

Indian Freedom Struggle and Unsung Heroes: A Unique Narrative

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MACMILLAN

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भारतीय भांडवल बाजाराचे स्वरूप: एक विश्लेषण



डॉ. सुनिल शिंदे

अर्थशास्त्र विभागप्रमुख, भिवापूर महाविद्यालय



शोधसारांश

अर्थव्यवस्थेचा विकास होण्यासाठी भांडवल खूप आवश्यक असते. या भांडवलाचा संचय मोठा असेल तर अर्थव्यवस्थेला विकास साधणे शक्य होते. विकसित भांडवल बाजार कोणत्याही देशाच्या अर्थव्यवस्थेला आर्थिक वृद्धी व विकासासाठी खूपच आवश्यक असतो. भांडवल बाजारामुळे दीर्घकालीन भांडवलाची देवान-घेवान होऊन शेती, उद्योग, व्यापार, वाहतूक, दळणवळण इत्यादी क्षेत्रात मोठी गुंतवणूक झाल्यास राष्ट्रीय उत्पन्न वाढण्यास मदत होते. पर्यायाने अर्थव्यवस्था विकसित होते. प्रस्तुत शोधनिबंधामध्ये भारतीय भांडवल बाजाराचे स्वरूप एक विश्लेषण या विषयांतर्गत भांडवल बाजाराची संकल्पना आणि विविध अर्थतज्ञ आणि भारतीय रिझर्व्ह बँकेने भांडवल बाजारासंदर्भात दिलेल्या व्याख्यांचा अंतर्भाव करण्यात आला आहे. तसेच स्वातंत्र्यपूर्व आणि स्वातंत्र्योत्तर काळातील भारतीय भांडवली बाजाराचा इतिहास, भारतीय भांडवली बाजाराची संरचना, भारतीय भांडवली बाजाराची साधने, भारतीय भांडवल बाजाराची कार्ये व भूमिका, भारतीय भांडवल बाजारातील विविध समस्या आणि या समस्या सोडविण्याच्या संदर्भात भारतीय भांडवल बाजारामध्ये करण्यात आलेल्या विविध सुधारणांचा समावेश आहे.

प्रस्तावना:

भांडवल बाजार हा देशातील आणि देशाबाहेरील एकत्रित समभाग आणि कर्ज दोन्ही दीर्घमुदतीच्या निधीची बाजारपेठ आहे. हा वित्तीय प्रणालीचा एक महत्त्वाचा घटक आहे. अधिक गुंतवणूकीला चालना देण्यासाठी तसेच आर्थिक वृद्धीसाठी प्रभावी भांडवल बाजाराचा विकास होणे आवश्यक आहे. दीर्घकालीन निधीची मागणी व्यापार, कृषी आणि उद्योगातून होते. वैयक्तिक बचतकर्ता, सांघीक बचत, बँका विमा कंपन्या, विशेष वित्तीय संस्था दीर्घकालीन निधीचा पुरवठा करतात. भांडवल बाजार म्हणजे अशी यंत्रणा जेथे दीर्घ मुदतीचे भांडवली व्यवहार होतात. सर्व प्रकारचे गैर बँक व्यवहार आणि 13 महिन्यापेक्षा जास्त मुदतीचे व्यवहार भांडवली बाजारात होतात. भांडवली बाजाराचा विकास करणाऱ्या वित्त संस्थांचा समावेशही भांडवली बाजारात केला जातो. याठिकाणी दीर्घकालीन वित्त पुरवठ्याच्या केंद्रांचा विकास होतो तेथे भांडवली बाजारांचे अस्तित्व निर्माण होते. गैर बँक वित्त बाजारात, गैर बँक आणि खातेदार यांच्या तर दीर्घ मुदतीचे

व्यवहार होतात. भारतीय भांडवल बाजाराचे स्वरूप: एक विश्लेषण या मध्ये आपण भारतातील गैर बँकिंग विविध संस्थांचा आढावा घेणार आहोत.

भांडवल बाजाराचा अर्थ व्याख्या

- ◆ रुद्र व दत्त यांच्या मते, 'मध्यम व दीर्घकालीन कर्जाचे व्यवहार करणा-या धनको व ऋणकोच्या संघटीत स्वरूपाला भांडवल बाजार असे म्हणतात'
- ◆ रिझर्व्ह बँक ऑफ इंडिया "भांडवल बाजार म्हणजे असे केंद्र की जे तरल ऐवजांचे दीर्घकालीन व्यवहार करते"

वरील व्याख्यावरून हे स्पष्ट होते की, भांडवल बाजार ही अशी एक यंत्रणा असते की, ज्यात प्रामुख्याने दीर्घकालीन कर्जाचे व्यवहार होतात तसेच जी दीर्घकालीन कर्ज व्यवहारासाठी / धनको व ऋणकोंना एकत्र आणते.- थोडक्यात, भांडवल बाजार ही एक प्रकारची संस्थात्मक व्यवस्था आहे, ज्यात उद्योग व व्यापारी संस्था दीर्घकाळासाठी भांडवल उभारतात.

भांडवल बाजाराची वैशिष्ट्ये (Features of Capital Market)

- 1) दीर्घकालीन कर्जपुरवठ्याचा स्रोत : भांडवल बाजारात दीर्घकालीन कर्ज पुरवठा, वित्त पुरवठा उपलब्ध करून दिला जातो.
- 2) गुंतवणूकदारांचा नफा किंवा व्याज प्राप्त करण्याचा उद्देश: भांडवल बाजारात वित्त पुरवठा बँका, विकास बँका, खाजगी व्यक्ती, वित्त संस्था नफा किंवा व्याज मिळविण्याच्या उद्देशाने करीत असतात.
- 3) भाग व कर्जरोख्यांच्या स्वरूपात वित्त पुरवठा : भांडवल बाजारात असा वित्त पुरवठा उपलब्ध करून देतांना भाग, कर्जरोखे इत्यादीचा उपयोग होतो.
- 4) विविध क्षेत्रांना वित्त पुरवठा : भांडवल बाजारात सरकार, उद्योग, शेती क्षेत्राशी निगडित उद्योग, वाहतूक इत्यादी क्षेत्रातील लोकांना संस्थाना दीर्घकालीन वित्त पुरवठा उपलब्ध होतो.
- 5) प्रस्तापित व नविन कंपन्यांना कंपन्यांना आधुनिकीकरण व विस्तारासाठी वित्त पुरवठा : दीर्घकालीन भांडवल हे आधीच प्रस्थापीत असलेल्या संस्थांना आधुनिकीकरण करण्यासाठी किंवा विस्तारीकरण करण्यासाठी लागते. नविन कंपन्यांना यंत्रसामुग्री खरेदी करणे, कारखाने बांधणे म्हणजेच नविन उद्योग सुरु करण्यासाठीही दीर्घकालीन भांडवल लागते.
- 6) भांडवल बाजार हा स्थानिक, राष्ट्रीय तसेच आंतरराष्ट्रीय असू शकतो.
- 7) ज्या ठिकाणी दीर्घकालीन वित्त पुरवठ्याच्या केंद्राचा विकास होतो तेथे भांडवल बाजाराचे अस्तित्व निर्माण होते

भारतीय भांडवली बाजाराचा इतिहास

भारतातील भांडवली बाजाराची सुरवात ही 18 व्या शतकात इस्ट इंडिया कंपनीच्या माध्यमातून सुरु केलेल्या रोख्यांच्या व्यापारापासून झालेली आहे. तेव्हापासून 19 व्या शतकाच्या शेवटापर्यंत रोखे बाजार हा असंघटीत स्वरूपाचाच होता. त्यावेळेस रोखे बाजाराचे महत्वाचे केंद्र मुंबई आणि कलकत्ता होते. यामध्ये मुंबईचे स्थान मोठे होते. 1860- ते 61 च्या दरम्यान अमेरिकेत झालेल्या युद्धाच्या वेळी भारत हा कापूस पुरविणारे महत्वाचे केंद्र ठरले आणि तेव्हापासूनच अशाच्या किंमती या वाढीला लागल्या आणि मुंबई हे पहिले भांडवली बाजार ठरले.

स्वातंत्र्यपूर्व काळात भांडवली बाजार फारसा संघटित आणि विकसित नव्हता कारण ब्रिटिश काळात सरकारला भारताच्या आर्थिक विकासात फारसा रस नव्हता. त्यामुळे

अनेक विदेशी प्रमंडळे हे लंडन भांडवली बाजारावर अवलंबून राहत असे. स्वातंत्र्योत्तर काळात देखिल भांडवली बाजाराचा आकार फारसा वाढलेला नव्हता. पहिल्या आणि दुस-या पंचवार्षिक योजना काळात सरकारने कृषी आणि सार्वजनिक क्षेत्रावर भर दिला त्यामुळे खाजगीक्षेत्राच्या तुलनेत सार्वजनिक क्षेत्र अधिक सशक्त झाले. याचा परिणाम म्हणून भांडवली बाजारातील व्यवहारात फारसी वाढ झाली नाही.

1960 नंतर भांडवली बाजाराच्या स्वरूपात आमूलाग्र बदल झाला बरीच प्रमंडळे आणि वित्तीय संस्था प्रामुख्याने जीवन विमा निगम आणि सामान्य विमा निगम यांनीही भांडवली बाजारात गुंतवणूक करण्यास सुरवात केली आणि भांडवली बाजारातील महत्वाचे गुंतवणूकदार म्हणून त्याचा उल्लेख केला गेला. त्यांतर 1964 च्या सुमारास पहिले डॅजन्स थनदक प्रमंडळ म्हणून युनिट ट्रस्ट ऑफ इंडिया हे उदयाला आले आणि भांडवली बाजाराला नविन आयाम मिळाला.

भारतीय भांडवल बाजाराची संरचना

- 1) सरकारी रोखे बाजार:- याला सोनेरी रोखे बाजार (गिल्ट एज्ड बाजार) असे म्हणतात. या बाजारात सरकारी आणि निमसरकारी रोख्यांचा बाजार होतो. यावर व्याजदर निश्चित असतो.
- 2) औद्योगिक रोखे बाजार:- हा बाजार जुन्या आणि नविन कंपन्यांनी लागू केलेले भाग (शेअर्स) आणि ऋणपत्रे (डिबेंचर) यांच्याशी संबंधित आहे. हा नंतर प्राथमिक बाजार व दुयम बाजार यामध्ये विभागला जातो. भाग आणि ऋणपत्राच्या विक्रीतून या बाजारपेठा नविन भांडवल उभारण्यास मदत करतात. दुयम बाजारात कंपन्यांनी आधीच लागू केलेल्या प्रतिभूतीसह व्यवहार चालतात. दुयम बाजारात वायदे बाजाराच्या माध्यमातून कार्य केले जाते. वायदे बाजार हा भांडवल बाजाराचा महत्वाचा घटक आहे. ज्यामध्ये समभाग (stock) रोखे (बॉन्ड्स) वस्तू इत्यादीचा व्यापार होतो. बाम्बे वायदे बाजार (BSE) आणि राष्ट्रीय वायदे बाजार (NSE) हे देशातील प्रमुख वायदे बाजार आहेत.
- 3) विकास वित्तीय संस्था:- या खाजगी क्षेत्राला मध्यम आणि दीर्घमुदतीची आर्थिक मदत पुरवितात. त्यामध्ये इंडस्ट्रियल फायनान्स कार्पोरेशन ऑफ इंडिया (IFCI) इंडस्ट्रियल क्रेडीट अँड इन्व्हेंट्स्टमेंट कार्पोरेशन ऑफ इंडिया (ICICI) स्पेशल अँक्विजिशन कंपनी (SPCs) इंडस्ट्रियल डेव्हलपमेंट बँक ऑफ इंडिया (IDBI), इंडस्ट्रियल इनव्हेस्टमेंट बँक ऑफ इंडिया (IIBI) युनिट ट्रस्ट ऑफ इंडिया (UTI) इत्यादीचा समावेश होतो.

4) वित्तीय मध्यस्थः— वित्तीय मध्यस्थही अशी एक संस्था आहे. जी दोन्ही पक्षांच्या आर्थिक उद्दिष्टांची पूर्तता करण्यासाठी गुंतवणूकदार आणि कर्जदार यांच्यात दुवा म्हणून कार्य करते. यामध्ये व्यापारी बँका मॅच्युअल फंड, भाडेपटी(लीज) कंपनी, उदयम भांडवली कंपनी इत्यादी असतात.

भांडवल बाजाराची साधने (Instruments of Capital Market)

भांडवल बाजारात मध्यमकालीन व दीर्घकालीन कर्जाची देवाण-घेवाण केली जाते. त्यासाठी पुढील पत साधनांचा वापर केला जातो.

- 1) स्कंध (Stock):— स्कंध म्हणजे प्रतिभूतींचा समूह होय. स्कंधामध्ये कंपनीद्वारे विक्रीस काढलेल्या अनेक प्रकारच्या प्रतिभूतींचा समावेश होतो. 'प्रतिभूती नियमन अधिनियम 1956' नुसार प्रतिभूती या शब्दामध्ये कंपन्यांचे भाग, स्कंध, कर्जरोखे, रोखे व सरकारी प्रतिभूतींचा समावेश होतो. भागांची खरेदी करणा-या भागधारकाला लाभांषाच्या रूपाने मोबदला मिळतो तर रोखे किंवा कर्जरोखे खरेदी करणा-याला ठराविक दराने व्याज प्राप्त होते.
- 2) तारण-गहाण (Mortgages):— तारण हे कर्ज प्राप्त करण्याचे महत्वाचे साधन आहे. एखादे घर, व्यवसाय, योत इत्यादीची खरेदी करण्यासाठी त्यांना तारण म्हणून ठेवून कर्ज प्राप्त करता येते. गृह संस्था, विमा कंपनी, व्यापारी बँका, किंवा गृहविकास संस्था इत्यादी तारणाच्या आधारावर कर्ज देतात.
- 3) सरकारी प्रतिभूती:— केंद्र सरकार, राज्य सरकारे आणि स्थानिक स्वराज्य संस्था कर्ज उभारण्यासाठी प्रतिभूती व रोखे विक्रीस काढतात. सरकारी प्रतिभूतींना सर्वोत्तम प्रतिभूती असे म्हटले जाते. कारण त्यात गुंतविलेली रक्कम सुरक्षित समजली जाते. ह्या प्रतिभूती दीर्घकालीन असतात व त्या देशातील जनता, बँका व वित्तीय संस्था खरेदी करतात.
- 4) उपभोक्ता व व्यापारी कर्ज (Consumer and Commercial Loan):— उपभोक्ता कर्ज सर्वसामान्य व्यक्तिद्वारे मोटार गाडी, दुचाकी वाहने किंवा घरगुती किंमती वस्तू खरेदी करण्यासाठी बँका आणि वित्तीय संस्था आणि वित्तीय संस्थाकडून घेतली जातात. ही कर्ज मध्यमकालीन मुदतीची असतात. व्यापारी कर्ज व्यापाराद्वारे मध्यम मुदतीसाठी घेतली जातात.
- 5) विदेशी रोखे (Foreign Bond):— काही कंपन्या जागतिक भांडवल बाजारात आपले रोखे विक्रीस काढतात. हे रोखे ज्या देशात कंपनीची स्थापना झालेली असते. त्या देशाच्या चलनामध्ये असतात. परंतु विकसित देशातील कंपन्याद्वारे विक्रीस काढलेले रोखे हे सामान्यपणे डॉलरमध्ये असतात.

भांडवल बाजाराची कार्ये किंवा भूमिका

- 1) बचती एकत्रित करणे : भांडवलशाही, समिश्र अर्थव्यवस्थांमध्ये खाजगी मालमत्ता धारण करण्याचा, संपत्ती मिळविण्याचा अधिकार नागरीकांना प्रदान केलेला असतो— लोकांना बचत करून ती गुंतविण्याचा अधिकारही असतो. अशा अर्थव्यवस्थेतील लोकांच्या दृष्टीने भांडवल बाजार फार उपयुक्त ठरतो. सर्वसाधारण लोकांची बचत अल्प असते— परंतु असंख्य लोकांच्या अल्पस्वरूप बचती एकत्रित केल्या तर मात्र उद्योग, व्यवसाय सुरु करता येणे शक्य असते. अल्प बचतीमुळे बचत करणा-यांना लाभांषाच्या रूपाने किंवा व्याज रूपाने उत्पन्न प्राप्त होते. लोकांच्या बचती एकत्रित करण्यासाठी भांडवल बाजाराचा फार उपयोग होतो. भांडवल बाजारामुळे बचत करणा-यांना वेगवेगळ्या कंपन्यांचा भागामध्ये, कर्जरोख्यात किंवा सरकारी कर्जरोख्यात दीर्घमुदतीसाठी आपल्या बचती गुंतविता येतात व उत्पन्न प्राप्त करून येते.
- 2) समभाग भांडवल पुरविणे :— भांडवल बाजार उद्योजकांना समभाग भांडवल प्रदान करतो. मालमत्ता खरेदी करण्यासाठी तसेच व्यवसाय कार्यवाहीसाठी त्याचा वापर करता येवू शकतो.
- 3) परिचालन कार्यक्षमता:— भांडवली बाजार व्यवहारातील खर्च कमी करतो व व्यवहार प्रक्रिया सुलभ करून समभागांच्या खरेदी विक्रीत रचना करतो वेळ कमी करून कार्यक्षमता प्राप्त करण्यास मदत करतो.
- 4) त्वरीत मूल्यांकन:— भांडवल बाजार समान सहभाग आणि कर्ज साधनांचे उचित आणि त्वरीत मूल्य निश्चित करण्यास मदत करतो.
- 5) समन्वय:— भांडवल बाजार वास्तव आणि वित्तीय क्षेत्र समभागांनी कर्जरोखे सरकारी आणि खाजगी क्षेत्र देशांतर्गत आणि बाह्य निधी उत्पादीमध्ये एकत्रिकरण करतो. भांडवल बाजारातील समस्या

भारतीय भांडवल बाजारामध्ये खालीलप्रमाणे समस्या आढळून येतात.

- 1) वित्तीय घोटाळे :— वाढत्या आर्थिक घोटाळ्याचा परीणाम म्हणजे भांडवल बाजारातील न भरून निघणारा तोटा. यामुळे सार्वजनिक अविश्वास देखिल वाढला आहे. आणि वैयक्तिक गुंतवणूकीबाबतचा आत्मविश्वास कमी झाला आहे.
- 2) अत्यस्थ माहितगार आणि किंमत गैरफेरफार:— म्हणजे कंपनीची गुप्त माहिती असल्याने एखाद्याला वैयक्तिक लाभासाठी अप्रकाशित माहितीची खरेदी विक्री करणे. किंमत

हाताळणी म्हणजे स्वतःच्या फायद्यासाठी काही व्यक्तीच्या मदतीने खरेदी विक्री करून भागाच्या किंमती वाढविणे. अशा बेकायदेशिर पध्दतीचा भांडवल बाजाराच्या सुगम कार्यावरही परीणाम झाला आहे.

- 3) कर्जाची अपुरी साधने:- कर्जाच्या साधनांमध्ये रोखे, कर्जरोखे इत्यादीचा समावेश होतो. गुंतवणूकीचे कमी प्रमाण, देयकाची जास्त किंमत, लघु व मध्यम उद्योगांना प्रवेश नसल्यामुळे कर्जाच्या सुरक्षिततेमध्ये जास्त व्यापार होत नाही.
- 4) व्यापाराच्या प्रमाणातील घट:- गुंतवणूकदारांना ऑनलाईन व्यवहाराची उपलब्धता व प्राधान्य असल्यामुळे प्रादेशिक शेअर बाजारांमध्ये व्यापाराच्या प्रमाणात तिघट झाली. कारण गुंतवणूकदार बांबे वायदे बाजार व राष्ट्रीय वायदे बाजार या भाग बाजारातील रोख्यांमध्ये गुंतवणूक करण्यास प्राधान्य देतात.
- 5) माहितीच्या कार्यक्षमतेचा अभाव:- एखाद्या कंपनीच्या शेअर बाजारातील किंमतीनी सध्याच्या किंमतीमध्ये सर्व उपलब्ध माहिती समाविष्ट केली तर बाजार माहितीनुसार कार्यक्षम असल्याचे म्हटले जाते. तथापी प्रगत देशाच्या तुलनेत भारतातील शेअर बाजारात माहितीची कार्यक्षमता कमी आहे.

भारतातील भांडवली बाजारातील सुधारणा

- 1) सेबीची (SEBI) स्थापना:- 1988 मध्ये भारतीय प्रतिभूती आणि विनिमय महामंडळाची स्थापना करण्यात आली आणि वैज्ञानिक मान्यता 1992 ला देण्यात आली.
- 2) राष्ट्रीय शेअर बाजारात (NSE) भारतातील अग्रकन्य स्टॉक एक्सचेंजची स्थापना 1992 मध्ये करण्यात आली.
- 3) आधुनिकीकरणाचा एक भाग म्हणून संगणकीकृत (स्क्रिन आधारित) व्यापार प्रणाली (SBTS) आणली गेली.
- 4) डी मॅट खाते:- इलेक्ट्रॉनिक्स पध्दतीने गुंतवणूकदारांकडून समभागांची खरेदी विक्री सुलभ करण्यासाठी 1996 पासून डी.मॅट खाते सुरु केलेले आहे.
- 5) अमेरिकन टेव पावती (ADR) आणि जागतिक टेव पावती (GDR) च्या माध्यमातून भारतीय कंपन्याक्षरे जागतिक निधीमध्ये वाढीव प्रवेशास परवानगी देण्यात आली आहे.
- 6) गुंतवणूकदारांची जागरूकता वाढविण्यासाठी आणि गुंतवणूकदारांचे हित जपण्यासाठी 2001 मध्ये गुंतवणूकदार शिक्षण संरक्षण निधी (IEPF) ची स्थापना करण्यात आली आहे.

संदर्भ सूची

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डॉ. सुनिल शिंदे

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भिवापूर महाविद्यालय,
भिवापूर
जि. नागपूर (म.रा.)

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कोविड-19 चा भारतीय अर्थव्यवस्थेच्या विविध क्षेत्रावरील परिणाम: एक दृष्टीक्षेप

प्रस्तुत संशोधन लेखामध्ये कोविड-19 चा भारतीय अर्थव्यवस्थेच्या विविध क्षेत्रावरील परिणाम एक दृष्टीक्षेप या विषयांतर्गत करण्यात येणा-या अभ्यासविषयामध्ये भारतात कोविड-19 च्या काळात लावलेल्या निर्बंधामुळे अर्थव्यवस्थेचे जे महत्वाचे क्षेत्र प्रभावित झाले ज्या क्षेत्राला अतोनात नुकसान सहन करावे लागले होते त्यातील प्रमुख क्षेत्राचा अंतर्भाव करण्यात आलेला असून यामध्ये प्रामुख्याने कृषी क्षेत्र, पर्यटन क्षेत्र, बांधकाम क्षेत्र, सूक्ष्म लघु व मध्यम उद्योग, बँकिंग क्षेत्र, हॉटेल इंडस्ट्रीज, शैक्षणिक क्षेत्र, वाहतुक क्षेत्र, सेवा क्षेत्र, शेअर मार्केट व रोजगारावरील परिणामांचा अभ्यास करण्यात आलेला आहे. कोविड-19 प्रकोपामुळे वेगाने विकसित राष्ट्रांकडे आणि आर्थिक महासत्ताकडे वाटचाल करणा-या भारतीय अर्थव्यवस्थेमध्ये अडथळा निर्माण केलेला असून अर्थव्यवस्थेचे मोठ्या प्रमाणात नुकसान केले आहे. कोविड-19 च्या काळात देशव्यापी टाळेबंदीमुळे अनेक कुटूंबे उद्वस्त झाली आहेत. अनेक लोकांचा रोजगार गेलेला आहे तर अनेकांना आपला जीव गमवावा लागला आहे. त्यामुळे प्रस्तुत संशोधन लेखातून अर्थव्यवस्थेच्या प्रमुख क्षेत्रावरील परिणामांचा विचार करण्यात आलेला असून उपसंहाराच्या माध्यमातून काही सूचना केलेल्या आहेत.

➤ **प्रस्तावना:**

कोविड-19 या विषाणूच्या महामारीचा भारतावरच नव्हे तर संपूर्ण जगावर वाईट परिणाम झालेला आहे. या विषाणूच्या महामारीतून लोकांचे जीव वाचविण्यासाठी अनेक देशांनी गर्दीतून होणारा संसर्ग रोखण्यासाठी व्यापक प्रमाणावर टाळेबंदी करून लोकांना एकत्रित येण्यापासून रोखले याचा परिणाम छोटे मोठे उद्योग, लहान मोठ्या प्रमाणावरील व्यवसाय, किरकोळ व ठोक व्यापार, शिक्षण, पर्यटन, आणि सेवा क्षेत्रावर झाला. टाळेबंदीमुळे संपूर्ण जगाचे आर्थिक चक्र मंदावले यापासून भारत सुध्दा वंचित राहू शकला नाही. भारतामध्ये विदेशातून येणा-या प्रवाशांच्या माध्यमातून फेब्रुवारी 2020 मध्येच कोरोनाच्या विषाणुने भारतात प्रवेश केला. मार्च महिन्यापासून भारतामध्ये हा संसर्ग वेगाने वाढायला लागला त्यामुळे केंद्र सरकारने 24 मार्च 2020 पासून देशामध्ये टाळेबंदीचे लागू केली या देशव्यापी टाळेबंदीचा फटका देशातील काही उद्योगांचा

अपवाद वगळता सर्वच क्षेत्रावर कमी-अधिक प्रमाणात झालेला आहे. या टाळेबंदीमुळे अगोदरच नोटबंदी आणि जीएसटीच्या चक्रामध्ये अडकलेल्या अर्थव्यवस्थेचे आर्थिक संकट आणखी वाढत गेले. टाळेबंदीच्या काळातील निर्बंधामुळे अर्थव्यवस्थेतील कृषी, उद्योग, व्यापार, वाहतुक, पर्यटन या क्षेत्राचे अतोनात नुकसान झाले. बेरोजगारीचा दर वाढला. लाखो लोकांचा रोजगार गेल्यामुळे त्याच्यापुढे उपजीविका चालविण्याचे संकट निर्माण झाले. या काळात टाळेबंदीमुळे लहान-मोठ्या व्यावसायिक, उद्योगपती, व्यापारी, विक्रेते आणि बेरोजगारांनी आत्महत्या केल्या. कोविड-19 मुळे गरीब आणि ज्याचे हातावर पोट आहे की ज्यांना दिवसभर काम केल्याशिवाय त्यांच्या घरातील चुल पेटत नाही अशा लोकांचे खुपच हाल झाले त्यांनी मरणादायी यातना भोगल्या आहेत. अर्थव्यवस्थेला गती देऊन अर्थव्यवस्थेचे चाक रूळावर आणण्यासाठी काही महिन्यांनंतर अनलॉकला सुरवात झाली. परंतु या

काळातील कोरोनाच्या संकटामुळे झालेले नुकसान अजुनही पूर्णपणे भरून निघाले नाही. प्रस्तुत शोधनिबंधातून कोविड-19 चा भारताच्या विविध क्षेत्रावर झालेला परिणामाचा आढावा घेण्यात आलेला आहे.

➤ अर्थव्यवस्थेच्या विविध क्षेत्रावरील परिणाम

भारतामध्ये सद्यस्थितीत कोविड-19 चा प्रभाव कमी असल्यामुळे अर्थव्यवस्थेचे आर्थिक चक्र सुरळीत सुरु आहे. परंतु मागील 2020-21 या वर्षामध्ये कोविड-19 च्या प्रभावामुळे अर्थव्यवस्थेच्या विविध क्षेत्रावर गंभीर व दुरगामी प्रतिकूल परिणाम घडून आला. आजही अर्थव्यवस्थेतील अनेक क्षेत्र त्यामधून सावरू शकले नाही. आजही अनेक देशांमध्ये कोविड-19 चा संसर्ग सुरु आहे. अनेक देश आजही महामारीशी झुंज देत आहेत. रिझर्व्ह बँकेच्या एका अहवालानुसार म्हटल्याप्रमाणे भारतीय अर्थव्यवस्थेला कोविड-19 च्या नुकसानीपासून सावरण्यासाठी 12 वर्षांपेक्षा जास्त कालावधी लागण्याची क्षक्यता आहे. कोरोना विषानामुळे निर्माणा झालेले आर्थिक संकट हे जागतिक असून या संकटामुळे जगातील विकसित आणि श्रीमंत देशांच्या अर्थव्यवस्थेसोबतच आर्थिक महासत्तेकडे वाटचाल करणा-या भारतीय अर्थव्यवस्थेला फार मोठा फटका बसला आहे.

1) कृषी क्षेत्र: कोविड-19 च्या प्रकोपामुळे भारतामध्ये करण्यात आलेल्या टाळेबंदी मधून कृषी क्षेत्र अलिप्त होते. कोविड-19 चा कृषीच्या उत्पादन व उत्पादकतेवर फारसा परिणाम जाणवला नाही परंतु इतर क्षेत्रामध्ये टाळेबंदी असल्यामुळे त्याचा फटका कृषी आणि शेतकऱ्यांना निश्चितच बसला यामध्ये प्रामुख्याने शेतातील माल काढणे आणि तो बाजारपेठेमध्ये विक्रीला आणणे यामध्ये आलेल्या अनेक अडचणीमुळे शेतकरी हवालदील झालेला होता. शेतमाल काढण्यासाठी आवश्यक कामगारांची कमतरता, माल विक्रीला आणण्यासाठी वाहतूक सुविधेतील अडथळे, शेतात काम करणा-या शेतमजुरांच्या वाहतूक व्यवस्थेमुळे निर्माण झालेली समस्या, बाजारपेठेत माल पोहचविण्यामध्ये आलेली समस्या, शेतीला लागणारी आदाने आणण्यामध्ये

आलेली समस्या, शेतमाल व भाजीपाल्याच्या पडलेल्या किंमती या व इतर अनेक कारणांमुळे शेतकरी कोविड-19 च्या काळात त्रस्त झाला होता.

2) पर्यटन क्षेत्र: भारतामध्ये कोरोना संकटामुळे उद्भवलेल्या परिस्थितीत लॉकडाऊन केल्यामुळे सर्वात जास्त फटका हा पर्यटन क्षेत्राला बसला आहे. कारोना हा संसर्गजन्य आजार असल्यामुळे भारताने देशाच्या सिमा बंद केल्या, विमान वाहतूक बंद केली, देशातील पर्यटन स्थळावर जाण्यास बंदी आणली त्यामुळे या काळात भारतामध्ये करोडो रूपयांचे बुकिंग रद्द झाले परिणामतः पर्यटन व्यवसायावर अवलंबून असलेल्या ट्रेवल आणि टुरिझम, हॉटेल व्यवसाय, रिसोर्ट, कृषी पर्यटन, टॅक्सी व्यवसाय, पर्यटन स्थळी सेवा देणारे छोटे-मोठे विक्रेते इत्यादीवर मोठा परिणाम झाला आहे. या क्षेत्राशी संबंधित अनेक व्यवसाय बंद पडलेले आहेत. अनेक व्यवसायांचे उत्पन्न कमी झाले आहे. अनेक व्यावसायिक कर्जांमध्ये बुडलेले आहेत कर्जाचे हप्ते भरण्यासाठीचे पैसे त्यांच्याकडे नाहीत या कारणामुळे अनेक छोटे- मोठे व्यावसायिक, विक्रेते यांनी आत्महत्या केलेल्या आहेत. या व्यवसायावर रोजीरोटीसाठी अवलंबून असणा-या लोकांमध्ये भितीचे सावट निर्माण झाले आहे. एका अंदाजानुसार या व्यवसायाचे सुमारे 50 कोटी डॉलर्सहून अधिकचे नुकसान झाले आहे. विदेशी पर्यटकांच्या माध्यमातून मिळणारे हजारो कोटी डॉलर्सच्या परकीय चलनापासून देशाला मुकावे लागले आहे.

3) बांधकाम क्षेत्र: कोरोना काळात करण्यात आलेल्या टाळेबंदीचा सर्वात वाईट परिणाम बांधकाम क्षेत्रावर झालेला दिसून येतो. भारतामध्ये बांधकाम क्षेत्र हे खुप मोठे क्षेत्र आहे. अर्थव्यवस्थेच्या विकासामध्ये आणि देशाच्या राष्ट्रीय उत्पन्नामध्ये या क्षेत्राचे खुप मोठे योगदान असते. तसेच या क्षेत्रामध्ये काम करणा-या लोकांची संख्या करोडोच्या घरात आहे. परंतु कोविड-19 च्या काळात जवळपास वर्षभर बांधकाम बंद असल्यामुळे या व्यवसायामध्ये काम करणा-या व्यावसायिकांचे आणि काम करणा-या वर्गाचे, कामगारांचे अतोनात नुकसान झाले. नजीकच्या

भविष्यकाळात हे नुकसान भरून निघणारे नसेल. या काळात अनेक बांधकाम व्यावसायिक दिवाळखोरीमध्ये गेले तर बांधकाम व घरांच्या किंमतीमध्ये प्रचंड वाढ झाल्यामुळे घरांची मागणी घटली होती. या क्षेत्रात रोजगारनिर्मितीमध्ये घट होऊन बेकारी वाढली होती.

4) सूक्ष्म, लघु व मध्यम उद्योग: भारतामध्ये या उद्योगांमध्ये काम करणा-या कामगारांची संख्या कोटीवर आहे. तसेच या उद्योगांची संख्या सुध्दा खुप जास्त आहे. कोविड-19 च्या काळात टाळेबंदीमुळे हे उद्योग अनेक महिने बंद होते याचा फटका या उद्योगातील व्यावसायिकांना आणि या उद्योगामध्ये काम करणा-या कामगारांना बसला. कोविड-19 च्या काळात अनेक उद्योग बंद पडले. लाखो कामगार बेकार झाले. अनेक व्यावसायिकांनी तर कोविडच्या काळात झालेल्या नुकसानीमुळे आत्महत्या सुध्दा केलेल्या आहेत. कोविड नंतरच्या काळात आज परिस्थिती थोडी सुधारली असली तरी अनेक बंद झालेले उद्योग पुन्हा सुरु होऊ शकले नाही. आणि अनेक कामगारांचा गेलेला रोजगार त्यांना परत मिळू शकला नाही हे वास्तव आहे.

5) बँकिंग क्षेत्र: कोणत्याही देशाच्या अर्थव्यवस्थेच्या विकासात बँकांचे महत्वाचे योगदान असते. कोविड-19 च्या काळात अर्थव्यवस्थेच्या विविध क्षेत्रामध्ये झालेल्या प्रतिकूल परिणामांचा फटका या क्षेत्राला कर्जाचा पुरवठा करणा-या बँकावर सुध्दा झालेला होता. टाळेबंदीच्या काळात बँका बंद नव्हत्या परंतु बँकेचे आर्थिक व्यवहार मात्र घटलेले होते. या काळात बँकेच्या कर्जाची थकबाकी वाढलेली होती. सूक्ष्म, लघु आणि मध्यम उद्योगांकडून बँकेला येणारी वसूली थांबलेली होती. या काळात सरकारने कर्जाचा वसूलीवर काही महिने स्थगिती आणल्यामुळे बँकांच्या अनुत्पादीत कर्जाचा रकमेत वाढ झाली होती. थोडक्यात या काळात बँकांचे थकीत कर्ज वाढले होते. कर्ज वसूलीमध्ये घट झाली होती. अनुत्पादक कर्जात वाढ झाली होती. नफ्यामध्ये घसरण झाली होती.

6) हॉटेल इंडस्ट्रीज : भारतामध्ये शहरी व ग्रामीण भागात पर्यटन स्थळी व नजीकच्या परिसरात खुप मोठी हॉटेल इंडस्ट्रीज उभी राहिली आहे. या इंडस्ट्रीजचे

अतोनात नुकसान टाळेबंदीच्या काळामध्ये झालेले आहे. कोरोना संकटामुळे महसुलात मोठ्या प्रमाणात घट झालेली आहे. पर्यटन व्यवसायात हॉटेल बुकिंग अनेक महिने आधी केली जाते. सी. आय. आय. च्या अहवालानुसार यावर्षीची 80 टक्के हॉटेल बुकिंग रद्द करण्यात आलेली होती. आणि अजुनही नजिकच्या काळात हॉटेल बुकिंग सुरु होण्याची शक्यता कमीच दिसून येते एका अंदाजानुसार या क्षेत्राचे 1.58 लाख कोटी रू.चे नुकसान होईल. तर या व्यवसायावर अवलंबून असलेल्या ब्रॅंड हॉटेलसचे सुमारे 1.10 लाख कोटी रू. चे नुकसान होईल असा अंदाज वर्तविण्यात आला आहे.

7) शैक्षणिक क्षेत्र: कोविड-19 चा परिणाम शैक्षणिक क्षेत्रावर मोठ्या प्रमाणात झालेला आपल्याला दिसून येईल. भारतामध्ये कोरोनाचा संसर्ग रोखण्यासाठी केलेल्या उपायांमुळे शैक्षणिक संस्था जवळपास एक ते दिड वर्ष बंद होत्या. भारतात 15 लाख शळा बंद होत्या याचा फटका विद्यार्थ्यांच्या शिक्षणावर व शिक्षक व कर्मचा-यावर झाला. या काळात सरकारी अनुदानावर असलेल्या शैक्षणिक संस्थामध्ये काम करणा-या वर्गाचे पगार नियमित सुरु होते. परंतु शैक्षणिक संस्थामध्ये काम करणारा सर्वात मोठा वर्ग खाजगी संस्थामध्ये काम करतो. अशा वर्गाला नियमित पगार मिळाला नाही. अनेक संस्थांनी कर्मचा-यांना पगार दिला नाही. तर अनेक संस्थांनी कमी उत्पन्नाचे कारण समोर करून कर्मचा-यांना कामावरून कमी केले.

8) सेवा क्षेत्र: कोविड-19 च्या काळात केंद्र व राज्य सरकारने मुक्त संचारावर लावलेल्या निर्बंधामुळे सेवा क्षेत्रावर प्रतिकूल दुरगामी स्वरूपाचा परिणाम झाला. भारतामध्ये सेवा क्षेत्रामध्ये काम करणारा वर्ग खुप मोठा आहे. टाळेबंदीचा कालावधी वाढल्याने सेवा क्षेत्रात काम करणा-या अनेक नौकरदारांच्या नौक-या गेल्या या क्षेत्रातील रोजगार निर्मिती घटली, उत्पादन क्षमतेवरही प्रतिकूल स्वरूपाचा परिणाम झाला. नफ्याचे प्रमाण घटले.

9) वाहतुक क्षेत्र: कोरोनाचा संसर्ग कमी करण्यासाठी सरकारने सार्वजनिक व खाजगी अशा दोन्ही प्रकारच्या

प्रवासी वाहतुकीवर निर्बंध आणले होते. भारतातील काम करणा-या वर्गापैकी एक मोठा वर्ग उपजिविकेसाठी या क्षेत्रामध्ये कार्यरत आहे. या क्षेत्रावर टाळेबंदीचा दुरगामी स्वरूपाचा परिणाम घडून आला. कोविड-19 च्या टाळेबंदीमध्ये वाहतुक व्यवस्थेमध्ये मध्ये कार्यरत डाॅक्टर, कंडक्टर व या व्यवसायाशी संबंधित काम करणा-या अनेकांचा रोजगार गेला. हफ्तेवारीवर बँकेकडून कर्ज घेऊन आपली वाहने माल वाहतुक व प्रवासी वाहतुकी करिता वापरणा-या हजारो लोकांना बँकेचे कर्जाचे हफ्ते फेडणे कठीण झाले. अनेकांनी नुकसान टाळण्यासाठी स्वतःची वाहने विकून टाकली काही लोकांनी कर्जबाजारीपणामुळे आत्महत्या केली.

10) शेअर मार्केट: 2009 मध्ये शेअर बाजारात जे भितीचे वातावरण होते त्यापेक्षाही मोठे संकट कोविड-19 मुळे झाले. कोरोनामुळे लावलेल्या प्रतिबंधाचा मोठा तडाखा शेअर मार्केटला बसलेला आहे. कोविड-19 मध्ये केलेल्या टाळेबंदीमुळे शेअर मार्केटच्या खाली आलेले आहे. शेअर बाजारातील किंमती 30 ते 35 टक्के घसरल्याचे दिसून आले. अजुनही हे क्षेत्र पुरेसे सावरलेले नाही.

11) रोजगारावरील परिणाम: कोविड-19 मुळे लावण्यात आलेल्या प्रतिबंधामुळे निवडक क्षेत्र वगळता इतर क्षेत्रातील अर्थव्यवस्थेचे आर्थिक चक्र मंदावलेले होते. उत्पादन, व्यापार, व्यवसाय, वस्तू व सेवांची विक्री यामध्ये घट आली होती याचा परिणाम या क्षेत्रातील रोजगार निर्मितीच्या क्षमतेवरही झालेला होता. या काळात बेकारीमध्ये प्रचंड प्रमाणात वाढ झाली होती. केंद्र सरकारने केलेल्या संकलित माहितीनुसार या काळात ग्रामीण भागात 23 टक्के तर शहरी भागात 31 टक्के बेकारी वाढलेली होती.

