration infections, for example), ladies and the elderly (continual respiration illness). Already a couple of billion humans in city regions are uncovered to health threatening ranges of air pollutants, and the discern is anticipated to increase.

Conclusion

The globalization of change, tour and lifestyle is possibly to have each high-quality and poor influences on fitness. Increased change in products and services dangerous to fitness and the environment, tour and mass migration of humans represent extra worldwide

threats to fitness. Communicable illnesses (which includes tuberculosis), for example, are an increasing number of spreading to advanced nations, in which they have an effect on the maximum inclined and poorest humans. The fitness zone itself is changing. For example, a few fitness structures are greater orientated to the wishes of negative humans, deliver extra interest to selling fitness all through the lifespan, redress inequities in fitness status, display heightened challenge for quality, degree overall performance and try to shut the space in studies ability among advanced and growing nations.

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Building Bridges and Fostering Understanding through Sports



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Introduction

Building a strong, empowered community is at the heart of any successful education institution and is transformative in the lives of students, educators and parents. Sports present a stage to rise to open doors, where people of various sexual orientations, races, nationalities, and financial foundations can take part and succeed. Through coordinated sports projects and occasions, minimized gatherings, people with inabilities get to assets, offices, and preparing, enabling them to grandstand their gifts and challenge cultural biases. By acceptance variety, sports assist with destroying generalizations and institute a climate that commends the special capacities and commitments of each and every member. This article investigates the crucial job of sports in advancing social thought and variety.

Keywords: Opportunities, building bridges, Challenges etc.

Promoting Opportunities

Sport has proven to be a cost-effective and flexible tool for promoting peace and development objectives harnessing this tremendous potential of sport, the United Nations Office on Sport for Development and Peace (UNOSDP) has long been bringing people together through sport and supporting sport for peace initiatives, from mega sport events to grass-roots activities. These initiative help sport achieve its fullest potential in realizing the Goals. Regular participation in sport and physical activities provide various social and health benefits. Not only does it have a direct impact on physical fitness, but it also instills healthy lifestyle choices among children and young people, helping them remain active and combat non-communicable diseases. A number of studies conducted by the World Health Organization have also highlighted that physical exercise can rouse positive mental health and cognitive development. Exercise has been linked to improvements in self-esteem and self-confidence, as well as positive effects for people struggling with depression and anxiety. Sport contribute to well-being regardless of age, gender or ethnicity. It is enjoyed by all, and its reach is unrivalled.

Bridges and Fostering Understanding

Sports have the ability to hit to bring individuals from various different backgrounds together, working with social association and humanizing understanding. Whether through group activities, individual rivalries, or local area occasions, people from different

foundations join under a shared objective, sharing encounters, and creating sympathy and regard for each other. By separating boundaries of bias and advancing intercultural trade, sports assist with building spans and make a feeling of local area, advancing social incorporation and congruity.

Developing Life Skills and Empowering Individuals

Support in sports goes past actual activity; it imparts significant fundamental abilities and engages people to arrive at their maximum capacity. Through sports, people become familiar with the worth of collaboration, discipline, tirelessness, and objective setting, which are fundamental ascribes for outcome in different parts of life. These abilities rise above the games field, outfitting members with the devices they need to succeed scholastically, expertly, and by and by. For underestimate networks, sports offer a way to strengthening, empowering people to beat cultural difficulties and achieve their yearnings.

Breaking Gender Barriers

Sports play had an essential impact in testing orientation standards and separating hindrances that limit female support in different social orders. By advancing ladies' games and featuring female accomplishments, sports challenge conventional orientation jobs and advance orientation equity. In India, the progress of ladies competitors like P.T. Usha, Sania Mirza, P.V. Sindhu, Saina Nehwal, Koneru Humpy, and numerous others act as motivation for little kids, empowering them to seek after their fantasies and challenge cultural assumptions. Besides, advancing blended orientation sports and establishing comprehensive conditions guarantee that sports are not restricted by orientation generalizations, permitting people to partake in light of their abilities and energy.

Enhancing Social Cohesion and Community Development

Sports have the unique ability to enhance social unity and contribute to society growth. Local sports clubs and organizations serve as community hubs, bringing together people from varied backgrounds, nurturing a sense of belonging, and strengthening social ties. Sporting events, such as tournaments and leagues, create opportunities for community engagement, where people come together to support and cheer for their teams. The shared experiences and collective pride generated by sports contribute to the overall well-being of communities, transcending differences and creating a sense of unity.

Leveraging Sports for Social Change

Sports have been utilized as an impetus for social change and promotion. Competitors and sports associations frequently stand firm on friendly issues, utilizing their foundation to bring issues to light, advance inclusivity, and battle segregation. From supporting for racial uniformity to tending to orientation imbalances, sports have the ability to ignite discussions, challenge cultural standards, and rouse positive change. By utilizing the impact of sports, people and networks can focus on significant social issues and drive towards a more comprehensive and evenhanded society.

Sports act as a wonderful vehicle for advancing social incorporation and variety. By giving equivalent open doors, improving grasping, engaging people, breaking orientation obstructions, upgrading social union, and driving social change, sports assume a vital part in

forming a more comprehensive and evenhanded society. As we perceive the extraordinary force of sports, it becomes basic to outfit its true capacity and guarantee that sports projects and open doors are available to all, no matter what their experience or conditions. Through aggregate endeavors, we can keep on utilizing sports as a power for positive social effect, supporting a general public that embraces variety and commends the intrinsic worth of each and every person.

Conclusion:

In conclusion, the importance of sports cannot be overstated. From promoting physical health and mental well-being to fostering character development, social cohesion, and economic growth, sports play a vital role in shaping individuals and societies.

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Challenges During The Sports Activities: Health Injuries And Health Problems Among The Players



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Abstract

The globalization of change, tour and lifestyle is possibly to have each high-quality and poor influences on fitness. Increased change in products and services dangerous to fitness and the environment, tour and mass migration of humans represent extra worldwide threats to fitness. Communicable illnesses (which includes tuberculosis), for example, are an increasing number of spreading to advanced nations, in which they have an effect on the maximum inclined and poorest humans. Physical hobby and exercising will have instantaneously and long-time period fitness benefits. Most importantly, normal hobby can enhance your pleasant of lifestyles. Being wholesome have to be a part of your universal life-style. Living a wholesome life-style can assist save you persistent sicknesses and long-time period ailments. Feeling suitable approximately your self and looking after your fitness are critical on your shallowness and self-image. Maintain a wholesome life-style with the aid of using doing what's proper on your body. People who're bodily energetic and at a wholesome weight stay approximately seven years longer than folks who aren't energetic and are obese. And the critical element is that the ones more years are normally more healthy years! Staying energetic allows put off or save you persistent ailments and sicknesses related to aging.

Keywords: Physical, exercise, fitness, sickness, lifestyle

Introduction

For more than a decade, general lifestyle expectations have risen, infant and young child mortality rates have fallen, and the proportion of underweight and stunted children has declined. In developing countries, the proportion of people whose life expectancy is less than 60 years due to their lifestyle fell from 38 percent to 19 percent in 1990 and 1999. The proportion of people without access to an improved water supply decreased. From 21 centimeters to 18 centimeters in the last decade. Many infectious diseases have been reduced thanks to advances in hygiene, nutrition, capsules and vaccines. Significant progress has been made in eradicating or eradicating many of the major infectious diseases. For example, the annual incidence of polio fell from about 350,000 cases in 1988 (the beginning of the Global Polio Eradication Initiative) to 20,000 in 1999. The number of countries infected with polio decreased from 100 to 25. -30 in this period; the most recently infected countries are concentrated in parts of sub-Saharan Africa and the Indian subcontinent – especially in places where immunization is low, sanitation is terrible or war is common. Sport has been significantly accelerated to achieve the goal of global polio eradication by 2005. They have the

right to a healthy and productive life in harmony with nature." Dreams of sustainable healing cannot be realized if there are too many debilitating diseases and the health of the population cannot be maintained without ecologically sustainable development. This document examines the progress made in the decided areas related to Chapter Six of Agenda 21, highlights areas where progress has been limited, and highlights issues and trends that deserve attention. Health issues related to the different components of sustainable improvement are addressed in the following thematic evaluation reviews of the action plan.

Health and Wellness

With the use of inexpensive antibiotics, many deaths are prevented and those who have progressed receive excellent health care. Associated risk factors include low birth weight, malnutrition, overcrowding and indoor air pollution from cooking and heating with dirty biomass fuels and coal. Two billion people in developing countries, mostly women and girls, are exposed to indoor air pollution because they lose access to modern electricity companies, resulting in more than 1.5 million extra deaths each year. Today, more than a billion people do not have access to an improved water supply and 2.4 billion do not have access to improved sanitation. Diarrheal diseases, which are largely preventable through access to water, sanitation and food hygiene, account for 1.5 million deaths per year among children under 5 and account for several billion episodes of diarrhea per year. Many of these deaths are preventable through the use of simple and affordable oral rehydration salts. Cholera is a routine problem in many places and has become endemic in many places. As an example of this trend, the number of reported cases worldwide nearly doubled in 1998 compared to 1997. Today, more than 1 billion people do not have access to improved water supplies and 2.4 billion people do not have access to improved sanitation. Diarrheal diseases, which are largely preventable through water, sanitation and food hygiene, cause 1.5 million deaths per year in children under 5 years of age and are responsible for several billion episodes of diarrhea each year. Many of these deaths are preventable through the use of simple and affordable oral rehydration salts. Cholera is a routine problem in many places and has become endemic in many places. As an example of this trend, the number of reported cases worldwide almost doubled in 1998 compared to 1997. Almost 30 percent of the world's population suffers from one or more forms of malnutrition. Deficiencies of iodine, food A, iron and folic acid remain critical and preventable for humans in terms of morbidity and mortality. Almost 50 percent of the ten million annual deaths of children under 5 in the developing world are related to underweight malnutrition. At the same time, weight problems are increasingly becoming a critical risk factor among adolescents and adults worldwide.

Challenges and health problems

Injuries and violence (such as domestic violence against women and children) are major neglected public health problems and are responsible for more than 5 million deaths per year. Injuries now account for 14 percent of global morbidity. In addition, many accidents result in lifelong injuries affecting up to ten percent of the population. Traffic accidents in unique countries are a critical cause of accidents in developed and growing countries. In all countries, the use of seat belts, higher alcohol content and recommended pedestrian protection can significantly reduce mortality and morbidity. Three of the 10 leading causes of death for people aged 15-44 in developing countries are related to injuries:

accidents by strangers, interpersonal violence and suicide. Three million teenagers between 10 and 25 die each year, more often from visitor accidents, suicides and murders. Psychic and neurological problems affect four hundred million people. 30 percent of the nation now does not have access to the simple pills that used to treat illnesses such as schizophrenia, depression and epilepsy. More than a million people die every year from occupational diseases and accidents, and about 250 million injuries and one hundred and sixty million painting diseases occur every year worldwide. The burden is heavier on people (such as children) in the casual zone, which is the largest and least involved zone. The financial cost of occupational accidents, illness and death has been estimated at 4 percent of the world's gross domestic product.

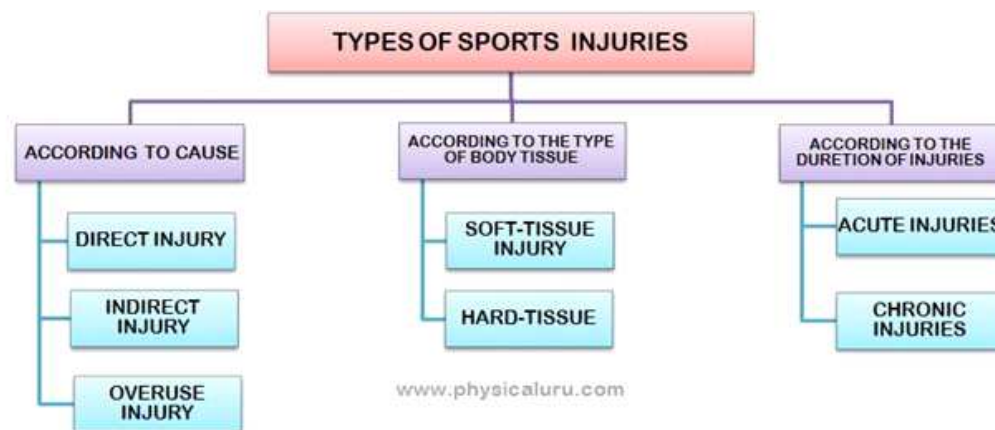


Fig-1 Sports Injuries

Future Trends in sports

At the sunrise of the brand new millennium, poverty is possibly to stay the primary killer worldwide. Poverty is an critical purpose that toddlers aren't vaccinated, smooth water and sanitation aren't provided, pills and different remedies are unavailable, and moms die in childbirth. A disproportionate burden of disorder will remain borne through deprived or marginalized ladies, in particular the ones residing in environmentally degraded or ecologically inclined regions, in zones of warfare or violence, or pressured emigrate for monetary or different reasons. The feminization of poverty is a main risk to social and monetary development. Badly controlled city settlements and overcrowded housing make it less difficult for infectious illnesses to unfold and for illicit pills and violence to take hold. Urban boom has outstripped the ability of many municipal and neighborhood governments to offer even simple fitness services. Urban boom additionally way extra dependence on shipping structures, which, if automobile-based, generate in addition pollutants and hazard of accidents. Air pollutants, each ambient and indoor, such as the paintings environment, will remain a main contributor to respiration and different ill-fitness situations and of unique challenge to the fitness of children (bronchial allergies and acute respiration infections, for example), ladies and the elderly (continual respiration illness). Already a couple of billion humans in city regions are uncovered to health threatening ranges of air pollutants, and the discern is anticipated to increase.

Conclusion

The globalization of change, tour and lifestyle is possibly to have each high-quality and poor influences on fitness. Increased change in products and services dangerous to fitness and the environment, tour and mass migration of humans represent extra worldwide threats to fitness. Communicable illnesses (which includes tuberculosis), for example, are an increasing number of spreading to advanced nations, in which they have an effect on the maximum inclined and poorest humans. The fitness zone itself is changing. For example, a few fitness structures are greater orientated to the wishes of negative humans, deliver extra interest to selling fitness all through the lifespan, redress inequities in fitness status, display heightened challenge for quality, degree overall performance and try to shut the space in studies ability among advanced and growing nations.

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Health Awareness Through Physical Education And Sustainable Development



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Abstract

The significance of this relational evaluation among PE and SDGs will be justified with the aid of using the very importance UNESCO accords to PE. An instance of that is to peer how for the reason that International Charter of Physical Education and Sport in 1978, the position of recreation and PE has been extolled as essential proper for everyone. Additionally, Agenda 2030 acknowledges recreation as an “critical facilitator of sustainable improvement and peace”, including that it is able to “an increasing number of make a contribution to creating improvement and peace a fact with the aid of using selling tolerance and respect”, to “aid the empowerment of girls and youth, people and communities” or to “gain desires in fitness, schooling and social inclusion”. Despite this, studying the United Nations (UN) report for the ESD, PE, pastime, or bodily exercising isn't always mentioned. This loss of precision within the position of PE inside SDGs can also additionally deliver a few risk, going neglected with the aid of using the applicable bodies. In current period, with the advancement of data and correspondence innovation, different games and actual schooling programs are improved. Inventive schooling is the augmentation and extension of value training and it is an indispensable way of developing imaginative gifts with top caliber. Inventive actual training programs are intended to be more exhaustive, dynamic, and pleasant than conventional actual schooling classes. It assists under studies with chasing after physical work and foster a lifetime obligation to wellbeing. Carry out actual schooling exercises and sports that kids appreciate and will keep on searching out their own.

Keywords: Advancement, innovation, games, exercises, physical work.

Introduction

Game is an indispensable piece of our life and it is turning out to be increasingly famous. Doing sports keeps us solid, loose, just as keeps up with our figure and fortifies our understanding and perseverance. As such, sport as an interaction in which one of only a handful of exceptional social exercises of people that can be perceived in local area and culture around the circle as a vehicle for uniting individuals (Eitzen and Sage, 2003). Game support is a piece of a dependable gathering and disguise sensations of having a place (Allen et al. 2008). Notwithstanding, a few members accepted that game as a medical advantages or delight when people get together, however for some member, it is as an encounter which is naturally associated with their character and self-idea (Weiss et al., 2001). In different terms,

game can be utilized as a method of keeping up with one's social character (Stodolska and Alexandris, 2004). Further, Waddington (2000) perceived that game is a naturally cutthroat movement which achieves particular social relations, that it is mixed with antagonistic manliness. Furthermore, Individuals who doesn't take an interest in game might pass up on significant freedoms for socialization, schooling, and surprisingly proficient turn of events (Majumdar et al., 2012). This review gives a hypothetical structure outlining the advancement in sports and actual training classes. Today time, creative thoughts and practices are utilized to work on the situation with sports and actual schooling. With the advances in media, organization and different advances to further develop the showing techniques and devices. Inspected writing investigated that developments execution in sports and actual instruction program showed that the assortments of best educating rehearses. Further, the administrative ramifications have likewise been talked about. In actual training classes, we need kids, however a significant objective is to show them development exercises which they like such a lot of that they need to do them at break, after school, and at home also, more than they need to play computer games and sit in front of the TV. A piece of try to underscore fun or exercise. Projects permit understudies to foster an assortment of development abilities and cooperation capacities so kid feel more great in both gathering and development conditions, making them bound to search out these conditions all alone or to be approached by others to partake. In this unique circumstance, advancement has made interest as another worldview for getting sorted out how instructors oversee R and D (Chesbrough, 2003) just as educators would profit from 'methodically reassuring and investigating a wide scope of inner and outer hotspots for development openings, intentionally coordinating that investigation with firm abilities and assets, and extensively taking advantage of those chances through various channels.' (West and Gallagher, 2006). Subsequently, the reason for the current review is to investigate the imaginativeness in sports and actual training programs.



Fig-1 Quality of life: health and awareness

In a developing international situation, approximately concern for the planet and a guarantee of well-being for all meant that the use of 2015 made the United Nations engage with a number of global wishes. These goals are grouped into 17 Sustainable Development Goals (SDGs), which in turn are divided into 169 specific goals that contain and define each

SDG. This idea of global sustainability is framed under the idea of "Agenda 2030" and emphasizes that every level of society, every collective and man or woman should participate in achieving the goals of sustainable development. In addition to specializing in ecology as a central axis, the goals consist of additional topics such as circular production, waste production, poverty or health and well-being, urban improvement or peace. Thus the pure intention can include many areas of intervention, now no longer the best environment, but additionally financial, ethical and sociological [4], and balance the improvement of the present with the advancement of the destiny. Despite the fact that the SDGs are an offer to be fulfilled in 15 years (2015-2030), some studies have shown that the success of the SDGs is not always as fast as expected.

School education must be obtained in these educational institutions as a key issue to strengthen the sustainable behavior of future generations. Already the Decade of Education for Sustainable Development of the United Nations (2005-2014) defined this meaning, showing the integration of sustainability movements in all elements of education to sell changes in knowledge and attitudes towards sustainable development. Therefore, school education at the institutional level is one of the most important tents to form sustainability in its entirety [10]. Lauder et al. emphasized the importance of schooling to respond to the socio-environmental problems of the planet. This meaning is identified with the help of Sachs, who emphasized how education has become a central issue in the implementation of the long-term idea of the Millennium Development Goals. Although education is addressed directly in SDG 4, "Quality Education", the United Nations Educational, Scientific and Cultural Organization (UNESCO) has incorporated the idea of Education for Sustainable Development (ESD), which aims to empower students to make responsible choices. . simply the integrity of society, financial and environment through generations of gifts and destiny. It has been said that educators have a crucial position in ESD as teachers of future generations. However, specific institutions should clearly express their aspirations, indicators and urban traffic to increase the consequences of the SDGs and collect records on the extent of success.

Despite the efforts of institutions to increase the difference in PA exercise hours between different issues, the WHO confirmed today that 80% of young people and younger people no longer work at the minimum required level, and the growth of a sedentary lifestyle is extremely stressful. This latest filing relates to new PA advice of about 60 minutes of light or full cardio per day for youth and young adults, and at least 150 to 300 minutes per week for adults. In addition, during the COVID-19 pandemic, the importance of free PA exercises to beautify the immune system was emphasized.

Cooperative learning (CL) strategies exercise development method enables personal skills that improve effective interdependence, social and institutional tasks, male. or women's tasks and sell communication. Although CL strategies are not entirely PE functions, the nature of PE requires more touch and interaction, which means that the blessings of collaboration are magnified. The general effectiveness of cooperation in physical education can contribute to the success of various desires. Pure dating can be found in Goal 16.7, which aims to provide inclusive, participatory and consultative options that can be inherent and specific characteristics of CL. Another case occurs with objective 4.4, which provides an increasing entrepreneurial capacity to encourage employment, and the most

important of CL is to develop critical modern and collaborative attitudes in higher education students to job requirements. In addition, goal 4.5, which specializes in selling equity to sensitive people, can be worked from the CL angle to the reality that everyone participating in the cooperative would have to pay for the paintings of their colleagues to achieve the unusual goal. Objective 8.3 is included in these recommendations because it also considers entrepreneurship, creativity and innovation in the context of a business enterprise, where the social and masculine or feminine skills of sport take on a unique meaning.

Review of Literature

Advancement is the cycle through which new resources are made or new potential for activity are created (Claver et al., 1998). Development is the way to upper hand in a complex evolving climate. It is a significant hotspot for market development and productivity (Prajogo, 2006). In a perplexing and evolving climate, development makes esteem and manageable upper hand for the organizations and furthermore assists the organizations with performing better and make new item and administrations (Hana, 2013). At the end of the day, development can be considered as the reception of groundbreaking thought, item, technique or administration in an association (Jimenez-Jimenez and Sanz-Valle, 2011). Further, advancement as presentation of developments and altered items and administrations into the market which have business esteem (Comlek et al., 2012). Myers and Marquis (1969) considered advancement as a cycle or arrangement of occasions in which individuals communicate with one another to bring novel thoughts into an association.

Physical Education and Fitness

Physical education nurtures the skills, knowledge, qualities and mindsets needed to lead and participate in a functional and stable lifestyle, just as it improves academic confidence and the ability to deal with difficulties as individuals and in meetings or groups through comprehensive learning. exercises It is also a critical way to increase youth active employment and reduce chronic diseases (Hilland et al., 2016). Real teaching recommends a normal and fixed system to engage young people in regular organized active work and helps to develop knowledge, skills and mindset to increase interest in lifelong routines (Heath et al., 2012). After all, active work can be considered a critical aspect of personal satisfaction and an indicator of coordinated active work (Kilborn et al., 2016). They further argued that actual teaching supports the well-being of the individual and the region, entering graduate studies to overcome loud, deeply rooted mindsets and practices through active work. In addition, they recognized that real teaching helps to achieve strong active work and readiness in all students; improve the acquisition of motor skills; promote information and perspectives and promote clear goals designed to meet real developmental and educational requirements, all considered and with young people.

Conclusion

Physical education is the scholarly discipline and calling which stresses on the workmanship and study of human development (Kroll, 1971) with noticeable quality given to sports, wellness and outside entertainment. Sports allude to four sorts of actual work, specifically, Olympic cutthroat games, open air games and diversion, exercise and wellness, music and development (IOC, 1990). Advancements alludes to make novel thoughts and considerations or changes that are presented (Oxford Dictionary, 1987). In a similar line

(Devecioglu et al., 2012) uncovered that new advancements likewise presents new freedoms for development and improvement in instruction frameworks. Understudies are the fates of school instruction create in attention to development and job of the training movement course is an essential way of accomplishing advancement. For certain individuals the future for actual schooling is a future coordinated towards youngsters wellbeing and prosperity.

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Reviving the Roots: A Deep Dive into How Traditional Indian Sports Promote Health & Well-being



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India's vibrant tapestry is woven with threads of a rich sporting heritage. Indigenous games and martial arts like kabaddi, kho-kho, and mallakhamba thrived for centuries, fostering not just physical prowess but also a deep connection between mind, body, and community. In the age of globalization and the dominance of modern Olympic sports, these traditional practices have often been relegated to the sidelines. However, a closer look reveals a treasure trove of potential waiting to be rediscovered. Reviving these time-tested activities offers a powerful solution to promote health and well-being in the modern world.

A Legacy of Holistic Fitness:

Unlike many modern sports with a narrow focus on specific skills, traditional Indian activities embrace a holistic approach to fitness. Games like kabaddi, a fast-paced sport requiring agility and quick reflexes, and mallakhamba, a physically demanding discipline centered around gymnastics on a vertical pole, both cultivate a well-rounded foundation of physical strength, cardiovascular endurance, and flexibility. These activities are not merely about brute force; they often incorporate strategic thinking and quick decision-making, nurturing mental focus and agility. Yoga, another cornerstone of India's sporting heritage, transcends physical postures. It emphasizes mindfulness and breath work, promoting relaxation and stress management, crucial aspects of overall well-being.

Combating Modern Ailments:

The world today faces an alarming rise in non-communicable diseases like diabetes, heart disease, and obesity. Traditional Indian sports offer a powerful weapon in this fight. Engaging in these games inherently promotes physical activity, a key factor in combating sedentary lifestyles, a major risk factor for these chronic conditions. Additionally, the emphasis on flexibility and core strength in many traditional games contributes to improved posture and injury prevention.

Beyond the Physical: Fostering Social Harmony

The benefits of traditional Indian sports extend far beyond the physical realm. These activities nurture social well-being by:

- ✓ **Breaking Barriers:** Many games, like kho-kho, a tag-based game often played in mixed-gender settings, promote social interaction and break down barriers based on gender or social class.

- ✓ **Building Community:** The inherent simplicity of these games makes them accessible to people from all walks of life. Participating in local tournaments or neighborhood games fosters a sense of belonging and strengthens community bonds.
- ✓ **Preserving Cultural Heritage:** Reviving these sports helps preserve and celebrate India's unique cultural identity. Traditional games are often interwoven with folklore and storytelling, keeping cultural traditions alive for future generations.

Rejuvenating the Sporting Landscape:

Several measures can be taken to revitalize traditional Indian sports and unlock their potential for promoting health and well-being:

- ✓ **Integration into Schools:** Introducing these games into physical education curriculum at a young age can spark children's interest and lay the foundation for lifelong participation.
- ✓ **Community Engagement:** Organizing local and national tournaments can create competitive platforms, fostering a culture of participation and unearthing hidden talent. These events can be coupled with cultural performances and storytelling sessions, weaving together the sporting and artistic aspects of India's heritage.
- ✓ **Scientific Validation:** Researching the health benefits of these practices, from the impact on cardiovascular health to stress management, can garner wider support and encourage their inclusion in wellness programs and corporate fitness initiatives.
- ✓ **Modernization and Accessibility:** While preserving the core essence of traditional games, there is space for innovation. Developing variations with modified rules or equipment can make them even more accessible to people with varying fitness levels or disabilities.

Conclusion:

Reviving traditional Indian sports isn't just about reclaiming a sporting legacy; it's about embracing a holistic approach to well-being for individuals and communities. By incorporating these activities into modern lifestyles, India can move towards a healthier, happier, and more connected society. These time-tested practices offer a unique blend of physical activity, social interaction, and cultural connection, a powerful antidote to the challenges of the modern world. As India strives to become a global leader in wellness, rediscovering the wisdom embedded in its traditional sports has the potential to create a ripple effect, inspiring the world to embrace a more holistic approach to health and well-being.

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Interdisciplinary Insights into Sports Science: A Comprehensive Examination



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Introduction

Sports science is a multifaceted discipline that encompasses various scientific domains to enhance our understanding of sports performance and athlete well-being. At its core, sports science integrates knowledge from fields such as biomechanics, physiology, psychology, nutrition, and technology to optimize athletic performance, prevent injuries, and promote overall health in athletes. This research paper aims to provide a comprehensive examination of the interdisciplinary insights into sports science, shedding light on its significance in the realm of sports research and practice.

Definition and Scope of Sports Science

Sports science can be defined as the systematic study of the principles, techniques, and theories related to sports and exercise. It encompasses a wide range of disciplines, including but not limited to biomechanics, physiology, psychology, nutrition, and sports technology. The scope of sports science extends beyond the performance aspect to encompass athlete well-being, injury prevention, rehabilitation, and the promotion of physical activity for health.

Importance of Interdisciplinary Approaches

The importance of interdisciplinary approaches in sports science cannot be overstated. By integrating insights from multiple scientific disciplines, researchers and practitioners can gain a more holistic understanding of sports performance and athlete well-being. For example, understanding the biomechanics of a specific movement can inform training strategies, while knowledge of physiology can guide nutrition and recovery protocols. Moreover, interdisciplinary collaborations enable the development of innovative technologies and methodologies that drive advancements in sports science.

Overview of the Structure and Objectives

This research paper is structured to explore various facets of interdisciplinary insights into sports science systematically. It begins with a historical overview of the evolution of sports science, highlighting key milestones and figures that have shaped the field. Subsequently, each section delves into specific scientific domains within sports science, including biomechanics, physiology, psychology, nutrition, injury prevention, rehabilitation, and technology. Through a synthesis of theoretical frameworks, case studies,

and practical applications, this paper aims to elucidate the interconnectedness of these disciplines and their collective impact on sports performance and athlete well-being.

The overarching objectives of this research paper are to:

1. Provide a comprehensive understanding of the interdisciplinary nature of sports science.
2. Highlight the significance of interdisciplinary approaches in advancing sports research and practice.
3. Identify key areas of collaboration and innovation within sports science.
4. Offer insights and recommendations for future interdisciplinary research endeavors in sports science.

Historical Evolution of Sports Science

Throughout history, the evolution of sports science has been marked by a relentless pursuit of understanding and enhancing athletic performance. From its humble beginnings to its current status as an interdisciplinary field, sports science has undergone significant transformations driven by key milestones, influential figures, and technological advancements.

Origins of Sports Science and Development Over Time

The origins of sports science can be traced back to ancient civilizations where rudimentary forms of training and physical conditioning were prevalent. However, the formalization of sports science as a distinct field began to take shape in the late 19th and early 20th centuries with the emergence of pioneers such as Archibald V. Hill and A.V. Hill in the United Kingdom, who laid the groundwork for physiological studies in sports.

As the 20th century progressed, sports science gained momentum, spurred by advancements in physiology, biomechanics, psychology, and nutrition. Institutions and organizations dedicated to sports research and education were established, further solidifying sports science as a legitimate academic discipline. Notable developments during this period include the founding of the International Society of Biomechanics in Sports (ISBS) in 1982 and the establishment of sports science departments in universities worldwide.

Milestones and Key Figures

Several milestones have shaped the evolution of sports science into an interdisciplinary field. One such milestone is the landmark publication of "The Lore of Running" by Timothy Noakes in 1985, which synthesized scientific research on endurance running and revolutionized training methodologies in distance running. Another pivotal moment was the introduction of motion analysis technology in the late 20th century, enabling researchers to quantify and analyze human movement in sports with unprecedented precision.

Key figures in the evolution of sports science include Dr. Peter Cavanagh, a renowned biomechanist whose research has advanced our understanding of running mechanics, and Dr. Per-Olof Astrand, a pioneer in exercise physiology whose work laid the foundation for modern exercise testing and prescription.

Impact of Technological Advancements

Technological advancements have played a crucial role in shaping the trajectory of sports science research. From the advent of high-speed cameras and force platforms to the development of wearable sensors and GPS tracking devices, technology has provided researchers with powerful tools for data collection, analysis, and interpretation. These advancements have not only expanded the scope of sports science research but have also facilitated interdisciplinary collaborations by enabling the integration of data from multiple domains.

Moreover, the emergence of virtual reality, augmented reality, and machine learning algorithms holds immense potential for enhancing sports performance analysis and athlete monitoring. These technologies offer novel ways to simulate real-world scenarios, optimize training protocols, and mitigate injury risks, thus pushing the boundaries of sports science research and practice.

Biomechanics in Sports Science

Biomechanics, a cornerstone of sports science, offers invaluable insights into the mechanics of human movement and its implications for sports performance. By applying principles of physics and engineering to the study of sports, biomechanics illuminates the intricate interplay between forces, motion, and anatomical structures.

Principles of Biomechanics and Its Application in Sports Performance Analysis

At its essence, biomechanics seeks to understand how external forces influence human movement and how the body responds to these forces. Through the application of mathematical models, motion analysis techniques, and instrumentation such as force plates and motion capture systems, biomechanists can quantify parameters such as velocity, acceleration, force, and torque during sporting activities.

In sports performance analysis, biomechanics plays a crucial role in identifying optimal movement patterns, technique refinement, and injury prevention. By analyzing the biomechanics of sports-specific movements, coaches and athletes can optimize performance and mitigate the risk of injury. For example, biomechanical analysis of a golf swing can reveal inefficiencies in technique, leading to targeted interventions to improve accuracy and power.

Examples of Biomechanical Studies in Various Sports Disciplines

Biomechanical studies span a wide range of sports disciplines, each with its unique movement patterns and biomechanical demands. For instance, in track and field, biomechanical analysis has elucidated the optimal sprinting technique for maximum speed and efficiency. Similarly, in gymnastics, biomechanics has shed light on the mechanics of aerial maneuvers and landings, informing training protocols to minimize injury risk.

In team sports such as soccer and basketball, biomechanics plays a crucial role in understanding movement dynamics, player interactions, and tactical strategies. By analyzing biomechanical data, coaches and sports scientists can optimize team performance, enhance player development, and reduce the incidence of injuries.

Integration of Biomechanical Data with Other Scientific Domains in Sports Science

Biomechanics does not operate in isolation but rather intersects with other scientific domains within sports science to provide a comprehensive understanding of athletic performance and well-being. For example, integrating biomechanical data with physiological measures allows researchers to explore the relationship between movement efficiency and metabolic demands during exercise. Likewise, the fusion of biomechanics with psychology and nutrition enables a holistic approach to athlete development, considering both physical and psychological factors influencing performance.

Physiology and Sports Performance

In the intricate realm of sports science, physiology serves as a cornerstone, unraveling the mysteries of the human body's responses to exercise and training. Understanding these physiological mechanisms is pivotal in optimizing athletic performance, facilitating recovery, and ensuring the overall well-being of athletes. Moreover, the integration of physiology with other scientific domains such as nutrition, psychology, and biomechanics enhances our comprehension of sports performance holistically.

Understanding Physiological Responses to Exercise and Training

Exercise elicits a myriad of physiological responses within the body, ranging from cardiovascular adaptations to metabolic changes. By delving into these responses, sports scientists can elucidate the mechanisms underlying endurance, strength, and power. For instance, studying oxygen uptake kinetics provides insights into an athlete's aerobic capacity, while analyzing lactate threshold helps gauge exercise intensity and endurance capacity. Moreover, understanding the hormonal responses to training aids in designing periodized training programs tailored to individual athlete needs.

Role of Physiology in Optimizing Athletic Performance and Recovery

Physiology plays a pivotal role in optimizing athletic performance across various sports disciplines. By manipulating training variables such as intensity, duration, and frequency, sports scientists can induce specific physiological adaptations conducive to performance enhancement. Moreover, understanding the principles of recovery physiology is essential for devising strategies to mitigate fatigue, accelerate recovery, and prevent overtraining syndrome. From optimizing glycogen resynthesis through carbohydrate intake to facilitating muscle repair with adequate protein consumption, physiological insights guide athletes and coaches in achieving peak performance while minimizing the risk of injury and burnout.

Cross-Disciplinary Approaches Linking Physiology with Nutrition, Psychology, and Biomechanics

The interdisciplinary nature of sports science necessitates the integration of physiological principles with other scientific domains to comprehensively address the complexities of sports performance. In collaboration with nutritionists, physiologists elucidate the metabolic demands of training and competition, informing dietary strategies to optimize energy availability, hydration status, and nutrient timing. Likewise, integrating physiological assessments with psychological profiling enables a holistic understanding of athlete behavior, motivation, and stress management. Furthermore, linking physiology with biomechanics facilitates the optimization of movement patterns and biomechanical

efficiency, enhancing performance and reducing injury risk.

Nutrition and Sports Science

Nutrition stands as a cornerstone in the realm of sports science, wielding profound influence over athletic performance, recovery, and overall well-being. The intersection of nutrition with physiology, psychology, and biomechanics forms the bedrock of interdisciplinary approaches aimed at optimizing athlete performance and mitigating injury risk. In this section, we delve into the pivotal role of nutrition in sports science, exploring its importance, strategies for optimization, and collaborative efforts across disciplines.

Importance of Nutrition in Sports Performance and Recovery

Nutrition serves as the fuel that powers athletic performance, playing a pivotal role in fueling workouts, optimizing recovery, and sustaining long-term health. Adequate intake of macronutrients, micronutrients, and hydration ensures optimal physiological functioning, supporting muscle repair, glycogen replenishment, and immune function. Moreover, tailored nutrition interventions tailored to individual athlete needs can enhance endurance, strength, and cognitive function, thereby conferring a competitive edge in the sporting arena.

Nutritional Strategies for Optimizing Athletic Performance and Injury Prevention

Optimizing nutrition in sports entails a nuanced understanding of macronutrient ratios, timing of intake, and supplementation strategies tailored to the demands of specific sports and individual athlete requirements. Periodized nutrition plans, aligned with training cycles, optimize energy availability, enhance recovery, and promote adaptive responses to exercise stimuli. Moreover, nutritional interventions targeted at mitigating injury risk, such as optimizing bone health and immune function, contribute to the longevity and resilience of athletes, minimizing the incidence of overuse injuries and musculoskeletal disorders.

Collaboration Between Nutritionists, Exercise Physiologists, and Sports Psychologists in Interdisciplinary Research

Interdisciplinary collaboration lies at the heart of advancements in sports science, with nutritionists, exercise physiologists, and sports psychologists pooling their expertise to optimize athlete performance and well-being. Collaborative research endeavors explore the synergistic interactions between nutrition, exercise, and psychological factors, elucidating novel strategies for performance enhancement and injury prevention. By integrating insights from diverse disciplines, interdisciplinary research teams develop holistic approaches to athlete care, encompassing physiological, psychological, and behavioral dimensions.

Injury Prevention and Rehabilitation

In the dynamic landscape of sports science, injury prevention and rehabilitation constitute critical domains aimed at preserving athlete health, prolonging careers, and enhancing performance. This section elucidates the multifaceted nature of injury prevention and rehabilitation, spanning the identification of common sports injuries, multidisciplinary approaches to prevention, and holistic rehabilitation strategies integrating medical,

biomechanical, and psychological interventions.

Identification of Common Sports Injuries and Risk Factors

Understanding the spectrum of sports injuries and their underlying risk factors is paramount for effective injury prevention and management. From acute trauma to overuse injuries, athletes face a myriad of challenges that can impede performance and compromise well-being. Common injuries encompass ligament sprains, muscle strains, stress fractures, and tendinopathies, often precipitated by factors such as biomechanical imbalances, inadequate training load management, and suboptimal recovery strategies. By comprehensively delineating the epidemiology and etiology of sports injuries, researchers can devise targeted interventions to mitigate risk and optimize athlete health.

Multidisciplinary Approaches to Injury Prevention

Injury prevention is a multifaceted endeavor that necessitates a multidisciplinary approach, drawing upon insights from biomechanics, physiology, and psychology. Biomechanical analyses elucidate aberrant movement patterns and loading profiles predisposing athletes to injury, informing the development of tailored training regimens and equipment modifications. Physiological assessments identify modifiable risk factors such as muscular weakness and flexibility deficits, guiding targeted interventions to optimize tissue resilience and mitigate injury risk. Moreover, psychological interventions targeting cognitive factors such as fear of reinjury and maladaptive coping strategies foster resilience and promote adherence to injury prevention protocols. By synergistically integrating biomechanical, physiological, and psychological perspectives, interdisciplinary research endeavors yield comprehensive injury prevention strategies tailored to the individual athlete's needs.

Rehabilitation Strategies Integrating Medical, Biomechanical, and Psychological Interventions

Effective rehabilitation extends beyond physical restoration to encompass holistic recovery encompassing biomechanical, physiological, and psychological dimensions. Medical interventions such as surgical procedures and pharmacotherapy address structural deficits and alleviate pain, laying the foundation for functional restoration. Biomechanical assessments guide progressive loading protocols and movement retraining strategies to optimize tissue healing and restore neuromuscular control. Psychological interventions such as cognitive-behavioral therapy and mindfulness-based interventions target psychological barriers to recovery, fostering positive coping mechanisms and enhancing resilience. By orchestrating a synergistic interplay between medical, biomechanical, and psychological interventions, rehabilitation programs optimize athlete recovery, mitigate reinjury risk, and facilitate a seamless return to sport.

Technology and Innovation in Sports Science

The relentless march of technology has catalyzed a paradigm shift in sports science, revolutionizing performance analysis and athlete monitoring. This section delves into the advancements in sports technology, their profound impact on enhancing performance analysis and athlete monitoring, and the future trends shaping interdisciplinary approaches in sports science.

Advancements in Sports Technology

Recent decades have witnessed an unprecedented surge in sports technology, offering novel avenues for understanding athlete performance and optimizing training regimens. Cutting-edge wearable devices, such as inertial measurement units and smart garments, enable real-time biomechanical analysis, unveiling intricate movement patterns and kinematic parameters. Furthermore, advancements in sensor technology have facilitated the development of pressure-sensitive insoles and force platforms, providing invaluable insights into ground reaction forces and athletic propulsion mechanisms. Moreover, the advent of portable metabolic analyzers and biochemical sensors has revolutionized physiological monitoring, offering real-time assessments of metabolic parameters and biomarkers during exercise.

Examples of Innovative Technologies in Sports Science Research

Innovative technologies have permeated every facet of sports science research, fostering groundbreaking discoveries and novel methodologies. High-speed motion capture systems, such as three-dimensional optical tracking and inertial measurement systems, facilitate precise kinematic analysis of sports movements, elucidating biomechanical determinants of athletic performance. Additionally, microelectromechanical systems (MEMS)-based sensors embedded in equipment and apparel provide actionable insights into athlete load management and injury risk assessment, enabling proactive interventions to optimize performance and prevent injuries. Furthermore, the integration of virtual reality and augmented reality platforms in sports training and rehabilitation holds promise for enhancing motor learning and facilitating skill transfer in athletes across diverse disciplines.

Future Trends and Implications of Technology on Interdisciplinary Approaches

Looking ahead, the future landscape of sports science is poised to be shaped by emerging technologies and innovative methodologies. The proliferation of artificial intelligence and machine learning algorithms holds the potential to revolutionize data analysis in sports science, enabling predictive modeling of performance outcomes and personalized training prescriptions. Moreover, the convergence of biotechnology and nanotechnology promises to unlock new frontiers in athlete recovery and regeneration, with bioengineered materials and tissue engineering strategies offering unprecedented avenues for tissue repair and regeneration. As technology continues to evolve at an exponential pace, interdisciplinary collaborations between engineers, scientists, and practitioners will be paramount in harnessing the full potential of technological innovations to elevate athletic performance and well-being.

Case Studies and Practical Applications

This section of the research paper explores real-world case studies and success stories that demonstrate the effectiveness of interdisciplinary collaborations in sports science. By examining concrete examples and their outcomes, this segment highlights the tangible benefits of integrating various scientific domains to enhance athlete performance and well-being.

Examination of Real-World Examples

One notable case study revolves around the collaboration between biomechanists, physiologists, and psychologists in addressing injury prevention in soccer. By analyzing the biomechanical determinants of injury risk during specific movements, such as cutting and pivoting, researchers identified patterns associated with common musculoskeletal injuries. This interdisciplinary approach led to the development of targeted training programs aimed at improving biomechanical efficiency and reducing injury incidence among soccer players.

Another compelling example involves interdisciplinary research teams investigating the psychophysiological responses to stress in elite athletes. By combining expertise from psychology, physiology, and sports science, researchers gained insights into how athletes respond to pressure situations. This understanding enabled the development of mental resilience training programs, equipping athletes with strategies to manage stress and optimize performance during high-pressure competitions.

Success Stories and Enhanced Athlete Performance

In addition to case studies, success stories abound in the realm of interdisciplinary sports science. For instance, the integration of biomechanical analysis, physiological monitoring, and psychological profiling has revolutionized athlete training and performance optimization. By tailoring training regimens to individual biomechanical and physiological characteristics, coaches and sports scientists have helped athletes achieve peak performance while minimizing the risk of injury.

Furthermore, interdisciplinary research initiatives focusing on nutrition interventions have yielded significant improvements in athlete recovery and overall well-being. By collaborating with nutritionists, exercise physiologists, and sports psychologists, athletes can access personalized nutritional strategies that optimize recovery, enhance immune function, and support long-term athletic development.

Lessons Learned and Recommendations

These case studies and success stories offer valuable lessons for future interdisciplinary research in sports science. Firstly, fostering interdisciplinary collaboration is essential for leveraging diverse expertise and addressing complex problems comprehensively. Secondly, embracing a holistic approach that considers the interplay between biomechanics, physiology, psychology, and nutrition is crucial for developing tailored interventions that meet the unique needs of individual athletes. Lastly, ongoing investment in emerging technologies and innovative methodologies will continue to drive advancements in interdisciplinary sports science, unlocking new opportunities for enhancing athlete performance and well-being.

Conclusion

In conclusion, this research paper has provided a comprehensive examination of interdisciplinary insights into sports science. By delving into various scientific domains such as biomechanics, physiology, psychology, nutrition, and technology, we have gained a deeper understanding of the intricate factors influencing sports performance and athlete well-being.

Throughout this exploration, it became evident that interdisciplinary collaboration is

paramount in advancing the field of sports science. By bridging the gap between different disciplines, researchers can leverage diverse expertise to develop holistic approaches that address complex challenges comprehensively.

Key findings from this research paper underscore the importance of integrating biomechanical, physiological, psychological, and nutritional perspectives to optimize athlete performance and prevent injuries effectively. Moreover, the success stories and case studies presented highlight the transformative impact of interdisciplinary collaborations on enhancing athlete performance and well-being.

Looking ahead, it is imperative to continue fostering interdisciplinary partnerships and investing in innovative technologies to drive further advancements in sports science. By embracing a collaborative and multidisciplinary approach, we can unlock new opportunities for optimizing athlete performance, promoting athlete well-being, and shaping the future of sports science.

In light of the insights gained from this research paper, future studies should focus on exploring emerging interdisciplinary avenues, refining existing methodologies, and translating research findings into practical applications that benefit athletes at all levels. Ultimately, by embracing interdisciplinary approaches, we can propel sports science forward and contribute to the holistic development of athletes worldwide.

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Empowering Youth through Sports Participation



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Introduction:

The research on child and youth empowerment through sports, particularly in care settings, is relatively scarce. The purpose of this article is to initiate a dialogue about child and youth empowerment through sports, among people who work with children and youth in general and among child and youth care practitioners. I have been working with children, youth and families for more than twenty years in different contexts and in different capacities as an educator, a researcher, a coach, a volunteer, and a child and youth care worker. From my personal experience and from anecdotal accounts, it is clear that participation in sports is low and the obesity rate is increasing (Bergeron,2007). Particularly, children and youth in care have far less sports participation opportunities than their counterparts in regular homes.

Academic Benefits :

There are many academic benefits of participation in sports described in the literature. One of the benefits is that participation in sports influences cognitive functioning in children and youth (Coatsworth & Conroy, 2007) Rosewater (2009) argues that the use of high quality sports for children and youth can improve their grades and increase their chances of attending schools and colleges. Rosewater further describes that high- quality sports engage children and youth, help them stay on task, and teach them important skills, Le Menestrel and Perkins (2007) Point out that Participation in sports Is also associated with attachment to school.

Social Benefits:-

A number of researchers have also described the social benefits of sports, Perkins and Noam (2007) described that sports Provides opportunities for youth to build relationships with their peers, and among training. Another important factor is the lack of sports facilities and opportunities.

Children and youth from low income families are unlike to participate in sports Use of digital games and use of technology is another significant factor that may impede children and youth participation in sports.

Benefits of Youth Sports :-

The National Youth Sports Strategy aims to unite U.S. Youth sports culture around a shared vision that one day, all Youth will have the opportunity, motivation, and access to play sports regardless of their race, ethnicity ,sex, ability, or ZIP code.

Why Youth sports? Research shows that participating in Youth sports can lead to immediate and long-term benefits for Youth, their families, and communities.

Mental, Emotional, and Social Health :-

73 Percent of parents believe that sports benefit their child's mental health. And they are right

- Participating in sports is associated with:
- Lower rates of anxiety and depression
- Lower amounts of stress
- Increased cognitive performance
- Increased creativity
- Greater enjoyment of all forms of physical activity
- Improved psychological and emotional well-being for individuals with disabilities.

Physical Health:

- Participating in physical activity is associated with:
- Improved bone health
- Improved weight status
- Increased cardio respiratory and muscular fitness
- Reduced risk of cancer and diabetes
- Participating in sports is associated with:
- Increased physical activity levels
- Improved cardiovascular fitness
- Decreased body fat percentage for girls
- Increased overall quality of life
- Participating in sports is associated with Educational and Career Success
- Improved teamwork, social skills, and social responsibility

The Benefits of Sport:

- Fitness established in youth sets the stage for lifelong benefits
- Sports creates Body Awareness vs Body Image function Vs fashion

Conclusion

It is hoped that proper training for the people who are involved working with children and youth may be support a higher number of individuals engaged in youth sports. In conclusion, consider these worthwhile questions: For training institutions, how do we teach and train our careers to encourage children and young people to participate in sports?

For child and youth care practitioners, how do we encourage and motivate our children and young people to spend time in the outdoors playing?

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Lifestyle: A Comparative Study of Arts and Science Faculties



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Abstract

The purpose of the study was to compare the various dimensions of lifestyle and overall lifestyle of arts and science faculty teachers of Vidyabharti College, Seloo, Wardha. To achieve the purpose of the present study researcher has selected twenty (20) faculties', 10 staff from arts faculty and 10 staff from science faculty from Vidyabharti College, Seloo, Wardha. Subjects were selected by purposive sampling method. Lifestyle was measured with Life Style Scale developed by S. K. Bawa & S. Kaur. Statistical analysis was done on the basis of 't' test. The level of significance was kept on 0.05 of degree of freedom. Result of the study shows that on the basis of mean difference there was difference between the means of various dimensions of Lifestyle between arts and science faculty teachers. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there is significant difference were found in Health Conscious Lifestyle, Academic Oriented Lifestyle, Career Oriented Lifestyle, Trend Seeking Lifestyle and Lifestyle between arts and science faculty teachers as the calculated 't' value 3.63, 4, 4.41, 2.97 and 2.22 was greater than tabulated 't' value 2.101. But there is insignificant found were found in Social Oriented Lifestyle and Family Oriented Lifestyle between arts and science faculty teachers, as the calculated 't' value 0.05 and 1.502 is lesser than the tabulated 't' value 2.101. From the above result we found that there is significant difference were found in health conscious lifestyle, academic oriented lifestyle, career oriented lifestyle, trend seeking lifestyle and lifestyle between arts and science faculty teachers. Arts faculty teachers show better in health conscious lifestyle, and lifestyle as compared to science faculty teachers. The differences may be attributed to that Arts faculty teachers enjoys many health benefits because of various health insurance and health program offered by government. As in academic oriented lifestyle and career oriented lifestyle science faculty teachers were always eager to improve their educational and career because of their placement/promotion and as well as to be success in their life as compared to arts faculty teachers. Whereas there is insignificant difference were found in social oriented lifestyle and family oriented lifestyle between arts faculty teachers and science faculty teachers, it may be attributed that both were enjoy the same level of social and family life.

Keywords: Lifestyle, Arts and Science Faculties.

Introduction

In today's era lifestyle of youth is taking a rapid turn with the fast changing world.

Influence of globalization, modernization, changing requirements of the society and awareness is making the youth more and more ambitious, hence affecting their life as well as lifestyle.

Lifestyle can be determine or studied through their orientation to career, society, family, education and trend seeking attitude of an individual. The way of living has a great impact on the competencies of an individual to get success and satisfaction in life. Lifestyle is an attitude, interests, opinions, behaviours, and behavioural exposures of an individual, group or culture. Lifestyle is a style of life or living which not only affects the individual who adopts it but also affects society and community. Lifestyle is a style of life or living which not only affects the existent that adopts it but also affects society and community. The term life was first proffered by Alfred Adler in the twentieth century it defines the station, values and kindly exhibits the social position.

Moreover it also includes pattern of social relations, consumptions, entertainments and dressing style it reflects person's views, habits, attitude and the way of life which has the direct influence on the person daily life. In the other word we can say that it is a "way or style of living".

Every individual has their own way and style of living. Thus, lifestyle can be defined as "a person's pattern of living expressed through his/her activities, interests and opinions." Owing to this fact he/she may have health oriented lifestyle, family oriented, academic oriented or career oriented lifestyle. Keeping this in mind the scale of lifestyle for youth has been constructed having the following dimensions: Health conscious lifestyle can be stated as an individual always remains conscious for keeping himself physically fit and fine. Academic oriented lifestyle can be stated as an individual who always remains involved in his academic field. Career oriented lifestyle can be stated as an individual's lifestyle said to be career oriented when he is always curious to gain more and more knowledge in his career. Family oriented lifestyle can be stated as a person is always in close touch with his family and shares each and every moment of his/her daily activities with family. Socially oriented lifestyle can be stated as an individual, who always participates in social situation and is always keen to do superior for society and others. Trend seeking lifestyle can be stated as an individual, who is keen to adopt new style and always willing to update himself with new trends.

A service is a person's role in the society. A service is an activity, performed regular in exchange for payment or salary. Many people render multiple services (e.g., parent, homemaker, and employee). A person can begin a service by becoming an employee in a government or private sector, volunteering services, starting own business (self employment), or becoming a parent. Government employees, often called a civil servants or public employees, working in a various fields such as teaching, sanitation, health care, and administration for the federal, state, or local government. Government establishes basic prerequisites for employment such as compliance with minimal age and educational qualification requirements. In Government job employees enjoy job security, promotion and educational opportunities, medical coverage, and pension and also many other benefits.

The differences between arts faculty and science faculty can be seen in a few details. Each different faculty has different responsibilities and duties. An art faculty teachers works

within educational system to teach students art. They teach art related subjects, such as principles, theories, history, etc. They're responsible for planning assignments, icing there are acceptable art inventories, assessing scholars ' artwork, and tutoring scholars the connections between colorful forms of art and different societies. A science faculty teacher is always responsible for teaching scientific concepts and disciplines, helping learners to understand systems, procedures, and generate ideas using scientific evidence and approaches. Science preceptors produce engaging assignment plans and conditioning for the learners, including laboratory workshop, group exploration, and field trials. They also demonstrate styles and present scientific exploration to support their compliances. A wisdom schoolteacher evaluates the scholars' literacy by giving them written or practical examinations, including problem- working and scientific styles. The lifestyles of both faculty teachers are different. By seeing the various matters researcher has taken the study "Lifestyle: A Comparative Study of Arts and Science Faculties"

Materials and Methods

Subject:

The purpose of the study was to compare the various dimensions of lifestyle and overall lifestyle of arts and science faculty teachers of Vidyabharti College, Seloo, Wardha. To achieve the purpose of the present study researcher has selected twenty (20) faculties', 10 staff from arts faculty and 10 staff from science faculty from Vidyabharti College, Seloo, Wardha. Subjects were selected by purposive sampling method. Lifestyle was measured with Life Style Scale developed by S. K. Bawa & S. Kaur.

Statistical Analysis

Statistical analysis was done on the basis of 't' test. The level of significance was kept on 0.05 of degree of freedom.

Table-1
Comparison of Various Dimensions of Lifestyle and Lifestyle between Arts and Science Faculties

Variables	Subject	Mean	SD	SE	MD	Obt 't'	Cal 't'
Health Conscious	Arts Faculty Teacher	30.8	3.553	1.59	5.8	3.63*	2.101
	Science Faculty Teacher	25	3.59				
Academic Oriented	Arts Faculty Teacher	22.8	2.86	1.27	5.1	4*	
	Science Faculty Teacher	27.9	2.846				
Career Oriented	Arts Faculty Teacher	18.4	4.502	1.85	8.2	4.41*	
	Science Faculty Teacher	26.6	3.777				
Socially Oriented	Arts Faculty Teacher	18.9	4.202	2.05	0.1	0.05	
	Science Faculty Teacher	19	4.967				

Trend Seeking	Arts Faculty Teacher	24.8	4.541	2.15	6.4	2.97*
	Science Faculty Teacher	31.2	5.095			
Family Oriented	Arts Faculty Teacher	23.4	2.319	1.66	2.5	1.502
	Science Faculty Teacher	20.9	4.725			
Lifestyle	Arts Faculty Teacher	139.1	9.585	5.17	11.5	2.22*
	Science Faculty Teacher	150.6	13.26			

Result

The above table shows that on the basis of mean difference there was difference between the means of various dimensions of Lifestyle between arts and science faculty teachers. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there is significant difference were found in Health Conscious Lifestyle, Academic Oriented Lifestyle, Career Oriented Lifestyle, Trend Seeking Lifestyle and Lifestyle between arts and science faculty teachers as the calculated 't' value 3.63, 4, 4.41, 2.97 and 2.22 was greater than tabulated 't' value 2.101. But there is insignificant found were found in Social Oriented Lifestyle and Family Oriented Lifestyle between arts and science faculty teachers, as the calculated 't' value 0.05 and 1.502 is lesser than the tabulated 't' value 2.101.