➤ उपसंहार

कोविड-19 चा भारतावरच नव्हे तर जगातील प्रमुख व विकसित अर्थव्यवस्था असलेल्या देशांच्या अर्थव्यवस्थेवर आणि अर्थव्यवस्थेच्या विविध क्षेत्रावर अत्यांत प्रतिकूल स्वरूपाचा परिणाम झालेला होता. प्रत्येक देशाने खबरदारीचा उपाय म्हणून लावलेल्या टाळेबंदीमुळे अर्थव्यवस्थेचे अतोनात नुकसान झाले जे

नजिकच्या काळात भरून निघणारे नाही. परंतु या संकटातून बाहेर पडण्यासाठी प्रत्येक देश कसोसीने प्रयत्न करित आहे. भारतामध्ये सुध्दा कोविड-19 च्या निर्बंधामुळे प्रभावित झालेल्या क्षेत्राला केंद्र व राज्य सरकारच्या माध्यमातून पॅकेज देणे, बुस्टर देणे सुरू आहे. यामध्ये गती येण्याची गरज असून सरकारने कोविड-19 मुळे रोजगार गेलेल्यांचा रोजगार पुन्हा मिळऊन देण्यासाठी आणि रोजगार निर्मिती करण्यासाठी मोठ्या प्रमाणात सार्वजनिक खर्चाची तरतुद करणे आवश्यक आहे. शेती व उद्योगांच्या विकासासाठी सरकारने विशेष घोरण आखले पाहिजे. पायाभूत सुविधांचा विकासावर भर दिला पाहिजे, देशांतर्गत उद्योगांची उत्पादन क्षमता वाढऊन निर्यात वाढीवर भर दिला पाहिजे. गुंतवणूक आकर्षित करण्यासाठी योग्य ते पोषक वातावरण तयार करणे गरजेचे आहे. त्यासाठी आर्थिक व तांत्रिक पाठबळ देणे गरजेचे आहे. या काळात वाढलेली आर्थिक विषमता कमी करण्यासाठी गरीबांच्या उत्पन्न वाढीवर भर दिला पाहिजे. आरोग्याशी संबंधित प्रत्येक क्षेत्राचे बळकटीकरण करणे आवश्यक असून देशाला भविष्यातील कोणत्याही आरोग्यविशयक आपत्तीसाठी तयार केले पाहिजे. देशाच्या ग्रामीण, दुर्गम व आदिवासी भागात आरोग्य सेवा विस्तारण्यावर भर देऊन शिक्षण क्षेत्राला बळकटी आणली पाहिजे.

संदर्भसूची

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संक्षिप्त परिचय

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Characteristic Features of Yakshini Statues in Jainism: An Artistic Exploration

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ABSTRACT

This research paper delves into the characteristic features of Yakshini statues in Jainism, examining the artistic expressions, symbolism, and cultural significance embedded in these sculptures. Yakshinis, revered female deities in Jain tradition, play a pivotal role in the religious and artistic landscape. Through an interdisciplinary approach combining art history, religious studies, and archaeology, this paper aims to provide a comprehensive understanding of the distinctive features that define Yaksini statues within the Jain artistic tradition.

KEY WORDS

Jainism, Tirthankara, Digambar, Achyuta, Chakreshwari, Sasanadevi.

INTRODUCTION

Jainism is the unofficial branch of Indian philosophy which is more ancient than Buddhism. Jainism and its various statues and monuments have an important place in ancient Indian religion, sculpture and architecture. In particular, Jainism and culture have contributed to the development of Jain architecture and sculpture. Sculpted cavities, viharas and temple architecture as well as worship centers of Jainism, as well as impressive evidence of sculpture are found in all regions of India.

Like Buddhism, Jainism also does not accept the validity of the Vedas and Varnadharma and is sympathetic to all sects. It teaches moral religion and advocates rigorous penance and moderation to be free from the cycle of birth and death. In later times, there were two sects of Jainism - Svetambara and Digambar. Jainism is more ancient than Lord Mahavira. Some believe Jainism to be as ancient as the Vedas. A

total of twenty-four Tirthankaras are considered in Jainism, the consecration of Tirthankara idols in Jain temples is in seniority order. When more than one statue is installed, the main statue is called the original hero, which is located in the middle of the other Tirthankara statues. Rishabhanath, Suparshvanath and Mahavir are considered to be the main protagonists. The group of these three Tirthankaras is called Tritirthanka while the group of twenty-four Tirthankaras is called Chaturvinshati.

The Tirthankara statues began to be embellished with Dharmachakra, Chanvar, throne, Trichhatra, Prabhavali, Ashoka tree, etc. According to Jainism, twenty-two tirthankaras out of twenty-four belonged to the Ikshvaku dynasty while two others Munisubrata and Neminath are associated with Harivamsa. All the Tirthankara idols have a nearly identical design. The plot related to his birth, penance, and ultimately salvation is also almost identical. Yakshini is the female attendant of the Tirthankaras.

Objectives

1. To know the statues of statues of these statues.
2. To study the Jain statues from the classical point of view.
3. Yakshini idols are displayed along with Tirthankaras.

Hypothesis

1. The influence of Brahmin religion is clearly reflected by their names and symbols.
2. Yakshini is the female attendant of the Tirthankaras.
3. Along with the tirthankaras, independent statues of their Yaksha-Yakshanis have also been found.

Historical Context

Primary and secondary tools have been used for the historical study of the subject presented. The number of Yakshini statues in Jainism is 24. She is the goddess of knowledge. Apart from this, Jainism A Shrutadevi or Saraswati has also been added to it which bears a resemblance to the Goddess of the Brahmin religion of the same name and is considered to be the representative of the sixteen goddesses. His description reminds of the Brahmani who holds the book in the same hands as Brahma. In Jainism, it has been disclosed for the protection of the Tirthankaras.

Artistic Styles and Representations

Refers to religious works of art associated with Jainism. Although Jainism spread only to a few parts of India, it has contributed significantly to Indian art and architecture. Jain art in general broadly follows the contemporary styles of Indian Buddhist and Hindu art, although the iconography and functional layout of temple buildings reflect specific Jain needs. The artists and craftsmen who produced most of the Jain art were probably not Jains themselves but from local workshops patronized by all religions. This may not have been the case with illustrated manuscripts, where the oldest people in India are Jains.

Jains mainly depict tirthankaras or other important figures in seated or standing meditative postures, sometimes on a very large scale. Yaksha and Yakshini, the attendant spirits who protect the Tirthankara, are usually shown with him.

Chakreshwari

They are performed with the first Tirthankara, Ribha Nath. Their similarity is established with Vainavi. Their vehicle is a vulture. Dhanu, arrow, thunderbolt, loop, chakra, mace and varadamudra are performed in the hands of Atabhujji Devi. In the Digambar tradition, there is a law to display this goddess in the form of Chaturbhujji or Dwadshbhujji.

Ajitbala / Rohini

This second pilgrimage is the rule of Ajitnath. They are also called as Rohini. In the Digambar tradition, his vehicle is the iron bench, while in the Svetambar tradition, there is an increase. In the hands of this Chaturbhujji

Devi, the display of loop, Jambhar, Dand, Varadmudra (Svetambara) or Varadamudra, Abhayamudra, Shankh, Chakra (Digambar) is performed.

Distance or Intelligence

Tirthankara Sambhavnath's Sasanadevi, while in Digambar tradition is called Prajnapati. In the Svetambara tradition, it is said to be derived from Saraswati and has also been described as the wife of Agni. Their vehicle is sheep. Varadamudra, Akshamala, fruit and Abhayamudra should be performed in the hands of Chaturbhujji Devi. Kuthar, Ardha Chandra, fruit, sword and Varadmudra should be displayed as their ordnance.

Thunderbolt / Black

It is called Kali in the Svetambara tradition. She is also Yaksini as well as Vidya Devi. In the Digambar tradition, his vehicle is called the vehicle, while in the Svetambar tradition, the Padma Pupa is displayed as a vehicle. One hand of this Goddess is displayed in Varadamudra and in other hands the loop, serpent and dand (Svetambara) or snake, fruit, loop and Akshamala (Digambar).

Mahakali / Purusadatta

She is the reigning goddess of the fifth Tirthankara Sumatinath. In the Digambara tradition, they are called Purudatta. is. His vehicle is the Padma in the Svetambara tradition and the Gaja in the Digambar tradition. According to the Svetambara tradition, Varadamudra, Pasha, Jambhar and Danda are displayed in their hands while Chakra, Vajra, Fruit and Varadamudra are performed in Digambar tradition.

Achyuta / Shyama

Tirthankara is the reigning goddess of Padmaprabha. In the Digambar tradition, they are also called Manowega. In relation to them, it is believed that they originated from Achyuta or Vishnu. These are displayed in quadrilateral form. Their vehicle is considered to be Manuya (Svetambara) or Ashava (Digambar). Varadamudra, Veena, Dhanu and Abhayamudra should be performed in the hands of the Goddess created in the Svetambara tradition, while in the Digambara tradition, Dhanu, Javelin, fruit and Varadamudra should be performed.

Shashan Devi

Shashan Devi of the seventh Tirthankara Suparshvanath is called Shanti in the Svetambara tradition and Kati in the Digambara tradition. The vehicle of this goddess is Gaja (Svetambara) or Vrhavha (Digambar). Varadamudra, Akshamala, Shool and Abhayamudra (Svetambara) or Varadamudra, Trishul, Fruit and Ghanti (Digambar) should be performed in the hands of Chaturbhujji Devi. This Yakshini is accepted as the wife of Mathang and is also included under Vidya Devi.

Bhrkuti / Jwalamalini

Chandasrabha's Sasanadevi is known as Jwalamalini in the Digambara tradition. In the Svetambara tradition, their vehicle is a cat and in the quadrilateral form of the sword, punishment, spear and ax, while in the Digambar tradition, the law of displaying them in the form of the intricate chakra, loop, bow, arrow, sword and shield is.

Sutari / Mahakali

Pushpadanta's Sasanadevi is called Sutari in the Svetambara tradition and Mahakali in the Digambar tradition. Its vehicle is Vribha (Svetambara) or Tortoise (Digambar). In the hands of Chaturbhujji Devi, Akshamala, Kalash, Dand with one hand is performed in Varadmudra (Svetambara) or Varadamudra, Vajra, Dand and Fruit (Digambar) is performed.

Ashoka / Manvi

Shashan Devi of Tirthankar Shitalnath is called Ashoka in the Shvetambara tradition and Manvi in the Digambar tradition. The vehicle of this Chaturbhujji Devi is Padma (Shwetambar) or Sukar (Digambar). One hand is always in Varadmudra while the other hand should have loop, fruit and punishment according to the Svetambara tradition. At the same time, in the Digambar tradition, there is a law to display fruits and bows etc.

Gauri / Manvi

The reigning goddess of Shreyansnath is called Manvi (Shvetambara) or Gauri (Digambar). The origin of this Chaturbhuj Devi is believed to be from Shiva's wife Uma. In the Svetambara tradition, his vehicle is the lion and in the Digambar tradition is the antelope. One hand is always in Varadmudra while the other hand is displayed Dand, Kalash and Ankush (Shvetambara) or Dand, Padma, Kalash (Digambar).

Silver / Garuda

The reigning goddess of the 12th Tirthankara Vasupujya in the Shwetambara tradition and Chanda in the Digambara tradition

Garuda says. Their vehicle is Ashwa (Shwetambar) or Makara (Digambar). One hand of this Chaturbhuj Devi is also always displayed in Varada posture while in the other hands the spear, flower and dand (Shvetambara) or dand and two Padma (Digambar) are displayed.

Vairoti / Vijaya

The reigning goddess of Vimalnath is called Vijaya (Shvetambara) and Vairoti (Digambar). According to the Shvetambara tradition, their vehicle is a snake in the Padma and Digambar traditions. The bow, arrow, loop and snake (Svetambara) in the hands of this quadrilateral goddess and bow, arrow (digambar) with two snakes should be performed

Curb / Anantamati

The reigning goddess of Anantnath is called Ankush in the Shvetambara tradition and Anantamati in the Digambar tradition. His vehicle is Padma (Svetambara) and Duck (Digambar). According to the Shvetambara tradition in the hands of this Chaturbhuj Devi, the sword, spear, ankush and loop and bow, arrow, fruit and varada mudra should be performed in the Digambara tradition.

Kandarpa / Mansi

Mansi, the reigning goddess of Dharmanath, is also known as Kandarpa in the Shvetambara tradition. In the Svetambar tradition, their vehicle is horse or fish and there is a law to display one hand in Abhaya mudra in quadrilateral form and Padma and Ankush in the remaining three hands. It is instructed to be Ashtabhuji. 69 Padma, bow, arrow, ankush and Varada mudra should be performed in his hands.

Nirvani / Mahamanasi

The reigning goddess of Shantinath has been called Nirvani in the Shvetambara tradition and Mahamanasi in Digambar. Mahamanasi also means the goddess of learning. Therefore, his relationship with Saraswati has been stated. His vehicle is Padma (Shwetambar) and Mayur (Digambar). The book, Padma, Kalash and Padmakalika (Shvetambara) or Chakra, Fruit, Sword and Varada Mudra (Digambar) are performed in the hands of this Chaturbhuj Devi.

Bala / Vijaya

The reigning goddess of Tirthankara Kunthunath has been called Bala (Shvetambara) and Vijaya (Digambar). The vehicle of this Chaturbhuj Devi is a peacock in the Shvetambara tradition or a Varaha in the Digambara tradition. Jambhar, Javelin, Musandi, Padma (Shvetambara) or Shankh, Talwar, Chakra and Varadamudra (Digambar) are performed in the hands of this goddess.

Earth / Star

The reigning goddess of Arnath has been called Dharni in the Shvetambara tradition and Tara in the Digambar tradition. Their vehicle is Padma or Duck. Jambhar, Padma and Akshamala should be performed in the hands of Chaturbhuj Devi according to the Shvetambara tradition, while the Snake, Vajra, Harina and Varadamudra should be performed according to the Digambara tradition.

Dharanipriya / Aparajita

The reigning goddess of Mallinath has been called Dharanipriya (Shvetambara) and Aparajita (Digambar). The vehicle of this Chaturbhuj Devi is described as Padma in the Shwetambar tradition and the lion in the

Digambar tradition. In the Svetambara Sampradaya, one hand is always in Varadmudra while in the other hands Jambhar, sword, shield and Varadamudra are performed in the Akshamala, Jambhar, Shakti or Digambara Sampradaya.

Nardatta / Polymorphic

These Tirthankaras are the reigning goddesses of Munisubrata who have been called Nardatta in the Shvetambara tradition and Bahurupini in the Digambara tradition. The vehicle of Chaturbhuj Devi has been described as Bhadrasana (Shvetambara) and Kala Snake (Digambar). One hand of this Goddess is always displayed in Varadmudra and in other hands the Akshamala, Jambhi and Trishul Kalash (Shwetambara) and sword, shield, fruit and Varadamudra (Digambar) are displayed.

Gandhari / Chamunda

The reigning goddess of Tirthankar Naminath is called Gandhari (Shwetambar) and Chamunda (Digambar). According to the Svetambara tradition, the vehicle of this Chaturbhuj Devi is a duck and their ordnance should be displayed in Jambhar, sword, spear and one hand Varadmudra whereas according to Digambar tradition the vehicle of this goddess is dolphin fish and in their hands is Akshamala, Dand, Talwar. And the gradient is performed.

Ambika / Amra

The reigning goddess of Tirthankara Neminath is known as Ambika (Shvetambara) and Amra (Digambar). According to the Shwetambar tradition, the goddess of this goddess is the lion and the mango fruit, loop, baby and goad should be performed in the hands of Chaturbhuj Devi, while in the Digambar tradition only mango and baby in the lap are performed.

Padmavati

The reigning goddess of Tirthankara Parshvanath is Padmavati, whose vehicle has been described as snake or poultry (Shvetambara) and Padma (Digambar). The quadrangular statues of this goddess are more found in whose hands there is a law to display Padma, loop, fruit and Ankush (Shvetambara) and Ankush, Akshamala and two Padmas. In the Digambar tradition itself, the figurines of its conspiracy and quadrangular arms are also found. The loop, sword, spear, half-moon, mace and punishment are displayed in the hands of conspirators.

Siddhayika

Vardhman is the reigning goddess of Mahavira, Siddhayika. The vehicle of this Chaturbhuj Devi is Leo. The Goddess's hands display the Ordinance Book, Abhaya Mudra, Jambhar and Bansuri.

CONCLUSION

The temple is famous for its architecture and virility and idols for its unique beauty, charm and adornment. Oil stools probably did not develop until the Kulana period, and neither the Yaksha and Yakshini statues were with them. But Ambika Yakshi's idol is an exception. The performance of Yaksha-Yaksini idols with the Tirthankara statues began in the Gupta period, but the performance of the attendants and affiliation with the Tirthankaras was not determined until the Gupta period. The performance of Gandharvas and pastures was common in this period. They are armed with paramilitary weapons. Many Yakshas are also known as Vidya Devi and the symbols of these Vidya Devi are influenced by the Goddess.

Future Direction for Research

Yakshinis associated with the Jainism religion are artifacts that inform the art of the time. Studying it will bring many benefits to society and individual level in future.

1. Women had a status of honor in the society from Yakshini worship in Jainism and it is necessary to follow it till date.

2. In Jainism, the Yakshini is worshiped and worshiped, it is understood that women should be honored on an individual level by worshiping the images of the women of that time.
3. He is glorified as the origin and mother of the whole universe of women. These yakshinis give a message that we should accept today that human society should strive for women's equality and their rights in the future.
4. Yakshini symbols in Jainism are very suggestive and complementary in the future as different meanings are to be understood from these many symbols.

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RIGHT TO INFORMATION



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Right to Information Act : Tool of Vendetta

(With special reference to Higher Education Institutions)

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Abstract:

The Right to Information Act (RTI) is a significant legislative tool that empowers citizens to access information from government and public authorities. However, there have been instances where the RTI has been misused for personal vendettas, often targeting individuals or institutions. This research article explores the misuse of the RTI as a tool of vendetta, with a particular focus on Higher Education Institutions (HEIs). The article analyzes case studies and a legal framework to shed light on the challenges posed by misuse and suggests measures to prevent such abuse while upholding transparency and accountability.

Keywords: Right to Information Act, RTI misuse, Vendetta, Higher Education Institutions, Transparency, Accountability

Introduction:

The Right to Information Act (RTI) represents a pivotal legislation designed to ensure transparency and foster accountability within governance structures. By granting citizens the right to access information from government and public authorities, the RTI seeks to empower individuals and promote a culture of openness and democratic participation. However, this very empowerment can sometimes be misused, undermining the act's intended purpose. In various instances, the RTI has been wielded as a tool for settling personal scores and advancing vendettas, targeting both individuals and institutions. This research article aims to shed light on the misuse of the RTI in the context of Higher Education Institutions (HEIs) and investigate the detrimental impact such misuse has on the educational landscape. By examining case studies and legal

frameworks, we aim to understand the intricacies of misuse and propose strategies to prevent its occurrence, thereby upholding the principles of transparency and accountability that the RTI embodies.

The research aims to examine the misuse of the Right to Information Act (RTI) in Higher Education Institutions (HEIs), identifying patterns and motivations for misuse. It evaluates the impact on HEIs, considering factors like reputation damage, academic disruptions, financial implications, and strained institutional relationships. The study also analyzes existing legal frameworks and case studies related to RTI misuse in HEIs.

The research proposes preventive measures and policy recommendations to deter misuse while promoting transparency and accountability. Strategies are developed to raise awareness and educate stakeholders about responsible RTI usage and its consequences. Strategies are explored to strike a balance between transparency, accountability, and prevention of misuse, safeguarding the RTI's integrity while mitigating vendetta-driven abuse.

The research also contributes to policy and legislative enhancement, providing valuable insights and recommendations for policy enhancement and legislative improvements concerning the RTI, particularly in the context of HEIs. The ultimate goal is to promote a more effective and responsible utilization of the RTI.

Objectives of the Research:

- 1) To investigate and analyze the extent to which the Right to Information Act (RTI) has been misused as a tool for vendetta, focusing specifically on cases related to Higher Education Institutions (HEIs).
- 2) To identify patterns, motivations, and underlying reasons for the misuse of the RTI within the higher education sector, highlighting instances where the act has been used to settle personal vendettas.
- 3) To propose effective preventive measures and policy recommendations that can deter misuse of the RTI, while ensuring that the act continues to uphold its intended purpose of promoting transparency and accountability.
- 4) To provide valuable insights and recommendations that

can contribute to policy enhancement and legislative improvements concerning the Right to Information Act, particularly in the context of HEIs, promoting a more effective and responsible utilization of the RTI.

Literature Review:

The Right to Information Act (RTI) in India, enacted in 2005, has been a significant development in promoting transparency and accountability in various sectors of the country, including higher education institutions (HEIs). This literature review explores the role of the RTI Act as a tool of vendetta, particularly in the context of HEIs. It investigates how this legislation, while intended to foster transparency, can be misused or weaponized for ulterior motives, potentially compromising the integrity and autonomy of these institutions.

1. The Right to Information Act in India

The RTI Act, 2005, is a landmark legislation designed to empower citizens by granting them access to government records and information. Research by scholars like R.K. Gupta (2009) and M. Sridhar Acharyulu (2010) highlights the historical significance of the act, its objectives, and the potential benefits it can bring to society. However, it's important to note that while the act aims to enhance transparency, it also raises concerns about the misuse of information obtained through RTI requests.

2. RTI Act and Transparency in Higher Education Institutions

HEIs in India have been under increasing scrutiny due to their role in shaping the future of the nation. The RTI Act has been instrumental in bringing transparency to these institutions. Research conducted by Anil Kumar (2014) and Rashmi Sadana (2016) explores how RTI has exposed issues like admissions, funding, and faculty appointments in HEIs, leading to positive changes.

3. The Potential for Misuse

Despite its positive impact, the RTI Act also raises concerns about the potential for misuse. Scholars like Pratap Bhanu Mehta (2007) have discussed how individuals and organizations might misuse RTI requests to target specific institutions or individuals for personal or political vendettas. Such misuse can disrupt the functioning of HEIs and damage their reputation.

4. The RTI Act and Autonomy of HEIs

Another critical aspect to consider is the impact of RTI on the autonomy of HEIs. A study by Venkat Raman (2012) examines how constant RTI requests can encroach upon the academic and administrative autonomy of institutions. It discusses the delicate balance between transparency and autonomy.

5. Safeguards and Regulations

Efforts have been made to address concerns related to the misuse of RTI. Legal scholars like Aparna Chandra (2019) discuss the need for clear guidelines and safeguards to prevent vexatious or frivolous RTI requests. These safeguards aim to strike a balance between transparency and protecting the interests of HEIs.

The Right to Information Act has played a pivotal role in promoting transparency in various sectors, including higher education institutions in India. While it has the potential to enhance accountability and governance, concerns about its misuse as a tool of vendetta and its impact on institutional autonomy are valid. Further research and policy development are necessary to ensure that the RTI Act continues to serve its intended purpose without compromising the integrity of HEIs.

Research Methodology:

This study uses a secondary data analysis approach, utilizing data from various sources such as books, journals, governmental agencies, research institutions, and academic studies.

Right to Information Act : Tool of Vendetta

The Right to Information Act (RTI Act) is a law enacted in India in 2005 to promote transparency and accountability in the country. It grants citizens the fundamental right to access information held by public authorities, including government bodies, public institutions, and higher education institutions (HEIs). The Act's objectives include promoting transparency, enhancing accountability, empowering citizens, and preventing corruption.

Higher Education Institutions (HEIs) are subject to the RTI Act, as they play a crucial role in shaping the intellectual, cultural, and economic landscape of a nation. Individuals have the legal right to seek information related to HEIs, including admissions, faculty appointments, funding allocation, academic decisions, and institutional policies.

The RTI Act has had a transformative impact on HEIs by promoting transparency and accountability in their operations. This transparency has led to several positive outcomes, such as exposing irregularities and corrupt practices, improving the quality of education, faculty appointments, and research standards, and enabling informed decision-making. However, the Act also raises concerns about potential misuse and the impact on the autonomy of HEIs. These critical issues will be explored in subsequent sections of this research paper, shedding light on the complexities surrounding the use of the RTI Act as a tool of vendetta in the context of higher education institutions.

The Right to Information Act (RTI) is a crucial tool for citizens to access information held by public authorities. However, it can be misused for ulterior motives, such as personal scores or pursuing vendettas. This article explores the historical background of RTI misuse and provides case studies, focusing on its impact on Higher Education Institutions (HEIs).

The misuse of RTI as a tool of vendetta has been traced back to political rivals exploiting the RTI to target opponents or tarnish their reputation. Personal grudges against public servants, educational institutions, or government officials have weaponized the RTI to harass or harm them by demanding vast amounts of information, sometimes irrelevant or sensitive. Some media outlets have used RTI requests to sensationalize news stories by exposing controversies within HEIs, putting institutions and their stakeholders under the spotlight without providing a balanced perspective.

Case studies show that the RTI has been misused to target Higher Education Institutions and individuals connected to them. For example, a university dean faced repeated RTI requests seeking financial records, which damaged the institution's reputation and image. An RTI activist targeted a prestigious university by demanding extensive data on admission processes, insinuating favoritism and damaging the university's credibility.

Breach of privacy occurred when a professor's personal information was sought through RTI applications by a student with whom the professor had disagreements, disrupting his personal life and undermining academic freedom. Disruption of administrative processes was also a case study where students misused the RTI

to inundate the administrative department with frivolous queries, affecting the institution's functioning.

The Right to Information Act (RTI) is a crucial legislation that empowers citizens to seek transparency and accountability from public authorities. However, it has also been misused as a tool of vendetta, particularly against Higher Education Institutions (HEIs) and individuals connected to them. This article delves into the reasons behind the misuse of the RTI, focusing on the lack of awareness and loopholes in legislation that contribute to this issue.

One of the primary reasons behind the misuse of the RTI is the lack of awareness regarding the act's true intent. Many individuals filing RTI applications may not fully understand the purpose and scope of the RTI Act, leading to frivolous or malicious requests driven by personal grudges, political motives, or curiosity rather than genuine public interest.

Another reason is the limited understanding of public interest. Some users of the RTI Act may not grasp the concept of "public interest" and may misuse it for personal gain or to settle scores. Information genuinely in the public interest may be drowned out by requests driven by personal vendettas.

The RTI Act also has certain ambiguities and gaps that can be exploited for malicious purposes. These include a lack of clarity on vexatious requests, ambiguity in exemptions, and limited penalties for misuse. To mitigate misuse, efforts should be made to raise awareness about responsible RTI usage, provide clearer guidelines on vexatious requests, and revisit the legislation to enhance penalties for misuse. Striking a balance between transparencies and preventing abuse is crucial to maintain the integrity of the RTI system, particularly in the context of Higher Education Institutions.

The Right to Information Act (RTI) is a crucial tool for promoting transparency and accountability in India. However, its misuse can have severe consequences on Higher Education Institutions (HEIs). The misuse can lead to unwarranted scrutiny, negative public perception, disruption of routine operations, administrative overload, delayed decision-making, chilling effect on innovation, and straining relationships within the institution.

Reputational damage can occur due to unwarranted scrutiny, negative public perception, and disruption of academic processes. Misuse of RTI requests can expose internal processes, decisions,

and actions to the public and media, leading to irreparable harm. Negative public perception can also result from perceived controversies generated by RTI misuse, making potential students, faculty, and stakeholders hesitant to engage with an institution with a tarnished image.

The disruption of academic processes can be caused by administrative overload, delayed decision-making and chilling effect on innovation. Faculty and administrators may become hesitant to undertake innovative initiatives, stifling creativity and progress within HEIs. Strained relationships among stakeholders can also result from RTI misuse.

Internal suspicion can create an atmosphere of mistrust, with faculty members feeling their academic autonomy compromised when subjected to relentless RTI requests. Administrative burden can lead to burnout and strained relations between departments.

To address this issue, a balanced approach is needed, involving educational institutions and regulatory authorities to create safeguards and promote responsible RTI usage. Working together, educational institutions and regulatory authorities must work together to create safeguards and promote responsible RTI usage to mitigate the detrimental impact of misuse on HEIs.

The Right to Information Act (RTI) requires comprehensive reforms to prevent misuse. These include introducing stringent penalties for frivolous or malicious RTI applications, defining the criteria for rejection of frivolous requests, and establishing a robust appeal mechanism. The legislation should also specify the scope and purpose of RTI applications, stating that they should be driven by a genuine need for information rather than personal vendettas or harassment. A time-bound investigation process for complaints related to misuse will ensure timely action and resolution.

Creating awareness is crucial for responsible utilization of the act. Educational initiatives should emphasize proper procedures for submitting RTI requests, the intended purpose of the act, and the consequences of misuse. Collaborations with educational institutions, media, and civil society organizations can disseminate information through various channels. Incorporating information about the appropriate use of RTI within educational curricula can instill a sense of responsibility and understanding of the act from an early age.

Implementing robust accountability mechanisms is pivotal to prevent misuse effectively. Establishing an oversight body independent of the RTI process to review and investigate complaints of misuse can hold individuals accountable. Maintaining a record of RTI requests and their outcomes can create transparency and deter misuse. Regular audits and periodic reporting of these records can identify trends of misuse and shape further preventive measures.

Strengthening legislation, creating awareness, and implementing accountability mechanisms are interconnected strategies essential to mitigate the misuse of the RTI Act.

The Right to Information Act (RTI) is a crucial tool for transparency and accountability in governance, but its misuse has led to a significant challenge in Higher Education Institutions (HEIs). Transparency is essential for fostering trust among stakeholders, such as students, faculty, administration, and the general public, while accountability ensures actions and decisions are justifiable. However, misuse of the RTI can disrupt this delicate balance, leading to fear and hesitation, discouraging open communication, and inhibiting the free flow of information.

To mitigate this challenge and strike a balance between transparency and accountability while preventing misuse, several strategies can be adopted. These include clear guidelines and awareness, whistleblower protection mechanisms, proactive transparency initiatives, regular audits and monitoring, and a structured response process.

Clear guidelines should be established for HEIs to educate faculty, staff, and students about the importance of responsible utilization of the RTI and the consequences of misuse. Whistleblower protection mechanisms should encourage individuals to report any misuse or abuse without fear of retaliation, creating a safe environment for reporting violations. Proactive transparency initiatives should reduce the need for excessive RTI requests, fostering a culture of transparency while deterring potential misuse. Regular audits and monitoring can help identify potential misuse and implement preventive measures accordingly.

Maintaining the delicate balance between transparency and accountability in HEIs while preventing misuse of the RTI Act is crucial for a healthy educational ecosystem. Strategic measures,

clear guidelines, and a culture of responsible usage can ensure that the RTI remains a tool for progress and accountability rather than a means for vendetta or disruption.

Conclusion:

The Right to Information Act (RTI) was designed to promote transparency, accountability, and openness in India's governance. However, it has been misused for personal vendettas, particularly in Higher Education Institutions (HEIs). This misuse can damage institutional reputation and disrupt academic processes, subverting the spirit of the RTI and undermining a healthy educational environment. To combat this misuse, a comprehensive approach is needed, including strengthening legislation to deter misuse, raising public awareness about responsible usage, and enforcing accountability mechanisms. Legislative reforms should include stringent penalties for frivolous applications and clearly defined criteria to prevent misuse. Public awareness about the RTI's purpose and the need for accountability mechanisms like a dedicated oversight body can also help. The RTI remains a powerful tool for achieving transparency and accountability in governance, including HEIs. However, its potential can only be harnessed responsibly and ethically. Striking a balance involves harmonizing the legitimate exercise of this right with the broader objective of promoting a just and informed society. By upholding the act's intended purpose while minimizing misuse, we can foster a culture of transparency, accountability, and progress in the academic realm and beyond.

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मुख्य सम्पादक का मानद पद कार्य पूर्णतः अवैतनिक है।

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लोकनाट्य व मराठी रंगभूमी

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सारांश—

भारतीय रंगभूमीचा इतिहास पाच हजार वर्षांपेक्षा प्राचीन आहे. त्यानी बऱ्याच रंगमंच कला प्रकारांना जन्म दिला असून देशातील सांस्कृतिक वारसा समशुद्ध करण्याचे कार्य केल्याचे स्पष्ट दिसते. सांस्कृतिकदृष्ट्या मराठी रंगभूमीकडे पाहिल्यास इ.स. १८४३ साली सांगली येथे मराठी रंगभूमी उदयास आली. विष्णुदास भावे यांनी सीता स्वयंवर या प्रायोगिक नाटकाचा प्रयोग केला व मराठी रंगभूमीची सुरुवात झाली. कर्नाटकातील यक्षगान नावाच्या लोकनाट्यावर आधारित असणाऱ्या या नाटकाने मराठी रंगभूमीची मुहूर्तमेढ रोवली गेली. या नाटकाच्या यशानंतर भावेंनी रामायणाच्या इतर भागावर अनेक नाटके सादर केली व ती यशस्वी ठरली. लोकनाट्याच्या संदर्भात भारतातील निरनिराळ्या प्रदेशात त्या त्या प्रादेशिक संस्कृतीची वैशिष्ट्ये दर्शविणारी विविध लोकनाट्ये रूढ आहेत हे आजच्या वर्तमान युगातही सत्य आहे. महाराष्ट्रातील तमाशा, दशावतारी नाटके, बोहाडा या लोकनाट्याप्रमाणेच कर्नाटकातील यक्षगान, गुजरात व राजस्थानमधील भवाई, बंगाली जान्न इत्यादींचा उदाहरणादाखल निर्देश करता येईल. ही सर्व लोकनाट्ये मराठी रंगभूमीवरील नाटकाच्या आधीची असून यातूनच नाटकाची निर्मिती झालेली आहे. मराठी रंगभूमी लोकनाट्यातून उदयास आली त्यामुळेच पौराणिक नाटकात याचे खरे प्रतिबिंब उमटलेले दिसते. आधुनिक आणि प्रयोगिक मराठी रंगभूमीची बीजे ही महात्मा ज्योतिबा फुले यांच्या 'तृतीय रत्न' या नाटकात सापडतात. मराठी रंगभूमीचा विकास होत असताना मराठी संगीत नाटकांचा, बहुजनांच्या तमाशा लोकरंगभूमीचा फार मोठा हातभार लाभला असे दिसते. याचाच आढावा घेताना लोकनाट्य आणि मराठी रंगभूमी यांचे महत्त्व या संशोधन लेखात विशद केले आहे.

प्रस्तावना—करमणूकीची भावना पूर्ण करण्याकरिता मानवाने नाट्याचा आसरा घेतला. मानवी जीवनातील नाट्यात्मकता अनुभवताना माणसाने नाट्यनिर्मिती केली. नाट्याची ही परंपरा आदिम काळापासून चालत आली आहे. लोक समूहमनाचा आविष्कार करणारी नाट्यात्मकता नश्यकलेतून जन्माला आल्याचे मानले जाते. भावाविष्काराच्या देहनिष्ठ हालचाली नाट्यात्मकता निर्माण करित असतात. त्याचप्रमाणे लोकपरंपरेत महत्वाचे स्थान असलेले विधी करण्यामागील लोकसमूहाची श्रद्धा नाट्यातून आविष्कृत होते. मानवंशाशास्त्रज्ञ 'विधी' हीच नाट्याची गंगोत्री मानतात. रंगमंचावर सादर होणाऱ्या नाटकापेक्षा लोकनाट्यप्रकार निराळा आहे. आजही लोकनाट्य हे ठिकठिकाणी होणाऱ्या लोकोत्सवातून पहायला मिळतात. ग्रामीण आदिवासी भागात जत्रा, उत्सव, सण—समारंभ, विधी—कर्माच्या प्रसंगी लोकनाट्ये खेळले जाते. जत्रेच्या प्रसंगी होणारा तमाशा किंवा वगनाट्य, कुळाचाराच्या प्रसंगी घातला जाणारा गोंधळ, जेजुरी चंदनपुरीला खंडोबा या दैवतासमोर होणारे वाघ्या मुरळीचे 'विधिनाट्य', ग्रामदैवतांच्या उत्सवात खेळला जाणारा बोहाडा हे लोकनाट्याचे प्रकार निखळ रंजन—करमणूकीसाठी निर्माण होणाऱ्या व्यावसायिक नाटकापेक्षा वेगळे आहेत. हे प्रकार लोकजीवनाच्या विधिकर्माच्या सण, उत्सवाचा भाग म्हणून खेळले जातात. माणूस हा समाजशील प्राणी आहे. त्यामुळे एक समूहमन माणसाच्या जीवनशैलीशी सदोदित निगडित असते. ह्या समूहमनाचा त्याच्या सांस्कृतिक जडणघडणीत महत्वाचा भाग असतो. त्या समूहमनाचा आविष्कार लोकविधी, धर्मविधी, रुढी, परंपरा चालीरीती यांच्या स्वरूपात होतो यात विधिकर्मासोबत एक नाट्यही जन्माला येते. हीच रंगभूमी पुढे विकसित होऊन समशुद्ध होत गेली.

लोकनाट्याचा उदय—पूर्वीच्या काळी धर्मश्रद्धा, यातुश्रद्धा हा मानवी जीवनशैलीचा एक अविभाज्य आणि अपरिहार्य भाग होता. त्या श्रद्धांच्या आविष्कारातून कालांतराने नाट्यरूप प्राप्त होते. लोकनाट्याचा जन्म हा या प्रक्रियेतून आणि विधिनाट्यातून झाला. मानव आदिमकाळात जगत असताना त्याची धर्मकल्पना विकसित झालेली नव्हती. आपल्या



जीवनाचे नियंत्रण करणारी कोणतीतरी एक शक्ती विद्यमान आहे अशी आदिमानवाची श्रद्धा होती. त्या सर्वशक्तिमान यातूशक्तीलाही वश करून घेण्यासाठी आदिमानवाने अनेक मार्ग शोधले, अवलंबिले. त्यात पशुबळीपासून तर मंत्रतंत्रापर्यंत अनेक गोष्टींचा समावेश होता. त्यामुळे यातुविधींना आदिमानवाच्या समूहभावनेच्या आविष्काराचे रूप प्राप्त झाले. हे विधी पार पाडताना, विधीचा भाग म्हणून गीते आणि नृत्ये आली. पुढे त्याला यातुशक्तीपेक्षाही श्रेष्ठ अशा सर्वशक्तिमान परमेश्वराचा शोध लागला. त्याच्या ईश्वरोपासनेची परिणती मूर्तिपूजेत, प्रतीकपूजेत झाली. त्यातून उपासनेचा भाग म्हणून नृत्य संगीत आले. या पूजाविधीची विधिनाट्ये बनली आणि कालांतराने ही विधिनाट्ये सादर करणाऱ्या पुजारी भगतांची एक विशिष्ट संस्थाही निर्माण झाली. कालांतराने विधिनाट्यांतून प्रेक्षकांची जाणीव विकसित झाली. त्यामुळे सादरीकरणातील नाटकीपणा वाढला. रंजनाला महत्व आले आणि विधिनाट्याला लोकनाट्याचे स्वरूप प्राप्त झाले. विधिनाट्य प्रेरणा घेऊन जन्मलेले लोकनाट्य हे पुढे लोकरंगभूमीचा आविष्कार म्हणून ओळखले जाऊ लागले. विधी पार पाडणारे आणि विधी साजरा होत असताना तो पाहणारे असा सादरकर्ते आणि प्रेक्षकांचा समुदाय जमू लागला. विधींना लोकोत्सवाचे रूप आले. अशा उत्सवांतून नाट्यगुणांचा स्वाभाविक आणि सहजसुंदर आविष्कार घडत गेला. त्यातून नृत्य, संगीत, गायन, वादनादी कलागुणांना संधी मिळत गेली. आणि त्यातून लोकनाट्य विकसित झाले. लोकनाट्याची सुटसुटीत व्याख्या करताना “लोकपरपरेतील यात्वात्मक व विधिनाट्यात्मक उत्क्रांत झालेला अनागर नाट्यप्रकार” होय असे म्हणता येते.

भारतात अनेक शतकापासून सर्वत्र अनेक लोकनाट्ये प्रचलित आहेत. विशेषतः प्रचलीत असलेल्या लोकनाट्यप्रकारांचे पुढीलप्रमाणे तीन प्रकारात वर्गीकरण केले जाते.

१) **धर्मविधीपर लोकनाट्ये**:- मानवाच्या सर्व धार्मिक विधीशी निखळपणे निगडित असलेली, कुलाचाराचे रूप प्राप्त झालेली, लग्न, मुंज आदि कार्यक्रमांच्या वेळी आग्रकमाने पार पाडला जाणारा देवीच्या उपासनेचा ‘गोधळ’, खंडोबाच्या उपासनेचे ‘जागरण,’ ज्योतिबाच्या उपासनेचे भारूड यासारखी विधिनाट्ये हा लोकनाट्याचा प्रमुख प्रकार आहे. धार्मिक विधी म्हणून हे नाट्यप्रकार सादर होतात. रंजन—उद्बोधनापेक्षा पुण्यसंचय, पापक्षालन, कुलाचार पाळणे ही प्रेरणा बलवत्तर असते. अशा सादरीकरणात रूढी, प्रथांचे काटेकोर पालन असते. आविष्कार स्वातंत्र्य कमी असते. मानव धर्माशी व विधीशी मानलेली लोकनाट्ये यात येतात.

२) **धर्माधिष्ठित रंजननाट्ये**:- मानवी धार्मिकतेचा भाग काही अंशी असलेले पण धर्मविधीच्या कर्मकांडात्मक नियमबद्धतेला ओलांडून मुक्त आविष्काराला वाव असणारे बोहाडा पंचमी, ललित, भारूड, दशावतार, गंगासागर, दंडार आदि लोकनाट्ये या गटात येतात. पौराणिक कथानके आणि आध्यात्मिक बोधाची आशयसूत्रे असूनही सामाजिक स्तरभेदांचे, चालीरीतींचे वर्तमानभाष्य करण्यात वाव असणारे नाट्य हे या प्रकाराच्या लोकनाट्याचे वैशिष्ट्य असते. माणसाच्या धर्मभावनेच्या विधी बहुतेक लोकनाट्यांशी जुळलेल्या असतात. धर्माधिष्ठित लोकनाट्ये ही र मनोरंजनपर असतात.

३) **रंजनप्रधान लोकनाट्ये**:- धर्मविधीचे अधिष्ठान पूर्वपणे बाजूला सारले जाऊन निखळ रंजनप्रधानता उरलेली असल्याने केवळ लोकंजनासाठी लोकरंगभूमीवर रंगणारी लोकनाट्ये हा तिसरा प्रकार होय. यात कळसूत्री बाहुल्यांचा खेळ, कठपुतली आणि वग, तमाशा यासारख्या लोकनाट्याचा या प्रकारात समावेश होतो. भारतात अनेक राज्यात या विविध लोकनाट्यांना आजही महत्वाचे स्थान असून ती प्रसिद्ध आहेत. लोकंजनाबरोबर लोकप्रबोधनाचे कार्य काही लोकनाट्यातून आजही होत असताना दिसते.