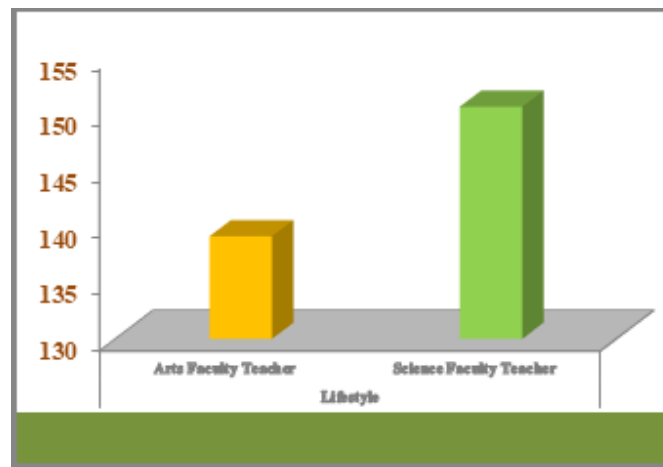
Graph-2

Comparison of Various Dimensions of Lifestyle between Arts and Science Faculty Teachers



Graph-2

Comparison of Lifestyle between Arts Faculty Teacher & Science Faculty Teacher



Conclusion

From the above result we found that there is significant difference were found in health conscious lifestyle, academic oriented lifestyle, career oriented lifestyle, trend seeking lifestyle and lifestyle between arts and science faculty teachers. Arts faculty teachers show better in health conscious lifestyle, and lifestyle as compared to science faculty teachers. The differences may be attributed to that Arts faculty teachers enjoys many health benefits because of various health insurance and health program offered by government. As in academic oriented lifestyle and career oriented lifestyle science faculty teachers were always eager to improve their educational and career because of their placement/promotion and as well as to be success in their life as compared to arts faculty teachers. Whereas there is insignificant difference were found in social oriented lifestyle and family oriented lifestyle between arts faculty teachers and science faculty teachers, it may be attributed that both were enjoy the same level of social and family life.

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Existence Of Sports Training Plan For Excellence In Competition



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Abstract

In sports the term training is often used by the players, coaches and scientists but there are some disagreement among the coaches and scientists regarding the exact meaning of this term, because the experts those who belong to sports medicine are in the opinion that sports training is simply a doing of physical exercise, Where as some other experts understood the meaning of the word in the form of interval training, strength training, technical training and tactical training.

Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities. It is a specific type of training designed at individual level to improve fitness and abilities to perform in a sports. To improve sports performance, one has to, regularly and systematically, perform a variety of exercises. Mere execution of an exercise does not ensure improvement of performance.

It includes strength in training, corrective and restorative exercises, conditioning and cardiovascular training. It also includes mental and psychological training and advise on nutritional values. To achieve the highest performance in the competition the coach and the athlete has to understand the concept of sports training characteristics: Individual-specific, Planned and Systematic, Scientific Process and so on. And principles of sports training: Continuity of Training, Training Load, Active Participation etc.

Key words: Sports training, Individual-specific, Planned and Systematic, Scientific Process, Continuity of Training, Training Load, Active Participation

INTRODUCTION

Sports training are specifically used in the context of athletics, sports and games which could be a training of sports persons, coaches and teachers of physical education. It is also used by scientists and experts who belong to the field of sports science and medicine, sports bio-mechanics, exercise physiology, sports psychology and other fields like yoga and science movement. Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities. It is a particular type of training designed to improve fitness and abilities to perform in a given sport. It includes strength in training, corrective and restorative exercises, conditioning and cardiovascular training. It also includes mental and

psychological training and advice on nutritional values. After having determined the goals, the coaches and sportspersons have to develop training plans of longer and shorter duration for ensuring the attainment of immediate, intermediate and ultimate objectives. The training plan is a binding directive for improving the training state of a sportsperson where all the required measures (forms of training, nature and frequency of competition, control measures etc.) are recorded in writing.

The need to develop training plans of longer duration arises from the fact that sports performance comparable to national and international standards can be achieved only after several years of uninterrupted training. As the development of training condition after several years of training can only be seen approximately, it is also essential to develop training plans of shorter duration in which the specific goals and tasks could be laid down taking into consideration the particular level of attainment. In view of the above the long term training plans are described as indirect training instructions and the plans of shorter duration are termed as direct training instructions.

DEFINITION OF TRAINING PLAN

It is a binding directive for developing training condition where all required measures are recorded in writing.

To plan means:

- (a) To lay down the performance aim to be achieved.
- (b) To determine tasks arising from the performance aim.
- (c) To determine the sequence in which the tasks are to be achieved.
- (d) To determine means and methods for the solution of main tasks.
- (e) To anticipate development of loading.
- (f) To select most suitable form of organization.

TYPES OF SPORTS TRAINING PLANS

Training plan can be classified according to the duration and according to the number of person involved in the training. According to the duration the training plan of following types:

(i) Training Conception:

As it is clear by the name itself in real sense it is not a plan but a concept for planning and carrying out of training process for a long period. It involves principles and fundamental rules for the formulation of training.

- ❖ Training plan normally prepared by concerned federation Ø It is prepared for different level and class of sportsmen.
- ❖ It is prepared on the basis of analysis
- ❖ It is also prepared on the basis of international trend.
- ❖ It form the basis of all kinds of training plans which can be further classified into three:
 - Training conception for complete duration.
 - Training conception for different stages.

- Training conception for a training cycle longer than a year i.e. Olympic plan.

(ii) Yearly Plan:

These plans are made for the effective formulation and proper implementation of training for the period of one year. The yearly plan is a kind of document in which training details are laid down clearly and precisely. The yearly training document generally contains the following:

- Time available for training.
- Level of sportsmen.
- Analysis of present state of sportsmen.
- Goal and Sub goal.
- Performance factor to be achieved.
- Information about the training contents.
- Sequence of training.
- Arrangement of Meso cycles.
- Date of competition.
- Other relevant information.

(iii) Meso-cycle plan:

These plans are perhaps the important plan because in these plans are formulated for the sufficient duration i.e. 3-6 week duration, hence it helps to check the adaptation process caused by training. Meso plan is the important tool for the control and regulation of sports training. Each Meso cycle has its set aims and objectives which are to be achieved by proper formulation and arrangement of micro cycles. These plans are more specific and detailed in comparison to yearly plan. Meso plan is also called as operative plan. After each Meso cycle some sort of test or competition are to be conducted so as to check whether the desire objectives have been achieved or not. If the aims and objectives are not achieved then the training plan for subsequent Meso cycle has to be changed or readjusted.

(iv) Micro - cycle plan:

Micro cycle is the short term plan which forms the basis for Meso cycle. Due to short duration of micro cycle desired objectives can be achieved by systematic arranging the load of a sportsman in number of micro cycles and as a result of which adaptation can be achieved in Meso cycle. In micro cycle plan number of training session are planed with contents in detail. On the basis of this training is carried out in each training session. The planning of micro cycle depends upon several factors such as training state, Meso cycle, nature of sports etc. In planning for micro cycle normally following rules are followed:

- The degree of load should vary within the micro cycle.
- The aim and contents of load should vary within the micro cycle but it should ensure optimum load for the development of one or two factors.
- The aim contents and load in a micro cycle must correspond to the aims and contents of Meso cycle in which it falls.

- In micro cycle having very high load should provide one or two training sessions for active recovery.
- In competition period the micro cycle are generally formulated in such a manner that there is no carryover of fatigue from one micro cycle to the next micro cycle.
- The micro cycle immediately before start of important competition should be formulated in such a manner that the sportsman is able to participate in the competition in a state of super compensation.

(v) Training session plan:

Training session plan is the basic unit of training process. The actual process of training is realized in a training session. Keeping in mind the importance of training session it will be discussed separately. Training plan is also divided into individual and group plan:

Individual Plan:- Individual plan are more common in individual sports. These plans are necessary to ensure optimum development of sportsman as in individual plan the individual factors form the basis of planning.

Group Plan:- The group plan are most often used in team games. In the initial stage of training group training plans are generally used to ensure uniform type of training facilitating training of large number of sportsman.

CONCLUSION:

Sports training are a multifaceted process that combines physical, technical, tactical, and mental aspects to enhance athletic performance. It is a continuous journey of learning, adapting, and striving for excellence, while also promoting personal growth, discipline, and a healthy lifestyle.

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Sports Governance And Policy For Sustainable Development



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Abstract

This abstract explores the intersection of sports governance, policy, and sustainable development. Recognizing the pivotal role of sports in society, this study delves into the ways effective governance and well-crafted policies can contribute to sustainable development. By examining global practices and case studies, we aim to identify key principles and strategies that promote environmental, social, and economic sustainability within the sports industry. The analysis encompasses the role of governing bodies, regulatory frameworks, and collaborative initiatives in shaping a sustainable sports ecosystem. Special attention is given to integrating green practices, inclusivity, and ethical considerations. This research sets the stage for a comprehensive exploration of how intentional and strategic governance in sports can align with broader sustainable development goals, creating a lasting impact on both the sports industry and the communities it serves.

Keywords:- Sports Governance, Environmental, Social, Economic, Sustainability, Communities.

Introduction

Sports, beyond its entertainment value, serves as a powerful societal platform capable of influencing and contributing to sustainable development. Recognizing this potential, the intersection of sports governance and policy has emerged as a crucial focal point in shaping a sustainable future for the sports industry. This study delves into the dynamic relationship between sports governance, policy frameworks, and the overarching goal of sustainable development. In recent years, the sports landscape has witnessed an increased emphasis on the environmental, social, and economic impact of its activities. As sports organizations and governing bodies play a pivotal role in shaping the industry's trajectory, there is a growing need to understand how their decisions and policies can contribute to broader sustainability objectives. This exploration is particularly timely, given the global commitment to achieving the United Nations Sustainable Development Goals (SDGs) by fostering responsible practices in various sectors. The multifaceted nature of sustainable development requires a comprehensive analysis of governance structures and policies within the sports domain. This study aims to unravel the intricacies of effective sports governance and policy-making that can propel the industry towards sustainability. By examining international best practices, successful case studies, and potential challenges, we seek to identify key principles

that can guide the formulation of policies aligning with sustainability objectives.

Importance of the Study

The importance of this study lies in the pivotal role that sports governance and policy play in steering the sports industry toward sustainable development. As sports continue to wield significant societal influence, understanding how governance structures and policies can contribute to sustainability becomes paramount. Effective governance has the potential to shape the industry's impact on the environment, foster social inclusivity, and drive economic resilience. By delving into international best practices and successful case studies, this study aims to provide insights that can guide sports organizations, governing bodies, and policymakers in adopting strategies aligned with global sustainability goals. The findings of this study are expected to inform decision-makers about the tangible ways in which intentional and strategic governance can lead to environmentally responsible practices, promote social equity, and contribute to economic stability within the sports sector. Ultimately, the study seeks to underscore the transformative potential of well-crafted governance and policy initiatives in sports, advocating for their pivotal role in achieving a sustainable and responsible future for the industry.

Literature Review

- **Lindsey, I., & Darby, P. (2019).** "Sport and the Sustainable Development Goals: Where is the policy coherence?" critically examines the alignment between sport policies and the Sustainable Development Goals (SDGs), highlighting areas of coherence and identifying gaps. Published in a reputable journal, this research investigates the extent to which sport initiatives and policies contribute to the achievement of the SDGs. Despite the recognized potential of sport as a tool for promoting social inclusion, health, education, and peace, the study reveals significant inconsistencies and disconnects between sport-related policies and the overarching goals of sustainable development.
- **Yuba, E. I., & Barata, N. P. (2015).** "Sports management in coastal protected areas: A case study on collaborative network governance towards sustainable development" delves into the complexities of managing sports activities within coastal protected areas (CPAs) with a focus on fostering sustainable development. Through a detailed case study analysis, this research examines the dynamics of collaborative network governance involving various stakeholders such as government agencies, local communities, environmental organizations, and sports management bodies. By investigating the interactions, challenges, and successes of these collaborative networks, the study aims to identify effective strategies for balancing the promotion of sports activities with the conservation and protection of coastal ecosystems.
- **Moustakas, L., & Işık, A. A. (2020).** "Sport and sustainable development in Botswana: Towards policy coherence" investigates the relationship between sport policies and sustainable development goals in the context of Botswana. Published in a prominent journal, this research scrutinizes the alignment between sport initiatives and the broader objectives of sustainable development within the country. By analyzing existing policies, programs, and practices, the study aims to identify areas of coherence as well as potential gaps or inconsistencies. Botswana, with its rich sporting culture and commitment to sustainable development, serves as an intriguing case study for

exploring the intersection of sport and societal progress.

- **Dai, J., & Menhas, R. (2020).** "Sustainable development goals, sports, and physical activity: the localization of health-related sustainable development goals through sports in China: a narrative review" provides a comprehensive examination of the integration of health-related sustainable development goals (SDGs) through sports and physical activity initiatives in China. Through a narrative review approach, this study synthesizes existing literature and policy documents to explore how sports programs and physical activity promotion contribute to the localization of SDGs, particularly those related to health, within the Chinese context.
- **Rosa, P. F., et al (2017).** "Nature-based sports and sustainable development: perspectives of development and governance" delves into the relationship between nature-based sports and sustainable development, exploring both the developmental aspects and governance structures surrounding these activities. Through an interdisciplinary lens, this research examines the multifaceted impacts of nature-based sports on environmental conservation, social well-being, and economic growth. By analyzing case studies and theoretical frameworks, the study elucidates the potential of nature-based sports to promote sustainable development goals, such as biodiversity conservation, community engagement, and ecotourism development.

Justification of the Study

This study on sports governance and policy for sustainable development is justified by the increasingly recognized impact of the sports industry on society and the environment. Sports, as a global phenomenon, has a substantial footprint, influencing economic, social, and environmental aspects. The justification for this study stems from several key considerations:

- 1. Global Significance:** Sports hold immense cultural and economic significance worldwide. Understanding how the governance and policies within the sports sector can contribute to sustainable development is crucial for aligning this influential industry with broader global sustainability goals.
- 2. Industry Impact:** The sports industry's reach extends beyond the field, affecting areas such as infrastructure development, resource consumption, and community engagement. Investigating how governance and policy decisions can mitigate negative impacts and promote positive contributions is essential for responsible industry growth.
- 3. Policy Guidance:** Policymakers, sports organizations, and governing bodies need clear guidance on developing and implementing policies that contribute to sustainable development. This study aims to provide insights and recommendations based on international best practices and successful case studies.
- 4. UN Sustainable Development Goals (SDGs):** The study aligns with the United Nations SDGs, emphasizing the need for intentional efforts in various sectors, including sports, to address global challenges. By exploring how sports governance and policy can support these goals, the study contributes to a broader agenda of positive societal and environmental change.

5. **Practical Implications:** The findings of this study are expected to have practical implications for sports organizations, policymakers, and stakeholders. By identifying effective governance and policy measures, the study aims to offer tangible strategies for integrating sustainability practices into the daily operations of the sports industry.
6. **Ethical Considerations:** As sports continue to influence social norms and values, there is an ethical imperative to ensure that the industry operates responsibly. Examining the ethical dimensions of sports governance and policy provides valuable insights into promoting fairness, inclusivity, and responsible practices.

This study is justified by the need to address the multifaceted impact of the sports industry and provide actionable insights that can guide governance and policy decisions toward sustainable development. It contributes to the ongoing dialogue on the responsible role of sports in shaping a more sustainable and equitable future.

Conclusion

This study on sports governance and policy for sustainable development underscores the critical importance of intentional decision-making within the sports industry to align with global sustainability objectives. As sports continue to evolve as a major societal force, the findings of this study provide valuable insights into the transformative potential of effective governance and policy measures. By examining international best practices, successful case studies, and potential challenges, this research contributes to a comprehensive understanding of how the sports sector can contribute to environmental responsibility, social inclusivity, and economic resilience. The implications of this study are far-reaching. It offers practical guidance for sports organizations, governing bodies, and policymakers seeking to navigate the complex landscape of sustainability. The study emphasizes the role of sports governance in fostering responsible practices, promoting ethical considerations, and contributing to the achievement of the United Nations Sustainable Development Goals. As the sports industry faces increasing scrutiny and societal expectations, the recommendations derived from this study can serve as a roadmap for positive change. Through intentional measures, the industry can not only mitigate its environmental and social impact but also emerge as a catalyst for positive societal change. Ultimately, this research contributes to the ongoing discourse on the responsible and sustainable evolution of the sports industry in the global landscape.

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Comparative Study of Physical Fitness, Motor Fitness and Anthropometric Variables of the Urban and Tribal Kabaddi Players of Yavatmal District



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Abstract

The purpose of the present study is to compare the selected Physical Fitness and Motor Kelel Fitness and Anthropometric Variables of the Urban and Tribal Kabaddi Players of Yavatmal District. For the present study total 58 Kabaddi male players (29 each from Urban & Tribal) were selected from Yavatmal city, Panharkawda region. Their Age range was limited to 18-25yrs. Data was collected by using standard tests. To analyze the collected data of the two groups statistical techniques i.e. mean, standard deviation & 't' test was applied for comparison. To assess the significant difference between two means & testing hypothesis significant level of confidence was fixed at 0.05 level with 28 degree of freedom. From the analysis of result, it was concluded that Tribal players better than Urban Kabaddi players in most of the physical fitness, motor fitness and anthropometric variables selected for study. The result also reveals that there was significant difference found in the variables like BMI, % Fat, Fat weight, Skinfold Thickness, and LBM at 0.05 level of significance. Hence in some variables hypothesis are accepted & in some of the variables it was rejected.

Key words : Physical Fitness, Motor Fitness, Cardiovascular and Muscular Endurance, Speed, Agility, Flexibility, Muscular strength, Muscular power

Introduction

Modern age is an age of Science and Technology where number of research activities are going on in each and every area. Every day we receive new and latest information. Due to internet connectivity throughout the world, any new discovery spreads within a second to whole world. All the facilities available in the modern world have made man's life comparatively less Vigorous, inactive and sedentary than before. It is due to mechanization and lack of manual work because of which a man does not use his limbs/organs as frequently as before.

All such factors badly impact on people in civilized communities and so they are lacking in strength and endurance. The modern age is full of cut throat competition in every walk of life. There is no place for slow mover. Excessive stress and strain are the predominant features of the modern society, we live in. As a result of this excessive stress and strain man has become restless and tense. This restlessness is clearly manifested through the disturbance in family, society and ultimately resulting in the chaos in the Nation. Therefore

the fountainhead of this anguish and fatigue, that is, the man, needs urgent attention if the world as a whole is to be made healthy and peaceful. And so to keep ourselves healthy, the most important thing we need is Physical fitness, Physical fitness is the ability to function effectively in physical work, training, and other activities and still have enough energy left over to handle any emergencies which may arise, Physical fitness involves the performance of the heart and lungs, and the muscle of the body.

Physical fitness is used in two close meanings - General fitness and Specific (Motor) fitness.

General Physical fitness

The components of physical fitness are as follows:

1. Cardio respiratory endurance (C.R.).
2. Muscular Strength,
3. Muscular Endurance,
4. Flexibility
5. Body composition.

Specific (Motor) fitness

Specific or task oriented fitness is a person's ability to perform in a specific activity with a reasonable efficiency. Motor fitness is a comprehensive term which includes all four physical fitness components, one health related component i.e. Body composition and five performance related components, i.e. Muscular power, speed, agility, balance and reaction time, important mainly for the success in sports.

Anthropometry

Anthropometry means the measurement of human body. It is the application of a series of measurements made on the body and from these we can use the data that we gather directly or perform calculations using the produce various indices and body composition predictions and to measure and describe physique.

Body compositions

In the present study body composition is concerned with the kinds of tissues and consists of measurable variables such as biceps, triceps, subscapular and supra-iliac skinfold measurement, height, weight and estimated variables such as Body Density, Percentage Fat, Fat Weight and Lean Body Mass.

While working in the field for last 28 years, the researcher has observed various factors which have strong impacts on players' performance, such as body structure, physical fitness, motor fitness, eating habits, body composition, social environment, economic condition, mental toughness, and so many other things. So when the researcher decided to do some research work on the some of these factors, the first factor that came to his mind was the Anthropometric Measurement. Physical and Motor fitness of the players, because these factors play a dominant role in the performance of the players.

Kabaddi is the most famous game in the region, and the required data for the research work can easily be available for the study. In Yavatmal district, Pandharkawda is the tribal area. Kabaddi is the only game and every village of the region. And hence the Researcher selected the topic for research work entitled as "Comparative study of Physical Fitness,

Motor Fitness and Anthropometric Variables of the Urban and Tribal Kabaddi Players of Yavatmal District."

Methodology

As the topic of the present study was related to physical fitness and motor fitness of Kabaddi players of Urban and Tribal players, Researcher selected total 58 Kabaddi players 29 each from colleges, schools and private clubs of f Yavatmal city and Pandharkawda.

The physical fitness, motor fitness and anthropometric variables selected for the stud and the tests selected and conducted as a criterion measures for the fitness variables were follows:

1. Pull-up test (Roger's strength battery) to measure Muscular strength.
2. Bent knee sit-ups test to measure Muscular endurance.
3. 600 yard run-walk test to measure Cardio-Vascular Endurance.
4. Sit and Reach Test to measure Flexibility.
5. Standing broad jump to measure Muscular Power.
6. 50 yard dash to measure Speed.
7. 4x 10 Yard Shuttle run to measure Agility.
8. Stork stand test to measure Static Balance.
9. Modified Bass Test to measure Dynamic Balance.
10. Nelson hand reaction time test to measure reaction time.
11. ye hand co-ordination test (ball transfer) to measure Co-ordination.
12. Height stand to measure Height
13. Electronics weighing Machine to measure Body Weight.
14. Weight divided by square of height in meters to calculate Body Mass Index
15. Body density was estimated from the sum of four skin fold measurement (Biceps, Triceps, Subscapular and Superrailiac). In the present study body density was estimated using Siri's Equation.
16. Percent fat, it was calculated from body density using Siri's (1951) formula.
17. Body fat was calculated from the weight of the body and percent fat.
18. Lean body mass was calculated by subtracting the fat weight from the total bod weight.

Statistical Techniques Used For Analysis

The data was analyzed and compared with the help of statistical procedure in whic Mean, Standard Deviation, and 't' test were used to compare data. The level of significance wa 0.05 and the degree of freedom was 48.

Results and Discussion

The results and findings are analyzed and interpreted in table-1 as follows. Tabulate value of 't' at 0.05 level of significance and 28 degree of freedom is 1.98.

Table 1.

VARIABLES	URBAN PLAYERS		TRIBAL PLAYERS		CALCULATED
	MEAN	SD	MEAN	SD	
Muscular Strength	13	2.563	13.89	3.298	1.13
Muscular Endurance	49	5.496	50.1	4.828	1.78
Cardio vascular Endurance	105.82	5.56	103.76	5.76	1.36
Flexibility	21	3.949	21.69	3.854	0.43
Muscular Power	2.45	0.05	2.47	0.14	0.77
Speed	6.81	0.31	6.74	0.36	0.78
Agility	10.52	0.738	10.37	0.388	0.94
Static Balance	29	4.267	30.76	23.08	0.4
Dynamic Balance	77	3.86	80.59	5.834	2.05
Reaction Time	18.9	2.006	18.44	2.08	0.84
Co-ordination Ability	17.2	1.2	16.8	2.3	0.81
Height	167.4	3.61	167.34	3.71	0.11
Weight	61.1	2.595	57.4	2.58	1.01
BMI	21.82	1.36	20.51	1.41	3.54
Total of 4 skinfolds thickness	23.01	0.977	22.33	0.85	2.72
Body Density	1.077	0.045	1.078	0.04	0.1
Percent Fat	9.664	0.41	9.378	0.353	2.86
Fat weight	5.905	0.25	5.38	0.207	8.6
LBM	55.195	2.34	52.02	2.38	5.04

From the result shows in Table No.1, the following conclusion has been drawn.

1. In all the 4 variables of physical fitness the Tribal players were found better than urban players.
2. When we compared the Motor fitness variables, except Dynamic balance the Tribal Kabaddi players were better than Urban Kabaddi players..
3. When the variables of Anthropometric Measurement and Body Composition of urban players were compared with Tribal Kabaddi-players, the were as follows:
 - a. There was no significance difference in the Height of Urban and Tribal Kabaddi Players.

- b. In case of Weight, the Urban players are heavier than tribal players.
- c. In case of BMI, there was a significance difference found in the BMI of Urban and Tribal Kabaddi Players. Urban player's BMI was found better than tribal players.
- d. Tribal volleyball players were found significantly better than Urban Kabaddi players in total skinfold thickness.
- e. Body density of Tribal Kabaddi players was found slightly better than Urban.
- f. The percent fat of Tribal Kabaddi players were found significantly better than Urban Kabaddi players.
- g. The fat weight of Tribal Kabaddi players were found significantly better than Urban Kabaddi players.
- h. Urban Kabaddi players were found significantly better than Tribal Kabaddi players in case of Lean Body Mass.

Conclusion

From the results of the study it was concluded that Tribal Kabaddi players are better than Urban players in all the selected variables of Physical, Motor fitness, and Body compositions except weight, BMI and LBM., where the Urban players were better than Tribal players

Recommendations

Similar studies can be conducted among females and in other sports & games. This study is useful to coaches & trainers in selecting the teams and also to prepare conditioning programs to improve the motor abilities of the players.

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Role Of Core Muscle Strength In Sports Performance



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Abstract

A study shows a strong connection between core muscle strength and sports performance, particularly in sprinting, strength, and balance exercises. Increased core muscular strength enhances sprinting performance and improves strength and balance results. The study highlights the significance of core training for improving athletic performance by enhancing stability, power generation, and injury avoidance, resulting in better performance in sports. Total 20 sports persons were selected after informed consent in the study. The relationship between core muscle strength and sprint, strength, and balance were examined. A high degree ($p < 0.05$) of relationship was seen in the study. Thus, incorporating core training into players' conditioning routines is essential to optimize their athletic capabilities.

Keywords: Core muscle strength, sprinters, performance

Introduction

Strong core muscles are essential for optimal athletic performance in different sports. The abdominal, lower back, pelvic, and hip muscles contribute to stability, strength, and stamina for peak performance. Having a strong core is essential for efficient movement mechanics and preventing injuries. Studies have demonstrated that core stability and strength have a major influence on performance measures like speed, agility, balance, coordination, and power output. Having a strong core improves posture, body control, and proprioception, which helps athletes maintain ideal body alignment and perform accurate motions (Huxel Bliven and Anderson, 2013).

Comprehending the physiological principles that support core muscle function and how it affects sports performance is crucial for athletes, coaches, and fitness professionals. Incorporating core-specific training activities into training routines can improve overall athletic performance, lower the risk of injury, and reach optimal physical condition. This research delves into the diverse significance of core muscular strength in sports performance, analyzing its influence on biomechanics, injury prevention, and athletic achievement. The core muscles, such as the rectus abdominis, obliques, transverse abdominis, erector spinae, and pelvic floor muscles, are essential for providing stability and mobility in the human body (Luo et.al., 2023).

Core strength is a fundamental aspect of athletic ability and achievement, going beyond simply having well-defined abdominal muscles. Athletes that have strong core muscles demonstrate improved balance, agility, and coordination, allowing them to perform tasks accurately and smoothly (Luo et.al., 2022).

Role of core muscle strength in sports performance

Core muscle strength is essential for sports performance as it improves stability, power generation, and helps prevent injuries. It establishes the basis for equilibrium and steadiness in active motions, decreasing the likelihood of falls and improving general stability. A robust core enables athletes to uphold correct body alignment and posture, facilitating the production of force and the execution of precise motions with control and efficiency. It helps transfer force from the lower extremities to the arms and legs, improving movement efficiency and increasing power production. Core strength is crucial in sports that include explosive movements like running, weightlifting, and martial arts (Akuthota et.al., 2008).

Core muscle strength plays a crucial part in preventing injuries. It offers support and stability to the spine and other structures, decreasing the likelihood of musculoskeletal problems. Having a strong core enables players to better resist external forces and have more control over their movements, decreasing the likelihood of falls, twists, and strains while engaging in sports. Thus, focusing on core training within a comprehensive conditioning program might enhance athletic performance in various sports settings (Zemková and Zapletalová, 2021).

Exercise to improve core muscle strength

Developing strong core muscles is essential for athletes and fitness enthusiasts to improve stability, strength, and overall athletic performance. Three efficient workouts that focus on core muscles include planks, Russian twists, and deadbugs. Planks engage various muscle groups at the same time, including the rectus abdominis, transverse abdominis, obliques, and erector spinae. To execute a plank, begin by lying face down, prop up your body using your forearms and toes, and keep a straight alignment from head to heels. Options include side planks, forearm planks, and planks with leg lifts. Russian twists are a core workout that focuses on the obliques and enhances rotational strength and stability. Deadbugs are a core exercise that effectively targets the rectus abdominis, transverse abdominis, and stabilizing muscles of the lower back. To execute deadbugs, lie on your back with arms extended vertically towards the ceiling, bend your legs at a 90-degree angle, and activate your core muscles to push your lower back on the floor.

Impact of core muscle strength on specific sports

Core muscular strength greatly influences performance in a wide range of sports such as running, endurance sports, weightlifting, strength sports, football, and team sports. A strong core in running is essential for stability and efficiency, which can decrease fatigue and the likelihood of injuries. It distributes power from the lower body to the upper body, enabling athletes to produce more force with each step. Enhancing core muscles enhances running efficiency, enabling runners to save energy and sustain a consistent speed. A robust core in weightlifting offers a steady base for lifting high weights, minimizing the chances of

injury and enhancing performance technique. Enhancing core muscular strength enhances body control and coordination, leading to better performance in intricate lifting exercises. A robust core in football enhances agility, balance, and explosive power, facilitating rapid changes in direction, stability, and resilience to physical impact during gameplay. Core stability is essential for maintaining correct body alignment during intense physical exercises. A well-developed core can improve athletic performance in different sports disciplines (Suchomel et.al., 2016).

Methodology

Sample

Total 20 male sports persons participating in zonal athletic tournament in Nagpur University were selected as subject for the study. The age ranged from 18-28 years. All the participants were free from any pre-existing injuries or medical conditions that may affect their ability to perform the tests safely. An informed consent from each participant, explaining the purpose of the test, procedures involved, potential risks, and benefits were taken before the study. The test was taken with the help of stopwatch, hand grip dynamometer, and stability ball.

Sampling Techniques/Procedure:

In the present study researcher selected subjects to test the core muscle strength in relation to sprinting performance of sprinters, strength, and balance. In this study to fulfill the purpose of the study researcher choose purposive sampling technique for this study.

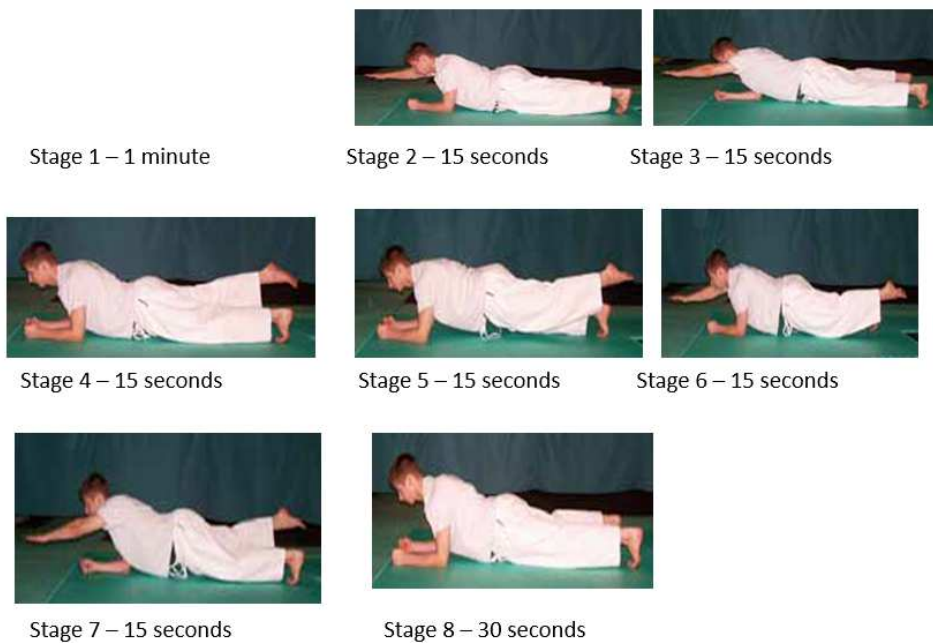
Selection of variables and their criterion measures:

In this study Core muscles strength was measured with the help of techniques prescribed by Author and sprinting performance (30m Dash) was monitored by appropriate testand the relationship was observed between core muscles balance, strength and speed.

Plank Test: Core muscle strength test (plank test)was taken with the help of Stop watch, score sheet, writing material. This test measure the maximum time participants can hold a plank position with proper form. The strength is measure with the help of hand grip dynamometer. This test assess grip strength and core stability by measuring the force participants can exert while resisting external pressure. Athletes assume a pike position with the elbows under the shoulders, the forearms shoulder width apart on the floor, and toes on the floor.

Table 1: showing the scoring pattern for core muscle strength.

Stage	Point	Time	Comments
Stage 1	0	1 min	Hold this position for 60 seconds
Stage 2	1	1:15	Lift R-arm off the ground (hold 15 second)Return
Stage 3	1	1:30	Lift L-arm off floor (hold 15 seconds) Return
Stage 4	1	1:45	Lift R-leg off floor (hold 15 seconds) Return
Stage 5	2	2 min	Lift L-leg off floor (hold 15 seconds) Return
Stage 6	2	2:15	Lift R-arm & L-leg off floor (hold 15 sec) Return
Stage 7	2	2:30	Lift L-arm and R-leg off floor (hold 15 sec)
Stage 8	3	3 min	Return to beginning position and hold 30 sec.



Scoring

The data pertaining to the study was collected by administrating the aforesaid tests and the scoring is done accordingly.

Statistical Treatment

The co-efficient of correlation between core muscles strength and sprinting, strength, and balance performance were collected on 20 male sports persons. The data was analysed by applying correlation prescribed by Karl Pearson method. The level of significance to check the relationship obtained by Pearson's product moment correlation was set at 0.05 levels which were considered appropriate because the research processes adopted did not involve highly sophisticated equipment, demanding the application of more stringent levels of significance.

Results

Table 2: showing the correlation Metrix between the core muscle strength and different sports performance

SN	Variables	r-value	Significance	Papulation Matched
1	Sprint	-0.726	$p < 0.05$	52.71
2	Strength	0.78	$p < 0.05$	60.84
3	Balance	0.76	$p < 0.05$	57.76

Table 2 shows the result of the study. It is depicted that statistically high degree of significant relationship between core muscles strength and sprinting, strength, and balance performance were observed in the study. The core muscles strength might enhance the sports performance. The sprints show negative relationship between core muscle and sprint performance which demonstrate higher the core strength better the sprint performance. Similarly higher performance is witnessed in strength and balance activity.

Conclusion

The study shows a notable connection between core muscle strength and sports performance, particularly in sprinting, strength, and balance. There is an inverse relationship between core muscular strength and sprinting performance, indicating that improved sprint performance is linked to core stability and power generation. Core muscle strength is positively correlated with strength and balance performance, indicating that athletes with stronger core muscles are more capable of producing force and stability during strength exercises and balance in dynamic movements. Improving core muscular strength can enhance sprinting speed, strength, and balance, leading to optimized athletic performance.

Strong core muscles are essential for sports performance as they offer stability, generate power, and help prevent injuries during dynamic movements. A robust core enables athletes to uphold correct posture, transfer force effectively, and perform motions accurately and with control. Enhancing core muscular strength can result in enhancements in sprinting speed, strength, and balance, which contribute to overall athletic prowess. Additional study is required to investigate the long-term impacts of core training interventions on sports performance outcomes and the precise pathways via which core strength affects many elements of sports performance. Athletes should focus on core training as a crucial component of any conditioning program to increase stability, power, and agility, resulting in better performance and lower chance of injury.

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Leadership qualities to achieving success of teams in sports



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Abstract:

The purpose of this article was to clarify the important role leadership plays in the success of teams in sports. Through this article, the role of leadership in achieving success of teams in sports and what qualities should be developed so that the team can achieve success has been highlighted. Leadership development of players depends on situations, training, knowledge, ability to assess, personality, confidence, loyalty, alertness and adjustment, right thinking and right discretion, effective communication skills, self-control, intelligence, integrity, patience and discipline in a captaincy. Every player needs to be given proper training to develop leadership qualities.

Keywords: Leadership, Qualities, Sports

Introduction:

Leadership plays a very important role in sports, helping to manage players' behavior to suit the needs of the game. For a team to survive and develop, it must have a captain who can lead effectively. A competent team leader utilizes all players and physical resources to the maximum level to achieve the goals of the game. Leadership acts as a link between individual and various other aspects in the organization of team groups. Leadership is the ability to generate enthusiasm and confidence among players. A successful captain must have the qualities of game management, foresight, enthusiasm, initiative, self-confidence and personal integrity. Different sporting situations demand different types of leadership.

The strength of players lies in unity and unity of team can be achieved only on the basis of leadership skills. A good leader maintains confidence and enthusiasm among the players. Leadership is the ability to change the outcome of a game. The player who has high leadership quality and can fulfill the aspirations of all the team members is a good leader. To take the team to a higher level, a leader has to look at the nature of the game and create innovative strategies by which victory can be achieved, there are many challenges in sports, a leader should also see which player is considered capable. and how it can be used to achieve victory. Many players are mature and soon understand what kind of strategy has been made and try to achieve the target as per the instructions of their captain. Rookie players require a different leadership style than senior players. Therefore, the most successful coach or captain must have multiple skills allowing him to utilize leadership

styles depending on the situation.

Leadership qualities:

Self Confidence:

For a team to be successful, it is very important for all the players to have confidence. This certainty is characterized by complete confidence in ability. The task of building self-confidence of every player is done by a leader so that he can cope with the difficult situations of the game. Also, a leader should have confidence in himself that he can help his team achieve high position. Performance achievements are the strongest contributors to sports confidence. When you execute a skill successfully, you will develop confidence.

Loyalty:

To take a team to a good level, the leader must have loyalty so that he can perform his duties well. Be loyal to your work without any kind of discrimination in your team.

Attractive Personality:

While leading the team, there should be a leader who attracts the attention of all the team players so that all the members of that team can listen to him well and achieve their goal. Leader should have enthusiasm who can always lead his team towards achieving the goals. He should have determination towards his game and team. A team leader should be a person with an extroverted personality who can think about his team members.

Alertness and Adjustment:

The team can be taken forward only when the team members are kept engaged in that activity with full enthusiasm and all the players are used according to their skills by making adjustments.

Discipline:

A good leader should discipline his team, keep them engaged with their duties and achieve their goals with dependence and help others. This quality should be there in him.

Right Thinking and Right Conscience:

A good leader should have the right mindset which will help his/her team achieve high standards and with the right discretion, he/she can achieve global recognition of his/her team members. If the team leader does not have right thinking and discretion then he will not be able to take his decisions at the right time and will not be able to achieve his goal. The leader should have a clear vision and goals.

Effective communication skills:

A team leader should have the skill of talking effectively so that he can show the right path to his team and can communicate with the people of the society so that he can express all his views boldly and clearly.

Self Control:

To lead a team forward, a leader must have self-control. To achieve his goals, the team leader should control his behavior, emotions and thoughts and deal with the game

conditions by treating his team members well. While playing sports, one should control one's excessive impulses and make game strategies and resist temptations to take one's entire team forward.

Intelligences:

It is very important for a leader to have intelligence so that he can take his decisions competently from time to time. He should have complete knowledge of his game and can use the important signals during the game activity so that his team can achieve achievements. He should have knowledge of where and what types of situations occur during the game, when they are likely, and the ability to take decisions.

Integrity

A team leader should always be honest and accept his mistakes so that the environment of his team can be kept right. However, when people are honest and work, they do not get fame but people have trust in them and that trust helps them in achieving success.

Patience

A team leader should have patience, if he loses his patience while playing then he brings his team to the verge of defeat rather than leading them to victory. Patience is a vital component in the development of any player. If a player is patient, he learns from his mistakes and improves them.

Conclusion:

Leadership in sportspersons or any individual is not an innate ability which can be developed through knowledge and various abilities. Every game and player's abilities are different and every player has different leadership qualities. Leadership is built on circumstances, training, knowledge, ability to assess, individuality, self-confidence, loyalty, alertness and adjustment, right thinking and right discretion, effective communication skills, self-control, intelligence, integrity, patience and discipline. To develop leadership qualities in every player, there is a need to give them proper training.

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Technology and Innovation in Sport


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ABSTRACT :

In the entire world sports are getting more importance. Each country develop sports field for international tournaments as well as fitness of their shoulders and citizen. Every country wants to become no one in sports. And also the want to show their strength to world. America, china, Russia, Germany these countries are ahead in sports. They are innovated new technology in sports . now a days most of people uses junk food , hybrid , chemical included food. These type of food decreases the health of human beings as well as the stamina . in these types of food decrease the power of human .other side we saw that every year new records made by the athlete. In these situation players are adopted new technology. They are innovated new skills in sports , diet , data collection ,prevention in injuries , event scheduling . from these innovation in above thing they perform more better than another people . so the technology and innovation is important in sports

Keyword; Technology ,Innovation , Sport

INTRODUCTION;

Innovative technology means that a technological innovation is a new product launch diffrant thenbefore. Implemented technological product innovations are new products (product innovations) or processes in application that have been brought to market Creativity and innovation are essential for teams for several reasons. Teams that can constantly generate new and innovative ideas are better equipped to navigate the challenges of a dynamic business environment.

Technological Innovation Examples That Will Change Your Thinking Augmented Reality. Augmented reality (AR) has been around for a while, but it's only recently become more mainstream.

- Autonomous Vehicles.
- Quantum Computing. ...
- Block chain. .
- 3D Printing. ...
- Artificial Intelligence. ...
- Renewable Energy. ...
- Internet of Things.

Founded by 4X Olympic Medalist and former IOC Member Angela Ruggiero, Sports

Innovation Lab exists to empower the sports industry to become a better version of itself. Sports Innovation Lab also is the proud organizer of the Women's Sports Club, powered by Ally.

Technological innovation at sports mega-events

Sports mega-events are not simply a stage for displaying sporting excellence, but also a platform for showcasing cutting-edge technology and innovation. The 2020 Olympic Games in Tokyo impressed world audiences with Japan's advanced robotics . Nicknamed a robot Olympics, this event utilised robotic technology in order to make the Games more enjoyable, accessible and efficient . With the absence of international fans at the Olympic venues due to the COVID-19 restrictions, the Tokyo 2020 robot mascots, Miraitowa and Someity, alternatively greeted, entertained and cheered for Olympic athletes from different countries . The Field Support Robots helped operating staff on the field to retrieve thrown objects such as javelins and hammers, and the Human Support Robots assisted spectators, especially less-abled persons, to find their seats and even deliver food and drink to them . The Power Assist Suit was deployed at the Para Powerlifting event. This wearable robot enables the support staff to load and unload heavyweights from barbells without much physical effort The utilisation of advanced robotics at this Olympics, to some extent, uplifted the mood of this rather sombre quarantined game taken place during the pandemic.

The 2022 Winter Olympic Games in Beijing is yet another high-tech sports mega-event. China boasted about its technological innovations through the deployment of the largest-ever 8K floor display during the opening ceremony and the first-ever 5 G studio on a high-speed passenger train). The 5 G studio for Chinese News Network was housed on a bullet train operating between the Olympic clusters in Beijing and Zhangjiakou. Not only was this train equipped with 5 G networks for athletes and officials, but it also housed a television studio which can transmit a live broadcasting signal at the speed of 350 km per hour . The field in the Beijing National Stadium is floored with the largest HD screen on which the cultural performance of the Opening Ceremony was choreographed. This 10,393 square meter floor display can show an 8K resolution picture, and the installation of such a gigantic and cutting-edge digital device in the Olympic stadium appears to demonstrate the Chinese effort to revamp its image as a technological powerhouse .

FIFA actively embraces digital technology to develop international football further. The football governing body first introduced its online competition, the Interactive World Cup, in 2004, and this virtual event was later renamed the FIFA eWorld Cup in 2018. This video game World Cup gave rise to a new symbiotic relationship between FIFA, PlayStation, and Electronic Art which opened an era of the sport organisation and tech industry nexus). FIFA's new vision published in 2020 also enshrines the use of innovative technology in football as a major policy promise. The 2022 World Cup Finals in Qatar encapsulates FIFA's technological ambition. Semi-automated offside technology, an AI-powered video assistance referee (VAR) system, the FIFA Player App, goal-line technology, and the football data ecosystem are the most distinctive innovations at Qatar 2022 Specifically, the VAR system in combination with the semi-automated offside technology and goal-line technology helped referees make more accurate decisions and this computer-assisted refereeing also affected the performance and behaviour of players on the pitch . Kubayi, Larkin, and Toriola compared the match statistics from the 2014 and 2018 FIFA World Cups

in order to measure the impact of the VAR system on the football fixtures. Their research shows that the employment of video refereeing significantly increased the number of penalty kicks awarded and extended stoppage time allowed whereas it reduced the number of offside fouls offended. This study implies that the application of digital technology makes the football competitions fairer and the referee's decision less controversial.

TECHNOLOGY INNOVATION IN SPORTS

- Technology and innovation have changed the way people both participate in and consume sports.
- From real-time analytics tools that maximize player efficiency, to a whole new level of streaming services, sports are always on the cutting edge.
- Here are a few examples of some of the most recent technological advancements in sports:
- It's currently an accepted part of sports that analytics and the adjacent technologies increase performance, prevent injuries, and offer predictive metrics for players and coaches alike.
- But up until now, summoning analytics in real time was a struggle. As usual, soccer is at the forefront of this change in Europe. The International Football Association Board (IFAB) approved the use of handheld devices during games, enabling several applications.
- During the last World Cup, all 32 teams had access to a tablet-based system holding match footage, positioning data, and other statistics.
- Manchester City uses handheld devices that provide coaches with real-time insights on opponents. Then, down to the minute, tactical planning is presented directly to players.

What is sports technology?

- Sports technology refers to technologies that are developed to optimize human interaction and athletic performance within the world of sports.
- This could be anything from technical attempts to improve a training and performance to systems that help referees make more precise calls out on the field.
- Ultimately, technological advancements in sports are meant to push the sports tech industry further into optimization.
- Some of the more common sports technology products include wearable technology, data tracking and data collection, sports injury prevention, event scheduling, goal-line technology, and virtual reality.

How is sports tech changing the industry?

Sports technology has drastically advanced the sports industry over the past decade and only has an upward trajectory from here.

1. Sports tech enhances the viewing experience

- Development in televised sports has enhanced the experience for sports fans, giving viewers real-time on-screen data analytics, referee calls, replays, and sports commentary, no matter if fans are sitting in the front row or their couch.
- You no longer have to be physically present at a sporting event to feel like you're on the sidelines.

2. Sports tech helps prevent and diagnose injuries

- Advancements in sports injury diagnostics have allowed medical professionals in the sports industry to evaluate athletes quicker to get them back on the field as soon as possible.
- Better yet, this new technology has allowed trainers and coaches to prevent injuries from happening in the first place! The trainer career has witnessed a significant boost with the integration of these cutting-edge tools.
- These new gadgets have supported and advanced research that has helped trainers develop preventative care for their athletes.
- From heart rate monitors to training plans and recovery systems, athlete health has improved, leading to fewer injuries.

3. Sports tech keeps games fair

- Various diagnostic and analytic data-gathering devices have been created to help with sideline decision-making, from referee tools to playback technology.
- Emerging camera technology and video tracking enable referees to make more precise calls.
- This makes game play more fair and equitable, removing human error from the equation. Understanding the average cost of app development is crucial for sports organizations looking to integrate advanced technologies into their operations, ensuring they can budget effectively for innovative solutions that enhance both athlete performance and fan engagement.
- Some sports technology has become widely available and is not solely reserved for elite athletes.
- Let's take a closer look at some of the specific ways that sports technology has changed the industry on the field, court, and track.

Wearable sports tech

- Wearable technology is sports tech that can be worn on the wrist, ankle, or other parts of the body to measure performance.
- We'll cover a few wearable sports tech options below.

1. Fitness watches track performance

- The most common type of wearable technology is the fitness watch.
- Professional athletes and amateurs alike use fitness watches to track measurable

statistics such as their heart rate, calories burned, step count, running distances, and pace.

- Fitness watches are great for beginners and elite athletes to track their progress and meet their fitness goals.

2. Heart rate monitors track heart responses

- Heart rate monitors are another type of wearable technology that tracks the heart rate of an athlete (and pulmonary activity).
- This data can be helpful in researching an athlete's target heart rate during exercise, fitness level, and heart health.
- Heart rate monitors can also be used to detect cardiovascular irregularities and prevent overtraining.

3. Sports helmets are used for communication and protection

- Helmets are also considered wearable and are useful in goalie positions or sports like American football.
- Helmets often have built-in headsets and/or video capabilities that allow communication between athletes and their support team for more fluid performance and execution.
- Over the decades, helmet technology and other equipment has also developed to make the gear more protective in order to prevent injuries such as concussions.

Read More ; We show you step-by-step how to use a schedule generator for football!

How are data tracking and collection tech used in sports?

- There are dozens of ways that researchers in exercise science can collect data about athletic performance and an athlete's health.
- The primary way that this type of data is collected is through sensors.
- Sensors are worn by athletes or embedded in their clothing or shoes.
- Sports-specific sensors are made for personalized data analytics and insights for optimal athletic performance.
- Let's look at a few types of data-tracking tools used in exercise science research.

1. GPS sensors track movement: Global Positioning System sensors can track location, speed, and other movement-based metrics for outdoor activities like running or cycling.

2. VBT sensors track performance: Velocity Based Training sensors can be used to track the performance of weight lifters.

3. Sleep tracking devices monitor sleep quality: Sleep tracking apps and devices monitor sleep and can help athletes reach sleep goals for athletic performance and recovery.

There are even different sensors that can help sports medicine professional's aid athletes in preventing injuries.

Technology advanced sports injury prevention

- Injury prevention has been a driving force behind the development of new sports technologies.
- Sports injuries can be devastating for an athlete and can even end their career.
- Prevention is key to keeping teams healthy and performing at the highest level.
- Let's look at some of the latest advancements in sports medicine.

1. Mouth guards monitor impacts

- High-tech mouth guards have been created with built-in sensors that can notify an athlete of when it may be time to take a breather.
- Mouth guards light up after a head impact, glowing red for devastating blows or blue for medium-degree impacts.

2. Helmets prevent head injuries

- High-tech helmets are outfitted with features such as shock absorption to protect an athlete's head during impact.
- These are created to resemble airbags in a car and release air to reduce the whiplash effect that an athlete may experience in the event of head.

3. Diagnostic programs help identify high-risk players

- Some diagnostic programs are in the works to help athletes prevent injuries through the use of biometric data.
- This can help single out athletes that may be at a higher risk of injury than others on a team.
- Using high-definition cameras and computer generation, players and coaches can view analyzed data to make changes and prevent injuries before they even occur.

Online event scheduling simplifies game days and events

- Schedule generators are another example of sports technology that has changed how teams, sports organizations, and athletes plan and attend athletic events..
- This application makes planning a league's complex season much easier, reducing the possibility of improper scheduling or redundant schedule conflicts.
- Having a season laid out properly makes life simpler and more organized for coaches, players, and fans alike.
- Event scheduling technology negates the need for mass emails with schedule corrections or hours at the drawing board.
- Whether you are the coach for a volunteer softball team or the manager for a professional league, software like Diamond Scheduler can take on the heavy lifting of managing events.

Goal Line Technology

- Sensors and digital monitoring software can be used at the goal line to determine whether or not goals are valid.
- Sometimes, the naked eye can't distinguish between a ball fully crossing a goal line or not.
- This could be a game-winning or game-losing call, which is a lot of pressure for a referee to shoulder on their own.
- This electronic aid can step in and determine, for example, whether the football fully crossed the goal line or not.
- Most goal line technology either uses strategically-placed cameras or magnetic fields to track the ball and determine its movements in relation to the goal line.
- Visual indicator technology, such as GLT, removes the potential for human error.
- Goal line technology has contributed to more accurate games and less wiggle room for cheating. Virtual reality shaped the world of sports tech
- A mixture of virtual reality, augmented reality, and mixed reality systems help to prepare players for real game-time scenarios.
- Virtual reality environments are closely monitored and realistic, allowing players to compete at their normal performance level with less chance of injuries.
- Virtual reality has already been implemented in the training of top athletes.
- For example, virtual reality is used as a tool for golfers to perfect their swing and for goalies to develop their reaction speed and cultivate their decision-making skills.
- VR has even been involved in concussion protocols, reducing the likelihood of head impacts taking place in training sessions.
- Virtual reality cannot replace training entirely, but it does provide a safe option for athletes to practice proper techniques.

Watch the video below to see how virtual reality is used in baseball training:

Cognitive training technology benefit athlete

- Being a top athlete is not only a measure of physical toughness but of mental toughness.
- In recent years, there has been a shift in the world of sports that has given more attention and care to other elements of an athlete beyond how fast they can run or how much weight they can lift.
- Cognitive exercises combine technological advances with simple phenomena like hand-eye coordination and reaction times.
- This bridge between mental and physical performance is a big deal for athletes and is a surefire way to help athletes reach their highest potential.

Conclusion

Sports technology and innovation increase the performance of players and coaches. Sports culture is looks very attractive. Sports technology has expanded the sports business and made resources more easily accessible to fans, coaches, athletes, and sports medicine teams alike.

We are excited to see how new innovations continue to grow, improve athletic performance, and decrease career-ending injuries.

People are waiting for new technology and innovations in sports to watch more attractive games.

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Benefits of Exercise Extend far Beyond Weight Management and Human Strengthens



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Abstract:

Regular physical activity is crucial for reducing the risk of various diseases and enhancing overall quality of life. It plays a pivotal role in improving brain health, managing weight, and strengthening bones and muscles. Additionally, physical activity aids in decreasing body fat and abdominal obesity while increasing energy expenditure, promoting a healthy balance of calories.

Engaging in everyday activities at home can contribute significantly to fitness levels, whether it's playing sports, swimming, climbing stairs, walking, or carrying out chores. Maintaining physical fitness not only improves appearance and health but also reduces the risk of numerous illnesses, particularly when established from childhood. Physically active individuals, both adults and children, experience mental health benefits, including reduced risk of depression and cognitive decline. While exercise is crucial for weight maintenance, dietary restriction remains pivotal for effective weight loss. Nevertheless, the weight loss achieved through exercise can positively impact individuals' self-perception and well-being.

The benefits of physical activity for children are substantial, encompassing physical, mental, and emotional aspects. However, it's essential to consult with a healthcare professional for personalized advice regarding health concerns or questions.

Keywords: Physical Activities, Diseases.

Introduction:

The advantages of engaging in physical activity far surpass the potential risks of injury. If you're curious about how physical activity positively impacts your well-being, the following section delves into the extensive findings from research studies. While there's no miraculous panacea, if one existed, it would undoubtedly be physical activity. Achieving fitness across all dimensions—commonly known as the ten components of fitness—is essential, regardless of whether one is a competitor or simply aims for physical well-being. These ten components collectively enhance our physical fitness and are categorized into health-related and skill-related components. No other intervention yields as many health benefits! Take a stride towards better heart health and commence today, remembering to involve your family; strength lies in unity. Physical activity encompasses exercise as well as

other movements incorporated into play, work, active transportation, household chores, and recreational pursuits. Additionally, physically active parents can exemplify heart-healthy lifestyle habits for their children, fostering a generational cycle of physical activity as research indicates physically active children often grow into physically active adults.

Enhancing Heart Health Through a Heart-Healthy Lifestyle :

Regular physical activity significantly reduces the risk of heart attack and the development of heart disease. Additionally, quitting smoking immediately decreases the likelihood of experiencing a heart attack or stroke. Managing cholesterol and blood pressure levels is crucial for maintaining heart health. It's important to prioritize a diet rich in fresh fruits and vegetables while reducing intake of processed foods. Foods high in saturated and trans fats can contribute to heart disease, so opting for a diet high in fiber and low in saturated fats, trans fats, and cholesterol can aid in preventing high cholesterol levels.

Walking: Walking is a versatile activity that can be done anywhere and anytime, whether on a treadmill or outdoors. All that's needed is a sturdy pair of shoes. Beginners can start with short walks of five to ten minutes and gradually increase the duration to at least 30 minutes per session. As fitness improves, consider increasing pace or incorporating inclines.

Interval Training: Interval training is an effective method for improving fitness levels and burning calories. Instead of maintaining a steady pace throughout the workout, vary the intensity by alternating between high-intensity bursts and recovery periods. Whether walking, running, dancing, or engaging in another cardio exercise, aim to elevate the intensity for one to two minutes followed by a recovery period of two to four minutes, adjusting based on workout duration and personal recovery needs.

Squats: Squats engage multiple muscle groups simultaneously, including the quadriceps, hamstrings, and gluteals. To perform a squat, stand with feet shoulder-width apart and maintain a straight back. Lower the body as if sitting back into a chair, ensuring that the knees remain aligned over the ankles.

Lunges: Similar to squats, lunges target major muscles in the lower body and also help improve balance. Take a large step forward while keeping the back straight. Bend the front knee to approximately 90 degrees while maintaining weight on the back toes. Lower the back knee towards the floor without letting it touch the ground.

By incorporating these exercises into a regular routine and adopting a heart-healthy lifestyle, individuals can strengthen their heart health and overall well-being.

Push-Ups : Push-ups are a powerhouse exercise that target your chest, shoulders, triceps, and core muscles. Start by positioning yourself face down, placing your hands slightly wider than shoulder-width apart. Keep your toes on the floor, maintaining a straight line from shoulders to knees or feet. Engage your rear-end muscles and abs throughout the movement. For beginners, modify by starting with your knees on the floor.

Crunches: Lie on your back with feet flat on the floor and head resting in your palms. Press your lower back down and contract your abdominal muscles. Lift your head, neck, shoulders, and upper back off the floor in one smooth motion, focusing on engaging your abs throughout.

Bent-Over Row: The bent-over row effectively targets the major muscles of your upper back and biceps. Begin by standing with feet shoulder-width apart, bending your knees, and leaning forward at the hips while engaging your abs. Hold weights beneath your shoulders with hands shoulder-width apart. Bend your elbows and lift both hands toward the sides of your body, maintaining proper form and control.

Stay Active : Maintaining an active lifestyle enables you to participate in activities that require a certain level of physical fitness. For instance, hiking to the summit of a mountain offers a rewarding experience and breathtaking scenery, but fitness limitations may prevent some individuals from enjoying such endeavors.

The Improve to Ability and Benefits of Physical Activity

Regular physical activity is paramount for overall health and well-being. It enhances brain health, aids in weight management, reduces disease risk, strengthens bones and muscles, and enhances daily functioning. Adults who engage in any amount of moderate-to-vigorous physical activity experience numerous health benefits, including:

- Weight management
- Reduced risk of cardiovascular disease
- Lower risk for type 2 diabetes and metabolic syndrome
- Decreased risk of certain cancers
- Improved bone and muscle strength
- Enhanced mental health and mood
- Better ability to perform daily activities and prevent falls
- Increased longevity
- Strengthened heart and clearer arteries and veins
- Enhanced emotional well-being

If you're hesitant about increasing your physical activity due to fear of injury, rest assured that moderate-intensity aerobic activities, such as brisk walking, are generally safe for most individuals. It's advisable to start slowly to minimize risks, as cardiac events during physical activity are rare but can occur when there's a sudden spike in activity level, especially for those unaccustomed to regular physical exertion. Consulting with your doctor, particularly if you have chronic health conditions like arthritis, diabetes, or heart disease, is crucial to determine any limitations and develop a suitable activity plan.

Reducing the risk of falls, particularly for older adults, is paramount as conditions like hip fractures can have life-altering consequences. Engaging in regular physical activity can significantly lower the risk of such incidents. Setting achievable goals and gradually increasing activity levels not only enhances safety but also boosts the likelihood of success.

Essential Element of Physical Fitness and Strength:

Balancing different aspects of physical fitness involves a variety of activities. For instance, cycling for thirty minutes or more not only enhances cardiorespiratory endurance but also strengthens muscles and improves endurance. Similarly, certain forms of yoga can

enhance muscle strength, endurance, and flexibility.

Regular moderate aerobic activity, such as thirty minutes of exercise five days a week, enhances the body's oxygen delivery efficiency, strengthening the heart and lungs while reducing cardiovascular disease risk. This training also improves the heart's pumping efficiency, resulting in lower resting heart rates for healthy individuals and aiding in oxygen and nutrient delivery to cells.

In addition to aerobic exercise, incorporating strength training into your routine, utilizing body weight or resistance, can improve muscle and bone strength. This type of training is beneficial for managing various health conditions like diabetes, arthritis, and hypertension, while also preserving muscle mass during weight loss programs.

Conclusion:

Physically active individuals, both adults and children, experience numerous mental health benefits, including lower rates of depression and cognitive decline. Encouraging family members to engage in physical activity and setting achievable goals can foster a healthier lifestyle. National Physical Fitness and Sports Month serves as an opportunity to kickstart physical activity habits, but it's essential to make exercise a consistent part of daily life.

Regular consultations with a doctor can ensure that physical activity plans align with individual health needs and limitations. Furthermore, the positive effects of exercise on weight loss can contribute to improved self-esteem and overall well-being.

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The Role of Sports in Promoting Mental and Physical Wellbeing



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Introduction:

Sports play a crucial and significant role in fostering mental and physical health. In this sense, it should be considered as an activity which goes beyond the concept of mere a physical activity. In today's hectic, stressful, sedentary lifestyle, we need to be physically fit and mentally animated. It is possible through our engagement in sports and games activities. The regular involvement in sports activities have its own benefits and advantages. It offers a great deal of holistic approach towards maintaining a healthy lifestyle. As the sport activities offer us a great opportunity to take right decision on the right time, it helps us enhance our acumen and judgement capabilities too. And, in today's ultra-modern world where we are confined to our work centric lifestyle, our spending some time in playing some sorts of games or our mental and physical engagement in such activities would be a tremendous contributing factor towards promoting mental and physical fitness or wellbeing. This chapter explores the larger benefits that sports offer towards keeping ourselves healthy both mentally and physically.

Key words: Physical wellbeing, mental wellbeing, stress management, holistic development, anxiety etc.

Physical Wellbeing:

When we speak about the word 'sports', it designates both the traditional and modern virtual sports activities. The traditional sports need one's physical involvement in the sports activities played on the ground. The traditional sports such as volleyball, kabaddi, *kho-kho*, cricket, badminton, *lagori*, *sankadi*, javelin throwing, *gilli-danda* etc. require in player's full involvement in it. This characteristic of traditional sports and games offers a large amount of benefit to the player. As the player's entire body is involved in the game or sports activity, it improves his blood circulation. It has a direct impact on our heart and heart-function positively. It helps us keep our cardiovascular health in good condition.

Sports activities, beyond doubt, help us burn numerous calories, which is very directly advantageous to maintaining physical health. It also helps in losing excessive weight and is one of the best solutions to the problem of obesity. An overweight person must engage in such sports activities. The regular involvement in sports activities also helps us improve our muscle and bone strength. It has a direct impact on our bones and muscles. Regular sports activities increase our appetite, hence, improve our digestion. This, if in fact,

makes us realize the need to have a healthy diet in day to day life. As most people do not pay heed to this very focal area of life, they face health-related issues such as heart attacks, obesity etc. Our daily engagement in sports activities draws our attention towards this issue.

Sports play a vital role in our lives in keeping ourselves physically fit. It has several benefits. We, by our constant and regular engagement in such activities, can reap these benefits. There are many sports, such as long jumping, running etc. which do not require any special investment in buying instruments. Hence, we can keep ourselves physically healthy by simply spending some time in these sports activities. It is also not mandated that one who plays must participate in the competition or tournament. If someone wants to simply engage in sports to keep himself fit and fine, he should do it on a regular basis. Sports offer a long term of benefits, and it is pertinent in this term's era of junk food that we 'invest' some quality time by getting engaged in sports, yoga, exercise etc. to keep ourselves living, animated and healthy.

Mental Wellbeing:

It is said that if your mind is fresh, your life is fresh, and this is completely true when we see it in the light of our involvement in sports and games. Though intellectual or physical, any sports activity needs our full concentration. When we focus on a thing which we are doing, it helps us increase our concentration ability. Our engagement in sports and games improves our mental health, reduces stress, strain and anxiety. Games like chess need your proper attention, which enhances our judging ability also. The other games like kabaddi, badminton etc., too, help us improve our mental abilities as we fully concentrate while playing. These games and spot activities require players' actual participation on the ground, and therefore, our body and mind reap many health benefits. The most important part is that our anxiety or stress is instantly removed as we get positive energy by concentrating on the game only. Our other bad thoughts disappear, filling us with positive energy. This helps us keep our minds free from any kinds of stress and strain also. Our day-to-day life has become very hectic due to our busy work schedules. Many young people face immense stress problems and the only outlet for this is to make ourselves exposed to such things which would help us maintain a mental balance. And, beyond doubt, this opportunity is offered to us through games and sports activities. Keeping ourselves engaged in a positive life and happiness-providing things, is the necessity of the day. And, sports offer this great, much-needed opportunity.

Sports and Holistic Development:

Sports offer a great deal of health benefits for young children, young adults and even old-aged people. Children, young and adults, by participating in games and sports on a regular basis, can improve their mental and physical health. They can manage stress levels, anxiety, and develop a positive approach to life. It also boosts our confidence and creates a feeling of belonging to society. It also helps us transcend human-induced barriers such as caste, religion, language etc. It helps us free ourselves from our own prejudices towards other people. This way, we are offered a large platform to improve our overall thought process, enhancing mental freshness and positive thinking. Olderly people can also simply do exercise, which allows their physical strength and allows them to reap the health benefits. Yoga, asanas, regular walking and spending some time playing games which do not require

much physical strength. Sports play an important role in promoting the mental and physical wellbeing of people.

Conclusion:

In today's post-modern era, when we are surrounded by our work all the time, we find ourselves enveloped with a lot of worries, stress, and anxiety. If we do not pay attention to our physical and mental health and simply ignore health-related issues, it may pose a hazardous challenge to our overall life. Hence, our simple involvement in sports activities or games offers a great number of benefits. It helps us become mentally and physically healthy. Stress, worries, anxiety etc. may have an adverse impact on our health. And, therefore, spending some time playing games and participating in sports activities offers many benefits for improving our physical and mental health.

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Empowering Youth through Sports: The Pivotal Role of Educational Institutions



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Abstract:

This review paper explores the significant role of educational institutions in promoting positive sporting narratives and empowering youth through sports participation. It delves into the historical context, evolving perceptions and theoretical underpinnings of sports in educational settings, emphasizing the unique position of these institutions in fostering health, well-being and key life skills among young individuals.

The findings highlight that structured sports programs within educational environments are instrumental in the physical, psychological and social development of students. These programs not only improve physical fitness and motor skills but also cultivate teamwork, discipline and resilience, while challenging stereotypes and promoting inclusivity.

The implications underscore the importance of integrating sports more comprehensively into educational curricula to shape positive societal narratives around youth development. This calls for collaboration among policymakers, educators and community leaders, focusing on inclusivity, accessibility and a holistic educational experience that equally values mental and physical well-being. The paper suggests further research to examine the long-term effects of sports participation on youth development and societal views on sports, highlighting the pivotal role of educational settings in this endeavour.

Keywords: Youth Empowerment, Educational Institutions, Physical Education, Sports Participation, Youth Development, Sports Programs

Introduction

In contemporary society, the empowerment of youth through sports has emerged as a significant area of focus, with educational institutions playing a pivotal role in this paradigm. The intertwining of sports participation with the educational experience offers a unique platform for fostering not only physical health but also psychological resilience, social inclusivity and holistic development among young individuals. This review paper aims to shed light on the transformative potential of sports within educational settings, emphasizing the critical role these institutions hold in nurturing positive sporting narratives and empowering youth.

Grounded in a comprehensive exploration of historical contexts, evolving perceptions and theoretical frameworks, this paper delves into the multifaceted impact of sports participation on youth development. The discussion extends to the structured sports programs implemented within educational environments, which are instrumental in promoting physical fitness, teamwork, discipline and resilience among students. Moreover, these programs serve as a catalyst for challenging prevailing stereotypes and fostering a culture of inclusivity, thereby contributing to the social development of young individuals.

The significance of integrating sports more deeply into educational curricula cannot be overstated. Such integration is imperative for crafting positive societal narratives around youth development and sports, calling for a collaborative effort among policymakers, educators and community leaders. This paper underscores the necessity of inclusivity, accessibility and a balanced approach to education that values mental and physical well-being equally. It advocates for further research into the long-term impacts of sports participation on youth development and societal attitudes towards sports, highlighting the indispensable role of educational institutions in this endeavour. Through this comprehensive review, we aim to illuminate the pathways through which educational institutions can empower youth, fostering a generation that is not only physically fit but also socially responsible and emotionally resilient.

1. Role of Educational Institutions towards the Sports and Physical Education

The role of educational institutions in sports and physical education is foundational and multifaceted, significantly impacting the development and empowerment of youth. These institutions are not just places of academic learning; they are vital environments where students can engage in physical activities that foster their overall growth. Here's an overview of the crucial roles played by educational institutions in sports and physical education:

1.1 Promoting Physical Health

Educational institutions provide structured sports programs and physical education classes that are essential for improving students' physical health. Regular participation in sports helps in enhancing cardiovascular fitness, building muscle strength, improving flexibility and maintaining a healthy weight. Schools and colleges thus play a pivotal role in establishing the foundation of a physically active lifestyle among youth.

1.2 Fostering Psychological Resilience

Sports and physical education programs within educational settings contribute significantly to the mental and emotional well-being of students. Participation in sports teaches young people how to cope with success and failure, enhances their self-esteem and reduces feelings of depression and anxiety. It also promotes mental toughness and resilience, qualities that are beneficial beyond the sports field.

1.3 Encouraging Social Inclusivity and Teamwork

Educational institutions use sports as a tool to teach students about teamwork, leadership, and social interaction. By participating in team sports, students learn the value of working together towards a common goal, respecting others and understanding diversity. Sports programs are powerful in breaking down social and cultural barriers, fostering a

sense of unity and inclusivity.

1.4 Developing Discipline and Time Management

The structured nature of sports programs in schools and colleges teaches students about discipline, dedication, and the importance of practice. Balancing academics with sports also helps students develop effective time management skills, preparing them for future challenges in their personal and professional lives.

1.5 Challenging Stereotypes and Promoting Gender Equality

Educational institutions play a key role in challenging gender stereotypes through sports. By providing equal opportunities for boys and girls to participate in a variety of sports, schools and colleges promote gender equality and encourage girls to break traditional barriers, fostering empowerment and independence.

1.6 Integrating Sports into Educational Curricula

Incorporating sports more deeply into the educational curriculum is crucial for the holistic development of students. Physical education should be valued equally with academic subjects, providing students with a balanced education that emphasizes mental, physical and emotional health.

1.7 Collaborative Efforts for Inclusivity and Accessibility

Educational institutions, in collaboration with policymakers, community leaders, and parents, need to ensure that sports programs are inclusive and accessible to all students, regardless of their physical abilities, socioeconomic backgrounds or other potential barriers to participation.

2. Currents Scenario of Educational Institutions towards Empowering Youth through Sports

The current scenario of educational institutions in empowering youth through sports showcases a growing recognition of the importance of physical education and sports programs as critical components of holistic education. Across the globe, schools, colleges and universities are increasingly embedding sports into their curricula, not just as extracurricular activities but as integral parts of educational development. Here's an overview of the current trends and practices in educational settings related to sports:

2.1 Increased Emphasis on Sports Programs

Many educational institutions now prioritize sports and physical education, offering a wide range of sports activities that cater to different interests and abilities. This includes traditional team sports like football, basketball and volleyball, as well as individual sports such as swimming, athletics and gymnastics. The goal is to ensure that every student finds a physical activity they enjoy and can benefit from.

2.2 Integration of Sports with Academic Learning

Recognizing the positive impact of sports on academic performance, schools and colleges are integrating physical activities with academic learning. For example, some institutions incorporate movement breaks during classes, use sports as a context for learning

in subjects like mathematics and physics and promote programs that blend physical and cognitive challenges.

2.3 Focus on Inclusivity and Accessibility

There is a growing commitment to making sports accessible to all students, including those with disabilities, those from disadvantaged backgrounds and those who might not traditionally engage in sports. Educational institutions are implementing adaptive sports programs and inclusive practices to ensure every student has the opportunity to participate in sports activities.

2.4 Promotion of Gender Equality

Educational institutions are actively working to challenge stereotypes and promote gender equality in sports. This includes encouraging female participation in all sports, providing equal resources and opportunities for girls and boys and celebrating achievements irrespective of gender.

2.5 Development of Life Skills

Sports programs within educational settings are increasingly designed to develop key life skills alongside physical skills. These include teamwork, leadership, discipline, time management, resilience and communication. The aim is to prepare students for life beyond education through the lessons learned in sports.

2.6 Partnerships and Community Engagement

Schools and colleges are forming partnerships with local sports clubs, national sports organizations and community groups to enhance their sports programs. These collaborations provide additional resources, expertise and opportunities for students to engage in competitive sports and community activities.

2.7 Use of Technology

The adoption of technology in sports education is on the rise, with institutions using fitness trackers, video analysis tools, and online platforms to enhance training, performance analysis and student engagement. This also includes virtual sports competitions and e-sports, broadening the scope of sports participation.

3. Issues and Challenges towards the Empowering Youth through Sports

Empowering youth through sports within educational institutions is a noble goal with many benefits, but it also faces several issues and challenges. These challenges must be addressed to ensure sports programs are effective and inclusive for all students. Here's an overview of the key issues and challenges:

3.1 Limited Resources and Funding

One of the primary challenges is the lack of resources and funding for sports programs. Many educational institutions struggle with limited budgets, leading to inadequate facilities, equipment and qualified staff. This can hinder the development and expansion of sports programs, limiting their accessibility and quality.

3.2 Inequality and Accessibility

Not all students have equal access to sports programs. Factors such as socioeconomic status, gender, physical ability and geographical location can create barriers to participation. Ensuring that sports programs are inclusive and accessible to all students, regardless of their background, is a significant challenge.

3.3 Balancing Academics and Sports

Another challenge is finding the right balance between academics and sports participation. Students, parents and educators often prioritize academic performance, which can lead to sports being undervalued or seen as a distraction. Creating an environment where both are considered important for the holistic development of students is crucial.

3.4 Lack of Qualified Coaches and Mentors

The quality of sports programs heavily depends on the availability of qualified coaches and mentors who can provide proper guidance, training and support to students. There is often a shortage of skilled and motivated individuals willing to work in educational settings, which can impact the effectiveness of sports programs.

3.5 Cultural and Societal Attitudes

Cultural and societal attitudes towards sports, especially regarding gender norms and stereotypes, can influence students' willingness to participate in sports activities. Overcoming these stereotypes and promoting a culture that values and supports sports participation for everyone is an ongoing challenge.

3.6 Safety and Health Concerns

Ensuring the safety and well-being of students participating in sports is paramount. Concerns about injuries, overtraining and the pressure to perform can deter participation and necessitate careful planning and oversight by educational institutions.

3.7 Evaluation and Measurement of Impact

Measuring the impact of sports programs on youth development is complex. There is a need for effective evaluation tools and methodologies to assess the physical, psychological, and social benefits of sports participation, which is challenging for many institutions.

3.8 Technological Integration

While technology offers new opportunities for enhancing sports programs, integrating it effectively and affordably remains a challenge. Ensuring that technological advancements benefit all students equally and do not widen existing gaps is important.

4. Future Scenario and opportunities of Sports and Empowerment

The future of empowering youth through sports within educational institutions is promising, offering numerous opportunities for growth, innovation and enhanced impact. As we look ahead, several key trends and opportunities are likely to shape the landscape of sports and empowerment:

4.1 Technological Advancements

Emerging technologies, such as virtual reality (VR), augmented reality (AR), and wearable fitness devices, are set to revolutionize how sports are experienced and practiced within educational settings. These technologies can provide personalized training programs, enhance performance tracking, and make sports more accessible to students with different needs and abilities.

4.2 Increased Focus on Mental Health

There's a growing recognition of the importance of mental health in overall well-being. Sports programs will increasingly incorporate mental health education and support, focusing on building resilience, managing stress and fostering a positive self-image among youth.

4.3 Holistic Development Approaches

Educational institutions will adopt more holistic approaches to youth development, where sports are integrated with academic learning, community service and personal growth activities. This will help students develop a well-rounded set of skills and values, preparing them for diverse life challenges.

4.4 Inclusivity and Diversity

Efforts to make sports programs more inclusive and diverse will intensify, breaking down barriers related to gender, socio-economic status, physical ability and ethnicity. This will ensure that all students have equal opportunities to participate in and benefit from sports.

4.5 Partnerships and Community Engagement

There will be an increase in partnerships between schools, sports organizations, local communities and businesses to expand and enhance sports programs. These collaborations can bring additional resources, expertise, and opportunities for students to engage in a wide range of sports activities.

4.6 Environmental and Social Responsibility

Sports programs will also focus on promoting environmental awareness and social responsibility among youth. This includes adopting sustainable practices, encouraging community service through sports and using sports as a platform to address social issues.

4.7 Global and Cultural Exchange

International exchange programs and global sports events within educational settings will provide students with opportunities to experience and appreciate different cultures through sports. This can foster a sense of global citizenship and mutual respect among young people from diverse backgrounds.

4.8 Research and Innovation in Sports Education

There will be an emphasis on research and innovation to continuously improve the effectiveness of sports programs. This includes studying the long-term impacts of sports participation on youth development and exploring new pedagogies and technologies that

can enhance learning and performance.

5. Finding and Results

The findings and results from exploring the pivotal role of educational institutions in empowering youth through sports reveal significant impacts on physical, psychological, and social development. These results underscore the transformative power of sports participation when integrated within educational settings.

- Students who participate in sports often see improvements in their academic performance.
- Engaging in sports helps in the development of emotional intelligence, including empathy and emotional regulation.
- Sports participation increases students' involvement in community and civic activities, fostering a sense of responsibility.
- There is a noted reduction in risky behaviours among youths involved in sports, contributing to healthier lifestyle choices.
- Sports programs provide opportunities for career exploration and skill development relevant to various fields.
- Participants in sports are more likely to maintain a lifelong commitment to health and fitness.
- Exposure to team sports and international competitions can enhance global perspectives and cultural competency among young individuals.

6. Conclusion

- Sports participation through educational institutions has a transformative impact on youth empowerment.
- Historical contexts, evolving perceptions, and sports' multifaceted impacts highlight the importance of structured sports programs for physical, psychological and social development.
- These programs enhance physical fitness, motor skills and essential life skills such as teamwork, discipline, resilience and inclusivity.
- Integrating sports into educational curricula is key to creating positive societal narratives around youth development.
- Collaboration among policymakers, educators, and community leaders is necessary to make sports programs inclusive, accessible and part of a holistic educational experience.
- Educational institutions have a unique and crucial role in shaping the futures of young individuals.
- There's a need for further research on the long-term effects of sports participation on youth development and societal views on sports.

- Empowering youth through sports in educational settings promises to foster a generation that is physically fit, emotionally resilient and socially responsible.
- Educational institutions are fundamental in nurturing positive sporting narratives and empowering young individuals.
- By leveraging the potential of sports, educational institutions can significantly contribute to a healthier, more inclusive and empowered society.

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Grassroots Sports Development For Healthier Communities



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Abstract:

This chapter delves into the transformative impact of grassroots sports development on community health and well-being. As societies increasingly grapple with sedentary lifestyles and health challenges, grassroots sports emerge as a potent force in fostering healthier communities. The exploration encompasses the multifaceted dimensions of grassroots sports, ranging from physical health benefits to the socio-economic impact on communities. We investigate the critical role of inclusivity, community engagement, and the development of youth through sports. Drawing on case studies and real-world examples, the chapter sheds light on successful grassroots sports programs and the collaborative efforts required for sustainable development. Furthermore, it navigates through challenges, offering insights into overcoming financial constraints and societal barriers. By outlining metrics to measure impact and success, the chapter contributes a comprehensive understanding of the significance of grassroots sports in promoting community health. The concluding reflections emphasize the evolving landscape, policy recommendations, and the need for continued research to ensure grassroots sports development remains a dynamic force for creating healthier and connected communities.

Keywords: Grassroots Sports, Community Health, Physical Activity, Social Interaction, WellBeing

Introduction:

In the tapestry of community life, sports threads a narrative of vitality, unity, and well-being. The heartbeat of vibrant societies, sports transcend mere recreation, assuming a pivotal role in shaping the overall health and collective spirit of communities worldwide. At the heart of this transformative influence lies grassroots sports development – an essential cornerstone in nurturing a culture of physical activity, teamwork, and holistic wellness within communities.

This chapter embarks on an exploration of the profound significance embedded in the roots of sports at the grassroots level. It unveils the intrinsic relationship between grassroots sports and the promotion of healthier lifestyles, unveiling the role they play in constructing resilient, interconnected communities. From the local playing fields to community centers, the impact of grassroots sports resonates far beyond the boundaries of the sporting arena.

As we embark on this journey, we will uncover the multifaceted dimensions of grassroots sports development, unraveling its potential to shape not only individual lives but entire communities. From fostering a sense of camaraderie to instilling discipline and resilience, grassroots sports emerge as a catalyst for positive change. By fostering a shared commitment to physical activity and teamwork, these initiatives create a tapestry of well-being that weaves through the fabric of community life.

Join us in exploring the grassroots – the very essence of sports development – as we navigate the pathways that lead to healthier lifestyles and the cultivation of robust, connected communities.

Objective of Chapter:

- To emphasize the pivotal role played by grassroots sports in shaping the health and well-being of communities.
- To investigate and elucidate the direct and indirect health benefits associated with active participation in grassroots sports.
- To analyze the inclusive nature of grassroots sports and how it fosters community engagement.
- To assess the importance of accessible and well-maintained sports facilities at the community level.
- To investigate how grassroots sports contribute to the development of essential life skills and values, particularly in the youth.
- To identify common challenges faced in grassroots sports development.

GRASSROOTS SPORTS DEVELOPMENT FOR HEALTHIER COMMUNITIES:

Grassroots sports development refers to the initiation and sustenance of sports activities at the local and community levels, focusing on inclusivity, accessibility, and participation for individuals of all ages and abilities. Unlike organized and elite sports, grassroots initiatives prioritize community engagement, emphasizing the importance of sports as a tool for holistic development beyond competitive excellence.

At its core, grassroots sports development is about creating opportunities for people within communities to engage in sports and physical activities. It recognizes the transformative power of sports in promoting physical health, mental well-being, and social cohesion. Significantly, grassroots sports aim to break down barriers to entry, ensuring that individuals from diverse backgrounds can participate, fostering a culture of inclusivity and shared experiences.

Grassroots sports play a pivotal role in community building by fostering a sense of belonging, unity, and shared identity. Local sports initiatives create spaces where individuals come together, transcending differences and building connections through a common passion for sports. Through organized events, leagues, and activities, communities develop a collective spirit that extends beyond the playing field, contributing to the overall social fabric.

Grassroots sports initiatives differ fundamentally from elite sports programs in their focus, scope, and objectives. While elite sports concentrate on identifying and developing top-tier athletes for competitive success at national or international levels, grassroots sports prioritize mass participation, skill development, and community engagement. Grassroots initiatives are accessible to everyone, irrespective of skill level, and aim to create a foundation for a lifelong involvement in sports, emphasizing personal development, health, and well-being over exclusive excellence. In essence, grassroots sports development is about building a foundation for a sporting culture within communities, ensuring that sports are not only a pursuit for the elite but a shared experience that enriches the lives of individuals and strengthens the bonds within communities.

Through this approach, grassroots sports become a catalyst for positive change, promoting healthier lifestyles and contributing to the overall well-being of society.

Health Benefits of Grassroots Sports:

Participation in grassroots sports offers a holistic approach to well-being, encompassing physical health, mental well-being, and social benefits. Regular physical exercise promotes a healthy lifestyle, reducing the risk of heart disease and related conditions. Sports also promote muscular strength and endurance, aiding in weight regulation and reducing the risk of obesity. These benefits contribute to a healthier community.

Mental well-being is significantly impacted by grassroots sports, as they act as a stress reliever and mood enhancer. Physical activity releases endorphins, the body's feel-good hormones, which reduce stress and improve mood. Regular physical activity has been linked to improved cognitive function, including better concentration and memory. These benefits highlight the role of grassroots sports in fostering physical fitness and mental resilience within the community. Social benefits of grassroots sports extend beyond individual well-being. They serve as a social catalyst, fostering connections and a sense of belonging. Activities provide a platform for community members to come together, fostering a shared sense of identity and belonging. Team sports instill values of teamwork, cooperation, and communication, contributing to positive social dynamics. Networking and relationship building opportunities are also created through grassroots sports events.

In essence, the health benefits of grassroots sports extend far beyond the physical realm, enriching the mental and social aspects of individuals and communities. By recognizing and promoting these benefits, grassroots sports contribute significantly to the creation of healthier and more connected communities.

Community Engagement through Sports:

Grassroots sports development is successful when it involves the entire community, promoting inclusivity and diversity. This involves cultural sensitivity, gender equality, and accessible facilities for individuals with disabilities. Inclusivity fosters unity and allows community members to celebrate diversity while engaging in physical activity.

Grassroots sports aim to be inclusive across age groups and abilities, catering to the specific needs and interests of younger participants. Senior involvement promotes active aging and social interaction, while modified programs offer modified and inclusive sports

for individuals with varying abilities. Encouraging participation across diverse demographics enhances the overall impact of grassroots sports, creating a community where people of all ages and abilities feel valued and engaged.

Local organizations and governments play a crucial role in supporting grassroots sports by providing financial support, community programs, and infrastructure development. They allocate funds for the development and maintenance of sports facilities, equipment, and programs, collaborate with local sports organizations to develop and implement community-wide sports programs, and invest in the creation and upkeep of accessible sports facilities.

Local organizations and governments act as facilitators, creating an enabling environment for grassroots sports to flourish and become integral to community life. By championing these principles, grassroots sports become a powerful vehicle for community unity and overall wellbeing.

Infrastructure and Facilities:

The development of sports infrastructure at the community level is crucial for the success of grassroots sports development. This involves not only the physical construction of facilities but also ensuring their accessibility, affordability, and the establishment of safe, welcoming spaces for sports activities. Developing multi-purpose facilities, involving the community in the planning process, and establishing sustainable maintenance plans are essential steps in promoting grassroots sports.

Accessibility and affordability are crucial for breaking down barriers and encouraging widespread participation. Geographical accessibility, affordable programs, and equipment accessibility are essential for promoting inclusivity and making participation accessible to individuals from all socio-economic backgrounds. Prioritizing accessibility and affordability makes grassroots sports an inclusive and equitable endeavor that caters to the entire community. Safe and welcoming spaces for sports activities are essential for fostering a positive sports culture at the grassroots level. Security measures, community engagement initiatives, and familyfriendly environments are essential for ensuring physical well-being and contributing to the overall positive experience of community members engaged in grassroots sports.

In summary, the development of infrastructure and facilities for grassroots sports is pivotal for creating an environment where community members can actively participate, enjoy the benefits of sports, and build lasting connections. By focusing on accessibility, affordability, and safety, grassroots sports become a cornerstone in fostering healthier and more connected communities.

Youth Development and Grassroots Sports:

The development of grassroots sports is a crucial aspect of youth engagement, focusing on nurturing talent, providing mentorship, and using sports participation as a platform for building essential life skills. This involves early exposure to various sports and physical activities, implementing structured skill development programs, and offering inclusive opportunities for children from diverse backgrounds.

Mentorship and role models are also essential in the development of young athletes within grassroots sports. Experienced coaches, community role models, and peer mentors provide guidance and support, contributing to both personal and athletic development. Peer mentoring encourages older or more experienced youth participants to mentor younger individuals, fostering camaraderie and shared growth.

Grassroots sports also serve as a powerful platform for building life skills that extend beyond athletics. Team sports promote collaboration, communication, and the ability to work towards common goals. Leadership development opportunities within sports teams or community events foster the development of leadership skills in young individuals. Resilience and discipline are taught through overcoming challenges in sports activities.

In essence, youth development through grassroots sports is about providing young individuals with a nurturing environment, positive role models, and tools to navigate the complexities of life. By focusing on talent development, mentorship, and life skill acquisition, grassroots sports become a transformative force in shaping the character and future of the next generation.

Partnerships and Collaborations:

Grassroots sports development relies on collaborative efforts and partnerships between schools, local businesses, and NGOs. Schools act as catalysts, engaging youth in grassroots sports through academic curriculum integration. Local businesses sponsor grassroots sports, providing financial and in-kind contributions. NGOs serve as advocates, enhancing the impact and reach of grassroots sports programs.

Collaborative efforts for funding and resources involve shared financial commitments, in-kind contributions, and grant opportunities. Local businesses can contribute in-kind resources like sports equipment, uniforms, or venue spaces, reducing the financial strain on grassroots sports initiatives. NGOs facilitate grant applications and partnerships, leveraging their networks to secure funding from governmental or private sources.

Creating a network for sustained development involves information sharing, skill and knowledge transfer, and long-term planning. Information sharing fosters continuous improvement and innovation in grassroots sports development. Skilled expertise from schools, businesses, and NGOs can be leveraged in areas such as coaching, marketing, and community engagement. Longterm planning ensures that grassroots sports initiatives remain resilient, adaptive, and capable of addressing the evolving needs of the community.

In summary, partnerships and collaborations among schools, local businesses, and NGOs are crucial for the success and longevity of grassroots sports development. By combining their strengths, these entities create a synergistic ecosystem that supports the immediate goals of sports programs while contributing to the overall health and resilience of the community.

Overcoming Challenges in Grassroots Sports Development:

Grassroots sports development faces numerous challenges, including financial constraints, cultural and societal barriers, and long-term sustainability. To overcome these obstacles, community fundraising initiatives, public-private partnerships, and grant

applications are essential. Community involvement in fundraising activities can alleviate financial constraints and foster a sense of ownership among community members. Public-private partnerships can secure additional funding and in-kind resources, while grant applications can provide significant financial assistance.

Cultural sensitivity programs can foster inclusivity by educating participants, coaches, and community members on diverse cultural practices. Open dialogues and educational programs can address societal misconceptions and prejudices related to gender, ethnicity, or socio-economic status. Adaptive programming ensures that grassroots sports initiatives resonate with the community, enhancing participation and acceptance.

To maintain long-term sustainability, capacity building is crucial, investing in the training and development of local coaches, administrators, and community leaders. Diversification of programs ensures continued relevance and appeal, enhancing community engagement and longevity. Data-driven decision-making is essential for assessing program impact and identifying areas for improvement. Community empowerment empowers community members to take ownership of grassroots sports initiatives, fostering a commitment to sustainability within the community.

By addressing these challenges through strategic approaches, grassroots sports development can overcome obstacles, create lasting impact, and contribute to the well-being of individuals and communities over the long term.

Conclusion:

Grassroots sports development is a transformative force in community life, fostering a love for physical activity and promoting inclusivity. It ignites a love for movement, contributing to improved physical health and a sense of vitality. Grassroots sports initiatives foster strong support systems, providing mentorship programs and collaborative partnerships for individuals to grow and overcome challenges. They also contribute to overall well-being, encompassing mental wellbeing and social connectivity. Looking towards the future, it is crucial to acknowledge the enduring importance of grassroots sports development. The seeds planted today in inclusive sports programs, community engagement, and collaborative partnerships will bear fruit for generations to come. To sustain the positive changes initiated by grassroots sports, ongoing investment and collaboration are necessary. Grassroots sports development is not just about games played on local fields; it is a testament to the resilience and interconnectedness of communities. By nurturing physical activity, embracing inclusivity, and fostering strong support systems, grassroots sports lay the foundation for healthier, more vibrant communities.

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Inclusivity in Sports: Essential Requirement of Time



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Abstract:

Inclusivity in sports is a pivotal aspect of modern society that embodies the principles of fairness, diversity, and equal participation. This abstract delves into the significance of embracing inclusivity in sporting activities, highlighting its profound influence on fostering a sense of belonging, promoting social cohesion, and challenging discriminatory practices. By examining key strategies for enhancing inclusivity, such as implementing inclusive policies, providing equitable opportunities, and celebrating diverse talents, this abstract elucidates how sports serve as a powerful platform for transcending social barriers and advancing a culture of unity and respect. Through a comprehensive analysis of the transformative impact of inclusivity in sports, this abstract aims to inspire stakeholders to prioritize inclusive practices and champion a more equitable and welcoming sporting environment.

Keywords: Inclusivity, Sports, Society.

Introduction:

Inclusivity in sports means creating an environment where all individuals, regardless of their gender, race, ethnicity, sexual orientation, or ability level, feel welcome and supported to participate in sports. One way to promote inclusivity in sports and remove gender bias is by ensuring that there are equal opportunities for both men and women to participate in sports at all levels, from youth recreational leagues to professional competitions. This includes providing equal access to facilities, equipment, coaching, and resources for both male and female athletes.

Another important step towards promoting inclusivity in sports is challenging and dismantling traditional gender stereotypes and norms that may limit individuals' participation in certain sports based on their gender. This can involve offering a wider range of sports options for all individuals to choose from, regardless of their gender identity. Additionally, it is essential to promote diversity and representation in sports leadership and coaching roles, to ensure that decision-makers within sports organizations reflect the diverse backgrounds and experiences of the athletes they serve.

As a result of the inclusivity the participation of women in sports areana is increasing Indian sportswomen have been breaking barriers and setting new benchmarks on the global stage, inspiring millions with their dedication, skill, and perseverance. Here's a tribute to

some of the remarkable women who have brought laurels to the nation:

- **P.T. Usha** : Often referred to as the "Queen of Indian track and field," P.T. Usha has been a beacon of inspiration since her debut.
- **Saikhom Mirabai Chanu** : A weightlifting powerhouse, she has made a mark on the international stage with her strength and determination.
- **Saina Nehwal** : A trailblazer in badminton, she has inspired a generation with her achievements, including an Olympic medal.
- **Manika Batra** : She has brought table tennis to the forefront in India with her impressive performances.
- **Heena Sidhu** : A sharpshooter in the sport of shooting, she has consistently hit the target at various international competitions.
- **Mithali Raj** : A cricketing legend, she has led the Indian women's cricket team with grace and skill.
- **Rani Rampal** : As the captain of the Indian women's hockey team, she has shown exceptional leadership and talent.
- **Sania Mirza** : A tennis icon, she has won numerous titles and has been a former world No. 1 in doubles.
- **P.V. Sindhu** : Another badminton superstar, she has garnered international acclaim with her Olympic and World Championship medals.
- **Vinesh Phogat** : A wrestler who has battled through adversity to become one of the best in her sport.
- **Maana Patel** : Maana Patel is a talented Indian swimmer who has competed in numerous national and international swimming events
- **Mary Kom** : A boxing legend, her story of triumph has been an inspiration to many across the nation¹.

These athletes have not only achieved personal success but have also raised the profile of women's sports in India, encouraging more young girls to pursue their sporting dreams.

These sportswomen, among many others, have not only excelled in their respective fields but have also become role models for countless young girls in India. They have shown that with hard work and determination, it is possible to reach the pinnacle of success, irrespective of the challenges faced. Their achievements are a testament to the spirit of Indian women and their indomitable will to succeed against all odds.

The Indian government has been actively working on initiatives to promote women's participation in sports, recognizing the importance of inclusivity for the development of sports in the country. Here's an overview of some key initiatives:

• **Khelo India Scheme :**

The Khelo India Scheme has a dedicated component for women, known as Sports for Women. This initiative aims to empower and encourage girls and women to actively participate in sports. It focuses on creating a supportive environment that fosters their physical and mental well-being, while also nurturing their sporting abilities¹.

• **Collaboration with the Ministry of Women and Child Development:**

In a significant move, the Ministry of Youth Affairs and Sports collaborated with the Ministry of Women and Child Development to empower women through sports and physical fitness. This partnership has led to the launch of various initiatives, such as an online training program exclusively for women Physical Education Teachers and Community Coaches. The program is designed to empower women teachers so they can motivate and train the future generation of girls in sports.

• **Fit India Movement :**

The Fit India Movement is another notable initiative that includes special programs for women. For instance, an All Women's Fit India Walkathon was organized, encouraging thousands of volunteers to participate in events held across the country. This movement aims to make physical fitness and sports a part of daily life for women².

• **Support for Female Athletes :**

The government also supports female athletes through various foundations and academies, such as the Usha School of Athletics, Mary Kom Boxing Foundation, and Anju Bobby George Sports Foundation. These institutions provide training and resources to help women excel in their respective sports³.

• **Women's Premier League (WPL):**

The WPL is a transformative Twenty 20 (T20) cricket tournament that has significantly impacted women's cricket in India. Launched by the Board of Control for Cricket in India (BCCI), it aims to replicate the success of the men's Indian Premier League (IPL). The league has garnered substantial financial investment and media attention, making it one of the most lucrative female leagues globally³.

• **Indian Women's League (IWL):**

The IWL is the top division women's professional football league in India. Since its inception, it has provided a competitive environment for women footballers and has seen various clubs crowned as champions, with Gokulam Kerala winning the championship multiple times⁴.

These initiatives reflect the government's commitment to enhancing women's participation in sports, which is crucial for achieving gender equality and building a sporting superpower. By providing opportunities and resources, the government is paving the way for more women to engage in sports, thereby promoting a healthier and more inclusive society. In spite of the government support and initiative still women in sports face a multitude of challenges that can hinder their participation and success. Some of these challenges include:

- **Wage Gap** : Female athletes often earn significantly less than their male counterparts, despite having similar or even superior achievements. This disparity is seen across various sports, from basketball to soccer.
- **Recognition** : Women's sports generally receive less recognition and media coverage compared to men's sports. This lack of visibility can impact sponsorship opportunities and public support.
- **Body Shaming** : Female athletes are frequently subjected to body shaming, where their physical appearance is scrutinized more harshly than their male peers. This can lead to mental health issues and affect their performance.
- **Television Coverage** : There is a significant gap in television coverage between women's and men's sports, which affects the revenue and exposure of female athletes and their sports.
- **Funding and Budget** : Women's sports programs often suffer from inadequate funding and budget allocations, making it challenging to maintain quality training facilities and resources.
- **Sexism** : Daily sexism, both subtle and overt, can create an unwelcoming environment for women in sports, affecting their motivation and opportunities to excel⁵.

These challenges are not exhaustive, but they highlight the systemic issues that need to be addressed to create a more equitable and supportive environment for women in sports.

Addressing the challenges faced by women in sports requires a multifaceted approach, involving policy changes, cultural shifts, and grassroots efforts. Here are some strategies that can help overcome these obstacles:

- **Equal Pay and Prize Money** : Ensuring that female athletes receive equal pay and prize money as their male counterparts is crucial. This can be mandated through policies and supported by sponsors who are committed to gender equality.
- **Increased Media Coverage** : Media outlets should provide more coverage of women's sports, which would help in gaining sponsorship deals and attracting a larger audience. This can also be encouraged through social media campaigns and public demand.
- **Investment in Women's Sports** : Governments and private entities should invest more in women's sports, including funding for training facilities, coaching, and development programs. This investment can help level the playing field and provide equal opportunities for women.
- **Promoting Female Role Models** : Highlighting successful female athletes as role models can inspire young girls and encourage them to participate in sports. This can be done through media campaigns, public speaking events, and mentorship programs.
- **Combating Sexism** : Education and awareness campaigns can help combat sexism in sports. This includes addressing discriminatory practices and creating a more inclusive environment for all athletes.
- **Supporting Work-Life Balance** : For many female athletes, balancing sports with family

and other responsibilities can be challenging. Providing support, such as childcare facilities and flexible training schedules, can make a significant difference.

Conclusion:

The impact of women's participation in sports fosters a more inclusive and diverse society by breaking down gender barriers, promoting equality, and challenging traditional stereotypes. When women actively engage in sports, they demonstrate their capabilities, talents, and strengths, debunking outdated notions of gender limitations. This cultural shift towards inclusivity and diversity not only benefits individuals by providing opportunities for personal growth and development but also strengthens communities as a whole by encouraging collaboration, empathy, and mutual respect among all members.

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Significant Role Of Media In Sports: Promoting Positive Sporting Narratives



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Abstract

Sports have become big business. It is now an established global industry with the International Olympic Committee. Sport, but not all its forms, has something to sell. It has event links, clubs and top performers. Sports can make money, but athletes get very little of the money they make from the various leagues. The relationship with the media plays a central role in the economic life of sports politics. We get all kinds of information about sports through the media. Sports and media have both global and local activities. They have to work together. The value of sports for companies has greatly increased and companies are investing heavily in sports. Companies from time to time raise various sports-related topics and that is good for sports. The sport was heavily influenced by media and was accepted by sports organizations and athletes. Sports media promoted values associated with capitalism, nationalism and racism. The media also promoted spectatorship, dramatization and personalization. Sport and media have both global and local spheres of activity and are linked in a complex web of relationships. Since the 1980s, the value of sports to media companies and their investment in sports has grown exponentially. The power of a small major media company raises important questions about access and equity, especially with the growth of pay-per-view sporting events. Although the media has shown a significant ability to influence the nature and development of sport, it should be noted that there is little evidence of resistance to the commercialization of sports organizations or athletes.

Keywords: Sports, media, activities. Growth, development

Introduction

Sport is generally considered an activity based on physical athleticism or physical ability. Many competitive but non-physical activities require recognition as mental sports. Both chess and bridge are recognized as bona fide sports by the International Olympic Committee (through ARISF), and the international sports federation Sport Accord recognizes five non-physical sports, although it limits the number of mind games that are accepted as sports. Sports usually have rules or practices that ensure fair competition. Victory can be determined by physical events, such as hitting a goal or crossing the line first, or by the judgment of judges evaluating sports performance, including objective or subjective indicators such as technical efficiency or artistic effect. Scoring is often kept in organized sports, and in popular sports, this information may be widely published or

covered in sports news. In addition, sports are an important source of entertainment for non-athletes. According to A.T. According to consulting firm Kearney, the global sports industry is worth up to \$620 billion in 2013. Broadcasting is the distribution of audio and/or video content to a dispersed audience through some form of electronic mass communication. The term "broadcasting", derived from the method of sowing seeds in a field that spreads them widely, arose in the early days of radio to distinguish radio broadcasts from methods that used or were intended to be transmitted by wires (such as the telegraph and telephone).).). for interpersonal communication. Broadcasting is usually associated with radio and television. The recipients can be the general public or a relatively small part; The point is that anyone with decent receiving technology can receive the signal. Broadcasting encompasses a wide range of practices such as public radio, community radio and commercial radio, public television and commercial television. The transmission of radio and television programs from a radio or television station to a home receiver is through a combination of satellite and cable, just as cable television is considered broadcast and does not require a license. Digitally transmitted television and radio programs are increasingly referred to as broadcasts, although this is strictly speaking incorrect. In recent years, we've seen social media grow alongside sports.

Social Media & Sports

The growing need for stars to constantly actively communicate with fans has brought both new challenges and new marketing advantages to sports management. Now, athletes and fans are also connected through social media such as Twitter and Facebook during the tournament. Instead, sports governing bodies could benefit from developing guidelines through a social media strategy so that players do not leak game strategies or insult fans with drunken tweets or status updates, but instead actively engage with fans in a positive tone to promote. both player and team. Digital media strategy is increasingly not only an accepted part of the communication of sports boards, clubs and players (parties) with the public, but also a necessary part. This article explores the importance of communication, not just speaking to an audience. Many political parties do not seem to be taking advantage of the potential offered by digital media, but those who have realized its potential are reaping the benefits, both financially and in kind.

Characteristics John Thompson of Cambridge University identified five characteristics of mass communication.

Trends in modern era

These ICT tools are used in the country/region. One of the most important field-based ICT tools is, in particular, GPS-based full monitoring devices. Research mainly related to full GPS tracking devices is a large number in itself. With the development of technology, the accuracy of this type of equipment has improved. Today, using these devices can be hassle-free and look for an overall performance improvement. Special sports activities, especially GPS-based fully devices, are developed to improve and show the overall performance of the players. Most outdoor activities like hiking, fishing, paragliding, etc. depend on precision. Using these devices, the participant can be tracked regardless of land, water or air. Long-distance runners use these devices to navigate their routes. Swimmers use these devices in open water long distance swimming events where the risk of actually drifting off course may

be too great. Team sports like football, rugby, kabaddi, hockey, etc. uses a pair of GPS devices for each team member to sing at some point during practice or perhaps in costume situations. In any outdoor game, GPS is an essential tool that communicates with the participant. It is easier for the officers to keep track of the players as well as the players, it is easier to sing their way and progress.

Software is ready of commands which tells the laptop what to do as soon as instructed. There are diverse form of software program and programs to be had withinside the market. The usages of software program and programs in sports activities and bodily training can similarly be categorised consistent with their done task. Most of the biomechanical evaluation software program are incorporated with wide variety of video cameras. Some of this software program are guide in nature and a number of them are automatic . Three- dimensional biomechanical evaluation software program are plenty extra complex in comparison to the two-dimensional evaluation software program. Match evaluation software program are some other crucial issue of sports activities education device withinside the current times. Recorded video may be analyzed in postmatch circumstance or in stay situations. Live comments and file of evaluation may be defined to the gamers even in ongoing healthy situations. Now days, those healthy evaluation software program are very crucial to reap favored purpose for maximum of the crew video games or sports activities.

The media involvement to the changing face of sport

To some extent, the media also has control over sports organizations and sports. This can be detrimental to the sport. Competition for broadcasting rights has a dramatic effect on payments for some sports. Sponsoring companies spend a lot of money on accommodation, travel and equipment. So it's no surprise that a media company has considerable control over the changes that happen to the sport of the event, such as dates, times and venues. The actual structure and presentation style of the event may strongly reflect media interests. The autonomy of sport over its own destiny has weakened. The media plays an important role in both the construction and destruction of sports structures and practices. The media also contributed to the development of new competitions, events and leagues. New forms of sports appeared and the importance of old ones declined. The rules were changed and the playing conditions changed to increase media coverage. Even the clothes they wear, the clothes and equipment of the athletes, began to reflect the interests of the media. Spectators are helped by the name on the players' packages, sponsor logos are added. Sport has become more of a product that is made, bought and sold. Sports organizations have gone along with this, using agents and marketing companies to bring certain products to the media sports market. Not only media can change, it can also be the cause.

The Media Professionals

Media professionals (such as producers, directors, commentators, reporters and photographers) are there to produce a media sports package with the aim of creating audience and excitement. Their focus is to make the product attractive, and for this reason it is sometimes difficult to determine where the sport begins and the media event ends. The main concern is sales of televised sports programs. Decisions are made on behalf of the public, guided by what to see and read and how to understand it. Media professionals create

and shape the sports experience for their audience.

Dramatization

A strong feature of media sports production is dramatization. The media creates a narrative around a sporting event and the people who participate in it. They work to inspire the event. They provide pre-event discussion and analysis. The viewer's appetite grows. Tensions, conflicts and confrontations are emphasized for dramatic effect. The media claims to bring its audience as close to the action as possible. You can see all the actions of the players. Cameras now even go into the dressing rooms. This media creates heroes and villains in sports.

The Media Sport Audience

The biggest question about media sports is the role of the audience. Are they aware of the media sports product they are exposed to? Are they able to make informed choices about what they see, hear and read? But one perspective argues that the public does not exercise free choice. Their desire is reflected in the production of media companies and the professionals who work for them. The public's choice and knowledge of sports often depends on what the media presents to them. So we see that sports events and selections, information and everything else about the players were recorded in the media. On the other hand, we feel handicapped in sports without media.

Conclusion

Sports and media have both global and local scope and are interconnected in a complex network of relationships. Since the 1980s, the value of sports to media companies and their investment in sports has grown exponentially. The power of a small major media company raises important questions about access and equity, especially with the growth of pay-per-view sporting events. Although the media has shown a significant ability to influence the nature and development of sport, it should be noted that there is little evidence of resistance to the commercialization of sports organizations or athletes. Sports media generally promote and reinforce characteristic values associated with capitalism, nationalism, patriarchy and racism. Spectacle, drama and personalization are emphasized in the media production process.

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Embrace Indian Heritage For Health And Wellness



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Abstract

This paper highlights the importance of incorporating traditional Indian practices into daily routines for promoting health and wellness. It discusses the benefits of herbal teas such as ginger, tulsi, and turmeric milk, known for their health-promoting properties. Additionally, it emphasizes the healing effects of nature through outdoor activities like walking, gardening, and yoga. It advises consulting healthcare professionals before making significant lifestyle changes and suggests integrating these practices gradually for optimal health outcomes. Overall, embracing Indian heritage can be a holistic approach to regaining and maintaining wellness.

Key words: Indian heritage, health, wellness, traditional Indian practice, holistic approach

Introduction

Regaining health through Indian heritage can involve incorporating traditional practices and wisdom into your lifestyle. Indian heritage encompasses a diverse array of traditions and practices passed down through generations. Among these are ancient systems of medicine and wellness, including Ayurveda, Yoga, and traditional dietary practices (Tyagi et.al.,2020). Ayurveda is a holistic healing system that focuses on achieving balance in body, mind, and spirit through personalized diet, herbal remedies, and lifestyle adjustments (Payyappallimanaand Venkatasubramanian, 2016). Yoga, originating in ancient India, integrates physical postures, breathing techniques, and meditation to promote physical health and mental well-being. Traditional Indian diets emphasize a wide range of nutritious foods, such as vegetables, lentils, whole grains, and spices (Yatham et.al., 2023). Indian heritage also values the healing properties of nature, with practices such as spending time outdoors, engaging in outdoor activities, and incorporating herbal teas. These traditional practices, deeply rooted in Indian culture, offer holistic approaches to health and wellness that remain relevant today (Payyappallimana, 2013).

The connection between Indian heritage and health is profound, rooted in centuries-old traditions and practices aimed at promoting holistic well-being. Ayurveda is an ancient system of medicine emphasizes achieving balance in body, mind, and spirit through personalized approaches. Ayurvedic principles guide dietary choices, herbal remedies, lifestyle adjustments, and therapeutic practices tailored to individual needs, aiming to address the root causes of ailments (Jaiswal and Williams, 2016; Pandey et.al., 2011).

Yoga for physical and mental wellbeing

The Yoga and Meditation, originating from ancient Indian traditions, yoga and meditation are integral to promoting physical, mental, and emotional wellness. Yoga's combination of physical postures, breathwork, and meditation cultivates flexibility, strength, mental clarity, and emotional resilience. The traditional Indian diet are rich in plant-based foods, spices, and herbs, the traditional Indian diet is known for its nutritional density and health benefits. Incorporating a wide variety of fruits, vegetables, whole grains, legumes, and spices provides essential nutrients and promotes overall health (Woodyard, 2011).

Indian heritage values the use of herbs and botanicals for medicinal purposes. Herbs like ashwagandha, tulsi, neem, and triphala have been utilized for centuries in Ayurvedic medicine to support various aspects of health. Rituals and customs embedded in Indian culture promote overall well-being. Practices such as daily prayers, meditation, and yoga not only foster spiritual growth but also contribute to mental and emotional health by fostering community connection and a sense of purpose (Kumar et.al., 2017, Pandey et.al., 2011).

Ayurveda an Indian healing system

Ayurveda, an ancient Indian school of medicine, emphasizes the importance of the three doshas – Vata, Pitta, and Kapha – in determining individual health and constitution. Each dosha is a unique blend of the elements ether, air, fire, water, and earth, each with its own specific features and characteristics (Rotti et.al., 2014).

Vata Dosha consists of the elements Ether (space) and Air. Vata controls bodily movement, such as nerve signals, blood flow, breathing, and waste removal. Optimal Vata balance enhances creativity, energy, and passion, while an excess can result in anxiety, sleep disturbances, parched skin, irregular bowel movements, and joint discomfort (Travis and Wallas, 2015).

The Pitta Dosha is constituted by the elements of Fire and Water. It controls the processes of digestion, metabolism, and transformation. It controls body temperature, appetite, thirst, and cognitive abilities. Optimal Pitta promotes bravery, cleverness, and keen intellect, but an overabundance can lead to impatience, inflammation, acidity, skin rashes, and digestive problems (Bharat, 2021).

The Kapha Dosha consists of the elements Water and Earth. It is responsible for overseeing structure, stability, lubrication, and cohesion. It offers physical strength, stamina, and emotional resilience. When Kapha is balanced, it fosters serenity, compassion, and nurturing traits. However, an excess of Kapha can result in weight gain, lethargy, congestion, allergies, and attachment.

It is crucial to maintain the equilibrium of these doshas for good health and wellness. Ayurvedic treatments aim to restore equilibrium by making dietary changes, adjusting lifestyle habits, using herbal remedies, and implementing personalized therapeutic techniques. It is essential to identify one's dominant dosha and make lifestyle choices that help maintain its balance in order to promote optimal health based on Ayurvedic principles (Jaiswal and Williams, 2017).

Traditional India Diet nourishing the body

The traditional Indian diet include nutrient-dense cereals, legumes, fruits, dairy products, nuts, and seeds. It is based on long-standing culinary customs and focuses on natural meals, plant-based components, and a balanced blend of flavors. The diet offers energy, fiber, vitamins, minerals, antioxidants, and natural sweetness. Spices and herbs are essential components in Indian cuisine, enhancing flavor, fragrance, and potential health benefits in dishes. Turmeric, cumin, coriander, ginger, garlic, and cardamom are often utilized spices. Ayurveda views food as medicine, with dietary decisions impacting physical, mental, and emotional well-being. The Ayurvedic principle of food as medicine focuses on eating based on individual constitution, maintaining a balance of six tastes, promoting good digestion, and following seasonal eating patterns. By integrating these ideas into eating routines, individuals can nurture their bodies, aid digestion, and enhance overall health and vitality. The conventional Indian diet provides a variety of nutritious foods and cooking practices that support good health and overall well-being (Salis et.al., 2017).