लोकनाट्याचे स्थान—भारतातील विविध राज्यात विविध प्रकाराची लोकनाट्ये सादर केली जातात हे लोकनाट्याचे सादरीकरण कधी निखळ मनोरंजनाच्या उद्देशाने होते तर कधी ही लोकनाट्ये धर्मविधीचा भाग म्हणूनही पार पाडली जातात. लोकनाट्य प्रकाराचे धर्मविधीशी संबंधित असणे वा नसणे त्यांच्या स्वरूपावर परिणाम करते. त्याचा लोकमानसावर होणारा परिणामही धर्मविधीशी संबंधित असण्या—नसण्यामुळे बदलतो हे जरी खरे असले तरी सगळेच लोकनाट्यप्रकार म्हणजे त्या समाजाच्या एकदंर सामाजिक सांस्कृतिक अवस्थेचा निदर्शक आरसा असतो. समाजमन जशी मागणी करते तसा पुरवठा लोकनाट्य करते. म्हणून सामाजिक अभिरूचीचे, समाजाच्या आवडीनिवडीचे यथार्थ प्रतिबिंब लोकनाट्यात पडलेले दिसते. लोकनाट्य सादर करणारा कलावंत हा त्या काळाचे प्रतिनिधित्व करित असतोच. तो समाजातून आलेला असल्यामुळे आपण समाजाचे एक जबाबदार घटक आहोत याचे भान लोककलाकारांना सतत असते. त्यामुळे लोकनाट्यातून सामाजिक आणि सांस्कृतिक दर्शन घडते. बहुतेक सर्व लोकनाट्यात समाजात जे घडले वा घडते आहे तेच अभिव्यक्त होते. लौकिक सोंगांचे संवाद केवळ विनोदनिर्मितीच करित नाहीत तर एक गंभीर सूत्र प्रकट करतात.

पात्रांचे सादरीकरण:—लोकनाट्यात सादर होणारी, काहीशी अश्लील वाटणारी पात्रे समाजस्थितीबाबत भाष्य करतात. विविध पात्रांची बोली, वेशभूषा, उच्चारण पद्धती, व्यवसाय या साऱ्या तपशिलासह ही पात्रे लोकरंगभूमीवर वावरतात तेव्हा ते परंपरा, समाजजीवन आणि संस्कृती यांचे जिवंत प्रदर्शन असते. समाजाचा इतिहास लोकपरंपराय जपतात. उदा. खानदेशी ललितात तंट्या भिल्लाचे सोंग हमखास असते. तंट्याचा हा एक आदिवासी क्रांतिकारक त्याने इंग्रजांना सळो की पळो करून सोडले. तंट्याचा ह पराक्रम सोंगाच्या रूपाने जेव्हा जनतेसमोर येतो तेव्हा ते जनसामान्यांना इतिहासाचे साक्षात दर्शन असते. ग्रामीण समाजमनाच्या काही धारणा, श्रद्धा आणि समजुती असतात. लोकनाट्यात त्यांना धक्का न लावता समाजदर्शन घडविले असते. लोकरंगभूमीवरील सर्वच पात्रे ती ज्या लोकमानसातून आलेली असतात ते लोकमानस आणि लोकपरंपरा अत्यंत ताकदीने अभिनय करतात म्हणून सामाजिक आणि सांस्कृतिक अंग हेच लोकनाट्याचे प्रधान अंग असते. लोकनाट्य हा लोकांच्या सामाजिक, सांस्कृतिक दर्शनाचा आरसा असतो.

लोकनाट्य तमाशात जे वग सादर होतात त्यात भाऊबंदकी, मुलांचे आई—वडिलांबद्दलचे कर्तव्य अशा गोष्टींबरोबर पर्यावरण, कुटुंबनियोजनापासून ते प्रौढशिक्षणापर्यंत, भ्रष्टाचारापासून ते देशनिष्ठेपर्यंत अनेक विषय तमासगीर तमाशातून हाताळतात आणि त्यावर भाष्य करतात. त्या भाष्याचा आशय नक्कीच गंभीर आणि विचारप्रवर्तक असतो. समाजस्थितीचा अचूक वेध घेऊन उदात्त जीवनमूल्यांची कशी पडझड चालली आहे. यावर संवादातून भाष्य केले जाते.

नाटकाचा जन्म व रंगभूमीची सुरुवात—तमाशा हा लोकनाट्यप्रकाराच्या सामाजिक सांस्कृतिक संवेदनशीलतेचा पुरावाच आहे. ललित, बोहाडा, दशावतार या लोकनाट्यप्रकारातून 'मातशपितश् देवो भवः' यासारख्या उदात्त मूल्यांची आठवण करून देऊन नीतिशिक्षणाचा आदर्श वस्तुपाठच हे लोककलाकार अत्यंत प्रगल्भपणे देतात. ज्ञानसत्ता, अर्थसत्ता, राजसत्ता याविषयीची टीका—भाष्ये करण्याची जागा म्हणून, एक खुले व्यासपीठ म्हणून लोकरंगभूमी काम करित असते. पुढच्या काळात रंजक लोकश्रद्धा व उद्बोधन या प्रेरणांमधून लोकनाट्य जन्मले. या लोकनाट्यातून आधुनिक रंगभूमीविषयक व्यवस्था अस्तित्वात आली. रंजन व उद्बोधन या हेतूने नाट्यनिर्मिती होऊ लागली. लोकरंगभूमी व नागर रंगभूमी असे भेद दर्शविले जाऊ लागले. खास रंगमंच निर्माण करून, संहितेच्या आधाराने नटमंडळी अभिनय करून नाटके सादर करू लागली. आणि लोकनाट्यातून नाटकाचा उगम झाला. कित्येक शतकापासून आजच्या वर्तमान काळातही प्राचीन पौराणीक कथेवर आधारित नाटके आपले अस्तित्त्व जोपासून आहेत.



नाटक व लोकनाट्य संबंध—नाटक व लोकनाट्य यांच्यात निकटचा संबंध आहे. आधुनिक रंगभूमीवर नाटकाचा उगम लोनाट्यातून झालेला असला तरी लोकनाट्यापेक्षा पुढे त्याच्या प्रेरणा व प्रवृत्ती भिन्न होत गेल्या. 'आधुनिक' ही आधुनिक—समकालीन प्रवृत्तीच होय. नाटक या साहित्य प्रकाराच्या संकेतव्यवस्थांची मूळ रूपे लोकनाट्यात आढळतात हेही लक्षात घ्यायला हवे. कारण आधुनिक रंगभूमीवरील नाटक हे संस्कृत परंपरा, पाश्चात्य नाटक, व लोकपरंपरागत नाटक यांच्या प्रभावातून अवतरले आहे. लेखक किंवा सादरक त्यानुसार या प्रभावांचे प्रमाण कमीअधिक होत गेले आहे. विधिनाटयामधील धार्मिक श्रद्धा, यातुविषयक कल्पना, जसजशा कमी होत गेल्या तसतसे लोकनाट्य अधिक नाट्यमय होत गेले. धर्मश्रद्धांची जागा रंजनपरतेने घेतल्याने लोकनाट्य हे सादरीकरणाच्या पातळीवर खेळ ठरले. या क्रीडनातून पुढे मराठी रंगभूमीवर नाटकाचे खेळ सुरु झाले. मराठी रंगभूमीचा प्रवास विधिनाट्यातून निखळ लोकनाट्याकडे व पुढे आधुनिक नाटकाकडे असा घडून आला. मराठी रंगभूमीचा हा प्रवास नदिच्या वाहत्या धारेप्रमाणे आहे.

आधुनिक मराठी रंगभूमीचा उदय—आधुनिक काळात इंग्रजी सत्तेच्या कालखंडात मराठी रंगभूमीचा उदय झाला हे सत्य आहे. औद्योगिकीकरण, शहरीकरण, यांत्रिकीकरण, शिक्षणप्रसार, परकीय सत्तेचे सत्ताशास्त्र, पाश्चात्य नाट्यवाङ्मयाचा परिचय याचाही परिणाम आधुनिक रंगभूमीच्या उदयाचे कारण म्हणून गृहीत धरावा लागेल. धर्मश्रद्धांना प्रश्न विचारणारी सामाजिक सुधारणावादी विचारसरणी अजून इंग्रजीकाळात अस्तित्वात आली. अलौकिकापेक्षा लौकिक जीवनाकडे अधिक लक्ष दिले पाहिजे. असा इहलोकवादी विचार प्रसृत होऊ लागला. समाजाच्या वेगवेगळ्या स्तरापर्यंत शिक्षण पोहोचल्याने नवशिक्षितांची पिढी निर्माण झाली. या पिढीने संस्कृत नाट्यवाङ्मय व पाश्चात्य नाट्यवाङ्मय यांचा परिचय करून घेतला. इंग्रजीतील शेक्सपीयरचे व पुढे इसबेन यांचे नाट्यदर्शक प्रमाण मानण्याची प्रवृत्ती वाढीस लागली. या काळातही नाटकाचा विषय परदेशी दंतकथांतून न निवडता देशी दंतकथातून निवडावा असे सूत्र विष्णुशास्त्री चिपळूणकरांनी पुरविले. या सूत्रामागे स्वधर्म—स्वभाषा व स्वदेश यांच्या संबंधीचा अभिमान होता. अस्मिता निर्मितीसाठी आपली मुळे शाबूत ठेवली पाहिजेत हे भान प्रारंभीच्या रंगभूमीने जपले. मराठी नाटकांची सुरुवात विष्णुदास भाव्यांच्या सन १८४३ मध्ये प्रयोगसिद्ध झालेल्या कानडी भागवत नाटकाच्या अनुसारातून सादर केलेल्या 'सीतास्वयंवर' नाटकापासून झाली. ही मराठी नाटकांची सुरुवात मोठ्या शहरात किंवा नागर संस्कृतीचे केंद्र असलेल्या शहरात झाली नाही तर सांगलीसारख्या दक्षिण महाराष्ट्राच्या टोकाला असलेल्या एका संस्थानी गावात नाटकाचा उदय झाला. आधुनिक रंगभूमीची मुळे अशा तऱ्हेने लोकरंगभूमीशी जुळलेली आहेत.

मराठी रंगभूमीची वाटचाल—आधुनिक मराठी रंगभूमीचा पुढचा प्रवास मात्र लोकरंगभूमीच्या वाटा पुसत पुसत (नष्ट करीत) सुरु झाला. मात्र स्वातंत्र्योत्तर पाव शतकानंतर तो पुन्हा वाटा पुसत पुसत (विचारीत विचारीत) होतो आहे. आज लोकरंगभूमी दात्री आहे, देणारी आहे आणि नागर रंगभूमी धात्री आहे, धारण करणारी आहे हे भान उभयपक्षी राहून अभिसरणाची प्रक्रिया झाली तर रंगभूमीचा एक संपन्न वारसा आपल्या पुढच्या पिढीच्या हाती निश्चित लागेल. ही दिशा निश्चितच आश्वासक अशी आहे असे वाटते.

नाटकाच्या बाबतीत विचार केल्यास असे दिसते की, 'जुलूस,' 'ययाती,' नागमंडल, हयवदन, अजब न्याय वर्तुळाचा यासारख्या भाषांतरित व रूपांतरित नाटकांवर लोकरंगभूमीचा प्रभाव आहे. असाच प्रभाव महानिर्वाण, घाशीराम कोतवाल, पती गेले गं काठेवाडी, मुलगी झाली हो, पडघम, लोककथा ७८, विच्छा माझी पुरी करा यासारख्या मराठी नाटकांवर लोकरंगभूमीचा, लोकनाट्यांचा प्रभाव ठळकपणे जाणवतो. लोकनाट्याचा प्रभाव स्वीकारून नाटयनिर्मिती करणे,



प्रयोग करणे म्हणजे लोकसांस्कृतिक गाभ्याकडे परत जाणे होय. असे देशी संस्कार मराठी रंगभूमीला अधिक कलात्मक व प्रेक्षकसमीप करू शकतील. आज दोन्हीही रंगभूमी (लोकरंगभूमी आणि आधुनिक रंगभूमी) परस्परांना प्रभावित करीत वाटचाल करीत आहेत ही रंगभूमीच्या भवितव्याच्या दृष्टीने स्पृहणीय बाब होय. आजच्या प्रायोगिक नाटकातील गृहीतकृत्ये मराठी लोकरंगभूमीच्या गृहीतकृत्यांशी नाते सांगणारी आहेत. त्यामुळे आज नागर आणि अनागर प्रेक्षक खऱ्या अर्थात एकत्र येऊ शकतील. दिवसेंदिवस लोकनाट्यातून धार्मिकतेचा संकोच होत आहे. कृषिनिष्ठ जीवनसरणीतून आधुनिक लोकनाट्यातील उत्स्फूर्तता, आवेग, आवाहकता, नृत्य, वाद्य व संगीत या स्थायी कलागुणांच्या परंपरेच्या प्रभावामुळे चेहरामोहरा बदलूनही लोकनाट्याची परंपरा चालू राहिल यात शंका नाही. लोकनाट्यातील या सदा आवाहक गुणांमुळेच स्वातंत्र्योत्तर काळातील नागर रंगभूमीवरील कलावंत पुन्हा लोकनाट्याचा व लोककलांचा नाव्याने शोध घेण्यासाठी उन्मुख झाले आहेत. त्यांच्या शोधक वृत्तीतून अनेक धागे आज गवसलेले दिसतात. ही मराठी रंगभूमीची यशस्विता होय.

समारोप— लोकनाट्य व मराठी रंगभूमीची वाटचाल व अवलोकन केल्यास असे दिसते की, जेव्हा ललित वाङ्मय हे रचनातत्वांच्या अधीन व्हायला लागते तेव्हा त्याचा प्रवाह कुंठित होऊ लागतो. अशावेळी समाजात प्रचलित असलेली व स्वच्छंदपणे वाहणारी प्राकृतिक भावधारा असलेल्या लोकवाङ्मयाकडूनच त्याला संजीवक सामर्थ्य प्राप्त होते. लोकसाहित्यामुळे कलांचे पुनरुज्जीवन होते अशाप्रकारची लोक घटकांकडून होणारी उसनवारी आजची नवीन नाही. प्राचीन काळापासून ही प्रक्रिया अव्याहतपणे चालत आलेली आहे. काव्य, नाट्य, चित्र, नश्य या सर्व कलाप्रकारासंबंधी असे घडत आले आहे व घडत आहे त्यामुळे मराठी वाङ्मयातील लोकतत्वे शोधण्याचा प्रयत्नही होणे आवश्यक आहे. मराठी रंगभूमीला कित्येक वर्षांपासून जे महत्व व आपलेपणा आहे तो कमी होणारा नाही. म्हणूनच लोकनाट्याचेच नव्हे तर लोकसाहित्याचे संवर्धन, संरक्षण आणि संशोधन होणे गरजेचे आहे. त्याचप्रमाणे मराठी रंगभूमीचे जतन व संवर्धन होणे महत्वाचे आहे. लोकनाट्यातून मराठी रंगभूमीचा झालेला विकास व असणारा संबंध कायमस्वरूपी टिकणारा आहे हे सत्य मानावे लागेल.

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स्नेहबंध

डॉ. राजेंद्र वाटाणे
यांच्यावरील गौरवपर लेख



संपादक

डॉ. दिलीप काकडे
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डॉ. गजानन सयाम
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भिवापूर

मो. ९४२३६३४०१५

प्रा. डॉ. राजेंद्र वाटाणे माझ्या मित्रपरिवारातील एक महत्त्वाचे असे सलोख्याचे जिवलग मित्र. या जिवलग स्नेह्याची ओळख तशी फार उशिराने झाली. म्हणजेच विद्यार्थी दशेत नव्हे तर प्राध्यापकीय सेवेत कार्यरत असताना एक जिवाभावाचा मित्र मिळावा व बालपणीच्या मित्रत्वापासूनचे संबंध वृद्धिंगत व्हावे अशी परिस्थिती निर्माण झाली. कारण मी भिवापूर महाविद्यालय भिवापूर येथे सन १९९६ ला सेवेत रुजू झालो. त्याआधी डॉ. वाटाणे सरांनी कला, वाणिज्य व विज्ञान महाविद्यालय कोराडी येथे अध्यापनाचे कार्य सुरु केले होते. राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ मराठी प्राध्यापक परिषदेच्या निमित्ताने परिषदेत त्यांची व माझी ओळख झाली व तेव्हापासून मला माझा खरा जिवलग मित्र मिळाला. मित्र म्हणून नव्हेत तर सदैव सहकार्य करणारे, कुठल्याही वेळी मदतीचा हात पुढे करून कोणत्याही कार्यात सतत तत्पर असणारे असे व्यक्तिमत्व डॉ. वाटाणेसरांच्या रुपाने मला प्राप्त झाले.

मला विद्यापीठ अनुदान आयोगाकडून माझ्या 'भंडारा जिल्ह्यातील लोकनाट्य 'दंडार' या आचार्य पदवीच्या प्रबंधाला ग्रंथरुपाने प्रकाशित करण्याची मंजुरी मिळाली व अवघ्या तीन महिन्याने पुस्तक विद्यापीठ प्रकाशन विभागाला सादर करणे फारच अवघड काम होते. त्यावेळी डॉ. राजेंद्र या जिवलग मित्राची मदत फार महत्त्वाची ठरली. अशा कठीण प्रसंगात डॉ. वाटाणे यांनी मला जे सहकार्य केले ते विसरता येत नाही. मी जेव्हा त्यांच्याकडे गेलो तेव्हा त्यांनी "तुम्ही चिंता करू नका" मी सोबतीला आहे. दिलेल्या मुदतीत आपण ग्रंथाच्या प्रती सादर करू अशी सरांनी हमी देताच मी चिंतामुक्त झालो व लगेच त्याच दिवसापासून मी व सर कामाला लागलो. प्रकाशकाची शोधाशोध सुरु केली. परंतु कोणताही प्रकाशक तीन महिन्यात पुस्तक काढण्यासाठी तयार नव्हता. डॉ. वाटाणे सरांना या आधी पुस्तके छापणारा प्रकाशक मिळाला होता. डॉ. वाटाणे हे विद्यापीठाच्या मराठी पाठ्यपुस्तक समितीचे सदस्य असल्यामुळे राघव पब्लिशर्स व डिस्ट्रिब्युटर्सचे अर्पित खंडेलवाल यांच्याशी फोनवरून बोलले व त्यांनी तीन महिन्यांच्या स्नेहबंध / ५३

आत दिलेल्या मुदतीच्या आत पुस्तक छापण्यासाठी होकार दिला. मी व डॉ. वाटाणे दोघेही मिळून राघव पब्लिशर्स व डिस्ट्रीब्युटर्स, महाल, नागपूर येथे पोहोचलो व त्यांच्याशी ठराव केला, त्यांच्याकडून कोटेशन मागवून विद्यापीठाच्या ग्रंथालयातून मंजूरी घेतली व पुस्तकाचे काम सुरु झाले. बघता बघता दोन महिन्यात छपाईचे काम पूर्णत्वास आले. शेवटी पुस्तकाला ब्लर्ब देण्याचेही काम डॉ. हरिश्चंद्र बोरकर या झाडीपट्टीच्या ख्यातनाम संशोधकांनी केले तर डॉ. वाटाणे यांनी माझ्या “भंडारा जिल्ह्यातील लोकनाट्य ‘दंडार’ या पुस्तकाला ‘प्रस्तावना’ दिली. स्वतः होऊन डॉ. वाटाणे यांनी पुस्तकाच्या सुरुवातीच्या कार्यापासून (दर्जेदार साहित्य) ग्रंथाच्या पूर्णत्वापर्यंत मला मोलाची मदत केली. त्याचे हा स्नेह माझ्या ग्रंथात कायमरूपी नमूद राहणार आहे.

विदर्भ साहित्य संघाचा ‘नवोदित साहित्य’ लेखनाचा पुरस्कार ‘भंडार जिल्ह्यातील लोकनाट्य ‘दंडार’ या पुस्तकाला जाहीर झाल्याचे विदर्भ साहित्य संघ, नागपूर कार्यालयाकडून फोनवरून कळले व दुसऱ्याच दिवशी सर्व दै. वृत्तपत्रात ही बातमी झळकली. माझ्या आयुष्यातील अतिशय आनंदाचा हा दिवस होता. सर्वप्रथम ही बातमी माझे परममित्र डॉ. वाटाणे यांना सांगितली त्यावेळी त्यांनाही अपार आनंद झाला. त्यांनी माझे मनःपूर्वक अभिनंदन केले व रोख पुरस्कार सन्मानचिन्ह व पुरस्काराची त्यांनी वाहवा केली. एवढेच नव्हे तर या भव्यदिव्य पुरस्कार सोहळ्याला ते आवर्जून उपस्थित राहिले व आणखी आपणास पुरस्कार मिळण्यासाठी साहित्यलेखन करावे असे म्हणून पुढील कामात माझे मनोधैर्य वाढविले.

माझ्या भिवापूर महाविद्यालयातर्फे निघणाऱ्या 'VIBGYOR' या जरनल करिता मी डॉ. वाटाणे सरांना सहसंपादकीय मंडळात राहण्यासाठी विचारले असता त्यांनी सरळसरळ कोणतीही आडकाठी व विचार न करता होकार दिला. त्यामागे स्नेहाचे असेलेले भावबंध होय.

डॉ. राजेंद्र वाटाणे रा.तु.म. नागपूर विद्यापीठाच्या वाणिज्य भाषा अभ्यास मंडळात कार्यरत आहेत. अभ्यास मंडळात ते वारंवार निवडून येतात. ही त्यांच्या स्वभावाची, कार्यकर्तृत्वाची स्नेहाची पावती होय. माझे मित्र या नात्याने विद्यापीठाशी संबंधित कोणतेही काम असो मी त्यांना सांगताच त्यांचा होकार असतो. आजपर्यंत कोणत्याही कामासाठी त्यांनी नकार दिला नाही. माझ्या मित्रपरिवातील विषयाचे प्राध्यापक असोत किंवा नसोत विषयाशी संबंधित कार्य करण्यास ते सदैव तत्पर असतात. पेपर मूल्यांकनाचे पत्र मला व माझ्या प्राध्यापक मित्रांना जबाबदारीने स्वतः हिरीरीने पुढे होऊन काढून देतात. मूल्यांकनासाठी प्राध्यापकांना प्रेरीत करून पेपरचे मूल्यांकनाचे

वेळी प्राध्यापकांना मूल्यांकन कसे करायचे याविषयी माहिती देतात व सहकार्य करतात त्यामुळे त्यांचा विद्यापीठात नावलौकिक आहे.

रा.तु.म. नागपूर विद्यापीठ नागपूर मराठी विषयाच्या पाठ्यपुस्तक संपादक मंडळात त्यांचा फार मोठा वाटा आहे. आवश्यक मराठी अभ्यासक्रम बी.ए., बी.कॉम. व बी.एस.सी. विषयाच्या पुस्तकाच्या संपादक मंडळात कार्यरत असल्यामुळे पाठ्यक्रम तयार करून अभ्यासक्रमाची निवड करण्यापासून तर प्रूफ रिडींगचे काम व प्रकाशकाकडून पुस्तके मागण्याच्या कार्याची जबाबदारी डॉ. वाटाणे सर स्वतःकडे घेऊन पूर्ण करण्याचे धाडस करतात व पूर्णत्वास नेतात. शिवाय अभ्यासक्रम हा विद्यार्थीकेंद्रीत व सर्वाभिमुख कसा करता येईल याकडे देखील विशेषत्वाने लक्ष देतात.

तायवाडे महाविद्यालयात वेळोवेळी राष्ट्रीय व राज्यस्तरीय चर्चासत्र आयोजित केल्या जातात. तेव्हा त्यांनी मला हक्काने शोधनिबंध लिहिण्याचे व शोधनिबंधाचे वाचन तसेच उपस्थितीत राहण्यास सांगतात, मी त्यांना होकार देतो. मला ज्या ज्यावेळी संशोधनात्मक लेखन करण्याची गरज असते त्यावेळी मदत करण्यासाठी डॉ. वाटाणे सर नेहमीच तत्पर असतात.

प्रा. डॉ. राजेंद्र वाटाणे सरांची विदर्भ संशोधन मंडळाच्या सचिव पदी नेमणूक झाल्यामुळे मला त्यांचा अभिमान वाटला व आनंदही झाला. मी त्यांचे अभिनंदन केले. त्यांचे संशोधनात्मक कार्य, अभ्यासवृत्ती व कर्तव्यतत्पर व्यक्तिमत्व यामुळेच विदर्भ संशोधन मंडळाचे अध्यक्ष गुरुवर्य डॉ. मदन कुलकर्णी यांनी त्यांच्यावर सचिवपदाची धुरा सोपविली व त्यांनी ती लिलया पेलली आहे. लगेच सरांनी मला सर्वात आधी हक्काने तुम्हाला सदस्य व्हायचे आहे नंतर बाकीच्यांना सदस्य करू असे म्हणून मला सदस्य केले. त्यानंतर विदर्भ संशोधन मंडळात सदस्यांची संख्या वाढविण्याचे कार्य त्यांच्या मनमिळावू व सभ्य अशा स्वभावामुळे झाले. त्यामुळे अनेक अभ्यासू व प्राध्यापकांचे विदर्भ संशोधन मंडळाशी स्नेहबंध जुळल्या गेले. शिवाय त्यामुळे अनेकांना हक्काचे संशोधनपर व्यासपीठ प्राप्त झाले.

विदर्भ संशोधन मंडळाचा वर्धापन दिन असो, व्याख्यान, चर्चासत्र किंवा पुरस्कार वितरणासारखा कार्यक्रम असो किंवा वार्षिक प्रकाशनाचा, त्या सर्व कार्यक्रमांला डॉ. वाटाणे सर मला नुसते पत्रिका पाठवून सोडत नाही तर आवर्जून फोन करून उपस्थित राहण्यास हक्काने सांगतात. मी परम मित्र या नात्याने हजर असतो.

प्रा.डॉ. वाटाणे सर एक सर्वसर्वा असे व्यक्तिमत्व. त्यांनी अनेक पुस्तके लिहिली आहेत. काही पुस्तकांना पुरस्कार मिळाले आहेत. पदवी स्तरावर व पदव्युत्तर स्तरावर अध्यापनाचे कार्य करतांना एम.फील्.च्या अनेक विद्यार्थ्यांना त्यांनी मार्गदर्शन केले

आहे. अनके विद्यार्थ्यांना आचार्य पदवी प्राप्त झाली आहे. अनेक विद्यार्थी त्यांच्या मार्गदर्शनाखाली आचार्य (पीएच्.डी.) चे संशोधन कार्य करीत आहेत. त्यामुळे मी त्यांना संशोधकापेक्षा मार्गदर्शक यां नात्याने पाहतो. त्यांच्या शैक्षणिक, सामाजिक संशोधन कार्यात मिळणाऱ्या आनंदात मी माझा आनंद मानतो. असे माझे परम स्नेही डॉ. राजेंद्र वाटाणे यांच्याविषयी कितीही लिहिले तरी अपूर्णच राहिल. त्यांच्या कार्याच्या उत्तुंग झेपेला अशीच भरारी मिळत राहो अशी सदिच्छा! तसेच त्यांना प्राप्त झालेल्या डी.लिट. या पदवी बद्दल त्यांचे खूप खूप अभिनंदन!





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डॉ. मधुकर वि. नंदनवार

भिवापूर महाविद्यालय भिवापूर, जि. नागपूर

सारांश:-

प्राचीन काळात मानवाच्या उत्क्रांतीपासूनविकासाबरोबर त्याच्या कलागुणांचा विकास होत गेला. मानवाच्या कलागुणांचाविकास हा संस्कृतीचा, मानवाच्या विकासाचा टप्पा होय. मानव रानटी अवस्थेतून मार्गक्रमण करतांना जंगल अवस्था, पशुपालन अवस्था, भटकी शेती याक्रमाणे मानव आधुनिक अवस्थेत येवून पोहचला. मापवाच्या विकासाबरोबर इतरपशुप्राण्यांचाही उपयोग आपल्या भल्यासाठी करुन घेतला त्याचे कारण म्हणजे इतर पशुप्राण्यांपेक्षा प्रगल्भ मेंदू त्याच्या उपयोगात तयार होत गेला. मेंदूमध्ये बुद्धी आणि भावना या दोन्ही गोष्टींचा समावेश असतो. बुद्धीचा उपयोग करुन भावनात्मक, मनोरंजन, करमणूक केली गेली. यातूनच अनेक लोकनाट्य व लोककलांना चालना मिळाली. याच कलागुणांच्या विकासाबरोबर मानवी संस्कृतीची व मानवाच्या विकासाची पायाभरणी झाली.भटक्या अवस्थेपासून ते आजच्या प्रगत अवस्थेपर्यंतच्या प्रत्येक टप्प्यात मानवाने करमणुकीसाठी, मनोरंजनासाठी आणि एकुनच लोकशिक्षणासाठी विविध माध्यमांचा अत्यंत कल्पकतेने वापर करवून घेतला आहे. आज 21 व्या शतकात विज्ञान आणि माहिती तंत्रज्ञानाच्या युगात इलेक्ट्रॉनिक माध्यमांचा सुळसुळाट झाला आहे. आधुनिक माध्यमे व पारंपारिक माध्यमे यात एकेकाळी समाजजिवनाचा अविभाज्य भाग बनलेली लोकनाट्य व लोककला प्रकारांना आजच्या माहिती व तंत्रज्ञानाच्या युगात आपल्या अस्तित्वासाठी सातत्याने झगडावे लागते. वर्तमान काळात मानवी जिवनात लोकनाट्याचे व लोककलांचे नेमके स्थान कोणते? या लोकनाट्यांनी काळानुरूप बदल स्विकारले आहेत काय? लोकनाट्याची लोककलांची मानवी जिवनात वर्तमान काळातील उपयुक्तता व मौलिकता, त्यांचे भवितव्य काय? इ. बाबीबरोबरच महाराष्ट्रातील सांस्कृतिक संचितांचे आजच्या युगात मानवी जीवनातील महत्व शोधून वर्तमान काळातील स्थितीगतीचा वेध या शोधनिबंधातूनघेतला आहे.

प्रस्तावना-

मानवाने आपल्या उदरनिर्वासाठी शिकारीपासून ते भाकरीपर्यंतचा प्रवास करतांना आपल्या थकलेल्या शिनलेल्या व विटलेल्या मनाला ताजेतवाने करण्यासाठी मनोरंजनाची कास धरली.

यातूनच अनेक लोकनाट्याचा जन्म झाला. मनोरंजन, प्रबोधन व समाजस्वास्थ्य घडविण्यासाठी व ते स्थिर राखण्यासाठी मानवाने विविध लोककलांचा आपल्या बुद्धी चातुर्याने उपयोग करुन घेतला. प्राचीन काळापासून या लोककलांचा वापर मानव नितक, धार्मिक,



सामाजिक व राजकीय कारणांसाठी करीत आला आहे. भारतात स्थानपरत्वे ही लोकनाट्ये भिन्न असली तरी मनोरंजन व लोकजागृतीसाठी या विविध लोकनाट्यांनी आपले स्थान निश्चित केले व समाजापासून राष्ट्रीय पातळीवर महत्वाचे योगदान दिले. **प्रकार**—धर्मभावनेचा फार मोठा प्रभाव लोकनाट्य प्रकारावर दिसून येतो.भारतात महाराष्ट्रातील लळीत, दशावतार, जागरण, दक्षिणतील भागवतमेळा, बंगालमधील कीर्तनीया, बिहारमधील विदेशीया, गुजरातमधील भवाई, राजस्थानातील रास, जुमर, उत्तरप्रदेशातील स्वांग,भौंड, रास, नौटंकी या भारतातील विविध घटकराज्यामध्ये प्रसिध्द असणाऱ्या नृत्य लोककला असून विविध धार्मिक कार्यक्रमाच्या वेळी त्यांचे सादरीकरण केले जाते.उत्तरेस रामलीला, कृष्णलीला, रासलीला हे लोकप्रिय नाट्यप्रकार आहेत. कोकणात देवस्थानच्या जत्रेत दशावतारी खेळ करण्याची प्राचीन परंपरा आहे. धर्माचा एक भाग म्हणून सामान्य जनता यामध्ये सहभागी होते.

महाराष्ट्रात काष्टपंचालिका (धातूच्या किंवाकळसूत्री बाहुल्यांचा खेळ) छायानाट्ये, दशावतार, लळीते, तमाशा (खडीगंमत), किर्तन,पोवाडा,दंडार,भारुड,गोधळ,नौटंकी,लावणी, रामलीला, बहुरुपी, वाघ्या—मुरळी,यक्षगान, दंडीगान, डायका, गंगासागर, किंगरीगीते, भराडी, खंडोबाचे जागरण, काष्टपंचालिका तुंबडीगीते, बोहाडा, वासुदेव, रामायण अशी विविध प्रकारची लोकनाट्ये या प्राचीन लोकरंगभूमीतून विकसीत झालेल्या लोकनाट्याच्या परंपरा कित्येक शतकापासून प्रचलीत असून लोकनाट्य ही धर्मग्रंथ, लोकरुढी, देव—देवता, पौराणिक ग्रंथ व ऐतिहासिक परंपरेवर आधारित आहेत. लोकनाट्य ही पौराणिक आख्याने आणि देव—देवतांची स्त्रोत्रे, गुणगाण, आरत्या यावर आधारित आहेत. मौखिक परंपरेने आपल्या साहित्याला जिवंत ठेवण्यासाठी श्रुती, स्मृती, पौराणिक ग्रंथ, रामायण, महाभारत यातील प्रसंगाच्या आधारे हातभार लावला व त्याला प्रगल्भ रूप येण्यास मदत झाली. सण, उत्सव, लग्न, धर्मिक कार्य यामध्ये आपल्या इष्ट देव देवतांचे पूजन करतांना नाचून गावून आराधना केली जाऊ लागली व लोकनाट्यातून करमणूक केली. **सादरीकरण, साहित्य, वाद्ये**— लोकनाट्य म्हणजेच लोक वाङ्मय (Folk- Literature) लोककला (Folk)

तजेद्धोय.लोकनाट्याचा कर्ता अनामिक आहे, मौखिक परंपरेने एका पिढीकडून दुसऱ्या पिढीकडे चालत आलेली लोकनाट्यातील गीते ही कुणी लिहिली हे खात्रीपूर्वक सांगता येत नाही. त्यात काळानुसार बदल होतो. लोकनाट्य सादर करणारा कलावंत हा इत्यंत हजरजबाबी असतो, त्यांच्याकडेलिखित संहिता नसते. लोककलावंताची समयसूचकता महत्वाची असून लोककलावंत हा आपल्या लोकभाषेचा वापर करीत असतो. लोकभाषा, बोलीभाषा ही सामर्थ्यशाली असल्यामुळे तिचा लोककलावंत सर्रास उपयोग करतो. लोकनाट्यात लोककलावंत ढोलकी, डफली, टाळ, तुणतुणे, चिपळ्या, बासरी, किंगरी अशी वाद्ये उपयोगात आणतो. या वाद्याच्या साहाय्याने कमीत—कमी खर्चात, अत्यंत आकर्षक व अत्यंत प्रभावीपणे लोकनाट्याचे सादरीकरण होते.लोकनाट्याचा कलावंत अस्सल व ग्रामीण असतो.सादरीकरणाच्या वेळी कलावंताने वापरात आणलेले साहित्य हे आजूबाजूच्या परिसरातून मोफत किंवा अत्यंत कमी खर्चात मिळविलेले असते. काजळ,कोळसा, खडू, चुणखडी, राखड, हळद, गुलाल, गावठी रंग, झाडाची पाने, घरधुती कपडे यांचा उपयोग करून रंगभूषा व वेषभूषा केली जाते. कालखंडानुसार भाषा, वेषभूषा, संगीत, नेपथ्य निर्मिती, लोकांची अभिरुची यात

आमुलाग्र बदल होत आहे. मौखिकता हा महत्वाचा गुण लोकनाट्याचा असल्यामुळे मौखिक भाषा, पौराणिक व धार्मिक ग्रंथावर आधारित कथानक, लोकवाद्यसंगीत, विदूषकाचे अस्तित्व, साधी रंगभूमी, गद्य—पद्य मिश्रीत भाषा, अलिखित संहिता, अनामिक कर्ता, स्वयंस्फूर्त संवाद, धर्मविधी हा मूलस्त्रोत्र, बोलीभाषेचा वापर इत्यादी वैशिष्ट्यांनी युक्त असणारे व आधुनिक चित्रपटसृष्टीला व नागर रंगभूमिपूर्वी लोकांचे प्रभावीपणे मनोरंजन व उद्बोधन करणाऱ्या काही महत्वाच्या लोकनाट्याचा मागोवा.

1) कीर्तन— किर्तन एक भक्तिप्रकार आहे. “कीर्तनाचे स्तुतिस्त्रोत्र गाणे, वर्णन करणे, वीणादिगाण साहित्य घेऊन देवळात परमेश्वराचे भाविकासमोर उभ्याने गुणवर्णन करणे, परमेश्वराच्या नामाचा कंठस्वराने लयबद्ध जप करणे आणि कथन करणे असे अर्थ आहेत”कीर्तनालाच हरिकीर्तन किंवा हरीकथा असेही संबोधतात. संत नामदेव किर्तनाचे जनक आहेत. सुमारे 150 वर्षापासून या लोककला माध्यमाचा वापर महाराष्ट्रापासून ते कर्नाटक, तामिळनाडूपर्यंत झाला आहे. धार्मिक, साहित्यिक व भक्तिच्या मार्गाने जाणारा हा अत्यंत लोकप्रिय प्रकार होय. विशेषतः वारकरी संप्रदायामध्ये कीर्तनाला अनन्यसाधारण महत्व आहे.नारायण—नारायण म्हणणारा नारद हा कीर्तनाचा जनक समजला जातो. महाराष्ट्रात जे अनेक संत होऊन गेले त्यांनी हिंदू समाजामध्ये सामाजिक सुधारणा आणि राजकिय परिवर्तन घडवून आणण्यासाठी या माध्यमाचा हुशारीने वापर केला आहे.संत तुकाराम,संत नामदेव, संत कान्होपात्रा,राष्टसंत तुकडोजी महाराज,संत गाडगे बाबा,संत कबीर अशा अनेक थोर संतांनी लोक शिक्षणासाठी व समाज परिवर्तनासाठी कीर्तन हे माध्यम वापरले आहे.

महाराष्ट्रातील वारकरी संप्रदायात संत ज्ञानेश्वर—तुकाराम यांचा उद्घोष करीत कीर्तन केले जाते. या संतानी रचलेले अभंग किंवा त्यातील एखादी ओवी घेऊन कीर्तनकार तिचे निरूपन करतो.हिंदू धर्मातीलविविध दाखले देत तो कीर्तन रंगवतो. टाळ,मृदंगाच्या गजरात आणि भक्तीमय वातावरणात दिले जाणारे हे समाजशिक्षण कोणत्याही विद्यापीठात मिळणार नाही. अर्थात समाजशिक्षणाबरोबर किर्तनात रंजनही होतो. लोकउद्बोधन व लोकशिक्षणाचे माध्यम म्हणून आजही कीर्तनाचे महत्व अडाण्यापासून तर सुजान श्रद्धालूमध्ये आहे. वारकरी संप्रदायाचे कीर्तन व रामदासी पध्दतीचे कीर्तन असे त्याचे दोन प्रकार आहेत. गळ्यात तुळशीची माळ, खांदयावर अडकवलेली वीणा,हातात चिपळी,कपाळाला बुक्का,अंगात नेहरु धोतर असा कीर्तनकाराचा वेष असतो. पुराणकाळापासून सुरू असलेल्या या कीर्तन लोककलेची परंपरा आज 21 व्या शतकात देखील अव्याहतपणे सुरुच आहे हे कीर्तनाचे यशाचे गमक मानावे लागेल.

2) दशावतार :-दशावताराचे नाट्य हे कोकण आणि गोव्यात विशेष प्रचलित असून त्याची परंपरा प्राचीन आहे. दशावताराचा प्रारंभ नेमका कुठे व कसा झाला हे निश्चित सांगता येत नाही. कर्नाटकातील यक्षगानाचे मूळ दशावतारात असल्याचे दिसून येते. त्यातूनच महाराष्ट्रातील ‘दशावतार नाट्य उदय पावले. दशावतार नाट्य ग्रामदेवतांच्या उत्सवात या ना त्या प्रकारे खेळले जाते. साधारणपणे कार्तिकी पौर्णिमेपासून चैत्र महिन्यापर्यंत दशावताराचे खेळ होताना दिसतात. यात सूत्रधार कथासूत्र पद्यात सांगतो व सोंग घेणारी पात्रे सोंगाच्या अनुरोधाने संवाद बोलतात. लिखित व पूर्वी न ठरलेले संवाद असले तरी त्यांचा आशय निश्चित असतो.



दशावतारी नाट्यात सूत्रधाराला विशेष महत्वाचे स्थान आहे. मंगलाचरणपासून तर गायकाचे काम सूत्रधाराला करावे लागते. जरीकाठी धोतर, त्यावर लांब झगा, खांदावर रेषमी उपरणे, डोक्यावर पुणेरी पगडी व गळ्यात मोत्यांच्या माळा असा पोशाखात असलेला सूत्रधार प्राभापासून अखेरपर्यंत रंगभूमीवर केव्हाही प्रकट होतो. सूत्रधाराला नाट्यतंत्राची व पुराणातील कथांच्या आशयाची चांगली जाण असते. या खेळात विदूषक हेही महत्वाचे सोंग असते. काही ठिकाणी विदूषकाच्या सोंगाऐवजी शंकासुराचे सांग येताना दिसते. दशावतारी खेळात मत्य,कच्छ, वराह, नरसिंह, वामन, परशुराम, राम,कृष्ण,बुध्द, कलकी हे विष्णुचे दहा अवतार आहेत. या दहा अवताराचे नाट्यरुपदर्शन दशावतारातून घडविले जाते. गणपतीचे सोंग गणपतीच्या तोंडाचा मुखवटा धारण करून आणले जाते. पूर्वरंग व उत्तररंग असे दोन भाग या खेळाचे असून मराठीतून चालणाऱ्या संवादातून पुराणकथा घेऊन आख्यान सादर करतात उत्तररंगात पुराणबद्दल वर्तमानकालीन संदर्भ येताना दिसतात.