Meditation and mindfulness

Meditation has been a fundamental aspect of Indian culture for many years, using several techniques to calm the mind, enhance mindfulness, and promote inner tranquility. These activities are well acknowledged for their significant positive effects on mental health and emotional well-being. Notable meditation approaches include Vipassana Meditation, Transcendental Meditation (TM), and Yoga Meditation (Sharma, 2015).

Meditation provides various advantages for mental health and emotional well-being, such as less stress, better emotional control, higher concentration and focus, heightened self-awareness, and increased mindfulness. Vipassana meditation focuses on attention and insight, while Transcendental Meditation is a mantra-based approach that encourages relaxation and self-awareness. Yoga meditation aims to relax the mind and enhance spiritual awareness (McGee, 2008).

Mindfulness techniques, based on Buddhist principles, focus on intentionally observing the current moment without criticism. These practices consist of focused breathing, body scanning, mindful movement, and loving-kindness meditation. By integrating these practices into their everyday routine, people can utilize meditation's transforming potential to develop inner calm, emotional strength, and a stronger bond with themselves and their environment (Schuman-Olivier et.al., 2020).

Conclusion

Ancient Indian customs like Ayurveda, Yoga, meditation, and mindfulness provide various advantages for sustaining peak health. These practices enhance physical health through dietary selections, herbal treatments, and lifestyle modifications, while also nurturing mental and emotional wellness through meditation and mindfulness techniques. These techniques assist individuals in facing life's difficulties with composure and tranquility. They also offer chances for spiritual connection through activities such as prayer, chanting, and devotional singing.

Individuals should investigate and embrace cultural activities to reconnect with their

history. They should explore these practices, respect the diverse Indian culture, participate in festivals, rituals, and traditions that promote connection and spiritual development, and spread the advantages of these practices to friends, family, and communities. By doing this, we can enhance the overall welfare of society. Ultimately, embracing our Indian roots can lead to overall health and well-being, fostering a healthier, more joyful, and balanced lifestyle.

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Technological Tools And Trending Aspects In World Of Physical Education And Sports Sciences: Enrichment In Modern Era



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Abstract

Technology utilized in game is growing very fast; current day era possesses homes and capabilities simplest imagined some years ago. For instance, within side the beyond the movement of gymnasts should simplest be analyzed in positive element thru video recordings, at the same time as at gift gymnasts can put on a fit with movement sensors that facts their moves. We present a brief creation to motor gaining knowledge of in game and its desires for era back-up. We gift homes and obstacles of diverse sensors used for game past time sign acquisition, way of verbal exchange, and homes and obstacles of verbal exchange channels. We shed a few mild at the evaluation of diverse components of game past time sign and facts processing. We present timing, spatial, and computational electricity constraints of processing. Attention is given additionally to the kingdom of the artwork facts processing strategies together with gadget gaining knowledge of and facts mining. In end we present a few technological tendencies and demanding situations in sports, together with Internet of Things, clever game system, and actual-time biofeedback structures and packages.

Keywords: Wearable gadgets, Sports, physiological, sensors, technological tendencies.

Introduction

The concept that athletes have the capability to compete in opposition to every different on an identical foundation is an critical part of all game. We see within side the information all-maximum weekly approximately wearing scandals in which pinnacle athletes are accused of cheating. Because remedy and era are advancing so rapid sports activities governing our bodies aren't capable of preserve up with the brand new strategies of education and rehabilitation to create standards. Because there are such a lot of approaches that athletes can benefit a bonus it creates a massive hassle within side the wearing global. Sport science is a multidisciplinary field (i.e., exercise physiology, biomechanics, motor control and motor development, sport psychology, sports nutrition, and so on) concerned with the understanding and enhancement of sports performance. Sport science can be thought of as using the scientific process to guide the practice of sport with the ultimate aim of improving sports performance. It is about using the best available evidence at the right time, in the right environment, and for the right individual to improve their performance. To

achieve at least some of these goals, it is necessary to use the findings of well signed research studies and to translate them into everyday practice.

IT records has been used to evaluate education and overall performance needs in sports activities settings. Integrated technology will result in important adjustments within side the regions of field based aggressive ports activities planning, conditioning and rehabilitation. Technologies like CAD (Computer-aided design) can play an critical function in enhancing sports activities system. Other technology consisting of "smart" system may be used for overall performance assessments. Examples of "smart" era improvements consist of structures used for exercising depth evaluation and cardio size, human reaction time and interest meter size, and structures with leaping and going for walks characteristics. On the opposite hand in cricket sport warm Spot era could be very correct and is the appropriate device for studying a raider's touches in Kabaddi action. Hot Spot era, even though reportedly extra ordinarily correct, isn't used within side the Kabaddi game to date. Previous researchers argued that aggregate of GPS-accelerometer size technology and accompanying video facts that offer extraperception into the dedication and categorization of sustained effect forces and accelerations in the course of the normal and sundry Super 15 Rugby Union match-play touch elements.

TOOLS AND GADGETS

Gadgets, together with wrist bands, provide statistical parameters and matter activities of a selected bodily pastime. For instance, they matter the range of steps made for the duration of the day, they could hit upon falls, they could screen sleep quality, etc. Such devices generally gather moves or physiological techniques of the consumer with low frequency and occasional precision, what's on the give up suitable sufficient for his or her meant use. At the opposite give up of game era are complicated and high-priced structures that concurrently collect and technique massive quantities of facts. For instance, a machine for a actual-time monitoring of a soccer fit and the evaluation of schooling. The majority of era packages in game lie some place among each above mentioned groups. According to sports activities experts, remarks is the maximum crucial variable for gaining knowledge of, besides the exercise itself. During the exercise, the natural (inherent) remarks facts is furnished internally thru human feel organs. Augmented remarks is furnished with the aid of using outside source, historically with the aid of using teachers and trainers. Modern technical system can assist teach the performer and the teacher with the aid of using offering additional, parallel remarks facts that isn't available with the aid of using convention statement methods. Motor gaining knowledge of is critical within side the technique of studying of any of the bodily activities; from on foot to ballet. This statement is proper for any institution of sportsmen or sportswoman: leisure, novice, or expert. Technology is already gift or is making its manner into all domain names of game. In this paper we recognition in the main at the technology crucial in remarks structures for the assist of multiplied motor gaining knowledge of. Many sports activities are accomplished the usage of specialised system.

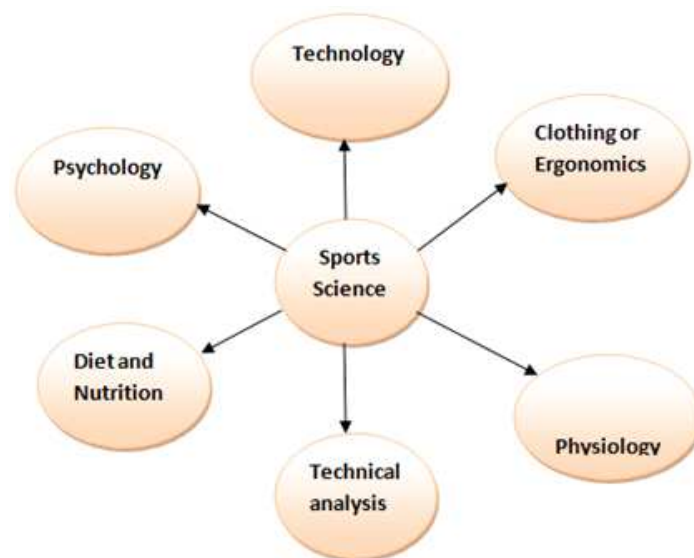


Fig-1 SPORTS SCIENCE ERA

Review of literature

The National Science Foundation (NSF) identifies the developments of HCC studies as "a 3 dimensional area comprising human, laptop, and environment." The NSF describes the human measurement as studies that help person needs, via groups as goal-orientated groups, to society as an unstructured series of related human beings (NSF, 2016). HCC is centered on know-how how computational technology have an effect on society and the way to cause them to extra usable (University of Florida, 2016). This description of the human measurement is akin to the athlete improvement literacies described via way of means of Laboratory for Athletes and Athletic Development and Research (LAADR) within side theregions of recreation overall performance, lifestyles for the duration of sports activities, and lifestyles after sports activities. Placing the athletes on the middle of layout lets in for technological answers to be evolved especially for the athlete.

Aim of the study:

The specific aim of this scholarly qualitative study was to explore the impact of modern technology on sports performance.

Methodology:

A thorough on-line and offline search procedure was applied for the acquisition of evidence in this systematic qualitative study. A critical analysis of the literature was systematically searched through online databases: PubMed, Google Scholar, and Google Advance Search.

Snick-o-Meter:

The Snick-o-meter identifies whether or not a snick occurred. A snick whilst the cricket ball comes in touch with the bat is a nice noise. That is expressed within side the captured audio sound-waves. There is frequently confusion approximately whether or not

the ball has made touch with the bat, or a batsman's gear. Among the prevailing techniques, Rock et al. in probed the utilization of wavelets for edge detection in cricket signals. Wavelet-based features were extracted and an artificial neural network (ANN) system was trained on them. The ANN classifier was trained to tell the varied classes apart. The accuracy of the system was 97.5 percent on raw testing data. Rock et al. in supplemented their class system's efficacy with the aid of using centering their interest on extraction of wavelet area descriptors for the quickduration of the snicks. Additionally, they made use of time area-primarily based totallybetter order statistical features, includings kewness and kurtosis, and had beencapable of obtain a class fee of one hundred percentage on unprocessed checking outstatistics.

Drone technology utilized in sports:

The unmanned drone era with an embedded digital digicamfacilitates to take supersnap shots and motion pictures from height. A Drone is simply, in easyphrases, a flying robot. This plane is normally managed from a specialisedfar flung control, and with the assist of shrewdsoftware program can tune all matterswithinside the air. Many athletes (runners, basketball gamers, skiers, climbers, etc.) are the usage of drones to reveal their practice to peer whether or not any adjustmentsmay be created. A moderateddevelopment in non-publicfine time for the competitor will take off seconds or smash a 2nd. Nowadays a sports activitiesoccasion has been greaterreal and realistic to air. The predominantbenefit of the usage of drones or unmanned plane in criticalglobalsports activities is their being capable of get in the direction ofglobal athletes. Drone will seize and compare a sincerelyvisibleexerciseconsultation in diverse athletic sports after the consultation is finished.While drones have had a protractedrecords in navy deployment, their an increasing number of sizable use in non-navy roles calls for consideration (e.g., Hodgkinson and Johnston, 2018). Though modern-dayutilization is restrainedeven as the era is withinside the improvement phase, as they ownmassiveability versatility drones may also rework the manner that logistics offerings are provided. Their use no question will cause the fulfillmentof recent business, social, environmental and different goals (Atwater, 2015).

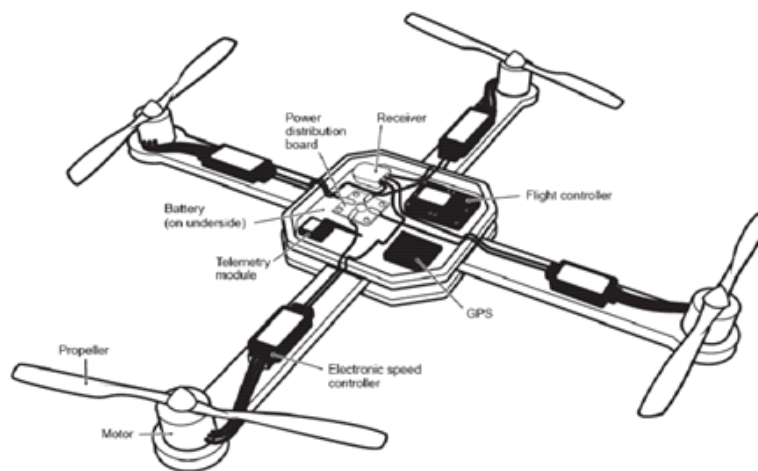


Fig-2 Drone Technology

Modern track and field events using technology:

Track and discipline varies from maximum different disciplines, as it's miles measured in meters and seconds simplest. Within tune, a fragment of a 2nd could make all of the difference. Which is why the system which tracks tune and discipline race information must be as dependable as particular as practicable. An digital beginning pistol is any other innovation used to enhance tune occasion startups. In addition, whilst the runner begins, they'll observe their development the usage of Radio-Frequency Identification (RFID) chips. These chips are so precious that during trendy they have got come to be popular. RFID chips can be bandaged to shoes to reveal the pace, distance and sample of a runner.

Aerodynamics:

While without a doubt any game will be used to demonstrate this new function of high-tech tennis, fencing, swimming, golf, and cycling – is a superb example. In the twenty first century, global-elegance tennis gamers (and their coaches and trainers) could have a clean understanding of the legal guidelines of aerodynamics in an effort to absolutely draw close the game and obtain a bonus over opponents. Therefore whilst engineer broaden technological gadgets for sports activities they have got to research the real aerodynamics of the respective video games and sports activities.

Conclusion

Advanced generation has grow to be smaller, greater resilient, and much less burdensome over latest years, paving the manner for brand spanking new opportunities, in particular in athletics. Now athletes put on sensors that carry actual-time facts to a teacher's tablet, GPS appropriately pinpoints motion, smartphones preserve all and sundry cutting-edge and wearable tech can save you accidents. Compared to whiteboards and post-exercise reviews, generation has significantly improved athletic potential. Technology is revolutionizing sports activities schooling through stay-monitoring performances, perfecting athletic actions, improving conversation and genuinely casting off accidents. Using sensors positioned at the frame or in "clever clothing" (energetic put on with sensing fibers woven in), sports activities running shoes can degree and music overall performance in actual time.

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Physical rehabilitation in sports



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Physical rehabilitation in sports plays a crucial role in helping athletes recover from injuries, improve performance, and prevent future injuries. Rehabilitation programs are designed to address musculoskeletal issues, promote healing, and restore function and mobility. Here are key aspects of physical rehabilitation in sports:

1. Assessment and Diagnosis:

- Sports rehabilitation begins with a thorough assessment of the athlete's condition, including the nature and extent of the injury, range of motion, strength, and any contributing factors.
- Diagnostic tools such as imaging studies, X-rays, MRIs, or CT scans may be used to provide a detailed understanding of the injury.

2. Individualized Treatment Plans:

- Rehabilitation programs are highly individualized based on the specific needs of the athlete. Factors such as the type and severity of the injury, the athlete's age, fitness level, and sport played are considered.
- Treatment plans may include a combination of therapeutic exercises, manual therapy, modalities (e.g., ultrasound, electrical stimulation), and other interventions.

3. Progressive Exercise Programs:

- Gradual and progressive exercise programs are designed to improve strength, flexibility, and coordination while respecting the healing process.
- Rehabilitation exercises often target the affected area and its surrounding muscles, aiming to restore normal function and prevent compensatory movements that could lead to further issues.

4. Functional Training:

- Rehabilitation programs focus on functional training to ensure athletes can perform specific movements related to their sport.
- This may involve sport-specific drills and exercises that mimic the demands of the athlete's particular sport, helping to transition from rehabilitation to full competition readiness.

5. Pain Management:

- Pain management is a critical aspect of rehabilitation. Therapists use various techniques, including ice and heat therapy, massage, and other modalities, to help

manage pain and inflammation.

- In some cases, therapeutic interventions like acupuncture or dry needling may be incorporated to address specific pain points.

6. Education and Injury Prevention:

- Athletes are educated about their injuries, the rehabilitation process, and strategies to prevent future injuries.
- Injury prevention exercises and techniques may be included in the rehabilitation program to reduce the risk of recurring issues.

7. Multidisciplinary Approach:

- Rehabilitation often involves a multidisciplinary team, including physical therapists, athletic trainers, orthopedic specialists, and sometimes nutritionists or sports psychologists, working collaboratively to address all aspects of recovery.

Psychological Support:

- Injuries can have a psychological impact on athletes. Rehabilitation programs may include counseling or support to address mental and emotional aspects of the recovery process.

8. Return-to-Sport Criteria:

- Athletes are gradually reintegrated into their sport based on established criteria. This may include achieving specific strength and flexibility goals, demonstrating proper bio-mechanics, and being pain-free during functional activities.

Effective physical rehabilitation is essential for athletes to regain optimal function, minimize the risk of re injury, and maximize their performance on the field. Regular communication between athletes, coaches, and healthcare professionals is key to a successful rehabilitation process.

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The Role of Traditional Maharashtra Sports in Promoting Health and Well-Being



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Abstract

Sports is an important part of the culture of Maharashtra. Kabaddi, hockey, kho kho, badminton, cricket, and table tennis are the popular sports of Maharashtra. The sporting activities in Maharashtra are governed by the Directorate of Sports and Youth Services located in Pune. The wrestling championship like Hind Kesarili, Maharashtra Kesari are very popular in the rural regions of Maharashtra. Games like Viti-Dandu and Pakadapakadi(Tag) are also played by kids in Maharashtra. Maharashtra has various domestic level franchise-based leagues for hockey, chess, tennis, and badminton. This paper explores the potential of traditional Maharashtra sports in promoting health and well-being. It highlights the historical significance of these sports and analyses their physical and mental benefits. The paper concludes by advocating for the revival and promotion of these traditional activities in modern times.

Keywords: Traditional games, Maharashtra, origin, culture,

Introduction

Maharashtra, a state rich in cultural heritage, boasts a vibrant tradition of indigenous sports. These activities, practiced for generations, have transcended mere entertainment, serving as a cornerstone of physical fitness and social Games are very popular throughout the world and everyone i.e. right from the children to adults prefers to participate in them. Various traditional games are part and parcel of Maharashtra tradition. When we discuss about India, it has always exhibited its rich culture and tradition. Whereas, games have been an important part of Maharashtra culture endlessly right from their origin. Maharashtra is considered as a place of origin for a number of traditional games which are well-known throughout the world in present time. A number of leading traditional games which had Indian origin are kabbadi, kho-kho, Mallakhamb, Gilli dandu and Langadi etc. All these games require technical and tactical skills along-with other physiological components like speed, strength, stamina, agility and coordinative abilities. Apart from this our traditional games require very little equipment and they are less expensive in comparison to the modern games, and as a result traditional games of Maharashtra origin became more popular amongst the masses. Yet much needs to be done at the govt. level so that they can be well promoted and Maharashtra can retain their glorious heritage.

The word "GAME" is universal and does not have any cultural or linguistic

boundaries. Games appear to be the common property of people who know them either professionally or as an amateur. Many games, which we think, are just pastimes are, in fact, relics of religious rituals, which often date back to the birth of mankind. Games echo the reflections of the traditions and ethos of a particular country or region. The pleasure of voluntary action is the soul of games. Traditional Games act as learning aids. They teach us many things while playing like to learn to win and lose, develop sensory skills, count, add, improve motor skills, identify color, improve hand-eye co-ordination and finally to have fun. The values that we achieve by playing these games are more when compared to the games that we play nowadays. Some of the values that we gain are that they are environment friendly, we get a chance to learn about our culture and history, and an important thing is, they are suitable for all ages, so they increase the interaction between generations. Many modern games played around the world have their origin in these traditional games. This is the matter of pride to our nation's culture. Some of the prominent traditional games which originated in our country and became popular all over the world are as follows.

Method

This paper will employ a qualitative research approach. It will delve into historical records and cultural references to understand the origin and significance of traditional Maharashtrian sports. Additionally, the paper will analyse the physical demands and mental benefits associated with these activities, drawing insights from scientific research on exercise physiology and psychology.

Kabbadi:- Kabbadi is a team sport which requires no equipment, only agility and strength. It originated in India and is now played globally. Kabbadi in Hindi means holding the breath. Players form two teams with 7 to 12 members each. Players of one team have to break-in the opposing team's area. While doing so, they need to try and touch as many opposing players as they can. The 'touched' players are declared out. The team with the least number of players at the end of the game is declared the winner.

Kabaddi is a famous Indian game played between two teams of seven players. One player of each team alternatively runs into the opposite team's court and tries to tag as many people as possible while chanting "kabaddi-kabaddi". If the player tags the players of the opposite team and touches the midline without losing breath, his team wins points and the tagged players are out of the game. If the players of the opposite team catch the player and succeed in holding him in their court till he loses his breath, the raider gets out and the defending team wins points. This game is very popular in South African countries, Iran and Pakistan.

Kabaddi: A Powerhouse for Physical and Mental Wellbeing

Kabaddi, a high-octane team sport with roots in ancient India, isn't just about raiding and defending. It's a fantastic way to boost your physical and mental health. Here's how Kabaddi can transform your well-being:

Physical Benefits:

- **Cardio Champion:** The constant movement and bursts of activity during raids significantly improve cardiovascular health, strengthening your heart and lungs.

- **Endurance Enhancer:** The act of raiding, which requires holding your breath while chanting "kabaddi," strengthens your lungs and increases lung capacity, leading to better endurance.
- **Agility Ace:** Kabaddi demands quick reflexes, sharp changes in direction, and dodging tactics, honing your overall agility and coordination.
- **Strength Supreme:** Raiding, tackling, and defending require bursts of strength and power, building strong muscles and improving core stability.

Mental Benefits:

- **Sharpened Mind:** The strategic planning, quick decision-making, and anticipating opponent's moves during raids keeps your mind sharp and improves cognitive function.
- **Stress Slayer:** The physical exertion and focus required during Kabaddi can be a great way to release stress and improve your overall mood.
- **Teamwork Triumph:** Kabaddi fosters a strong sense of teamwork and collaboration, as players rely on each other for success. This can improve communication skills and build a sense of camaraderie.
- **Confidence Booster:** Successfully raiding or making a crucial defensive play provides a sense of accomplishment and boosts self-confidence.

Kho Kho:- Kho Kho is a team game which started in India. It gained popularity in 1935 when its rules were brought out by the Akhil Maharashtra Shareerika Shikshan Mandal. It comprises of two teams with nine participants each. Members of the chasing team sit on the ground in a straight row with alternative players positioned in opposite directions. The chasers have to catch the opposing team members before the stipulated time is over.

Kho kho is a popular sport in India. It is played between two teams with 12 members, out whom only nine play. It is one of two most popular traditional games in India, kabaddi being the other. It is played in a rectangular field of 36 by 18 meters in length and width. Eight members sit on the mid lane, facing alternate directions and the ninth member is an active chaser. This game lasts not more than 37 minutes.

Langdi:- Langdi a game originated from Maharashtra, India. Langdi is a very famous sport in the Maharashtra. It is played between two teams with 12 players on each side. The match lasts for about 36 minutes. It is played in four innings of nine minutes each. The team that wins the toss defends and the other team chases. A chaser tries to tag the members of defending team while hopping on one foot. The team that tags the greatest number of defending players wins.

Mallakhamb: More Than Just a Pole Dance

Mallakhamb, a traditional Indian sport originating in Maharashtra, isn't just about impressive feats of acrobatics. It's a powerful tool for building a strong, healthy body and a focused mind. Let's explore the unique ways Mallakhamb benefits your well-being.

Physical Benefits:

- **Core Colossus:** The foundation of Mallakhamb lies in core strength. Climbing, hanging,

and performing various postures on the pole engage your core muscles like no other exercise, leading to a strong and stable centre.

- **Balance Ballerina:** Maintaining balance on the pole is essential in Mallakhamb. This constant challenge improves your proprioception (body awareness) and overall balance, reducing the risk of falls in daily life.
- **Strength Supreme:** Mallakhamb is a full-body workout. Gripping the pole, performing inversions, and holding challenging postures develop impressive upper body, lower body, and grip strength.
- **Flexibility Friend:** The various postures and movements in Mallakhamb require significant flexibility. Regularly practicing this sport improves your range of motion, making everyday activities easier and reducing the risk of injuries.

Mental Benefits:

- **Focus Fortifier:** Mallakhamb demands intense concentration and focus to execute maneuvers safely. This mental discipline translates to improved focus and concentration in other aspects of life.
- **Confidence Climber:** Mastering challenging postures and overcoming fears associated with heights builds self-confidence and a sense of accomplishment.
- **Stress Slayer:** The physical exertion and focus required during Mallakhamb can be a great way to release stress and improve your overall mood.
- **Beyond the Physical:** Mallakhamb also fosters a sense of discipline and perseverance, as mastering the techniques requires dedication and practice. It can be a social activity when practiced in a group setting, promoting teamwork and a sense of community.

Who Can Benefit from Mallakhamb?

Mallakhamb is suitable for people of all ages and fitness levels. Beginners can start with basic exercises and gradually progress to more challenging postures. This unique sport is a fantastic way to add variety to your workout routine and experience a holistic approach to well-being.

Gilli Danda: A Simple Game, Big Health Benefits

Gilli Danda, a traditional Indian game with roots in Maharashtra, is more than just childhood fun. It's a fantastic way to stay active and reap a surprising number of health benefits. Here's how this simple game can keep you fit:

Physical Benefits:

- **Hand-Eye Coordination Hero:** Hitting the gilli (small stick) with the danda (bat) requires precise hand-eye coordination. Regularly playing Gilli Danda improves your ability to track objects and react quickly, which benefits many everyday activities.
- **Reflexes on Fire:** The fast-paced nature of the game, where you need to react quickly to hit or catch the gilli, sharpens your reflexes and improves your overall reaction time.
- **Active Muscles:** Running, jumping, and swinging the danda engage various muscle

groups, providing a good workout for your legs, arms, and core.

- **Cardio on the Go:** The constant movement and bursts of activity during the game get your heart rate up, improving cardiovascular health and stamina.

Mental Benefits:

- **Focus Friend:** Gilli Danda requires focus and concentration to aim accurately and react quickly. This can improve your ability to stay focused in other areas of life.
- **Stress Slayer:** The physical exertion and competitive spirit of the game can be a great way to release stress and improve your mood.
- **Social Butterfly Booster:** Gilli Danda is traditionally played outdoors with friends, fostering social interaction and communication skills.

Accessibility Advantage:

Gilli Danda requires minimal equipment – just a gilli and a danda – making it accessible to people of all ages and socioeconomic backgrounds. It's a fantastic way to stay active and have fun without needing expensive equipment or gym memberships.

Conclusion

By reviving and promoting traditional Maharashtrian sports, we can create a healthier and more vibrant society. These activities provide a natural and engaging way to improve physical fitness, mental agility, and social interaction. Integrating them into educational curriculums and community events can foster a culture of physical activity and well-being, particularly amongst the younger generation. The present study provides an understanding of the ethno motor traits of Traditional Sporting Games in Maharashtra as a way to shape original embodied material culture. Studies showed significant differences in influence in implementing traditional game programs on the development of social behaviour of children. It can be concluded that a traditional game can still play a good role as a fun learning tool especially in this Information and Communication Technology (ICT) era, for healthy development of children and adolescents. Maharashtrian traditional games are the activity that does not use technology and excessive costs, but having a "happy" effect. In this scenario, there is dire need to promote traditional games about its benefits, and its pleasure for healthy life through social media (i. e., Facebook, What's Up). It suggests that traditional indigenous games can be an effective tool for fun, entertainment as well as healthy development and quality of life.

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Karate For Self-Defense



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India is a country rich in culture and ethnic variety. Karate, which were previously used in battle, are now frequently practiced for display, as part of rituals, to become in shape, or as a form of self-defense. Translated, 'Arts-related with the conduct of battle' is what the phrase 'martial art' refers to. The basic goal of karate is self-defense. It teaches practitioners to block the strikes of opponents and then disable them quickly with pinpoint strikes. When takedowns are employed within the art, they tend to be used to set up finishing strikes.

Karate is a combat sport practiced for innumerable reasons such as self-defense, physical and mental strength, and spiritual development or even for entertainment etc. By improving the presence of mind, one can acquire maximum control over the stimulus. This leads a person to follow a disciplined lifestyle which ultimately results in a healthier body and mind. People of any age can practice this amazing activity to keep up with both physical as well as mental health. It increases your muscle strength and improves muscle mass. An Increased amount of energy due muscle activity fundamentally intensifies the cell activity inside the body in order to fulfill the energy requirement. A great metabolism can help you achieve a desirable weight and figure, provided you include martial arts into your routine.

It is very crucial to administer a powerful attack through impressive kicks and punches in martial arts. By combining a balanced diet chart and martial arts, a person can gain spectacular strength along with a stronger mental strength

Martial arts consist of many activities which require group coordination or body coordination. Such as while practicing an imaginary street fight, one requires to be well coordinated with the fellow mates. While in a fight in order to execute an impactful attack, your moves should be well coordinated with your kicks and punches. Hence this sport improves your stability and coordination skills.

Karate has been practiced widely for more than many years across the world. Karate is basically an unarmed sport 'bare hand technique' of self-defense which was developed in Okinawa in Japan. The word karate has been derived from modern-day Japanese that means 'empty hand' that is a fight without weapon. Karate practice leads to development of self-esteem, self-discipline and spirituality. Participation in martial arts has been shown to improve participants cardiovascular endurance, strength, body fat composition, socialization, agility, reaction time and self-confidence. Many injuries have been reported in karate practice or competition. Despite the large number of literature on the epidemiology of injuries in karate worldwide, there is scarcity of literature on role of specific training

programs and implementation of prevention strategies in karate. The most important way of prevention of injury is to recognize the common sport related injuries and their associated risk factors.

Yes, there is definitely a scope for karate in India. Karate has been practiced in India for many years and there are numerous karate schools and training centers across the country. It is also recognized as a sport by the Indian government and is part of various national and international sporting events. Additionally, there are many karate tournaments and competitions held in India, providing opportunities for practitioners to showcase their skills and compete at various levels.

Any sport held in the country is governed by the National Federation. Over that the authorities monitors them like Ministry of sports and Indian Olympic Association. Karate failed to connect both. Since 2001, there are many conflicts between the federations and its officials claiming their ownership on the sport. As a result there are still 3 major federation conflicts. These three federations are All India Karate-do Federation, Karate Association of India and during the lockdown 2020 a new one came into existence Karate India Organization.

The major problem here is the economy. Karate has different styles with many practitioners, players' coaches and followers. In India as per the population the number is huge. Instead of helping players and the sport, Karate federations are involved in selling affiliations and Black Belt certificates. Many complaints and cases against the officials of the federations are pending. Ministry of sports and Indian Olympic Association is aware of the situation.

It's a big business in India till now year 2021. Indian players still have to bear their own expenses even for the world championships. Because of the expenses there is no consistency in the players. Only rich players can go to compete abroad.

Now a day's karate played by new rule. We say some time old rule is batter, but some strength growth by old rule and skill develop by new rule. But it's true that karate useful for self-defense.



Use of Latest Technological Innovations for Improving Performance of Elite Football Players of Nagpur City



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Abstract

Sports performance and technology have become increasingly intertwined in recent years, revolutionizing the way sportspersons train, compete, and recover. Overall, the integration of technology into sports performance has opened up new avenues for optimizing training, enhancing recovery, and pushing the boundaries of human potential in sports like football. As technology continues to evolve, one can expect even greater advancements in performance of football players. The performance of a football player can be improved by using technological innovations and hence, this investigation was carried out to determine the use of various technologies by the elite football players of Nagpur City. For this study, elite eighty five football players of Nagpur City, who participated in NDFA tournament, were selected. The primary data was collected using survey method, where a reliable and valid research instrument i.e. a short questionnaire was used. The data generated during the study was processed using Statistical Package for Social Sciences (SPSS) 18.0 software. The study results show that use of GPS tracker is not very high in the elite football players of the study area. The use of Heart Rate Monitors, use insoles and footwear, Video Analysis Software is also very low among the elite football players of Nagpur City. However, Smartwatches and fitness apps (on mobile device) are regularly used by the elite football players of Nagpur City.

Keywords: Sports performance, technology, football, GPS tracker, Video Analysis Software, fitness apps

1.0 Introduction

Sportspersons like football players and sports fans alike should value sports performance since it is essential to reaching one's maximum potential in any activity. Analysing a football player's mental, emotional, and physical components of their game allows for the measurement of sports performance (Sharma and Bharti, 2023). Since a football player must reach peak performance, physical performance is essential to their success in various sporting events. Strength, power, endurance, and speed are some of the prerequisites for most sports including football (Islam and Kundu, 2020). In addition to these fundamental abilities, the football player's ability to maintain balance and coordination is crucial to enhancing their overall performance on the field or ground (Patel et al., 2020). A football player's ability to compete mentally is crucial to their success since it allows them to stay focused during a match, which allows them to make quick judgements and adjust their

plan as necessary (Rana and Mittal, 2020). They can compete with their rivals and pursue personal success because of their clarity of thinking.

In order to compete against opponents who might be seen as more skilful or talented than oneself, the capacity to control stress levels while keeping composure during even the most difficult games proves to be important for a football player. One of the most important components of football player's success is emotional intelligence, and psychological well-being is important for players in all sports (Dhillon et al., 2017). Football players are increasingly turning to outside assistance in order to better control their emotions prior to getting on the field. Feelings such as fear, anger, and excitement all influence an individual's performance during an event, often resulting in pressure or anxiety-inducing situations occurring more frequently than usual due to the presence of heightened emotions beforehand. Hence, a sports performance training investment has several benefits, such as higher muscle strength, increased flexibility, better body proportions, faster speed, more agility, and improved mental control (Singh et al., 2014). In addition, it promotes disciplined performance of football players, helps prevent injuries, and optimises nutrition for optimal performance.

Nowadays, it is easy to observe how technology is being used more and more in sports in a world. Technology is currently playing a crucial role in sports, assisting a great number of players as well as coaches to improve their performance during practice and competition (Subramanian et al., 2020). The sports environment has always been quite complicated; however, the introduction of various technological innovations has made the field more dynamic and productive for the football players (Ghosh, 2004). Many times in the past few years, the search for new strategies and techniques to enhance the performance of football players led to the implementation of methods, objects, and accessories in the routines of certain different modalities. In view of the above, this study was carried out to determine the use of latest technological innovations by elite football players of Nagpur City to improve their sports performance.

2.0 Research Methodology

The subjects (elite football players, who participate in NDFA tournaments) were selected from Nagpur City. A total of 85 elite football players with more than 5 years of playing experience provided the necessary data for this study. The primary data related to research criterion and objective of the study was collected by using standardized structured research instrument i.e. a questionnaire using Google forms. The reliability of data was confirmed by establishing the instruments reliability, tester's competency and reliability of the test. The tester's reliability was evaluated together with the reliability of tests. A person's product moment co-relation was computed between the two measures of each variable. The results of this test indicated that the correlation coefficients were above 0.86, which indicated adequate level of reliability. The reliability and validity of the research instrument was determined prior to actual data collection. Statistical analysis of data was done with the help of suitable statistical tests. The descriptive statistics, such as mode, frequency, percentage, etc. were determined from the collected data. The data generated during the study was processed using Statistical Package for Social Sciences (SPSS) 18.0 software.

3.0 Results and Discussion

3.1 Use of GPS Trackers

Table no. 1: Use of GPS trackers by elite football players of Nagpur City

Frequency of use	Nos.	Per
Never	20	23.5
Sometimes	49	57.6
Always	16	18.8
Total	85	100.0

$$\chi^2 = 22.897; \text{df: } 2; \chi^2_{\text{crit}} = 5.99; p < 0.05$$

Above Table 1 presents information regarding the use of GPS trackers by elite football players of Nagpur City. The results show that 23.5% football players never used GPS trackers, while 57.6% players used it (GPS trackers) sometimes during practice or playing. However, 18.8% players always use a GPS tracker while performing physical activity or during playing.

3.2 Use of smart watches to monitor physical performance

Table no. 2: Use of smart watches to monitor physical performance by elite football players of Nagpur City

Frequency of use	Nos.	Per
Never	20	23.5
Sometimes	49	57.6
Always	16	18.8
Total	85	100.0

$$\chi^2 = 22.897; \text{df: } 2; \chi^2_{\text{crit}} = 5.99; p < 0.05$$

Above Table 2 presents information regarding the use of smart watches to monitor physical performance by elite football players of Nagpur City. The results show that 7.1% football players never used smart watches to monitor physical performance, while 32.9% football players used it (smart watches) sometimes during practice or playing. However, 60% players always use a smart watches to monitor physical performance, while performing physical activity or during playing.

3.3 Use of Heart Rate Monitors

Table no. 3: Use of Heart Rate Monitors by elite football players of Nagpur City

Frequency of use	Nos.	Per
Never	62	72.9
Sometimes	15	17.6
Always	8	9.4
Total	85	100.0

$$\chi^2= 60.878; \text{df: } 2; \chi^2_{\text{crit}}= 5.99; p<0.05$$

Above Table 3 presents information regarding the use of Heart Rate Monitors by elite football players of Nagpur City. The results show that 72.9% football players never used Heart Rate Monitors, while 17.6% football players used it (Heart Rate Monitors) sometimes during practice or playing. However, 9.4% players always use a Heart Rate Monitor while performing physical activity or during playing.

3.4 Use of Insoles and Footwear (Pressure Sensors)

Table no. 4: Use of Insoles and Footwear (Pressure Sensors) by elite football players of Nagpur City

Frequency of use	Nos.	Per
Never	19	22.4
Sometimes	51	60.0
Always	15	17.6
Total	85	100.0

$$\chi^2= 27.486; \text{df: } 2; \chi^2_{\text{crit}}= 5.99; p<0.05$$

Above Table 4 presents information regarding the use of Insoles and Footwear by elite football players of Nagpur City. The results show that 22.4% football players never used insoles and footwear, while 60.0% football players used it (insoles and footwear) sometimes after practice or playing. However, 17.6% players always use an insole and footwear while performing physical activity.

3.5 Use of Video Analysis Software

Table no. 5: Use of Video Analysis Software by elite football players of Nagpur City

Frequency of use	Nos.	Per
Never	10	11.8
Sometimes	53	62.4
Always	22	25.9
Total	85	100.0

$$\chi^2= 34.757; \text{df: } 2; \chi^2_{\text{crit}}= 5.99; p<0.05$$

Above Table 5 presents information regarding the use of video analysis software by elite football players of Nagpur City. The results show that 11.8% football players never used Video Analysis Software, while 62.4% players used it (Video Analysis Software) sometimes. However, 25.9% players always used a Video Analysis Software to improve their sports performance.

3.6 Use of Fitness Apps on Mobile (to track performance)

Table no. 6: Use of Fitness Apps on Mobile (to track performance) by elite football players of Nagpur City

Frequency of use	Nos.	Per
Never	4	4.7
Sometimes	24	28.2
Always	57	67.1
Total	85	100.0

$$\chi^2= 50.571; \text{df: } 2; \chi^2_{\text{crit}}= 5.99; p<0.05$$

Above Table 6 presents information regarding the use of fitness apps on mobile by elite football players of Nagpur City. The results show that 4.7% football players never used fitness apps on mobile, while 28.2% football players used it (fitness apps on mobile) sometimes during practice or playing. However, 67.1% players always use fitness apps on mobile to track their sports performance.

4.0 Conclusions

From the results, it is evident that most of the elite football players of Nagpur City use GPS trackers sometimes while playing, which shows that the use of GPS tracker is not very high in the elite football players of the study area. The use of Heart Rate Monitors, use insoles and footwear, Video Analysis Software is also very low among the elite football players of Nagpur City. Furthermore, use of Smartwatches and fitness apps (on mobile device) is quite high among most of the elite football players of Nagpur City.

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Improving Indian Game Kabaddi



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Basically Kabaddi is a combative sport, Origin of the game dates back to pre-historic times played in different forms. With seven players on each side, playing time limit is 40 minutes with 5 minutes break. The game is to score points by raiding into the opponent's and touching as many defense players as possible without getting caught on a single breath. The players on the defensive side are called 'Antis' while the player of the offence is called the 'Raider'. Attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching the raider before he returns to his court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider.

Modern Kabaddi game was played all over India 1930. The first known framework of the rules of Kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921. All India Kabaddi Federation was formed in the year 1950 to look after the promotion of the game and the Senior National championship started from the year 1952.

After formation of this body, Kabaddi took a new shape and National level competitions started for Junior and Sub-junior boys & girls also. Game was included in the South Asian Federation games from the year 1984 at Dacca, Bangladesh. Kabaddi was included as a discipline in the 11th Asian Games Beijing 1990 and India won the lone Gold Medal of Kabaddi in the 11th Asian Games Beijing 1990. India is the reigning champion in the succeeding Asian Games held in Hiroshima 1994, Bangkok 1998, and Busan 2002 & recently at Doha 2006 and created history in Indian sports by winning five consecutive Gold medals in the Asian Games.

World Cup of Kabaddi was organised in 2004 at Mumbai, India won the First World Cup by beating Iran in the finals. Second World Cup was held Panvel (India) in 2007 and India once again became Champion. First Asian Women Championship was held at Hyderabad in 2005 and India won the Gold Medal. Women Kabaddi was included for the first time in the South Asian Games held in Colombo, Sri Lanka in 2006.

Thereafter significant change in the trends of the game since the past same years. The introduction of mats, shoes, new techniques & changes in rules has made the sport more interesting and advantageous to skilled players who are now able to defeat heavier players with better skills & techniques.

In 2014 the Pro Kabaddi League has essayed its role as a feeder for Indian

Kabaddi has laid out a platform for some of the best talent all across the country to showcase their talent and even carve out a career for them. A game that finds its roots in the wide domain of India's history.

Kabaddi as a sport has certainly been rekindled with the institutionalizing of the PKL, which currently sits in second place in the standings of India's most watched sports league, behind the Indian Premier League. Going by the recent statistical studies, the Pro Kabaddi League was viewed by a record 312 million viewers, only 100 million viewers less than the count taken for the Indian Premier League. What makes the 312 million a staggering figure is that fact that the league was watched by almost three times the number of people who watched the FIFA World Cup,

One of the most followed tournaments on a global level. Big names from all across the country from various fields such as cinema, politics have all played their part in contributing to the Pro Kabaddi League's growth, adding to the glitz and glamour of the Pro Kabaddi League.

The limit from here with an increasing interest in schools and colleges across both urban and rural markets, format of the competition and the evening schedule has managed to raise the profile of the game to a whole new level. One of the unintended benefits of the PKL is also the increasing possibility of showcasing the sport for an Olympic entry in the years to come. An inclusion in the demonstrative schedule for Tokyo in 2020 could be a good short-term goal for the administrators of the sport.

The backing of the Indian and Continental federations running Kabaddi augurs well both for the league and the sport overall. But a lot remains to be done in terms of widening and deepening the sport across the country. PKL presents a transformational opportunity for the sport in terms of arousing interest and drawing more children to the sport. The key to capitalize this wave of interest is in building an ecosystem of facilities and personnel to identify and nurture talent across states.

Considering the minimalist nature of the sport, it aligns well with the socio-economic background of the Indian population. Eventually, Star and Mashal could also work towards building a larger multi-tiered league that could achieve great success on the lines of the Premier League.

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Technology and Innovation in Sports-A Review



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Abstract:

Over the past 20 years, digitalization and rapid technological advancement have significantly altered the role of technology in sports. Since many disciplines have reached the limits of human performance, technology will play a bigger role in pushing boundaries in the future. While this is a positive step for athletes in terms of preparation and competition, similar advancements are still to come for sports managers in terms of managing sports organisations and sports fans in terms of watching and participating in sports.

Wearable technology is becoming more and more important for enhancing athletic performance through tracking and real-time data analysis. Wearable sensors are used by both professional and amateur athletes to improve training effectiveness and competition results. But more study is required to fully comprehend and maximise their sporting potential. This thorough analysis looks at how body wearable sensors can be used to measure and track athletic performance, prevent injuries, aid in rehabilitation, and optimise overall performance. The review offers a comprehensive analysis of wearable sensors in sports by looking at commercial sensors, wearables' structure, and research articles from a variety of sports. With a thorough overview of wearable technology in sports, its conclusions are helpful to researchers, managers, athletes, coaches, and medical professionals. It is anticipated that the review will advance wearable sensors and biometric data in the future.

Keywords: wearable; physiological, sensors; sport; bibliographic analysis; injury prevention; sports; team; swing; data types; rehabilitation; anatomy

1.0 Introduction

Since the turn of the century, as technology has advanced and industries have become more digitally connected, the role of technology in sports has undergone a significant transformation. Technology is now essential in many sports, thanks to the development of mobile and Internet technologies (Ratten, 2019). Sport may now be more thrilling and difficult than ever before thanks to technology, which Schmidt (2020, p. ix) describes as "a vital role in becoming the best - on and off the pitch." For the majority of its history, sports were viewed as recreational pursuits, but technological advancements have brought about significant transformations through internationalisation and professionalisation: Through digital technology or social media, sports fans and consumers can follow live or on-demand sporting events, as well as their favourite teams and athletes, around the world.

In addition to players and fans, sport managers are also impacted by technology in sports since they must contend with an ever-more complex industry. In the past, there were few professional or commercial institutions and a wide range of mostly public or voluntary organisations in charge of overseeing and managing sports. The sports industry has grown and advanced quickly in recent decades, which has increased pressure to adopt market mechanisms (Misener and Misener, 2017). Formerly nonprofit organisations now need to set up professional organisational structures and procedures and be managed like profit organisations (Kikulis et al., 1995; Skirstad and Chelladurai, 2011). Numerous additional challenges and restrictions specific to non-profit organisations must be addressed in this intricate development process, including resource.

In summary, technology has recently had an impact on nearly every facet of sports and all of its participants. Despite their great social and economic significance, sports technology (Ratten, 2017, Ratten, 2018) and sports management (Gammelsaeter, 2020; Peachey et al., 2015) have substantial gaps in the academic literature. In reference to the latter, there is a glaring deficiency of research on sports managers; that is, although a great deal of knowledge and research has been produced for sports managers, there is relatively little knowledge about sports managers. This is a problem that has previously been brought up in the literature (Andrews and Silk, 2018; Klikauer, 2018), and it is one that this study attempts to address. Ultimately, this study's goal is to gain a better understanding.

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The overall goal of this research is to gain a better understanding of the potential future role of technology in sports, adding to the body of literature that presently addresses the integration and extension of diverse research areas to offer more all-encompassing viewpoints (Ratten, 2020). To summarise, the research question can be formulated as follows: What are the short-, medium-, and long-term effects of technology on sports? Examining this in greater detail, we are attempting to address multiple inquiries: Will technology's influence grow, stay the same, or decline? Will the effects be the same for every industry player? Which technological subcategories will be more important than which?

technologies offer solutions to various user groups within the sports industry" (Frevel et al., 2020, p. 25).

Findings from the Literature review:

1. Performance Tracking and Analysis:

- **Wearable Technology:** Athletes use devices like fitness trackers and smartwatches to monitor various aspects of their performance, including heart rate, sleep patterns,

body temperature, other physical activities and analyze movements. This data helps coaches and athletes optimize training, prevent injuries, and enhance overall performance.

- **Smart Clothing:** Smart fabrics embedded with sensors can provide real-time feedback on an athletes posture, muscle activity, and movement patterns, aiding in aiding in biological analysis.
- **GPS Technology:** GPS trackers help analyze athletes' movements, speed, and distance covered during training and competition, providing valuable insights for optimizing performance.

2. Training and Simulation:

- **Virtual Reality (VR) and Augmented Reality (AR):** Athletes can use VR and AR for immersive training experiences, simulating game scenarios, and enhancing mental preparation. This technology is also utilized for fan engagement, providing unique viewing experiences. This technology is practically use in sports like football, basketball and racing.
- **Simulators for Tactical Training:** Sports like golf and formula 1 use simulators to replicate specific conditions, allowing athletes to practice and refine their strategies.

3. Performance Enhancement:

- **Sports Science and Biomechanics:** Advanced analytics and biomechanical studies help optimize techniques in sports. This Technology aids in designing training programs that focus on improving efficiency and reducing the risk of injuries.
- **Nutritional Monitoring:** Technology assists in monitoring athletes nutritional intake, ensuring they receive personalized dietary plans to meet their specific energy and recovery needs..
- **Equipment and Gear:** Innovations in materials and design have led to lighter, stronger, and more aerodynamic equipment such as carbon fiber tennis rackets or high tech swimsuits.
- **Biomechanics Analysis:** Athletes can undergo detailed biomechanical analysis to refine their techniques and improve performance. Technologies like motion capture, force plates, and wearable sensors help in understanding movement patterns and optimizing training routines.
- **Virtual Realty (VR) and Augmented Reality (AR):** Athletes can Utilize AR and VR for simulation based training, enabling them to practice in virtual environments that mimic real real-life scenarios.

4. Biomechanics and Motion Analysis:

- **Motion Capture Systems:** Advanced motion capture technology allows coaches and scientists to analyze the biomechanics of athletes, helping to refine techniques, prevent injuries, and optimize movement efficiency.

5. Equipment Innovation:

- **Smart Equipment:** From smart basketballs to sensor-equipped tennis rackets, technology has enhanced the design and functionality of sports equipment, providing athletes with real-time data on their performance and technique.
- **Advanced Materials:** Lightweight and durable materials, such as carbon fiber and advanced polymers, have revolutionized the design of equipment making it more efficient and conducive to optimal performance.

6. Data Analytics:

- **Big Data and Analytics:** Teams use big data analytics to analyze player performance, opponent strategies, and game statistics. This data-driven approach helps in making informed decisions related to training, strategy, and player selection.

Advanced analytics tools enable and teams to analyze vast amounts of data, including player performance statistics, opponent tendencies, and game strategies.

Predictive analytics models can forecast, outcomes, identify trends and optimize player performance and team strategies.

7. Injury Prevention and Rehabilitation:

- **Rehabilitation Technology:** Advanced rehabilitation devices and techniques, such as robotic exoskeletons and virtual rehabilitation programs, aid in the recovery of injured athletes and contribute to injury prevention.
- VR and Simulation technologies provide immersive environments for training and rehabilitation, allowing athletes to visualize and practice complex movements and scenarios.

8. Communication and Connectivity:

- **Communication Tools:** Coaches and players use communication apps and platforms to streamline collaboration, share information, and strategize, especially when team members are geographically dispersed.

9. Refereeing and Judging:

- Video replay systems and goal-line technology assist refereeing and officials in making accurate decisions during games, reducing human errors and controversies.
- Automated judging systems in sports like gymnastics and figure skating use computer vision and motion analysis to access performance objectivity.

10. Fan Engagement:

- **Augmented Reality (AR) and Virtual Reality (VR):** Fans can experience games in new and immersive ways, thanks to AR and VR technologies. Virtual attendance, interactive experiences, and augmented reality features enhance the overall fan experience.
- **Social Media and Streaming:** The rise of social media platforms and online streaming service has transformed how fans access and engage with sports contents, breaking geographical barriers and providing more personalized viewing

experiences.

11 Electronic Performance and Video Analysis:

- **Instant Replay and VAR (Video Assistant Referee):** Video technology is used for reviewing decisions, enhancing fairness in sports like soccer, tennis, and American football. It helps officials make more accurate and informed calls.

12. Digital Platforms and Social Media:

- **Social Media Integration:** Athletes and sports organizations leverage social media platforms for promotion, fan engagement, and content distribution. Live streaming, virtual events, and interactive content enhance the global reach of sports.
- Overall, technology continues to play a transformative role in sports, impacting everything from training and performance analysis to fan engagement and the overall entertainment experience. As technology continues to advance, we can expect further innovations in the sports industry.

13. Environmental Sustainability:

- Innovation in sustainable and eco-friendly stadium design promotes environmental conservation and reduces the carbon footprint of sporting events.
- Overall technology and innovation continue to play a pivotal role in shaping the future of sports, enhancing performance, improving safety, and enriching the fan experience.

14. Anti-Doping Technologies:

- **Advanced Drug Testing:** Technological advancements in Drug testing methods have helped in detecting banned substances more accurately, ensuring fair play in sports.

Conclusion

There is no denying that technological advancements have enabled some performances that were unthinkable just 15 years ago incredibly challenging to imagine. Although the equipment has always been better, it is clear that the athletes' advancement is due to more than just the equipment. The foundation of success in practically every sport is training methodology, dietary habits, and physical recuperation. Because of the growing popularity of new sports technologies and the newest fashions among youth, the sports equipment market is changing quickly. The strategy used by manufacturers to stay competitive in the market, draw in new clients, and satisfy the needs of current ones is the launch of novel products.

The market benefits from quick technological advancements and ongoing innovations in all areas of sports equipment, which cater to consumer preferences.

The primary factor influencing the market's growth is people's growing awareness of their overall health, which is driving them towards sports activities. Additionally, as materials used to make sports equipment continue to advance, the performance of the product also improves, which raises the adoption rate.

Limitation :

The review will concentrate on sports innovation and technology. Peer-reviewed journal articles, conference proceedings, book chapters, and reliable web sources that have been published within the past 20 years will all be taken into consideration.

Future scope for Reserch :

In order to close the gaps in the current literature, future research should look at the role of social media and emerging technologies as well as diverse athlete populations. Research ought to assess the efficacy of current interventions and support programmes, offering evidence-based suggestions for improving athlete support during mid-career transitions. This all-encompassing strategy will guarantee that athletes have access to the tools and direction they need to handle the difficulties posed by mid-career crises, ultimately enhancing their well-being and sense of fulfilment in their careers.

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Corporate Social Responsibility In Olympics Sports



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Introduction :

While the full form of CSR stands for Corporate Social Responsibility, it can come in many different forms, including philanthropy, volunteering, ethical business practices, environmental sustainability, and social initiatives. CSR involves corporate companies going beyond their traditional business objectives of profit-making and actively engaging in activities that benefit society, such as reducing their carbon footprint, supporting charitable causes, or implementing ethical labour practices. While CSR involvement in the sports sector is officially recognized by the government of India, the contribution towards the sector from companies has been very minimalist over the years.

Almost all professional organizations and sports teams began to engage in various forms of corporate social responsibility (CSR) in recent years. This is because CSR can provide financial benefits (Brammer & Millington, 2008; Oliver, 1991), increase the public opinion of an organization (Godfrey, 2009; Walker & Kent, 2009), increase brand loyalty (Moon, Lee, & Oh, 2015), and attract potential talent for a firm (Shamir, 2005).

Corporate Social Responsibility (CSR) is an important area of study because of its ability to improve lives and bring awareness to social issues around the world. According to *Philanthropy Monthly*, social responsibility is the philosophy that emphasizes strong individual initiative and an active role in the voluntary sector. It is this philosophy that aids in a country's progress and serves as the basis upon which America was founded and remains structured (Smallwood & Levis, 1977).

History of CSR in India :

Corporate Social Responsibility in India has a long history that dates back to the early 20th century. In 1948, the Indian Companies Act was enacted, which required companies to disclose their profits and the amount of money they had spent on CSR activities. However, it was not until the 1990s that CSR began to gain widespread attention in India.

In 2013, the Indian government passed the Companies Act, which made it mandatory

for companies having a net worth of 500 crore or more, a turnover of 1000 crore or more, or a net profit of 5 crores or more, to spend at least 2% of their average net profits over the previous three years on CSR activities. This marked a significant milestone in the history of CSR in India, as it made CSR spending a legal requirement for companies.

Since then, CSR has become an integral part of the business landscape in India. Companies across sectors are now investing in CSR initiatives, including education, healthcare, poverty alleviation, environmental sustainability, sports and community development.

Overall, the history of CSR in India has been marked by a gradual evolution, with a growing recognition of the role of businesses in creating positive social and environmental impact.

CSR in sports

The Indian Companies Act 2013 includes “training to promote rural sports, nationally recognised sports, Paralympic sports and Olympic sports” as activities that can be included by companies in their CSR policies. In 2016, the obligations under CSR for sports were expanded to include “construction, renovation, maintenance of stadiums, gymnasiums and sports science support including rehabilitation centers” as permissible CSR activities.

The total CSR spend towards sports for FY 2020-21 was 249.49 Cr, with contributions from 583 companies with the state of Karnataka being the largest contributor. The amount is significantly less when compared to the overall CSR spending of 25714.65 Cr, which is not even 1%!

Let's take a look at the trend of the last 5 years' available data on CSR spending's by corporates

Years	State	CR
2016-17	Coal India Ltd Gov.of India	43.36 CR
2017-18	Reliance Industries	43.11 CR
2018-19	Reliance Industries	48.65 CR
2019-20	Reliance Industries	41.65 CR
2020-21	Reliance Industries	49.00 CR

Let's take a look at some of the major contributors towards sports CSR in the country -

Years	State	companies	CR
2016-17	Maharashtra	531	180.76 CR
2017-18	Maharashtra	583	285.41 CR
2018-19	Maharashtra	604	309.59 CR
2019-20	Maharashtra	765	303.72 CR
2020-21	Karnataka	583	242.49 CR

It's worth noting that the COVID-19 pandemic has had a significant impact on CSR spending in India in general, with some companies redirecting their CSR funds towards pandemic relief efforts. It remains to be seen how this has affected CSR spending in sports in India in 2021-22.

How can CSR help the development or promotion of sports in India.

CSR can play an important role in developing and promoting sports in India. Here are a few ways in which CSR can help:

CSR role in developing and promoting sports in India



Infrastructure Development: Many companies can contribute towards the development of sports infrastructure in India by building new stadiums, sports complexes, and training centers. These facilities can help provide better training opportunities to athletes and also attract more sporting events to the country.

Sponsorship and Funding: Companies can also provide sponsorship and funding for various sports events and teams, and individual athletes which can help in promoting sports by improving the quality of training, quality equipment and helping participate in competitions.