दशावतारी खेळातील सोंगे व युध्ददृश्ये नृत्यात्मक,क्रियात्मक व शब्दात्मक असून आकर्षक असतात.परंपरेने चालत आलेल्या या लोकरंगभूमीवरील लोकनाट्याचे समाजाच्या दृष्टिने कार्यात्मक मूल्य महत्वाचे आहे. दशावताराचे स्वरूप पाहिले तर असे दिसते की,लोकरंगकर्मीना यातून कलात्मक आविष्काराचे समाधान मिळते. सर्जनाचा आनंद मिळतो. संगीत, नृत्य, नाट्य,मुखवट्याच्या संदर्भात शिल्प इत्यादी कलाविष्काराचा त्यात उत्तम मेळ असतो. गावातील समुहभावाचे जतन, आनंदोर्मीची अभिव्यक्ती, परंपरा सातत्य टिकविल्याचे समाधान व कलात्मक आविष्कारासंबंधी अभिमान जागा ठेवणे हे यातून सहजपणे घडते. त्यामुळे समाजजीवनातील अशा बाबींची अर्थपूर्णता टिकून असल्याचे दिसून येते. आजच्या विज्ञानाच्या युगात दशावतारी खेळासंबंधी संशोधन करण्याचा प्रयत्न केला जात आहे. दशावतारी खेळाचे प्रमाण एकीकडे कमी होत असताना दुसरीकडे त्याचे परिष्करण होऊन त्यात अधिक सफाई आणणे, ग्रामीण व नागर कलावंताना एकत्र घेणे, त्यातील विशेष एकत्र करून हा नाट्यप्रयोग सादर केला जात आहे. नागर रंगभूमीच्या प्रभावामुळे परंपरेने चालत आलेल्या या खेळात टाळ, झांज व पडदयांचा वापर, आधुनिक वाद्याचा वापर वेषभूषा व रंगभूषा, नृत्याचे आकर्षक पदन्यास, संवादाचे स्वरूप इ. बदलामुळे दशावतार लोकनाट्य आजही आपले अस्तित्व टिकवून आहे.

3) तमाशा (खडी गंमत):—महाराष्ट्राचा महत्वपूर्ण नोकनाट्य कला प्रकार म्हणून तमाशाचा (खडी गंमत) गौरवपूर्ण उल्लेख करावा लागतो. "तमाशा सुमारे 400 वर्षांपूर्वी महाराष्ट्रात अस्तित्वात आला. पेशवाईत दुसरे बाजीराव यांच्या काळात या तमाशाला राजाश्रय प्राप्त झाला. त्यांनी पहिल्यांदा व्यावसायिक महिला गायकांचा त्यामध्ये वापर केला. आज सर्वत्र महिलांचा सहज सहभाग दिसत असला तरी त्या काळी मात्र महिलांची भूमिका पुरुषाला करावी लागत असे. अगदी नाटक आणि चित्रपट ही क्षेत्रे देखील प्रारंभी महिलांसाठी व्यर्थ समजली जात असत.

तमाशाचे गण, गौळण, बतावणी व वगनाट्य असे भाग पडतात. तमाशा या लोकनाट्याचा प्रारंभ आद्य दैवत श्रीगणेशाला वंदन करून गण गायला जातो. पुढे गौळण या विनोदाच्या भागात मथुरेच्या बाजारात दही, दूध विकायला निघालेल्या गौळणींचा रस्ता अडविणारा श्रीकृष्णाच्या रुपातील साडी परिधान केलेला

विनोदी पुरुष धम्माल उडवून देतो.यानंतर तमाशात सूरू होतो काळानुरूप बदललेल्या विद्युत रोषणाईच्या प्रकाशात मराठी—हिंदी सिनेमातील विशेष लोकप्रिय गाण्यांचा कार्यक्रम आजच्या काळातील प्रेक्षकांची आवड व आजच्या काळाची गरज म्हणून तमाशात हा भाग समाविष्ट केला गेला व तमाशात त्याला महत्वपूर्ण स्थान प्राप्त झाले.

तमाशाचा मुख्य भाग म्हणजे वग होय.वग म्हणजे कथानक. सामाजिक,आर्थिक,राजकिय परिस्थितीवर आणि चालू घडामोडींवर अशी कथा असते. तमाशातील कलाकार कथेला अनुसरून वेगवेगळ्या वेषभूषा करून संबंधित पात्राच्या भूमिकेत संवादाच्या प्रसंगाला अनुसरून गाणी व नृत्य वापरून कथानक पुढे सरकत असते. प्रसंगी पोवाडा व विशेष करून लावणीचा बेमालूम वापर केला जातो.प्रणय, प्रेम, आराधना, विरह यासारख्या विषयावरील लावणी थेट हृदयाला भिडते."खेड्यात जत्रा,उत्सव, सण इत्यादी प्रसंगी लोकनाट्याचे जे प्रकार होत असत, त्यातील मुख्य प्रकार 'गंमत' या नावाने ओळखले जाते.त्या काळातील लोकांच्या अभिरुचीस पटणाऱ्या अशा मनोरंजनाच्या साऱ्या गोष्टी गंमत या सदरात येत असत. त्याला पुढे 'खेळ तमाषे'असे नाव पडले"आजच्या तंत्रज्ञानाच्या युगात गावोगावी आणि शहरात तमाशा खडी गंमतीचे दिमाखदार कार्यक्रम होताना दिसतात. पश्चिम महाराष्ट्रापासून तर पूर्व विदर्भापर्यंत तमाशाच्या बहारदार कार्यक्रमाची रेलचेल आहे.

4) संगीत बारी:—अशिललतेकडे झुकनारे माध्यम म्हणून कधी काळी तमाशाकडे पाहिले जात असे. मात्र जनजागृतीसाठी व लोकशिक्षणासाठी तमाशा हा प्रकार अत्यंत उपयुक्त ठरला आहे. विशेषतः शासनाच्या कुटुंब नियोजनाच्या प्रसारासाठी या माध्यमाची फार मोठी मदत झाली आहे.तमाशा हा लोकनाट्य प्रकार खडी गंमत म्हणून महत्वाचा आहे. अशिललतेमुळे कधी काळी महिलांना तमाशा बघण्यास बंदी होती. पश्चिम महाराष्ट्रात तमाशाच्या फडात स्त्रियांचे प्राबल्य जाणवते, परंतु पूर्व विदर्भात अजूनही स्त्रियांचा शिरकाव तमाशात झालेला नाही. स्त्री पात्राची भूमिका पुरुषच करीत आहे. हल्लीच्या काळात महिलांना तमाशा बिनदिक्कत पाहता येतो. तमाशा 'दौलत जादा' या प्रकारामुळे बदनाम ठरला असे असले तरी 21व्या शतकात व माहिती तंत्रज्ञानाच्या युगात तमाशा बघणाऱ्या प्रेक्षकांची अभिरुची बदललेली असल्याचे दिसते.

5) दंडार:— महाराष्ट्रात कित्येक शतकापासून लोकरंजनाबरोबर लोकउदबोधनाचे कार्य करणारा लोकनाट्य प्रकार म्हणून दंडारीकडे पाहिले जाते. "जनसामान्यांमध्ये प्रचलित असलेले परंपरागत नृत्यप्रकार म्हणजे लोकनृत्य होत. लोकमनाच्या स्वाभाविक वृत्ती, विशिष्ट आवडी निवडी, सामाजिक—भौगोलिक परिस्थिती, धार्मिक रितीरीवाज लोकांच्या दैनंदिन क्रियामधल्या हालचाली त्यांचे प्रतिबिंब दंडार या लोकनृत्यातून पाहवयास मिळते" हे लोकनृत्य लोकजीवनातून सरळ उत्क्रांत झालेले आहे. या लोकनाट्याला प्राचीन परंपरा लाभलेली असून बारसे, मावंदी, तेरवी, मंडई, बैलाचा शंकरपट, विविध सण उत्सवाच्या निमित्ताने दंडार सादर होते. दंडार लोकनृत्यात भाग घेणारे लोककलावंत नर्तक हे प्रशिक्षित, व्यावसायिक नसतात तर गावातील आपल्यातीलच माणसे असतात. साधारणपणे सामूहिक स्वरूपात हे लोकनाट्य सादर होताना मुख्यतः गावातीलच तालवाद्याची व लोकसंगीताची साथ मिळवितात. स्वाभाविक प्रकारचे हे नर्तन असून भडक व आकर्षक रंगाचे आधिक्य नर्तकांच्या वेशभूषेमध्ये असते. या लोकनाट्यात पुरुषच



स्त्री पात्राची वेशभूषा करून नर्तकीचे काम करतो. स्त्री पात्राचा सहभाग पूर्वापार परंपरेने टिकून आहे. परंतु खरी स्त्री दंडारीत नसते. दंडारीचे बैठी दंडार, खडी दंडार, परसंगी दंडार, भडकी दंडार व गोफाची दंडार असे प्रकार प्रचलित आहेत. कित्येक वर्षांपासून पौराणिक, धार्मिक, ऐतिहासिक, विषयावर लावण्या, पोवाडे, झडत्या गाऊन लोकांचे मनोरंजन व उद्बोधन करणाऱ्या या लोककलाप्रकाराने आजच्या बदलत्या युगात विविध सामाजिक, कौटुंबिक विषयाबरोबर राष्ट्रीय विषयावरील लावण्या गाऊन बदलानुसार आपले अस्तित्व सिध्द केले आहे. हे लोकनाट्य नैसर्गिक वातावरणात म्हणजेच उघड्या माळरानावर, गावाबाहेर, देवळाच्या मंडपात, दुकानासमोर, रस्त्यावर, वा पाटलाच्या आवारात सादर होते. "या लोकनाट्यात ढोलकी, टाहरा, तुणतुणा, झांज, डफ या वाद्याच्या मेळातच टिपण्यांचा तालबध्द ध्वनीही असतो." ही रंगमंचीय कला नव्हे त्यामुळे नुसते रंगमंदिरात बसून या लोकनाट्याचा आस्वाद घेता येत नाही.

लोकनृत्य लोकजिवनातून आलेली असतात. जीवनातील रितीरिवाजांचा, आचार विचारांचा, रूढीचा, लोकसंस्कृतीचा तसेच लोकांच्या दैनंदिन काम काजाचा प्रभाव या विशिष्ट लोकनृत्य शैलिला आहे. लोकनृत्य जिथे निर्माण होते व सादर होते तेथील भौगोलिक स्थिती, हवामान यांचाही परिणाम दिसतो तसेच लोक ज्या भूमीवर नृत्य करतात त्या भूस्वरूपावरूनही लोकनृत्यांच्या शैली नियंत्रित होतात अर्थात हे परंपरेने ठरलेले असते. लोकनृत्यांची अशी पार्श्वभूमी लाभलेल्या या लोकनाट्य प्रकाराचा आस्वाद घेताना तेथील नैसर्गिक व सामाजिक वातावरणाशी एकरूप होऊन, स्वतः त्यात सहभागी होऊन आस्वाद घेणे महत्वाचे ठरते. दंडार या लोकनाट्याने आजच्या वैज्ञानिक व तंत्रज्ञानाच्या युगातही आपले अस्तित्व टिकविले आहे.

6) लळीत:—लळीत म्हणजे मंगल गाणे. नवरात्र किंवा धार्मिक प्रसंगी ईश्वरभक्तांची सोंगे आणून खेळ सादर केले जातात. लिळताचे प्रारंभीचे स्वरूप केवळ गीतात्मक होते. लिळताचा मूळ उद्देश वेदांतोपदेश हा होता. त्यात काही लोकरंजनासाठी सोंगे आणली जात. आजच्या युगात साधारणतः नवरात्राच्या शेवटच्या दिवशी किंवा उत्सवाच्या शेवटी धार्मिक लीला सादर केल्या जातात. लिळत हे किर्तनाशी एकरूप झालेले दिसते. मथुरेची ब्रजविहार परंपरा, बंगालची कृष्णलीला नाटके, कर्नाटकातील भागवत नाटके व महाराष्ट्रातील लळीते यात बरेच साम्य आहे.

7) भारुड:— भारुडाचे बीज लळीतामध्ये आहे. भालेदार, छडीदार, वासुदेव, दंडीगाण, गोंधळी, वाघ्यामुरळी, बहिरा, मूळा, आंधळा अशी विविध सोंगे भारुडामध्ये घेतली जातात. महाराष्ट्रातील भारुडामध्ये संत एकनाथांच्या भारुडांनी सर्वश्रेष्ठ स्थान मिळविले आहे. एकनाथांनी विविध विषयांवर आधारीत सुमारे 350 हून अधिक भारुडे लिहिली आहेत. आध्यात्मिक विषय घेवून प्राणी व पक्ष्यावरील रूपकात्मक रचना करणारे व लोकशिक्षण देणारे एकनाथ महाराज खरे समाजशिक्षक होत. आजच्या वर्तमान काळात भारुड लूप्तप्राय होत आहे.

8) पोवाडा:—पोवाडा म्हणजे विरांच्या पराक्रमाचे, विद्वानांच्या बुध्दीमत्तेचे, सामर्थ्याचे गुणकौशल्याचे काव्यात्मक वर्णन किंवा स्तुती होय. "ज्या प्रमाणे शृंगाराशिवाय लावणीची मजा नाही त्याप्रमाणे विररसाशिवाय पोवाड्याला बहार नाही" शिवशाहीपासून वीररसाने श्रोत्यांना रणांगणातील ओजाचा अनुभव घडविण्याचे अलौकिक

कार्यविररसपूर्ण पोवाड्याने केले. अंगावर रोमांच उभे करणारा, मनात चैतन्य जागवणारा व इतिहासाला जिवंत करणारा लोककलेचा प्रकार होय. डफ, तुणतुणे यासारख्या वाद्यांचा वापर करून शाहीर पोवाडा सादर करतो. पाठीमागे हेल काढणारा, साथ करणारा साथीदारांचा ससमुह असतो. खड्या व पहाडी आवाजात म्हटला जाणारा हा पोवाडा प्रत्यक्ष घटना, प्रसंग डोळ्यासमोर उभे करतो. पोवाडा सादर करणारा शाहीर याप्रसंगी विशिष्ट पेहरावात असतो. कुर्ता, पायजामा किंवा धोतर, अंगात जॅकेट आणि डोईवर फेटा असा त्याचा रुबाब असतो. काही वेळा त्याच्या हातात डफदेखील असतो. इतिहास घडविणाऱ्या अनेक राजे महाराजांची चरित्रे वाचूनही ज्या गोष्टी मनःचक्षूपर्यंत पोहचत नाहीत, त्या केवळ पोवाड्याच्या माध्यमातून साध्य होतात असे म्हटल्यास ते वावगे ठरू नये. घडून गेलेल्या घटनांची क्रमवार मांडणी पोवाड्याच्या माध्यमातून शाहीर करीत असतो. इतिहासात अजरामर झालेल्या अनेक व्यथांचा जीवनपट आणि त्याच्या शौर्याच्या गाथा पोवाड्याच्या माध्यमातून शाहीरांनी अमर करून ठेवल्या आहेत.

तरुणांमध्ये स्वातंत्र्याचे स्फूर्तिग चेतविण्यासाठी, वीरश्री निर्माण करण्यासाठी आणि त्यांच्यासमोर चांगले आदर्श प्रस्थापित करण्यासाठी पोवाड्याचे योगदान मोलाचे आहे. एवढेच नव्हे तर, एखाद्या सामाजिक, राजकीय, आर्थिक विषयावर किंवा चालू घडामोडींवर नेमके भाष्य करण्यासाठी आजही पोवाडा हा लोकनाट्य प्रकार उपयुक्त आहे. राजाश्रयामुळे बहरलेली ही शाहीरी कला लोकाश्रयामुळे विलक्षण लोकप्रिय झाली आहे. स्वातंत्र्यपूर्व तसेच स्वातंत्र्योत्तर काळात ग्रामीण जनतेचे उद्बोधन करण्यासाठी या लोकनाट्याचे स्थान अत्यंत वरच्या दर्जाचे राहिले आहे. भारत सरकारच्या अनेक प्रकारच्या शासकीय योजना लाखो रुपये खर्चूनही सर्वसामान्य जनतेपर्यंत पोहचविणे शासनाला शक्य झाले नाही ते काम पोवाडा लोकनाट्याने सहजगत्या केले आहे.

9) गंगासागर:—महाराष्ट्रातील काही जिल्ह्यात गंगासागर ही लोककला प्रचलित असून त्यात गंगासागर हे पात्र केंद्रबिंदू असते. 20 ते 25 कलावंत ही कला सादर करतात. त्याला पौराणिक लोककथा व नाट्यात्मकतेची जोड असते. लौकिक आणि अलौकिक अशी संमिश्र कथा असून जीवनाचा वेध घेणारी कारुण्यमय कहाणी असते. लिखित अशी संहिता नसते. गंगासागरच्या कथानकातून आदर्श जीवन, युध्दवर्णन, राणीचा वनवास, धर्माचरण, पातिव्रत्य, फसवेगीरी, मित्रप्रेम असे विविध विषय सादर केले जातात. शिपाई, गुराखी, ज्योतिष्य, चमडी—दमडी, म्हातारी इत्यादी पात्राद्वारे विनोद निर्मिती केली जाते. लोकरंजनाचे महत्वपूर्ण कार्य गंगासागर या लोककलेने केले आहे.

10) भिंगीसोंग (बहुरूपी):— आपल्या कलाचातुर्याने विविध प्रकारच्या रुपात वावरणारा बहुरूपी हा लोककलेचा आणखी एक प्रकार ग्रामीण भागात विशेषतः सुगीच्या काळात निरनिराळे पोशाख करून व वेगवेगळी रूपे घेवून हा बहुरूपी अतिषयोक्तीपूर्ण बातम्या सांगत आणि विविध प्रकारचे आवाज काढून प्रसंगी धमकावणी देवून लोकांचे मनोरंजन करणारा बहुरूपी गावोगाव भटकतो. खास करून पोलीस हवालदाराचे रूप घेवून असणारा बहुरूपी आजही दिसून येतो. पूर्वीच्या काळी बहुरूपी रूपे घेवून शत्रूच्या गोटात पिरून गुप्तपणे वित्तबातमी काढण्याचे काम करण्यासाठी अशा प्रकारची खास बहुरूपी माणसे असायची. पोलीस खात्याला सुध्दा अनेक प्रसंगी या बहुरूप्यांची मोलाची मदत झाली आहे. असा हा बहुरूपी

आजही आपल्या लोककलेचा वारसा जपतांना दिसतो.

11) वासुदेव:—पहाटेच दान पावलं SS दान पावलं SS असे गात नाचत नाचत स्वतःभोवतीच प्रदक्षिणा घालणारा वासुदेव खेडयापाडयातल्या बाळगोपाळांच्या आकर्षणाचा विषय. उंच निमुळती मुकुटाच्या आकाराची मोरपिसाची टोपी डोक्यावर ठेवून घोळदार अंगरखा घालून काखेत झोळी, गळ्यात कवडयांची माळ, पायात चाळ, हातात चिपळया—टाळ अशा वेशात हा वासुदेव गावात घरोघरी येतो. परमेश्वराचे नामस्मरण आणि रामप्रहाराचे वर्णन करित भल्या पहाटे हा वासुदेव गावाला उठविण्यासाठी पूर्वी येत असे. आज महाराष्ट्रात काही ठिकाणी या वासुदेवाला पांगुळ असे संबोधले जाते. कुणीही पसाभर धान्य दिले की, वासुदेव आनंदाने एखादे गाणे म्हणतो. विशेषतः श्रीकृष्णाच्या संबंधी गाण्याचा अंतर्भाव असतो. हे धान्यरूपी दान तो आनंदाने स्विकारतो. आपल्या पूर्वजांचे नाव घेऊन दानरूपी प्रबोधनाचे कार्य व करमणुक वासुदेव करतो. आजही वासुदेव खेडयात व शहरात आपले समाजाप्रती असलेले महत्त्व व अस्तित्व टिकवून आहे.

12) वाघ्या मुरळी:— महाराष्ट्रात ज्ञात असणारा लोककलेचा एक प्रकार म्हणजे वाघ्या मुरळी होय. वाघ्या आणि मुरळी म्हणजे पुरुष आणि स्त्रीची दोन रूपेच होत. एखादया जोडप्याने जेजुरीच्या खंडोबालाकेलेल्या नवसामुळेमूल झाले तर ते देवाला म्हणजेच खंडोबाला वाहीले जाते. त्यालाच वाघ्या मुरळी म्हणतात. खंडोबाला अर्पण केलेला नवसाचा मुलगा 'वाघ्या' व मुलगी 'मुरळी' समजली जाते. ही वाघ्या मुरळी खंडोबाची गाणी म्हणत लोकांचे मनोरंजन व प्रबोधन करित भिक्षामागत फिरतात. ग्रामीण भागात जागरण गोंधळ घालण्याचे काम देखील ही मंडळी करतात. पश्चिम महाराष्ट्रातव कर्नाटकात हा लोककला प्रकार आढळतो. जेजुरीच्या खंडोबारायाची स्तुती करणे, समाजाचे प्रबोधन करणेच त्याचवेळी लोकरंजन करणे हे कामदेखील वाघ्यामुरळी या लोककला प्रकाराच्या व्दारे केले जाते हे विशेष.

13) गोंधळ:—देवीच्या नावाने गोंधळ करणाऱ्या लोकांना गोंधळी म्हणतात. गोंधळाचे दोन प्रकार आढळतात एक देवीचा गोंधळ व दुसरा साधा किंवा कथासार गोंधळ. देवीची पूजा बांधणे म्हणजे देवीच्या नावाने गोंधळ घालणे होय. गोंधळ घालण्यासाठी संबळ या वाद्याचा वापर केला जातो. अंगात मखमली अंगरखा, डोक्यावर कंगणीदार पगडी, गळ्यात कवडयांच्या माळा असा त्याचा वेश असतो गायन व स्तवन करून एखाद्या लोककथेच्या आधारे तो कथा सांगत निरूपन करतो. त्याला तुणतुणे वाजवून दुसरा एकजना साथ करित असतो. हा गोंधळ समाजप्रबोधनाबरोबरच मनोरंजन करणाराही लोककलेचा एक प्रकार आहे. वर्तमान काळात गोंधळाचे कार्यक्रम प्रसारमाध्यमांतून सादर होतात तसेच धार्मिक विधीच्या वेही गोंधळाचे कार्यक्रम होत आहेत त्यामुळे गोंधळ या लोकनाट्याचे महत्त्व अबाधित आहे.

14) भुत्या:— पश्चिम महाराष्ट्रात भुत्या नावाचा देवीचा उपासक भिक्षा मागणारा होय. पायात विजार, अंगात मोठा झगा, डोक्यावर कवडयाची शंकूच्या आकाराची टोपी, कमरेला कवडयाचा पट्टा, खांदयावर लटकवलेली तेलाची बुदली, काखेत झोळी, छातीवर पितळी टाक, गळ्यात हळदकुंकवाची पिशवी, हातात जळता चिंध्याचा पोत अशा पोशाखात भुत्या नावाचा देवीचा उपासक भिक्षा मागत फिरतो. सामान्यपणे मंगळवार व शुक्रवार तसेच नवरात्रामध्ये हे भुते दिसतात. समाज प्रबोधनाबरोबरच मनोरंजन करणारा असा हा

लोककला प्रकार आहे. मात्र सध्या असे भुते दिसणे खूपच दुर्मिळ झाले आहे. त्यांचे जतन करणे गरजेचे आहे.

15) कळसूत्री बाहुल्यांचा खेळ:—जत्रा, यात्रा या ठिकाणी, पौराणिक, ऐतिहासिक व सामाजिक घटनांच्या आधारे बाहुल्यांचे खेळ सादर करण्याची प्रथा फार पूर्वीपासून चालत आलेली आहे. कथानकाच्या आधारे वेगवेगळी पात्रे, पोशाख, रंगभूषा ठरवून बाहुल्या बनविल्या जातात. त्यांना न दिसणारा काळा दोरा बांधून संगित व निवेदनाच्या आधारे नाचविले जाते. हल्ली दूरचित्रवाणीवरील विविध वाहिनयांवरही हे खेळ दाखविले जातात. आबालवृध्द साऱ्यांनाच भावणारा हा खेळ समाजातील अनिष्ट रुढी, परंपरा, राजकिय घडामोडींवर नेमके बोट ठेवतो. समाज प्रबोधनासाठी आजही या खेळाचा वापर होतांना दिसतो.

16) डायका:— या भूतलावर मानवाने कल्याण व्हावे, या करिता कथा, पुराण, भजन, कीर्तन, जप, तप, पुजा, आरती अशा प्रकारे ईश्वर भक्तीचे साधन असून यातीलच एक भाग डहाका अहे. भगवान शिवशंकराचे आवडते शस्त्र त्रिशूल असून त्यावर डमरू शोभायमान दिसत असतो. डमरूपेक्षा आकाराने मोठया असलेल्या वाद्याच्या साथीने धार्मिक विधीनाटये गीत गाऊन केले जातात. डमरू हातात घेऊ वाजविला जातो तर डहाका हे वाद्य पायावर घेऊन हाताने वाजविले जाते. आपल्या परंपरागत दंडकाचा भाग म्हणून विवाह, बारसे किंवा मर्तिक अषा प्रसंगी देवीला गोंधळ घालण्याचा तसेच डहाका गायन करण्याचा विधी केल्या जातो. डहाकाची गाणी म्हणणारे बहुदा कुंभार जातीचे लोक असतात परंतु अलिकडे ढिवर, केवट (कोळी) भणारा जातीचे लोक डहाकाचे कार्यक्रम सादर करतात. विदर्भात नागपंचमी यात्रेवरून वापस आल्यानंतर, गणपती उत्सव, नवरात्री दुर्गा उत्सव, दिवाळीला लक्ष्मी उत्सवात, मुलाच्या बारषाच्या प्रसंगी, तेरवीच्य प्रसंगी तसेच विविध धार्मिक प्रसंगी आजही डहाकाचे विधीनाटये होत असतात. लोकजीवनात, लोकपरंपरेत, लोकधर्मात आणि देवधर्मात मोलाचे स्थान असलेल्या डहाका हा आदिशक्तीच्या उपासनेचा एक प्रकार आहे. आजच्या प्रसार माध्यमांच्या प्रभावामुळे हळूहळू क्षीण होत असले तरी या विधीनाट्याचे अस्तित्व कायम आहे.

समारोप—

या लोकनाट्य प्रकाराबरोबरच बरोबरच रामलिला, रासलिला, यक्षगान, कथकली, चित्रकथी, भावगीत, गायक, भाट, नौटंकी, जत्रा, भावई, सण, उत्सव, करपल्लवी, यासारख्या अनेक लोकनाट्य, लोककला प्रकाराचा वापर महाराष्ट्र तसेच देशाच्या अन्य भागामध्ये कमी—अधिक प्रमाणात होतांना दिसतो. ही सारी लोकनाट्य त्या त्या काळामध्ये लोकशिक्षण व मनोरंजनाच्या हेतूने वापरल्याचे दिसून येते.

निष्कर्ष—

आधुनिक विज्ञान माहिती तंत्रज्ञानाच्या युगात आणि विद्युत व इलेक्ट्रॉनिक माध्यमांच्या जमान्यात प्राचीन काळापासून जोपासले गेलेले हे सर्व लोकनाट्य प्रकार काळाच्या ओघात मागे पडत आहेत. ज्या काळात प्रसार माध्यमे अस्तित्वात नव्हती त्या काळात तसेच प्रसारमाध्यमांच्या अगदी प्राथमिक अवस्थेत या लोकनाट्यानी समाजाशी संवाद साधून प्रसार माध्यमांची भूमिका पार पाडलेली आहे. आज अत्याधुनिक प्रसार माध्यमे विकसित झाली असली तरी



लोकभाषा निर्माण करुन आणि त्या भाषेच्या माध्यमाचा वापर करुन लोकशिक्षण, समाजप्रबोधन व मनोरंजन याच लोकनाट्यांनी अत्यंत प्रभावीपणे केलेले आहे. 21व्या शतकात या लोकनाट्याचा वापर केवळ कमी होतांनाच दिसतो आहे, असे नव्हे तर यातील काही लोकनाट्या नामशेष होण्याच्या मार्गावर आहेत. भारतीय विशेषतः महाराष्ट्रीयन संस्कृतीचा हा पारंपारिक ठेवा आजच्या घडीला जपणे गरजेचे आहे. या लोकनाट्यांची उपयुक्तता वर्तमान काळात काही प्रमाणात संपल्याचे जाणवत असले तरी आपल्याला त्यांचे जतन करणे गरजेचे असून आजच्या माहिती तंत्रज्ञानाच्या व परिवर्तनाच्या युगात सर्व लोकनाट्याची जपणूक करुन ती टिकविणे

अत्यंत आवश्यक आहे.यासाठी भारत सरकारने शासन स्तरावर दखल घेतली आहे. लोककलांचा आणि लोकनाट्यांचा हा अनमोल ठेवा टिकावा त्याचे जतन व संवर्धन व्हावे यासाठी शासन स्तरावर आजच्या घडीला जोरकस प्रसत्न सुरू आहेत. विविध लोकनाट्यांचे कार्यक्रम भारतातील विविध राज्यांमध्ये होत असून शासनाने पुढाकार घेऊन विविध संस्थांच्यामाध्यमातून कार्य करणे हाती घेतले आहे. त्यामुळे अनेक लुप्तप्राय लोककलांना नवसंजिवनी मिळाली आहे.. भविष्यात शासनाला आणि आपणाला लोकनाट्याकडे सकारात्मकतेने बघून आपले अनमोल सांस्कृतीक संचितांचे संवर्धन करणेआवश्यक आहे.

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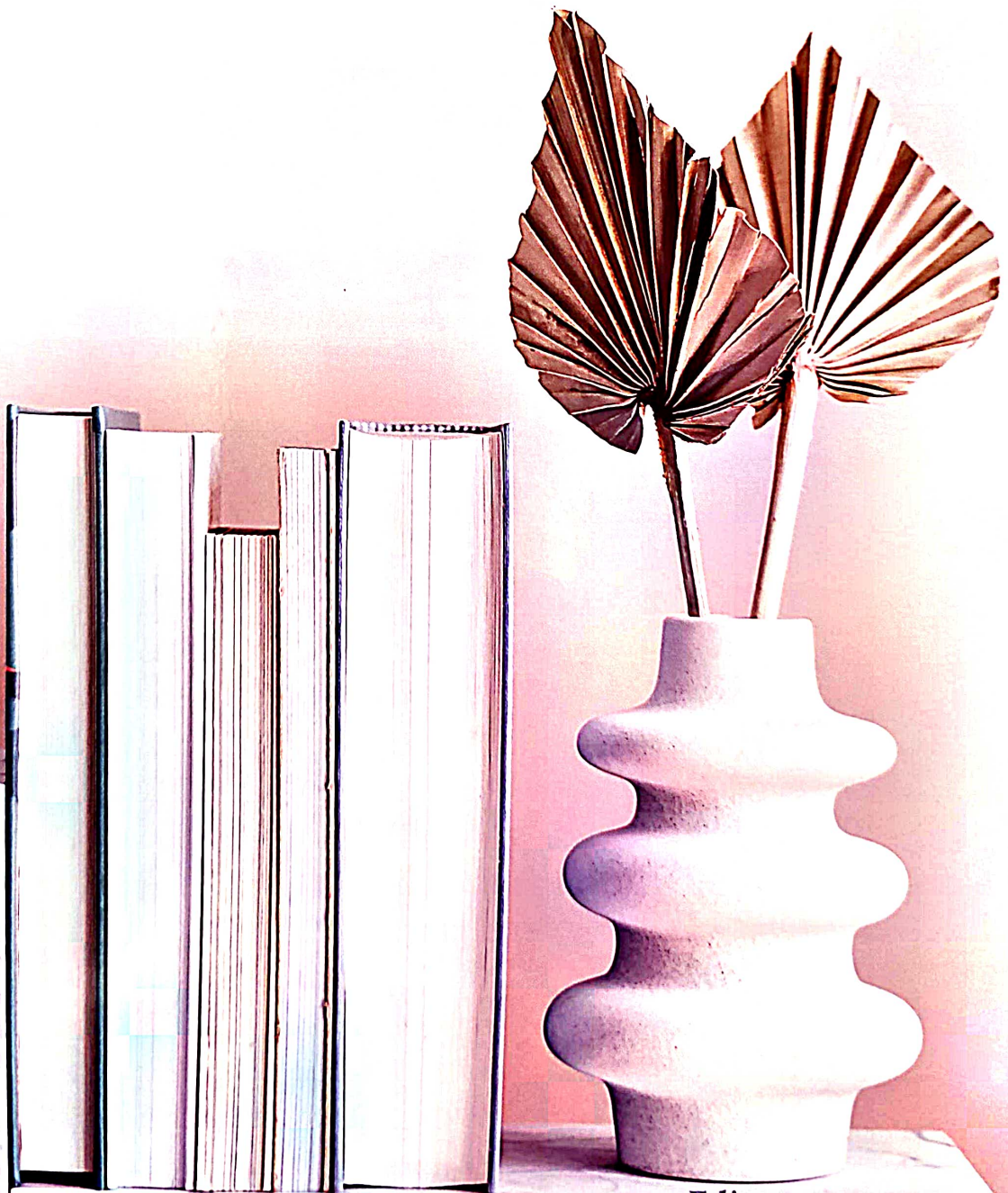


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Toni Morrison: An Overview of Her Writings

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Abstract:

Literature is a social mirror that reflects the culture, history, and socio-political issues of distinct periods. Books have the rare ability to influence lives by weaving characters to whom we can relate - their hardships, tribulations, and accomplishments become our own. Morrison's work emphasises racial injustice and its devastating effects. Her writings are based on her real-life experiences in the poorer parts of the African American society, as well as her own childhood experiences and observations. She has highlighted the difficulties and issues of African Americans in her writings. Her writing has severely upheld the political agenda by engaging in identity politics for social transformation. Her novels function as an open debate between black and white US citizens about slavery and freedom, enlightening the reader on the reality of slavery.

Keywords: African-American, novels, culture, black, women, social, writings

INTRODUCTION

Literature is an effective means of restoring black people's suppressed capacity of expression and speech, as well as promising a trend reversal and the reconstruction of womanhood. After the American Civil War, women experience double persecution, first for being female and then for being black. Approach of the author of Black writings, towards life and

language, is shaped by a complex blend of social and cultural elements. Morrison attempts to show the explicit and continuous series of struggles that blacks have had against the exploitative inclinations of Whites. Morrison offers a fresh perspective on American history and their battles to reinvent themselves in their respective cultures.

Toni Morrison, who was born and raised in Lorain, Ohio, earned a B.A. in English from Howard University in 1953. In 1955, she received a master's degree in American literature from Cornell University. After her marriage, she returned to Howard University in 1957, and raised two children until divorcing in 1964. In the late 1960s, Morrison became the first black female fiction editor at Random House in New York City. Throughout the 1970s and 1980s, she established her own reputation as an author. In 1998, her novel *Beloved* was adapted into a film. Morrison's books are renowned for confronting the severe effects of racism in America.

Toni Morrison was the first African-American woman to secure the Nobel Prize in Literature, in 1993. She was the ninth woman to accomplish so, and the first black woman. Her books have received both the National Book Critics Circle Award (for *Song of Solomon*, 1977) and the Pulitzer Prize (*Beloved*, 1987). She has received the Condorcet Medal, National Humanities Medal, Coretta Scott King Award, and Enoch Pratt Free Library Lifetime Literary Achievement Award.

Women have long been subjected to exploitative treatment and grave injustices just because of their gender. Despite technological advancement, things haven't improved much in the twenty-first century.

Most women are unaware that they, too, have a distinct identity and deserve to live a dignified life. They have become so accustomed to oppression that it has practically become a way of life for them. They must be cognizant and aware of the reality that they must carve

out their own place while maintaining their individuality and dignity. When women fail to do so, they just stagnate and become pawns in the hands of men, where they are easily manipulated. The majority of the female protagonists of Morrison experience this phase and are unable to free themselves from the traumatic situations that surround them.

Women must be aware of what is happening to them and understand that they are losing their individuality and dignity. Once they are conscious, they can choose the course that will lead to self-actualization. Women must strengthen their self-concept by focusing on their own inherent and essential traits, rather than rejecting themselves as weak and inadequate. Solutions created by one's own work, depending on one's circumstances and situations, will be more permanent than those provided by others. Thus, the study of Morrison's literature will inspire people in the underprivileged sections of society to speak out against injustice.

Toni Morrison has acquired a remarkable reputation in American Literature through her dedication to supporting Black culture, which deserves to be recognised. She fights for the plight of women in a gendered and racialized hegemonic culture for its unjust oppression of African-Americans by raising awareness and strengthening the values of black cultural heritage through literary representation in a world where Blacks were kept deprived of equality and freedom by the Whites. Morrison hopes to recreate the black image based on her own experiences. The richness of Black culture encompasses black language, music, myth, and rituals.

Ancestors of Toni Morrison were slaves, and she herself faced racial prejudice. Her works depict black people and their experiences in America. Morrison's writing is firmly based in African-American cultural tradition. Afro-Americans have traditionally been regarded

second-class citizens and have been ostracised. Morrison depicts the anguish of being black, the viewpoint of a black female writer on black female experience, and the revolution against hegemonic standards of domesticity, subservience, nurturance, and sexuality. Morrison depicts the patriarchal American society's treatment of black women in America.

Morrison's writings are based on her real-life experiences among the poorest parts of the African American society, as well as her own childhood experiences and observations, while investigating the challenges of sustaining a sense of black cultural identity.

Toni Morrison has acquired a remarkable reputation in American Literature through her dedication to supporting Black culture, which deserves to be acknowledged. She fights for the plight of women in a gendered and racialized hegemonic culture for its unjust oppression of African-Americans by raising awareness and strengthening the values of black cultural heritage through literary representation in a world where white Americans denied blacks equality and freedom. Morrison hopes to recreate the black image based on her own experiences.

Morrison's characters are usually caught ironically between two worlds, maybe because being caught between is a feature of the African-American experience. Many of the protagonists in Morrison's story do not even own their own bodies after being thrust into a new world, pushed into a predicament, and sold into slavery. The characters only exist as owned items.

This issue appears in many of Morrison's novels—the idea that the African-American community has lost its cultural identity as a result of a bargain struck with the White community. In other words, the black community has chosen to become culturally white through the consumption of products and patterns of behaviour in exchange for what it thinks to be social parity, but this dream of cultural equity is

just that, a fantasy fostered by both the black and white communities.

In Morrison's novels, true freedom is defined as thinking for oneself and relishing one's own existence. Women were pulled closer to household circles throughout the initial stages of industrialization. Her women folk represents both tradition and revolt. Toni Morrison discusses the shifting roles of women in the twentieth century.

Through their literary works, black women are articulating and attempting to define themselves. Toni Morrison is a black feminist pioneer. She raises the consciousness of black Americans, particularly feminists, to embrace themselves, their race, and their culture rather than being swayed by American culture and colour. Black Americans can only survive if they place more emphasis on the aforementioned factors.

To go beyond their marginal status as objects and appendages to the greater culture, Morrison's characters flip societal paradigms by rejecting the dominant discourse's cultural inscription on them. Her characters break free from that discourse by reinventing themselves as subjective entities and establishing a new vocabulary in which to define themselves.

CONCLUSION:

Morrison's writings are based on her own life experiences and insights. She has highlighted the difficulties and issues of black Americans in her writings. Morrison explains the prejudices and racism faced by African American women, as well as their battle based on racial prejudice, and exposes long sequence of struggles against the exploitative inclinations of the Whites. Morrison offers a fresh perspective on American history and their fight to reinvent themselves in their respective worlds.

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Women's Voice in the Poems of Sylvia Plath

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Abstract:

Women share equal rights and responsibilities in the society but unfortunately they suffer a lot on account of their gender. Since time immemorial women have been subjected to innumerable atrocities in the society. Sylvia Plath has been a prominent figure in 20th century American literature. She was the one who gave voice to the sufferings of women in her works. She is a well known literary figure all over the world for writing on womanhood. She was a leading figure of the feminist literature of 1960s. In her work she wrote about women, their sufferings, their search for identity and their struggle to lead a happy life. Present paper discusses some of her poems in which she has shown the condition of women in the society. She very minutely delineates their problems in her poems like 'Jailor', 'Lady Lazarus', 'Mushroom', 'The Applicant' etc. These poems are presenting the miseries of women which Sylvia Plath herself has faced in her life.

Keywords: Patriarchal, Women, Feminism, Oppression, Restrictions

Sylvia Plath wrote a number of poems, presenting the image of women and their struggle. Her individual experiences and her struggle against the restrictions forced on her encouraged her to raise her voice against the patriarchal society. She was a good writer from the beginning but because of the male dominance, she has to struggle hard to identify



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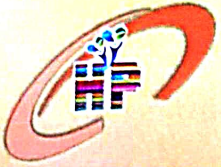


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SOCIAL REALISM IN THE POEMS OF MEENA KANDASWAMY

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Abstract:

In her literature, Meena Kandasamy exposes the drudgery of casteism and its consequences. All of her literature voices filled with fire as it projects out the anger in the mind of the Dalit communities. 'Dalit literature' is mixed with Indian as it is an offshoot on evil caste system that prevailed since time immemorial in this county. In spite of the abolition of the caste system by the constitution of India, it is still existed and practiced in many walks of life, with its ever dominating influence on the minds of its people. It may be compared with the practice of slavery in America and racism in Africa. The writings that emerge out as an explosion against casteism is Dalit literature. The literature of Meena Kandasamy flourished from these margins of the caste code dedicated since time immemorial. She harnesses her voice not only to give vent to the atrocities inflicted on the Dalits, but also to signify the anger that is boiling within their hearts as a reaction to these evil practices.

Keywords: Dalit, family, caste, India, community, women, Hindu, poems, people

Meena Kandasamy is the reputed radical feminist poet. She has hammered the male-dominated family structure and man-woman relationship. She never advocated the polygamy and patriarchal nature of the Indian culture. She favoured the matriarchal family structure for

Indian society. Her wrath and hatred against caste hierarchy and patriarchal nature of Indian society is remarkably echoed in many of her verses wherein she put forth her feminist approach very aggressively and provides valuable ideology on the issue of the social identity of the underprivileged section of the society. Kandasamy, with the help of bold language, give vent to her hatred against the caste hierarch and prevailing patriarchal views in the Indian society. She has used the revolutionary words in her verses to motivate people from Dalit community

The people from the higher caste community take it granted that the women from Dalit community are all-time available for them, for any kind of services, irrespective of her marital status. This dominant section enjoys the privilege to harass women from Dalit community. They harbour no sympathy towards such women-folk. Moreover, the exploitation of any girl from Dalit community is an entertaining subject of gossiping for them.