Skill Development: CSR initiatives can be launched to help promote skill development in sports. This could include training programs for coaches, sports science research, and the development of training modules for athletes.

Grassroots Development: Companies can also focus on grassroots development, targeting schools and colleges to promote sports and encourage participation. This can be done by sponsoring local sports teams, providing sports equipment and coaching, and organizing sports events and tournaments.

Promoting Diversity and Inclusion: Companies can also use their CSR initiatives to promote diversity and inclusion in sports by providing opportunities and support for underrepresented groups, such as women and persons with disabilities.

Sports Science: CSR can help in the provision of quality sports science access to teams and athletes, helping them be better competition ready.

Overall, CSR initiatives can play a critical role in developing and promoting sports in India by providing funding, infrastructure, and support for athletes and promoting sports as a healthy and rewarding activity for all.

How can Sports NGOs accept CSR funds?

If you are a Sports based NGO or a foundation, here's a quick guide on how you can be eligible to accept CSR grants in India.

- A) **Registration:-** The entity must be registered under the Societies Registration Act, 1860 or Indian Trusts Act, 1882, or Section 8 of the Companies Act, 2013, to be eligible for receiving CSR funding from companies.
- B) **Form CSR 1:-** The implementation entity must get registered in form CSR-1 and get a unique CSR registration number.
- C) **Eligibility:-** The entity must meet the eligibility criteria laid out by the company to be eligible for receiving CSR funding. The eligibility criteria may vary from company to company and may include factors such as track record, area of work, and financial stability.
- D) **Reporting:-** The entity receiving CSR funds must provide regular reports to the company on the progress and impact of its CSR activities. The reports must be in the format specified by the company and should be submitted at regular intervals.
- E) **Monitoring and Evaluation:-** The entity must have proper monitoring and evaluation systems in place to track the progress and impact of its CSR activities. The systems should be able to provide data on the outcomes achieved, beneficiaries served, and challenges faced.
- F) **Audit and Compliance:-** The entity receiving CSR funds must undergo regular audits to ensure compliance with the CSR regulations. The audits should be conducted by a qualified and independent auditor and should cover all aspects of operations, including financial management and governance.
- G) **Utilization of Funds:** The entity must utilize the CSR funds received for the designated CSR activities only and not for any other purpose. They must also ensure that the funds are used efficiently and effectively to achieve the desired outcomes.
- H) **Documentation:** The entity must maintain proper documentation of its CSR activities, including the funds received, expenditures incurred, and outcomes achieved. The documentation must be transparent and easily accessible to stakeholders.

In summary, NGOs in India must comply with various regulations related to CSR to be eligible for receiving funding from companies. The entity must ensure that they meet the eligibility criteria, provide regular reports on their progress and impact, have proper monitoring and evaluation systems in place, undergo regular audits to ensure compliance, utilize the funds received for the designated CSR activities only, maintain proper documentation, and be transparent in their operations

If the corporate sector responds positively to these appeals and recognizes the potential opportunity, it could provide essential financial and logistical support to Indian athletes and sports infrastructure, which could be a significant step toward India becoming a major player in the sporting world.

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Impact of Children's engagement in Traditional Sports on the Fitness: A Descriptive Study in Andhra Pradesh



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Abstract

This research examines children's involvement in traditional sports in Andhra Pradesh, focusing on their perceived benefits, challenges, and impacts on physical, social, and cultural well-being. Utilizing a mixed-methods approach including qualitative interviews, physical assessments, and documentary analysis, comprehensive data is collected. Findings highlight the cultural significance of traditional sports in preserving heritage and identity, fostering physical fitness, social cohesion, and character development. However, challenges such as modernization, inadequate infrastructure, and gender stereotypes hinder widespread participation. Collaboration among stakeholders including government, educational institutions, community organizations, parents, sports federations, and researchers is recommended to promote and preserve traditional sports. Strategies proposed include policy initiatives, curriculum integration, community-based programs, parental support, and research dissemination to address challenges and maximize benefits. By creating an enabling environment for traditional sports participation, stakeholders can ensure the holistic development and cultural preservation of children in Andhra Pradesh. This research underscores traditional sports' significance for children's well-being and advocates for collaborative efforts to promote these activities effectively.

Keywords: Traditional sports, Children, Fitness, Cultural heritage, Physical activity, Andhra Pradesh

1. INTRODUCTION

Physical fitness among children is a crucial aspect of their overall health and well-being. In recent years, there has been a growing concern about the sedentary lifestyles adopted by many children, leading to a decline in physical activity levels and an increase in health-related issues such as obesity and cardiovascular diseases. Traditional sports, deeply rooted in culture and heritage, offer an alternative avenue for physical activity engagement among children. This study aims to investigate the impact of children's engagement in traditional sports on their fitness levels, focusing specifically on the context of Andhra Pradesh, India.

Andhra Pradesh, a state rich in cultural heritage, boasts a diverse array of traditional sports that have been passed down through generations. These sports often reflect the region's history, traditions, and values, and they play a significant role in community life. Examples of traditional sports in Andhra Pradesh include Kabaddi, Kho Kho, Gilli-Danda, Lagori, and various indigenous forms of wrestling and martial arts. Despite the emergence of modern sports and recreational activities, traditional sports continue to hold cultural significance and are practiced in both rural and urban settings.

Childhood obesity and sedentary lifestyles have become significant public health concerns globally, including in regions like Andhra Pradesh, India. Despite the growing recognition of the importance of physical activity for children's health, there is limited research on the impact of engagement in traditional sports on their fitness levels in this specific cultural context. Thus, the problem addressed by this research is to understand how children's involvement in traditional sports influences their physical fitness in Andhra Pradesh. This problem statement delineates several key issues:

The prevalence of childhood obesity and related health issues is increasing in Andhra Pradesh, mirroring global trends. Sedentary behaviors, including excessive screen time and reduced physical activity, contribute to these health concerns. Despite the rich cultural heritage of traditional sports in Andhra Pradesh, there is a perceived decline in children's engagement in these activities. Modern forms of entertainment and sports, coupled with changes in lifestyle and urbanization, have led to a decreased interest in traditional sports among the youth.

While there is ample evidence supporting the benefits of physical activity for children's health, there is a dearth of research specifically examining the impact of traditional sports engagement on fitness levels among children in Andhra Pradesh. Existing studies often focus on modern sports or generic physical activity without considering the cultural context and unique characteristics of traditional sports.

The problem statement of the study underscores the need to investigate how children's engagement in traditional sports influences their fitness in Andhra Pradesh, highlighting the intersection of cultural heritage preservation, health promotion, and policy implications. This research seeks to address these gaps by providing valuable insights into the potential benefits of traditional sports participation for children's physical fitness and well-being in the region.

2. RESEARCH OBJECTIVES

1. To examine the prevalence of children's engagement in traditional sports in Andhra Pradesh.
2. To assess the physical fitness levels of children actively participating in traditional sports compared to those not involved.
3. To identify the factors influencing children's participation in traditional sports.
4. To explore the perceived benefits and challenges associated with engaging in traditional sports among children in Andhra Pradesh.

3. LITERATURE REVIEW

According to the World Health Organization (WHO), the prevalence of childhood obesity has risen dramatically in recent decades, with approximately 38 million children under the age of 5 being overweight or obese globally. Sedentary behaviors, such as prolonged screen time and reduced physical activity, contribute significantly to this epidemic (Poitras et al., 2016). Encouraging children to engage in regular physical activity is crucial for preventing obesity and promoting overall health.

Traditional sports, defined as indigenous or culturally specific physical activities, offer a unique opportunity to promote physical activity and preserve cultural heritage simultaneously (Smith & Westerbeek, 2018). These sports often involve a combination of aerobic and anaerobic exercises, contributing to improvements in cardiovascular fitness, muscular strength, and flexibility (Alves et al., 2019). Furthermore, the social nature of traditional sports fosters teamwork, cooperation, and community cohesion among participants (Wickrama et al., 2020).

Studies conducted in various regions of India have highlighted the positive effects of traditional sports participation on children's physical fitness. For example, a study by Singh and Kumar (2017) found that children engaged in traditional Indian sports. Similarly, research by Patel et al. (2018) demonstrated the efficacy of traditional martial arts, such as Kalaripayattu, in improving agility, balance, and overall physical fitness among children in Kerala.

While traditional sports offer numerous benefits for children's physical fitness and well-being, there are also challenges associated with their promotion and sustainability. Factors such as changing lifestyles, urbanization, and the influence of modern forms of entertainment may affect children's interest and participation in traditional sports (Collins et al., 2021). Additionally, limited access to facilities, inadequate infrastructure, and lack of institutional support may hinder efforts to promote traditional sports among children in Andhra Pradesh.

Tomkinson, G. R. et al. (2019) have underscored a troubling global pattern characterized by escalating rates of obesity, physical inactivity, and poor fitness among children and adolescents. These trends pose significant challenges to public health systems and educational institutions worldwide.

Solis-Urra, P. et al. (2021) have established a clear link between obesity, physical inactivity, and low fitness levels with adverse health outcomes such as increased prevalence of cardiometabolic diseases. Additionally, these factors have been correlated with lower cognitive function and academic performance among children and adolescents.

In his seminal work, Patnaik (2013) delineated the concerning dietary habits prevalent among children, highlighting the dominance of certain food practices that are detrimental rather than nutritious.

Given the detrimental effects of obesity, physical inactivity, and poor fitness on health and education, there is an urgent demand for intervention strategies (Eozenou, P.H.V. et al., 2021). Murlikrishna, P.N. et al. (2020) investigated the historical trend in health insurance coverage, noting a significant shift over the past decade..

The literature extensively documents the positive impact of structured Physical Education (P.E.) programs on various aspects of health. Notably, studies highlight the role of PE in enhancing physical fitness parameters such as cardiovascular endurance, muscular strength, and flexibility (Pasek, M. et al., 2020). Moreover, PE interventions are associated with promoting healthy lifestyle behaviors, including adherence to proper dietary practices and increased overall physical activity levels (Trigueros, R. et al., 2019). Furthermore, evidence suggests that participation in PE contributes to improved mental health outcomes, such as reduced stress levels and enhanced psychological well-being (Triaca, L.M. et al. 2019).

Research indicates that traditional teaching methods characterized by rigid exercise routines and controlling strategies may undermine the quality of PE experiences for students (Tilga, H. et al., 2019).

Despite the prevalence of traditional, less game-based instructional styles in PE, evidence suggests that these approaches may yield suboptimal health outcomes or even negative effects on students' well-being (Cale, L. 2020).

Venugopal, K. et al. (2015) conducted a study focusing on the profound impact of parental touch on children's health, particularly concerning dietary habits and medical check-ups. The researchers emphasized the crucial role of physical affection and nurturing provided by parents in promoting children's well-being.

4. METHODOLOGY

The study employed a comprehensive methodological approach, combining a descriptive research design with mixed-methods framework to explore the impact of children's engagement in traditional sports on fitness levels. Quantitative surveys gathered data on sports participation and fitness metrics, while qualitative interviews provided insights into cultural significance and perceived benefits. Physical assessments objectively measured fitness parameters. Diverse data sources included interviews with children, parents, coaches, and community members, literature review, observational studies, and engagement with local communities and experts. This approach ensured a nuanced analysis of traditional sports practices and their influence on children's fitness in Andhra Pradesh, enhancing the study's rigor and validity by triangulating findings and offering a comprehensive understanding of the subject

5. ANALYSIS

5.1. Factors Influencing Children's Participation in Traditional Sports

Several factors contribute to shaping children's attitudes and behaviors towards traditional sports, ranging from individual preferences to societal and environmental influences.

- The cultural significance of traditional sports within communities plays a significant role in shaping children's participation. Cultural traditions, passed down through generations, often instill a sense of pride and identity, motivating children to participate in activities deeply rooted in their heritage.
- Peer groups and social networks can significantly influence children's decisions to

participate in traditional sports. Positive peer interactions, social acceptance, and belongingness within a group can motivate children to join in activities popular among their peers.

- The accessibility of facilities and resources for practicing traditional sports can impact participation rates. Communities with well-maintained sports grounds, cultural centers, or local clubs dedicated to traditional sports are more likely to attract children to participate.
 - The inclusion of traditional sports in school curricula can significantly influence children's participation. Schools that prioritize physical education programs incorporating traditional sports provide structured opportunities for children to engage in these activities.
 - Children's perceptions of the health benefits associated with traditional sports, such as improved fitness, stamina, and overall well-being, can influence their participation.
 - Socioeconomic factors, such as household income and access to financial resources, can impact children's participation in traditional sports. Families facing financial constraints may find it challenging to afford equipment, membership fees, or transportation to sports facilities.
- ## 5.2. Perceived Benefits and Challenges of Engaging in Traditional Sports Among Children in Andhra Pradesh

5.2.1. Perceived Benefits:

- Traditional sports in Andhra Pradesh serve as custodians of cultural heritage, preserving ancient practices, rituals, and values passed down through generations. Children who engage in these sports develop a deeper appreciation for their cultural identity and heritage, fostering a sense of pride and connection to their roots.
- Participation in traditional sports promotes physical fitness and well-being among children. Activities such as Kabaddi, Kho Kho, and indigenous forms of martial arts require agility, strength, and stamina, contributing to overall physical development. Regular engagement in these activities helps combat sedentary lifestyles and reduces the risk of obesity and related health issues.
- Traditional sports serve as platforms for social interaction and community bonding in Andhra Pradesh. Children who participate in these activities develop strong bonds with peers, coaches, and community members, fostering a sense of belonging and camaraderie. Team-based games like Kabaddi and Lagori promote teamwork, cooperation, and mutual respect among participants.
- Engaging in traditional sports instills valuable life skills and character traits in children. These activities cultivate discipline, perseverance, resilience, and leadership qualities, shaping children into well-rounded individuals. Learning to face challenges, overcome obstacles, and exhibit sportsmanship fosters personal growth and self-confidence among participants.
- Traditional sports offer opportunities for emotional expression, stress relief, and psychological well-being. Physical activity stimulates the release of endorphins, promoting feelings of happiness and relaxation. Moreover, the supportive environment

of traditional sports communities provides a source of emotional support, helping children navigate stressors and build resilience.

5.2.2. Perceived Challenges:

- The rapid pace of modernization and urbanization in Andhra Pradesh poses challenges to the continued practice of traditional sports among children. Increasingly, children are drawn to modern forms of entertainment and sedentary activities, diminishing interest in traditional sports.
- Limited access to sports facilities, equipment, and trained coaches in rural areas poses a barrier to children's participation in traditional sports. Many communities lack proper infrastructure for organizing and promoting traditional sports events, hindering opportunities for children to engage in these activities.
- Evolving lifestyles and changing societal preferences influence children's choices regarding leisure activities. As technological advancements and digital media become more prevalent, children may prioritize screen time over outdoor physical activities, reducing their inclination towards traditional sports.
- The rise of modern sports leagues, tournaments, and organized competitions presents competition for traditional sports in Andhra Pradesh. Children may be drawn to popular modern sports like cricket, football, and basketball, diverting attention and resources away from traditional sports.
- Gender stereotypes and cultural norms surrounding traditional sports may deter girls from participating in these activities. In some communities, traditional sports are perceived as male-dominated or incompatible with feminine ideals, limiting opportunities for girls to engage fully in these pursuits.

6. SUGGESTIONS

- Various stakeholders should play crucial roles in promoting and preserving traditional sports in Andhra Pradesh.
- The government should allocate funding and integrate traditional sports into school curricula while establishing policies to encourage children, especially girls, to participate.
- Educational institutions should include traditional sports in physical education, train teachers, and organize competitions.
- Community organizations can offer workshops, partner with schools, and advocate for cultural preservation.
- Parents should support children's participation, educate them about cultural significance, and engage in community events.
- Sports federations can organize tournaments, train coaches, and advocate for recognition. Researchers can conduct studies on the impact of traditional sports and share findings with stakeholders to inform policy and program development.

- Through these concerted efforts, traditional sports can thrive and benefit children's physical, social, and emotional development in Andhra Pradesh.

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Effect Of Gender And Area In Self-confidence Of Kabaddi Players



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Abstract:

The present investigation was planned to determine effect of gender and area in self-confidence of kabaddi players of R.T.M. Nagpur University. This study explores 60 kabaddi players (30 male and 30 female) through the stratified random sampling technique from R.T.M. Nagpur University. They were assessed using the Self-Confidence Inventory (SCI). Results indicate that there are no significant differences between Male and Female kabaddi players in their level of self-confidence. Also, there are no significant differences between them in their self-confidence across and within two groups with regard to their gender. Also type of Area is a factor, which can not affect kabaddi player's self-confidence in both genders.

Key words: Self-Confidence, Kabaddi, Gender, Area

1. Introduction

Life begins with learning new things in whole life. It is start with womb of mother and end with the death. Every individual has inbuilt, intrinsic and extrinsic capability to explore their ability according to their self-confidence. According to Madeleine Kearns expressions of self-confidence are often interpreted as arrogance, while self-effacement comes off as endearing and to earth. (Lenney, 1977) Self-confidence, which has an unfavourable impact on each person's body and soul as well as a reduction in their efficiency, is one such factor. (Khobragade et al., n.d.)

Kabaddi's a traditional Indian game. Kabaddi, which originated in South Asia and has spread to Iran, Japan, Southeast Asia, the United Kingdom, Canada etc. is a kind of contact sport with wrestling origins. (Manimaran & Mohanakrishnan, 2023) It is the state game of Tamil Nadu, Karnataka, Punjab, Maharashtra, Bihar, Telangana and Andhra Pradesh, which is a highly popular sport in India. --(Johnson et al., 2023) In Bangladesh and Nepal, it's a national game. In international competition, the game has been a part of Asian Games since 1990 and in addition to different professional leagues and other international tournaments there is an annual World Cup for men and women. (Dhillon et al., 2017)

Confidence is the belief that you can be successful at what you wish to do. Positive emotions, concentration, establishing more difficult objectives, increased effort and the development of efficient competitive strategies are indicators of a high level of confidence. A high expectancy of success is characteristic of self-confidence. (Bénabou & Tirole, 2005; Gurule & Muley, 2019)

1.1 Objectives of Study:

1. To examine self-confidence of kabaddi players of R.T.M. Nagpur University.
2. To examine self-confidence on effect of gender difference on kabaddi players of R.T.M. Nagpur University.
3. To examine self-confidence on effect of area difference on kabaddi players of R.T.M. Nagpur University.
4. To compare of self-confidence of gender and area on kabaddi players of R.T.M. Nagpur University.

1.2 Hypothesis of Study:

H1: There is no effect of gender on self-confidence.

H2: There is no significant difference between self-confidence of different areas.

H3: There is no interaction effect on self-confidence i.e. There is no significant effect of gender and area type simultaneously on self-confidence.

1.3 Significance of Study:

1. The study will be helpful to understand the differences in self-confidence of kabaddi players.
2. The study will be enlightened the importance of self-confidence for performance.
3. The study may in order to prepare their training schedule for better performance, physical education teachers, coaches, trainers and players may benefit from this finding.

1.4 Delimitations:

1. The study was delimited to the kabaddi players of intercollegiate level and inter-university level of R.T.M. Nagpur University.
2. The study was delimited in the age group of 18-25 years.
3. The study was delimited for the year 2023-2024.
4. The study was delimited to 30 male kabaddi players.
5. The study was delimited to 30 female kabaddi players.
6. The study was delimited to self-confidence.

1.5 Limitations:

1. The daily routine life and voluntary participation in other physical activities of subjects not under the control of the researcher.

2. Their habits, diet and motivation had not been controlled.

3. There was no control over environmental factors.

2. Methods

2.1 Samples:

The sample for the present study consisted of 60 kabaddi players of R.T.M. Nagpur university, both males and females divided equally, drawn on the basis of random sampling from different large scale kabaddi players of R.T.M. Nagpur university. The distribution of samples was as two way ANOVA with Replication and unbalanced model area wise with total score of self-confidence.

Tool used: Standardised questionnaire designed by Dr. Rekha Gupta was used to evaluate the self-confidence Inventory.

2.2 Procedure

Data for this investigation was collected in two steps, starting with seeking permission from the authorities in the research study centre of higher education Jyotiba College of Physical education Nagpur. And after getting Permission from the director of physical education of Rashtrasant Tukodoji Maharaj Nagpur University, Nagpur. The Self-Confidence Inventory was given to those inter-collegiate participation kabaddi players to fill in the questionnaire after 1-4 days filling it at their spare time. The kabaddi players were given all the necessary instructions and told to give their honest response to each question.

2.3 Research Design

The design of the present study is 3x2x1 factorial design, since three different variables varied at three different levels.

2.3.1 Variables under study

Area, and Gender of the subject was treated as independent variable, where as level of self-confidence was treated as dependent variable.

2.4 Statistical treatment

The data was initially treated by descriptive statistics i.e. mean and standard deviation (SD).

To arrive at an inference the data was further treated by 2-way ANOVA. The results obtained by two way ANOVA were subjected to Levene's test of two way comparison.

3. Results

The present study was aimed towards the effect on self-confidence by six classified groups of kabaddi players of R.T.M. Nagpur university of different genders and area with differences in the levels of self-confidences.

Table No. 1: Mean and SD of six classified groups

Groups	Male-Urban	Male-Rural	Male-Semi-Urban	Female-Urban	Female-Rural	Female-Semi-Urban
N	9	12	9	10	10	10
Mean	21.1111	24.7500	20.4444	22.0000	20.7000	19.2000
SD	10.79866	9.09670	11.65237	10.55146	6.30784	9.91968

To ensure whether the obtained six classified groups differ significantly from each other or not, the data was treated by two way ANOVA.

Table No. 2 Summary of Two way ANOVA (Self-Confidence)

Sources of Variation	SS	df	MSS	F
Gender	32.051	1	32.051	.334
Area	85.866	2	42.933	.448
Gender x Area	62.682	2	31.341	.327
Within	33110.000	60		
Total	33290.599			

Observation of mean and SD reveals differences amongst them (see table 2) from the initial observations all the six classified groups seem to differ from each other but to arrive at concrete conclusion it is not fair to see merely the mean difference, hence the data was treated by 2 way ANOVA.

The summary of two way ANOVA indicates that main effect Gender could not brought out significant F ratio ($F=0.334$, $df=1$ and 60 , $P>0.05$). These values clearly indicate that there is no gender difference as far as self-confidence is concerned. Hence the hypothesis (There is no significant difference between gender with regards to self-confidence of kabaddi players of R. T. M. Nagpur university.) has been retained.

The second hypothesis, i.e. Factor of area also indicates that significant F ratio ($F=0.448$, $df=2$ and 60 , $P>0.05$). these values clearly indicates that there is no area difference as far as self-confidence is concerned. Hence the hypothesis (There is no significant difference between area with regard to self-confidence of kabaddi players of R. T. M. Nagpur university.) has been retained.

The interaction effect gender and area reveal a non significant F ratio suggesting that there is no relation between all two independent variables. All independent variables are independent from each other.

Self-confidence of main effect and interaction effect only partial differences amongst six classified groups. It doesn't intergroup mean difference. Hence to find the intergroup mean

differences, the data was further treated by Levene's test of equality of error variances. The results are shown in the following table.

Table No. 3. Dependent variable: Self-confidence by Levene's test

F	Df1	Df2	Sig.
.982	5	54	.437

H0: There is no significance difference in variances of all the groups because as p-value (0.437>0.05) Null hypothesis is accepted.

5. Discussions

5.1 Gender

Analysis of the fundamental gender of self-confidence revealed that the not effect and significant differences were observed between two (male and female) groups. The findings of our research also successful.

5.2 Area

Analysis of the fundamental areas of self-confidence revealed that the not effect and significant differences were observed between three groups (urban, rural and semi-urban). The findings of our research are successful.

Conclusion

At high level sport competition, it is difficult to beat the opposition without self-confidence. Self-confidence increases the level of sport performance depend upon mental preparation and gender and area doesn't affect the performance. Present study is focusing on the implication and importance of psychological training by understanding the level of self-confidence effects of kabaddi player's mind on their sports performance may beneficial for achieving maximum potential in sports.

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Sporting Bridges: Exploring the Role of Sports Diplomacy in Cultivating International Harmony



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Abstract:

Sports diplomacy has emerged as a significant tool for fostering international relations and promoting cultural exchange. This study investigates the multifaceted role of sports diplomacy in building bridges between nations and enhancing global harmony. Through an extensive review of literature, this paper examines how sports serve as a platform for diplomatic engagement, transcending political boundaries and fostering mutual understanding among diverse cultures. It delves into the historical context of sports diplomacy and analyses its effectiveness in resolving conflicts, promoting peace, and advancing diplomatic agendas. Moreover, this paper explores the various mechanisms and strategies employed in sports diplomacy, including mega sporting events, athlete exchanges, and sports-based initiatives. Additionally, it scrutinizes the challenges and limitations faced by sports diplomacy initiatives and propose recommendations for maximizing their impact in promoting international harmony. By synthesizing theoretical frameworks with empirical evidence, this research contributes to a deeper understanding of the transformative power of sports diplomacy in shaping global relations and fostering a more peaceful and cooperative world.

Keywords: Sports diplomacy, International Harmony, Global relations

I. INTRODUCTION

In a world often marked by geopolitical tensions and cultural divides, the pursuit of international harmony remains a paramount goal for global leaders and citizens alike. Amidst this backdrop, the role of sports diplomacy has emerged as a powerful force in transcending barriers and fostering mutual understanding between nations. Sporting events, beyond their competitive nature, have become platforms for diplomatic engagement, cultural exchange, and solidarity-building on a global scale.

The notion of sports as a diplomatic tool is not a recent phenomenon. Throughout history, from ancient Olympic truces to modern-day mega sporting events, such as the FIFA World Cup and the Olympic Games, sports have played a pivotal role in bridging divides and promoting cooperation between nations. However, it is in recent decades that sports diplomacy has gained increased recognition and prominence as a strategic instrument in the

realm of international relations.

This research paper seeks to delve into the multifaceted landscape of sports diplomacy, exploring its evolution, mechanisms, effectiveness, and potential in cultivating international harmony. By examining both theoretical frameworks and empirical evidence, this study aims to provide a comprehensive understanding of how sports serve as a conduit for diplomatic relations, transcending political, cultural, and ideological differences.

Through an exploration of case studies and analyses of various sports diplomacy initiatives, this paper will elucidate the ways in which sports have been utilized to promote peace, resolve conflicts, and advance diplomatic agendas. Moreover, it will critically examine the challenges and limitations faced by sports diplomacy efforts, as well as propose recommendations for enhancing their efficacy in fostering global harmony.

Ultimately, this research endeavours to contribute to the growing body of literature on sports diplomacy by offering insights into its potential to shape international relations and create a more interconnected and peaceful world. As we navigate an increasingly complex global landscape, understanding the transformative power of sports diplomacy becomes ever more crucial in fostering a future marked by cooperation, understanding, and unity across borders.

II. Historical Evolution of Sports Diplomacy

Sports diplomacy, the use of sports as a means to promote international relations and foster diplomatic ties between nations, has a rich and varied history that dates back to ancient civilizations. Throughout the centuries, sports have played a significant role in bridging cultural divides, facilitating dialogue, and promoting peace among nations. This essay explores the historical evolution of sports diplomacy, tracing its roots from ancient times to its contemporary manifestations in modern international relations.

Ancient Origins

The origins of sports diplomacy can be traced back to ancient civilizations such as Greece and Rome, where athletic competitions served as platforms for cultural exchange and diplomatic engagement. The ancient Olympic Games, held in Olympia, Greece, from the 8th century BCE to the 4th century CE, were not only sporting events but also occasions for truces among warring city-states. During the Olympic truce, athletes, officials, and spectators were granted safe passage to and from the games, promoting peace and unity across the region.

Similarly, in ancient Rome, chariot races and gladiatorial contests were used by emperors as tools of diplomacy to placate the masses and assert political dominance. These spectacles served as symbols of imperial power and were often accompanied by lavish displays of wealth and patronage to impress foreign dignitaries and allies.

Medieval and Renaissance Period

During the medieval and Renaissance periods, sports continued to serve diplomatic purposes, albeit in different forms. Jousting tournaments, popular in Europe during the Middle Ages, were not only displays of chivalry and martial skill but also opportunities for knights to showcase their prowess and forge alliances with foreign nobility. These

tournaments often attracted participants and spectators from different kingdoms and helped foster camaraderie among rival factions.

In the Renaissance era, Italy became a centre of cultural exchange and diplomatic activity, with sports such as calcio storico (historic football) serving as avenues for social interaction and diplomacy. Calcio storico matches, which combined elements of football, rugby, and wrestling, were organized by noble families as a way to strengthen political alliances and resolve disputes through friendly competition.

Modern Era

The modern era witnessed the formalization of sports diplomacy as a tool of statecraft, particularly with the rise of organized international sporting events. The revival of the Olympic Games in 1896 marked a turning point in the use of sports as a means of promoting peace and understanding among nations. The founder of the modern Olympics, Pierre de Coubertin, envisioned the games as a platform for fostering international cooperation and friendship, transcending national boundaries and political differences.

In the 20th century, sports diplomacy took on new significance with the advent of "ping-pong diplomacy" between the United States and China. During the Cold War, table tennis matches between American and Chinese players served as a catalyst for diplomatic rapprochement, paving the way for President Richard Nixon's historic visit to China in 1972. The thawing of relations between the two countries was facilitated by the shared passion for sports and the goodwill generated by the exchange of athletes and cultural delegations.

Contemporary Trends

In the contemporary era, sports diplomacy has become an integral part of diplomatic strategies employed by governments and international organizations. Major sporting events such as the FIFA World Cup and the Olympic Games serve as platforms for showcasing national identity, projecting soft power, and promoting cross-cultural understanding. These mega-events attract millions of viewers worldwide and provide opportunities for diplomatic engagement, economic cooperation, and public diplomacy initiatives.

Moreover, sports diplomacy has expanded beyond traditional sports to include non-traditional activities such as e-sports, marathon diplomacy, and sports for development programs. Initiatives such as the Olympic Truce, which calls for a cessation of hostilities during the Olympic Games, highlight the enduring relevance of sports diplomacy in promoting peace and reconciliation in conflict zones.

To sum up, the historical evolution of sports diplomacy underscores the enduring significance of sports as a tool for promoting international cooperation, fostering cultural exchange, and building bridges between nations. From ancient civilizations to the modern era, sports have served as vehicles for diplomacy, transcending linguistic, cultural, and political barriers to unite people across borders. As the world continues to grapple with complex geopolitical challenges, sports diplomacy remains a powerful instrument for promoting harmony and understanding in an increasingly interconnected global community.

III. The Role of Sports in Diplomacy

Sports have long transcended their primary function as recreational activities and have evolved into powerful tools for diplomacy. The intersection of sports and diplomacy creates a unique platform for fostering international cooperation, building bridges between nations, and promoting peace and understanding on the global stage. This essay explores the multifaceted role of sports in diplomacy, examining its historical significance, its impact on bilateral and multilateral relations, and its potential for addressing contemporary challenges in international affairs.

The use of sports as a diplomatic tool dates back to ancient civilizations, where athletic competitions were employed as means of resolving conflicts and fostering goodwill between rival city-states. The ancient Olympic Games, for example, provided a platform for Greek city-states to showcase their athletic prowess while promoting a temporary cessation of hostilities. Similarly, martial arts competitions in ancient China served as avenues for cultural exchange and diplomacy between warring factions.

Promoting Bilateral and Multilateral Relations

In contemporary times, sports diplomacy has become an integral component of diplomatic relations between nations. Sporting events, such as the FIFA World Cup and the Olympic Games, attract global attention and provide opportunities for diplomatic engagement. Countries often leverage these events to showcase their cultural heritage, enhance their soft power, and strengthen diplomatic ties with other nations. For instance, the 1971 "ping-pong diplomacy" between the United States and China paved the way for the normalization of relations between the two countries, demonstrating the potential of sports as a catalyst for diplomatic breakthroughs.

Building People-to-People Connections

One of the unique aspects of sports diplomacy is its ability to connect people across borders, transcending language and cultural barriers. Sporting exchanges, such as athlete visits, cultural exchanges, and sports camps, facilitate direct interactions between individuals from different countries, fostering mutual understanding and goodwill. These people-to-people connections can contribute to the development of lasting friendships and networks that transcend political differences, laying the groundwork for enhanced cooperation and collaboration in various fields.

Promoting Peace and Conflict Resolution

Sports diplomacy also plays a significant role in promoting peace and resolving conflicts. Sporting events have the power to unite nations in a shared spirit of competition, providing common ground for dialogue and reconciliation. In conflict zones, sports initiatives, such as peace tournaments and sports-based interventions, have been used to promote social cohesion, mitigate violence, and empower marginalized communities. For example, organizations like PeacePlayers International use basketball as a tool for bringing together young people from divided communities to promote understanding and reconciliation.

Addressing Contemporary Challenges

In today's complex geopolitical landscape, sports diplomacy continues to be relevant in addressing contemporary challenges in international affairs. From climate change to global health crises, sports can serve as a platform for raising awareness, mobilizing support, and fostering collaboration among nations. Initiatives like the Olympic Truce, which calls for a cessation of hostilities during the Olympic Games, highlight the potential of sports diplomacy in promoting peace and addressing global issues that transcend political boundaries.

Concluding, the role of sports in diplomacy extends far beyond the realm of competition and entertainment. Sports have the power to bring people together; bridge divides, and promote mutual understanding and respect among nations. As the world faces increasingly complex challenges, sports diplomacy offers a valuable avenue for fostering cooperation, building trust, and advancing peace and prosperity on the global stage. By harnessing the transformative power of sports, the international community can work towards a more harmonious and interconnected world.

III. Challenges and Limitations in International Relations

Sports diplomacy in contemporary international relations is not without its challenges and limitations. One of the primary concerns is the politicization of sports, where sporting events become arenas for political posturing and manipulation. Instances of boycotts, protests, and diplomatic boycotts undermine the spirit of sportsmanship and detract from the intended goal of fostering cooperation and understanding.

The commercialization of sports presents ethical dilemmas and compromises the integrity of sports diplomacy efforts. The influence of corporate sponsors and commercial interests can overshadow diplomatic objectives, leading to questions of authenticity and sincerity in diplomatic engagements facilitated through sports.

Despite these challenges, sports diplomacy continues to hold immense potential in contemporary international relations. Its ability to transcend cultural, linguistic, and political barriers makes it a valuable tool for building connections and promoting mutual respect among nations.

IV. Sports Diplomacy in Cultivating International Harmony



V. Summary

In conclusion, the study has delved into the multifaceted realm of sports diplomacy, elucidating its pivotal role in fostering international harmony through the construction of sporting bridges. Through a comprehensive analysis of various case studies and theoretical frameworks, we've uncovered the profound impact of sports as a medium for transcending cultural, political, and social divides.

Moving forward, it is imperative to recognize the continued potential of sports diplomacy as a catalyst for fostering international cooperation and understanding. To further harness its power, policymakers, sports organizations, and diplomatic bodies should prioritize initiatives aimed at promoting inclusivity, diversity, and mutual respect within the realm of sports.

Moreover, future research endeavours should aim to explore the nuanced dynamics of sports diplomacy in different cultural and geopolitical contexts, as well as its potential to address pressing global challenges such as conflict resolution, social inequality, and environmental sustainability.

In light of the evolving landscape of international relations, it is crucial to adapt strategies and policies that leverage the transformative power of sports to bridge divides, cultivate empathy, and promote a more peaceful and harmonious world. By embracing the principles of sports diplomacy and fostering meaningful collaborations across borders, we can pave the way for a brighter and more interconnected future.

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Measuring Workplace Discrimination of Trans People



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Abstract

As Indian society becomes moderate accepting of lifestyle diversity, an increasing number of people suffering from gender dysphoria are likely to seek relief through transformations. Although medical interventions for these transitions are becoming more effective, the costs of the procedures are not covered by most medical plans and remain prohibitively expensive for the individual. As a result, those considering gender transition are more likely to go through it while still working. Many predictable problems are likely to emerge when an individual in transition is exposed to a workplace. Here the employer and HR has to play a significant role to eradicate struggling with their unique dilemma of workplace conditions. The current study focuses on this understudied population and investigates general workplace experiences, as well as individual and organizational factors that influence transsexual employees' job attitudes. The findings show that organizational supportiveness, transsexual identity centrality, and the extent to which transsexual employees disclose to individuals outside of work all predict transsexual employees' workplace disclosure behaviour. These disclosure behaviors are related to job satisfaction and organizational commitment, but not to job anxiety. Coworker reactions mediate these relationships.

Keywords: Workplace Discrimination, Work attitude, Social support, Organization commitment.

I. Introduction

Transsexuals are men and women who believe that their physical bodies do not correspond to their strong inner sense of who they are. These are essentially men and women who believe they were born with a biological "mistake." They see themselves as having an identity that is diametrically opposed to their physical sexual features. Although most transsexuals, also known as transgender people, have been aware of the incongruity since childhood, many do not completely recognise or understand the internal conflict until

adolescence or maturity. Gender dysphoria statistics India May 26, 2022 · One study found that 56% of participants who experienced gender dysphoria had also experienced at least four different traumatic events. Approximately 46% displayed signs of disorganized attachment. Employers are alarmingly uninformed about gender issues (McLynn and Garnett,2001).Transsexuals frequently experience depression and "internal conflict." [1]. previous result had been suggested that transsexual people were extremely hard working employees keep themselves into their work in order to reduce their internal conflict (Gender Identity Research and Education Society, 2002)

Being transsexual has nothing to do with a person's ability to perform his or her job, and it is critical to manage such situations at work in order to maintain efficiency and good working relationships. Discrimination against employees who are or are perceived to be gay is legal in the majority of workplaces. (Button, Rienzo, & Wald, 1997; van der Meide, 2000). Despite the fact that gay and lesbian employees make up between 4% and 17% of the workforce(Gonsiorek & Weinrich, 1991),According to studies using small regional samples, between 25% and 66% of gay employees report workplace discrimination (see review by Croteau,1996), However, because the majority of gay and lesbian employees do not openly disclose their sexual orientation at work (Badgett, 1996; Driscoll,Kelley, & Fassinger, 1996; Schneider, 1987), The possibility of discrimination is actually quite high. Although research on transsexual employees is limited, the few studies that have looked into this population suggest that, like other minority groups, transsexual employees face significant stigma in the workplace (Barclay & Scott, 2006; Berry, McGuffee, Rush, & Columbus, 2003; Dietert & Dentice, 2009; Gagne et al., 1997; Irwin, 2002);Discrimination in the workplace, as seen with other minority groups, may be more interpersonal and subtle in nature; however, its consequences are still negative (Hebl, Foster, Mannix, & Dovidio, 2002; King, Shapiro, Hebl, Singletary, & Turner, 2006). Disclosure of other stigmas in the workplace has been shown in studies to be a beneficial strategy for improving job attitudes (Day & Schoenrade, 1997, 2000; Griffith & Hebl, 2002; Ragins, Singh, & Cornwell, 2007), As a result, it is possible that this strategy will be effective for transsexual people as well. Other minority groups' workplace experiences have been shown to benefit from organisational supportiveness (Barron and Hebl, 2010; Griffith & Hebl, 2002); As a result, organisations may be able to play a role in improving transsexual employees' experiences.

2. Literature Review and Hypothesis

2.1 Workplace issues of transsexual employees

Very less research found on transsexual employees focuses almost only on case studies and other qualitative data. A significant portion of this research gives stories of the pre- and post-transition experiences, reactions of others, and outcomes of these experiences and those of others for transsexual employees. For instance, studies have shown that disclosing one's transition to coworkers can result in both difficulties and their acceptance. (Schilt & Connell, 2007). Schilt and Connell's (2007) series of interviews with transsexual employees revealed how they believed their new cross-gender contacts had evolved since their transition. For instance, some transmen (transitioning from women to men) noted that after their transition, they were no longer included in "girl talk" (i.e., conversations about appearance, romantic interests, and menstruation) with female coworkers and were now required to perform heavy lifting or labour around the office (e.g., move furniture, hang

pictures); while some transwomen (transitioning from men to women) reported similar changes, such as being excluded. The prejudices held by coworkers may be the cause of these alterations in interactions. For instance, employees may mistakenly believe that if someone has changed their gender identity physically, they have also altered their hobbies to conform to stereotyped gender norms (Crocker & Lutsky, 1986). While some transgender people embraced this transition, others did not. The transgender people also mentioned that some employees tried to help them adjust to new gender stereotypes in an effort to embrace their transition, which created some discomfort in professional interactions. For instance, transwomen said that female employees instructed them on how to correctly apply makeup. Similar gender "appropriate" socialisation experiences, such as being instructed how to tie a tie properly, were described by transmen. Some transmen viewed these kinds of manly lessons from their male colleagues as going too far and tended to see it more adversely than transwomen did when they got a comparable form of gender socialisation from their female colleagues. Transsexual workers have additional workplace-related changes as a result of their transition, in addition to changes in how they interact with coworkers. Transmen and transwomen experience these changes in various ways, according to research. For instance, transmen reported more favourable workplace outcomes post-transition (compared to pre-transition) (i.e., increased compensation, authority, and respect), probably as a result of cultural standards that value men more highly than women (Schilt, 2006; Schilt & Wiswall, 2008). Although some transmen claim benefits in the employment after their transition, others have mentioned experiencing drawbacks. The qualitative study indicates that barriers frequently emphasise transmen's youthful appearance (e.g., they lack facial hair and tend to be shorter and smaller than biological men; Schilt, 2006). Similar to men, transwomen have reported greater employment consequences include losing a supervisor's trust in their competence and being demoted from a high-status position after transition (Schilt & Connell, 2007). Additional case studies and interviews show that transsexuals were thus more likely to be on disability and had more trouble keeping a job post-transition (vs pre-transition) (Lindemalm, Körlin, & Uddenberg, 1986; Sorensen, 1981). According to interview reports, this may be due in part to the fact that these individuals deal with a variety of Coworker harassment can become so severe that transsexual employees are forced to take a leave of absence owing to mental health difficulties, as Davis (2009) reported in her own personal account. Additionally, Gagne et al. (1997) discovered that after shifting, people in their sample were more likely to switch to a lower-skilled, lower-paying job. Both good and bad post-transition experiences are described by transgender employees. Some of these incidents are the outcome of transsexuals' transitional behaviours. In other words, transmen tend to report more satisfying experiences after transitioning than transwomen. This might be caused, in part, by a change in status linked to gender. Men and women are assigned to significantly diverse societal responsibilities, according to the social role theory (Eagly, 1987; Eagly, Wood, & Diekmann, 2000). Compared to women, men are more likely to hold positions of leadership, provide the family's primary source of income, and enjoy greater social status. Women are more prone than men to take on roles that require them to be dependant, subordinate, and of lesser status (see also Glick & Fiske, 1999). Furthermore, sexist behavior toward women frequently results from these status disparities in a variety of contexts, including the workplace (Glick & Fiske, 1996). (Cuddy, Fiske, & Glick, 2004). The effects of these gender preconceptions on the post-transition experiences of transmen versus transwomen may be significantly different. For example, transmen are moving into a higher

status and are likely to receive greater respect and concrete results in the workplace (compared to before their transition and compared to transwomen) because they are now male, in accordance with gender norms and social role theory. On the other hand, transwomen could become less respected if they adopt gender stereotypes. These procedures, however, are hypothetical in terms of transsexual people since there hasn't been any direct comparison of transmen's and transwomen's experiences in prior research. It is likely that transmen will report more positive workplace experiences than transwomen when these two groups are directly compared, according to preliminary qualitative research that shows transmen report positive workplace experiences post-transition (more so than transwomen; Schilt & Connell, 2007).

2.2 Workplace discrimination

Many difficult issues occur in the workplace (Brown & Rounsley, 1998) for transgender employees. Although there are predictable events, each transition is unique. Even if a company has had previous experience with transitions, the process may differ considerably from person to person and across varying workplace environments (Wyss, 2007). Gendered expectations for workers are deeply embedded in workplace structures (Acker, 1990; Britton, 2004; Gherardi, 1995; Padavic and

Reskin, 2002; Valian, 1999; Williams, 1995) As gendered behavioral expectations for men and women can vary greatly depending on organizational cultures and occupational contexts (Britton, 2004; Connell, 1995; Salzinger, 2003), transmen and transwomen must develop a sense of how to facilitate same-gender and cross-gender interactions as new men or new women in their specific workplaces.

2.3 Social Support

One only determines 'one's own' sense of gender to the extent that social norms exist that support and enable that act of claiming gender for oneself. One is dependent on this 'outside' to lay claims to what is one's own. (Butler, 2004, p. 7). Seeing gender as a social product or a citation for which there is no original opens up the possibility of de-gendering the social world (Lorber, 2005), ungendering one's self (Bornstein, 1994), or undoing gender altogether (Butler, 2004). With the rise in transgender activism in the last 15 years (Califia, 1997; Frye, 2000; Green, 2004; Whittle, 2002), people who gender cross are increasingly opting to openly identify as transgender or transsexual.

H1: There is a significant influence between workplace discrimination and social support

2.4 Work and career attitudes

Despite these fears, many individuals with stigmatized identities decide to express their identities openly in the workplace (Clair, Beatty, & MacLean, 2005). Identity expression through acknowledgment of a stigmatized identity has been found to decrease perceptions of interpersonal discrimination (Singletary & Hebl, 2009), and disclosure of one's stigma has been found to be positively related to job satisfaction and organizational commitment (Griffith & Hebl, 2002; Law, Martinez, Ruggs, Hebl, & Akers, 2011). . Researchers studying no stigmatized populations have further argued that identity expression tends to result in other positive outcomes, including greater psychological well-being and life satisfaction (e.g., Goldman & Kernis, 2002; Ryan, LaGuardia, & Rawsthorne, 2005; Sheldon, Ryan,

Rawsthorne, & Ilardi, 1997), This article was published Online First October 27, 2016. Larry R. Martinez, Department of Psychology, Portland State University; Katina B. Sawyer and Christian N. Thoroughgood, Department of Psychology, Villanova University; Enrica N. Ruggs, Department of Psychology, University of North Carolina at Charlotte; Nicholas A. Smith, Department of Psychology, Portland State University. Portions of these data were presented at the 29th and 31st Annual Conferences for the Society of Industrial & Organizational Psychology. We thank Derek R. Avery and Alicia Grandey for early feedback and Todd Bodner for statistical consultation on this article.

H2: There is a significant influence between workplace discrimination and work and career attitude

2.5 Organizational Commitment

There are a myriad of considerations for HRD practitioners with respect to transgender issues in the workplace (see Barber & Krane, 2007; Clark et al., 2003; Diversity Dilemma, 2007; Gilbert & Ivancevich, 2000; Lance, 2002; Najafi, 2007; Perry, 2006). Based on my own experience, organizations do not know how to react when an employee discloses that he or she is going to transition at work. There needs to be education because with knowledge there usually comes understanding, and in time, acceptance (Barber & Krane, 2007; Clark, Rand, & Vogt, 2003)

H3: There is a significant influence between workplace discrimination and organization commitment.

3. Methodology

3.1 Sample and data collection

For testing the suggested relationships, a structured survey using questionnaires was performed in Raipu and Durg City Chhattisgarh by involving the participation of 66 full-time, Part time and self employed employees in different sectors. The data was obtained with personal interviews and via electronic database between June 2023 and Sep 2023. Data obtained from questionnaires were analyzed through SPSS statistical packet program and PLSM

3.2 Measuring Instruments

Workplace discrimination experiences. The WHEQ (Waldo,1999) is a 22-item measure that assesses the frequency of perceived direct and indirect sexual orientation-related harassment or discrimination experiences in the workplace. Perceived social support from supervisors and coworkers. The Caplan, Cobb, French, Harrison, and Pinneau (1975) instrument was used to measure perceived social support at work. This measure has 4 items for supervisory support and 4 items for coworker support and assesses general forms of social support. Established instruments were used to measure six attitudes: job satisfaction, organizational commitment, turnover intentions, satisfaction with opportunities for promotion, career commitment, and organization-based self-esteem. Job satisfaction was measured with the R. P. Quinn and Staines (1979) 5-item Likert scale of job satisfaction. It was measured with Mowday, Steers, and Porter's (1979) 15-item scale, and turnover intentions were measured with a 2-item scale from the Michigan Organizational Assessment

Questionnaire (Nadler, Jenkins, Cammann, & Lawler, 1975)

3.3 Descriptive statistics

Data from 66 transgender participants were analyzed in this study. Participants ranged in age from 18 to 68 years old ($M = 38.28$, $SD = 13.54$, $Mdn = 36.50$). About 40% of participants identified as working class, 39% as middle class, 13% as upper-middle class, 7% as lower class, and less than 1% as upper class. Participants were also asked to report their employment status (full time, part time, or not employed) and to report their job title. About 68% reported full-time and 25% reported part-time employment; 7% checked the “not employed” option but were retained because they provided current job titles (e.g., laborer, writer, kitchen designer) that suggested that they were self-employed.

3.4 Reliability and Validity

Cronbach's alpha was utilized and all the scales demonstrated good reliability of over .70 (Table 1).

Table 1. The summary statistics of variables

Factors	Number of Questions	Mean	SD
discrimination	22	3.86	1.42
Social support	8	5.35	1.29
Work and career attitude	5	4.58	1.68
Workplace discrimination	17	2.57	1.34

Furthermore, content validity and construct validity were used to assess the questionnaires' validity.

3.5 Demographic profile

Data from 66 transgender participants were analyzed in this study. Participants ranged in age from 18 to 68 years old ($M = 38.28$, $SD = 13.54$, $Mdn = 36.50$). About 40% of participants identified as working class, 39% as middle class, 13% as upper-middle class, 7% as lower class, and less than 1% as upper class. Participants were also asked to report their employment status (full time, part time, or not employed) and to report their job title. About 68% reported full-time and 25% reported part-time employment; 7% checked the “not employed” option but were retained because they provided current job titles (e.g., laborer, writer, kitchen designer) that suggested that they were self-employed.

Table 1.

Result

Table 1: Mean and standard deviation of the study variables

Variables	Mean	Std. deviation
N		
Workplace discrimination	18.66	3.369
66		

Social support	18.65	3.052	66
Work and career attitudes	19.36	2.397	
66			
Organization commitment	18.59	2.210	
66			

Table 2: KMO, Bartlett and Cronbach's Alpha tests

Type of test	Value
Kaiser-Meyer-Olkin measure of sampling adequacy	0.861
Bartlett's Test of Sphericity Approx. Chi Square	6.864
dF	1891
Sig	0.000
Cronbach's Alpha	0.956
Cronbach Alpha based on standardized items	0.970

To test the study hypotheses, multiple regressions analyses were conducted in which workplace discrimination and Social support were regressed simultaneously on all two individual factors of Social support as shown in Table 3.

Table 3: Summary of multiple regression analyses predicting employee engagement

Variables	Job Organization	Employee
Engagement (Factors of Engagement)		
Supervisory support	0.007	-0.064
Co-Worker support	0.252	0.074
R2	0.423	0.564
F	11.832	20.914

Note: $p < 0.10$ and values in the table are standard Beta coefficients

Table 4 and 5 show the result of the regression analyses. The results, indicate that the individual factors of work and career attitudes explained a significant amount of the variance in workplace discrimination ($R^2 = 0.423$, $p < 0.10$) (in Table 4) and organization commitment ($R^2 = 0.564$, $p < 0.10$) (Table 5).

Table: 4: Multiple regression analysis results of factors predicting workplace discrimination

Predictor Variables	Collinearity Unstandardised coefficient Tolerance VIF	Standardized B coefficient Beta	t-value	Sig
Constant	6.606		4.274	0.000
Employee communication	0.004	0.007	0.042	0.966
Employee	4.371			0.229

development 2.940	0.183	0.252	1.906	0.066	0.340
Co-employee 2.212	0.297	0.322	2.805	0.006	0.452

Note: N=104, R2 = 0.423, Adjusted R2 = 0.387, F=11.832, p<0

Table: 5: Multiple regression analysis results of factors predicting organization engagement

Predictor	Unstandardised		Standardized		
Variables	coefficient	B coefficient	Beta	t-value	Sig
Tolerance	VIF				
Constant	6.606	0.006	4.274	0.000	0.013
Employee Communication	0.004	0.007	0.042	0.966	0.229
Employee development	0.183	0.252	1.906	0.066	0.340
Co-employee	0.297	0.322	2.805	0.006	0.452

Note: N=104, p < 0.10, R2 = 0.564, F= 20.914

As regards to the study hypotheses, the results from the regression analysis show that co-employees support (0.322, p<0.10) and employee development (0.252, p<0.10) were significant predictors of job engagement as shown in Table 4. Furthermore, Table 5 shows that co-employees support again (0.267, p<0.10), was significant predictor of organization engagement. From the results provided, hypotheses: H2a, H3a, and H3b were accepted.

Table 6: Summary multiple regression results on work outcomes of Workplace discrimination

Variables	work and Career attitude	Organization commitment	social support
Workplace Discrimination	0.374	0.588	-0.254
R2	0.140	0.345	0.064
F	16.616	53.763	7.030

Notes: p< 0.10 and values in the table are standard Beta coefficients

Further, Table 6 illustrates the summary of regression analysis result of the measures of Workplace Discrimination (Work and Career attitude, Organization Commitment, Social

support) justifying a significant level of the variance on the work outcomes variables of the study. Work and Career Attitude variables justified a small significant extent of the variance in Organization Commitment ($R^2 = 0.140$, $p < 0.10$), Social Support ($R^2 = 0.345$, $p < 0.10$), Most importantly, if judged by the significant value, only Workplace discrimination is seen to be predicted of Work and Career attitude, organization commitment and Social support are predicted of Organization Engagement.

As regards the study hypotheses, this result provides acceptance for the Hypotheses H1, H2, H3.

In order to test the last hypothesis for the research mediation effect in which Workplace discrimination (Work and Career attitude and Organization Commitment) mediates the Relationship amid the group of factors and each work outcome, the multiple regression analyses was again employed. In the regression analyses, work outcomes were regressed on the factors alone and secondly, the work outcomes were regressed on the factors with the Workplace discrimination measures (Organization engagement and organization Commitment) controlled.

Table 7: Summary results on mediating effects of workplace discrimination

Variables	Work outcomes on Factors alone			Work outcomes on Factors with measures controlled		
(Work outcomes)	Standardized Beta	R ²	F	Standardized Beta	R ²	F
Social support	0.490	0.24	32.279	0.513	0.263	36.469
Work	0.765	0.585	143.646	0.797	0.635	177.501
And career attitude organization Commitment	-0.391	0.153	18.426	-0.398	0.159	19.240

Notes: $p < 0.10$ and values in the table are standard Beta coefficients

From the results shown in Table 7, mediating effects of workplace discrimination is explained from the R^2 value as follows: for Social support, the factors justified 24% of the variance but increased to 26.3% ($p < 0.10$) with workplace discrimination (Work and career attitude and organization Commitment) controlled. For Work and career attitude the factors explained 58.5% of the variance but increased to 63.5% ($p < 0.10$) with Discrimination measures controlled. For Organization Commitment, the factors explained 15.3% of the total variance but decreased to 15.9% ($p < 0.10$) with Workplace discrimination measures controlled.

Conclusion

This study is significant since it empirically investigates a community that has received very little research. It is also distinctive in that it goes beyond qualitative interview studies to explore transsexual people's experiences in the workplace from their own point of view. This study examines traits that increase the likelihood that these methods will be implemented and be successful. It gives light on both human and organizational aspects that can favorably affect job attitudes for transsexual personnel. We support further research on this demographic even if this study is a step in the right direction in terms of clarifying the realities of transgender personnel. We anticipate that this research will provide transgender workers, their coworkers, and organizations with the information and tools they need to enhance the workplace.

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Role Of Sports In The Development Of Nation And The Need Of Some Policy Reforms



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Introduction -

In India, the history of sport has played a crucial role in the country's development, both socially and culturally. Traditional sports like Kabaddi, Kho-Kho, and wrestling have deep roots in Indian culture and have been practiced for centuries, promoting physical fitness and community cohesion.



During the colonial period, British influence introduced modern sports like cricket, football, and hockey to India. These sports gained popularity and became integral to the Indian sporting landscape. Cricket, in particular, became a national obsession and served as a unifying force among diverse communities. Post-independence, sports became a symbol of national pride and identity for India. Notable achievements in sports, such as the 1983 Cricket World Cup victory and multiple Olympic medals in hockey, showcased India's prowess on the international stage and instilled a sense of pride among its citizens.

Sports and physical activities provide opportunities, which help develop social status, social relationships and a sense of teamwork among the country's youth. Sports provide a platform for developing various social values like cooperation, assertiveness, responsibility, empathy and self-respect.

• **Importance of sports in the development of India - Sports play a crucial role in the development of India across various domains:**

- 1.Physical Health**
- 2.Mental Health**
- 3.Social Cohesion**
- 4.Economic Development**
- 5.International Relations**
- 6.Talent Development**

7. Education

8. National Identity

Sports play a multifaceted role in the development of India, impacting physical health, mental well-being, social cohesion, economic growth, international relations, talent development, education, and national identity. Therefore, investing in sports infrastructure, programs, and policies is essential for the holistic development of the nation.



• The development of sports in India involves several key steps -

1. Infrastructure. Development:

Invest in the construction and maintenance of sports facilities such as stadiums, training centers, and playing fields. These facilities provide the necessary infrastructure for athletes to train and compete at local, national, and international levels.

2. Grassroots Development:

Implement grassroots sports programs in schools, communities, and rural areas to identify and nurture young talent from an early age. These programs should focus on promoting participation, skill development, and physical literacy among children and youth.

3. Coaching and Training:

Provide quality coaching and training facilities to athletes across various sports disciplines. Qualified coaches and trainers play a crucial role in honing the skills and abilities of athletes, guiding them towards excellence.

4. Talent Identification:

Establish talent identification programs to scout for promising athletes with potential. Talent identification initiatives should be inclusive and accessible, reaching out to athletes from diverse socio-economic backgrounds and regions of the country.

5. Sports Science and Medicine:

Invest in sports science and sports medicine infrastructure to support the holistic development and well-being of athletes. This includes facilities for sports performance analysis, nutrition, physiotherapy, sports psychology, and injury rehabilitation.

6. Government Support:

Provide financial assistance, incentives, and policy support to athletes, sports organizations, and governing bodies. Government funding and subsidies can help alleviate financial barriers and support the development of sports at all levels.

7. Public-Private Partnerships:

Foster collaboration between the government, private sector, non-profit organizations, and sports federations to leverage resources and expertise for sports development

initiatives. Public-private partnerships can enhance the effectiveness and sustainability of sports programs.

8. Promotion and Marketing:

Promote sports culture and awareness through media campaigns, events, and grassroots initiatives. Encourage public participation and engagement in sports by highlighting the benefits of physical activity, teamwork, and healthy competition.

9. International Exposure:

Provide opportunities for athletes to compete in international tournaments, training camps, and exchange programs. Exposure to global competition enhances the skills and experience of athletes, raising the standard of Indian

10. Inclusive Policies:

Implement policies that promote gender equality, inclusion, and accessibility in sports. Ensure equal opportunities and resources for male and female athletes, as well as athletes with disabilities, to participate and excel in sports. By following these steps and prioritizing sports development, India can harness the transformative power of sports to promote health, education, social cohesion, and national pride. In order to understand the link between sport and national development the logical starting point is to take an overview of the fundamental benefits of sport from the perspectives of individual requirements. We must pay more attention to the humanistic aspects of sport in order to broaden our understandings of sport in national development. In this regards, in order to underline the significance of this topic, we must look at sport from the point of view of a broad spectrum primarily focusing on sport as a means to achieve health standards and enjoyment.

• The Role of Sport on Health Standards -

One of the drawbacks of industrial revolution is the sedentary lifestyle we have adapted which is directly linked to primary and secondary diseases, such as heart problems, high cholesterol, mental stress, high blood pressure and on top of all that is the environmental pollution, which is currently one of the risk factors of global magnitude. In order to understand how the human body functions under ideal conditions we must go back to the basics.

➤ The Role of Sport in Nation Building -

Needless to say, apart from religion, sport is the only forum that can bring people together for a common goal. It is possible that sport, through the International Olympic Committee (I.O.C.), and the International Sports Federations could succeed where the United Nations has failed to promote world peace.

➤ The Need to Diversify Sport Development -

For a long time it has only been the African men bringing Olympics Medals to their countries but recently the African women are now rising into the limelight of big time sports. Although the momentum is on, there are many factors that militate against the development of women sports and they still have a long way to reach the level of

European and American women especially in sport requiring high skill development.

➤ **Using Sport to Fight the Social Problems-**

It is evident that most of the countries in Africa are losing war against social problems, the spread of infectious diseases especially the HIV AIDs, the drug abuse and the crime rate. Certainly, sport can be used to change the attitude of the people in the slums and bring hope to their lives. As already pointed out, a breakthrough in sport development at national and international level may reduce poverty, ethnic strives and genocide, such as the one already mentioned. This is not implying that sports is a panacea to every social and economic problem.

• **Conclusion -**

In conclusion, It nurtures the development of decision-making and leadership abilities, while teaching people to manage both success and failure. People who participate in sport have the opportunity to improve their communication skills and gain valuable experience in collaboration and teamwork.

sports play a pivotal role in the holistic development of India. By nurturing decision-making, leadership, communication, collaboration, and teamwork abilities, sports contribute not only to physical well-being but also to the overall growth of individuals. Through participation in sports, individuals gain valuable skills that can positively impact their personal and professional lives, ultimately contributing to the advancement of the nation as a whole. Therefore, investing in and promoting sports is essential for fostering a healthier, more skilled, and prosperous society in India.

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Mid-Career crisis in sports (athlete)-A Review



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Abstract:

The mid-career phase in sports is a pivotal period that poses unique challenges and crises for athletes, potentially impacting their performance, mental health, and career longevity. This systematic literature review aims to consolidate existing research on mid-career crises among athletes, examining the psychological, physical, socio-cultural, and environmental factors contributing to these challenges. Through a comprehensive search of databases such as PubMed, PsycINFO, scopus and SportDiscus, this review identifies studies published between 2000 and 2023 that explore the manifestations, causes, and effects of mid-career crises in professional athletes across a variety of sports disciplines. The findings reveal a complex interplay of factors leading to mid-career crises, including identity loss, performance pressure, aging and physical decline, financial insecurity, and lack of career transition support. Despite the growing awareness of these issues, the review highlights significant gaps in the literature, particularly concerning the efficacy of interventions and support systems for navigating mid-career transitions. The synthesis of the findings underscores the need for holistic support frameworks encompassing mental health services, career counseling, and transition planning to assist athletes through mid-career crises. Recommendations for future research include longitudinal studies to assess the long-term effectiveness of intervention strategies and explorations into the experiences of underrepresented athlete groups. This review contributes to the understanding of mid-career crises in sports and underscores the importance of targeted support for athletes during this critical career phase.

Keywords: mid-career crisis in sports", "athlete career transitions", "career challenges in athletes", "sports career development", "athlete psychological support".

1.0 Introduction

The phenomenon of mid-career crises in sports represents a pivotal concern within the domain of sports psychology and athlete career development. Mid-career crises are characterized by a period of transition, uncertainty, and potential distress that can occur as

athletes navigate the middle stages of their professional careers (Stambulova, Alfermann, Statler, & Côté, 2009). These crises can stem from a variety of factors, including physical decline, motivation loss, identity challenges, and the pressures of maintaining peak performance levels (Torregrosa, Boixadós, Valiente, & Cruz, 2004).

Research indicates that the mid-career phase is a critical period for athletes, often marked by introspection about future career directions, potential retirement considerations, and the balancing of sport with other life demands (Wylleman, Alfermann, & Lavallee, 2004). Despite the recognition of mid-career crises in sports, there remains a gap in comprehensive literature reviews that synthesize the existing research on this topic, particularly concerning the identification of effective interventions and support mechanisms (Taylor & Ogilvie, 1994).

Moreover, the evolving nature of professional sports, including changes in athlete management practices, technological advancements, and the increased recognition of mental health importance, underscores the need for updated reviews in this area (Gouttebauge, Jonkers, Moen, Verhagen, Wylleman, & Kerkhoffs, 2020). A comprehensive review that consolidates findings from various studies can provide valuable insights into effective strategies for supporting athletes through mid-career crises, informing both theoretical development and practical applications in sports psychology and athlete management.

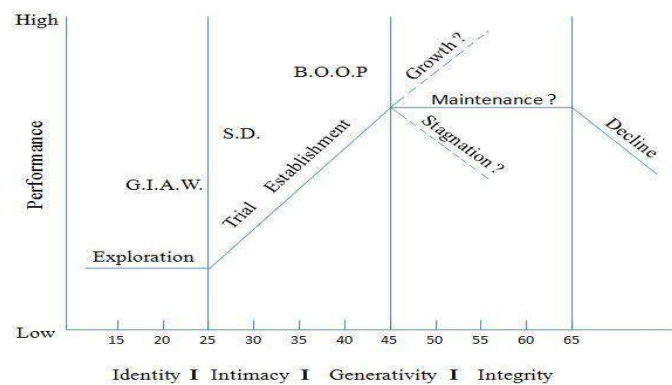
Midlife is considered as a phase of stagnation in life and career (khan et al., 2014). Midway stage of a person's professional life is referred as "mid-career" (Hall, 1986). Employees in the middle of their careers felt recognized for their competence and mastery (Sachin, 1978). They also voice their worry about professional prospects and the uncertainty of advancement (Gibson, 2003). The concept of mid-career crisis was first introduced in 1965 by **Elliott Jaques**, a psychoanalyst when he introduced the term "mid-life crisis" (Setia, 2019). He used this term to explain the creative life of artists who were dissatisfied with their previous work (Setia, 2019). This concept is not well understood and its interpretation is subject to individuals and the context (Jaques, 1965; Ibarra, 2003). Mid-career crisis is a term that describes the feeling of dissatisfaction, frustration, or un-fulfilment that some people experience in their professional life, usually around the middle of their career, but not always (Ibarra, 2003). It can affect one's personal life as well, leading to stress, anxiety, depression, or burnout. Working individuals who have reached mid-career (more than 10 years of employment) are more likely to alter or shift their profession due to various concerns especially organizational, psychological, and career etc. It is frequently noticed that the mid-career transition is greatly influenced by an individual's satisfaction with their life and job and individuals need to be emotionally stable in order to change or adjust their work profile. However, it does not have to be a permanent or negative state. With the right mindset and actions, one can overcome it and find renewed satisfaction and purpose in their career (Ibarra, 2003; Indeed Career Guide, n.d.).

A mid-career crisis is a period of professional uncertainty, lack of motivation, or questioning of one's career path that typically occurs roughly between 10 to 25 years into one's career. Unlike in more traditional industries, where a mid-career crisis might involve questioning one's job satisfaction or seeking a change in role, the sports industry presents a distinct set of triggers and consequences due to its inherent characteristics

1.1 Mid-career according to career stage model

According to (Hall, 2002) a career can be defined as a person who has done all work related activities during his lifetime that include both subjective and objective. Career can be divided into 4 stages (Schein1978, Super1980), it has

1. Exploration Stage up 25 years
2. Growth Stage 25 to 35
3. Maintenance (Mid – Career)35 to 50
4. Decline Stage (Late Career) 50 to end



Hall's integrated model of life and career stages B.O.O.P., becoming one's own person; G.I.A.W., getting in the adult world; S.D., settling down

The sports industry is characterized by early career peaks and comparatively short professional life spans, especially for athletes. Athletes often face the zenith of their careers in their twenties or early thirties, after which physical performance may begin to decline. This reality precipitates a mid-career crisis much earlier compared to other professions. For coaches and other professionals, the crisis may stem from the high-pressure environment, the constant demand for winning records, or the challenge of maintaining relevance in a rapidly evolving field. In sports industry mid-career is not the midlife so it is more complex phenomenon for sports person to understand mid-career crisis.

The purpose of the research review is to understand the mid-career crisis for sports person and find the intervention strategies to resolve the issues during the period.

Mid-career crises in sports represent a critical juncture in the professional lives of athletes, where the challenges of sustaining performance, motivation, and personal identity come to the forefront. This phase is characterized by a complex interplay of psychological, physical, and socio-cultural factors that can lead to a period of significant stress, uncertainty, and reevaluation of career goals and personal values. While the physical demands of sports are often highlighted, the psychological resilience required to navigate career transitions, maintain peak performance under pressure, and manage the inevitable decline in physical capabilities with age is less visibly acknowledged. The exploration of mid-career crises in sports seeks to shed light on these underexplored aspects, offering insights into the experiences of athletes, the strategies they employ to overcome challenges, and the support systems that can facilitate their continued growth and satisfaction in their careers.

Understanding this phenomenon is crucial for developing interventions that support athlete well-being and career longevity, thereby enhancing the overall health of the sports industry.

1.2 Need of The study

Mid-career crisis is a phenomenon and very crucial to understand in sports industry as mid-career of a sport person come at the age of 25 to 30 and its not a middle age. If the athlete understand situation its help to enhance career wellbeing, career longevity, and also help athletes to manage significant transitions, such as changes in their role within sports, adaptations to physical limitations, or preparation for retirement.

Increasing awareness and understanding of the challenges associated with mid-career crises can lead to a more empathetic approach to athlete management, from coaching staff to fans. This awareness is essential for creating an environment that supports athletes' needs and addresses the psychological and emotional aspects of their careers.

This literature review on mid-career crises in sports aims to collate and synthesize existing research to better understand the challenges and support needs of athletes during this crucial career stage. The findings are expected to contribute significantly to athlete support mechanisms, policy development, and the academic field of sports psychology, enhancing the overall health and sustainability of athletic careers.

1.3 Research Objective

For the research question concerning mid-career crises in sports, the objectives could be outlined as follows:

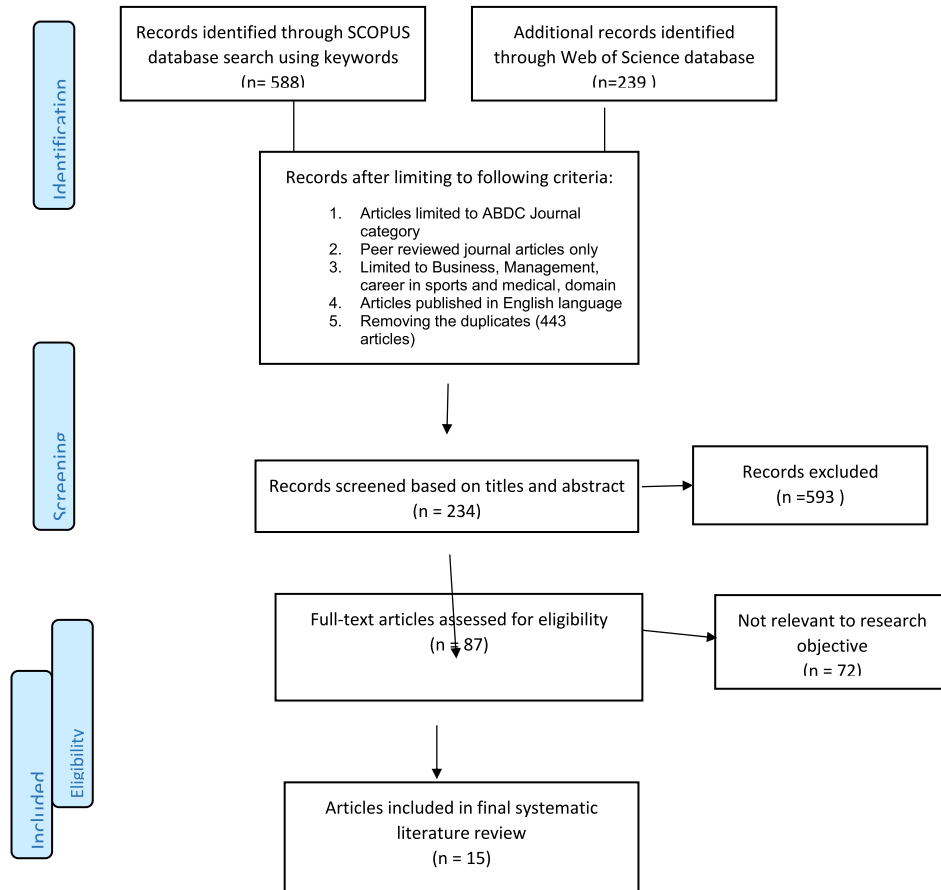
1. To identify the key factors contributing to mid-career crises in athletes, including psychological stressors, physical challenges, and external pressures related to performance and career longevity.
2. To suggest interventions strategies to overcome mid-career crisis situation. (e.g., psychological support, career counseling, mentorship programs) in assisting athletes through mid-career crises.

2. Methodology:

Search Strategy: The PRISMA STATEMENT approach is used in the article to locate and arrange the literature for reviews, Keywords used to search the terms in PubMed, PsycINFO, SportDiscus, Google Scholar, and Scopus. Are "mid-career crisis in sports", "athlete career transitions", "career challenges in athletes", "sports career development", "athlete psychological support".

Inclusion criteria: Peer-reviewed articles, articles in English, studies conducted within the last 10 years.

Exclusion criteria: Non-peer-reviewed articles, articles not in English, studies outside the scope of mid-career crises.



3. Literature Review:

Table 5: Summary of Objectives, Findings, Limitations of Reviewed Papers

S r.	Author(s)	Objectives	Main Findings	Major Limitations	Future Research Suggestions
1	Gordon et al. (2002)	To know the nature and contents of the midlife transition of women.	It was found that age, family characteristics and employment characteristics influence the transition.	<ul style="list-style-type: none"> Small sample size. The heterogeneity of the sample regarding occupation and job. 	Future research should whether and how the nature of midlife shifts for women at various stages.
2	Reardon, C. L., & Factor, R. M. (2010)	To examining the prevalence, causes, and effects of mental health issues among elite athletes,.	It was found that significant levels of mental health concerns compared to the general population, emphasizing the stressors unique to high-performance sports environments.	Study is not included women	

3	Chandra & Satpathy (2011)	To understand the employees' perception towards the mid-career derailment.	Some of the reasons which may lead to mid-career derailment are <ul style="list-style-type: none"> Decline in the performance of the employee. Mismatch in possessed skills and required skills. 	<ul style="list-style-type: none"> The study is limited to Bhubaneswar, Odisha. The sample size is limited. 	Future research can be conducted with bigger sample size to get more generalized result.
			<ul style="list-style-type: none"> Hardening of attitude with time and lack of flexibility. <p>Overconfidence in employees.</p>		
4	Liu et al. (2012)	To know the career transition effects of middle-aged male from psychosocial perspectives.	<ul style="list-style-type: none"> The significant factors that affect the dynamics in the career transition are personhood, relationships, lifestyle, and workplace environment. 	Limited sample size.	Career transitions of women technical professionals and foreign-born professionals (men/women) can be studied.
5	Iroudayan adane, Arul Edison Anthony Raj. (2013)	To identify level of mid-career blues (MCB) in the organization.	The Mid-Career Blues level in the organization was Neutral.	<ul style="list-style-type: none"> Employee's behaviour was unpredictable Shortage of time 	
6	Khan et al. (2014)	To identify the key constructs of Midlife career stress.	Critical life events, personality and organizational culture are the primary sources of stress during midlife.	<ul style="list-style-type: none"> only 12 stressors are identified for modelling midlife career stress. 	more extensive studies are needed to explore constructs affecting midlife career stress.
7	Ezatollah, Shamansouri. (2013),	The causes of sport crises..	The research aimed at determining causes of crisis in sport and ways for preventing them in	<ul style="list-style-type: none"> 	Research is not covered gender variable

			the fields such as hardware (facilities), software (management), live ware (psychological and social factors) and mass media from the viewpoints of spectators, athletes, coaches, referees and sport correspondents and also to introduce a crisis- management strategic model.		
8	Comfort & Mercy (2018)	To examine the influence of middle age on mid-career change.	<ul style="list-style-type: none"> • It was found that age does not significantly influence mid-career change. • Also, male and female do not significantly differ in career change need during middle age. • 	<ul style="list-style-type: none"> • Only age factor was studied. 	Additional factors necessary for mid-career change can be studied.
9	Shameem & Deepa (2018)	To study the causative factors for mid-career transition and their impact on mid-career professionals.	<ul style="list-style-type: none"> • Respondents who belong to the specialized HR are highly affected by job satisfaction, psychological factors, personal growth and 	<ul style="list-style-type: none"> • Study was limited to HR professionals. 	Other professionals can also be included.
			<p>knowledge up-gradation.</p> <ul style="list-style-type: none"> • Respondents who belong to the junior profile who have completed their post-graduation are affected by all the factors for transitions. 		

10	Joshi & Natu (2019)	To know symptoms of the crisis affected employees.	<ul style="list-style-type: none"> Some of the symptoms are Change in Schedule, Performance issues, Irritability, Anger, Depression & Anxiety, Irrational decision. 	<ul style="list-style-type: none"> Only based on three case studies. 	Further study can formalize standard procedure to identify and fix midlife career crisis in organisations.
11	Cawte, K. (2020)	To understand the ways in which teachers in the mid-career stage might be retained.	Both the intrinsic and extrinsic aspects of the job are important for retaining the mid-career stage teachers.	Sample size was small.	Future research studies may consider a larger number of respondents.
12	Jonah, B., & Kanyangale, M. I. (2021)	To know the perceptions and strategies of pre-retirement planning and financial security considered by mid-career employees.	<ul style="list-style-type: none"> Mid-career employees perceive that they are stretched to the limit financially, and therefore, struggle to engage in pre-retirement voluntary savings Mid-career employees indicate that while they think about planning for retirement, they fail to save for retirement due to prevailing financial insecurity. 	<ul style="list-style-type: none"> study focuses on one organisation only Small Sample size 	Future studies may adopt longitudinal design for better understanding of various aspects of the perceptions and strategies for pre-retirement planning and financial security by mid-career employees in different organisations.

13	Natalia, Stambulova. (2017).	To study on the career transition process and factors contributing to successful transitions, in athlete	he paper aims to position athletes' developmental crises within the context of the current transition literature and introduces two new approaches, the "cognitive turn" and "cultural turn," which have the potential to enhance our understanding of crisis-transitions in athletes [1]. Additionally, the paper outlines crisis-coping interventions to facilitate relevant research and	crisis-transitions and factors contributing to ineffective coping have been largely ignored [1	
			practice in addressing crisis-transitions in athletes		
14	Mong, Emeka, Usman., Tawo, Moses, Otu., Michael, Ohaeri, Olumba., Ben, Ohuruogu., Patricia, C., Ngwakwe., Orji, Scholastica, Amuche., Aleke, Christian, Okechukwu., Ngozi, Onuenyim. (2022).		The paper reviews the concept of crisis, sports crisis, crisis management, and sports development. The paper discusses the causes and effects of the crisis, types of crisis management strategies and models. Proactive crisis management model discussed		

15	Bhatia & Saluja (2023)	To analyze the extent and nature of mid career crisis faced by professionals.	<p>Nature of mid-career crises faced include: (a) Slow or negligible career growth for long (b) Realisation of being in a wrong career or industry. (c) Organization-driven redundancy.</p> <p>Career crisis Reasons: (a) Over-commitment</p>		
			<p>(b) Lack of new/challenging work (c) Organizational politics and culture (d) Decrease in self-confidence (e) Continuing in the same company/role for long</p>		

4. Discussion:

The examination of mid-career crises in athletes reveals the complexity of navigating this critical phase, highlighting the interplay of psychological, physical, and socio-environmental factors. Interpretation of findings underscores the necessity for holistic support systems addressing mental health, career transitions, and life after sports. However, gaps in the literature, such as the underrepresentation of non-elite and para-athletes, limit our understanding of mid-career crises across the broader athletic spectrum. Additionally, the evolving nature of digital media's impact on athlete mental health requires further exploration.

1. Physical decline: The physical well-being of athletes, particularly as it pertains to age-related physical decline, injury frequency and recovery, and overall health status, is a critical aspect of sports science research. This dimension directly impacts an athlete's performance and, by extension, their career trajectory and decision-making processes. As athletes age, they often face natural declines in physical capabilities, including reductions in strength, endurance, and recovery speed. This phenomenon is supported by Minett and Costello (2015), who emphasize that the aging process affects an athlete's physiological capacity, potentially leading to decreased competitive performance (Minett & Costello, *Sports Medicine*, 2015). Injury rates and recovery times are critical factors in an athlete's career sustainability. Kujala et al. (2006) found that injury frequency tends to increase with age, while recovery times lengthen, significantly affecting athletes' ability to perform at their best (Kujala, Orava, & Järvinen, *Scandinavian Journal of Medicine & Science in Sports*, 2006). This increase in injury susceptibility is attributed to cumulative wear and tear on the body,

alongside a diminished capacity for rapid healing. The interconnectedness of age-related decline, injury frequency, and overall health with athletic performance suggests a complex relationship that can precipitate career reassessment. As noted by Reardon and Factor (2010), athletes facing significant physical challenges may begin to contemplate retirement earlier than anticipated or consider transitions to less physically demanding roles within sports (Reardon & Factor, *Sports Medicine*, 2010).

In summary, the literature establishes a clear link between physical well-being and athletic performance, with age-related decline, injury frequency, and overall health status playing pivotal roles. These elements not only affect immediate performance outcomes but also influence broader career decisions, highlighting the need for proactive management strategies to mitigate the impact of physical challenges on mid-career athletes which leads to mid-career crisis.

2. Psychological factors: The psychological factors like identity crisis, mental anxiety, fear of performance, and fear with young age players of mid-career athletes is due to challenges that transcend the physical demands of sports. An identity crisis is a prominent issue, as athletes who have long identified with their sporting prowess face existential questions during periods of declining performance or when considering retirement (Wylleman & Lavallee, 2004). This period can also precipitate burnout and mental fatigue, a result of prolonged exposure to the high-stakes environment of competitive sports, leading to a state of emotional, mental, and physical depletion (Gustafsson et al., 2011). Performance anxiety further complicates this picture, with athletes feeling immense pressure to uphold or exceed past achievements in the face of younger competitors (Fletcher & Sarkar, 2012). Additionally, the looming uncertainty of life and career post-retirement introduces a fear of the future, amplifying the psychological turmoil associated with this phase (Alfermann & Stambulova, 2007). These factors collectively underscore the critical need for comprehensive support systems that address the psychological well-being of athletes undergoing mid-career crises.

3. Socio-Environmental factors: The journey through an athlete's career is intricately linked to various external and internal factors that significantly impact their psychological and emotional state. Among these, career opportunities and transitions emerge as pivotal moments that can either propel an athlete forward or contribute to a sense of crisis (Wylleman & Lavallee, 2004). The ability to adapt to new roles within sports or transition to careers outside of the athletic realm is crucial for navigating mid-career changes successfully.

Financial security further compounds the complexity of the mid-career phase, as athletes confront the reality of ensuring a stable income post-retirement. The ephemeral nature of sporting careers, coupled with the potential lack of financial planning, underscores the stress associated with future financial stability (Stambulova et al., 2009). This financial uncertainty can profoundly affect an athlete's mental health and decision-making regarding retirement.

Moreover, the role of media and public pressure cannot be understated. In today's digital age, athletes are under constant scrutiny, where every performance is analyzed, and personal lives often become public domain (Schinke, Stambulova, Si, & Moore, 2018). This relentless attention can erode self-esteem, amplify performance anxiety, and distort career

satisfaction, pushing athletes towards a crisis when they fail to meet these external expectations.

Understanding the multifaceted nature of these factors is essential for developing supportive interventions that address the unique needs of athletes during their mid-career transitions. By fostering environments that support career development, financial planning, and mental health, stakeholders can mitigate the impact of these challenges, enabling athletes to navigate their mid-career phases with resilience and confidence.

A mid-career crisis in the sports industry can be understood as a turning point in an athlete's development, characterized by a set of transitional problems ^[1]. It is important to recognize the concept of crisis in sports careers to better understand its dynamics ^[2]. Psychological resources play a crucial role in coping with a mid-career crisis, both at an individual and social level ^[3]. These resources help minimize the losses associated with the crisis and support athletes in overcoming challenges ^[4]. By providing guidance and support, the sports industry can assist athletes in navigating through this critical phase and ensuring a smooth mid-career transition ^[5].

5. Conclusion

The mid-career stage presents a significant challenge for athletes, marked by physical, psychological, and social transitions. Data and research underscore the need for comprehensive support systems to help athletes navigate this phase, including injury management, psychological support, and career transition planning. As the sports industry continues to evolve, understanding and addressing the unique needs of mid-career athletes will be crucial in helping them navigate this complex stage of their careers successfully.

Implications for practice involve the development of comprehensive career counseling programs, mental health support services, and post-career planning initiatives within sports organizations. Policies should encourage the integration of career development frameworks that support athletes throughout their careers, not just at the beginning or end.

6. Limitation

The review will focus on studies related to mid-career crises in professional athletes across various sports. It will consider peer-reviewed journal articles, conference papers, book chapters, and credible online resources published in the last two decades. The review will exclude studies focusing exclusively on early career or retirement phases.

7. Future scope for Reserch

Future research should aim to fill existing gaps by including diverse athlete populations and examining the role of emerging technologies and social media. Studies should also evaluate the effectiveness of existing support programs and interventions, providing evidence-based recommendations for enhancing athlete support during mid-career transitions. This holistic approach will ensure athletes receive the necessary resources and guidance to manage the challenges associated with mid-career crises, ultimately contributing to their well-being and career satisfaction.

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Antecedents of environment and its Effect on Sports Person Performance: A Comprehensive View


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Abstract

Sportsman's pursuit of excellence in sports has focused a lot of emphasis on their sporting performance, which bring honour to their individual teams and countries. Both external and internal elements, such as the physical surroundings and sportsman skill, have an impact on sports performance. environmental elements.

The physical environment usually consists of factors like wind, height, temperature, and pollution, all of which have some influence on sports performance. Dehydration, increased rate of sweat, and a higher core temperature are all brought on by warm environments. Sweat vaporization and heat dissipation from athletes' bodies are hampered by humidity. Athletes may face more difficult conditions in the future due to warmer and more humid regional weather predicted by global warming. However, the peak rate of oxygen uptake and heart rate are affected by cold temperatures.

Keywords: environment, sportsmen performance, heat, humidity, pollution.

Introduction

The influence of the work environment on sports man performance is a critical factor often overlooked in sports management. Research has shown that various aspects of the work environment can significantly impact athletes' performance, both positively and negatively [1]. Here, we delve into the key factors and cite examples from relevant research papers to illustrate this effect.

- 1. Physical Environment:** Environmental conditions such as weather, altitude, and air quality can affect athletes' physiological responses and performance [1]. For instance, high altitude can lead to reduced oxygen levels, impacting endurance and performance [2].
- 2. Psychosocial Environment:** The psychosocial climate within a sports organization, including leadership style, team dynamics, and social support, influences athletes' motivation, confidence, and overall well-being [3]. Positive team culture and supportive coaching enhance athletes' performance and satisfaction [4].
- 3. Facilities and Resources:** Access to state-of-the-art facilities, equipment, and support services can optimize training effectiveness and reduce the risk of injury [5]. For example, a well-equipped gym and medical staff on-site facilitate athlete recovery and performance

improvement.

To Understand and optimize the work environment, various facets are essential for maximizing sports persons' potential and fostering a culture of excellence in sports organizations.

Physical Environment

The physical environment plays a crucial role in influencing the performance of athletes or sports persons. Here's a breakdown of the key factors:

- 1. Temperature and Humidity:** Extreme temperatures and high humidity levels can impact athletes' thermoregulation, leading to decreased performance and increased fatigue [6].
- 2. Altitude:** Training or competing at high altitudes alters oxygen availability, affecting cardiovascular performance and endurance. Athletes may experience reduced oxygen saturation, leading to decreased aerobic capacity [7].
- 3. Air Quality:** Poor air quality, characterized by high levels of pollutants, can impair respiratory function and reduce oxygen uptake, thereby hindering aerobic performance and increasing the risk of respiratory issues [7].
- 4. Terrain and Surface:** The type of terrain and surface athletes train or compete on influences biomechanics, impact forces, and injury risk. Surfaces like synthetic tracks or grass fields offer different levels of shock absorption and traction, impacting performance and injury rates [8].
- 5. Lighting Conditions:** Adequate lighting is essential for visibility during training or competition, especially in indoor sports. Poor lighting can affect reaction times, depth perception, and visual tracking, impacting performance and safety [8].
- 6. Facilities and Equipment:** Access to quality training facilities and equipment is vital for optimizing performance and minimizing injury risk. Well-maintained facilities and appropriate gear enhance athletes' training experience and skill development [6].

Managing and Understanding these physical environmental factors are crucial for sports organizations and sports person to optimize training strategies, enhance performance, and ensure sportsmen safety.

Psychosocial Environment

The psychosocial environment significantly influences athletes' performance. Here's an overview of key factors:

- 1. Team Dynamics:** Positive team dynamics, including cohesion, communication, and support, enhance athletes' motivation and commitment, leading to improved performance. Conversely, conflicts or lack of cohesion can adversely affect teamwork and individual performance [9].
- 2. Coach-Athlete Relationship:** A supportive and constructive coach-athlete relationship fosters trust, confidence, and open communication. Effective coaching techniques, feedback, and mentorship positively influence athletes' self-belief and performance [10].

3. **Motivational Climate:** Creating a motivational climate that emphasizes effort, improvement, and mastery goals rather than solely focusing on outcomes enhances athletes' intrinsic motivation and resilience. Coaches and team leaders play a crucial role in shaping this climate [11].
4. **Pressure and Stress Management:** Athletes face various stressors, including competition pressure, media scrutiny, and performance expectations. Effective stress management techniques, such as relaxation, visualization, and goal-setting, help athletes cope with pressure and maintain optimal performance levels [12].
5. **Social Support:** Social support networks, including family, friends, and teammates, provide emotional, instrumental, and informational support to athletes during challenging times. Strong social support buffers against stress and enhances athletes' mental well-being and performance [11].
6. **Personal Beliefs and Values:** Athletes' personal beliefs, values, and mindset influence their self-perception, confidence, and resilience. Cultivating a growth mindset and positive self-talk can enhance athletes' performance and mental toughness [6].

Optimizing and understanding and the psychosocial environment is crucial for sports organizations, coaches, and athletes to foster a supportive culture that maximizes performance potential and well-being.

Facilities and resources significantly impact the performance of sports persons and athletes in several ways:

1. **Access to Quality Equipment:** Adequate access to quality sports equipment, such as proper footwear, training gear, and specialized tools, enhances athletes' training effectiveness and skill development [13].
2. **Training Facilities:** Well-equipped training facilities provide athletes with optimal training environments, allowing them to practice specific skills, techniques, and strategies effectively. Proper facilities also minimize injury risks and facilitate recovery [14].

Sports mens' performance is significantly impacted by their training facilities. For athletes to prepare and perform at their best, adequate sporting facilities and equipment are necessary. Having fields, courts, indoor halls, and different sports equipment available is essential to establishing a training and competitive atmosphere. Athletes' passion, commitment, and will to succeed can be influenced by the availability and Caliber of sports facilities. University and college sports development is hampered by inadequate or subpar sports facilities. The growth of sports culture and sportsmen performance are adversely impacted by inadequate facilities, gear, and uniforms. Universities with supportive sports facilities can influence students' perceptions of and expectations for the quality of services, as well as their likelihood of participating in sports

3. **Recovery Resources:** Access to recovery resources such as physiotherapy, sports medicine, and rehabilitation facilities is essential for athletes to recover from injuries, manage fatigue, and maintain peak performance levels [14].
4. **Nutrition Support:** Proper nutrition facilities and resources, including access to nutritious meals, dietary counselling, and supplementation guidance, play a crucial role in fuelling

athletes' bodies for optimal performance, recovery, and overall health [15].

- 5. Sports Science Support:** Access to sports science resources such as sports psychologists, bio mechanists, and performance analysts helps athletes optimize their mental and physical preparation, refine their techniques, and strategize effectively [16].

To summarize, facilities and resources play a crucial role in providing sportsmen with the necessary support, tools, and environments to train effectively, recover efficiently, and perform at their best. A work environment is the setting, social aspects, and physical conditions in which an individual performs their job. It has the potential to significantly impact employee morale, workplace relationships, performance, job satisfaction, and employee health. A supportive environment can help athletes reach their full potential by providing opportunities for training, team-building, skill development, and recovery. Factors such as motivation, leadership, and resources can all affect an sportsman' ability to perform at their best. Additionally, a positive work environment can promote physical and mental health, which is crucial for overall athletic success.

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Traditional Sports Festivals in India



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In India most of the Indian traditional sports tournaments are organized during festivals. There are several regional festivals in India it's become famous particularly because of organizing a traditional sports tournament. The village festivals and carnivals, the Indian traditional sports tournaments are also organized at the associations that are working for management of the particular sport. Another objective behind organizing the Indian traditional sports tournaments are to project the players from remote areas in the national level. The Indian traditional sports tournaments are playing a vital role for the preservation and further promotion of Indian traditional sports.

Sports help to build physical and mental strength of its players. However, with traditional games, the biggest advantage is its ad hoc existence. It does not require expensive infrastructure or dedicated coaching. The true flavor of these games lies in their accessibility and ease of play, adding that traditional games have a rustic and local flavor to their method and techniques.

The Traditional Games are a part of intangible heritage and a symbol of the cultural diversity of our societies. Traditional games were not just games they were designed in such a way that can develop lot of skills like logical thinking, building strategy, concentration, basic mathematics, among and lot more. They teach us many things while playing like to learn to win and lose, develop sensory skill, count, add, improve motor skills, identify color, hand-eye coordination and finally to have fun All naturally one play or watch a game to have fun. Indian State has its own unique local sports that are popular among the residents. Traditional games and sports reflect of different cultural expressions and create a bridge between cultures for a better mutual comprehension. Such sports festivals are held usually during the harvest season, like Kabaddi, Kho-Kho, Wrestling Marathon race , Bullock-Car race will provide an opportunity to rural area Sports. Concepts such as fitness, health, personal and social development and mental health are closely related to sport. A historical review demonstrates that civilized nations of the world always have paid attention to the importance and role of sport and used it for development of youth and preparing them to deal with personal and social problems. The people in this region have a low monthly income. Therefore, poor financial status significantly influences on lifestyles of residents of the region.

The word 'Game' is universal and does not have any cultural or linguistic boundaries. Games appear to be the common property of people who know them either professionally or as an amateur. Games echo the reflections of the traditions and ethos of a particular country or region. Traditional Games act as learning aids. They teach us many things while playing

like to learn to win and lose, develop sensory skills, count, add, improve motor skills, identify color, improve hand-eye co-ordination and finally to have fun. The values that we achieve by playing these games are more when compared to the games that we play nowadays. Some of the values that we gain are that they are environment friendly, we get a chance to learn about our culture and history, and an important thing is, they are suitable for all ages, so they increase the interaction between generations. Many modern games played around the world have their origin in these traditional games. This is the matter of pride to our nation's culture.

India has a vast and unique culture, so every state has its own traditional sports to follow. There are few famous villages sports are also very adventures sports in India. Following few most popular traditional sports in India. Here are some traditional Indian sports festival games, each with its own significance:

- **Wrestling** is one of the most popular traditional sports in all India.
- **Kabaddi:** It is one of the most popular sports in all India played by the people in villages as well as in small towns.
- **Kho-Kho:** Kho-Kho is a 'run and touch' game that is very simple to play and can be enjoyed by people of all ages.
- **Mallakhamb** is an ancient traditional Indian sport. 'Malla' means gymnast, and 'khamb' means pole. Thus, the name 'Mallakhamb' stands for 'a gymnast's pole'. Mallakhamb has a long history in India and is often performed as part of cultural festivals and events.
- **Ball badminton** is an indigenous sport of India. It is a racquet game played with a woolen ball upon a court of fixed dimensions.
- **Gilli-Danda** is an amateur sport played in the rural areas and small towns all over India. The objective is to hit the small stick as far as possible in the field. Gilli-Danda is an excellent way to improve hand-eye coordination, focus, and physical fitness.
- **Vallamkali** The snake boat race, known as Vallamkali in Kerala.
- **Jallikattu** is one of the oldest living ancient sports seen in the modern era. The ancient sport of Jallikattu pits crowds of brave young men against angry bulls.
- **Kambala** the Buffalo race. When the fields are fush with water there is one sight not to be missed, the kambala or the buffalo race that is unique to Dakshina Kannada.
- **Kalaripayattu** is the one of the oldest form of Indian martial art. This famous art is from Kerla.
- **Archery** is one of the most ancient sports originated in India. This is the favorite pastime or sports of the people of Manipur.
- **Boat Race** the grand festival of Onam, is celebrated with great zest, in the picturesque state of Kerala.
- **Inbuana** traditional game of the Indian state of Mizoram,
- **Insuknawr** (Rod-pushing) is an indigenous game of the state of Mizoram,

- **AsolAap** (Canoe Race) Canoeing is a familiar activity with the Nicobaresetribal's as this was the only means of transport for their journeys from one island to another.
- **KhongKangjei** (Hockey on Foot) this version of hockey is distinctively Manipuri in character.
- **Mukna** is a sport, which is a combination of wrestling and judo, originating from, and popular in the state of Manipur.
- **Yubee-Lakpee** (Snatching the coconut) is a popular outdoor game in Manipur, played only by men. It is akin to rugby, and requires a great deal of vigorous body play and stamina. Yubee in Manipuri means coconut.
- **SagolKangjei** (Polo) is the name of the game of polo played in Manipur.
- **Kite Flying** is most popular Games in city & rural areas. Kite is also known as 'Patang' in India.
- **Marble Games** (Kancha) is played by using marbles, Marble are glass balls which are very popular among children it popular in small Indian cities and villages among small boys only as a gully sport.
- **Cockfight** is a popular recreational activity in rural areas. One circle is marked on the ground, diameter of the circle is depend on the number of players participated in this activity.

According to the above studies it can be concluded that sport activities is one of the healthy and vigorous tools to fill leisure time. Sports has a Unique power to attract, mobilize and inspire by its very nature, sports is about participation and stands for human values such as respect for the opponent acceptance at binding rules, teamwork and fairness,

In conclusion, traditional sports festivals serve as powerful platforms for preserving cultural heritage and promoting unity within communities through the preservation of traditional skills, promotion of healthy lifestyles, and facilitation of cultural exchange, these festivals contribute to the vitality and resilience of cultural heritage. Moreover, traditional sports festivals play a significant role in promoting cross-cultural understanding and appreciation, fostering peace and harmony in an increasingly diverse world. As we continue to cherish and support these cherished events, we ensure that future generations can inherit and embrace the cultural richness of our past, strengthening the bonds that unite us as a global community.

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Warming Up In Sports



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Abstract

warming up is a part of stretching and preparation for physical exertion or a performance by exercising or practicing gently beforehand, usually undertaken before a performance or a practice. Athletes, actors and Dancers and other warm up before stressing their muscle. It is widely believed to prepare the muscle for vigorous action and to prevent muscle cramps and injury due to overexertion.

Introduction

Warming up before any physical activity helps prepare the body and mind for more intense exercise. Its primary purpose is gradually raising the heart and breathing rates, increasing the activity of the cardiorespiratory system and delivery of oxygen and nutrients to the muscle that will be worked during exercise. Explosive strength exercises, which may include sprint drills or jumps, gently increase the level of intensity and prepare the body for sudden movement in the game which will follow: these exercises should only be done once the muscle are warm: this will prevent the injuries. When you engage in light warm up you're essentially helping your body get ready to ease into the upcoming exercise through some light physical activity. In doing so, you can take step to increase your flexibility and range of motion before you try to put all kinds of strains on those muscle groups and joints from lifting heavy weight or performing rigorous cardio activity.

Warm ups commonly last for five to ten minutes: in general, the more intense and demanding the workout, the longer the warm up strenuous activities might require warm ups of up to 15-20 minutes competitive athletes use warms up to raise heart rate and body temperature and to condition important nerve and muscle pathways to increase and speed and efficiency of muscular contraction. Athletes might, therefore warm up for much longer. For example, sprinters sometimes spend an hour or more warming up people who are just starting an exercise program also require longer warm ups. Heavier breathing and very mild sweating usually indicate a sufficient warm up: However, warm ups should never be tiring.

Warm ups for youth sports generally last 15-30 minutes, they often begin with a brisk walk, running in place or a slow jog, followed by a sports-specific warm up and possibly gradual stretching of major muscle groups. It is very important that children receive instruction about appropriate exercises for their sports.

Dynamic movement: -

Dynamic warm up movements open up muscles and joints by allowing your body to go through the full range of dynamic movement that you will be performing throughout a workout. They introduce your body to different motions of active exercise and strengthen posture in a low-stakes environment so that when the pressure is on, you are confident in the movement, meaning you are less likely to hurt yourself.

Dynamic exercises: -

1) Inversion and Eversion: -

Flatten out the bottom of your foot (so the ankle is at 90 degrees). Turn the sole of your foot inward nice and slowly.

Hold for 3-5 seconds. then turn the sole of the foot outward slowly.

2) Dorsiflexion and Planter Flexion: -

Dorsiflexion occurs when the ankle bends raising the toes upward, and this decreases the angle between the dorsal side of the foot and the tibia and planter flexion occurs when the ankle in the direction that points the toes and plantar side of the foot downward.

3) Front to Back Leg Swing: -

Hamstring glutes, quads begin by supporting yourself with one arm while swinging your opposite leg forward then backward keep your straight as it comes back try to kick yourself in the butt to stretch the quads with each swing you should take the stretch a bit further.

Try 20 reps on each leg.

4) Sideways Leg Swing: -

Abductors and adductors while facing a wall place both hands against it for support. Swing one leg at a time from side to side in front of your other leg. Try not to your torso rotates as you do this stretch.

Stretch both legs 20 reps each.

5) Lunge with Rotation: -

Glutes hip flexors. Calves lunge forward with either foot keeping your knee over your toes, and rotates your body towards the forward leg. Stand back up and repeat with the other leg.

10 reps each side.

6) Power Skip: -

Preparing for explosive movement skip across the field using powerful explosive motions. Try to emphasize height instead of distance while using big arms swings and high knee lifts.

Try 20 reps each side.

7) Leg Circle/Hip Circle: -

Leg circle warm up your glutes, thighs and hips. They're sometimes called hip circle.

Stand on leg, holding on to a countertop or wall for support. Gently swing your other leg in small circle out to the side perform 20 circles and switch legs. Work up to larger circles as you become more flexible.

8) Arm Circles: -

Stand with feet shoulder-width apart and hold arms out to the side at shoulder height. Circle around your arms slowly. Starting with small circles, working up to larger circles perform 20 circles, reverse direction of the circles and perform 20 more.

9) Leg Pendulum: -

Start to swing one leg back and forth while balancing on the other. You can hold onto a wall if needed. Swing forward and backward 5-10 times. Bring that leg down and repeat with the other leg, swinging 5-10 times. You can then face the wall and swing your legs from side-to-side if desired.

10) Jog To Quad Stretch: -

Start by jogging in place for 2-3 seconds, reach behind one leg to grab hold of one foot to stretch out the quad. Hold for 2-3 Seconds, start to jog again for 2-3 Seconds. Repeat stretch with other leg & Repeat 5-10 times.

11) Arm Swings: -

Stand forward with your arms extended at shoulder-height out in front of you palm facing down. Walk forward as you swing both arms to the right, with your left arm reaching in front of your chest and your right arm reaching out to the side. As your swing your arms, remember to keep your torso facing straight and only turn your shoulder joints. Reverse direction of the swing to the opposite side as you keep walking. Repeat 5 times on each side.

12) Spinal Rotation: -

Stand with your feet shoulder-width apart and bring your arms out to the side at shoulder height. Keep your torso still and slowly start to rotate your body back and forth from right to left. Repeat 5-10 times.

13) Shoulder Rotation: -

Good for shoulder and upper back.

Stand with your arms down at your sides. Roll your shoulder backward in a circular motion, completing 5 rotations forward. Repeat this sequence 2-3 times.

14) Neck Roll: -

Good for neck and upper back.

Stand or sit facing forward. Begin by felting your neck to the right you should feel through your neck to your trap muscle. After second or two, slowly roll your head

counterclockwise. Pause for a second or two when you reach your left shoulder. Complete the rotation by ending where you started. Repeat this steps, rolling clockwise. Repeat this sequence 2-3 times.

Conclusion:-

Warm up play a crucial role in preparing athletes for optimal performance, reducing the risk of injury, and aiding in post-workout recovery. A warm up is intended to ready the athlete for either a training session or a competition. While a warm up routine may talk many forms, subject to the sport or training goals of the athlete the warm up will both physically and mentally prepare the athlete for the intended task. The start of a warm up is a signal to the body that exercise is about to commence a form of mental preparation.

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The role of Yoga and Meditation in Physical Fitness



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ABSTRACT

Proud to say that Yoga and Mediatation are the backbone of physical fitness. India is concerned with yoga spiritually and its significance lies in its tradition and cultural heritage. Yoga gives peace, enlighten inner heart and closely associated with our religion and traditional practices.

Key Words : Backbone, spiritual, significance, heritage, traditions Introduction : Yoga as an Heritage

History of Yoga can be traced long back before 5,000 years. The practice of yoga and meditation was expressed in RigVeda (the oldest text of Hinduism). In our country there are many yoga ashrams and retreat centers, where practitioners offers their expert knowledge and provides spitirual dimensions to recover health problems. These centers offers large variety of programmes and activities including yoga classes where they teach yoga asanas, how to meditate and arrange spiritual talks which help society to recover physically, mentally and psychologically. So yoga is a basic aspect of our religion and spirituality.

Physical Health : Prior to Yoga and Meditation

Looking at the current scenario we observe that there are many people in the society suffering from different kinds of diseases medicinal and psychological. The health issues like Blood Pressure, Diabetics (Sugar problem), Thyroid are common not only among the above 40 years of age people but among youth also. This situation creates disturbance in family as well as increases financial burden of earning person of family. Financial budge of family increases due to lot of expenditures made on various tests which are performed in pathology laboratories. Dealing with monetary and financial issues are somehow controllable but how to face with the issues like tension and pressure which arises in family due to health problems. It is worst to manage it. To deal with psychological problems yoga and meditation surely helps a lot.

Mental & Physical Fitness after adopting yoga lifestyle

What Yoga exactly offers you? Tremendous change can be observed in individual after following the different life style which includes morning walk, body warm up, yoga asanas, pranayam, meditation etc. Every type of physical fitness provides special benefit. Yoga brings physical fitness as well as brings mental peace. Mediation gives inner peace and improves spirituality in individual. Pranaayam controls the health issues like blood pressure, removes skin diseases etc. Concept of yoga has been defined as "Be equal minded

in both success and failure. Yoga is also described as : Yoga is fourfold : faith, aspiration, perseverance and means.

International Yoga Day : Initiative by Indian Government

In the year 2014 our Prime Minister honorable Narendra Modi in United Nations address has announced 21st June every year as international Yoga Day. The objective behind celebrating this day is to create awareness about physical health, spirituality and bring unity among all nations. And also spread Hindu religion's positive side throughout the world.

Healthy lifestyle controlles challenges such as stress, mental pressure

After adoption of healthy lifestyle such as regular exercises, pranayamas, meditation one can definitely identify the change in physical health. Blood pressure will be in control, sugar level also maintained. Expenditures on medical aid will be reduced. This will in return control the financial budget of family. Monetary benefit as well as good mental health of all family members is the end result of Yoga and Meditation.

Conclusion

In conclusion one must follow the healthy lifestyle, yoga and mediation are proved to be the best option for the betterment of body and mind connection. Yoga indeed is an integral part of Indian culture and changes in the same has been observed in each period of the history. So be a part of the true India and learn yoga.



Importance of Sports and Physical Education in Today's Change Lifestyle



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Introduction

Sports and physical education play a pivotal role in shaping Indian society, fostering holistic development, and promoting overall well-being. In a country as diverse as India, where culture, tradition, and heritage intertwine, sports have become an integral part of the national fabric. The significance of sports and physical education extends far beyond mere recreational activities; it encompasses values, skills, and opportunities that contribute to the growth and progress of individuals, communities, and the nation as a whole. First and foremost, sports and physical education serve as catalysts for personal growth and character development. Through engagement in various sports, individuals learn essential qualities such as discipline, teamwork, perseverance, and resilience. These qualities not only contribute to athletic prowess but also translate into other aspects of life, including academics, career, and personal relationships. By participating in sports, individuals learn to set goals, work hard and overcome obstacles, thereby instilling a sense of self-belief and confidence.

Objectives: The objectives of this paper is to highlight the importance of sports is today's change lifestyle

Research Methodology:

This research paper is based on the basis of secondary data and using descriptive methodology and comprise mainly on qualitative data, but final conclusion only after the discussion of experts in the field of Sports.

Physical Education and Sports in current scenario:

In the context of Indian society, the present status of physical education and sports in the new era can be described as a mix of progress and challenges. Here are some key points to consider:

- 1. Government Initiatives:** The Indian government has launched several initiatives to promote physical education and sports. Programs like the "Khelo India" campaign aim to identify and nurture sporting talent at the grassroots level. These initiatives provide

financial support, training facilities, and infrastructure development to athletes.

- 2. Growing Awareness:** There is a growing awareness about the importance of physical education and sports in India. People are recognizing the benefits of an active lifestyle and its positive impact on physical and mental well-being.
- 3. Infrastructure Development:** There has been a considerable focus on developing sports infrastructure in the country. New stadiums, training centers, and sports academies have been established to provide better facilities for athletes. This has created opportunities for budding talents and improved the overall sporting ecosystem.
- 4. Sporting Achievements:** Indian athletes have achieved significant success in various international sporting events. Indian cricket, badminton, wrestling, shooting, and other sports have produced world-class athletes who have brought laurels to the country. These achievements have helped in raising the profile of sports in Indian society
- 5. Integration of Sports in Education:** Efforts are being made to integrate sports into the education system. Schools and colleges are emphasizing physical education as a vital component of the curriculum. This integration helps in nurturing talent from a young age and promoting a culture of sports.

However, some challenges need to be addressed.

- 1. Limited Participation:** Despite progress, the overall participation in sports and physical activities in India remains relatively low. Many children and adults are still not actively engaged in sports due to various reasons such as lack of awareness, limited access to facilities, and cultural biases.
- 2. Lack of Grassroots Development:** While there are programs to identify and support talented athletes, the focus on grassroots development is still lacking in many regions. Adequate infrastructure, training, and coaching at the grassroots level are essential to nurture young talent and create a strong foundation for sports.
- 3. Limited Sports Culture:** Sports culture is still not deeply ingrained in Indian society. Academic achievements are often given more importance than sports, and career opportunities in sports are considered uncertain. This mindset needs to change to encourage more young people to pursue sports as a viable career option.
- 4. Gender Disparity:** There is a significant gender disparity in sports participation and support. Female athletes face unique challenges, including societal attitudes, limited opportunities, and inadequate resources. Addressing gender disparities and promoting gender equality in sports is crucial for the overall growth of physical education and sports in India.

Needs of Sports Education and Sports:

- 1. Mental Health:** Physical education and sports contribute to mental well-being. Exercise releases endorphins, the "feel-good" hormones, which can reduce stress, anxiety, and symptoms of depression. Participation in sports can boost self-esteem, improve body image, and enhance overall mental relief.

- 2. Physical Health:** Engaging in physical activities promotes physical fitness, strengthens muscles and bones, improves cardiovascular health, enhances coordination and motor skills, and helps manage weight. Regular exercise reduces the risk of various chronic diseases and fosters a healthy lifestyle.
- 3. Personal Development:** Physical education and sports encourage personal growth and character development. Through sports, individuals learn perseverance, discipline, resilience, and sportsmanship. They acquire values such as fair play, respect for rules and opponents, and integrity, which are essential in both sports and life.
- 4. Stress Relief and Recreation:** Physical activities and sports provide an outlet for stress relief and recreation. Engaging in enjoyable physical pursuits helps individuals relax, unwind, and escape from the demands of everyday life. It can serve as a means of leisure and enjoyment, contributing to a balanced and fulfilling lifestyle.

Conclusion:

Sports and physical education contribute to the physical health of individuals by promoting fitness, improving cardiovascular health, and strengthening muscles and bones. By engaging in regular physical activity, individuals can reduce the risk of chronic diseases and maintain a healthy lifestyle.

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The Roles Of Thang Leiteng Haiba In Promoting And Reviving Old Glory And Legacy Of Rich Meitei Physical Cultural Heritage



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Abstract

The Thang Leiteng Haiba being the demonstrative art form of the Thang-Ta, can easily be attracted and enchanted by any ordinary naked eyes all because of its graceful movement patterns; simply by practicing it, the youths and of all ages are basically opening up to an unknown gateway to the past glory and legacy of the rich Meitei's traditional physical culture and its heritage. It actually gives a platform, specially to the highly globalised modern Meitei contemporary generation to explore the uniqueness of its traditional movement education and cultural ethos, and more significantly it makes aware of the notion of honour, respect, sacrifice, sense of belongingness and it brings closer to the Meitei ancestors' roots.

Keywords: - Thang Leiteng haiba, Meitei, Traditional Physical Culture.

Introduction

The 'Thang Leiteng Haiba' is basically a part of demonstration aspect of Thang-Ta, which is a sub-form of traditional Meitei martial arts system called the Huyen Lallong (The Art of Warfare). Broadly, under the doctrine of Thang-Ta, there are three major aspects which have been practicing since time immemorial by the indigenous Meitei people of Manipur, i.e. *Ritualistic, Demonstration and Combat*. The demonstration aspect of Thang-Ta, that is the 'Thang Leiteng Haiba' is basically a *decorative sword play*; moves two swords gracefully without ever touching one another and twirling two swords around the body in a show of valour and virtuosity, usually give performances by highly-skilled swordsmen and swordswomen with its choreography integrating the martial steps with an absolute mastery of the weapon; its various movement patterns can be later transformed and applied it into actual fighting practices and for combat. Another point of interest is that dance and theatre academics have already included into their courses to learn, study and understand the highly intricate and complex techniques and movement patterns involved in the Thang

Leiteng Haiba. And as a matter of fact, many professional dancers from Manipur are quite obviously have taken few lessons of it, and even one of the most prominent Indian choreographers such as Astaad Deboo and others have collaborated extensively with Thang-Ta artists in their explorations to understand various movements and physical cultures of the Indian subcontinent. In the case of modern contemporary period, it is also widely being practiced for health and well-being purpose, and has been getting popular among the youths and students across Manipur where number of schools and colleges have started implementing under the officially approved academic curriculum, and various local Thang-Ta academics have mushroomed up in great numbers in a very short time span of a decade to trained men, women, children and of all ages, intending to revive the old past glory and legacy of Meitei's rich physical cultural heritage.