Due to casteism, the people in India compel to follow the framework of caste hierarchy to preserve odd social order. The ideology in the holy scriptures of Hindu has strengthen the practice of inequality in different spheres. Since time immemorial the existence of Dalit people is underestimated by the people of higher caste. Due to which, authors from Dalit community give vent to their anger against the Hindu ideology and its inhumane behaviour. Likewise Kandasamy also voices her revolutionary thoughts in her verses. Kandasamy thinks that there is a need of social revolution for ensuring the equal distribution of national resources and to build Indian society without any caste system. The influence of constitutional values have a wide impact to establish equal socio-economic and political structure without the caste hierarchy. Consequently, the ideology of liberty, equality, fraternity build the more powerful nation in the world. But socio-political spheres in India still

fail to implement these ideologies. The upper caste people favour monarchy and domination of the people of lower caste. They want to keep the people of lower caste in total ignorance and thus make them economically and financially weak. They also favour inequalities and discriminations and bizarre conditions prevailing in the social fabric of India, for which, they can go to any level against the people of lower caste. The fact is exposed by Kandasamy in her poetry entitled "Rebuild Worlds".

Hierarchy in the caste system is like an ideological poison which is widely used by the Hindu religion in which odd practices and mentality are prevailing—like Higher Caste and Lower Caste; Main caste and Sub-caste, touchable people and untouchable people, superior class and inferior class which practices odd. These bizarre practices are advocated by the Holy Scriptures of Hindu religion, by this they are simply milking the system of caste-hierarchy in India. The concept of four "Varnas" is a man-made thing with no social base. Kandasamy explained this touch taboo in her anthology of poem "Touch".

Women-folk in Dalit community suffers from various severe health issues because of lack of hygiene, scarcity of food and no effective medical facilities. It is very aptly projected through the case of Chinnamma who died during the difficulties emerge in her childbirth as a consequence of using an agricultural sickle to cut her umbilical cord. If they require certain medication, the same is denied because they are from lower caste. Women folk from Dalit community are frequently the victims of sexual abuse on behalf of their caste. Sexual exploitations highlight only on gender, not paying much attention towards many aspects and variables that intertwine with the issue of genders like caste and class. They are the victims of threatening, rape, naked parade, verbally harassed and their lives are spoiled by the upper caste men. It can be observed in the matter of an unnamed

fourteen-year-old girl who is pulled out from her grandmother's home and is inhumanely gang-raped throughout the night by the landlords.

"Touch" is the first anthology of poetry composed by Kandasamy, which consists of 84 poems. With the help of these poem, Kandasamy explores the history and culture of India. Her verses boldly pen-pictured the predicament of Dalit people, which is currently prevailing in modern India, too. Her verses handle the theme of caste discrimination, patriarchy, exploitation and subjugation of women from Dalit community. In her poem "Ekalavya", she boldly portrays the historical interpretation of Dalit exploitation by higher caste community. Guru Dronacharya was the teacher who taught Pandavas the art of archery, but when Ekalavya was learning archery assuming the clay-idol of Dronacharya as his "Guru", Dronacharya demanded his right thumb as a "Guru-Dakshina", thus Dronacharya discouraged Eklavya, only to favour Arjuna, from becoming the best archer in the world. Thus, Dronacharya schemed conspiracy against "Ekalavya". Just like that, in the current era, there are so many educational institutions which demand huge donations to keep away poor lower caste students from the main stream of social order.

"Ms Militancy" is Kandasamy's second collection of poems which consist of forty-one poems. Kandasamy re-narrates the mythology of Tamil-Hindu culture through a feminist point of view. For example, in one of her poetries, she gives a background for two mythical women. She speaks about "Sita" and "Shoorpanaka". "Sita" composed by Kandasamy disobeys the patriarchal rules and regulations framed by the Hindu religion. Her "Sita" is not in a mood to love her husband as he betrayed her and failed to protect and rescue her within a short period of time. So, she wishes to take revenge upon her cunning husband. She has lost her chastity due to the kidnapped. In "Ms Militancy", Kandasamy raises voice in favour of downtrodden women-

folk from Dalit community. The title "Ms Militancy" is very apt which suggests the revolutionary and courageous voice of Dalit community against the patriarchy prevailed in India, against the superstitious ideas and the age-old orthodox ideologies inflicted upon the lower caste woman by the Hindu dominant society having patriarchal approach.

In the current era, our country is enjoying the privilege of advancement in science and technology, even though lower caste community is deliberately excluded from the main stream of the society. The caste hierarchy in disguise is still prevailing in the social framework of India. All the functioning of Indian social order are based on the caste hierarchical system. Even the residential pattern in India is highly influenced by the casteism. This evil side of Indian social system is highlighted by Kandasamy in her poem "Shame".

The poem entitled "One-eyed" from the anthology "Ms Militancy" illustrates the response of the society on the dreadful violence imposed on the people of Dalit community. It is also a short analysis of the life-history of Dalit people. The words such as 'pot' 'water' and ' parched throat' indicate the struggle of Dalits even for the fundamental needs of life which were under the authority of upper caste people. The poem tries to put forth that instead of supporting the victim, the school criticizes the victim for involving the foul incident. This poem especially exposes the tragic episode that may have happened due to Dalits demanding their rights on drinking water. Kandasamy sarcastically employs the word touchable water interpreting the dichotomy established between inanimate elements also in terms of caste. The poem speaks about a small girl named as Dhanam who, after feeling thirsty, drinks water from a pot with her 'clumsy hand'. Under the practice of untouchability, this Dalit girl was punished for drinking the 'touchable water'. Lines in the poem show the atrocities inflicted

on Dalits for touching even an inanimate object that belongs to higher-caste people. Dhanam receives slaps for drinking water and she, unfortunately, loses her one eye for consuming the water belongs to the upper-caste touchable people. Here, one can cherish the same episode occurred in Karamachedu regarding the issue of drinking water. The poem entitled "Liquid Tragedy: Karamachedu 1985" included in the anthology namely "Touch", recreates the massacre in Karamachedu which occurred in 1985 in the state of Andhra Pradesh. The higher-caste men (Kammas) murdered six Dalit-men (Madiga) and raped Madiga women. The notorious massacre happened when a Madiga women opposed the upper caste men for cleaning off the dirty buffaloes in the pond which was utilized by Madigas for drinking water. In this poem Kandasamy raises a question as to whether it is justified to suppress the voices of the Dalit people. She also criticizes the non-violence movement advocated by Mahatma Gandhi expressing that it was Dalit people who had to tolerate the burning outcomes of such movements and higher-caste people enjoyed its fruits. While composing the poem "Mohandas Karamchand" she addresses Gandhi as fraud: "Bapu, bapu, you fraud, we hate you" (29). She raises question on Gandhiji's approach to caste system prevailed in India and denies to consider him as the Mahatma in the lines, "Who? Who? Who? Mahatma ...truth non-violence. Stop it enough taboo" (1-4). In this way, the aesthetics of Dalit literary men involves a concentration on the genuine issues happened and happening in the society and the literary men from Dalit community do not involve in framing rules on composing any genre of literature. On the contrary, they put a question mark on the rules fixed for writing of literary work which is hard to follow for a common man who has led life in wretched conditions. To allude few such examples, one can notice that poems of Kandasamy refer to some similar caste violence episodes. The newspaper report begins with the headline of "Reward announced on 17 accused in hut burning case" drafted by Omar Rashid issues a remark on the tragic event of several huts being burnt. The huts were owned by a

Dalit community living in Jaunpur. They were set on fire after two groups fought over a minor event. In another incident of Massacre that happened in 1996, a mob carried out a Massacre claiming the life of 21 people, comprising of 11 women, 6 children and 3 infants were among the victims. This particular incident had taken place in the village of Bathani Tola in central Bihar. Unfortunately, "The Patna High Court" acquitted 23 persons who were convicted of the ghastly murders. The court put forth the excuse of defective evidence for acquitting the convicts. The real events like this, are genuinely exposed in the poems of Kandasamy. Her another poem entitled "Rape Nation" deals with the Hathras rape case. The poem presents the way in which the house of victim was blocked while burning the body of the victim and not allowing the family to perform her final rites. Thus, Kandasamy has realized how the "Sanatana Dharma" in India has established a rape tolerant culture. The poem talks about the discourse of Sati and its modern versions. It also deals with the patriarchal concept about women-folk ordained by Manu in the book "Manusmriti".

To suppress the voice of Dalits, the upper class and elite class people adopted a strategy of objectification. So, the poet Kandasamy in her poem entitled "Backstreet Girls" shrewdly dramatizes and awakens sisterhood, a realization of solidarity within the Dalit society. Kandasamy shows her boisterous and guiltless proclamation of irrepressible sexual autonomy is apparent in words like: 'slut', 'bitch', 'witch' and 'shrew'. The choice and usage of words is a deliberate criticism on the conformist behaviour expected of woman so as to consider her suitable for marriage. Kandasamy hammers the cultural orthodoxy and conventional codes that condemn women as licentious. Therefore, the poet persona concentrates to make free her sisters from the vicious bondage of domesticity and drugery. From its title, the poem signifies a counter-attack on and non-conformity with tradition and culture. In such mode of thinking, Kandasamy looks similar to Periyar who too insisted women to exercise their liberty and agency and to take on lovers depend on their desire.

Conclusion:

The caustic and uncompromising verses of Kandasamy boldly challenge the time-honoured customs. Throughout the pages, the readers are attached to the words and images, metaphores and sarcasm, humour, and puns, that give shock and make them to re-think and re-conceptualize the hierarchal system and the power structures at work in the present society. Her verses emphasize women who are in search of their identity and are marching on the path of self-discovery, demanding their agency at every step and accomplishing subjectivity along the way. They are marching in the direction of new-womanhood by the method of protest in the shape of rejection, disobedience, triviality and more smooth behavioural norms for women.

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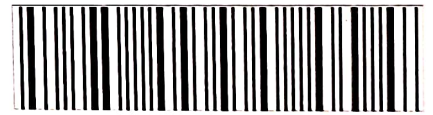


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सारांश :-

पेटीएम ही कंपनी डिजिटल पेमेंट आणि डिजिटल वहलेटमध्ये लोकप्रिय आहे. तसेच, कंपनीने ई-कहमर्स क्षेत्रात देखील पदार्पण केलेले आहे. पेटीएम कंपनीचे पेटीएम मॉल नावाचे ई कहमर्स अह्नलाईन स्टोअर आहे. या अह्नलाईन स्टोअर मध्ये अनेक वस्तुंवर डिस्काउंट आणि अह्नफर्स उपलब्ध असतात. पेटीएम मॉलमधील सर्व प्रहडक्ट्स वर कॅशबॅक मिळते. नोटबंदीनंतर अह्नलाईन आर्थिक व्यवहारांना चालना देण्यात आली तसेच कोरोना काळात तर अह्नलाईन व्यवहार करणाऱ्यांच्या संख्येत लक्षणीय वाढ झाली. संपूर्ण जगाच्या अर्थव्यवस्थेवर कोरोना आजाराने खूप मोठ्या प्रमाणात परिणाम केला आहे. आज विविध देशांना त्यांच्या अर्थव्यवस्थांना उभारी देण्यासाठी विविध माध्यमांतून, विविध क्षेत्रांसाठी विविध प्रयत्न करावे लागत आहेत. कोरोनापासून होणारी जीवीतहानी टाळण्यासाठी लॉकडाऊन करण्याशिवाय पर्याय नव्हता. परिणामतः संपूर्ण आर्थिक व्यवहार ठप्प झाले. परंतु या काळामध्ये डिजिटल व्यवहारात मोठी वाढ झाली आहे. त्याचाच परिणाम म्हणून चंद्रपूर जिल्ह्यात सुध्दा चहावाल्यापासून ते शहपिंग महलपर्यंत सर्वच लहान-मोठ्या टिकाणी अह्नलाईन पेमेंटची सुविधा उपलब्ध आहे. भारतातील सर्वच राज्यामध्ये अनेक ग्राहक पेटीएमचा वापर करून जलद अह्नलाईन पेमेंट करतात. वेळेची बचत आणि अनेक पर्याय यामुळे अनेक वापरकर्ते अह्नलाईन खरेदी करणेच अधिक पसंत करतात. दुकानात पैसे भरण्यापासून तर मोबाइल रिचार्ज करण्यापर्यंत जवळपास सर्वत्र अह्नलाईन पेमेंटचा वापर करतात. प्रस्तुत संशोधनामध्ये असे आढळून आले की, चंद्रपूर जिल्ह्यातील काही पेटीएम वापरकर्त्यांनी समाधान व्यक्त केले तर काहींनी अतिरिक्त शुल्क आकारले जाते अशी नाराजी व्यक्त केली आहे.

बिजशब्द : पेटीएम, खरेदी-विक्री, नोटबंदी, कोरोना-१९, ई.कॉमर्स.

संशोधन पध्दती :-

संबंधीत संशोधन हे विविध पुस्तके, जर्नल्स, वर्तमानपत्रे यावरून करण्यात आलेले आहे.

प्रस्तावना :-

पेटीएम एक भारतीय शहपिंग वेबसाईट आहे. कंपनीचे सन २०१० मध्ये उद्घाटन करण्यात आले. पेटीएम ही एक भारतीय ई-कहमर्स खरेदी साईट आहे, कंपनीची स्थापना विजय शेखर शर्मा यांनी केली होती. भारतात नोएडा (उत्तर प्रदेश) येथे पेटीएमचे मुख्यालय आहे. पेटीएम वीज बिल, वायू बिल तसेच रिचार्जिंग आणि विविध पोर्टलचे बिल देयके प्रदान करते. पेटीएमने २०१२ मध्ये भारतात ई.कहमर्स मार्केटमध्ये प्रवेश केला, पिलपकार्ड, अॅमेझह्न आणि स्नॅपडील व्यवसायाची वैशिष्ट्ये आणि उत्पादने देण्यास सुरुवात केली. तसेच २०१५ मध्ये त्यांनी बसची तिकिट सेवा सुरु केली. पेटीएम सध्या ११ भारतीय भाषांमध्ये उपलब्ध आहे आणि मोबाईल रिचार्ज, युटिलिटी बिल

पेमेंट्स, ट्रॅव्हल, मूव्हीज आणि इव्हेंट बुकिंग तसेच किराणा स्टोअर्स, फळे आणि भाजीपाल्याच्या दुकानांत, रेस्टहॉट्स, पार्किंग, टोलमध्ये अह्नलाईन वापर करण्यासाठी उपलब्ध आहेत.

सन २०१० मध्ये प्रीपेड मोबाइल रिचार्ज वेबसाईट म्हणून पेटीएम स्थापन करण्यात आले. पेटीएम पे थ्रू मोबाईलचे संक्षिप्त रूप आहे. आज प्रीपेड मोबाइल, डीटीएच आणि खरेदी भारतातील सर्वात लोकप्रिय अह्नलाईन वेबसाईट आहे, आणि पेटीएमला अॅड्रह्नड आणि आयोएस एप्लिकेशनला सगळ्यात लोकप्रिय अप्समध्ये स्थान देण्यात आले आहे. स्थापनेच्या तीन वर्षांनंतर कंपनीने २५ दशलक्ष वहलेट वापरकर्त्यांची एक वापरकर्ता आधार आणि १ दशलक्ष अॅप डाउनलोड तयार केले आहे.

सन २०१४ मध्ये कंपनीने पेटीएम वहलेटला सुरुवात केली, भारतातील सर्वात मोठी मोबाइल पेमेंट सेवा मंच, ४० लाखांपेक्षा अधिक सेवाना सुरुवात केली.

उबेर, बुकमाईशो आणि मेकमाईट्रिप सारख्या इंटरनेट कंपन्यांमध्ये भरणा करण्याचा पर्याय आहे. तसेच २०१७ मध्ये पेटीएम ने पेटीएम पेमेंट बँक लिमिटेड (पीपीबीएल) नावाची एक नवीन बँक सुरु केली आहे. आता केवायसी पडताळणी अंतर्गत पेटीएम बँक पेटीएम वहलेट रूपांतरित होईल.

संशोधनाची उद्दिष्ट्ये :

१) चंद्रपूर जिल्ह्यातील पेटीएम वापरकर्त्यांच्या समाधान पातळीचे अध्ययन करणे.

चंद्रपूर जिल्ह्याचा इतिहास :-

चंद्रपूर हे नाव प्रचलित असलेला हा जिल्हा प्राचीन काळी 'लोकापूरा' या नावाने ओळखला जात असे. याचेच नामांतर काही काळानंतर 'इंद्रपूर' आणि त्यानंतर 'चंद्रपूर' असे झाले. ब्रिटिशांच्या कारकीर्दीत हा जिल्हा 'चांदा' या नावाने ओळखला जात होता. सन १६६४ मध्ये चांदा हे नाव बदलून पुन्हा चंद्रपूर असे करण्यात आले. या प्रदेशावर बऱ्याच काळापर्यंत हिंदु आणि बौद्ध राजाची सत्ता होती. या भागावर राज्य करित असलेल्या वैरागडच्या माना राजाकडून नवव्या शतकात गोंड राजांनी सत्ता हस्तगत केली. सन १२४० ते १७५१ पावेतो येथे मराठ्यांची सत्ता प्रस्थापित होईपर्यंत गोंड राजांचीच सत्ता होती. मराठे राजे रघुजी भोसले हे सन १८५३ मध्ये विनावारस मृत्यू पावल्यानंतर नागपूर प्रांतासहित चंद्रपूर हे ब्रिटिश साम्राज्याला जोडण्यात आले होते.

सन १६६० मध्ये महाराष्ट्र राज्याची निर्मिती झाल्यानंतर चंद्रपूर जिल्हा महाराष्ट्र राज्यातील एक जिल्हा म्हणून गणला जाऊ लागला. या वेळी जिल्ह्यात एकूण सहा तालुके होते. हा जिल्हा आकारमानाने भारतात दुसऱ्या व महाराष्ट्रात पहिल्या क्रमांकाचा होता. दिनांक १ मे १९८१ पासून जिल्ह्यातील सर्व पंचायत समित्यांना तहसिलचा दर्जा देण्यात आला. त्यानुसार जिल्ह्यात सहा ऐवजी एकूण अठरा तालुक्यांचा समावेश करण्यात आला. नंतर प्रशासकीय सोयीसाठी जिल्ह्याचे दिनांक १६ ऑगस्ट १९८२ रोजी विभाजन करून गडचिरोली, धानोरा,

आरमोरी, कुरखेडा, चामोर्शी, सिरोंचा, अहेरी आणि ऐटापल्ली असे आठ नविन तालुके नवनिर्मित गडचिरोली जिल्ह्यात समाविष्ट केले. परिणामी चंद्रपूर, भद्रावती, वरोरा, चिमूर, नागभिड, ब्रम्हपूरी, सिंदेवाही, मूल, गोंडपिपरी आणि राजुरा या दहा तालुक्यांचा चंद्रपूर जिल्ह्यात समावेश करण्यात आला. १५ ऑगस्ट १९६३ पासून मूल आणि राजुरा या दोन तालुक्यांचे विभाजन होऊन अनुक्रमे सावली आणि कोरपना या दोन स्वतंत्र तालुक्यांची निर्मिती झाली. तसेच १५ ऑगस्ट २००० पासून चंद्रपूर व गोंडपिपरी या दोन तालुक्यांचे विभाजन होऊन अनुक्रमे बल्लारपूर व पोंभूर्णा या दोन तालुक्यांची निर्मिती झाली. तसेच १५ ऑगस्ट २००२ पासून राजुरा आणि कोरपना तालुक्यांचे विभाजन होऊन जिवती तालुक्याची निर्मिती झाली अशा प्रकारे चंद्रपूर जिल्ह्यामध्ये सध्या एकूण पंधरा तालुके कार्यरत आहेत.

अह्नलाईन शहपिंग म्हणजे काय?

एखाद्या डीवाईस वरून इंटरनेटच्या मदतीने कोणतीही गोष्ट अह्नलाईन खरेदी करणे म्हणजेच अह्नलाईन शहपिंग करणे. म्हणजेच एखाद्या स्मार्टफोन किंवा लॅपटॉप च्या मदतीने अह्नलाईन ऍप्लिकेशन किंवा वेबसाईट वरून आपल्याला हवे ते प्रहडक्ट अह्नलाईन खरेदी करणे. अह्नलाईन शहपिंग ही ई.कहर्मर्स वेबसाईट वरून केली जाते.

पेटीएम मॉल :-

पेटीएम ही कंपनी डिजिटल पेमेंट आणि डिजिटल वहलेटमध्ये लोकप्रिय आहे. तसेच, कंपनीने ई-कहर्मर्स क्षेत्रात देखील पदार्पण केलेले आहे. पेटीएम कंपनीचे पेटीएम मॉल नावाचे इ कहर्मर्स अह्नलाईन स्टोअर आहे. या अह्नलाईन स्टोअर मध्ये अनेक वस्तूंचा डिस्काउंट आणि अह्नफर्स उपलब्ध असतात. पेटीएम मॉलमधील सर्व प्रहडक्ट्स वर कॅशबॅक मिळते. तसेच पेटीएम मॉलमध्ये होम फर्निचर, फॅशन, इलेक्ट्रॉनिक्स इत्यादी वस्तू खरेदी करता येतात.

मोबाईल वहलेट :-

मोबाईलमध्ये पेटीएम सर्वात लोकप्रिय मानले जाते. नोटबंदीच्या काळापासूनच मोबाईल वहलेट खूप लोकप्रिय आहे आणि याच्या माध्यमातून आपण कोणालाही पैसे देऊ शकता. आता तर याद्वारे कोणत्याही बँकेच्या खात्यात पैसे देखील हस्तांतरण करू शकतो. याचे शुल्क आकारण्यात येतात. मोबाईल वहलेट, अह्नलाईन व्यवहारात खूप लोकप्रिय आहेत.

चंद्रपूर जिल्ह्यातील पेटीएम वापरकर्त्यांचे समाधान :-

ऑनलाईन शॉपिंग करणे आजच्या काळात खूप लोकप्रिय झाले आहे. पूर्वी कोणतीही वस्तू खरेदी करण्यासाठी महल मध्ये किंवा बाजारामध्ये जावे लागायचे. त्यासाठी खूप वेळ लागायचा. कधी कधी आपल्याला हवी ती वस्तू मिळायची सुद्धा नाही. पण जस जसे तंत्रज्ञान विकसित होत गेले. सर्व अह्नलाईन होऊ लागले. त्यातच शहपिंग करणे देखील अह्नलाईन झाले. लोकं महलमध्ये जाऊन किंवा मार्केटमध्ये जाऊन शहपिंग करण्यापेक्षा एका जागेवरून मोबाईल वरून अह्नलाईन शहपिंग करत आहेत.

आज चंद्रपूर जिल्ह्यातील बहुतांश लोकांकडे स्मार्टफोन असल्यामुळे एका क्लिक वर कोणतेही प्रहडक्ट अह्नलाईन मागवता येते. तसेच अह्नलाईन डिलिव्हरी फ्री असल्यामुळे आपले पैसे ही वाचतात आणि वेळ ही वाचतो. त्यामुळे अह्नलाईन खरेदी कडे ग्राहक जास्त प्रमाणात वळत आहेत.

अह्नलाईन खरेदीत भारताचे स्थान :-

सन २०२० मध्ये जेवढे मोबाईल विकले गेले आणि त्यातील जेवढे अह्नलाईन विकले गेले त्यात भारतीयांनी ४५ टक्के फोन अह्नलाईन खरेदी करून जगात एक नंबरचे स्थान मिळविले आहे. या संदर्भात काउंटर पड्डांचा एक अहवाल सादर झाला आहे. त्यानुसार गतवर्षी जगभरात २६ टक्के मोबाईल विक्री ई.कहर्मर्स माध्यमातून झाली. म्हणजे प्रत्येक चार फोन मागे एक फोन अह्नलाईन खरेदी केला गेला. कोविड-१९ ने खरेदी पॅटर्न बदलण्यात मोठी भूमिका पार पाडली.

जगातील प्रमुख देशात अह्नलाईन मोबाईल विक्रीचे आकडे पाहिले तर भारतात सर्वाधिक म्हणजे ४५ टक्के मोबाईल अह्नलाईन खरेदी करण्यात आले. त्यापाठोपाठ ब्रिटन ३६ टक्के, चीन ३४ टक्के, ब्राझील ३१ टक्के, अमेरिका २४ टक्के, द. कोरिया १६ तर नायजेरिया ८ टक्के असे हे प्रमाण आहे. अह्नलाईन मोबाईल विक्रीत गतवर्षात ६ टक्के वाढ नोंदविली गेली. भारतात व्यवसाय करणाऱ्या बहुतेक मोबाईल कंपन्या स्मार्टफोन विक्री अह्नलाईन करत आहेत. शाओमी, रियल मी, ओप्पो, पोको, विवो, सॅमसंग, टेक्नो या कंपन्या त्यात आघाडीवर आहेत. अह्नलाईन खरेदीत भारतीय ग्राहकाला फायदा मिळतो. पेटीएम कार्डवर खरेदी केली तर कॅश बॅक मिळतो त्यामुळेही भारतीय ग्राहक अह्नलाईन मोबाईल खरेदीला पसंती देतात असे दिसून आले आहे.

निष्कर्ष :-

चंद्रपूर जिल्ह्यातील लोकसंख्या ही दिवसेंदिवस वाढत चालली आहे. तसेच वाढत जाणाऱ्या लोकसंख्येबरोबर गरजा देखील वाढत असून आपली गरज पूर्ण करण्याची सर्वांनाच घाई झाली आहे. आजकाल प्रत्येकजण डिजिटल वहलेट ॲप पेटीएमचा वापर करतो. पेटीएमचा वापर फक्त सर्वात लहान आणि मोठ्या पेमेंटसाठी केला जातो. याचा विचार करून पेटीएमने मोबाईल रिचार्ज आणि बिल पेमेंट (डिजिटल वहलेट) वर अतिरिक्त पैसे कमावण्यास सुरुवात केली आहे. लक्षात घेण्यासारखी बाब म्हणजे सर्व युजर्ससोबत असे घडले नाही. परंतु काही युजर्सनी मात्र तक्रार केली की, त्यांच्या बिल पेमेंटवर अतिरिक्त शुल्क आकारले जात आहे.

पेटीएम आता मोबाईल रिचार्ज आणि बिल पेमेंटसाठी आपल्या युजर्सकडून सुविधा शुल्क आकारत आहे. यानंतर युजर्सनी मायक्रो.ब्लहिंग साइट ट्विटरवर नाराजी व्यक्त केली आहे. मात्र या मुद्द्यावर कंपनीकडून अद्याप कोणतेही स्पष्टीकरण देण्यात आलेले नाही. महत्वाचे म्हणजे पेटीएमने युजर्सना सूचित केले होते की, ते कोणत्याही व्यवहारावर सुविधा

शुल्क आकारत नाही आणि कधीही आकारणार नाही. मात्र, ही सुविधा केवळ वहलेट, यूपीआय आणि कार्ड पेमेंटवर उपलब्ध असेल, असेही कंपनीने स्पष्ट केले होते. यामध्ये पेटीएम पोस्टपेडचा समावेश नाही. काही युजर्सनी ट्विटरवर तक्रार केली आहे की पेटीएमद्वारे मोबाईल रिचार्ज आणि बिल पेमेंटसाठी सुविधा शुल्क आकारत आहे. यासोबतच काही युजर्सनी पेटीएमच्या त्या जुन्या ट्विटरचा स्क्रीनशूटही शेअर केला आहे, ज्यामध्ये सुविधा शुल्क न घेण्याबाबत बोलले आहे.

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Barriers and Drivers Of E-Banking Acceptance in Nationalized and Scheduled Banks: A Case Study of Nagpur District

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Abstract

The transition to e-banking has revolutionized the banking industry, offering enhanced convenience, efficiency, and accessibility to customers. This case study investigates the barriers and drivers of e-banking acceptance in nationalized and scheduled banks within the Nagpur District of India. By examining a wide array of factors including technological awareness, perceived ease of use, perceived usefulness, trust, security concerns, and demographic influences, this research aims to provide a nuanced understanding of customer attitudes towards e-banking. Through a comprehensive review of existing literature and empirical data, this study identifies key impediments such as security concerns, lack of technological infrastructure, and limited digital literacy, while also highlighting drivers including convenience, time-saving, and enhanced service quality. The comparative analysis between nationalized and scheduled banks reveals distinct challenges and opportunities, offering valuable insights for banking institutions to tailor their strategies for increasing e-banking adoption. This study contributes to the academic discourse on digital banking and provides actionable recommendations for policymakers and bank executives to foster greater acceptance of e-banking services in the Nagpur District and similar regions.

Keywords – Banking Industry, Digital Literacy, Financial Inclusion, Service Quality, Customer Perceptions

Introduction

The landscape of banking services has evolved significantly with the advent of electronic banking (e-banking), offering customers unprecedented convenience, accessibility, and efficiency in financial transactions. In India, this transformation is particularly noteworthy, driven by advancements in technology, increasing internet penetration, and a growing demand for digital solutions. Nationalized banks, characterized by their extensive branch networks and government ownership, coexist with scheduled banks, including private sector entities and regional rural banks, each offering distinct approaches to digital banking services.

The Nagpur District, situated in Maharashtra, India, serves as a pivotal economic hub where both nationalized and scheduled banks play crucial roles in catering to diverse customer needs. Understanding the factors influencing customer acceptance of e-banking services within these banking structures is essential for optimizing service delivery and enhancing customer satisfaction. While nationalized banks traditionally enjoy a reputation for security and reliability, scheduled banks often lead in technological innovation and customer-centric service offerings.

This study aims to explore the barriers and drivers of e-banking acceptance among customers of nationalized and scheduled banks in the Nagpur District. By conducting a detailed analysis encompassing technological awareness, perceived ease of use, perceived usefulness, trust, security concerns, and demographic influences, this research seeks to uncover nuanced insights into customer perceptions and behaviors towards e-banking. Through a comparative case study approach, this research will delineate the distinctive challenges and opportunities faced by both types of banks in promoting e-banking adoption.

By bridging gaps in existing literature and incorporating empirical findings, this study contributes to the broader discourse on digital banking adoption in India. It provides actionable insights for banking institutions to refine their strategies, address customer concerns, and capitalize on emerging opportunities in the dynamic landscape of e-banking. Ultimately, this research aims to support informed decision-making among policymakers and banking executives, fostering greater financial inclusion and enhancing the overall banking experience in the Nagpur District and similar regions.

Literature review

V. Suresh, (2022) Customers hold private sector banks in greater esteem than public sector banks when it comes to service aspects. Customers' greater interest in transacting with private





sector banks, as opposed to public sector banks, may explain why these institutions are held to higher standards. Customers have higher hopes for private sector banks than for public sector ones, suggesting that they will be more satisfied overall. To evaluate financial institutions' service quality, this approach was based on the SERVQUAL methodology's foundational elements. For this data collection, 30 respondents were chosen at random from each bank.

In 2022, Behin (M. H.) The results of this survey highlight the fact that private sector bank clients have more significant difficulties while using E-banking services in comparison to public sector bank customers. Online banking services are well-received by consumers of both public and private sector banks, according to the research.

Tyagi, M., & Fatima, (2022) set out to compare and contrast SBI and ICICI Bank's online banking services in an effort to learn more about the elements that influence consumers' opinions of both banks' online banking offerings and their expectations for the future of online banking. A descriptive research approach was chosen as the technique to accomplish the project's goal. A systematic questionnaire is developed and 150 clients from SBI and ICICI bank are selected to participate in this study. When comparing SBI Bank and ICICI Bank, the research found that SBI Bank had the superior E-banking service. Internet banking in India is expected to see fast expansion in the future, thanks to available technology that guarantees the safety and privacy of e-transactions and the standards set by the RBI on several elements of the industry.

Researchers Dhanya B. K. and V. P. Velmurugan (2022) looked at how different demographics impacted trust, satisfaction, value, and quality of service when it came to online banking. In the Thiruvananthapuram area of Kerala, India, 290 clients from three different banks—Canara, Punjab National, and Indian Overseas Bank—were interviewed as part of a study. The study found that customers with greater levels of education, better incomes, and longer histories of utilizing Internet banking for a majority of their financial accounts tended to have more favorable perceptions and attitudes about e-banking services. Gender and age were shown to have little impact on consumers' expectations about the Internet banking service's efficiency, value, satisfaction, and trustworthiness.

An analysis of the online banking services offered by a few public and commercial banks in Gujarat was carried out by Rahulkumar, M., and Dhruv, M. (2021). Customers' opinions on the North Gujarat Region's public and commercial banks' electronic banking services are the main data point that this study needs. Analyzing client perceptions has brought to substantial evolutions in this field. The survey found that private sector banks' online banking services were more well-liked by consumers than those of public sector banks.

The current state of electronic banking in India's banking sector is summarized by Nithya, C., and Mahadeswari, P. (2021). Data for the research came from a variety of sources, including RBI websites, publications on banking trends and growth in India, and RBI annual reports. With the use of new technologies like AI-MML, big data, blockchain, cloud computing, robotic process computerization, and many more, financial institutions may now cater to diverse groups of customers with a focus on their needs. Using passwords and secondary verification in virtual banking helps to reduce the scope of bank frauds. As a result of technological advancements, competition among banks has increased, leading to greater services for customers.

Researchers Nagadeepa, C. (2020) looked the demographic variations among rural clients in Tumkur Taluk to determine the impact of e-banking adoption. This research looks at the e-banking services in the Tumkur area of Bangalore and how different demographic factors, such age, gender, and profession, affect them. In order to gather main data, the research used structured questionnaires. A 5-point Likert scale was used to design the questionnaire's questions. One hundred surveys were gathered in all. The study's findings show that e-banking acceptance varies significantly by demographic variables like consumers' gender, age, and employment. The younger generation largely embraced the services. At home, they stick to what they know: the old-fashioned banking system. According to the findings, there has to be a greater effort to raise consciousness among the elderly and win over all kinds of consumers. In 2020, S.P. Dhandayuthapani In comparison to nationalized banks, private sector banks



provide better management in terms of transparency, efficiency, and customer satisfaction according to the research. It is clear that all government employees have their paychecks deposited into a nationalized bank. Although the majority of services provided by both the public and private sectors are same, respondents are more likely to favor the former.

Kolte, D. M., & Humbe, D. V. R. (2020) investigated Aurangabad students' familiarity with and use of UPI/BHIM services. The sample for the study consisted of 200 students drawn at random from the city of Aurangabad. Students often utilize UPI/BHIM for payments up to Rs. 10,000/-, and they are enthusiastic about real-time payments and their settlement in bank accounts. Apps developed by third parties, such as PhonePe, are the most popular UPI/BHIM apps, according to the study.

Researchers Sankararaman, Suresh, and Thomas (2020) looked at how people felt about UPI transactions. Using structured questionnaires, 119 samples were obtained for this descriptive study. To gather the samples, the researcher has used the Convenience sampling approach. The vast majority of people who took the survey have heard of UPI and are familiar with it as a digital payment option; furthermore, they have selected Google Pay as their preferred Virtual Payment Address. Among the many digital payment options, some respondents have made UPI their go-to and have used it at every single establishment included in the survey, including supermarkets, pharmacies, online retailers, hotels, and clothing boutiques.

Author: M. Vairavani In terms of client satisfaction with e-banking, research indicates that perceived threats and security-related issues have a significant role. Customers' concerns about hacking and the potential theft of their money make them hesitant to use online banking services. However, banks are making great efforts to provide their customers the finest security options. Free online banking is just one more way banks entice clients. Customers of different ages have different views and levels of use of e-banking services, according to the survey. In order to enhance the online banking experience, financial institutions should prioritize catering to customers of all ages. It was also found that customers' views on e-banking services vary depending on their profession.

In 2017, Agrawal Most individuals hold accounts with private banks, according to the research. Customers of public banks are more likely to have issues than those of private banks. Results show that private sector banks' banking services are well-received by the general public.

In 2016, Padmajathi and Reshaha published. The researchers in this study compared how clients of public and private banks felt about their online banking services. For online banking to be a success, banks must fully commit to the platform and work to understand their customers' demands. Customer pleasure is the final objective of electronic banking, which aims to make online financial transactions easier and safer.

Objectives of the study

- To examine the level of technological awareness and digital literacy among customers of nationalized and scheduled banks, and their impact on e-banking adoption.
- To assess customer trust levels in e-banking systems and security concerns associated with digital transactions, distinguishing between perceptions of nationalized and scheduled banks.
- To provide practical recommendations for nationalized and scheduled banks in the Nagpur District to enhance their e-banking services, improve customer trust, and mitigate barriers to adoption.

Research methodology

This study employs a mixed-methods research approach to investigate the barriers and drivers of e-banking acceptance in nationalized and scheduled banks within the Nagpur District. The research begins with a comprehensive literature review to identify existing theories, empirical studies, and key factors influencing e-banking adoption globally and specifically in the Indian context. This literature review serves as a foundation to develop a conceptual framework that guides the empirical investigation. Quantitative data will be collected through structured surveys administered to a representative sample of customers from nationalized and scheduled banks in the Nagpur District. The survey instrument will be designed to capture demographic information, technological awareness, perceptions of ease of use and usefulness of e-banking





services, trust in banking institutions, security concerns related to digital transactions, adoption behavior.

Data analysis and discussion

**Table 1: Key Services Offered by Transactional Internet Banks
(Percentage of Internet Banks)**

	All Banks	Public Sector Banks	Private Sector Banks	Foreign Banks
View-only Functions				
1. Balance Enquiry	100.0	100.0	100.0	100.0
2. Monthly statement by e-mail	8.2	0.0	17.6	16.7
3. Interest rates Updates	100.0	100.0	100.0	100.0
4. Foreign exchange rates Updates	24.5	7.7	41.2	50.0
5. Market Watch	14.3	0.0	23.5	50.0
6. One view account	2.0	0.0	5.9	0.0
7. Demonstration of I-Banking	42.9	42.3	47.1	33.3
Action/Account Control Functions				
8. Funds Transfer (Self-account)	85.7	84.6	82.4	100.0
9. Third party funds transfer	83.7	80.8	82.4	100.0
10. Bills Payment	59.2	61.5	47.1	83.3
11. Requests/Standing Instructions	95.9	100.0	88.2	100.0
12. Cheque/Enquiry status	87.8	96.2	70.6	100.0
13. Receive Alerts	51.0	38.5	64.7	66.7
14. TDS Enquiry	18.4	11.5	29.4	16.7
15. Customer correspondence	100.0	100.0	100.0	100.0
16. Change password and User Profile	100.0	100.0	100.0	100.0
Applying for New Banking Services				
17. Account Opening application	30.6	15.4	35.3	83.3
18. Loan applications	32.7	19.2	35.3	83.3
19. Deposit Applications	51.0	26.9	70.6	100.0
More Advanced Transactions				
20. Insurance	4.1	0.0	11.8	0.0
21. Demat holdings	22.4	11.5	29.4	50.0
22. Brokerage	4.1	0.0	11.8	0.0
23. Investments	28.6	15.4	35.3	66.7
24. Credit card operations/payments	26.5	15.4	23.5	83.3
25. Trading online	24.5	15.4	35.3	33.3
26. Online shopping	22.4	7.7	41.2	33.3
27. Charity online	18.4	7.7	29.4	33.3
28. Online tax payment	32.7	50.0	17.6	0.0
29. Online Ticket Booking	46.9	53.8	41.2	33.3
30. Corporate Internet Banking	77.6	80.8	70.6	83.3
31. Privacy Statement	93.9	92.3	94.1	100.0
BASIC	59.2	61.5	47.1	83.3
PREMIUM	49.0	42.3	47.1	83.3

The table provides a detailed overview of the key services offered by transactional internet banks across different categories: view-only functions, action/account control functions, applying for new banking services, more advanced transactions, and privacy statements. Here's a paragraph analysis focusing on the trends and insights derived from Table 1:



The data reveals that balance enquiry and interest rate updates are universally offered by internet banks surveyed, irrespective of their classification as public sector, private sector, or foreign banks, reflecting these services' fundamental importance. However, notable disparities emerge in other functionalities. For instance, while monthly statements by email are minimal across all banks at 8.2%, private sector banks lead significantly with 17.6%, suggesting a higher inclination towards digital communication among private banks. Similarly, foreign exchange rates updates and market watch functionalities exhibit substantial variance, with foreign banks notably prioritizing these features at 50.0% and 50.0%, respectively, compared to 7.7% and 0.0% in public sector banks. Fund transfer capabilities, including third-party transfers and bills payment, are widely implemented, yet foreign banks lead in completeness, indicating a broader range of service offerings catering to diverse customer needs. Conversely, basic functionalities like TDS enquiry and charity online services are underrepresented across all bank categories, indicating potential areas for enhancement in digital service portfolios.

This analysis highlights the competitive landscape of e-banking services, emphasizing how different bank classifications prioritize functionalities to meet customer expectations and operational objectives. The data underscores the importance of continuous adaptation and innovation in digital banking to enhance customer experience and operational efficiency across diverse banking environments.

Discussion

The discussion of Table 1's findings on the key services offered by transactional internet banks provides valuable insights into the current state and strategic priorities within the banking sector, particularly concerning e-banking services. Here, we delve deeper into the implications and trends observed across different categories of banks:

- **Universal vs. Variable Offerings:** The table reveals that certain basic functionalities like balance enquiry and customer correspondence are universally offered by all banks surveyed, highlighting their foundational importance in e-banking services. This consistency reflects a baseline expectation among customers for these essential services regardless of the bank type.
- **Disparities Across Bank Types:** Significant disparities emerge across different types of banks in offering more advanced and specialized services. For example, private sector banks tend to lead in providing services such as monthly statements by email, market watch functionalities, and online shopping, indicating a stronger emphasis on customer engagement through digital channels. In contrast, public sector banks show higher consistency in offering core services like interest rate updates and account control functions such as funds transfer and standing instructions.
- **Technological and Innovation Divide:** Foreign banks stand out in the comprehensive provision of services like foreign exchange rates updates, brokerage, and credit card operations/payments. This suggests a higher level of technological integration and innovation among foreign banks, catering to sophisticated customer needs and preferences in digital banking.
- **Strategic Implications:** The varying degrees of service offerings reflect strategic priorities among different bank types. Private sector banks appear more focused on enhancing customer experience through a broader range of digital services, potentially positioning themselves as leaders in digital banking innovation. Public sector banks, while consistent in offering core functionalities, may benefit from expanding their digital service offerings to remain competitive and meet evolving customer expectations.
- **Customer-Centric Approach:** The presence or absence of certain services, such as online tax payment and corporate internet banking, also underscores banks' efforts to align with regulatory requirements and customer demand. Understanding these dynamics is crucial for banks to prioritize investments in digital infrastructure and service expansion that resonate with customer needs and market trends.

In conclusion, the discussion highlights the importance of strategic differentiation and customer-centricity in shaping the digital banking landscape. Banks that effectively leverage





technology and innovate their service offerings stand to enhance customer satisfaction, operational efficiency, and competitive advantage in an increasingly digital era. As banks continue to evolve their e-banking strategies, addressing gaps identified in this study can guide future developments and improvements to meet the diverse needs of customers across different banking segments.

Conclusion

In conclusion, this study provides a comprehensive overview of the e-banking landscape in the Nagpur District, examining the offerings and strategic priorities of nationalized, private sector, and foreign banks. The analysis of Table 1 reveals distinct patterns in service provision, highlighting both commonalities and disparities across bank types. While all banks universally offer essential services like balance enquiry and interest rate updates, private sector and foreign banks excel in providing more advanced functionalities such as monthly statements by email, market watch, and online shopping. These findings underscore the varying degrees of technological integration and innovation among banks, with foreign banks particularly demonstrating leadership in digital service offerings. Moreover, the study identifies strategic implications for banks to enhance their digital infrastructure, expand service portfolios, and improve customer engagement strategies. Nationalized banks, in particular, are encouraged to prioritize technological upgrades and digital literacy initiatives to meet evolving customer expectations and maintain competitiveness. Overall, this study contributes valuable insights into the evolving dynamics of e-banking in the Nagpur District, offering actionable recommendations for banks to adapt and thrive in an increasingly digital-centric banking environment.

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23. Industrial Policy in Maharashtra: A Practitioner Study

Dr. Anita V. Mahawadiwar

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Abstract

This research paper conducts an in-depth examination of the industrial policy in Maharashtra, India, employing a practitioner-centric approach. Maharashtra, a key contributor to India's industrial landscape, holds significant sway over the nation's economic development. Through thoroughly exploring the industrial policy framework, this study aims to evaluate its impact on diverse sectors. By tapping into the practical insights of industry practitioners intimately involved in the formulation and execution of industrial strategies, the research endeavours to provide nuanced perspectives on the challenges, successes, and areas of improvement within Maharashtra's industrial policy landscape. The findings of this practitioner study contribute valuable insights to the understanding of regional industrial policies and offer practical recommendations for policymakers and stakeholders seeking to enhance the efficacy of industrial strategies in Maharashtra.

Keywords: *Industrial Policy, Maharashtra, Economic Development, Practitioner Insights, Policy Framework, Sectoral Impact, Manufacturing.*

Introduction

Maharashtra, as the economic powerhouse of India, boasts a multifaceted industrial landscape that has been a cornerstone of the nation's progress. Nestled in the western part of the country, Maharashtra has evolved into a vibrant hub for diverse industries, ranging from traditional manufacturing to cutting-edge information technology. The state's strategic geographical location and dynamic business environment have positioned it as a key contributor to the nation's GDP and economic development.

At the heart of Maharashtra's economic prowess lies its industrial policy – a strategic roadmap devised by policymakers to guide the growth and sustainability of the state's industries. Industrial policies serve as the scaffolding upon which economic structures are built, influencing investment patterns, job creation, and technological advancements.

Maharashtra's industrial policy framework, moulded over the years, reflects a commitment to fostering a conducive environment for businesses to thrive and contribute significantly to the state's economic vitality.

The pivotal role played by industrial policies in steering the economic trajectory of regions cannot be overstated. These policies serve as blueprints that align the aspirations of governments with the needs of industries, creating a synergistic ecosystem conducive to growth. In the case of Maharashtra, where industries range from traditional manufacturing in areas like Pune and Nashik to the high-tech corridors of Mumbai and Pune, the industrial policy acts as a guiding force, facilitating the harmonious coexistence and progression of varied sectors.

This research paper endeavours to bridge the gap between policy formulation and real-world application by tapping into the insights of industry practitioners. Their perspectives will provide a dynamic and pragmatic lens through which we can assess the strengths and weaknesses of Maharashtra's industrial policy. By engaging with the practical experiences of those immersed in the day-to-day realities of business operations, this study seeks to enhance our understanding of the nuanced interplay between policy intent and on-the-ground outcomes in the rich tapestry of Maharashtra's industrial landscape.

Industrial Policy in Maharashtra a Practitioner Study

Maharashtra, the economic powerhouse of India, has long been at the forefront of industrial development, contributing significantly to the nation's GDP. At the heart of this economic engine lies the intricate tapestry of industrial policies that guide and shape the trajectory of the state's industries. This research embarks on a practitioner-centric study, aiming to dissect the nuances of Maharashtra's industrial policy through the lens of those actively engaged in its implementation.

This practitioner study aims to provide a comprehensive understanding of Maharashtra's industrial policy. It focuses on analyzing key features, assessing sectoral impact, understanding implementation challenges, and providing recommendations. The study engages with industry practitioners to understand the challenges faced in translating policy intent into actionable strategies. It also seeks to provide practical experiences to refine and enhance the current industrial policy. Practitioner insights are crucial in this study, as they bridge the gap between theoretical policy formulations and the practical realities faced by industries. The

study aims to diagnose existing challenges and distil actionable insights that can propel Maharashtra's industrial policy towards greater efficacy and relevance.

Historical Overview of Industrial Policy in Maharashtra

Maharashtra's industrial journey is intrinsically linked to the evolution of its industrial policies. The state has witnessed a metamorphosis from early policies aimed at import substitution to more liberalized approaches fostering globalization. Tracking this evolution provides insights into the shifting paradigms of economic thought and governmental strategies. The inception of policies in the post-independence era, followed by landmark reforms in the 1990s, forms a crucial part of Maharashtra's industrial policy narrative.

A critical analysis of Maharashtra's industrial policies vis-à-vis national counterparts unveils the state's unique challenges, strengths, and strategic alignments. By juxtaposing the regional focus against broader national goals, this comparison sheds light on the extent to which Maharashtra's policies align with or diverge from overarching national industrial strategies. Understanding this interplay is essential for assessing the state's role within the larger economic landscape of India.

The Maharashtra Industrial Policy 2019-2024 is the state's current industrial policy, aiming to make the state a trillion-dollar economy by 2029. The policy focuses on promoting investment in manufacturing, services, and infrastructure, creating employment opportunities, and developing skills. Key features include a commitment to creating 2 million jobs by 2024, a focus on skills and entrepreneurship, ease of doing business, and infrastructure development. The policy has attracted over ₹1 lakh crore (US\$14 billion) in investment commitments in the first year, and over 500,000 jobs were created in the first year. The policy is expected to significantly impact the economy, boost GDP growth, create jobs, and improve the standard of living. It is a comprehensive and forward-looking document that aligns with the state's development goals and is expected to make Maharashtra a leading industrial state in India.

Challenges and Critiques

No policy landscape is devoid of challenges, and Maharashtra's industrial policies are no exception. By identifying and categorizing challenges faced by industries operating within the state, this section aims to present a comprehensive understanding of the impediments that hinder seamless policy implementation. Challenges may range from bureaucratic red tape to infrastructural inadequacies, each contributing to the narrative of policy implementation

complexities. Scholarly perspectives play a crucial role in objectively evaluating the strengths and weaknesses of industrial policies. By incorporating critiques from experts and scholars, this section adds depth to the analysis. Scholars' insights, whether applauding successful policy interventions or highlighting areas requiring attention, contribute to a well - rounded understanding of the nuanced policy landscape in Maharashtra.

In navigating the historical trajectory, assessing policy impacts, and confronting challenges and critiques, this study endeavours to paint a comprehensive picture of the industrial policy landscape in Maharashtra. These insights serve as foundational pillars for the practitioner-focused study, providing the context necessary for understanding the dynamics at play in the current industrial policy framework.

Key Components of Maharashtra's Industrial Policy

Maharashtra's industrial policy forms the backbone of its economic strategy, guiding the state's industries toward sustainable growth. The policy framework encapsulates a comprehensive set of guidelines, regulations, and incentives aimed at fostering a conducive environment for businesses. An overview of the current policy provides a foundation for understanding the state's strategic priorities, whether centred around promoting innovation, enhancing competitiveness, or ensuring environmental sustainability.

Maharashtra's industrial policy is not a one-size-fits-all approach; rather, it is tailored to address the unique needs and challenges of different sectors. This section conducts a sectoral analysis, scrutinizing policy initiatives in key sectors such as manufacturing, information technology, agriculture, and others. By examining sector-specific strategies, the study aims to unravel the targeted interventions that contribute to the vibrancy of each industry.

In synthesizing these key components, this study aims to unravel the intricacies of Maharashtra's industrial policy. By dissecting the policy framework, scrutinizing sectoral nuances, and evaluating the impact of infrastructure development, the research endeavours to provide a comprehensive understanding of the state's approach to industrial growth. These insights lay the groundwork for the practitioner-focused study, offering a contextual understanding of the policy dynamics that shape the experiences of those actively engaged in Maharashtra's industries.

Practitioner Perspectives

Engaging directly with industry leaders, policymakers, and professionals involved in the implementation of Maharashtra's industrial policy provides a rich source of qualitative data. Through in-depth interviews, practitioners' voices are brought to the forefront, offering insights into the real-world challenges they encounter. These challenges may range from regulatory hurdles and bureaucratic complexities to issues related to market dynamics, workforce, and global economic trends. By capturing practitioners' firsthand experiences, the study aims to uncover the nuanced obstacles that shape the implementation landscape.

Complementing the qualitative insights from interviews, the study employs structured surveys to gather quantitative data on practitioners' perceptions of Maharashtra's industrial policy. Surveys, distributed to a diverse sample of businesses across industries and regions, capture numerical insights into the perceived effectiveness of the policy. This quantitative approach allows for statistical analysis, enabling the identification of trends, patterns, and statistical significance in practitioners' opinions. Questions may cover areas such as policy impact on business operations, satisfaction with government incentives, and recommendations for improvement.

In combining the depth of qualitative insights from interviews with the breadth of quantitative data from surveys, the practitioner perspectives section provides a comprehensive view of how Maharashtra's industrial policy is experienced on the ground. The amalgamation of these perspectives contributes to a nuanced and well-rounded understanding of the policy landscape, guiding recommendations for improvement and refinement.

Challenges in Policy Implementation

One of the primary hurdles in policy implementation often lies in the bureaucratic intricacies that businesses must navigate. This section delves into the bureaucratic challenges faced by industries operating under Maharashtra's industrial policy. This analysis may encompass issues such as complex regulatory procedures, delays in approvals, and the burden of compliance. By dissecting the bureaucratic landscape, the study aims to unearth the bottlenecks that hinder the seamless execution of policy directives. Infrastructure serves as the backbone of industrial operations, and any inadequacy in this regard can pose significant challenges. This section assesses the impact of insufficient infrastructure on industrial operations within Maharashtra. Whether it be transportation bottlenecks affecting the supply

chain, energy shortages impacting production, or technological infrastructure gaps hindering innovation, a comprehensive evaluation provides a holistic understanding of how infrastructure bottlenecks impede policy goals.

This section presents actionable recommendations for refining Maharashtra's existing industrial policies, focusing on streamlining regulatory processes, simplifying compliance requirements, and aligning policies with industry needs. The aim is to address current challenges and future-proof the policy framework against evolving economic dynamics. The section also advocates for public-private partnerships (PPPs) to address challenges, fostering stronger ties between the government and private sector entities. PPPs can drive sustainable industrial growth through infrastructure development, skill enhancement programs, and research and development initiatives. The study aims to bridge the gap between theoretical policy formulation and real-world impact, contributing to the dynamic process of shaping Maharashtra's industrial policies. It encourages active participation in co-creating a policy environment that nurtures innovation, competitiveness, and sustainable economic development.

Conclusion

This practitioner study provides valuable insights into Maharashtra's industrial policy through the perspectives of industry leaders and survey results. It reveals the challenges faced by practitioners, as well as success stories and lessons learned. The study highlights the need for targeted policy improvements, such as refining regulatory processes, addressing infrastructure gaps, and enhancing skill development initiatives. These findings serve as a roadmap for enhancing the effectiveness and responsiveness of Maharashtra's industrial policies to the ever-evolving needs of businesses operating within the state. Future research directions include a longitudinal assessment of policy impacts, a comparative analysis of Maharashtra's policies with other states, an in-depth examination of emerging sectors, and an understanding of the dynamics of Industry 4.0, sustainable practices, and geopolitical shifts in Maharashtra's industries. This study enriches our understanding of the challenges and successes in Maharashtra's industrial policy and acts as a catalyst for ongoing dialogue and research.

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सारांश

भारतीय राज्य घटनेचे शिल्पकार, शिक्षणतज्ज्ञ, समाजसुधारक, पत्रकार, विद्वान, संसदपट्ट, दीनदलितांचे उध्दारकर्ते अशी त्यांची ओळख संपूर्ण जगाला आहे. परंतु एक अर्थशास्त्रज्ञ म्हणून त्यांची ओळख फार दुर्मिळ होती. त्यांनी अर्थशास्त्रज्ञ म्हणून फार कमी कार्य केले असले तरी त्यांच्या आर्थिक विचारांमध्ये या देशातील सामाजिक समानतेच्या विचारांची बाजू फार मजबूत जाणवते. त्यांचे उच्च पातळीवरील तत्वज्ञान जास्त नसून प्रत्यक्ष जीवनातील प्रश्न जगातील अनेक देशातील आर्थिक रचनांच्या संदर्भात विचारांत घेतलेले दिसतात.

भारतात आर्थिक विचारांच्या पध्दतशीर मांडणीला एकोणविसाव्या शतकापासून सुरुवात झाली. 1918 मध्ये 'The Journal of Indian Economic Society' मध्ये त्यांचा लेख प्रकाशित झाला. हा लेख त्यांनी 'लहान धारण क्षेत्रे आणि त्यांवरील उपाय' या विषयावर लिहिला. 1921 मध्ये डॉ. आंबेडकर खरोखरच अर्थशास्त्रज्ञ म्हणून ओळखले गेले. 'स्टेट्स अँड मायनॉरिटीज' या पुस्तिकेत डॉ. आंबेडकरांनी सामुदायिक शेती तसेच शेती-संघटनाची आपली योजना सादर केली. कारण तेव्हा भारतामध्ये शेती संघटनांच्या जमीनदारी, रयतवारी पध्दती प्रचलित होत्या. त्यामुळे जमीन कसणाऱ्याला न्याय, उत्पादनाच्या प्रेरणांना चालना यासारख्या बाबींवर प्रतिकूल परिणाम होत होता. हे डॉ. आंबेडकरांच्या ध्यानात येताच त्यांनी आपली सामुदायिक शेतीची कल्पना मांडली भारतीय शेतकरी कर्जात जन्मतो, कर्जातच जगतो आणि कर्जातच मरतो' अशी वाक्ये पिढ्या न् पिढ्या ऐकविण्यापेक्षा व्यक्तिवादाला मुड घालून सामुदायिक शेती स्वीकारणे हाच व्यवहार्य मार्ग आहे. असे डॉ. आंबेडकरांनी भारतीय जनतेला पटवून दिले.

कळीचे शब्द (Key Words): डॉ. आंबेडकर, सामुदायिक शेती, भूमिहीन मजुर, शासन, भांडवल, उत्पादकता.

प्रास्ताविक

भारतात आर्थिक विचारांच्या पध्दतशीर मांडणीला एकोणविसाव्या शतकापासून सुरुवात झाली. विसाव्या शतकाच्या मध्यकाळापर्यंत भारतीय शेती दुरावस्थेत होती. स्वातंत्र्यप्राप्तीनंतर या क्षेत्रात बदल घडवून आणण्यासाठी बरीच उपाययोजना झाली. परंतु तोपर्यंत ही शेती तिच्यामध्ये गुंतलेल्या प्रचंड लोकसंख्येला वाजवी जीवनमान देऊ शकत नव्हती. शेतीची अल्प उत्पादकता हा प्रमुख प्रश्न होता. या अल्प उत्पादकतेमागे अनेक कारणे होती. भारतीय शेती ही मान्सूनवर अवलंबून आहे. मान्सूनचा लहरीपणा लक्षात घेता पाणीपुरवठ्याच्या सोयी तसेच सिंचनाच्या सोयी फारशा विकसित झाल्या नव्हत्या. कृषी क्षेत्रातील हरित क्रांती ही बरीच नंतरची घटना होती. तरीही त्याकाळी शेतीच्या उत्पादकता वाढीसाठी काही यशस्वी प्रयोग होत होते. त्यामुळे शेतकरी प्रभावितही होत होते. परंतु शेतकऱ्यांजवळ असलेल्या भांडवलाच्या कमतरतेमुळे त्यांना हे प्रयोग यशस्वी करणे शक्य होत नव्हते. शेतीची सर्वसाधारण कामे करण्यासाठी लागणाऱ्या पशूंची संख्याही दुष्काळामुळे कमी होत होती. अशा स्थितीत शेतीची उत्पादकता वाढविणे शक्य नव्हते. दुसऱ्या बाजूने शेतीवर अवलंबून असणारी लोकसंख्या प्रचंड होती. परंतु त्यामानाने प्रत्यक्ष लागवडीखालील जमिनीचे प्रमाण कमी होते. त्यामानाने पडीत जमिनीचे प्रमाण बऱ्याच प्रमाणात होते. कमी उत्पादकता असणारी ही शेती देशातल्या जनतेला पोसू शकत नव्हती. तरीही लोकांमधील शेतीविषयक प्रेम कमी होत नव्हते. थोडी का होईना आपल्या मालकीची जमीन असावी असे सर्वांना वाटत होते. यासाठी वारसा हक्काच्या कायद्याचा आधार घेऊन जमिनीचे विभाजन व अपखंडनाची क्रिया सतत होत होती. याचा परिणाम जमिनीचे अकिफायतशीर धारण क्षेत्र निर्माण झाले. त्या जमिनीतून पुरेसे अन्नधान्यही निघत नव्हते. याचा परिणाम शेतीची दुरावस्था तर निर्माण झालीच व शेतकरी आर्थिकदृष्ट्या कमकुवत होऊ लागला. यातूनच डॉ. बाबासाहेब आंबेडकरांच्या सामुदायिक शेतीच्या कल्पनेचा प्रवास सुरू झाला. डॉ. बाबासाहेब आंबेडकरांच्या आर्थिक विचारातील हे तत्वज्ञान त्यांना येणाऱ्या परिपूर्ण अनुभवावर आधारित आहे.

आंबेडकरांचा जीवन परिचय

भारतीय घटनेचे शिल्पकार डॉ. बाबासाहेब आंबेडकर यांचा जन्म 14 एप्रिल, 1891 मधे मध्यप्रदेशातील महु येथील सैन्य छावणीत झाला. डॉ. भीमराव आंबेडकर यांच्या वडिलांचे नाव रामजी मालोजी सकपाल आणि आईचे नाव भीमाबाई होते. आपल्या आई - वडिलांचे ते चौदावे पुत्ररत्न होते. जन्मजात ते प्रतिभासंपन्न होते. लहानपणी आंबेडकरांच्या कुटुंबासोबत सामाजिक आणि आर्थिक बाबतीत फारच भेदभाव केल्या जात होता. आंबेडकर यांच्या पूर्वजांनी खूप वर्षपर्यंत ब्रिटिश ईस्ट इंडिया कंपनीच्या सेवेत आपला जीवनकाळ घालविला. त्यांचे वडील सुध्दा ब्रिटिश भारतीय सेनेच्या महु छावणीत सेवेत होते. भीमरावांचे वडील नेहमीच आपल्या मुलांच्या शिक्षणावर जोर देत. 1904 ला भीमराव आंबेडकर यांचे वडील सेवानिवृत्त झाले. आणि त्यानंतर 2 वर्षांनी आंबेडकरांच्या आईचा मृत्यू झाला. आईच्या मृत्यूनंतर त्यांच्या काकूने अत्यंत कठीण परिस्थितीत आंबेडकरांच्या बहीण-भावंडाचे

पालनपोषण केले. आंबेडकरांच्या वडिलांना बलराम, आनंदराव आणि भीमराव असे तीन मुले व मंजुळा आणि तुळसा नावाच्या दोन मुली होत्या. आपल्या संपूर्ण भावंडांमध्ये फक्त भीमराव आंबेडकर यांनीच शिक्षण घेतले. शिक्षण घेत असतांना महादेव अंबावडेकर नावाचे शिक्षक त्यांना लाभले. या शिक्षकांचे ते लाडके विद्यार्थी होते. त्यामुळे त्यांच्या सांगण्यावरून भीमरावांनी आपले सकपाल आडनाव बदलून आंबेडकर ठेवले.

शिक्षण

आंबेडकरांनी सातारा शहरात राजवाडा चौकातील सरकारी हायस्कूलमध्ये 7 नोव्हेंबर, 1900 या वर्षी इंग्रजी माध्यमाच्या पहिल्या वर्गात प्रवेश घेतला. याच दिवसापासून त्यांच्या शैक्षणिक जीवनाला खरा प्रारंभ झाला. यानंतर भीमरावांनी आपले माध्यमिक शिक्षण एल्फिस्टोन रोड येथील गव्हर्नमेंट हायस्कूलमध्ये पूर्ण केले. एप्रिल 1906 ला भीमराव जेव्हा 15 वर्षाचे होते तेव्हा 9 वर्षाची रमाबाई यांच्या सोबत ते विवाहबंधनात अडकले तेव्हा ते पाचव्या वर्गात शिकत होते. 1907 मध्ये मॅट्रिक परीक्षा उत्तीर्ण करून एल्फिस्टन कॉलेजमध्ये प्रवेश घेतला. 1912 मध्ये बी.ए. ची पदवी पूर्ण करून 1913 मध्ये 22 व्या वर्षी ते संयुक्त अमेरिकेत न्युयार्क येथील कोलंबिया विश्वविद्यालयात पदव्युत्तर शिक्षणासाठी गेले. 1915 मध्ये कला शाखेतील स्नातकोत्तर परीक्षा पास झाले. पुढे 1916 मध्ये लंडन स्कूल ऑफ इकॉनॉमिक्समध्ये प्रवेश घेऊन अर्थशास्त्रातील आचार्य पदवीचे काम सुरू केले. विदेशात जाऊन अर्थशास्त्रातील आचार्य पदवी घेणारे भीमराव हे पहिलेच भारतीय होते. त्यावेळी त्यांनी देशाच्या अर्थव्यवस्थेच्या विकासासाठी औद्योगिकरण व कृषीविकास आवश्यक असल्याचे प्रतिपादन केले. त्यांनी या संशोधनात सामाजिक बाजूचाही विचार करून अध्ययनावर भर दिला. आर्थिक आणि सामाजिक विकास, शिक्षण, सार्वजनिक स्वच्छता, समुदाय स्वास्थ्य इ. बाबींवरही जोर दिलेला दिसून येतो. त्यांनी ब्रिटिश सरकारमुळे देशाला होणाऱ्या नुकसानीचीही चिंता व्यक्त केली.

एक अर्थशास्त्रज्ञ म्हणून ओळख

1921 मध्ये डॉ. आंबेडकर खरोखरच अर्थशास्त्रज्ञ म्हणून ओळखले गेले. जेव्हा राजकारणात त्यांनी नेता म्हणून सक्रीय सहभाग घेतला तेव्हा त्यांनी अर्थशास्त्र या विषयातील 'अॅडमिनिस्ट्रेशन अँड फायनान्स ऑफ दी ईस्ट इंडिया कंपनी' 'द इव्हॅल्युएशन ऑफ प्रॉविन्शियल फायनान्स इन ब्रिटिश इंडिया द प्रॉब्लेम ऑफ द रूपी: इट्स ओरिजिन अँड इट्स सोल्युशन' इ. तीन महत्वपूर्ण पुस्तके लिहिली. 'अॅडमिनिस्ट्रेशन अँड फायनान्स ऑफ दी ईस्ट इंडिया कंपनी'या प्रबंधात आंबेडकर यांनी सन 1792 ते 1858 मध्ये ईस्ट इंडिया कंपनीचे प्रशासन व वित्त व्यवस्थेमध्ये कसे बदल झाले व ते भारतीयांकरिता कसे अन्यायकारक ठरले याविषयी आपले विचार व्यक्त केले. ईस्ट इंडिया कंपनीने भारतीय जनतेची प्रचंड पिळवणूक केली. या काळात कंपनीचा जो महसूल वाढला त्यात 54 टक्के वाटा जमिनीवरील कराचा होता यामुळे शेतकरी वर्गाची फार पिळवणूक झाली. हे त्यांनी जनतेच्या लक्षात आणून दिले. समाजातील दुर्बल तसेच असंघटित घटक असणाऱ्या शेतकऱ्यांची त्यांना सतत काळजी

वाटायची. कारण भारत देश हा कृषीप्रधान देश आहे. या देशात राहणारी जास्तीत जास्त जनता शेतीवर अवलंबून आहे. तरीही या देशात राहणारा शेतकरी आजही दारिद्र्यातच जीवन जगतो. हे कारण जरी खरे असले तरीही या कारणाच्या मुळाशी नेमकी कोणती बाब दडलेली आहे हे शोधून काढण्याचे काम डॉ. बाबासाहेब आंबेडकरांनी केले. डॉ. बाबासाहेब आंबेडकर यांनी विविध क्षेत्रात आपले योगदान दिले. समाजासाठी त्यांनी सतत त्यागाचीच भूमिका ठेवली. याला कृषीक्षेत्रही अपवाद नव्हते. ग्रामीण भागात कृषीवर लोकसंख्येचा अतिरिक्त भार पडलेला दिसून येतो. हा भार कमी होवून शेती एक व्यवसाय म्हणून समजली जावी यासाठी कृषीविषयक समस्या दूर होणे गरजेचे होते. हीच बाब आंबेडकरांनी जाणली आणि सामुदायिक शेतीचे महत्त्व पटवून देण्याचा प्रयत्न केला. भारतीय शेतीशी निगडित आर्थिक समस्यांची ही सामाजिक बाजू केवळ आंबेडकरांसारखाच अर्थशास्त्रज्ञच विचारात घेऊ शकला.

सामुदायिक शेती व शेती संघटन याबाबतची आंबेडकरांची कल्पना

शेती संघटनेच्या दृष्टीने विचार करता त्याकाळी भारतात जमीनदारीसारख्या अनिष्ट प्रथांचा सुळसुळाट होता. या पध्दतीमुळे मालकी हक्काची वाढ होऊन मोठा परोपजीवी वर्ग निर्माण झाला. कुळांच्या आणि पोटकुळांच्या मार्फत करण्यात येणाऱ्या या शेतीमध्ये अवास्तव खंडामुळे कुळांचे शोषण होत होते. यामुळे उत्पादन वाढीची प्रेरणा नष्ट होत होती. लागवडीखालील जमिनीचे प्रमाण कमी होत होते. त्यामुळे बेकारीचे वाढते प्रमाण निर्माण होऊन निरुद्योगी शेतमजुरांचा वाढता वर्ग निर्माण होत होता. डॉ. आंबेडकरांना अर्थशास्त्रज्ञ या नात्याने या संपूर्ण परिस्थितीची जाणीव होती. तसेच सामाजिक विषमतेच्या आगीत होरपळणाऱ्या असंख्य ग्रामीण बांधवांच्या स्थितीचे भानही होते. म्हणूनच त्यांचे असे मत झाले की, 'धारणक्षेत्रांचे एकत्रीकरण काय किंवा कूळ कायदे काय, हे उपाय विचारात घेणे व्यर्थ आहे त्यामुळे शेतीत सुबत्ता येणे शक्य नाही. तसेच निव्वळ भूमिहीन मजूर असणाऱ्या 60 दशलक्ष अस्पृश्यांचे प्रश्नसुध्दा यामुळे सुटणे शक्य नाही.' अशाप्रकारे आर्थिक समस्यांची ही सामाजिक बाजूही आंबेडकर आपले मत मांडतांना लक्षात घेत होते.

भारतामध्ये ज्या शेती-संघटनांच्या जमीनदारी, रयतवारी पध्दती प्रचलित होत्या. या पध्दतीमध्ये शेतीसुधारणा, उत्पादकतेची वाढ, जमीन कसणाऱ्याला न्याय, उत्पादनाच्या प्रेरणांना चालना यासारख्या बाबींवर प्रतिकूल परिणाम करणाऱ्या होत्या. कुळांच्या मेहनतीवर जगणाऱ्या वर्गाला पोषक अशी ही रचना नष्ट करण्याशिवाय उपाय नव्हता. तिच्या जागी 'कसेल त्याची जमीन' या तत्वाला मान्यता देणारी वैयक्तिक कास्तकारी आणण्याला बहुसंख्य लोक अनुकूल होते. सहकारी शेतीला पाठिंबा मिळत असला तरी तिच्या व्यावहारिकतेबाबत शंका होती. या संपूर्ण परिस्थितीचा विचार करून आंबेडकरांनी सामुदायिक शेतीपध्दतीची शिफारस केली. शासनाचा पुढाकार व मदत आणि खेड्यातील भूमिहीन मजुरांसह सर्वांचा सक्रिय सहभाग अशी त्यांची सामुदायिक शेतीची संकल्पना होती. सामुदायिक शेतीच्या माध्यमातून जमीनदारी पध्दती नष्ट करून आणि वैयक्तिक कास्तकारी रूढ करूनही असे अनेक प्रश्न होते ज्यांचे निराकरण होणे कठीण होते. या प्रश्नांचा आढावा पुढीलप्रमाणे घेता येईल.

1. शेतजमिनीचे छोटे तुकडे व अकिफायतशीर आकार तसाच राहणार होता.
2. लाखांच्या संख्येने असलेल्या भूमीहीन मजुरांना दिलासा मिळण्याची खात्री नव्हती.
3. शेतीची उत्पादकता वाढविण्यासाठी जमीन या घटकासोबत इतर साधनांची जोड मिळणे आवश्यक होते. पण दारिद्र्याने ग्रासलेल्या शेतकऱ्यांजवळ भांडवलाची कमतरता असल्याने उत्पादकतेत वाढ होणे कठीण होते.
4. छोट्या आकारामुळे तसेच भांडवलाच्या कमतरतेमुळे कायम सुधारणा अंमलात येऊ शकत नव्हत्या.
5. शेतीच्या उत्पादनतंत्रात जो काही कालानुरूप बदल झाला असता तो वैयक्तिक कास्तकारीत अनुसरणे कठीण होते.

वर उल्लेखित अनेक समस्यांपैकी बऱ्याच अडचणी सोडविण्यास सामुदायिक शेतीपध्दत सक्षम होती. या संघटन प्रकारामुळे किफायतशीर आकाराची मोठी क्षेत्रे लागवडीखाली आली असती. शासनाच्या निधीतून भांडवल मिळाले असते. उत्पादकता वाढीच्या नवनवीन प्रयोगांना वाव मिळाला असता विशेष म्हणजे ग्रामीण भागातील भूमीहीन मजुरांना सन्मानपूर्वक जगण्याचा शाश्वत आधार मिळाला असता. हे जरी खरे असले तरी त्याकरिता जमिनीवर सामाजिक मालकी प्रस्थापित होणे अनिवार्य होते. परंतु याच गोष्टीसाठी सामुदायिक शेतीपध्दतीचा वारंवार विरोध होत गेला. कारण भारतीय फार व्यक्तिवादी आहेत. भारतीयांना ही पध्दत व्यक्तिगत हक्कावर आक्रमण करणारी वाटू लागली.

सामुदायिक शेतीची प्रस्तावित योजना

'स्टेट्स अँड मायनॉरिटीज' या पुस्तिकेत डॉ. आंबेडकरांनी शेती-संघटनाची आपली योजना पुढीलप्रमाणे सादर केली.

1. **शेतजमिनीची मालकी:** सामुदायिक शेतीच्या दिशेने पहिले पाऊल म्हणजे शासनाने जमीनदारी पध्दत नष्ट करून जमिनीमधील खाजगी मालकीहक्कांचे अधिग्रहण करणे होय. जमिनदारांच्या जमिनी दुसऱ्यांच्या बळकावलेल्या होत्या. त्यामुळे त्यांना नुकसानभरपाई देण्याची गरज नाही. तरीही आंबेडकरांनी अशा व्यक्तींना ऋणपत्रांच्या स्वरूपात भरपाई दिली जावी अशी शिफारस केली. प्रत्यक्षात मात्र स्वातंत्र्यप्राप्तीनंतर मध्यस्थांच्या उच्चाटनाचे कायदे करण्यात आले व नुकसान भरपाईही देण्यात आली. जमिनदारांकडून घेतलेली जमीन शासनाने न ठेवता ती गरजूंना देण्याच्या धोरणामुळे अनेक वाईट प्रकार घडून आले. ही परिस्थिती लक्षात घेता डॉ. आंबेडकरांनी आपली योजना घटनात्मक कायद्याने लागू करण्याचा आग्रह धरला. ही योजना संविधानाचा एक भाग झाल्याने स्वार्थी लोकांना याचा गैरफायदा घेता आला नसता व अतिक्रमण झाल्याची त्यांच्यात भावनाही निर्माण झाली नसती.

2. **शासनाची जबाबदारी:** खाजगी मालकी हक्क असलेली सर्व जमीन अधिग्रहित केल्यावर शासनाने पुढील कार्यवाही करावयाची होती. सर्वप्रथम खेड्यामधील जमिनीची विभागणी प्रमाणित आकाराच्या शेतांमध्ये करणे अपेक्षित होते. योग्य आकाराची प्रक्षेत्रे लागवडीसाठी काही कुटुंब मिळून बनलेल्या ग्रामीण कुळांना दिली गेली असती, हे सर्व करतांना जात, धर्म यासारखा विचार करावयाचा नव्हता. जमीनदार, कुळ, भूमिहीन मजूर असे भेदही न करता लागवडीची तरतूद करणे अपेक्षित होते. प्रत्यक्ष लागवड कशी करावयाची याविषयीचे निर्देश देण्याची जबाबदारी शासनाची होती. तर मुख्य प्रश्न शेतीला भांडवल व साधनांचा पुरवठा करण्याचा होता त्यासाठी पाणीपुरवठा, जनावरे, अवजारे, खते, बियाणे इ. आवश्यक सोयी शासनच करणार होते.
3. **लोकांचे हक्क:** सामुदायिक शेतीच्या योजनेत जमिनीची मालकी जरी शासनाची असली तरी काम करणाऱ्या लोकांना निश्चित असे हक्कही होते. खेड्यातील प्रत्येक कुटुंबाला लागवडीसाठी जमीन मिळण्याचा हक्क होता. शेतजमिनीचे विभाजन-अपखंडन व अकिफायतशीरपणा टाळून कास्तकारांना व भूमिहिनांना हा हक्क प्राप्त होणे महत्वाचे होते. याशिवाय साधनांचा आश्वस्त पुरवठा यामुळे शेतीच्या उत्पादकतेत व पर्यायाने उत्पन्नात वाढ झाली असती. सामुदायिक पध्दतीने करावयाच्या या लागवडीचे उत्पन्न आपसात वाटून घेण्याचा कुळांना अधिकार होता.
4. **शासनाचे हक्क:** सामुदायिक शेतीपध्दतीत जमीन ही निसर्ग संपदा असल्याने ती सामाजिक मालकीची आहे त्यामुळे प्रतिनिधिक शासनाला काही हक्क प्राप्त होतात. या लागवडीतून जे उत्पादन होईल त्याचा एक भाग जमीन महसुलाच्या रूपाने शासनाच्या तिजोरीत जाणार होता. शासनाने जमीन ताब्यात घेतांना जी ऋणपत्रे दिली त्याचे पैसे देण्यासाठी या महसुलाचा उपयोग होणार होता. याशिवाय लागवडीसाठी आवश्यक अशा विविध सोयी-सुविधा शासनाने पुरविल्या असल्याने त्यांचा योग्य तो मोबदला आकारण्याचा अधिकारही शासनाला असेल. याशिवाय दुसरी महत्वाची बाब म्हणजे सामुदायिक शेतीच्या मूळ तत्वाला हानी पोचेल असे कोणतेही कृत्य कुळांद्वारे होता कामा नये व असे झाल्यास दंडात्मक कारवाई करण्याचा अधिकार शासनाचा राहिल अशी यामध्ये तरतूद केल्या गेली होती.

अशाप्रकारे डॉ. आंबेडकरांनी सूचविलेली सामुदायिक शेतीची कल्पना तसेच शेती संघटन व्यक्तिकेंद्रीत विचारसरणीला पटणारी नसली तरी त्यामुळे शेतीशी निगडित अनेक प्रश्न सुटणे शक्य होते.

भारतामध्ये राज्य-समाजवादाची रचना घटनात्मक कायद्याने लागू व्हावी जिचा एक भाग सामुदायिक शेती होता. यासाठी डॉ. आंबेडकरांनी 'स्टेट्स अँड मायनारिटीज' मधील अनुच्छेद दोन ही तरतूद सुचविली. जेणेकरून शेतीशी संबंधित बरेचसे प्रश्न सुटतील. सन 1947 मध्ये ही पुस्तिका प्रकाशित होण्यापूर्वीच त्यांनी शेतीच्या विविध समस्यांवर विचार केला तेव्हा त्यापैकी भारतातील छोटी धारण क्षेत्रांची समस्या त्यांना जास्त गंभीर वाटली होती. छोट्या धारण क्षेत्राची समस्या जो पर्यंत

सुटणार नाही तोपर्यंत सामुदायिक शेतीची प्रस्तावित योजना योग्य आकार घेणार नाही हे त्यांना कळून चुकले होते. केवळ छोट्या धारणक्षेत्रांमुळे समस्या निर्माण होत नाही तर या धारणक्षेत्रांसोबत लागणारी आवश्यक साधने कमी पडत असल्याने ती धारणक्षेत्र अकिफायतशीर ठरते. म्हणजे छोट्या धारणक्षेत्रांच्या समस्या दूर करण्याचा उपाय केवळ त्यांचा आकार वाढविणे हा नसून भांडवली साधने वाढविणे हा असायला हवा. यासाठी डॉ. आंबेडकरांनी सांगितलेल्या प्रस्तावित सामुदायिक शेतीचा योग्य तो विचार भारतातील लोकांनी केल्यास सामाजिक न्याय व समता प्रस्थापित होण्यास मदत होईल. व देशातील गरीब व श्रीमंत यामधील अंतरही कमी होणे शक्य होईल.

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Dr. Babasaheb Ambedkar's Multidimensional Thoughts



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Citation Analysis of Pearl the Journal of Library and Information Science (2020)

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Abstract :

Citation analysis is the widely used method of bibliometric study. In the present study citation analysis of PEARL, a Journal of Library and Information Science is examined and analyzed the citation in the year 2020. The present study has been undertaken in order to understand authorship pattern, year of publication, type of publication and rank of cited journals. The data generated from 454 citations cited in the said journal revealed that researchers preferred publication in journals (70.48%) over other publication modes. The citation data from 1960- 2000 indicated a low growth rate compared to the period 2000-2020. The data indicated a continuous growth and development of the subject in terms of research activities over the period. Journals arranged in descending order according to their citation rank showed that Annals of Library and information studies were found to be the most cited journal (15 Nos, 4.72%) followed by DESIDOC Journal of library and information technology (14 Nos, 4.42%) and The Electronic Library (10 Nos, 3.14%). The data also implies how frequently LIS researchers make use of references in the preparation of their research articles.

Keywords: Citation, Library and Information Science, Bibliometric, Ranking of the journal, PEARL, Journal of Information Science, Authorship Pattern, Reference

Introduction :

Citation analysis is the widely used method of bibliometric study. Citation analysis consists of examining the frequency, patterns and graphs of citations in documents. The purpose of the citation analysis was undertaken to identify the most important or relevant document in a collection. In the present study citation analysis of PEARL, a Journal of Library and Information Science is examined and analyzed the citation during the year 2020. PEARL is a Quarterly, Peer Reviewed Research Journal published four times i.e., March, June, September, and December. The journal publishes original articles covering all areas of library and information science.

The present study has been undertaken in order to understand authorship pattern, year

ACADEMIC INSTITUTIONS AND INTELLECTUAL PROPERTY RIGHT (IPR) AWARENESS- A REVIEW

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Abstract:

The term Intellectual property is related to human brain applied for creativity and invention to betterment of existing technology. Intellectual property rights (IPRs) like patents, copyrights, trademarks, industrial design, trade secret etc., plays a significant role in promoting innovation and sustaining economic growth. The literatures reviewed in this study are categorized in to intellectual property and it's rights, importance, creation and management, importance of training and awareness, role of academic institutions, global scenario in IPR, socio economic aspects of IPR, benefits of IPR, published in referred journals. The globalization has made innovation and competence-building important part of every nation's economic growth and future prosperity.

Key words: Awareness, IPR, Copyright, Patent, Faculty, Students

Introduction :

A review literature is a critical and in depth evaluation of previous research. The work is expanding the reasons behind selecting a particular research problem and allowing the idea of pursuing the research topic.

According to Cooper (Cooper, 1988) a literature review uses as its database reports of primary or original scholarship. The types of scholarship may be analytical, empirical, theoretical, critical or methodological in nature. A literature review seeks to explain, summarize, evaluate, clarify and integrate the content of primary reports'. (Bruce, 1994) has identified six elements of a literature review. These elements comprise a list, a search, a survey, a vehicle for learning, a research facilitator and a report.