Related Literature Reviews

Devi, L. I. et al., (2022) Thang-Ta is an indigenous martial art of Manipur fast becoming a world sport. Its origin is merged with mythology indicating a close link with the culture and lifestyle of the people of Manipur. The use of iron implements in the early iron-age in Manipur signifies the reason for the very advance knowledge of people in the field of Thang-Ta. It is a popular sport now. There are state level, national level and world level organisations of the game. The national federation has framed the game rules of the martial arts. Review of literature shows that very little study has been made about the impact of education on the level of participation in this sport. The present study was made on 39 players of Imphal west District of Manipur drawn from seven clubs affiliated to the state association which was also affiliated to the national federation. The male players of age 20-28 years only were considered for the study and details of bio-data were obtained from the state association. The level of participation was based on the performance in the state, national and international tournament records of last five years. Statistical tests carried out were frequency analysis, Analysis of Variance (ANOVA) and Pearson's Correlation (r) to find out the significance of the association. The frequency of the players was more in the lower classes of matric and class xii. Analysis of variance shows a highly significant F value of 5.084 ($p=.005$) and correlation analysis shows moderately significant „ r “ value of .325 ($p=.044$) for the Educational Status-Level of participation association of the Thang-Ta players of Manipur.

Rajkumar, Tapasjit. et al., (2020) Thang-Ta is an Indian martial art. It is originated from Manipur, a NorthEastern state of India. The term 'Thang' means 'Sword' and 'Ta' means 'Spear'. The original name of this martial art is 'Huyel Langlon'. Thang-Ta has become a very popular sport in India and also in the world. Thang-Ta martial art was practiced in the Manipuri localities of Tripura, from the very beginning of the history of the Manipuri community in Tripura. In the year 1985 Guru Huidrom Premkumar Singh was started his journey for Thang-Ta organisation at the national level. He came to Dharmanagar, North Tripura, and talk with local people and went to Agartala (the capital city of Tripura) for the organisation to start Thang-Ta training, but unfortunately, it was unsuccessful. In the year 1989 Guru Huidrom Premkumar Singh came again in Dharmanagar and for the development of Thang-Ta sports in Tripura a primary committee was formed in Tripura, where Narendrajit Rajkumar was the President and Santosh Kumar Singh was the secretary of the committee. The training programme was started under Oinam Deben Singh from

Manipur with 20 players. Nowadays Thang-Ta sports became one of the popular events in Tripura and ThangTa players are participating in the various Thang-Ta tournaments.

Ray, S. (2009) looks at the orthographic debates within Meitei society, and shows how the cultural ideology of the sacred body was the pivotal factor by which the Meitei community made its orthographic choice. The article further elaborates on the importance of the human body image in Manipuri society, and how the body philosophy pervades different areas of life. It also examines how the philosophy of the sacred body is now secularized in children's alphabet books in order to be taught in the modern nation-state.

Singh S.R. et al., (1994) the expert swordsman has to carry besides the *Chungoi* (shield) three types of swords such as Yet Thang (righthand sword), Oi Thang (the lefthand sword) and the Tendong Thang (additional sword) kept at the back and used like an arrow in times of emergency. The art of sword fighting, apart from it having various steps and movements in Manipuri, is now corresponding to non-Manipuri terms like Ualak, Kalak, Sheet, etc and it is likely that this art has been influenced and enriched by similar arts of fencing from other parts of India. An expert swordsman holding two swords could cover himself completely with the swords and protect himself against possible attacks from all sides. It is extremely difficult for a swordsman to master all the types of the *Thanglon* (swordplay) but he can master about 30 or so depending on the number of footsteps and varieties of sword movements.

Promoting and reviving of old glory and legacy of Meitei rich physical cultural heritage

Here are some of the traditional ethos of Meitei physical culture that a modern Thang Leiteng Haiba practitioner has to follow, and get to know the importance and information of traditional value system when get exposure to it, and he/she also has to be ultimately bounded by the strict code of conducts and disciplinary regulations:

1. Firstly, Maheiroi (student) have to be officially approved by an Oja (teacher) on the particular auspicious day through a ritualistic ceremony in order to start the training; training ground has to be cleaned and *Meira* (flame) have to be lit for the PAKHANGBA, a primordial deity which is the originator and ruling deity of the ThangTa, often represented in the form of a Meitei dragon, in Meitei mythology, philosophy and religion.
+

Pakhangba being represented in the form of Meitei dragons



2. The Maheiroi has to pray and meditate in front of the Pakhangba and has to do *Khurumba* (the bow) and has to offer gifts to the Oja in the form of fruits, betel leaves, betel nuts, candles, *Khudei* (locally woven garment worn by men at home) and a *Taret Senja* (money). The Oja will accept the gifts and get approved as a disciple of a Maheiroi, and eventually,

the training days will officially proceed.

Khurumba (the bow)



Kom Kwa (Betel leaves and nuts) and Khudei



3. Maheiroi has to enter the Sindamsang (school) in barefoot and have to do the Khurumba with greetings to the Oja and to any elders who are already have presence inside the Sindamsang, and most importantly, a Maheiroi must do the Khurumba to the Pakhangba with reverence before the start of every training session and, the training floor or ground should be well groomed and cleaned through *Wai Teiba* - a daily ritual of cleaning the practice ground or floor; use a different flexible squat system with the bent knees opened out to enable the forward flexion of the torso or spine. The hand uses the washcloth with more space at command while rubbing the floor. The entire system of body use is rich and varied, and the wrists could be most appropriately exploited as a positive transfer of training in Khujeng Leibi (wrist circling) of Thang Leiteng Haiba.

Wai Teiba and Khujeng Leibi



4. Maheiroi has to perform the *Ningsha Kanglon* (traditional breathing exercises) which is an integral part of the *Chingkhei Khurumba* (traditional warm-up exercises) before the training session of Thang Leiteng Haiba. The Chingkhei Khurumba is basically done facing to four different directions, namely towards the *Chingkhei* (North East), *Meiram* (South East), *Santhong* (South West) and *Koubru* (North West) one after another to pay homage to the four major Meitei's directional deities. The four major deities are *Lord Koubru* of Koubru direction, *Lord Marjing* of Chingkei direction, *Lord Wangbren* of Meiram direction and *Lord Thangjing* of Santhong direction. All these four directions and locations are deeply related and rooted with 5000 years old mythologies, religion, history, cultural evolution of Meitei rich civilization and physical cultural heritage.

Maheiroi performing Ningsha Kanglon and Sajel Kanglon as a part of Chingkhei Khurumba



The Chingkhel Khurumba has to face the four directions: -



North East, South East, South West and North west.



5. A Maheiroi must stand still when receiving the instructions from the Oja and shall not come to the *Sindamsang* (school) intoxicated and chewing of betel and smoking are extremely prohibited in the presence of an Oja, and at the end of a training session, the student must do the *Khurumba* (the bow) again to the Oja.

Maheiroi taking instructions from Oja



6. A pregnant or menstruating woman is not permitted and absolutely not allowed to train on the training ground/floor. Before picking up a sword, a Maheiroi must touch it with fingers first and then the fingers to the forehead and must never touch with feet, thus acknowledging the sanctity of the weapon.

A Meitei's sabre



7. To learn the Thang Leiteng Haiba, a Maheiroi has to first begins with the fundamentals of *Phibam Phirep* (stance), *Thong Khong* (bridge support), *Khongthang* (foot positions), the three basic *Khongfam* (steppings) i.e. *Phunga Nungdum Saba Khongpham Ahum* (triangular three stepping), *Tha Machet Saba Khongpham Ahum* (a semi-circular three steps) and the *Khongfam Manga* (five steps), *Khujeng Leibi* (wrist circling) and *Khujeng Leibi Ahanbi* (reverse action of wrist circling), *Tha Leibi* (rotation and tilts of the pelvic joint while keeping the torso in a curvilinear position) and basics swordplay of *Yet-Thang* and *Oi-*

Thang (righthand and lefthand sword play). The *Cheitup Haibi* (club swinging) is also practice by a learner. Thus, a Maheiroi has got a platform of learning and makes awareness of the traditional Meitei's rich cultured physical culture while practicing it.

Thong Khong (bridge support, a traditional squat)



Thang Leiteng Haiba being performed by Maheiroi after acquiring mastery level



8. Newly enrolled practitioners will get an opportunity to get acquaintance vividly about the traditional warrior dress code, equipment, and parts and structure of a weapon; heritage has to be passed on from the current generation to the next upcoming generations for the sake of preserving the Meitei martial identity.

Thang Leiteng Haiba during the Republic Day celebration in New Delhi.



Details of Meitei warrior dress, and the anatomy of a Meitei's sabre



9. Maheiroi will also have a realisation of its roles in promoting health and well-being; The Thang Leiteng Haiba is not entirely of the external physical strength, flexibility, coordination and speed but also required to learn the spiritual and ritualistic aspects of internal practice of physical control or deep control of inner self through soft movements coordinated with breathing rhythms. Involvement of the *Ningsha Kanglon* (breathing exercises), *Sajen Kanglon* (physical exercise), *Hirikonba* (meditation) and *Thengouron* (spiritual arts) are also integral parts of it to bring up graceful movements without any flaws.

Maheiroi practicing Sajen Kanglon in academy and school of Manipur



10. A modern Maheiroi will also be learning the deeply rooted relationship with other two movement traditions of Meitei, i.e., the *Meitei Jajoi* (Dance) and the performance techniques of the *Pung and Dhol Choloms*. The decorative, nonnarrative hand gestures and the footwork of Manipuri dance are said to derived from the movement patterns of the Thang Leiteng Haiba.

Affinities of Thang Leiteng Haiba with Meitei Jajoi, and Pung and Dhol Choloms



Astad Deboo, famous cotemporary choreographer working with Thang Ta artists



Conclusion

On account of its attractive art form and breadth taking complexed movements, the 'Thang Leiteng Haiba' can be use as a first ship of leverage that can be absolutely sail through by the present and upcoming generations to reach the shore of an un-rediscovered land of opportunities to rightfully claim their rich heritage and belongings for preservation, promotion and reviving old glory and legacy of rich Meitei physical cultural heritage.

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Technology and Innovation in Sport: Enhancing Performance



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Abstract:

This paper explores the intersection of technology and innovation within the realm of sports, focusing on their profound impact on both athlete performance and the spectator experience. Through an in-depth examination of various technological advancements, ranging from equipment enhancements to data analytics and virtual reality, this paper elucidates how technology has revolutionized training methods, performance analysis, and fan engagement in modern sports. Furthermore, it discusses the implications of these advancements on the future landscape of sports and highlights potential challenges and ethical considerations.

Introduction

Definition of technology and innovation in sports

In the context of sports, technology refers to the application of scientific knowledge, engineering principles, and innovative solutions to improve various aspects of athletic performance, training methodologies, equipment design, spectator engagement, and overall sports administration. Technology in sports encompasses a wide range of tools, devices, and systems aimed at enhancing the capabilities of athletes, coaches, and sports organizations.

Key components of technology in sports include:

Equipment Innovation: This involves the development of advanced sporting equipment using cutting-edge materials, ergonomic designs, and engineering techniques to optimize performance, durability, and safety. Examples include carbon fiber materials in cycling frames, lightweight and aerodynamic designs in racing gear, and impact-absorbing materials in protective gear.

Wearable Technology: Wearable devices such as fitness trackers, GPS sensors, heart rate monitors, and smart clothing are used to collect real-time data on athletes' biometrics, movement patterns, and physiological responses during training and competition. These devices enable coaches and athletes to track performance metrics, monitor training loads, and prevent injuries by identifying potential risk factors.

Data Analytics: Data analytics involves the collection, processing, and analysis of large volumes of data generated from various sources, including wearable sensors, video footage,

and performance metrics. Advanced analytics techniques such as machine learning and statistical modelling are used to extract valuable insights, identify patterns, and make data-driven decisions to optimize training programs, game strategies, and player development.

Virtual Reality (VR) and Augmented Reality (AR): VR and AR technologies offer immersive and interactive experiences that simulate real-world environments or enhance physical surroundings with digital overlays. In sports, VR and AR are utilized for athlete training, skill development, and fan engagement. Athletes can practice in virtual environments that mimic game scenarios, while fans can enjoy enhanced viewing experiences through augmented graphics, statistics, and interactive features.

Biomechanics and Motion Analysis: Biomechanical analysis involves the study of human movement patterns, mechanics, and kinetics to optimize technique, efficiency, and performance in sports. Motion capture systems, 3D motion analysis software, and force plates are used to analyze athletes' movements, identify biomechanical inefficiencies, and provide feedback for technique refinement and injury prevention.

Innovation in sports refers to the process of introducing novel ideas, concepts, and technologies to address existing challenges, improve performance outcomes, and enhance the overall experience for athletes, coaches, and spectators. Innovation may involve the development of new products, services, training methods, or organizational practices that push the boundaries of traditional approaches and drive positive change within the sports industry. Innovations in sports are driven by collaboration between researchers, engineers, coaches, athletes, and sports organizations, who continuously seek to explore new possibilities and push the limits of human potential in sports performance and enjoyment.

Importance of technology in enhancing performance and spectator experience

The importance of technology in enhancing performance and the spectator experience in sports cannot be overstated. Here are some key points outlining its significance:

Performance Enhancement:

Precision Training: Technology allows for precise monitoring and analysis of athletes' performance metrics, including speed, agility, endurance, and biomechanics. This data-driven approach enables coaches and athletes to identify strengths, weaknesses, and areas for improvement with greater accuracy.

Injury Prevention: Wearable sensors and biomechanical analysis tools help in monitoring athletes' movements and biomechanics, thereby reducing the risk of injuries. By identifying biomechanical imbalances and movement patterns associated with injury, athletes can adjust their training regimens accordingly.

Optimized Equipment: Advancements in sports equipment design, materials, and manufacturing processes have led to the development of high-performance gear that enhances athletes' abilities while ensuring safety. From lightweight and aerodynamic clothing to advanced footwear with superior grip and stability, technology-driven innovations contribute to improved performance and reduced injury risk.

Data-Driven Decision Making: Data analytics tools enable coaches and sports scientists to

analyze vast amounts of performance data, identify trends, and make informed decisions regarding training programs, game strategies, and player selection. By leveraging data insights, teams can maximize their competitive advantage and optimize performance outcomes.

Enhanced Engagement: Social media platforms, mobile apps, and interactive digital platforms enable fans to engage with sports content in real-time, participate in polls, and interact with other fans worldwide. Live streaming services and on-demand content make it easier for fans to access sports events from anywhere, enhancing the overall viewing experience.

Statistical Insights: Data-driven graphics and statistical analysis tools enhance the depth of coverage and provide fans with insights into players' performance, team tactics, and game dynamics. Interactive dashboards and visualizations help fans understand the intricacies of the game and appreciate the skill and strategy involved.

Fan Involvement: Technology enables fan involvement through features such as fan voting, virtual cheering, and interactive challenges. Fans can feel more connected to their favorite teams and players by actively participating in virtual fan communities and supporting them through digital platforms.

Overall, technology plays a crucial role in elevating both athlete performance and the spectator experience in sports, fostering a culture of innovation, engagement, and excitement within the sports industry. As technology continues to evolve, its impact on sports is likely to become even more profound, shaping the future of both athletic competition and fan engagement.

Technological Advancements in Sports Equipment

Technological advancements in sports equipment have significantly influenced athletic performance, safety, and the overall experience of both athletes and spectators. Here are several key areas where innovations have made a substantial impact:

Materials Engineering:

Carbon Fiber: Carbon fiber has revolutionized sports equipment across various disciplines, offering exceptional strength, stiffness, and lightweight properties. Carbon fiber composites are commonly used in high-performance equipment such as cycling frames, tennis rackets, golf clubs, and hockey sticks, enabling athletes to achieve greater power, control, and manoeuvrability.

Advanced Polymers: Advanced polymers and plastics are utilized in the construction of protective gear, such as helmets, padding, and body armor, to enhance impact resistance and durability while maintaining lightweight and ergonomic designs. These materials provide superior protection against injuries without compromising athletes' mobility or comfort.

Biomechanical Design:

Ergonomic Design: Sports equipment manufacturers employ biomechanical principles to design equipment that optimizes athletes' biomechanics and movement efficiency. From the curvature of a ski to the shape of a swimming cap, ergonomic design features are tailored to

enhance aerodynamics, hydrodynamics, and overall performance.

Customization and Personalization: Advancements in 3D scanning, modeling, and printing technologies allow for the customization and personalization of sports equipment to fit individual athletes' anatomical dimensions and performance preferences. Custom-fit equipment, such as orthopedic insoles, arch supports, and prosthetic limbs, improves comfort, support, and performance while reducing the risk of injuries.

Sensor Integration:

Smart Technology: Integration of sensors and microelectronics into sports equipment enables real-time monitoring and analysis of performance metrics, such as speed, power, trajectory, and impact force. Smart devices embedded in equipment, such as basketballs, soccer balls, and tennis racquets, provide athletes and coaches with valuable insights for technique refinement, tactical adjustments, and injury prevention.

Feedback Systems: Sensor-equipped equipment can provide immediate feedback to athletes through visual, auditory, or haptic cues, helping them adjust their movements and technique in real-time. For example, smart golf clubs may provide feedback on swing speed, angle of attack, and clubface alignment to assist golfers in improving their accuracy and consistency.

Environmental Sustainability: Recycled Materials: In response to growing environmental concerns, sports equipment manufacturers are increasingly using recycled and eco-friendly materials in their products. Recycled plastics, bio-based composites, and sustainable manufacturing processes help reduce the environmental footprint of sports equipment production while maintaining performance and quality standards.

Circular Economy Initiatives: Some companies are implementing circular economy initiatives, such as equipment recycling and refurbishment programs, to extend the lifespan of sports equipment and minimize waste. By promoting reuse, repair, and recycling, these initiatives contribute to a more sustainable and responsible approach to sports equipment management.

Overall, technological advancements in sports equipment continue to push the boundaries of performance, safety, and sustainability, empowering athletes to reach new heights of excellence while enhancing the sporting experience for participants and spectators alike. As innovation in materials science, engineering, and digital technology continues to evolve, the future of sports equipment promises even greater advancements and opportunities for athletes across all levels of competition.

Wearable Technology and Performance Tracking

Wearable technology and performance tracking have revolutionized the way athletes train, compete, and monitor their physical well-being. These advancements have enabled real-time data collection and analysis, offering valuable insights into athletes' biometrics, movement patterns, and training progress. Here are several key aspects of wearable technology and performance tracking in sports.

Monitoring Biometrics: Wearable devices such as fitness trackers, smartwatches, and chest straps equipped with sensors can monitor various biometric parameters, including heart

rate, blood pressure, oxygen saturation, and body temperature. Athletes can track their physiological responses during training sessions and competitions to optimize performance and prevent overexertion.

Continuous monitoring of biometrics allows athletes and coaches to identify trends, detect anomalies, and adjust training intensity and duration accordingly. By maintaining optimal physiological states, athletes can enhance endurance, recover faster, and reduce the risk of overtraining injuries.

Tracking Movement Patterns: Accelerometers, gyroscopes, and GPS sensors embedded in wearable devices enable the tracking of athletes' movement patterns, including speed, acceleration, deceleration, and changes in direction. These motion tracking capabilities provide valuable insights into athletes' biomechanics, technique efficiency, and positional awareness.

Motion analysis software allows athletes and coaches to review and analyze movement data captured by wearable sensors, identifying areas for improvement in technique, agility, and coordination. By refining movement patterns and reducing biomechanical inefficiencies, athletes can optimize performance outcomes and reduce the risk of injury.

Monitoring Training Load:

Wearable devices can quantify the physiological and biomechanical demands of training sessions by measuring parameters such as workload, training volume, intensity, and recovery time. This information helps athletes and coaches assess training effectiveness, plan future sessions, and prevent overtraining.

Training load management systems use algorithms to calculate the cumulative impact of training activities on athletes' physiological systems, providing recommendations for workload adjustment and recovery strategies. By maintaining an optimal balance between training stress and recovery, athletes can maximize performance gains while minimizing the risk of fatigue-related injuries.

Wearable technology provides real-time feedback to athletes during training sessions, competitions, and practice drills. Visual, auditory, or haptic cues delivered through wearable devices help athletes adjust their movements, pace, and effort level to achieve desired performance outcomes.

Coaches can remotely monitor athletes' performance metrics using wearable technology platforms, providing personalized feedback, guidance, and training interventions in real-time. This remote coaching approach allows for greater flexibility, scalability, and accessibility, particularly for athletes in geographically dispersed locations.

Injury Prevention and Rehabilitation: Wearable devices play a crucial role in injury prevention and rehabilitation by monitoring biomechanical loading, movement symmetry, and tissue stress during physical activities. Athletes recovering from injuries can use wearable sensors to track rehabilitation progress, monitor movement patterns, and identify potential risk factors for re-injury.

Physiotherapists and sports medicine professionals can use wearable technology to

prescribe personalized rehabilitation exercises, monitor compliance, and adjust treatment plans based on real-time feedback. By optimizing rehabilitation protocols, athletes can expedite recovery, regain functional movement, and return to play safely.

Data Integration and Analysis: Wearable technology platforms integrate data from multiple sensors and devices to provide comprehensive insights into athletes' performance, health, and well-being. Cloud-based analytics tools enable the aggregation, visualization, and interpretation of data collected from individual athletes or entire teams.

Data analytics algorithms and machine learning models analyze wearable sensor data to identify patterns, trends, and correlations related to performance outcomes, injury risk factors, and recovery trajectories. These insights inform evidence-based decision-making processes and facilitate targeted interventions to optimize athletic performance and mitigate injury risks.

Overall, wearable technology and performance tracking have become indispensable tools for athletes, coaches, and sports medicine professionals, offering unprecedented access to real-time data and actionable insights for performance optimization, injury prevention, and rehabilitation. As wearable technology continues to evolve, the future of sports performance tracking promises even greater advancements in accuracy, reliability, and usability, empowering athletes to push the boundaries of human potential in sports.

Evolution of sports equipment design and materials

The evolution of sports equipment design and materials has been a continuous process driven by advancements in materials science, engineering, and manufacturing technologies. Over the years, sports equipment has undergone significant transformations to enhance performance, safety, durability, and comfort for athletes across various disciplines. Here's an overview of the key stages in the evolution of sports equipment design and materials:

Traditional Materials and Construction: Historically, sports equipment was predominantly made from natural materials such as wood, leather, and animal hides. Traditional craftsmanship techniques were used to manufacture equipment such as wooden bats, leather balls, and natural fiber clothing.

While these materials served their purpose, they were often limited in terms of performance, durability, and consistency. Wooden bats, for example, were susceptible to breakage and splintering, while leather balls could become waterlogged and lose their shape over time.

Conclusion

- Recap of the transformative role of technology and innovation in sports
- Emphasis on the ongoing evolution and potential of technology to shape the future of sports
- Call to action for stakeholders to embrace responsible innovation for the betterment of sports performance and spectator engagement

References

- Note: Each section should be elaborated with relevant examples, case studies, and empirical evidence to support the discussion. Additionally, visual aids such as graphs, charts, and images could be incorporated to enhance comprehension and engagement.



क्रिडा विज्ञान : एक आंतरविद्याशाखीय दृष्टीकोन



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सारांश

क्रिडा विज्ञान, व्यायामाच्या जैविक समर्थनाचा अभ्यास करून, चाचणी व मूल्यमापन पद्धतींची मालिका तयार करते, शरीराच्या शारीरिक व कार्यात्मक शोधात योगदान देते व व्यायामाच्या साखळीला मूलभूत आधार प्रदान करते. क्रिडा विज्ञान, जैविक व सामाजिक वैशिष्ट्यांचा अभ्यास करण्यासाठी निर्देशित करण्याचे कार्य करते. रोगाचे अगोदर निदान करण्याच्या पद्धती, आरोग्यावरील जोखीम दर्शविण्याचे व प्रतिबंधित करण्याचे निकष व प्रशिक्षित किंवा अप्रशिक्षित लोकांवर वय, श्रेणी व लिंगानुसार सामान्य व शारीरिक हालचालींचे परिणाम दोन्ही निश्चित करणे आवश्यक आहे. त्यासाठी कार्यात्मक किंवा मानसिक कमतरता, तसेच सामान्य व विशिष्ट रोगप्रतिबंधक उपाय स्थापित करण्याची शिफारस केली आहे. रोगप्रतिबंधक उपायांची संपूर्ण प्रणाली समाज-समुदायाच्या स्तरावर प्रवर्तित केलेल्या शारीरिक क्रियाकलापांच्या कार्यक्रमाच्या रूपात विशद करणे आवश्यक आहे, जेणेकरून व्यक्तीच्या आरोग्य स्थितीचे एकीकरण सुनिश्चित केले जाईल व समुदायाच्या सक्रिय जीवनशैलीला प्रोत्साहन दिले जाईल.

बिजशब्द :- क्रिडा विज्ञान, आरोग्य

१. प्रास्ताविक (An Introduction) :-

क्रिडा विज्ञान शारीरिक क्रियाकलापांसाठी एक वैचारिक व पद्धतशीर पाया प्रदान करतो. क्रिडा विज्ञानचा मूलभूत आधार व्यायाम, फिजिओलॉजी व स्पोर्ट मेडिसिनद्वारे दर्शविला जातो, जो थेट आरोग्य, मानवी कार्यप्रदर्शन, निरोगीपणा व जीवनाच्या गुणवत्तेशी संबंधित आहे. क्रिडा विज्ञान लोकांचे आरोग्य राखण्यासाठी वस्तुनिष्ठ आधार प्रदान करते, तर व्यायाम फिजिओलॉजी व स्पोर्ट मेडिसिन शरीर कार्याच्या हालचालींच्या परिणामांचा अभ्यास करते, सोबतच शारीरिक अनुकूलतेचा देखील अभ्यास करते.

आरोग्याच्या व्याख्या सतत बदलत आहेत १९४८ पासून जागतिक आरोग्य संघटनेचे जे विधान आहे, त्यानुसार केवळ रोग किंवा अशक्तपणा नसणे, असे नाही, तर शारीरिक, मानसिक व सामाजिक दृष्टिकोनातून एक चांगली स्थिती म्हणजे आरोग्य होय.

समाजाचे कल्याण, निरोगीपणा व सुदृढ जीवन ह्या गुणवत्ता परस्परसंबंधित कल्पना आहेत ज्या, एकमेकांना प्रभावित करतात. निरोगीपणा, वैद्यकीय दृष्टिकोनातून कल्याणाशी संबंधित आहे, ती आजार, दुखापत किंवा वेदनांपासून मुक्त होण्याच्या स्थितीचे वर्णन करते. व्यक्ती व समाज कल्याणाचे मूल्यांकन त्यांच्या सर्व प्रभावांसह विस्तारित करतांना, प्रत्यक्षात जीवनाच्या गुणवत्तेचे अवलोकन सादर करतो. जीवनाची गुणवत्ता परिभाषित करण्यासाठी संयुक्त राष्ट्र संघटनेने काही निर्देशके स्थापित केले आहेत व त्यात आरोग्य प्रथम स्थानावर आहे तसेच तो राहणीमानाचा एक प्रमुख सूचक देखील आहे.

व्यक्ती व सामाजिक आरोग्याच्या स्थितीची देखरेख करण्यासाठी क्रियाकलापांच्या विविध क्षेत्रातील ज्ञान आवश्यक आहे. अशाप्रकारे, क्रिडा विज्ञान हे चळवळीच्या आधारासाठी समर्थन करते व चांगल्या आरोग्यासाठी, व्यक्तींच्या कार्यात्मक क्षमता पुनर्संचयित करण्यासाठी, तसेच आरोग्य मूल्यांकनासाठी एक अपरिहार्य घटक म्हणून त्याची वृद्धी करते. लोकांचे शारीरिक व मानसिक आरोग्य राखण्याच्या दृष्टीने शारीरिक शिक्षण व आरोग्यांच्या कार्यक्रमांद्वारे शारीरिक व्यायामाच्या सक्रिय व निरोगी वापरासाठी समर्थन प्रदान करते. शारीरिक शिक्षण क्षेत्रातील वाढती चिंता स्पोर्ट्स कार्यक्रमांच्या नियतकालिक नूतनीकरणासाठी योग्य प्रदर्शन दर्शवते. शारीरिक व्यायामाचे फायदे, व्यक्तीची कार्यात्मक स्थिती व जीवनाची गुणवत्ता हे शारीरिक शिक्षण व क्रिडा क्षेत्रातील वैज्ञानिक संशोधनाच्या सतत चिंतेचा विषय आहेत.

वैयक्तिक आरोग्याचे जतन करण्यासाठी व रोगांपासून बचाव करण्यासाठी जागरूकता, हे सामान्य लोकांवर लागू केलेले शारीरिक शिक्षण व खेळाचे सर्वात महत्त्वाचे घटक आहेत. हे घटक शारीरिक व्यायामासाठी, क्रिडा विज्ञानाच्या सैद्धांतिक व व्यावहारिक मूलभूत तत्वांचे प्रतिनिधित्व करतात, तसेच त्याची कामगिरी वाढवण्याच्या उद्देशाने त्यात क्रिडा प्रशिक्षण व क्रिडा स्पर्धा यांचा समावेश केला जातो. क्रिडा विज्ञानमध्ये वापरल्या जाणाऱ्या संकल्पनांचा सैद्धांतिक व व्यावहारिक दृष्टीकोन त्यांच्या सुसंगत, सर्वसमावेशक, संकुचित संरचनेत सादरीकरणासाठी व्यावहारिक अनुभव व दस्ताएवजीकरण आवश्यक आहे. आधुनिक संकल्पनेच्या पुढील विकासासाठी, विज्ञान, शारीरिक शिक्षण व आरोग्य अतिशय महत्त्वाचे आहे. मानवी शरीर व त्याचे नैसर्गिक वातावरण यांच्यातील संबंधांमध्ये, एक स्थान कृत्रिम वातावरणाद्वारे

देखील ठेवले जाते, जे मानवाने तयार व विकसित केले आहे. सभोवतालच्या वातावरणामध्ये असे घटक आहेत की ज्यांचा आरोग्यावर अनुकूल प्रभाव पडतो. विशेषतः प्राथमिक रोगप्रतिबंधक उपायांच्या सातत्यपूर्ण वापरानंतर खेळाडूंच्या आरोग्यामध्ये महत्त्वपूर्ण परिवर्तन झाले आहेत.

२. क्रिडा विज्ञानाचा ऐतिहासिक आढावा (Historical Estimates of Sports Science) :-

क्रिडा विज्ञान व शारीरिक शिक्षणाच्या इतिहासाचा, सामाजिक विकासाच्या संदर्भात व प्रत्येक कालखंडासाठी विशिष्ट सामाजिक-आर्थिक व राजकीय संबंधात विचार व विश्लेषण केले पाहिजे. प्राचिन काळापासून शारीरिक व्यायामाचा उपयोग रोगप्रतिबंधक व उपचारात्मक हेतूसाठी केला जात आहे. हे प्राचीन ग्रीसमधील सुमारे ५००० वर्षांपूर्वीच्या लिखाणात स्पष्ट केले आहे, जिम्नॉस्टिक, ग्रीक वैद्य हेरोडिकस, हिप्पोक्रेटसचे शिक्षक यांनी व्यायामाचे सयुक्त कार्यक्रम वर्णन केले आहे. त्यांनी आपल्या रुग्णांना कुस्ती किंवा न थांबता काही किलोमीटर चालण्याची शिफारस केली. हिप्पोक्रेटसने स्नायूंची ताकद पुनर्प्राप्त करण्यात शारीरिक व्यायामाची भूमिका यांच्यातील संबंधांचा अभ्यास केला. प्राचीन ग्रीस हे सर्व क्रिडा खेळ व स्पर्धांचे उगमस्थान आहे.

ऑरिस्टॉटल (३८४.३२२ बी.सी.), यांनी स्नायूंच्या क्रियेचे स्पष्टीकरण दिले. फ्लेवियस फिलोस्ट्रॉटस (इ.स. ०३ शतक) - त्यांच्या जिम्नॉस्टिकॉन या पुस्तकात शारीरिक व्यायामाबद्दल लिहिले आहे. जोसेफ डचेस्ने (१५४४-१६०९) यांनी सांगितले की ष्यायाम ही एक फायदेशीर गोष्ट आहे जी मनुष्याला अनेक अयोग्यता व रोग टाळण्याची हमी देते तसेच हे शरीराला चपळता देते, धमन्या व सांधे मजबूत करते. ष सॅन्क्टोरियस सॅन्क्टोरियस (१५६१-१६३६) यांनी आपल्या सात पुस्तकांपैकी पाच पुस्तकांमध्ये शारीरिक व्यायाम व विश्रांतीचा संदर्भ दिला आहे. नेपल्सच्या जिओव्हानी अल्फोन्सो बोरेली (१६०८-१६७९) यांनी स्नायू व व्यायामाच्या यांत्रिकीबद्दल लिहिले. पेर हेन्रिक लिंग (१७७६-१८३९) यांनी, शारीरिक व्यायामाची, वॉर्म अप, बॉडी वर्किंग व कूल-डाउन या तीन भागांमध्ये रचना केली. व्हिक्टर बाल्क (१८४४-१९२८) यांनी क्रिडा प्रयुक्त सामर्थ्य व भौतिक उत्पन्नाची अर्थव्यवस्था सादर केली. जॉर्जेस डेमेनी (१८५०-१९१७) यांनी मानवी हालचालींचा अभ्यास करण्यासाठी कालक्रम व छायांकन वापरले. जॉर्ज वेल्स फिट्झ, (१८६०-१९३४) यांनी १८९१ मध्ये हार्वर्ड विद्यापीठात ऍनाटॉमी, फिजिओलॉजी व फिजिकल ट्रेनिंगमधील पहिल्या विभागाची पायाभरणी केली. पियरे डी. कुर्बर्टन (१८६३-१९३७), हे फ्रेंच अध्यापनशास्त्री व इतिहासकार, आंतरराष्ट्रीय ऑलिम्पिक समिती व आधुनिक ऑलिम्पिक खेळांचे संस्थापक होते. एलिन फॉक (१८७२-१९४२) यांनी व्यायामाचे वर्णन केले जे शरीराची योग्य स्थिती राखण्यासाठी योगदान देतात. ऑगस्ट क्रोघ (१८७४-१९४९) हे प्रतिरोधक किंवा सक्रिय स्नायूंमध्ये कोशिका व रक्त प्रवाहाच्या यंत्रणेचे वर्णन करणारे नोबेल पारितोषिक विजेते आहेत.

२० व्या शतकात, स्कूल ऑफ एंडोक्रिनोलॉजी व जेरोन्टोलॉजीच्या प्रतिनिधींनी व नंतरच्या स्कूल ऑफ एफर्ट फिजियोलॉजीच्या प्रतिनिधींनी सुरु केलेल्या संशोधनाने, हालचालींशी संबंधित घटना समजून घेण्यास तसेच शरीराच्या कार्यावर व आरोग्यावर होणारे परिणामांचे विश्लेषण केले. क्रिडा विज्ञानने गेल्या काही दशकांमध्ये एक गहन व सतत बदल ओळखला आहे, या दोन्हीमुळे या क्षेत्रात प्रगती व मानवी शरीराच्या कार्यक्षमतेत वाढ झालेली आहे.

एक निरोगी समुदायाची प्रगती नेहमी व्यक्तीच्या योग्य शारीरिक व कार्यात्मक स्थितीवर आधारित असते. या विधानावरून, दैनंदिन क्रियाकलापांच्या कार्यक्रमात व्यायाम समाविष्ट करणे, हे एक प्रमुख व अतिशय विषयात्मक उद्दिष्ट बनते. चिरीगी शरीरात निरोगी मनष हा आदर्श वर्तमान व भविष्यासाठी एक निरंतरता दर्शवितो व आधुनिक समाजात वैद्यकीय उपचारांचा खर्च कमी करण्याच्या प्रयत्नांना समर्थन देतो. ही विधाने वैद्यकीय, गैर-वैद्यकीय किंवा क्रिडा स्वरूपाच्या संस्थांमधील नेटवर्क व कार्यरत व्यासपीठांच्या मागणीद्वारे सिद्ध होतात, व्यायाम, खेळ व जागतिक स्तरावरील क्रिडा आदर्श व मूल्यांना प्रोत्साहन देणारे व्यासपीठ हे आरोग्याच्या स्थितीवर थेट परिणाम करतात व लोकसंख्येची जीवन गुणवत्ता व आयुर्मान वाढवितात.

३. चळवळीमार्फत आरोग्य : एक समग्र दृष्टीकोन (Health Through Movement A Holistic Approach) :-

मानवाकडे एक जैविक, मानसिक व सामाजिक अस्तित्व म्हणून पाहिले जाते. क्रिडा विज्ञानचे सैद्धांतिक मूलतत्त्व हे क्रिडा वैद्यक, व्यायाम शरीरविज्ञान, क्रिडा प्रशिक्षण, स्वच्छता, पोषण, मानसशास्त्र, औषधविज्ञान ते भूगोल व पर्यटन यापासून उदयास आले. क्रिडा विज्ञान व शारीरिक शिक्षणाचे क्षेत्र आरोग्य व कार्यक्षमतेसाठी व्यायामाची गरज समजून घेण्यापासून, शारीरिक क्रियाकलाप व उपचारात्मक शारीरिक व्यायामाद्वारे रोगांपासून बचाव करण्यापर्यंत विस्तारित आहे.

क्रिडा शास्त्राचे मूलतत्त्व मांडण्याच्या उद्देशाने, क्रिडा विज्ञान प्रॅक्टिसच्या सध्याच्या विकासासाठी बहुविद्याशास्त्रीय मूलभूत विज्ञान विकसित करणे आवश्यक आहे, तसेच त्यात रोग व शारीरिक कमतरता यांच्या रोगप्रतिबंधक व उपचारांसह क्रिडा सरावाचाही समावेश आहे. सामाजिक शास्त्रांची एक शाखा म्हणून, अभ्यासाचे लक्ष्य निरोगी मानवासाठी व अशा प्रकारे निरोगी माणसाचा संपूर्ण संरचनात्मक व कार्यात्मक अभ्यास समजून घेते, क्रिडा विज्ञान मानवाशी संबंधित इतर विज्ञानांच्या पद्धती व सिद्धांतांच्या पद्धतींमध्ये हस्तक्षेप करते. जीवशास्त्रीय ऐक्य व बाह्य वातावरण यांच्यातील परस्पर संवादातून आरोग्य राखले जाते व विकसित केले जाते. शारीरिक ताण, विशिष्ट शारीरिक क्रियाकलाप व खेळाचे वातावरण हे बाह्य परिस्थितीचा एक भाग दर्शवतात, ज्यांचा वैयक्तिक किंवा सामाजिक स्तरावर माणसाच्या आरोग्यावर मोठा प्रभाव पडतो. काही बाह्य घटकांच्या अनुपस्थितीमुळे किंवा कमतरतेमुळे आरोग्य धोक्यात येते, शारीरिक, मानसिक किंवा सामाजिक आवश्यकतांचा अभाव, संवादाचा अभाव, एकसंघता, डी-कंडिशनिंग, प्रशिक्षणाचा अभाव, क्रियाकलापांमध्ये काही फरक नसणे इ. आरोग्यासाठी

धोकादायक कार्यात्मक क्षमतेची मर्यादा ठरते.

जागतिक आरोग्य संघटनेनुसार, आरोग्य स्थितीतील बदल शोधण्यासाठी काही निकष वापरले आहेत, उदा. प्रयोगशाळेच्या चाचण्यांद्वारे आढळलेल्या काही जैवरासायनिक किंवा आकारशास्त्रीय मापदंडांमध्ये बदल, शारीरिक प्रणालींच्या संरचनेतील बदल व कार्य ज्याचे मूल्यांकन केले जाऊ शकते, कामाच्या तपासण्याची पद्धत (श्वसन, हृदय व रक्तवाहिन्यासंबंधी बदल इ.), चक्कर येणे, एकाग्रतेचा अभाव, डिस्पेनिया, धडधडणे इ. सारखी विशिष्ट सूचक लक्षणे ओळखण्यासाठी विश्लेषणाद्वारे मूल्यांकन केलेले आरोग्यातील बदल.

अंतर्गत भार किंवा शरीराच्या कार्यक्षमतेच्या बदलांचे सूचक म्हणून वापरल्या जाणाऱ्या रक्त व मूत्र चाचण्या, ज्याला व्यायाम किंवा शारीरिक प्रयत्नांचे प्रतिसाद निर्देशक म्हणतात, हे पूर्व-रोग स्थितीचे संकेतक म्हणून वापरल्या जाणाऱ्या काही बायोकेमिकल किंवा मॉर्फोलॉजिकल पॅरामीटर्स मधील बदल आहेत. जैवरासायनिक चाचण्या ह्या सर्वात संवेदनशील असतात, ज्या आरोग्य स्थितीतील विकारांची पूर्वतयारी शोधण्यात मदत करतात. हे होमिओस्टॅटिक किंवा भरपाई देणारे विकार किंवा आरोग्यावर प्रतिकूल परिणाम दर्शवू शकतात. जागतिक आरोग्य संघटनेने आरोग्य स्थितीच्या तज्ञांच्या पुनर्प्राप्तीसाठी पद्धती देखील प्रकाशित केल्या आहेत. शारीरिक शिक्षण व खेळांमधील क्रियाकलाप हे न्युरो-सायट्रिकल, मस्क्यूलो-ऑस्टियो-आर्टिक्युलर प्रयत्नांच्या संयोजनाद्वारे वैशिष्ट्यीकृत आहेत.

शारीरिक हालचालींद्वारे अधूनमधून किंवा नियमितपणे प्रशिक्षण कार्यक्रमांद्वारे विशिष्ट स्नायूंच्या साखळ्यांच्या तीव्रतेचे आकुंचन ठराविक वेळेत केले जाते. हे स्नायूंचे आकुंचन, स्नायु तंतूंच्या संथ व वेगवान क्रियाकलापांना एकत्रित करून, सांधे व हाडांवर कार्य करते, एकतर त्यांना स्थितीत ठेवण्यासाठी किंवा वळण, विस्तार, प्रोनेशन, सुपीनेशन, रोटेशन किंवा काही साध्या हालचाली करण्यासाठी स्थिती बदलण्यासाठी ते महत्वाचे आहे.

४. सारांश :-

आधुनिक काळातील खेळांमध्ये शास्त्रशुद्ध पध्दतींना महत्वाचे स्थान प्राप्त झाले आहे. क्रिडा विज्ञान, व्यायामाच्या जैविक समर्थनाचा अभ्यास करून, चाचणी व मूल्यमापन पद्धतींची मालिका तयार करते, शरीराच्या शारीरिक व कार्यात्मक शोधात योगदान देते व व्यायामाच्या साखळीला मूलभूत आधार प्रदान करते. क्रिडा विज्ञान, जैविक व सामाजिक वैशिष्ट्यांचा अभ्यास करण्यासाठी निर्देशित करण्याचे कार्य करते. रोगाचे अगोदर निदान करण्याच्या पद्धती, आरोग्यावरील जोखीम दर्शविण्याचे व प्रतिबंधित करण्याचे निकष व प्रशिक्षित किंवा अप्रशिक्षित लोकांवर वय, श्रेणी व लिंगानुसार सामान्य व शारीरिक हालचालींचे परिणाम दोन्ही निश्चित करणे आवश्यक आहे. त्यासाठी कार्यात्मक किंवा मानसिक कमतरता, तसेच सामान्य व विशिष्ट रोगप्रतिबंधक उपाय स्थापित करण्याची शिफारस केली आहे. रोगप्रतिबंधक उपायांची संपूर्ण प्रणाली समाज-समुदायाच्या स्तरावर प्रवर्तित केलेल्या शारीरिक क्रियाकलापांच्या कार्यक्रमाच्या रूपात विशद करणे आवश्यक आहे, जेणेकरून व्यक्तीच्या आरोग्य स्थितीचे एकीकरण सुनिश्चित केले जाईल व समुदायाच्या सक्रिय जीवनशैलीला प्रोत्साहन दिले जाईल.

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भारतीय क्रीडा क्षेत्राला प्रोत्साहित करण्यामागे प्रसार माध्यमांची भूमिका



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प्रस्तावना:

टेलिव्हिजन, रेडिओ, वर्तमानपत्रे, मासिके आणि ऑनलाइन वेबसाइट्स किंवा पोर्टल्स हे आपल्याला आपण मीडिया म्हणून ओळखतो. साहित्य आणि सिनेमा यांसारखी माध्यमेही जनमाध्यमांचे भाग आहेत. मास मीडिया अनेक प्रकारे मानवांच्या जीवनावर आणि मनावर प्रभाव टाकतो. मानवी मनाच्या मानसिक-सामाजिक विकासावर माध्यमांचा खूप प्रभाव पडतो. 'मीडिया इफेक्ट' वैयक्तिक दृश्ये आणि विश्वासांना प्रभावित करतो आणि आकार देतो आणि एखादी व्यक्ती काही गोष्टी कशा समजून घेते आणि नंतर मत कसे मांडते यावर प्रभाव टाकतो. सर्व प्रकारच्या प्रसारमाध्यमांचा एकूण प्रभाव गेल्या काही वर्षांमध्ये प्रचंड वाढला आहे आणि कालांतराने तसाच राहिल. कोणीही असे म्हणू शकतो की प्रसारमाध्यमे मानवी धारणा आणि मतांवर मोठ्या प्रमाणावर प्रभाव पाडतात कारण ते आपल्याला काय दाखवू इच्छितात तेच आपण पाहतो किंवा जाणतो. पण माध्यम अस्तित्वात नसते तर कदाचित आपल्याला जे माहित आहे ते कळू शकले नसते.

कोणत्याही प्रकारच्या माध्यमांचे प्राथमिक उद्दिष्ट लक्षित प्रेक्षकांपर्यंत त्याच्या दृश्यमानतेच्या परिघाचा विस्तार करण्यासाठी काहीतरी संप्रेषण करणे आहे. क्रीडा आणि प्रसारमाध्यमे यांच्यातील संबंध घनिष्ट आहेत कारण प्रसारमाध्यमे केवळ जनमत तयार करत नाहीत तर त्यांचा प्रसार करण्यासही मदत करतात, त्यामुळे क्रीडा स्पर्धांना प्रोत्साहन मिळते. सोशल मीडिया, स्पोर्ट्स ब्रॉडकास्टिंग, स्पोर्ट्स जर्नलिझम आणि स्पोर्ट्स कव्हेरेजचा प्रभाव आणि खेळाविषयी लोकांच्या धारणा तयार होतात. एखाद्या खेळाला मिळालेल्या प्रसिद्धीमुळे तो आवडू शकतो. मास मीडियामुळे खेळांची लोकप्रियता कशी वाढते म्हणून एखाद्याला त्यांना माहित नसलेल्या विविध खेळांची आणि त्यांनी यापूर्वी ऐकले नसलेल्या खेळाडूंची जाणीव करून दिली जाते.

खेळ आणि प्रसारमाध्यमे हे शतकानुशतके अतूट नातेसंबंधाने एकत्र बांधले गेले आहेत. १९७० च्या दशकाच्या उत्तरार्धापासून, जगभरातील सर्व स्पोर्ट्स लीग आणि संघटनांसाठी मीडिया आणि मीडिया हाऊसेस खूप मोलाचे आहेत, कारण त्यात गुंतवणूक करणाऱ्या कंपन्यांची संख्या नाटकीयरित्या वाढली आहे. प्रसारमाध्यमांनी नेहमीच पैशांचा समावेश असलेल्या क्रीडा क्रियाकलापांच्या चारित्र्यावर आणि विकासावर प्रभाव टाकण्याची लक्षणीय क्षमता प्रदर्शित केली आहे.

२० व्या शतकात खेळ, जसे शिक्षण किंवा राजकारण किंवा किंबहुना सूर्याखालील काहीही, एक मोठा व्यवसाय बनला आहे. खेळ, जरी त्याच्या सर्व प्रकारात नसला तरी, विकण्यासाठी काहीतरी आहे. सर्व प्रकारच्या खेळांमध्ये इव्हेंट, लीग, क्लब आणि संघटना असतात. ते आता पैसे कमवू शकते आणि मीडियाशी असलेले नाते हे या अत्यंत कमाईच्या पैलूसाठी केंद्रस्थानी आहे. प्रेक्षकांमध्ये कोणता खेळ लोकप्रिय आहे हे आता माध्यमे ठरवतात. भूतकाळातही, इतर खेळांच्या तुलनेत, जे माध्यमांसाठी अधिक आकर्षक आहेत त्यांना अधिक दृश्यमानता, एक्सपोजर आणि लक्ष मिळाले आहे. प्रसारमाध्यमे केवळ विद्यमान लोकप्रिय खेळांच्या प्रचाराला प्रोत्साहन देतात, ज्यामुळे लोकांचे लक्ष देण्यास पात्र असलेल्या कमी लोकप्रिय खेळांना बाजूला सारते. जोपर्यंत प्रसारमाध्यमे प्रेक्षकांच्या मतांवर प्रभाव टाकणे थांबवत नाहीत तोपर्यंत हा पक्षपात कायम आहे आणि कायम राहिल.

बऱ्याचदा, क्रीडा कंपन्यांच्या एजंटच्या मदतीने खेळाडू माध्यमांकडून मोठ्या प्रमाणावर पैसे कमावतात. प्रसारमाध्यमे त्यांचे कार्यक्रम आणि वर्तमानपत्रे विकण्यासाठी "मूर्ती" सारखी आदर्श क्रीडा व्यक्तिमत्त्वे तयार करतात. आज, प्रसारमाध्यमे, विशेषतः दूरदर्शन, जाहिरीतद्वारे तसेच प्रसारण, निधी, प्रायोजकत्व इत्यादीद्वारे दर्शकांना विविध खेळ आणि क्रीडा क्रियाकलापांकडे आकर्षित करतात.

स्पोर्ट्स लीग आणि संस्था लोकप्रियता मिळवण्यासाठी मीडिया हाऊससोबत भागीदारी करण्यास खूप उत्सुक असतात. प्रसारमाध्यमे काही प्रमाणात क्रीडा लीग आणि क्लबवरही नियंत्रण ठेवतात. प्रसारणाची स्पर्धा अनेकदा काही क्रीडा स्पर्धांना किंवा खेळाडूंना दिले जाणारे

शुल्क नाटकीयरीत्या वाढवते. क्रीडा संघटनांनी नेहमीच मार्केटिंग एजंट आणि कंपन्यांचा वापर मीडिया स्पोर्ट्स मार्केटमध्ये त्यांची विशिष्ट उत्पादने मिळवण्यासाठी केला आहे. माध्यमांशिवाय खेळांची लोकप्रियता कमी होईल, खेळांच्या प्रचारासाठी प्रसारमाध्यमे अविभाज्य आहेत कारण खेळांचे व्यापारीकरण झाले आहे.

क्रीडा क्रियाकलापांचे मीडिया कव्हेरेज प्रेक्षकांची वृत्ती आणि प्रेक्षकांची भूमिका ठरवते. अनेकदा, प्रेक्षक संप्रात पडतात आणि त्यांना कोणत्या गोष्टींचा सामना करावा लागे याबद्दल माहितीपूर्ण निवड करू शकत नाही. प्रसारमाध्यमे त्यांना जे दाखवतात त्यावरून प्रेक्षकांच्या इच्छा प्रभावित होतात. सहसा, लोक त्यांची मते तयार करण्यासाठी आणि खेळाबद्दलचे त्यांचे ज्ञान वाढवण्यासाठी मीडियावर मोठ्या प्रमाणावर अवलंबून असतात.

मीडिया कव्हेरेज हा क्रीडा स्पर्धांचा प्रचार करण्याचा सर्वात महत्वाचा मार्ग आहे. प्रसाराच्या प्रक्रियेत मीडिया कव्हेरेज सकारात्मक उत्प्रेरक म्हणून कार्य करते. माध्यम कंपन्या क्रीडा कार्यक्रम प्रसारित करण्यासाठी हक्क आणि अनुदानासाठी पैसे देतात. शिवाय, जेव्हा क्रीडा क्रियाकलाप प्रसारित केले जातात किंवा डिजिटल होतात तेव्हा ते अधिक प्रायोजकत्व निर्माण करतात. उदाहरणार्थ, गळे उळपशार च्या खेळाच्या स्टीमिंगने, ते सुद्धा मोफत, खेळाच्या प्रेक्षकसंख्येमध्ये लक्षणीय वाढ झाली आहे, त्याच बरोबर गळे सिनेमाची प्रेक्षकसंख्या देखील वाढली आहे. मीडिया कव्हेरेजमुळे आगामी चित्रपटांच्या जाहिरातीला स्पोर्टिंग इव्हेंट्समध्ये प्रोत्साहन देण्यात आले आहे, ज्यामुळे चित्रपट कलाकारांना उत्साही प्रेक्षकांच्या गर्दीसमोर त्यांच्या चित्रपटांचे थेट प्रमोशन करण्यासाठी एक व्यासपीठ तयार केले आहे.

आजच्या क्रीडा उद्योगात तसेच सामान्य समाजात संवादाचा सर्वात आकर्षक आणि व्यापक मार्ग म्हणून मीडिया ओळखला जातो. क्रीडा क्षेत्रात झालेला महत्वाचा बदल म्हणजे जागतिक स्तरावर क्रीडा विकासात प्रसारमाध्यमांची उल्लेखनीय भूमिका आहे. मास मीडिया खेळांमध्ये बदल घडवून आणतो ज्यामुळे खेळांना अधिक मोहक अनुभव मिळतो. क्रीडा आणि मास मीडिया एकत्रितपणे व्यक्तींच्या विचारधारेवर मुख्य मूल्ये सादर करण्याच्या पद्धतीवर प्रभाव टाकू शकतात.

सेलफोन वापरकर्त्यांची वाढ आणि सोशल मीडियाच्या वापरामुळे आपण सध्याच्या समाजातील विविध गोष्टींकडे लक्ष देण्याची पद्धत बदलली आहे, ज्यात आपल्या खेळातील व्यस्ततेचा समावेश आहे. फेसबुक, ट्विटर, इंस्टाग्राम, यूट्यूब आणि यासारख्या सोशल मीडिया प्लॅटफॉर्मची विस्तृत श्रेणी आहे. व्यक्ती या सोशल मीडिया साधनांचा त्यांच्या दैनंदिन दिनचर्येत सोयीस्करपणे वापर करतात. सोशल मीडिया हे मजकूर पोहोचवण्यासाठी आणि नवीन वाचकांना आकर्षित करण्यासाठी तसेच अधिक सहभाग निर्माण करण्यासाठी एक महत्त्वपूर्ण साधन बनले आहे. सोशल मीडिया टूलसने खेळांवर विविध मार्गांनी प्रभाव टाकला आहे, उदाहरणार्थ, क्रीडा संप्रेषण आणि क्रीडा विपणन. साहजिकच सोशल मीडिया हे क्रीडा, चाहते आणि खेळाडूसाठी महत्वाचे साधन आहे. काही महत्वाची बाब म्हणून, गेल्या काही वर्षांत सोशल मीडिया वापरकर्त्यांमध्ये प्रचंड वाढ झाल्याची आम्हाला जाणीव आहे. व्यक्ती खेळांमध्ये भाग घेऊ शकतात, त्यांच्या खेळाडू आणि संघाचे अनुसरण करू शकतात आणि सर्वात ताजेतवाने क्रीडा सामग्री त्वरित मिळवू शकतात.

खेळावरील मीडिया कव्हेरेजचा प्रभाव:

पैसा :

प्रसारमाध्यम संस्था जनसंवादाच्या कोणत्याही माध्यमाद्वारे क्रीडा इव्हेंट दाखवण्याच्या अधिकारांसाठी पैसे देतात. त्याचप्रमाणे दूरचित्रवाणीवर दाखवले जाणारे क्रीडा कार्यक्रम अधिक प्रायोजकत्व देतात. मीडिया हाऊसेसने दिलेला पैसा देशातील कोणत्याही विकास प्रकल्पासाठी मदत म्हणून काम करतो.

शिक्षण :

दूरचित्रवाणीवर क्रीडा स्पर्धा पाहिल्याने व्यक्तींच्या बुद्धीचा विस्तार होतो. व्यक्तींना हा खेळ टेलिव्हिजनवर पाहून त्यांच्या मानकांचे ज्ञान मिळते. हे त्यांना क्रीडापटूची मूळ भावना आणि ते खेळताना कठोर परिश्रम देखील शिकवते.

आदर्श व्यक्ती

टीव्हीवर खेळाडूंना पाहणे किंवा मास मीडियाच्या कोणत्याही माध्यमातून त्यांच्याबद्दल माहिती मिळवणे, व्यक्तींना त्यांचे रोल मॉडेल तयार करण्यात मदत करा. यामुळे इतर व्यक्तींना पुढे येऊन एखादा विशिष्ट खेळ खेळण्यास प्रोत्साहन मिळते.