According to (Bourmer, 1996) there are good reasons for spending time and effort on a review of relevant literature before embarking on a research project. These include

- 1) To identify the gap in the literature
- 2) To identify people working in similar area of research.
- 3) To identify novel or creative works in the subject work area
- 4) To put the work into proper perspective
- 5) To demonstrate the reach of previous work in the specific area
- 6) To gather information and ideas which may be relevant to the project
- 7) To identify methods that could be relevant to project

Intellectual Property

‘Intellectual Property’ is a generic term that probably came into regular use during the twentieth century. This generic label is used to refer to a group of legal regimes, each of which, to different degrees, confers rights of ownership in a particular subject matter. In general, intellectual property is categorized into two branches:

Industrial Property: It protects inventions in result from new solutions to technical problems to be solved in intangible embodiment (rather than a physical object) by research and development.

Copyright: It protects literary and artistic works as well as creations in the field of neighboring rights. (Rady, 2002)

The term Intellectual property is related to human brain applied for creativity and invention to betterment of existing technology. Various efforts in terms of input of manpower, time, energy, skill, money, etc., are considered to be important to invent or create something new. (Narayanan S. , 2010) Therefore, as per law, legal rights or monopoly rights are given to creator or innovator to harvest the economic benefits for their invention or creation . (Sharma, 2014) National security also impinges on a host of issues related to internal security or terrorism wherein appropriate technological systems are required to be developed. (Gupta V. K., 2007)

Intellectual property rights and its importance :

Intellectual property rights (IPRs) like patents, copyrights, trademarks, industrial design, trade secret etc., plays a significant role in promoting innovation and sustaining economic growth. The owner’s right over these properties was accepted and is known as an intellectual property right.

A new set of laws called intellectual property right laws, were enacted to protect these property rights. (Kannan, 2010) They also allow their holders to keep out, for a limited amount of time, other parties from the remuneration arising from the newly acquired knowledge and from the commercial use of innovative products and developments based on such new knowledge, thus motivating others to allot financial and human resources in Research and Development (R& D.). (Zekos, 2008)

Benefits of IPR :

In recognition of the importance of innovation in contributing to a country’s economic development, the World Trade Organization (WTO) has emphasized the role of intellectual property rights (IPR) in ensuring successful innovation and commercialization. (Hudson J & Minea A, 2013) IP is a crucial contributor for knowledge economy and generates monopoly position in return for providing payoffs to innovation. (Latha, 2008)

On the basis of nature of invention and creation of human mind and their applications the intellectual property rights are classified as follows: i) Patent ii) trademark iii) Industrial designs, iv) Layout design of semiconductor integrated circuit v) geographic indications of source vi)copyright and related rights (literary and artistic works, musical work , motion pictures , computer programmes and performing arts and broadcasting work) (Documents/handbook.html).



Economic health of nations and the competitiveness of firms are determined largely by the ability to develop, from scientific and technological innovations. They are legal instruments that have been used by governments for industrial development and economic growth. (Narayanan S. S., 2010)

Financial incentives have also been served as a boost to help in excavation of inventions and creations in a company. Therefore, most companies have financial incentives or career boost as part of their inventor incentive mechanism. These incentives are generally spread across various steps ranging from filing, protecting to licensing. (Kankanala, 2012)

An Indian perspective on IPR :

The development of any entity or organization directly depends on IPR and its policy framework. (Jajpura, 2015) In this context, certain parameters were taken into consideration for a better understanding of how institutions deploy their core resources and competencies towards IP creation and management. The objectives of the study were assessment and identification of issues in creation of IP in technical institutions, and finding appropriate measures to address these issues. (Sinha, Babita, Joshi, Himanshu & Ghosh, P.K, 2009)

In an agrarian country like India, the process of IP awareness can be catalyzed only by educating all the stakeholders like policy makers farmers, academia, industry researchers and consumers about the importance of IPR and technology management. (Samuel, Manoj P , Sastry, Kalpana. R& Venkattakumar, R, 2014)

Literature Review relevant to Awareness of Intellectual Property Right :

The literatures reviewed in this study are mostly related to IPR awareness, infringements, protection, Training, patent, copyright and social issues, published in referred journals.

The Fig. 1 illustrates the important aspects to review the literature relevant to IP awareness in coming sections.

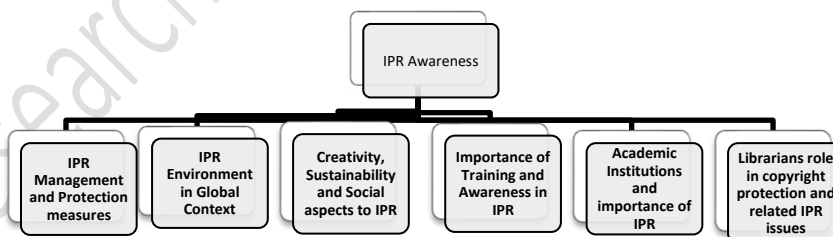


Fig. 1 Classification of literature on of Intellectual Property Right Awareness in Academic institutions

Descriptive analysis of the data

1.7.1 Research Methodology

The major observations, results, and the discussion based on the literature are presented in this section Literature classification scheme is represented in Fig. 1 and the items included in

each component of literature review is discussed below

- Content 1: Issues in creation, Management and Protection of IPR: Includes papers on Introduction/ IP creation/ varietal/ IP Management/ protection and infringements.
- Content 2: IPR Environment in Global Context: IPR issues in Global perspective, awareness and Resources issues are discussed.
- Content 3: Creativity, Sustainability and Social aspects to IPR: HR Issues/ competitiveness/ IT/ socio-economic development R&D Issues.
- Content 4: Importance of Training and Awareness in IPR : Training and awareness improves the IPR and economics.
- Content 5: Academic Institutions and importance of IPR : *Role played by academic institutions are very important as creativity and innovation begins from Academics*
- Content 6: Librarians role in copyright protection and related IPR issues

Issues in creation, Management and Protection of IPR :

The Intellectual property rights (IPR) are intangible property in nature and gives exclusive rights to inventor or creator for their valuable invention or creation.

Institutions must actively involve students by informing them of the possibilities and the need for IP creation through regular workshops and interactions. (Ghosh, Shefalika Samaddar & Chaudhary, Banshi D, 2008)

The core of long-term economic growth and development are the capabilities of public and private agents to learn and expand knowledge base. (Lundvall B.A & Johnson B., 1994)

IP creation is not only enhance the science and technology system (universities, research organizations, firms' in-house R&D) but also for a region's organizational, institutional and policy-learning capabilities. (Gregersen, B & Johnson B, 2001) The globalization has made innovation and competence-building important part of every nation's economic growth and future prosperity. (Lagendijk)

In recent times geographical indication (GI) has emerged as most important instrument of intellectual property protection and ensuring the quality of their GI-protected products. (Chaturvedi, 2003) In one of the study TRIPS , trade secrets, methods and practices to be followed for protection of trade secrets in India and abroad were discussed. (Nair, 2002)

IPR Environment in Global Context :

A study analyzed the patenting activity of Public Research Organizations (PROs) in Southern European countries, and found they are more concerned about intellectual property protection, technology transfer and regional development. (Cesaroni, Fabrizio & Piccaluga, Andrea, 2005).

Components and measures for IP awareness are discussed and studied by a survey in UK industry. This addressed three main issues of: IP knowledge and understanding, IP management practices and Awareness and use of IP information and advice. The survey type study showed the importance of promoting IP awareness to firms irrespective of the size of the firm, is vital to the system's success. (Pitkethly, 2012)



Various international treaties and national laws have been set in place to ensure IP owners of their rights. The data corroborated, that public education and awareness campaigns, and training programs are essential to the success of such a law. (Mulki, 2008)

Creativity, Sustainability and Social aspects to IPR :

Sustainability, personal skills, social aspects related to technology, management and entrepreneurship are of increasing concern for engineers and engineering education. It includes a discussion on how to integrate sustainability and entrepreneurship and to incorporate it pragmatically in the key elements of a business plan. (Bonnwr, Hans, Quist, Jaco, Hoogwater, Daan, Spaans, Johan & Wehrmann, Caroline, 2006)

Torrance Tests of Creative Thinking (TTCT) were used to measure changes in people's creativity. Research data indicated that the students, after completing the curriculum program, has significantly improved their creativity. (Chen, Chi-kuang, Jiang, Bernard C. & Hsu, Kuang-yiao, 2005).

Skills development was a key aspect of the UK Government's strategy which has led to changes in Higher Education and increasing recognition of the need to enhance students' employability. Which may be achieved through cooperative, inclusive, transparent and centrally coordinated approaches to skills assessment, monitoring and development. (Markes, 2006)

A study discussed about the role of copyright and intellectual property in cultural and economic development of countries, especially developing countries. WIPO Internet Treaties for the protection of copyright and related rights in the digital age are also discussed. (Alikhan, 2002)

Importance of Training and Awareness in IPR :

Training helps in spreading IP knowledge and awareness among employees, but the skill for patent searching and freedom to operate is taught to only personnel in R & D or engineering department. (Kankanala, 2012)

As suggested by (Brahmi, P., Saxena, S & Dhillon, B.S, 2004) found that there was a need to create awareness among the scientists, policy makers and breeders as well as farmers, village communities and private sector.

The study conducted to know the level of IP Awareness among Faculty members of Health sciences about copyright, fair use, and related precepts for teaching and research purposes, Most respondents themselves reported at least a limited familiarity with copyright law and fair use. (Smith, K.H, Tobia, R.C, Plutchak, T.S, Howell, L.M, Pfeiffer, S.J. & Fitts. M.S, 2006)

Results of web-based survey conducted showed a significant lack of awareness of copyright and intellectual property issues. They also found gap between the general copyright and intellectual property competencies they assess and the level of awareness about more specific items. (Boustany, J., & Mahe, A, 2015)

Academic Institutions and importance of IPR :

Academic institutions are considered as the powerhouse of knowledge. There has been a rise in the academic research outputs mainly in the form of research papers and commercial yield in the form of protection of innovation and wealth creation. One of the first academic technical institutions in India to advocate and develop its own explicit IPR Policy and document was IIT Delhi in 1994. (Indian Institute of Delhi, 2008).

The University Grants Commission has drafted guidelines for creation of awareness and management of IPR in the university system in India. These policy frame work and guidelines provide broad insights to the academic and technical institutes in addressing IPR issues, however, there are no explicit considerations of the nature of IP ownership between researchers and the faculty. (www.UGC.org)(Gupta V. , 2006) discussed several practical features of the management of intellectual property rights (IPR) from the point of view of R&D scientists of such publicly funded R&D institute. The capacity building in IP management is a natural course of action, which needs to be emphasized for technical institutions and publicly funded institutions. (Saha R. , 2005)

The most appropriate ownership model for universities, it is expected that revenue generated from the university IP could be used to fund new research work at the universities. (Ramli, Raslibah & Zainol, Zinatul Ashiqin, 2014)

The purpose of this study was to determine the level of knowledge, among university professors, about copyright problems related to e-learning activities. Thus the conclusion indicates that the law was reformed without any discussion with those truly engaged in online teaching. (Carlos Fernandez-Molina, J, Muriel,E., Viver-Gracia, J., Riera, P., & Martin, O, 2011).

Librarians role in copyright protection and related IPR issues :

The librarian-interview results indicate that students' problematic behaviors included systematic downloading, distribution to unauthorized users, and going beyond the purpose and character of academic use. (wu, H.C., Chou, C., Ke, H.R., & Wang, M.H, 2010)

Librarians are duty bound to university students and staff work with information on different tasks. Discussed copyright literacy of Czech students of library and information faculties and their attitudes toward this topic. This research identified the importance of the copyright topic for librarians (89.9%) and its inclusion in the LIS curriculum (61.3%). (Kovarova, 2019)

The objective was to identify the main differences and similarities in knowledge of the basic matters of copyright literacy among faculty, students, and librarians. The results indicated that essential mistakes and misunderstandings are shared by all three sectors. (Fernandez-Molina, J.C & Muriel-Torrado,E., 2018)

IPR Issues in Engineering Faculties of University and affiliated colleges:

The proposed work will involve extensive research on the awareness study of IPR among the engineering faculties including the Librarians of Engineering Colleges affiliated to

RTM Nagpur University, Nagpur. There are Engineering colleges affiliated to Universities consists of number of departments like Civil engineering, Mechanical engineering, Electrical, Electronics and Telecommunication Engineering etc.

An investigation into the attitudes of the users towards information use would reveal how far the users are psychologically favourable to the process of use of information sources on IPR. Professionals without copyrights awareness could not claim remuneration. The development of a vibrant IPR culture in knowledge creation, application and dissemination, all of which are connected with market demand and rewards. So, users are required to be motivated and educated to achieve the desired objectives related to IPR.

Now the faculties are more aware about IP environment and large number of patents and copyright is being produced by the faculties affiliated colleges.

Research Gap Identified :

The literature on awareness of faculty of engineering colleges are now available to some extent. But the studies are few in India and dealt in isolation. So many engineering colleges are affiliated to many universities and by conducting the awareness study of IPR elements among different faculties will generate valuable information to know the IPR knowledge and awareness for the better management and protection of IPR from the faculties. After the literature review and research gap identification the areas for further research is contemplated to achieve IPR management.

Future areas of research :

From the literature it is observed that the creation of IPR and its management is both complex and interesting issue to all the stake holders and need to be addressed on priority. Herein, the few issues within the IPR and its management are identified, which may require further research exploration.

1. Socio economic aspects of IPR Awareness.
2. Copyright in the digital era and extent of infringements by Libraries of Academic institutions especially engineering colleges.
3. IP courses at engineering colleges will aid growth and focuses on the economic and strategic aspects related to IPR.

Conclusion :

In this chapter an attempt is being made to review the literature on IPR and related issues like creation, maintenance and protection of it discussed in detail. It is felt that that further research is needed in studying a mission based on Copyright in the digital era and extent of infringements by Libraries of Academic institutions especially Engineering colleges. IP course curriculum will aid growth and focuses on the economic and strategic aspects related to IPR and Socio economic aspects of IPR Awareness in Engineering colleges. Librarians often act as copyright experts at their institutions and thus must have an awareness of copyright law and practices. So IPR awareness and its management are addressed earnestly.

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PARSI SOCIETY'S SENSIBILITY IN 'FAMILY MATTERS' (2002)

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Introduction:

Postcolonial Literature represents understated racial and ethnic groups civilizations that are distinct from the mainstream culture based on traditional society. Many of these writers sincerely try to uphold the values of their culture, bring back ideas that have been abandoned, and offer their own perspectives on the social history of their community. There is a strong affirmation of community, with its terrible past and wonderful present. All these things have been seen in the writings of minority Parsi authors.

Key words: *Post-colonialism, Sensibility, Marginalization, Superiority Complex*

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“Art derives from the community for the community”¹(86) notes Vincent B. Leitch. By the same way Florence Howe remarks that “Art is neither anonymous nor universal, it springs from the particular of gender as well as class, race, and cultural experience”²(93). While accrediting this thought in literature, C. R. Reddy in his Foreword to Indo-Anglican Literature says that true literature is, “the expression of one’s own’s individual or racial personality.”³

The Parsis have their origin from Iran. After the Arab conquest in the Seventh century, they were forced to leave Iran in order to avoid forced conversion to Islam. After coming in India, many Parsi migrants settled in Gujarat. King Jadhav Rana of Gujarat gave the Parsis asylum in return for their giving up weapons, abstaining from evangelizing, and adopting local dress and language. The Parsis put a lot of effort into preserving their specific religious purity and cultural

distinctiveness, and they have preserved this devotion to this day. Additionally, they have an inferiority mindset that makes them reject most of Indian society. The Parsis are well educated and affluent. They had gone through a very difficult time for integrating themselves into Indian society. The Partition of India and the significant threats to the nation's valued secularism posed by political maneuvering and fundamentalist organizations made many Parsis lose hope for India's future. This fundamental change in the Parsi way of thinking is exemplified by the writers who came of age in the Parsi community after the 1980s. To analyze the Parsi community’s consciousness of the modern Parsi writers, Avadhesh Kumar Sing comments that their, “works exhibit consciousness of their community in such a way that the community emerges as a protagonist”⁴(28). Dhahran remarks: “Post independent Parsi writing in English is ethnocentric, culture specific and community

oriented”⁵(7).

Among the best-known Parsi authors, Rohinton Mistry—who is currently living in Canada—gives greater thought to how his community is portrayed in the Indian English literature. His fictional works are jam-packed with a lot of information about Parsi life, culture, and religion. In the view of Mistry, there is an urgent need to write about his community in addition to Postcolonial concerns about narrating country and community. He wants to leave a record of it for future generations since it is on the verge of extinction. In an interview, Mistry confessed: “[...] when the Parsis have disappeared from the face of the earth, his writings will preserve a record of how they lived, to some extent”⁶ (Bharucha 59)

Alongside, Mistry concentrates on a specific era in the history of Postcolonial India in his literary works, briskly presenting both the status of the group he represents and the state of the country. Gustad Noble, a Parsi bank clerk, and his family and friends are portrayed in his first book, *Such a Long Journey*, as they make their way throughout life against the backdrop of the Indo-Pak War of 1972. In his second book, *A Fine Balance*, he explains how Prime Minister Mrs. Indira Gandhi's Emergency affected the lives of two Parsis and two Dalits. Mistry's amoral ambition strongly portrays his peoples' misery in his most recent work, *Family Matters*. The novel's narrative, which spans three generations of Parsis living in a rapidly changing socio-political climate in India, is centered on the protagonist and his family.

Family Issues by Mistry might be seen as a sermon on the Parsi religious community. In it, the Mistry focuses on the Parsis' attempts to preserve their racial purity, religious traditions, superiority complex, and attitude towards Indians, eating habits, privileged status, and the current unhappy state of the community.

In the book, Mistry defends the Parsi community's outstanding traits of exclusivity, racial purity, and

cultural supremacy. The Parsis dislike any kind of interaction with outsiders. In the book, the mentor Nariman Vakeel recalls his relationship with Goan girl Lucy Bragansa. His involvement with a non-Parsi female upsets his parents, who pressure him to end the relationship. He marries a 42-year-old Parsi widow with two children as a consequence, acknowledging that "traditional methods were the finest" (Mistry 16) and understanding his obligations to uphold the principles and purity of his society.

Even though being well educated and a professor, Nariman had to abandon his own inclinations in favour of his sense of community. Mistry uses a similar scenario to display the Parsis' attempts to maintain racial innocence. Murad, the grandson of Nariman, starts coming close to Anjali, a non-Parsi girl, at the end of the procedure when Yezad discovers that Murad kissing the non-Parsi daughter in the stairs, he is quite stormy and makes it clear to him that their connection is entirely prohibited. He shouts with anger, He shouts in anger,

“I’ m warning you, in this there can be no compromise. The rule, the laws of your religion are absolute; this Maharashtrian cannot be your girlfriend”(469).

Yezad advises and warns his son, “you can have any friends you like, any race or religion, but for a serious relationship, for marriage, the rules are different” (469).

Yezad, a representative of the Parsi community declares that he would do whatever it takes to maintain the integrity of his race. “Because we are a pure Persian race, a unique contribution to this planet and mixed marriages will destroy that”(469).

To emphasize that the Parsis can never change their views, regardless of the whims and fancies of the individual, Mistry purposefully incorporated the grandpa and grandson's romantic encounters with non-Parsi girls into the story.

Their honesty is another distinctive quality of the Parsis that Mistry highlights in the book. There are a few instances in the book where it is stated that a Parsi will never engage in dishonest behaviour.

Yezad's employer, Mr. Kapur, praises him and says that it is a "blessing to have a Parsi employee: I don't need to worry about cash sticking to the lining of your trousers. If only there were more communities like yours' (150). Yezad is overwhelmed by the remark and he humbly answers, "We have our share of crooks and good-for-nothing loafers"(150). Again Mr. Kapur, a non-Parsi remarks, "Oh, don't be modest, the Parsi reputation for honesty is well known. And even if it's a myth-there is no myth without truth, no smoke without fire"(150). The public's perception of the Parsi community in India's integrity and honesty is revealed by Mr. Kapur's statement.

By relating a story from the life of Yezad's father, Mistry emphasizes the value of honesty among Parsis. His father worked as a bank teller during World War II. He used to transport cash from his branch to the Head Office once a week. He was riding in a cab that fateful day with his security, Duleep Singh. They abruptly heard the sound of an explosion. Because of terror, Duleep Singh fled while leaving the weapon in the vehicle. Moreover, the driver sped off and fled to safety.

Even in a difficult position, Yezad's father, who was more mindful of his obligations, showed little concern for his life. He proceeded bravely to the bank while saying the Zoroastrian prayer "Yatha Ahu Varya," well aware of his obligations. Yezad tells his kids this tale in an effort to impart in them the values of integrity and honesty.

In the diverse Indian Society, the Parsis have an exceptional standing. Being well educated, they place the most value on education. They hold a distinguished position in the field of English teaching. The Parsis were the first to learn and utilize English when Lord

Macaulay brought it to schooling. James Bissett Pratt rightly comments "Illiteracy with them is at a minimum and the higher education of women as well as of men is very common"⁷(325).

The pursuit of knowledge by Parsis is extensively discussed by Mistry including how Parsi boys and girls outperform other pupils and carry out their responsibilities successfully by showcasing their abilities at the top educational institutions in the nation. Nariman tells his grandkids literary tales, and they pay close attention to what he says. The intelligent boys of Yezad are top students at the renowned St. Xavier's school, which is supervised by Catholic nuns. They have a strong reading preference, and it is clear that they value education.

The current deplorable state of the Parsi race is another true depiction in Mistry's book. They are progressively losing the lofty and elevated status they previously held in a free India. They currently feel that their existence is under danger due to a number of issues. They have fostered a perception that India's successive administrations are prejudiced against them. They are greatly depressed by the shifting social structures, the rising intergroup conflict, and the violent outbursts caused by fundamentalism. To top it all off, the Parsi race is on the verge of extinction, which raises concerns about the race's future.

A clever and pragmatic author like Mistry must now reveal the hard facts that threaten to wipe off his race. In the book, Dr. Fitter, who laments the appalling conditions in his neighbourhood, acts as a channel for him to express his dread.

[...] Parsi men of today were useless, dithering idiots, the race had deteriorated. When you think of our forefathers, the industrialists and shipbuilders who established the foundation of modern India, the philanthropists who gave us our hospitals and schools and libraries and baags, what

lustre they brought to our community and the nation. (Mistry 49)

Actually, Mistry thinks the Parsis are unable to recollect and keep the highly regarded standing that formerly belonged to his descents in India.

While Dr. Fitter and Inspector Masalavala are conversing in depth on another occasion, they both express their sorrow and worry for the future of their society. The Parsis will be like "dinosaurs," according to Dr. Fitter (400).

Dr. Fitter's claim is supported by Inspector Masalavala's assertion as "The experts in demographics are confident that fifty years hence, there will be no Parsis left"(400). Dr. Fitter's goes on to compare the Parsi community to the other Indian communities in a comical way.

"There are lots of wealthy couples living alone in new flats who produced just one child. Two, if we're lucky. Parsis seem to be the only people in India who follow the family planning message. Rest of the country is breeding like rabbits." (401).

Masalavala sarcastically makes the following advice to quickly increase the Parsi community as he continues:

Then we need to fix that. I have two suggestions. First, our youth must be prohibited from going beyond a bachelor's degree. Give them cash incentives to study less. And those who want to do post-graduate studies tell them they will get no funding from Panchayat unless they sign a contract to have as many children as the number of people over age fifty in their family. Maximum of seven- we don't want to spoil the health of our young women.(402)

Despite being humorous, this comment highlights both the inferiority of the Parsi race and their superior culture.

Conclusion:

It is true that Mistry's works has employed the meritorious theory. The people of Parsi community keep distance from the other communities of the Indian Society though are known for their cultural advancements and Westernization. They do not mix with the others due to their superiority complex. They only interact with others, if at all, through their servants. They do not go to visit at others community members home. For example , when Murad attempts to bring Anjal for his birthday celebration his father warns him as she was a non- Parsi girl. So, Murad feels very conscious about his invitation to the Birthday Party. At last Yezad and Murad come up with the strategy that states the Parsi Community's feeling of superiority.

Mistry has highlighted the yearning of Parsis to leave India and go to the West due to their dissatisfaction with their way of life . Many Parsis wish to escape India at any costs and go to Western nations. Yezad and his family long to settle in Canada in Family Matters Yezad's wish is regrettably. Yezad is given an interview invitation six months after submitting an immigration application to Canada. In order to humiliate and intimidate him, the officer uses a number of vicious interrogation questions. Yezad later regrets his lot and weeps when he is faced with home issues.

The book describes the Parsis' liking for and negative disconfirmation towards various animals and birds. They even hold views that are justified by religious myths. There are several legends involving Zarathustra. According to one of the tales, the Parsi prophet Zarathustra healed the lameness of King Gasp's favourite horse by placing his hands on its hocks and fetlocks. Nariman recounts the narrative of Zuhaak.

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Pandemic Covid-19's Impact On Education



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ABSTRACT

The COVID-19 or Corona Virus, the pandemic is spreading quickly worldwide. Our country, India, was one of the afflicted nations that were had to go into lockdown. The administration asked almost 130 Crore people to stay at home and to forgo needless travel. Although the government's action has considerably reduced many environmental problems, some of its negative impacts have already been seen in the realms of business, medicine, and defense.

Key Words: COVID-19, ICT, CRY, Flexibility, Human Connection, Internet

Introduction

The action of the government has greatly resolved numerous environmental difficulties still it has affected children, instructors, and families. As has been observed, closing schools have created significant negative social and economic effects. A number of social and economic challenges, including as student debt, digital learning, food insecurity, and homelessness, as well as access to childcare, health care, housing, the internet, and disability services, have come to light as a result of the pandemic-related school closings. The effects were more severe for underprivileged children and their families, disrupting schoolwork, compromising nutrition, creating childcare issues, and costing money to families who were unable to work.

To reach students remotely and lessen the interruption of education caused by school closures, UNESCO advised the adoption of distance education programs and open educational platforms which schools and instructors may utilize. Universities have struggled to come up with

innovative ways to teach students in-person yet socially removed, online, or in a hybrid style.

During the lockout, information technology has become a superhero. All of us are under house arrest but remain in contact with the outside world. Individuals are working from home, exchanging knowledge and jokes, learning new recipes and DIY projects, participating in virtual indoor marathons and fitness sessions, and last but not least, children are attending online classrooms.

Not just in terms of resources and content, but also in terms of style, our educational system has undergone a paradigm shift in recent years. Resources are being replaced, such as hardcover books being replaced by e-books, project files being replaced by Google Classrooms, tablet displays taking the place of whiteboards, and in-class engagement being replaced by virtual meetings.

The COVID-19 dilemma has impacted several industries today, including education. Traditional classrooms are one of the many

casualties of COVID-19, although online courses already existed before the pandemic and provided a distinct role for students, such as providing them with access to modules in case they lack resources or supplementing what was taught in regular classrooms. Before then, online learning was never intended to be the primary method of instruction. The phrase “EDUCATION IS MEANT TO BE TRANSMITTED THROUGH HUMAN CONNECTION”

However just as every coin has two sides, there are also positive aspects to this change that must be taken into consideration. Online learning offers seamless, on-time course completion, prompt degree issuance, and timely learning. Our good fortune is that you were born in the era of technology, where you have access to resources and the tools to profit from online education.

Online learning has its benefits as well. It provides “flexibility” since you may use recorded videos to learn at your own speed. It allows you to study from home and accommodates your degree of comfort. It’s also fantastic to see that online education is increasingly becoming an inexpensive option for those who spend a lot of money on everyday expenditures like child care, commuting, and meals.

Technology may be crucial during the lockdown, allowing people to work and study remotely. Several private schools in India could start using online teaching strategies. It’s possible that low-income private and public schools won’t be able to use online teaching techniques. Online courses must have at least four components: video lectures, electronic information, self-assessments, and discussion boards for answering questions. And as a result of not having access to e-learning technologies, it will be fully shut down. Students will skip meals, which would limit their study chances and may put them under financial and social strain. Disruptions in the colleges and universities are also having an effect on the nation’s economic future. Several Indian students have taken admission overseas, including in the

US, UK, Australia, China, and other countries. And COVID-19 has a serious impact on these nations. Perhaps there is a chance that students won’t enroll there in the future, and if the problem persists, eventually there will be a reduction in demand for higher education abroad.

Despite the fact that e-learning is still in its infancy, students and instructors at these schools have the resources and equipment to use video conferencing, email, and other technologies to further their education. There is a danger that India’s already among the highest dropout rates in the world dropout rate might rise higher if the lockdown lasts much longer since access to midday meals is the main reason so many Indian youngsters attend school. On the other hand, a small percentage of pupils in metropolitan private schools continue their education using common digital channels.

Instructors all around the nation are frantically trying to figure out how to instruct their students in a setting where physical touch is no longer feasible. Once more, class and socioeconomic inequalities greatly influence how well instructors are able to instruct students throughout the epidemic. The best private schools in the nation have teachers who are computer aware and have access to the internet and other digital tools needed to create and share lesson plans at home. Before the crisis, some of these institutions may have even tried out e-learning features like online assignment submission. A small percentage of teachers will be able to give their students a satisfactory online learning experience while maintaining

Unfortunately, this is not true for the great majority of teachers in the nation. Now, one in five teaching posts in elementary schools is unfilled. Several schools in rural India were administered by just one teacher, even during better times. Due to extremely high rates of teacher absenteeism, only half of India’s instructors are actually in the classroom at any given time, according to the World Bank. It’s

difficult to envision a better outcome when schools are on lockdown when a significant portion of instructors don't even teach when schools are open.

Some instructors could do well in this new environment, but for the rest of them, upgrading not just their technical abilities but also their teaching materials simply won't be possible. We have already seen a world without classrooms, but imagining a society without instructors would be terrible as more and more teachers become unable to instruct under these conditions.

For those who were yearning for some "me-time" in the midst of the hustle and bustle of life, online schooling has proven to be a blessing. It might be a good idea to concentrate on maintaining regular sleep, exercise, a balanced diet, and work hours. Now, we can indulge in the pastime we've been meaning to pursue.

According to CRY, the two main causes of school dropouts in India are poverty and accessibility. The most cited cause of poverty is a familial issue. School-age children are unable to assist their parents on the farm or in the store.

Even in the best of circumstances, this puts many families' hesitant advocates of education. Right now, it's unclear how school parents, particularly those in rural locations, are responding to the lockdown. Many of them are now jobless, have little funds, or are already in debt. This might imply that many parents would pressure their children to drop out of school in order to support the family financially once the lockdown is lifted. Even affluent parents in metropolitan areas have challenges as a result of the lockdown since they must assist kids in setting up e-learning

The lockdown will generate serious cash flow problems for school administrators. Several institutions, particularly daycare centres, operate on a monthly charge schedule. These payments will stop if the lockdown is maintained. Nonetheless, costs like rent, wages, and other charges might remain the same. Several

educational institutions operate on a non-profit basis or make only marginal earnings. This indicates that, for the most part, they do not have the funds on hand to deal with a protracted closure. Smaller schools throughout the nation may close forever. As this year appears to be a washout, school owners will be compelled to reduce and renegotiate rentals. In these conditions, the problems faced by schools are continually exacerbated by petitions and PILs.

Although the Indian government did a remarkable job of enforcing the lockdown, alarmingly little has been revealed about the government's agenda for the education sector up to this point. All the information we have received from official channels so far is an order forbidding tuition increases in schools while they are in lockdown. The administration is taking its time to think out a plan. It could be beneficial for educators and school administrators across the nation to have a deeper understanding of what it intends to achieve.

Everyone is being severely impacted by the COVID-19 outbreak. Yet, schools, which have long been a venue for actual, physical contact, have been particularly heavily impacted. It is unclear how educators and the industry as a whole will respond to the new learn-at-home reality as hundreds of millions of students struggle to study from home.

In India, the top, urban-focused institutions appear to be the only ones using technology to address the issue at the moment. Yet if the lockdown and the education crisis persist, it will be imperative for inventors to develop technology that will allow Indians to learn remotely, especially in the most isolated and vulnerable regions of the nation. Since there haven't been many changes in this industry for over two centuries, perhaps this is just the wake-up call that was required. It is time to re-engineer the education industry for the benefit of all stakeholders rather than wait and let the tide pass.

In a way, the crisis has served as a silver lining for institutions, causing them to finally recognize the value of digital learning and realize that such platforms cannot replace traditional learning methods but rather serve as a perfect backup plan in case things take a drastic turn, as they have now.

We must realize that internet platforms and technology are a tool that have improved our ability to communicate and present ideas. We won't be able to close the gap and see ourselves as pioneers in delivering education outside of traditional "classrooms" unless we fully grasp this. The chance to examine their everyday affairs outside of the classroom setting has also been given to the pupils as they move through this stage of their lives. It is tough on them academically to stay indoors and be restricted within the four walls while they learn how to become more constructively engaged in the learning process.

By counseling and supervision, the youngster must be taught to embrace this unpredictability. The same advice has to be given to parents as well. Upskilling in a variety of skill areas will be crucial for survival. Student evaluations may alter in the future. Parents and school administrators ought to collaborate more closely in areas other than academic performance. Every child will have different problems that might not be fixed using a template

approach. The only way forward is to collaborate closely.

India is reportedly one of the online education sectors with the greatest growth, according to data available. "Industries now prefer workers with specialized knowledge and abilities over those with generic degrees. To prepare students for the workforce, the online curriculum must be of the highest calibre; else, the enrollment growth will be useless" said Bhushan Patwardhan, the UGC's deputy chairperson.

Lastly, there are essential reasons why online learning will continue to grow both in India and throughout the world: Physical infrastructure cost savings, Infrastructure's physical limitations, Local vs. international 4. Environmentally friendly, Instant material, instant outcomes, and instant ready retrieval are all examples of how time equals money, Reduces bureaucracy, Alternate learning regimens to rigid ones.

Conclusion

Every child will have different problems that might not be fixed using a template approach. The only way forward is to collaborate closely. The virtual world has once again kept us alive as we communicate with their pals through new interactive technical tools and platforms, which renew delight in us and give us the fervor to look forward to the next day's job. Yet, we have learned to accept crises and adapt.

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of

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Editors Message...

In globalised era Higher Education Plays very crucial role in Development of Nation, as it empowers the individuals with necessary competence for achieving important personal, social and higher level of professional goals. Its importance depicted by words of first Prime Minister Jawaharlal Nehru "A university stands for humanism, for tolerance, for reason, for the adventure of the ideas and for the search of truth. It stands for onward march of human race towards even higher objectives. If the universities discharge their duties adequately, then it well with the nation and the people". India's higher education system is the world's third largest in terms of students, next to China and the United States. Policies and approach adopted by Indian government after implementation of economic reforms are not favorable to the higher education. Since the reforms period there has been a continuously decline in the budgetary allocations made by the government to fund higher education in India. Present paper aims to find out new trends in higher education in India. Paper also discusses various challenges in the field higher education in India.

India has the largest higher educational system with respect to the number of institutions. After the independence of the country, the state and central governments have given great attention to the development of higher education. As a result, the system of higher education in India has seen an impressive growth in terms of a number of universities and colleges. The share of the unaided private sector has increased significantly since 2001 in terms of the number of institutions and enrollment. Indian higher education System comprises three stages – under graduate level, post graduate level and doctorate level. The Ministry of Human Resource Development (MHRD) is highest body of Governance which is responsible for supervising the higher education system through UGC. Higher education in India has expanded rapidly over the past two decades. This growth has been mainly driven by private sector initiatives. India's Higher Education sector has witnessed a tremendous increase in the number of Universities/ University level Institutions & Colleges since independence Indian higher education presently includes 892 universities out of which 48 central universalities, 394 state universities, 125 deemed universities and 325 private universities. Apart from the above universities, other institutions are granted the permission to autonomously award degrees. However, they do not affiliate colleges and are not officially called 'universities' but 'autonomous organizations' or "autonomous institutes". They fall under the administrative control of the Department of Higher Education. These organizations include Indian institute of Technology, Indian Institutes of Management, National Institute of Technology and All India Institute of Medical Sciences.

Dr. Bapug Gholap

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01

Necessity of first aid in Sports Injuries

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Abstract:

Sports and injuries are considered to be closely related, it is said because whether the player practices or participates in the competition, he has to work hard. Due to which there is always a possibility of injury to him. If a player is injured, he is harmed in two ways. First physical second mental, sometimes the player has to be left till the ground. Due to which his team can have a very bad effect. That's why it is necessary that in case of injury to the player, its cause, prevention and treatment should be arranged as soon as possible so that the player can be treated at the right time. There is no limit to injuries.

Preface:

It is said that sports play a vital role in everyone's life. It affects their body as well as their mind. Despite all these things, it is very important for any person to follow some things before playing any game, although they take care of those things, but still they get hurt in the game. Where on the one hand, some players emerge easily from those injuries by getting them treated in time and on the other hand, there are some players who ignore the injuries and become victims of trouble. As with any sport, there is going to be physical activity and when we do physical activity, it's only natural that the chance of injury increases. Serious injuries from overuse, as well as sprains and strains, are com-

mon in an athlete's life. Injuries caused by excessive stress or wear and tear on an organ are considered overuse injuries. These injuries are caused by repetitive actions, especially to certain organs. Major joints in the body such as ankles, knees, hips, shoulders, elbows and wrists are affected by overuse injuries. A strain injury is an injury caused by stretching of muscle fibers or tearing of ligaments. These injuries are often caused by overstressing the organ. In sprain injuries, ligaments are overstretched or torn. Therefore, with proper conditioning, adequate warm-up exercises, proper footwear, and correct technique, major injuries can be avoided.

Importance of first aid in physical education and sports

There is always a need for a person who has basic first aid knowledge and injury management skills necessary for the treatment of an injured athlete, in any kind of sports related events such as conduct of sports, execution of exercises, skill training etc. be proficient in

If a fully equipped first aid kit is not provided during a sporting event, it becomes very difficult to control an emergency. In such a situation, the injured player does not get first aid on time, due to which there is a risk of serious damage to his health and sports career.

When it comes to the safety and health of the players of a team, the first aider is the most important member of that team. When a player is injured during the game, the first aider is ready to manage it with his specialty. It is the responsibility of the first aider to assess the situation immediately after the injury and apply the correct treatment immediately so that the problem of injury does not become too serious.

Along with other factors it is also necessary for good performance in any competition. That the team is accompanied by a person trained in first aid and has a well equipped first aid kit.

At present, there is a rapid change in the use of different rules, playing surfaces and tech-

nical equipment in almost every game. These changes are also rapid for a player which poses various hazards during the course of the game. Therefore a responsible person with the team should have sufficient knowledge to provide first aid to any sick, injured or in various difficult situations with modifications as required.

In addition to this, the sports first aider should also be proficient in giving general treatment for common damages and sports injuries, including medicines and their dosages and in handling the injured player.

Possible sports injuries and first aid:

Ankle injury:

This injury is diagnosed by the type of bone, ligament or tendon that is damaged. Three bones in your body come together at the ankle. The tibia and fibula bones of your pelvis attach to the talus bone of the foot. In the ankle joint, these three bones are connected to each other by ligaments. A firm elastic band of connective tissue holds these bones in place while ensuring normal ankle motion. Ligaments connect the muscles to the bones and keep the ankle and foot moving and the joints stable. Therefore, if the ankle joint becomes yellow, it cannot remain in its normal state and ankle injury occurs. Additionally, wearing high-heeled shoes or wobbly sandals keeps the ankle in an unnatural position and increases the chance of ankle injury. Also, ankle injuries can be caused by tripping or falling, landing in an awkward position after jumping, walking or running on elevated surfaces, twisting or twisting the ankle. Swelling, numbness, tingling, pain, and stiffness can be symptoms of an ankle injury in some people. If you have an ankle injury, you should take 'RICE' (Rest, Ice, Compression and Elevation) treatment.

- **Rest:** Resting your ankle is important to prevent further damage. Do not put too much weight on the ankle.

- **Ice:** Applying ice reduces swelling and pain.

- **Compression:** If the ankle is tied in an elastic

bandage, it will continue to receive support and its movement will also continue. However, do not tie the ankles too tightly.

- **Elevate:** Elevating the injured ankle to at least the level of your heart will help you get relief from swelling and pain.

Fracture:

A fracture occurs when one or more bones in the ankle break. Pain, swelling, bruising, immobility, discoloration of the skin on the affected area are some of the symptoms of a fracture. Fractures can be treated with or without surgery. If only one bone is broken, the bone is not displaced, and the ankle is stable, a specialist can treat the fracture non-surgically by immobilizing the ankle if the ankle is unstable, surgery may be needed to repair the fracture. Not only this, the doctor will also tell you not to put weight on the ankle so that the bones return to their original position in the correct alignment. Even if the fracture heals completely, the ligaments and tendons take longer to heal. Therefore, you can opt for physical therapy after your doctor has cleared that it is safe to move the ankle. This will allow you to practice proper walking, balance and range of motion exercises. If you are unable to maintain your balance, balance training and physical therapy are urgently needed. Avoid running on steep surfaces and use appropriate footwear.

Wringing:

Ligaments are damaged in the twisting action. Movement of a ligament outside its normal range of motion causes the associated limb to sprain. Swelling, pain and stiffness are some of the symptoms. Treatment varies from person to person. They also depend on the severity of the injury. They are classified as mild, moderate or severe. A mild form of chickenpox is treated with 'Rice' method for several days. Treatment is done until pain and swelling subside. Then the doctor prescribes exercises. Even moderate sprains are treated with the 'Rice' method. However, in such cases, recovery takes

more time. You are told exercises to strengthen the ankle. However, if the ankle is sprained too much, the ligament may tear or tear completely. This injury takes a long time to heal. It completely stops the movement of the joint and requires prolonged physical therapy to restore range of motion, stretching, strengthening. Additionally, a patient may be advised to undergo surgery to reconstruct the torn ligaments.

Stretch:

Did you know that injuries caused by overstretching muscles and ligaments can be called 'stretch injuries'? Muscle and ligament overstretching usually occurs in the legs and lower back. Some people experience symptoms such as swelling, bruising, or redness of the skin due to injury, pain even when the affected area is not moved, muscle or ligament weakness, and inability to use the muscle itself. As a remedy you can do 'Rice' treatment along with exercise. You can do mild stress exercises. Self-medication is dangerous. Take medicines only as per the advice of your specialist doctor. To keep muscles strong and flexible, everyone should do muscle training, stretching and stability training under expert guidance. Turf toe is an injury to the ligaments around the big toe. This injury is common among soccer players who play on artificial turf. Dancers, gymnasts and basketball players are also at risk of this injury due to the repeated bending of the toe on hard surfaces. This can result in the ligaments being stretched or torn. For severe sprains or small fractures, the doctor may recommend a brace or athlete's tape or special shoes. This gives support to the injured organ and it heals quickly.