प्रेरणा :

मीडिया अशा व्यक्तींपर्यंत गेम घेऊन जातो ज्यांना सहसा कोणत्याही परिस्थितीत त्यांचा सामना होऊ शकत नाही. यामुळे व्यक्तींना खेळात सहभागी होण्यास प्रोत्साहन मिळू शकते. त्यांचा आवडता संघ किंवा खेळाडू पाहणे त्यांना क्रीडा निवडण्यासाठी आणि यशस्वी होण्यासाठी प्रेरित करते. खिलाडूवृत्तीमुळे व्यक्तीचे व्यक्तिमत्त्व आणि सहकार्य आणि समर्थनाची भावना निर्माण होते.

प्रशिक्षण मदत :

टीव्हीवर खेळ पाहणे तुम्हाला एखाद्या व्यक्तीचे सादरीकरण आणि खेळण्याच्या कौशल्यांना मदत करणारी रणनीती कशी पार पाडली

जावी हे समजण्यात मदत करू शकते.

जनतेशी संवाद :

सोशल मीडिया वापरण्याचा फायदा असा आहे की ते क्रीडा संस्थांना लोकांशी निरोगी नातेसंबंध निर्माण करण्यास मदत करू शकते, ज्यामुळे त्यांचे प्रचारात्मक विपणन खर्च कमी होईल आणि विक्री वाढेल. संस्था सामान्य समाजाशी द्वि-मार्गी चर्चा करू शकतात आणि त्यांच्या मध्यवर्ती उद्दिष्टाखाली स्थानिक क्षेत्र तयार करू शकतात.

ओळख निर्माण :

खेळाडू आणि संघ त्यांच्या चाहत्यांशी थेट संवाद साधून सोशल मीडिया वापरून फायदा मिळवू शकतात. ते एक स्वतंत्र ब्रँड तयार करू शकतात आणि स्वतःला तसेच क्रीडा आणि इतर गोष्टींमध्ये प्रगती करू शकतात. आजकाल सोशल मीडियाची किंमत कमी आहे, तथापि, ते अधिक प्रभावीपणे प्रभावित करते आणि अधिक विश्वासार्ह आहे. दररोज फक्त एक पोस्ट एखाद्या खेळाडूला त्याच्या/तिच्या चाहत्यांच्या दृष्टीक्षेपात गतिमान बनवू शकते, ज्यामुळे संबंधित आर्थिक फायदे मिळतील.

भारतातील खेळांबद्दल जागरूकता वाढवण्यासाठी यशस्वी मोहिमा

भारतातील क्रीडा आणि शारीरिक हालचालींबद्दल जागरूकता वाढवण्याची एक यशस्वी मोहिमा म्हणजे २०१८ मध्ये युवा व्यवहार आणि क्रीडा मंत्रालयाने पाठवलेला खेलो इंडिया उपक्रम. उपक्रमाचे प्रमुख घटक आहेत, या उपक्रमाचा उद्देश भारतातील क्रीडा संस्कृती पुनर्संचयित करणे किंवा पुनरुज्जीवित करणे आणि देशाच्या तरुणांसाठी जीवनशैली बनवणे आहे.

खेलो इंडिया ड्राइव्हमध्ये क्रीडा पायाभूत सुविधांमध्ये सुधारणा आणि विकास, तळागाळातील प्रतिभेची ओळख आणि पालनपोषण आणि महिला आणि दिव्यांग व्यक्तींमध्ये खेळाचा प्रचार यासह अनेक घटकांचा समावेश आहे. खेलो इंडिया स्कूल योजना, वार्षिक कार्यक्रम, युवा खेळाडूंना त्यांच्या कलागुणांचे प्रदर्शन करण्यासाठी आणि राष्ट्रीय स्तरावर स्पर्धा करण्यासाठी एक व्यासपीठ प्रदान करण्याचा उद्देश आहे.

उपकरणे, प्रशिक्षण आणि आर्थिक मदतीच्या बाबतीत ते खेळाडूंना दिलेले समर्थन. साधारणपणे, खेलो इंडिया मोहिमा भारतातील खेळ आणि शारीरिक क्रियाकलापांबद्दल जागरूकता वाढवण्यासाठी प्रभावी ठरली आहे आणि तळागाळातील शाश्वतता ओळखण्यात मदत केली आहे.

भारतातील खेळांना प्रोत्साहन देण्याच्या उद्देशाने केलेल्या उपक्रमांचा प्रभाव :

खेलो इंडिया स्कूल गेम्समध्ये वाढलेला सहभाग :

२०१८ मध्ये सुरू झाल्यापासून खेलो इंडिया स्कूल गेम्सच्या सहभागामध्ये लक्षणीय वाढ झाली आहे. पहिल्या वर्षी, ३० राज्यांतील ३,५०० हून अधिक खेळाडूंनी १६ विषयांमध्ये भाग घेतला. २०२० पर्यंत, सर्व ३६ राज्ये आणि केंद्रशासित प्रदेशांमधील ६,५०० हून अधिक खेळाडूंनी २० विषयांमध्ये भाग घेतला.

आंतरराष्ट्रीय क्रीडा स्पर्धांमध्ये सुधारित कामगिरी :

भारताने गेल्या काही वर्षांत आंतरराष्ट्रीय क्रीडा स्पर्धांमध्ये आपल्या कामगिरीत लक्षणीय सुधारणा पाहिली आहे. उदाहरणार्थ, २०१८ मध्ये ऑस्ट्रेलियात झालेल्या राष्ट्रकुल खेळांमध्ये भारताने २६ सुवर्णांसह ६६ पदके जिंकली. स्कॉटलंडमध्ये झालेल्या २०१४ च्या राष्ट्रकुल क्रीडा स्पर्धेत भारताने १५ सुवर्णांसह ६४ पदके जिंकून ही लक्षणीय सुधारणा होती.

क्रीडा पायाभूत सुविधांमध्ये वाढलेली गुंतवणूक:

भारताने गेल्या काही वर्षांत क्रीडा पायाभूत सुविधांमध्ये आपली गुंतवणूक लक्षणीयरीत्या वाढवली आहे. उदाहरणार्थ, २०२१ मध्ये, भारत सरकारने देशभरातील क्रीडा पायाभूत सुविधांच्या विकासासाठी खर्च २,५९६ कोटी (अंदाजे णडू ३५७ दशलक्ष) चे बजेट जाहीर केले. यामध्ये नवीन क्रीडा सुविधांचे बांधकाम, विद्यमान सुविधांचे नूतनीकरण आणि क्रीडा अकादमींची स्थापना यांचा समावेश आहे.

ही आकडेवारी भारतातील खेळांना चालना देण्याच्या उद्देशाने केलेल्या उपक्रमांचा सकारात्मक परिणाम दर्शविते. या उपक्रमांमुळे केवळ खेळांमध्ये सहभाग वाढला नाही तर आंतरराष्ट्रीय स्पर्धांमध्ये देशाची कामगिरी सुधारली आणि क्रीडा पायाभूत सुविधांमध्ये गुंतवणूक वाढली.

खेळातील सहभाग वाढवण्यासाठी माध्यमे कशी मदत करतात ?

सामने आणि कार्यक्रम कव्हर करून आणि क्षेत्रातील तज्ञांच्या मुलाखती घेऊन मीडिया लोकप्रियता आणि क्रीडा आणि क्रियाकलापांचे ज्ञान वाढवते.

प्रसारमाध्यमांचा खेळात कसा सहभाग असतो ?

माध्यम संस्था प्रेक्षकांसाठी विविध क्रीडा स्पर्धांचे प्रसारण करतात. ते जनसंवादाच्या कोणत्याही माध्यमाद्वारे क्रीडा इव्हेंट दर्शविण्याच्या अधिकारांसाठी पैसे देतात. क्रीडा तारे, क्लब आणि चाहते एकमेकांशी संवाद साधण्याचा मार्ग सोशल मीडिया बदलत आहे.

भारतातील क्रीडा पत्रकारांची भूमिका काय आहे ?

क्रीडा पत्रकार क्रीडा आणि खेळाडूंचे लिहितात आणि अहवाल देतात. त्यांच्या कर्तव्यांमध्ये लाइव्ह गेम/क्रीडा इव्हेंट्सचा अहवाल देणे, खेळाडू आणि प्रशिक्षकांची मुलाखत घेणे, लाइव्ह गेम कॉमेंट्री करणे, क्रीडा संबंधित संशोधन आणि विश्लेषण इ

सोशल मीडियाचा क्रीडा कामगिरीवर कसा परिणाम होतो ?

अभ्यासानुसार, खेळाडूंना त्यांच्या फोनमुळे झोप लागत नाही. संशोधकांना असे आढळून आले आहे की जेव्हा क्रीडापटू स्पर्धापूर्वी आणि दरम्यान सोशल मीडिया आणि व्हिडिओ गेम वापरतात तेव्हा त्यामुळे कामगिरी बिघडते.

क्रीडा क्षेत्रातील मीडिया अधिकार काय आहेत ?

ब्रॉडकास्टिंग अधिकार, ज्यांना मीडिया हक्क देखील म्हणतात, असे अधिकार आहेत ज्यांची प्रसारण संस्था एखाद्या व्यावसायिक चिंतेशी वाटाघाटी करते, जसे की क्रीडा प्रशासकीय संस्था किंवा चित्रपट वितरक, त्या कंपनीची उत्पादने टेलिव्हिजन किंवा रेडिओवर प्रदर्शित करण्यासाठी.

निष्कर्ष:

खेळांच्या प्रचार आणि मार्केटिंगमध्ये प्रसारमाध्यमे महत्त्वपूर्ण भूमिका बजावतात हे सिद्ध झाले प्रसारमाध्यमे मोठ्या प्रेक्षकांपर्यंत पोहोचू शकतात आणि विविध प्लॅटफॉर्म, जसे की टेलिव्हिजन, रेडिओ, प्रिंट आणि ऑनलाइन माध्यमांद्वारे क्रीडा इव्हेंट्स आणि प्रायोजकांना प्रोत्साहन देऊ शकतात. प्रसारमाध्यमांनी खेळांना प्रोत्साहन देण्याचा एक मार्ग म्हणजे क्रीडा कार्यक्रमांचे कव्हेरेज. लोकांना माहिती देणे, शिक्षित करणे आणि त्यांचे मनोरंजन करणे हे त्यांचे कर्तव्य आहे. मीडियाचा समाजावर मजबूत सामाजिक आणि सांस्कृतिक प्रभाव पडतो, त्यामुळे ते समाजात आणि समाजासाठी कार्यरत असले पाहिजे आणि समाजाची सकारात्मक प्रतिमा प्रतिबिंबित केली पाहिजे

मीडिया कव्हेरेज मनोरंजन प्रदान करू शकते जे खेळाडूंना दबाव कमी करण्यास मदत करू शकते. या संशोधनात असे दिसून आले आहे की ऍथलेटिक किंवा खेळाडूंची कामगिरीची कार्यक्षमता काही चुकी कव्हेरेजमुळे कमी होते, ज्यामुळे अंथलीटच्या लक्ष केंद्रित करण्याच्या क्षमतेमध्ये व्यत्यय येऊ शकतो असा निष्कर्ष निघतो.

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खेल को सकारात्मक बढावा देने में मीडिया की भूमिका



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प्रस्तावना :

आज का युग मशीनी युग है जिसमें ज्यादातर कार्यों को करने के लिए मनुष्य को कम से कम शारीरिक क्षमता का प्रयोग करना पड़ता है। जिससे उसकी शारीरिक गतिविधियों में शिथिलता आने लगती है और फलस्वरूप हाथ और पांव में दर्द रहने लगता है और वह अपने आप को बूढ़ा समझने लगता है। इस प्रकार की समस्या को दूर करने के लिए उसे अपने आप को फिट रखना चाहिए। मनुष्य के शारीरिक और मानसिक विकास के लिए खेल ही एक मात्र अचुक साधन है। खेलों द्वारा ही मनुष्य के स्वभाव का भली भांति से अध्ययन किया जा सकता है। विश्व के समस्त बुद्धिजीवियों का भी यह मानना है कि यदि मनुष्य खेलों के हिस्सा लेता रहे तो वह अपने शरीर को चुस्त और तंदुरुस्त बना सकता है।

आज के आधुनिक काल में खेलों में पैसा और प्रसिद्धि भी मिलने लगी है। यह सभी महत्वपूर्ण कार्य मीडिया की भूमिका सकारात्मक है। मीडिया के वजह ही खिलाड़ियों की पहचान समाज में होने लगी है। मीडिया के सकारात्मक कार्यों से खिलाड़ियों की खेल के प्रतिभावना बढ़ने में मदद मिलती है।

- १) **प्राचीन काल की मीडिया :** खेलों की लोकप्रियता भारतीय जनमानस में प्राचीन काल में ही विद्यमान रही है। इसका प्रमाण प्राचीन काल से प्राप्त भित्ती चित्रों, शिलालेखों और अभिलेखों में देखा जा सकता है। इस ऐतिहासिक तथ्य को प्राचीन खेल मीडिया की अभिव्यक्ति मान सकते हैं।
- २) **आज की मीडिया :** आज की दुनिया वैज्ञानिक और तकनीकी रूप से काफी विकसित हो चुकी है। स्वभाविक है, खेलों के स्वरूप एवं खेल में काफी बदलाव आया है। यह सभी जानते हैं कि विश्व के प्रत्येक घटनाओं को जन-साधारण तक पहुँचाने में मीडिया की महत्वपूर्ण भूमिका है। खेल मीडिया के माध्यम से खेलों को जनमानस में लोकप्रियता दिलाने में महत्वपूर्ण भूमिका निभा रही है इस बदलते हुए व्यापक स्वरूप में विविध क्रीडाओं में भाग लेने वाले की संख्या भी दिन-प्रति दिन बढ़ती जा रही है।
- ३) **व्यक्ति का खेल के प्रति भावना :** जो व्यक्ति अपने वस्तु जीवन के फलस्वरूप क्रीडा में भाग नहीं ले सकते ऐसे व्यक्ति भी कम से कम यह तो चाहते ही हैं कि वे राष्ट्रीय एवं अंतर्राष्ट्रीय स्तर पर होने वाली क्रीडा गतिविधियों से हमेशा परिचित रहे। ऐसे व्यक्तियों को क्रीडा का यथार्थ दर्शन प्रस्तुत करने के लिए मीडिया के माध्यम समाचार-पत्रों और माध्यम से जानकारी मिलती रहती है और उनके मन में खेल प्रति अपनी भावना और रूची पड़ती है।
- ४) **इलेक्ट्रॉनिक मीडिया :** इस मीडिया के माध्यम से सामान्य जनता में भी खेलों के प्रति रूचि बढ़ी है। खेलों के मैदानों में राष्ट्रीय गौरव को ऊँचा उठाने में इलेक्ट्रॉनिक मीडिया काफी सफल साबित हुई है। खेल की जानकारी तथा खिलाड़ियों की जानकारी इस मीडिया के कारण सभी लोगों को तुरंत मिलती है। इसी कारण से खिलाड़ियों में एक सकारात्मक भावना निर्माण होने में यह मीडिया महत्वपूर्ण भूमिका निभाता है।
आजके आधुनिक काल में हर व्यक्ति के पास इलेक्ट्रॉनिक मीडिया है इसे से खेल के नियम खेल कैसे खेला जाता है और खेलने वाले खिलाड़ियों को कितना पैसा मिलता है यह जानकारी इस मीडिया के माध्यम में मिलती रहती है इसी कारण अन्य व्यक्ति को भी खेल प्रति रूची निर्माण होने में मदद मिलती है।
- ५) **खेल प्रति मीडिया की भूमिका :** खेल मीडिया का उद्देश्य खिलाड़ियों में उच्च मुल्यों और आदर्शों की प्रतिष्ठा में सहयोगी बनती है। खेल का वातावरण निर्माण करे तथा आपने अपने देश भावना विकसित करने में भी मीडिया की भूमिका महत्वपूर्ण रहती है। कोई देश आंतराष्ट्रीय खेलों का आयोजन करता है तो यह प्रतियोगिता में अपने देश का झंडा ऊँचा रहे और अपने देश के खिलाड़ियों की विजय होने वाले आलेख जादा हो यह भावना रहती है। यह भावना व्यक्ति और समाज में निर्माण करने का महत्वपूर्ण कार्य मीडिया करता है।
- ६) **खेलों ने व्यावसायिक रूप धारण :** आज खेलों ने व्यावसायिक रूप धारण कर लिया है। खेल मीडिया के माध्यम से ही खेल की प्रत्येक

गतिविधियों को प्रकाश में लाया जाता है। ओलम्पिक एशियाड और दूसरे प्रकार की खेलों ने समाज के प्रत्येक वर्ग में खेलों के प्रति रूचि और जिज्ञासा उत्पन्न कर दी है। जिस देश में यह प्रतियोगितायें होती हैं तो उस देश में माहोल खेल प्रति अच्छा बनता है।

क्रीडा के माध्यम में जन समुदाय पर नैतिक और आदर्श संस्कार डालना तथा उन्हें शैक्षणिक प्रवाह में दिशायुक्त करने का कार्य भी क्रीडा मीडिया ही करती है। देश के लोगों में खेल खेलने की जिज्ञासा उत्पन्न करने और उन्हें सक्रिय स्पोर्ट्समैनशिप की ओर अग्रेसर करते हुए राष्ट्र के स्वास्थ्य संवर्धन में क्रीडा मीडिया का योगदान महत्वपूर्ण होता है।

समारोप : समाज में खेल संस्कृति निर्माण करने में और खेल के प्रति सदभावना निर्माण करने में खेल मीडिया महत्वपूर्ण भूमिका निभाता है। बच्चों के मन में खेल और देश के प्रति प्रेम निर्माण करने के लिये और अपने आरोग्य का महत्त्व कितना अपने जीवन में है यह जानकारी हमें मीडिया के माध्यम से मिलती है।

संदर्भ :

- १) डॉ. संजय आर. आगासे खेल पत्रकारिता खेल साहित्य केंद्र नई दिल्ली.
- २) डॉ. अनिल शर्मा खेल का मनोविज्ञान खेल साहित्य केंद्र नई दिल्ली.
- ३) खेल साहित्य केंद्र नई दिल्ली भगवान दास 'शारीरिक शिक्षण की विधियाँ' ओमेगा पब्लिकेशन नई दिल्ली.
- 4) <http://www.sportsmedia>.



आहार, पोषण व खेल प्रदर्शन में आहार की भूमिका



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सारांश-

खेल मनुष्य की प्रकृति से संबंधित है। इसके प्रत्येक क्रियाकलाप, गतिविधि किसी न किसी खेल की जन्मदात्री बनी प्राचीन काल से ही खेलों को विशेष महत्व दिया जाता रहा था। खेल विभिन्न प्रकार की शारीरिक प्रक्रियाओं के माध्यम से व्यक्ति के शरीर को सक्रियता एवं गति प्रदान करते हैं।

खेल पोषण, पोषण विज्ञान का एक विशेष क्षेत्र है जिसमें एथलीटों और अन्य शारीरिक रूप से सक्रिय लोगों की आहार आवश्यकताओं को ध्यान में रख कर उनके लिये आहार तालिका तैयार की जाती है। इसमें खेल प्रदर्शन को बढ़ाने, रिकवरी को प्रोत्साहित करने और सामान्य स्वास्थ्य को बनाए रखने के लिए प्रमुख पोषक तत्वों, जलयोजन और भोजन-समय की तकनीकों की जांच और उपयोग शामिल है।

विभिन्न खेलों और व्यक्तिगत लक्ष्यों की विशिष्ट मांगों के लिए पोषण योजनाओं को तैयार करके, खेल पोषण का लक्ष्य एथलीटों को चरम शारीरिक और मानसिक फिटनेस हासिल करने के लिए आवश्यक ईंधन और बिल्डिंग ब्लॉक्स प्रदान करना है।

प्रस्तावना :

आहार व संतुलित भोजन का अर्थ -

मानव शरीर एक जीवित मशीन है जो भोजन की सहायता से विकसित होता है, कार्य करता है और अपनी विभिन्न प्रक्रियाओं को संपन्न करता है। इसी कारण मानव के विकास में भोजन का महत्वपूर्ण स्थान है।

मानव शरीर में प्रतिदिन किए जाने वाला भोजन ही आहार है। मानव शरीर में ठोस या तरल पदार्थ के रूप में जाने वाले पोषक पदार्थ को ही सामान्य रूप में भोजन कहते हैं, संतुलित आहार वह आहार है जो मनुष्य को आवश्यकता के अनुसार सभी पोषक तत्वों को सही मात्रा में प्रदान करता है, शरीर की सामान्य वृद्धि तथा स्वास्थ्य बना रहने के लिए प्रत्येक व्यक्ति को पोषण की आवश्यकता है। खेल पोषण व आहार में अंतर है, आहार खाद्य, पेय वस्तुओं का समग्र रूप है जिससे हम भूख को शांत करने के लिए मदद लेते हैं पर पोषण वह प्रक्रिया है जिसमें भोजन शरीर को पोषक तत्व देता है। इससे शक्ति प्राप्त होती है। रोगों से बचाव होता है और शरीर की उपापचयी क्रियाओं में सहायता मिलती है। खेल पोषण को पोषित करने के विज्ञान को ही पोषण कहते हैं, पोषण की आवश्यकता काम धंधे की प्रकृति तथा आयु के अनुसार होती है। सभी व्यक्तियों के लिए एक समान पोषण नहीं चल सकता। एक स्वस्थ बच्चे और व्यक्ति की आवश्यक खुराक हेतु जितनी मात्रा में भोजन के तत्वों की आवश्यकता होती है, यदि ये तत्व उसे सही अनुपात में मिलते हैं तो उसे संतुलित आहार कहते हैं। हमें इस बात पर सदैव ही ध्यान देना होगा कि मनुष्य स्वास्थ्य कोई ऐसी वस्तु नहीं है जो तैयार की हुई वस्तुओं के समान मनुष्य को उपलब्ध कराई जा सके। यह जीवन की समुचित आदतों व वृत्तियों पर निर्भर करती है। खेल भारतीय कृषि अनुसंधान परिषद के अनुसार संतुलित भोजन वह है जिसमें शरीर वृद्धि, विकास, कार्य तथा स्वस्थ संरक्षण के आवश्यक तत्वों उचित रूप में पाए जाए।

व्यायाम, खेल व पोषण-

खेल मनुष्य की प्रकृति से संबंधित है। इसके प्रत्येक क्रियाकलाप, गतिविधि किसी न किसी खेल की जन्मदात्री बनी प्राचीन काल से ही खेलों की ओर विशेष महत्व दिया जाता रहा था। खेल विभिन्न प्रकार की शारीरिक प्रक्रियाओं के माध्यम से व्यक्ति के शरीर को सक्रियता एवं गति प्रदान करते हैं।

खेल के अर्थ को निम्न प्रकार की परिभाषाओं से समझा जा सकता है। खेलकूद विकास के सूचक है जो बालक के सर्वांगीण विकास में

उसकी सहायता करते हैं।

टी.पी. नंन के अनुसार क्रियात्मक गतिविधियों को व्यक्त करने के लिए खेल की अहम भूमिका रहती है।

खेल बालक के लिए अत्यंत महत्वपूर्ण है खेल के द्वारा बालक को अपनी योग्यताओं एवं प्रतिभाओं को दिखाने का अवसर प्राप्त होता है खेलों से बालक को विकास के अवसर मिलते हैं स्वस्थ नागरिक के द्वारा ही देश की उन्नति में योगदान दिया जा सकता है और स्वस्थ रहने के लिए खेल और आहार दोनों की ही आवश्यकता है स्वस्थ बालक के विकास के लिए जितना महत्व शिक्षा का होता है, उतना ही खेलों का भी माना जाता है जिस प्रकार शिक्षा के आधार पर बालक के आंतरिक गुणों का विकास होता है उसी प्रकार उसका बाह्य विकास करने के लिए खेलों की आवश्यकता होती है खेलों में प्रदर्शन को सुधारने के लिए व्यायाम के साथ-साथ उचित पोषण की भी आवश्यकता होती है जिसका ज्ञान हमें पोषण विज्ञान से मिलता है स्वस्थ पोषण शरीर को विकसित करने का एक विज्ञान है इसलिए खिलाड़ी के प्रदर्शन को पोषण भी उतना ही प्रभावित करता है जितना की नियमित खेल अभ्यास।

अच्छे स्वास्थ्य और अच्छे पोषण के बीच सह-संबंध है यदि पोषण अच्छा होगा तो स्वास्थ्य व प्रदर्शन भी अच्छा रह सकता है। पोषण और खेल प्रदर्शन पर इसका प्रभाव अब अपने आप में एक विज्ञान है।

चाहे आप एक प्रतिस्पर्धी एथलीट हों, सप्ताह में व्यायाम करने वाले हो या एक समर्पित दैनिक व्यायामकर्ता हों, बेहतर प्रदर्शन की नींव पोषण संबंधी आहार से ही प्राप्त की जा सकती है ख

एथलीट का आहार

एक एथलीट का आहार आम जनता के लिए अनुशंसित आहार के समान होना चाहिए, जिसमें ऊर्जा का सेवन विभाजित किया गया है:

- ६० से ७०% कार्बोहाइड्रेट से
- १५ से २५% प्रोटीन से
- वसा से २० से ३०% ।

जो एथलीट प्रतिदिन ६० से ९० मिनट से अधिक कठिन व्यायाम करते हैं, उन्हें विशेष रूप से कार्बोहाइड्रेट स्रोतों से प्राप्त ऊर्जा की मात्रा बढ़ाने की आवश्यकता होती है। शरीर के वजन के प्रति किलोग्राम सेवन के आधार पर कार्बोहाइड्रेट और प्रोटीन के लिए दिशानिर्देश भी उपलब्ध हैं।

वसा के सेवन के लिए वर्तमान अधिसूचनाएं अधिकांश एथलीटों के लिए सामान्य समुदाय के लिए दी गई अधिसूचनाओं के समान ही है, जिसमें जैतून के तेल, एवोकैडो, नट्स और बीजों से प्राप्त वसा को प्राथमिकता दी जाती है। एथलीटों को बिस्कुट, केक, पेस्ट्री, चिप्स और तले हुए खाद्य पदार्थों जैसे उच्च वसा वाले खाद्य पदार्थों का सेवन कम करने का भी लक्ष्य रखना चाहिए।

पोषक तत्वों के प्रकार

पोषक तत्वों को उनके द्वारा किये जाने वाले कार्यों के आधार पर निम्न समूहों में बांट सकते हैं।

उर्जा या शक्ति प्रदान करने वाले तत्व	शरीर निर्माण करने वाले तत्व	शरीर की रक्षा करने वाले तत्व
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पोषक तत्वों को रासायनिक आधार पर निम्न प्रकार से विभक्त कर सकते हैं-

कार्बनिक पोषक तत्व 1. कार्बोहाइड्रेट 2. प्रोटीन 3. वसा 4. विटामिन	अकार्बनिक पोषक तत्व खनिज लवण
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कार्बोहाइड्रेट और व्यायाम

पाचन के दौरान, सभी कार्बोहाइड्रेट शर्करा (मुख्य रूप से ग्लूकोज) में टूट जाते हैं, जो शरीर का प्राथमिक ऊर्जा का स्रोत है।

अवशोषण के बाद, ग्लूकोज को ग्लाइकोजन में परिवर्तित किया जा सकता है और यकृत और मांसपेशियों के ऊतकों में संग्रहीत किया

जा सकता है। फिर इसे व्यायाम के दौरान मांसपेशियों के ऊतकों और अन्य शरीर प्रणालियों को ऊर्जा प्रदान करने के लिए एक प्रमुख ऊर्जा स्रोत के रूप में उपयोग किया जा सकता है।

एथलीट नियमित रूप से उच्च कार्बोहाइड्रेट वाले खाद्य पदार्थ खाकर ग्लाइकोजन के अपने भंडार को बढ़ा सकते हैं। यदि आहार में कार्बोहाइड्रेट प्रतिबंधित है, तो किसी व्यक्ति की व्यायाम करने की क्षमता से समझौता हो सकता है क्योंकि शरीर को ईंधन देने के लिए भंडारण में पर्याप्त ग्लाइकोजन नहीं रखा जाता है।

प्रोटीन और खेल प्रदर्शन

प्रोटीन प्रशिक्षण आहार का एक महत्वपूर्ण हिस्सा है और व्यायाम के बाद की रिकवरी और मरम्मत में महत्वपूर्ण भूमिका निभाता है। प्रोटीन की जरूरतें आम तौर पर उन अधिकांश एथलीटों द्वारा पूरी की जाती हैं जो अपने आहार में पर्याप्त ऊर्जा का उपभोग करते हैं।

खेल से जुड़े लोगों के लिए अनुशंसित प्रोटीन की मात्रा आम जनता के लिए अनुशंसित प्रोटीन की मात्रा से थोड़ी ही अधिक है। उदाहरण के लिए:

- आम जनता और सक्रिय लोग – प्रोटीन की दैनिक अनुशंसित मात्रा शरीर के वजन का ०.८ से १.० ग्राम/किग्रा है (६० किलोग्राम वाले व्यक्ति को प्रतिदिन लगभग ४५ से ६० ग्राम प्रोटीन खाना चाहिए)।
- गैर-धीरज आयोजनों में शामिल खिलाड़ी – जो लोग प्रतिदिन ४५ से ६० मिनट तक व्यायाम करते हैं, उन्हें प्रति दिन शरीर के वजन का १.० से १.२ ग्राम/किग्रा के बीच उपभोग करना चाहिए।
- धीरज स्पर्धाओं और शक्ति स्पर्धाओं में शामिल खिलाड़ी – जो लोग लंबे समय तक (एक घंटे से अधिक) व्यायाम करते हैं या जो वजन उठाने जैसे शक्ति व्यायाम इसमें शामिल होते हैं, उन्हें प्रति दिन शरीर के वजन के प्रति किलोग्राम १.२ से २.० ग्राम प्रोटीन का सेवन करना चाहिए।
- कम ऊर्जा वाले आहार पर वजन कम करने की कोशिश कर रहे एथलीट – प्रतिदिन शरीर के वजन के २.० ग्राम/किग्रा तक प्रोटीन का सेवन मांसपेशियों के नुकसान को कम करने में फायदेमंद हो सकता है।

खेल प्रदर्शन में सुधार के लिए विटामिन व खनिज पदार्थों का महत्व

इस बात का कोई प्रमाण नहीं है कि विटामिन की अतिरिक्त खुराक से खेल प्रदर्शन में सुधार होता है। लेकिन इनकी उपस्थिति में पोषक पदार्थों से उर्जा निकलने में मदद मिलती है, एक सुनियोजित आहार आपकी विटामिन और खनिज आवश्यकताओं को पूरा कर लेते हैं, पूरक के मध्यम से इन्हे लेने की आवश्यकता तभी होती है यदि आपका आहार अपर्याप्त है या आपके पास कोई निदान संबंधी कमी है, जैसे कि आयरन या कैल्शियम की कमी।

पूरकों का उपयोग करने से पहले, आपको इस बात पर विचार करना चाहिए कि आप अपने खेल प्रदर्शन को बेहतर बनाने के लिए और क्या कर सकते हैं – आहार, प्रशिक्षण और जीवनशैली में बदलाव आपके प्रदर्शन को बेहतर बनाने के लिए अधिक कुशल और लागत प्रभावी तरीके हैं।

प्रदर्शन लाभ का दावा करने वाले अपेक्षाकृत कुछ पूरक ठोस वैज्ञानिक प्रमाणों द्वारा समर्थित हैं। विटामिन और खनिज अनुपूरकों का उपयोग भी संभावित रूप से खतरनाक है। किसी योग्य स्वास्थ्य पेशेवर की सलाह के बिना पूरक नहीं लेना चाहिए।

यह सबसे अच्छा है अगर किसी पूरक या गोली का उपयोग करने के बजाय, अपने आहार का विश्लेषण और परिवर्तन करने के बाद आहार असंतुलन को समायोजित किया जाए।

जल एवं खेल प्रदर्शन

निर्जलीकरण एथलेटिक प्रदर्शन को खराब कर सकता है और, चरम मामलों में, पतन और यहां तक कि मृत्यु का कारण बन सकता है। व्यायाम से पहले, उसके दौरान और बाद में पर्याप्त मात्रा में तरल पदार्थ पीना बहुत महत्वपूर्ण है। जब तक प्यास न लगे तब तक प्रतीक्षा न करें। ६० मिनट से अधिक समय तक चलने वाली गतिविधियों, उच्च तीव्रता या गर्म परिस्थितियों में तरल पदार्थ का सेवन विशेष रूप से महत्वपूर्ण है।

पानी एक उपयुक्त पेय है, लेकिन खेल पेय की आवश्यकता हो सकती है, खासकर या लंबी अवधि की गतिविधियों व गर्म मौसम में, स्पोर्ट्स ड्रिंक में कुछ सोडियम होता है, जो अवशोषण में मदद करता है। खेल पोषण में ३० गोश्र/ड (मिलीमोल प्रति लीटर) की सोडियम सामग्री उपयुक्त प्रतीत होती है। जबकि अपर्याप्त जलयोजन कई एथलीटों के लिए एक समस्या है, अतिरिक्त जलयोजन भी संभावित रूप से खतरनाक हो सकता है। दुर्लभ मामलों में, एथलीट अत्यधिक मात्रा में तरल पदार्थों का सेवन कर सकते हैं जो रक्त को बहुत अधिक पतला कर देते हैं, जिससे रक्त में सोडियम की मात्रा कम हो जाती है। इस स्थिति को हाइपोनेट्रेमिया कहा जाता है, जिसका उचित इलाज न होने पर संभावित रूप से दौरे, पतन, कोमा या यहां तक कि मृत्यु भी हो सकती है।

व्यायाम के प्रति घंटे ४०० से ८०० मिलीलीटर के स्तर पर तरल पदार्थ का सेवन निर्जलीकरण और हाइपोनेट्रेमिया से बचने के लिए

एक उपयुक्त प्रारंभिक बिंदु हो सकता है, हालांकि जलवायु, पसीने की दर और सहनशीलता जैसे परिवर्तनशील कारकों को ध्यान में रखते हुए, सेवन को आदर्श रूप से व्यक्तिगत एथलीटों के लिए अनुकूलित किया जाना चाहिए।

सारांश

- अच्छा पोषण खेल प्रदर्शन को बढ़ा सकता है।
- एक सुनियोजित, पौष्टिक आहार को एक एथलीट की अधिकांश विटामिन और खनिज आवश्यकताओं को पूरा करना चाहिए, और मांसपेशियों की वृद्धि और मरम्मत को बढ़ावा देने के लिए पर्याप्त प्रोटीन प्रदान करना चाहिए।
- अपरिष्कृत कार्बोहाइड्रेट से भरपूर खाद्य पदार्थ, जैसे साबुत अनाज की ब्रेड और अनाज, को आहार का आधार बनाना चाहिए।
- खेल पोषण योजनाएं व्यक्तिगत एथलीट के अनुरूप बनाई जानी चाहिए और उनके विशिष्ट खेल, लक्ष्य, भोजन प्राथमिकताओं और व्यावहारिक चुनौतियों पर विचार करना चाहिए।

संदर्भ ग्रंथ सूची

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पारंपरिक खेल व खेलों का शारीरिक और मानसिक विकास के लिए योगदान



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सारांश:

स्वस्थ शरीर व मन के लिये खेल एक विशेष भूमिका निभाता है आधुनिक खेलों के लिये जगह की कमी व खेलों में गलाकाट स्पर्धा के कारण खेलों पर अभिभावकों को ज्यादा पैसा खर्च करना पड़ता है जिससे वह आधुनिक खेलों से ज्यादातर बच्चे दूर होते जा रहे हैं व मोबाईल की दुनिया में खोते जा रहे हैं जीवन में खेलों का विशेष महत्व हमेशा से रहा है और हमेशा रहेगा। बच्चों के बहुआयामी विकास के लिए शारीरिक व मानसिक खेल अति आवश्यक है। अधिकांश यह देखने में आया है कि आजकल बालक बालिकाओं में नये-नये खेलों के प्रति अधिक रूझान बढ़ा है। भारतवर्ष के पारम्परिक खेलों का हमेशा से ही विशेष महत्व रहा है, परन्तु आजकल की नवीन पीढ़ी पारम्परिक खेलों से निरन्तर दूर होती जा रही है, पारम्परिक खेल जैसे गिल्ली-डण्डा, कंचे, कब्बड़ी, खो-खो, सितौलिया, मारदडी आदि अधिकांश खेल नवीन परिवेश में काल के ग्रास बन गए हैं, इसके कारण बच्चों का पूर्णतया शारीरिक विकास भी नहीं हो पाता। पारंपरिक खेल सस्ते व कम जगह में खेले जाते थे जिसमें अधिक शारीरिक श्रम व तालमेल की आवश्यकता रहती थी। पारंपरिक खेल जैसे कबड्डी खो-खो इत्यादी से बच्चे मिट्टी से जुड़े रहते थे व स्वस्थ रहते थे।

प्रस्तावना:

जीवन में खेलों का विशेष महत्व हमेशा से रहा है और हमेशा रहेगा। बच्चों के बहुआयामी विकास के लिए शारीरिक व मानसिक खेल अति आवश्यक है। अधिकांश यह देखने में आया है कि आजकल बालक बालिकाओं में नये-नये खेलों के प्रति अधिक रूझान बढ़ा है। गली-मोहल्लों में छोटे-छोटे बच्चे स्केटिंग, क्रिकेट, जूडो आदि खेलों को खेलते दिखाई देते हैं। उसके अलावा मोबाईल फोन पर भी इलेक्ट्रॉनिक खेलों के प्रति भी बच्चों का अत्यधिक रूझान देखने को मिलता है। पारम्परिक खेलों से बच्चे दूर होते जा रहे हैं भारतवर्ष के पारम्परिक खेलों का हमेशा से ही विशेष महत्व रहा है, परन्तु आजकल की नवीन पीढ़ी पारम्परिक खेलों से निरन्तर दूर होती जा रही है, पारम्परिक खेल जैसे गिल्ली-डण्डा, कंचे, कब्बड़ी, खो-खो, सितौलिया, मारदडी आदि अधिकांश खेल नवीन परिवेश में काल के ग्रास बन गए हैं, इसके कारण बच्चों का पूर्णतया शारीरिक विकास भी नहीं हो पाता। जबकि यह पारम्परिक खेल आर्थिक दृष्टि से काफी सस्ते होते थे व स्थान भी कम लगता था। पाश्चात्य खेल काफी महंगे रहते हैं पाश्चात्य खेलों को खेलने वाले बच्चों के अभिभावकों को यह खेल आर्थिक दृष्टि से भी महंगे पड़ रहे हैं, क्योंकि स्केटिंग, क्रिकेट, बास्केट बाल इत्यादी खेलों को सुरक्षित ढंग से खेलने के लिए अनेकों उपकरण व पोशाकें खरीदना आवश्यक रहता है, जीवन की अनेकों कठिनाईयों का सामना वही बालक कर सकता है, जिसका बहुआयामी विकास हुआ है। बड़े-बड़े विद्वान पुरुष अपने कार्यक्षेत्र में निराश होकर जीवन से विमुख हो जाते हैं, लेकिन खिलाड़ी कभी भी जीवन में हार नहीं मानता है। वह हर परिस्थिति में लड़ता है, किसी हालत में वह झुकता नहीं है, वह स्थिति व परिस्थिति को अपने अनुकूल बना ही लेता है। पारंपरिक खेल जैसे कबड्डी खो-खो इत्यादी से बच्चे मिट्टी से जुड़े रहते थे व स्वस्थ रहते थे। उनके शरीर में कभी भी मिट्टी तत्व की कमी नहीं होती थी।

पारंपरिक खेल समाप्त न हो जाये इस लिये उनमें आवश्यक बदलाव करके उन्हें सामने लाया जा रहा है जिस तरह प्रो कबड्डी लीग ने कबड्डी खेल की लोकप्रियता को बढ़ाया व उसे विश्व के पटल पर एक लोकप्रिय खेल बना दिया जिससे प्रेरित हो कर बच्चों ने अपने आस पास की थोड़ी सी जगह का इस्तेमाल कर वहा कबड्डी खेलना प्रारम्भ कर दिया है व उनके स्वास्थ्य पर इसके प्रतिकूल प्रभाव भी देखने को मिलते हैं।

खेलों के कुछ सामान्य लाभ:

१. हार को स्वीकार करना

यह खेल के प्रमुख लाभों में से एक है। हार को स्वीकार करना और उसका सामना करना सीखना, यह जीवन का एक महत्वपूर्ण सबक है जो खेल खिलाड़ी को सिखाता है। खेलों की प्रकृति ऐसी है कि हमेशा कोई विजेता बने और हमेशा ही कोई हारे यह संभव नहीं होता। खेल

खिलाडी को जीवन मे आने वाली वाधाओ को पार करने के लिये तैयार करता है, जीत को किस प्रकार पचाया जाये व हार के समय अपनी भावनाओं को कैसे नियंत्रित करना है यह सभी सीख खेल से हमे मिलती है।

२. फेफड़ों के स्वास्थ्य को बेहतर बनाता है

नियमित खेल से कार्बन मोनोऑक्साइड और अपशिष्ट गैसों के निष्कासन के साथ अधिक ऑक्सीजन शरीर में खींची जाती है। यह खेल के दौरान फेफड़ों की क्षमता को बढ़ाता है, फेफड़े की कार्यक्षमता और दक्षता में सुधार करता है। इस तरह से खेल फेफड़ों को मजबूत करता है।

३. तनाव को कम करता है

जब हम शारीरिक रूप से सक्रिय होते हैं तो हमारे दिमाग को दैनिक तनावों और जीवन के तनावों से बाहर निकलने का मौका मिलता है। शारीरिक व्यायाम हमारे शरीर में स्ट्रेस हार्मोन को कम करता है और एंडोर्फिन के रिलीज को उत्तेजित करता है। ये एंडोर्फिन हमको अधिक ऊर्जा दे सकते हैं और ध्यान केंद्रित करने में भी मदद करते हैं।

४. खेल के शारीरिक लाभ

आजकल गतिहीन जीवनशैली के कारण लोगों में लाइफस्टाइल से जुड़ी बीमारियां, जैसे कि मोटापा, डायबिटीज और हार्ट अटैक बढ़ता ही जा रहा है। ऐसे में जरूरी है कि हम अपने थमी हुई जिंदगी में थोड़ी तेजी लाएं। खेल हमको गतिशीलता प्रदान करता है और हमको एक्टिव बनाता है। ये हमारे दिल को फिट रखता है, हड्डियों को स्वस्थ बनाता है, मोटापे के जोखिम में कमी लाता है, नींद को बेहतर बनाता है और शरीर में समन्वय और संतुलन लाता है।

२. खेल जीवन कौशल को सीखने में मदद करता है

खेल में संलग्न होना केवल शारीरिक फिटनेस के लिए ही जरूरी नहीं है बल्कि इससे ऊपर है। खेल को खेलने का मतलब अक्सर एक टीम का हिस्सा होता है और इससे कई क्षेत्रों में कौशल निर्माण की अनुमति मिलती है। खेल में शामिल सभी तकनीकों को सीखने के साथ-साथ बच्चे अपने जीवन कौशल को भी विकसित कर सकते हैं। टीम के खेल खेलने से सहयोग और साझेदारी, लचीलापन, लक्ष्य निर्धारण और संबंधों के निर्माण को बढ़ावा मिलता है। हारना सीखना भी एक महत्वपूर्ण कौशल है जिसे अक्सर खेल खेल के माध्यम से जाना जा सकता है।

३. मानसिक स्वास्थ्य को सही रखता है

माता-पिता अपने बच्चों को कई मायनों में खेल खेलने के लिए प्रोत्साहित कर सकते हैं, जिसमें रोल मॉडलिंग भी शामिल है। यह सिर्फ माता-पिता के लिए नहीं जरूरी है, बल्कि ये माता-पिता और बच्चों, दोनों के मानसिक स्वास्थ्य के लिए भी बेहद जरूरी है। अगर बात सिर्फ बच्चों के मानसिक स्वास्थ्य की करें, सक्रिय बच्चों के सक्रिय वयस्क बनने की अधिक संभावना है, इसलिए अपने बच्चों को कम उम्र से शारीरिक गतिविधि और खेल में शामिल होने के लिए प्रोत्साहित करें और खुद भी अपने बच्चों के साथ खेलें।

४. तार्किक क्षमता बढ़ती है

खेल आपकी मस्तिष्क को मजबूत बनाता है और आपकी तार्किक क्षमता को बढ़ाता है। आप जितने प्रकार के खेलों को खेलेंगे, उतनी ही तेजी से आपके मस्तिष्क की तार्किकता बढ़ेगी। इस लिहाज से आप गेम्स को ब्रेन बूस्टर भी कह सकते हैं। ऐसे लोगों का मस्तिष्क तेज होता है और वो तेजी से अपने व्यवसाईक जिंदगी और करियर में भी आगे बढ़ सकते हैं।

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खेल कूटनीति : अंतरराष्ट्रीय एथलेटिक संबंधों के माध्यम से सद्भाव को बढ़ावा देना



डॉ. भूषण तुकाराम फुंडे,

एम.बी.पटेल कला व वाणिज्य महाविद्यालय, सालेकसा. जि.गोंदिया



प्रस्तावना :

खेल की दुनिया हमेशा प्रतिस्पर्धा से कहीं अधिक रही है; यह कूटनीति और अंतरराष्ट्रीय संबंधों के लिए एक शक्तिशाली मंच है। एथलीटों में, अपने अविश्वसनीय कारनामों और वैश्विक प्रतीक के रूप में अपनी स्थिति के माध्यम से, अंतरराष्ट्रीय स्तर पर शांति और सहयोग को बढ़ावा देने की अद्वितीय क्षमता होती है। इस लेख में, हम खेल कूटनीति की अवधारणा, इसकी चुनौतियों, अंतरराष्ट्रीय समुदाय की भूमिका और एक अंतरराष्ट्रीय गैर-लाभकारी संगठन ग्लोबल काउंसिल ऑफ लीडर्स एंड डिप्लोमैट्स (जीसीएलईएडी) के महत्वपूर्ण योगदान का पता लगाएंगे।

चुनौतियां :-

खेल कूटनीति, सद्भावना की अपनी क्षमता के बावजूद, अपनी बाधाओं से रहित नहीं है। कई चुनौतियों में शामिल हैं:

राजनीति और विवाद : खेल कूटनीति में बड़ी चुनौतियों में से एक एथलेटिक्स के साथ राजनीति का अंतर्संबंध है। एथलीट अक्सर खुद को राजनीतिक विवादों में मोहरे के रूप में पाते हैं, उनके कार्यों का इस्तेमाल या तो राजनीतिक बयानों के लिए किया जाता है या विवाद पैदा करने के लिए किया जाता है। यह कभी कभी खेल कूटनीति के प्राथमिक लक्ष्य अंतरराष्ट्रीय समझ को बढ़ावा देने पर ग्रहण लगा सकता है।

भेदभाव और असमानता : खेलों में लिंग पूर्वाग्रह, नस्लीय भेदभाव और राष्ट्रीयता-आधारित पूर्वाग्रह अभी भी कायम हैं। ये मुद्दे न केवल निष्पक्ष खेल के सिद्धांतों को नुकसान पहुंचाते हैं बल्कि खेल कूटनीति प्रयासों की प्रभावशीलता को भी कमजोर करते हैं।

प्रमुख खेल आयोजनों की मेजबानी : ओलंपिक या फीफा विश्व कप जैसे प्रमुख खेल आयोजनों के लिए मेजबान देशों का चयन अक्सर विवादों से घिरा रहता है। चिंताएँ मानवाधिकारों के हनन से लेकर पर्यावरणीय प्रभाव और भ्रष्टाचार तक हैं। सफल खेल कूटनीति और अंतरराष्ट्रीय संबंधों में इसकी भूमिका के लिए इन चुनौतियों का समाधान करना महत्वपूर्ण है।

अंतरराष्ट्रीय समुदाय : इन चुनौतियों पर काबू पाने में अंतरराष्ट्रीय समुदाय महत्वपूर्ण भूमिका निभाता है। जीसीएलईएडी, ग्लोबल काउंसिल ऑफ लीडर्स एंड डिप्लोमैट्स जैसे संगठन इस प्रयास में मूल्यवान संपत्ति के रूप में काम करते हैं। GCLEAD कई प्रकार की सेवाएँ प्रदान करता है जो खेल कूटनीति की जटिलताओं को सुलझाने में राजनयिकों, नेताओं और इच्छुक युवा राजनयिकों का समर्थन करती हैं।

शैक्षिक पहल : राजनयिकों और नेताओं को अंतरराष्ट्रीय संबंधों में खेल की भूमिका की व्यापक समझ की आवश्यकता है। GCLEAD वेबिनार, कार्यशालाओं और सम्मेलनों के माध्यम से ज्ञान का खजाना प्रदान करता है, यह सुनिश्चित करते हुए कि निर्णय लेने वालों को अच्छी तरह से सूचित किया जाता है।

समावेशिता को बढ़ावा देना : खेलों में भेदभाव को खत्म करना खेल कूटनीति की सफलता के लिए महत्वपूर्ण है। नेताओं को खेल जगत में समावेशिता को बढ़ावा देने की दिशा में सक्रिय रूप से काम करना चाहिए, और GCLEAD जैसे संगठन इसे कैसे प्राप्त किया जाए, इस पर मार्गदर्शन प्रदान कर सकते हैं।

राजनीतिक और एथलेटिक हितों में संतुलन : राजनयिकों को खेल कूटनीति में शामिल राजनीतिक और एथलेटिक हितों के बीच संतुलन बनाना चाहिए। GCLEAD राजनयिक लक्ष्यों को प्राप्त करने के साधन के रूप में टकराव के बजाय बातचीत और सहयोग को प्रोत्साहित करता है।

सॉफ्ट पावर का उपयोग : एथलीटों की सफलता किसी राष्ट्र के लिए सॉफ्ट पावर का एक महत्वपूर्ण स्रोत हो सकती है। एथलीटों को मिलने वाली वैश्विक मान्यता और सम्मान का लाभ उठाते हुए, GCLEAD इस सॉफ्ट पावर को विकसित करने में सहायता करता है, जिससे देश अन्य देशों के लिए अधिक आकर्षक बनते हैं।

सामुदायिक सहभागिता : खेल कूटनीति पहल के प्रभाव को अधिकतम करने के लिए स्थानीय और वैश्विक समुदायों की सहभागिता महत्वपूर्ण है। ऋद्धअंठू द्वारा आयोजित अंतर्राष्ट्रीय सम्मेलनों, कार्यक्रमों और वेबिनारों के माध्यम से, नेता व्यापक दर्शकों के साथ जुड़ सकते हैं, जिससे इस उद्देश्य के लिए प्रतिबद्ध समान विचारधारा वाले व्यक्तियों का एक नेटवर्क बन सकता है।

शिक्षा, खेल और शारीरिक शिक्षा पर कूबर्टिन का प्रभाव :-

आधुनिक ओलंपिक खेलों के जनक पियरे डी कूपर्टिन ने फ्रांस में शिक्षा प्रणाली को बदलने की आशा के साथ इंग्लैंड और संयुक्त राज्य अमेरिका की यात्रा की। शिक्षा पर खेल के प्रभाव का प्रत्यक्ष अवलोकन करने से उनके शैक्षिक दर्शन को बनाने में मदद मिली। छात्रों के लिए सीखने का ऐसा माहौल बनाने के अपने प्रयासों में जो कक्षा में नैतिक और स्वस्थ जीवन लाएगा, उन्होंने दुनिया को बदल दिया। कूबर्टिन की दृष्टि और ड्राइव के साथ, वह एक ऐसा कार्यक्रम बनाने में सक्षम थे जिसमें डिजाइन में शिक्षा, कला और एक नैतिक चरित्र शामिल था। ओलंपिक खेलों के विकास ने कई देशों को प्रभावित किया है और मेजबान शहरों में एक ऐसी विरासत छोड़ी है जो पीढ़ियों तक लोगों को इस आयोजन द्वारा लाए जाने वाले शांतिपूर्ण संदेश की याद दिलाएगी।

नैतिकता और निष्पक्ष खेल, IFPC :-

१९६३ में खेल पर दुनिया के बाहरी दबाव के कारण, अंतर्राष्ट्रीय निष्पक्ष खेल समिति (IFPC) का गठन किया गया था। उनके संगठन द्वारा बनाए गए पुरस्कारों में से एक का नाम पियरे डी कूपर्टिन के नाम पर रखा गया था। यह पुरस्कार उस एथलीट को दिया जाता है जो अच्छे खेल कौशल के नाम पर किसी अन्य एथलीट की मदद करने के लिए उनके प्रदर्शन में बाधा डालता है। समिति के मूल्य निष्पक्ष प्रतिस्पर्धा करते हुए अच्छे नैतिक मूल्यों का निर्माण करने वाली खेल भावना स्थापित करने के कूबर्टिन के मूल्यों और मान्यताओं के अनुरूप हैं। कूबर्टिन ने भविष्यवाणी की थी कि खेल को बाहरी ताकतों और दबाव का सामना करना पड़ेगा। वास्तव में, कूबर्टिन की भविष्यवाणी सच हुई। दुनिया में बेवफाई और हिंसा के कारण खेलों का राजनीतिक और व्यावसायिक शोषण हुआ। हर कीमत पर जीतने के बढ़ते दबाव ने उन मूल्यों को बढ़ावा देने के लिए एक अतिरिक्त संगठन की आवश्यकता को उजागर किया जो कि कूबर्टिन ने ओलंपिक शुरू होने के समय चाहा था। प्रारंभ में, IOC ने संगठन के प्रचार में भाग लेने से इनकार कर दिया क्योंकि वे IFPC को एक प्रतिस्पर्धी के रूप में देखते थे। यह प्रदर्शन उस समय खेलों में भ्रष्टाचार को दर्शाता है। IFPC का यूनेस्को से संबद्धता थी जो संयुक्त राष्ट्र से जुड़ा एक प्रतिस्पर्धी संगठन था। यूनेस्को द्वारा समर्थित कई विषय शौकियापन, राष्ट्रवाद, प्रदर्शन बढ़ाने वाली नशीली दवाओं के उपयोग और अंतर्राष्ट्रीय सहायता को संबोधित करने वाले आईओसी के मूल्यों के समानांतर काम करते हैं। आईओसी विश्व खेल पर पूर्ण नियंत्रण बनाए रखने के लिए प्रतिबद्ध थी और उसने अपनी ट्रॉफी से कूबर्टिन का नाम हटाने के लिए आईएफपीसी पर मुकदमा दायर किया। खेल में भू-राजनीतिक मुद्दों ने राष्ट्रीय ओलंपिक समिति (एनओसी) स्तर पर भीतर से सत्ता संघर्ष के साथ आईओसी पर दबाव बनाना जारी रखा। १९७२ में, IOC के नेतृत्व में परिवर्तन हुआ और यूनेस्को और IOC के बीच संबंध सामान्य हो गए। एक बार जब राजनीति को स्थिति से हटा दिया गया, तो तीनों संगठन कूबर्टिन के दृष्टिकोण को आगे बढ़ाने में सक्षम हो गए। चूंकि आईओसी दुनिया भर में अधिक देशों तक पहुंचना चाहता था, आईएफपीसी स्थानीय आईएफपीसी (३) बनाने के लिए एनओसी को प्रोत्साहित करने वाला एक बड़ा भागीदार बन गया। IFPC को अपने साथ लाने से IOC को ओलंपिक लक्ष्य के रूप में निष्पक्ष खेल का उपयोग करने की अनुमति मिली। इस आंदोलन ने आईओसी को ओलंपिक शिक्षा और खेल नैतिकता को बढ़ावा देने के लिए सिंगापुर २०१० में पहले युवा ओलंपिक खेलों में आगे बढ़ने की अनुमति दी।

निष्कर्ष :-

खेल कूटनीति अंतरराष्ट्रीय संबंधों में एक प्रभावशाली उपकरण के रूप में उभरी है, जिसमें पुल बनाने, आपसी समझ बढ़ाने और वैश्विक सहयोग को बढ़ावा देने की क्षमता है। हालाँकि, इसे राजनीतिक विवादों, भेदभाव और प्रमुख खेल आयोजनों की मेजबानी की जटिलताओं सहित महत्वपूर्ण चुनौतियों का सामना करना पड़ता है। इस क्षेत्र में, ग्लोबल काउंसिल ऑफ लीडर्स एंड डिप्लोमैट्स (GCLEAD) जैसे संगठनों ने महत्वपूर्ण भूमिका निभाई है। शिक्षा, समावेशिता और सॉफ्ट पावर के रणनीतिक उपयोग के माध्यम से, खेल कूटनीति अंतरालों को पाटने और अंतरराष्ट्रीय मंच पर सकारात्मक मूल्यों को बढ़ावा देने के लिए जारी है। GCLEAD जैसे संगठनों द्वारा दिए गए मार्गदर्शन और संसाधनों के साथ, खेल कूटनीति का भविष्य आशाजनक दिखता है, जो एक अधिक सामंजस्यपूर्ण और जुड़ी हुई दुनिया का वादा करता है। राजनयिकों, नेताओं और युवा महत्वाकांक्षी राजनयिकों को अंतरराष्ट्रीय संबंधों में खेल की अविश्वसनीय क्षमता का दोहन करने और सभी के लिए एक उज्ज्वल भविष्य को आकार देने के लिए आवश्यक समर्थन और ज्ञान मिल सकता है।

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