Conclusion:

When playing any game, the player puts everything at stake. At such a time, what about his physical ability? It is also natural for these players to get injured while playing. It is not in the player's hands to completely avoid sports injuries. But, their quantity can be reduced. Despite the season of full matches, the players do

not get any rest. At such times players hide their injuries. A minor injury may later turn into a serious one. First aid is the first treatment given to an illness or injury. First aid is usually administered by a non-specialist to a sick or injured person until specific medical treatment is available in an emergency. Sports first aid therefore requires a trained specialist.

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Doping in Sports

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Abstract

Doping is widely known as the use of banned substances and practices by athletes in an attempt to improve sporting performances. The term doping likely derives from “dope”, an ancient expression referred to a primitive alcoholic drink that was used as a stimulant in South African ceremonial dances; gradually, the term was extended and finally adopted his current significance. There are at least two essential reasons to support the fight against doping: the potential harmful effects on athletes and the depth corruption of the fair competition. An exhaustive list of banned substances and methods has been drawn by the International Olympic Committee and further accepted by other International Sport Authorities and Federations. This list, regularly updated, is basically divided into doping substances (stimulants, narcotic analgesics, anabolic agents, diuretics, peptide and glycoprotein hormones and analogues), doping methods (blood doping, pharmacological, chemical and physical manipulation) and drugs subjected to certain restrictions (alcohol, marijuana, local anesthetics, corticosteroids and beta-blockers). Although there might be some medical conditions, which could legitimate the need of these substances or methods, there is no place for their use in sport. Thus, an athlete's consume of any of these substances or methods will result in disqualification. Aim of the present review is to provide a synthetic description of both the desirable effects and the po-

tentially harmful consequences of the use of some of the major doping substances and methods.

Keyword- Doping, Sports, Wada, Supplements, Steroids.

Introduction: The desire to increase their own physical performance in order to obtain better results in sports led athletes to seek alternative method to train hard (Mazzeo,2016) for a long time individuals have tried to improve in artificial way their physical performances. Man has always tried to improve his physical performance by any method legal or illegal, healthy or harmful to health. The reasons of these attempts are various and they are changed over time from to get best results in the hunting to obtain profit in fact best performance mean, great eating's furthermore it involves athletics friend and relatives medical staff managers chemists, biologists and pharmacists, pharmaceutical industries, clandestine laboratories and criminal organizations . Therefore drugs abuse is one of the biggest problems in sports. In elite athletics, it involves the repeated and excessive use of substance to realize a certain effect. Furthermore the desire to enhance their physical abilities did not even spare the disabled athletes. Doping has ancient origins probably it would have the same age of sport phenomenon as from the moment in which individuals began to practice physical activity in competition with others, in fact they have sought to improve their own performance by taking mixtures of various types of plants.

Doping-Although attempts to enhance athletic performance are probably much older, the word “Doping” was first mentioned in 1889 in an English dictionary. It described originally a mixed remedy containing opium, which was used to dope horses.

Attempts of Doping- According to report of Philostratos and Galen, various remedies were used to enhance athletic performance as early as the end of the third century bc(Burstin1963).

Chinese physicians recommended the use of Ma Huang an extract from the plant Ephedra to increase performance over 5000 years ago. When this drugs was usually used to suppress coughing and to stimulate circulation (Abourashed et al.2003) The Indian physician sutruta recommended the eating of testicles before battles obviously with the same aim (Chinery 1983) Hallucinogenic mushrooms were taken in the third century bc to enhance performance during Olympic competitions, which were held between 776 bc and 393 ad (Burstin 1963, Prokop 1970 Hanley 1983 Critically considered, the materials available at that time may probably be categorized between nutrients or nutritional supplements like eggs, meat blood and real drug like substance with objectively expected activity like bull testicles or alcoholic beverages with their nevertheless two edged effect on performance. This antique doping was strictly prohibited by the rules of the classic Olympic Games, just as today. The sanction were however much more severe in the old Greek Olympics as well as in horse doping Prokop 2002 mentions that ever death penalties were given. When Emperor Theodosius abolished the ancient Games in the year 395 ad. The reasons he gave were that they had become a hotbed of cheating affronts to human dignity and doping (Dirix and Sturbois 1998)

Stimulants- Early doping agents were mainly stimulants cocaine, caffeine, strychnine, etc. The introduction of synthetic phenyl ethylamine derivatives mainly amphetamine Bazedrine and methamphetamine Pervitin as strong acting stimulants let to their increased use in sports as well as in the military for improved vigilance. Amphetamines and analeptics central, respiratory, and psychotonic as well as several alkaloids e.g. ephedrine, strychnine, narcotics and some hormones there fore became prohibited as the first classes of doping agents.

Anabolic Agents- Anabolic steroids came into use in sorts first as agents supporting recovery

after massive stress and exhaustion, They were developed after the isolation and structural elucidation of the mother compound testosterone, the Principal male sexual hormone, in the 1930s. testosterone was first isolated as a crystallized pure substance by E. Lacqueur and coworkers in 1935

General Anti-Doping Regulation- In 1928 the international Amateur Athletic Federation become the first International Sorts Federation to ban the use of stimulating substance (WADA 2009a) The IOC claims to have contemplated doing problems at the Olympic Games since its IOC session in 1937/1938 in Warsaw and Cairo

Wada list of monitored substances-

Category	Moment	Substances
Stimulants	In-Competition	Bupropion,caffeine,nicotine,phenylephrine, phenylpropanolamine,pipradrol,and synephrine,
Narcotics	In-Competition	Hydrocodone, mitragynine, Morphine, odeine ratio, tapentadol and tramadol
Glucocorticoids others	In and out of competitions	Telmisartan, Meldonium

Prohibited Method-

Manipulation of blood and its components	administration of products containing red blood cells in the circulatory system	Increasing the amount of oxygen or its transport
Physical and chemical handling	Altering the integrity and validity of the sample collected during anti-doping control	intravenous infusions or injections of more than 50 mL for 6 hours
Genetically doping	Transfer of polymers of nucleic acids or their analogs	Use of normal or genetically modified cells

Conclusion-The athlete using drugs or nutritional supplements practice mainly sport where appearance as in body building competitions. These substances are more and more used by athletes not only in competitive sports but also in fitness and recreational sports. it s important to ask why athletes dope. In advance it is important to know that the prohibited substance and/or the amount of substance prohibited constantly change.

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03

PHYSICAL ACTIVITY AND SPORTS : NOURISHMENT AND WELLNESS

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Abstract

Physical activity is essentially the development of the use of energy generated by skeletal muscles. The concept of real work is associated with many types, strengths and areas of development. There are many types of real work, including exercise, sports, play, dance, and dynamic lifestyles such as walking, housekeeping, and farming. Active work or exercise can improve your well-being and reduce the risk of several infections, such as type 2 diabetes, malignant growths and cardiovascular disease. In particular, ordinary activities can improve your personal satisfaction. Being in great shape upgrades your character. It allows you to perform proactive tasks without being drained or anxious. Being in great shape additionally guarantees you being intellectually fit and tranquil. So it's the ideal opportunity for you to play a few games, engage in proactive tasks to encounter joy, harmony and to appreciate fiery and energetic way of life.

Introduction

Active work can be characterized as any development of the body that requires the use of energy. This includes all movement during that time, except standing or resting. Active work can be seen, for example, going to class, climbing the stairs, mowing the lawn and, in any case, cleaning the house. Training is active work, but not all real work is training. Exercise is an orga-

nized, organized and monotonous activity to improve or maintain true well-being. The possibility that active work is a prerequisite for well-being is not new. Ancient scientists and doctors relied on it, and Hippocrates (460-357 BC) explained it. Perhaps instinctively, said Russell Pate, extraordinary pioneers have always understood the connection between active work and well-being, but as noted earlier, it was only in the 20th century that science was applied to active work and physical activity. European exercise physiologists - 1920 Nobel laureate August Krogh (1874-1949) and 1922 Nobel laureate A. V. Slope (1866-1977) - were fast on the field. Noting that the field has not produced a Nobel laureate since then, Pate said, "We're overdue." In the United States, the Harvard Fatigue Laboratory was dynamic around the same time, until the end of World War II (1927-1947). According to Pate, it produced a significant number of scholars who conducted applied science research projects across the country that continue to exist today. In the early 20th century, most of the science of active work and exercise focused on understanding the physiological responses important to exercise. By mid-century, some exceptionally well-known experts on disease transmission, such as Jeremy Morris (1910-2009) and Ralph Paffenbarger (1922-2007), were inspired by the effects of active work on well-being. Pate said: "I think you could probably argue that we are here quite a bit earlier today, because of the planning of Jeremy Morris in the UK and also Ralph Paffenbarger in the US." As he would like to think, the field has benefited enormously from the credibility that experts on the early spread of the disease have brought to their work. Morris is best known for his work in the mid-1950s. Different social outcomes in dynamic multilevel bus conductors compared to static conductors. Paffenbarger continued this work between word-related encounters such as dynamic house workers (i.e., cargo carriers) and static house shippers and led an important study

of Harvard graduate classes with multiple real-world job levels (Paffenbarger et al., 1978). . He also produced what many people call the Paffenbarger curve, which represents the relationship between active work and coronary outcomes, with the lower end of the movement continuum associated with generously elevated fatal and nonfatal respiratory failure (Paffenbarger et al., 1978). (see figure). 1-1). The Paffenbarger curve has been used to describe the relationship between active work and many other persistent infectious outcomes, and well-being has sometimes been used as a proxy for actual work (Blair et al., 1989). Pate said the key message of the curve is that "you don't want to be still." Physical activity is essentially the development of the use of energy generated by skeletal muscles. The concept of real work is associated with many types, strengths and areas of development. There are many types of real work, including exercise, sports, play, dance, and dynamic lifestyles such as walking, house-keeping, and farming. Active work or exercise can improve your well-being and reduce the risk of several infections, such as type 2 diabetes, malignant growths and cardiovascular disease. In particular, ordinary activities can improve your personal satisfaction. Introduction Active work can be characterized as any development of the body that requires the use of energy. This includes all movement during that time, except standing or resting. Active work can be seen, for example, going to class, climbing the stairs, mowing the lawn and, in any case, cleaning the house. Training is active work, but not all real work is training. Exercise is an organized, organized and monotonous activity to improve or maintain true well-being. The possibility that active work is a prerequisite for well-being is not new. Ancient scientists and doctors relied on it, and Hippocrates (460-357 BC) explained it. Perhaps instinctively, said Russell Pate, extraordinary pioneers have always understood the connection between active work and well-

being, but as noted earlier, it was only in the 20th century that science was applied to active work and physical activity. European exercise physiologists - 1920 Nobel laureate August Krogh (1874-1949) and 1922 Nobel laureate A. V. Slope (1866-1977) - were fast on the field. Noting that the field has not produced a Nobel laureate since then, Pate said, "We're overdue." In the United States, the Harvard Fatigue Laboratory was dynamic around the same time, until the end of World War II (1927-1947). According to Pate, it produced a significant number of scholars who conducted applied science research projects across the country that continue to exist today. In the early 20th century, most of the science of active work and exercise focused on understanding the physiological responses important to exercise. By mid-century, some exceptionally well-known experts on disease transmission, such as Jeremy Morris (1910-2009) and Ralph Paffenbarger (1922-2007), were inspired by the effects of active work on well-being. Pate said: "I think you could probably argue that we are here quite a bit earlier today, because of the planning of Jeremy Morris in the UK and also Ralph Paffenbarger in the US." As he would like to think, the field has benefited enormously from the credibility that experts on the early spread of the disease have brought to their work. Morris is best known for his work in the mid-1950s. Different social outcomes in dynamic multilevel bus conductors compared to static conductors. Paffenbarger continued this work between word-related encounters such as dynamic house workers (i.e., cargo carriers) and static house shippers and led an important study of Harvard graduate classes with multiple real-world job levels (Paffenbarger et al., 1978). He also produced what many people call the Paffenbarger curve, which represents the relationship between active work and coronary outcomes, with the lower end of the movement continuum associated with generously elevated fatal and nonfatal respiratory failure

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Need of physical fitness

It doesn't imply that you can lift truly significant burdens or even run a long distance race, in spite of the fact that individuals who can do that are unquestionably fit. For the normal individual, wellness at a gathering wellness office assists us with making every second count and includes the three significant pieces of our being; physical, mental and passionate wellbeing.

Specialists are progressively mindful that the three parts of an individual as over all have an influence in the condition of our actual wellbeing. For example, in the event that somebody is under a great deal of enthusiastic or mental strain, it can make them become sick. Such pressure can cause ulcers, cardiovascular failures, strokes, stomach related issues and the sky is the limit from there. In any case, if the body is fit, the individual will be in better wellbeing in general and ready to avoid numerous actual sicknesses.

Nonetheless, when we consider wellness, or being fit, we are typically alluding to actual wellness and it is significant for a few reasons.

1. Being in great shape assists with monitoring circulatory strain. The heart is a muscle and in the event that it isn't practiced it won't be solid. At the point when you are fit, your heart is less inclined to build up the numerous heart illnesses found in such countless individuals today. Strolling is supposed to be a definitive method to stay fit, with 2000 stages each day incredible for practicing the heart and keeping those joints flexible.
2. Talking of joints, work out – wellness – is use-

ful for anybody with joint inflammation or firm muscles. Delicate exercise from strolling or swimming assists with fortifying the muscles, joints and tendons so the scope of movement is kept up or even expanded.

3. Being fit is brought about by active work, yet such exercise likewise makes us better inwardly. It gives us a feeling of direction and lessens sensations of dormancy and gloom. At the point when you get making the rounds on your walk you will see or meet others and this social communication is additionally important to keep you having a positive outlook on yourself and your life.

4. Being fit methods you won't be overweight – or if nothing else, not as much as those individuals who won't ever work out. Being overweight causes a great deal of issues, from worn joints to coronary illness and numerous issues in the middle, just as causing you to feel terrible about your self-perception. So what's the principal intention for begin getting fit? Take a walk. Every day go somewhat further. Before long you will actually want to walk two kilometers without feeling short of breath. In any case, consistently counsel your medical care proficient prior to beginning any wellness system.

The significance of Physical Fitness in a Student's life

Being Physically dynamic and fit holds most extreme significance particularly among the present more youthful age who is caught up with appreciating the extravagances of portable, PC and TV at a disturbing rate and aren't dynamic and vivacious consistently. Being engaged with electronic gadgets ain't terrible until and except if it is utilized as a wellspring of diversion temporarily. To appreciate the magnificence of life and to encounter it to the fullest you should begin engaging in proactive tasks or sports. Being youthful, understudies have a great deal of potential to build up a side interest that keeps their wellness controlled for the lifetime.

Being in great shape doesn't really need a thorough timetable of exercise. The variety of advantages that join being in great shape and dynamic are :-

- Prevents Chronic illnesses – Being Physically fit assists lower with bleeding sugar levels and

checks pulse. It additionally keeps a mind your wellbeing and you are less inclined to endure strokes or heart sicknesses.

- Controls Weight – The momentum age is inclined to infections inferable from additional body weight and expanded cholesterol levels. Being fit permits you to dispose of fat which thus upholds a sound way of life.

- Ensures solid bone, muscle and joint turn of events – Adolescence is the ideal time when you can put resources into your body and the outcomes will keep going forever.

- Reduces stress – Stress is perhaps the most ruling wellbeing risk in the more youthful age. Being unsuitable causes you to lose your certainty and is perhaps the most conspicuous factor of causing pressure. Being fit makes you actually keen and betters your between close to home connections. In this manner, making you calm.

- Increases energy levels and certainty – Laziness is a partner of an unsuitable body. Being fit makes you dynamic, lively and vigorous constantly. Subsequently making you more skillful and brief in your work and results. This at last reflects in your certainty level which gets helped.

Conclusion

Being in great shape upgrades your character. It allows you to perform proactive tasks without being drained or anxious. Being in great shape additionally guarantees you being intellectually fit and tranquil. So it's the ideal opportunity for you to play a few games, engage in proactive tasks to encounter joy, harmony and to appreciate fiery and energetic way of life.

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04

DRUG ABUSE IN SPORTS AND DOPING

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Abstract

Today, doping is a critical issue in sports physiology at the international level. It is not only about health issues, but also about the moral and ethical values of humanity, which affect the honest team spirit of sports competitions. It directly affects sports, competitions around the world. Blood doping refers to the misuse of certain substances to increase the mass of red blood cells so that the body can transport more oxygen to the muscles and thus improve the performance and endurance of a player or person. In addition, it applies to friends and relatives of athletes, medical professionals, managers, chemists, biologists and pharmacists, the pharmaceutical industry, clandestine laboratories and criminal organizations. Anti-doping policies established by individual sports governing bodies may conflict with local laws. There is no such connection between these authorities and the laws of the government. Today players use many techniques and drugs, which makes it difficult for them to be detected by experts and in the fight against doping. However, it is our duty to fight against them by updating information and events.

Introduction

Today, doping is a critical issue in sports physiology at the international level. It is not only about health issues, but also about the moral and ethical values of humanity, which af-

fect the honest team spirit of sports competitions. It directly affects sports, competitions around the world. Blood doping refers to the misuse of certain substances to increase the mass of red blood cells so that the body can transport more oxygen to the muscles and thus improve the performance and endurance of a player or person. It lists many life-threatening side effects of blood doping, such as increased blood viscosity, myocardial infarction, embolism, stroke, infections, allergic reactions and a certain risk of blood-related diseases such as HIV, hepatitis, etc. Over time, doping has shown a great ability to find and always use new substances and adopt new scientific discoveries. Unfortunately, athletes use new discoveries about human health in a distorted way. In fact, athletes can use gene therapy to reengineer their bodies for better performance. Drug addiction depends on several factors: the socio-environmental environment of the target and the effect of the substance on the body. We agree that sport is an integral part of the ongoing anti-doping campaign carried out by a coordinated alliance between the World Anti-Doping Agency (WADA), law enforcement, sports organizers and the media. This article explores a comprehensive report on the state of doping and its regulation in the modern Olympic movement. Medicines are designed and developed for medicinal purposes and aim to benefit the human physiological system. However, it is well known that drugs can have unwanted side effects that can sometimes be harmful to the patient's health. Therefore, regulatory agencies around the world require complex and rigorous scientific and clinical evaluation of all drugs intended for medical use. However, the competitive nature of sports sometimes encourages athletes to use illegal drugs to create an unfair advantage over competitors, but in such cases, detailed studies are not conducted to assess the benefits and dangers of such drug use. That is why it is necessary to curb the abuse of drugs

in sport, which today is called doping. The International Olympic Committee (IOC) took the first steps in this matter in 1967, publishing a list of prohibited substances and methods consisting of five groups: sympathomimetic amines, stimulants of the central nervous system, narcotic analgesics, depressants and major sedatives. Antidepressants and major sedatives were removed from the list a year later. In 1976, after the Winter Olympics in Innsbruck, anabolic steroids were added to the list. In 1984, the use of exogenous testosterone was monitored based on a test that measured the ratio of testosterone to epitestosterone in urine. In addition to the use of prohibited substances, the use of pharmacological, chemical and physical manipulations was also observed in 1988, when probenecid was found to effectively reduce urinary concentrations of many anabolic steroids. At the same time, the use of diuretics and blood transfusions were prohibited. The next major change came in 1989 when several hormones were banned, including human chorionic gonadotropin (HCG), ACTH, and human growth hormone (hGH). Erythropoietin (EPO) was added to the prohibited list in 1990. In 1999, the IOC held an international anti-doping conference that led to the creation of the World Anti-Doping Agency (WADA), an organization supported by both sports and government officials. WADA published its first Prohibited List in 2004 and continues to do so every year.

Today, doping is a critical issue in sports physiology at the international level. Honest team spirit in sports competitions is affected not only by health problems, but also by the moral and ethical values of humanity. It directly affects sports, competitions around the world. Initially, the term "doping" was limited only to blood doping. But today the doping industry is growing so much that existing tests are becoming useless for doping detection. Refraining from doping, however, is the need and responsibility of specialists who complete their knowledge in

this field. Doping can be any activity that leads to the use of certain drugs to improve performance or endurance in sports. Repetition of such events is considered unethical nationally or internationally by the respective organizations. The International Olympic Committee declares it illegal and unethical. These committees take strict action against such cases from time to time. This organization always makes extreme efforts for doping-free sports. Doping is widely used by athletes to improve their performance without fear or knowledge of its consequences or side effects. Those practices not only reduce the quality of the sport but can be considered part of the corruption of the sport that affects the spirit of the sport. Blood doping is the abuse of certain substances to increase red blood cells, which allows the body to transport more oxygen to the muscles and thus increase the performance and endurance of a player or person. This can be achieved either directly using either erythropoietin (EPO), synthetic oxygen carriers or direct blood transfusion. The first documented organized doping controls were carried out in the 1970s. In 1993, the Czech Anti-Doping Act was signed and the Anti-Doping Committee was established. The Medical Committee of the International Olympic Committee regularly decides and declares which substances and methods should be banned.

1. Hormonal abuse in sport: steroid and peptide hormones and their modulators, stimulants, glucocorticosteroids, beta2-agonists, diuretics and masking agents, drugs and cannabinoids, hormones are largely responsible for the largest number of adverse analytical findings reported by anti-doping laboratories .

2. Blood doping: WADA (World Anti-Doping Agency) defines blood doping as the systematic misuse of techniques and/or substances to increase the number of red blood cells. It is used either autologous or homologous. In most cases, this means removing two units of the athlete's blood several weeks before the competition. The

blood is then frozen 1-2 days before the competition, when it is thawed and injected back into the athlete. This is called autologous blood doping. Homologous doping is the injection of fresh blood from another person directly into the athlete.

3. Use of artificial oxygen carriers: Another method of blood doping involves the use of artificial oxygen carriers. Hemoglobin oxygen carriers (HBOC) and perfluorocarbons (PFC) are chemicals or purified proteins that have the ability to carry oxygen. They were developed for therapeutic use but are now used as performance enhancers.

Medical use of blood doping: Artificial oxygen carriers are the only form of blood doping that has a significant medical use. They were developed to be used in emergency situations when there is not enough time to determine and compare the blood group of the patient for transfusion, when there is a high risk of infection, or simply when blood is not available.

DISCUSSION

Blood doping is most often used by endurance athletes, such as distance runners, skiers and cyclists. By increasing the number of red blood cells in the blood, there is a greater amount of hemoglobin protein. Hemoglobin binds and transports oxygen from the lungs to the muscles, where it can be used for aerobic respiration. Therefore, blood doping allows extra oxygen to be transported to working muscles, resulting in higher performance without using anaerobic energy systems. Several studies have shown that blood doping can improve the performance of endurance athletes.

Side effects of blood doping: Listed are life-threatening side effects caused by blood doping, such as increased blood viscosity, myocardial infarction, embolism, stroke, infections, allergic reactions and certain circulatory risks. such as HIV, hepatitis, etc. Erythropoietin and Blood

Doping: Erythropoietin (EPO) is a naturally oc-

curing hormone secreted mainly by the kidneys, which plays an important role in regulating the production of red blood cells. The use of EPO began in the 1980s as a faster and cleaner alternative to blood doping. EPO testing only became possible after 2000. Testing can be done with both blood and urine samples. Erythropoietin is primarily used by endurance athletes, such as long-distance runners and cyclists.

Erythropoietin Physiology: EPO stimulates the bone marrow to produce more red blood cells and thus hemoglobin. This is why EPO is most often used in endurance athletes, because a higher number of red blood cells means better oxygen transport and thus aerobic respiration. The faster the aerobic respiration, the higher the level that the athlete can perform without using the anaerobic systems that produce lactic acid and cause fatigue.

Side effects of erythropoietin: Serious side effects have been reported with erythropoietin that have been fatal. They are dangerous because increased blood viscosity causes fever, convulsions, nausea, anxiety, lethargy, etc.

Doping and India

An analysis published in October 2012 by the Zee Research Group states that doping involving performance-enhancing drugs has a negative impact on morale, ethics and competitiveness in modern sports. Doping has affected sports worldwide, including in India.⁶ The National Anti-Doping Agency (NADA) in Bangalore introduced blood sampling and testing in India in 2010 in conjunction with the 2010 Kabaddi World Cup. ⁷ Awareness of doping in both international and national sports is growing in India. This is a promising fact observed in Indian doctors, players and officers.

Conclusion

Players today use many techniques and drugs that are very difficult to detect by experts and for the fight against doping. However, it is our duty to fight against them by updating information and events. Today, doping is a criti-

cal issue in sports physiology at the international level. It is not only about health issues, but also about the moral and ethical values of humanity, which affect the honest team spirit of sports competitions. It directly affects sports, competitions around the world. Blood doping refers to the misuse of certain substances to increase the mass of red blood cells so that the body can transport more oxygen to the muscles and thus improve the performance and endurance of a player or person.

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05

Role of Nutrition in Sport and Fitness

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Abstract :-

Nutrition plays an important role in sports for Athletes performance. Many factor can effect the performance of a sports athletes during competition which may be related to many domains. Nutrition can help to enhance athletic performance, improve exercise, recovery and make reaching the goals possible. There are certain type of nutrients and dietary recommendation to enhance athletic performance mainly six types of basic nutrient are required in the food i.e. carbohydrate, protein, fat, vitamin, mineral and water. Each has specific functional properties to nourishing the body. For athletes, it is important to recognize what each does to his body, for athletes, it is important to recognize what each does to his body under physical, mental, emotional stress and strains of competition. Different nutrient have been explored for their potential to optimize athletic performance, especially when engaged in high intensity sports which involves repetitive activity. The certain nutrition and dietary approaches an enhance the sports performance and also nutrition is essential for an athletes good performance. The athlete's diet should be high in carbohydrate,

moderate in protein, low fat, adequate amount of Vitamin and mineral.

Keyword:- Nutrition, Athlete, Sport, Diet, Performance.

Introduction :

Sport nutrition is an area of nutrition science that deals with the study of the human body and exercise Science and provides nutrition information. Sport nutrition optimizes athletes performance in competitive events by providing fuel for physical activity, facilitating repair and regeneration of damaged tissue after strenuous exercise. Sport nutrition can be defined as the application of nutrition knowledge to a practical daily diet plan for providing the fuel for our body.¹ Nutrition play a major role in athlete's overall sports performance. The main role of sport nutrition is to support the training programme. So, eating proper nutrition for performance will changes as the training regimen changes. Poor nutrition can lead to injury, fatigue and poor recovery. A healthy diet and a performance diet are not that different for one another.²

The area of sports nutrition is often thought to be reserved only for 'athletes' which insinuates for the inclusion of only those individuals who are performing at the elite level. In other terms, athletes which refers to my individual who is regularly active, ranging from the fitness, enthusiast to the competition or professional. Differences may exist in specific nutrients needs along this designated spectrum of athletes, creating the exciting challenge of individualizing sports nutrition plans.³

An appropriate strategy for nutritional support in power and strength sports is developed as a combination of general recommendation from the field of clinical sports nutrition for energy intake, amounts and composition of nutrients and fluid intake, and recommendations specific for the type of sport and different phases in the training process. The dietary intake of food has immediate as well as long-term

effects on the athlete's well being, health and performance. The diet directly affects the key elements of athletic performance and should be prescribed in accordance with order factors they could be potentially influence food composition, such as social and cultural influences and the personality of the athletics.⁴

Objective:-

- To study the nutritional requirement for athletes.
- To suggested the nutritional requirement for improving the performance of athletes.

Why Study sport nutrition:-

Sports nutrition is a nutrition in which applies principles derived not only from nutritional but also biochemical and physiologic scientific knowledge for the purpose of promoting optimal performance while remaining healthy.

The body ability to deliver and utilize oxygen in sufficient quantities to meet the demands of increasing level of exercise is called fitness. People who exercise have increased muscle strength due to hypertrophy than due to hyperplasia.⁵

An athlete challenges his body on a regular basis through physical training and competitions. In order to keep up with requirement of his activity on sport, he requires enough fuel for his body on day to day basis.⁶

Importance of Sports Nutrition for Athletes:-

Participating in endurance sports requires original nutrition, with specific focus on dietary modifications. Target fitness development at an early age, especially in adolescence is deemed the foundation for leading an active lifestyle, avoiding potential overweight, reducing motor deficiencies and thus improving the general quality of life.⁷ At the time of final performance an athlete is supposed to be well nourished, uninjured, fit, focused and ready to compete. Sport nutrition is not just about calories to achieve weight or body composition goals, nor is it all about protein for muscles or carbohydrates for fuel. Nutritional and eating habits

have been of specific interest in sports, especially given their impression on athletic performance. General recommendations need to be suggested by sports nutrition experts to accommodate the specific requirements of individual athlete regarding health, sports, nutrient, food choices, body weight and body composition.⁸

The role of nutrition in sports performance is very important for athletes. Proper nutrition must be available prior, during and post competition. Meals eaten after and before the exercise are the most important in nutrition but it should really be very careful with all that the athletes intake in his body. As a general rule, an athletes should eat about two hours before any exercise and the meal should be high in carbohydrates, low in fat and low to moderate in protein, carbohydrates are the main source of energy that provide power to an athlete in exercise.^{9, 10}

The Basic Nutrients:-

Food product are composed of six nutrients that are vital for the human body for producing energy, contributing to the growth and development of tissues, regulating body process, and preventing deficiency and degenerative diseases. The six nutrients are carbohydrate, proteins, fat, vitamins, minerals and water and are classified as essential nutrients. The body requires these nutrients to function properly.¹

The macro and micro-nutrients energy requirements needed to properly fuel these energy needs such as carbohydrate (CHO) which is importance source of energy as they provide the glucose used for energy. Protein play an important role for building and repairing muscle, hair and skin.¹¹

Sports Authority of India, National Institute of Nutrition and Indian Life Science Institute work together and recommend nutritional and hydration requirements during training and competing for Indian Sports Persons.

An athlete's energy and nutrient differ with weight, height, age, sex, and metabolic

rate. Emotional and physical stress of training and competition, combined with hectic travel schedules affect dietary intake, adequate calorie and essential nutrient intake must be planned carefully to meet the requirements for training and fitness.⁵

1. Energy:-

Nutrition Science improves athletic performance by decreasing tiredness and the incidence of illness and injury. It also allows athletes to manage workout and speed up recovery (Litt. 2004).¹²

To avoid energetic deficit or surplus, it is critical to balance calorie consumption and expenditure. The appropriate total energy intake is whatever level maintains desirable and healthy weight. Carbohydrate is the fuel preference and the critical food stuff for the active person. The calorie intake should be between 3000-6000Kcal depending upon the activity. In proportion to the calorie intake, the need for thiamine, riboflavin and niacin is increased.⁵

Table – 1.1

Suggested energy allowances for Sports

Group	Average Body Weight (kg)	Type of Activity	Energy requirement kcal / g body weight	Total energy requirement Kcal
1	80 – 90	Power events of higher weight category including throwers, boxers, weight lifters, judo, power lifting, kabaddi and wrestling	70	6000
II	65 (60-70)	Endurance events marathon, long distance running, walking, cycling, long distance swimming (>200) rowing, canoeing	80	5200
IIIa	65	Team events like basketball, football, hockey, volleyball and power events of middle weight category (60-80kg) judo, swimming (<200m)	70	4500
IIIb	60	Events of light weight category gymnastics, table tennis, yatching, power events of light weight category (60kg and below)	60	3600
IV	60	Skilled events like shooting, archery, horse-riding	50	3000

Source: B. Sri Lakshmi, "Sports Nutrition", Dietetics, 2014

To be in energy balance an athlete needs to consume about the same number of calories that he or she expends on a daily base.

2. Carbohydrate:-

Dietary carbohydrate (CHO) provides the

major energy source in the diets of most people and include a range of compounds which share the basic elements of carbon, hydrogen and oxygen. Dietary CHO is provided by a wide variety of CHO rich foods and drinks. There is no universal system that can adequately describe the diverse metabolic, functional and nutritional features of these various foods. Dietary guidelines for athletes make recommendation for every day intake of CHO as well as CHO intake for specific situations pre, during and post exercise sessions. Athletes are encouraged to meet these guidelines by choosing CHO rich foods and drink that often appropriate characteristics such as nutrient – density, desirable glycemic index, appeal and practicality according to the requirements of the situations.¹³ Every 1 gram of CHO contain 4 Kcals of energy and should approximately 45-65% of total daily calorie intake. The storage of CHO in liver and muscles and depends on the level of activity and the amount of dietary carbohydrate. Given optimal amount of CHO, muscle glycogen resynthesis is higher after short term, high intensity exercise than long term, submaximal endurance exercise.

Carbohydrate ingestion (50-100g) should being after the workout or competition as practical (15-30min.) and continue at the rate of 50g every 2 hours until a larger meal of solid food (150-250g of carbohydrate) is desired and possible.

Table – 2.1
Carbohydrate loading
Days Prior to Competition

	-7	-6	-5	-4	-3	-2	-1	Day of Competition
Diet	50% CHO	Continue from previous day	Continue from previous day	Continue from previous day	70 percent CHO	Continue from previous day	Continue from previous day	High CHO prevent meal possible during event CHO feeding
Exercise	90 min. 75 percent VO ₂ max.	Continue from previous day	40 min. 75 percent VO ₂ max.	Continue from previous day	20 min. 75 percent VO ₂ max or 30-60min. 50-70 percent VO ₂ max.	Continue from previous day	Rest	Continuous endurance event lasting 60-90 min. 65-85 percent VO ₂ max.

Source:- Plowan A. Sharon and Benise L Smith 2007, Exercise Physiology for Health, Fitness and performance Lippincott, Williams and Wilkins, U.S.

3. Protein:-

Protein is one of the most important nutrients in the maintenance of good health and vitality. It is very importance for the growth and development of all body tissues. It provides the major source of building material for blood, muscles, skin, hair, nails and glands as well as hormones.

Protein requirement of athletes, particularly those engaged in strength and power events may be increased above those of sedentary people. Protein intake equal to 15-20 percent of total calories will meet the protein requirement of most athletes. No protein supplementation above this level required for any kind of sport, consuming more protein than 2.0/kg body weight results is increased protein oxidation, urea formation, dieresis and can increase risk for dehydration.

4. Fat:-

Fats are essential for good health. They constitute an important source of energy storage in the body, cushion and protect vital organs and carry fat soluble vitamins like Vitamin – A, D, E and K Dietary fats play vital role in an individual’s diet and is a primary energy source of fuel when a body is at rest and during exercise. Fat is highly dense as compared to protein and carbohydrates, it is providing 9 kcal/gram where protein and carbohydrate provides 4 kcal/gram and accounts roughly 20-30% of one’s dietary consumptions. It is necessary to include some fat in the diet, the total amount should not exceed 20-25% of the total daily caloric intake. High rates of fat oxidation can occur during aerobic exercise. Aerobic training increases the ability of the body to use fat as an energy source. For athletes who requires high energy intakes, fat is an important fuel and adds to daily energy requirements. Fat must be present in

right amount, too much fat and too less amount of fat consumption both may have adverse effects.

Fat may contribute as much as 75 percent of the energy demand during prolonged aerobic work. Total energy provided by fat may range from 20-30 percent including both visible and invisible fat within the ratio of 2:1.

5. Vitamins:-

Vitamins are very important for the functional properties of the human body. Many B vitamins participate as enzyme cofactors in pathways of energy metabolism and in neuromuscular functions. Folic acid and Vitamin B₁₂ and B₆ are needed for haemoglobin synthesis and consequently for optimal oxygen transport from the lungs to the working tissues. Some vitamins like Vitamin A, B₆ and C are required for normal immune function and Vitamin A, C and E have important antioxidant properties.

The dietary intake of Vitamins is not high enough to ensure optimal output of many isolated functions. The evidence that Vitamin supplementation would increase athletic performance is not very encouraging. On the other hand, the risk for toxicity also seems to be marginal.

6. Minerals:-

Minerals are inorganic elements that are essential to body functions such as maintenance of acid base balance, normal haemoglobin levels and osmotic pressure. Minerals may also be defined as those elements which remain largely as ash when plant and animal tissue are burnt. There are a number of food products which contain different minerals. Therefore, in the selection of diets for athletes these foods should be included from time to time. It needs to be observed that many Indian athletes come from rural areas and from not so well-to-do families and may not have proper nutrition in daily life. It is necessary to monitor micronutrient status of athletes and if deficiencies are found then they should be made good through supplement-

ation or through fortified foods.

Calcium:-

It is important for the avoidance of stress fractures in young athletes and the prevention of bone health in later life. An adequate dietary intake of calcium is also beneficial and essential and this can be achieved by consumption of dairy products and other food rich in calcium.

The RDA for calcium in both men and women is 800 and 1200 mg/day respectively.

Iron:-

Iron is vital for energy metabolism, it plays an important role in sport nutrition includes:-

- i) Whether athletes need more iron than non-athletes
- ii) The prevalence of iron deficiency among athletes
- iii) The effect of iron deficiency anemia on athletic performance
- iv) Whether low ferritin level in the absence of anemia impairs performance.

Iron deficiency may be the most common nutritional deficiency among the world. When it leads to anemia the paramount problem for athletes is diminished exercise capacity.

7. Water and Electrolytes:-

Water probably has a greater effect on athletic performance than any other nutrient. Forming a category of its own, water deserves to be highlighted because of its vital roles within the body. The human body can survive for a long duration of any of the micro and macro-nutrients but not without water. The body is made of 55-60% water, representing a nearly ubiquitous presence in body tissues and fluids. In athletes, water is very important for temperature regulation, lubrication of joints and the transport of the nutrients to active tissues. It regulates the body's temperature, cushions and protects vital organs, aids the digestive system, acts within each cell to transport nutrients and dispel waste. The amount an individual sweats varies

from person to person and depend upon.

- Intensity and duration – longer and higher intensity exercise can cause greater sweat loss.
- Environmental temperature – In hot humid condition sweat loss can increase.
- Clothing – The more clothing that is worn, the quicker you are likely to heat up which may cause greater sweat loss.

Fluid losses during prolonged, vigorous activity may account for up to 4 litres per hour. About 2 hours before the event, the athletes should consume about 500ml water and 10-15 min. before the competition, another 500ml of water is recommended. During the competition it is better to ingest small amount 100-200ml of chilled liquid every 10-15 min. rather than large amount at one time. Fluid consumed before and during the competition will not fully restore fluid balance and the athlete should continue to drink water for the next 24 to 36 hours until his or her initial weight is restored.

Nutritional Supplements for Sport:-

Sports supplements and foods are unregulated products marketed to enhance athletic performance. The Australian Institute of Sport has provided a general guide ranking sports performance supplements and food according to significance of scientific evidence. Sports foods like drinks, bars and gels, electrolyte supplements, protein supplements are liquid meal supplements, medical supplements like, calcium, iron, vitamin D, multivitamin, multi-minerals and omega 3 fatty acids. Performance supplements like creatine, caffeine, sodium, bicarbonate, beta alanine and nitrate.

- Creatine increases the creatine phosphate level as well as promote improvements in anaerobic power, work output and maximal strength. It may be affective addition to help promote recovery and minimize muscle damage.
- Supplementation of Vitamin C and E may do little to improve performance. But their ability to help modulate free radical production and oxidation and oxidative stress make them use-

ful for individuals who needs to optimize their recovery from exercise.

- β - alanine - - alanine work within the muscle cell as part of a buffer cycle, which helps prevent fatigue. It does this by serving as the rate limiting substance in carnosine production, which has antioxidant properties and works as a buffer to effect acid production in the muscle. Many studies show that when - alanine and creatine combined supplements resulted in greater improvements in strength, muscle and present body fat.

Conclusion:-

Nutrition plays an important role in sport performance. Athletes are always loading for an edge to improve their performance and there are range of dietary strategies available. Dietary recommendations should be individualized for each athlete and their sport and provided by an appropriately qualified professional to ensure optimal performance. Athletes must fuel for their body with appropriate nutritional foods to meet their energy requirements in competition, training and recovery. If the nutritional need are not fulfill, then there is increased risk of poor performance and health related issues. Without adequate macronutrients and micronutrients, an athlete will get tired easily and quickly, carbohydrate gives us energy. Protein is needed to rebuild and recovery of muscular tissues. Without these nutrient additional vitamins and minerals, an athlete will never be able to perform to their maximum potential.

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06

A Comparative Study of Sports Competitive Anxiety Level among Male and Female Collegiate Level Athletes of Ponda City

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Abstract: The aim of study was to Compare Sports competition anxiety level between male and female college athletes of Ponda City. The total number of 50 athletes were selected as a subject for this research, where 25 male athlete and 25 female athlete of age between 18 to 22 were selected. Purposive method was used for selection of samples from Ponda city. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used for data collection. For comparing Sports Competitive Anxiety between male and female college athletes independents "t" test was applied at 0.05 level of significance. Result of the study indicates that the p-value is .013178 and result is significant at $p < .05$, that mean there was significant difference found in Sports Competitive Anxiety between male athletes and female athletes who are taking part in various inter collegiate sports competition.

Keyword: Competitive Anxiety, Athlete, Male and Female

Introduction: Anxiety is the feeling of nervousness, worry and apprehension. It is triggered by fear of the anticipation of future events. In sports anxiety is common which influences the

performance of athletes in competition. In order to achieve motor skills along with player performance, anxiety plays an essential role. High or low performance can be due to anxiety. Either positive or negative it depends on how the athlete perceives the situation. As well as high or low levels of anxiety generally prefer to diminish learning and performance. At every level, anxiety is a natural part of the competition. But the quality of young and unrefined sportsmen can be badly affected by anxiety. Anxiety is defined as feelings of nervousness and tension caused by the environment or surrounding expectation that is related to 'arousal'. Such conditions are typically overwhelming to tell competitors that the expectation they seek is imbalanced and that they are able to meet the requirement (Gould, Krane, & Greenleaf, 2002).

Anxiety is an emotional negative disorder in which nervousness concern and anxiety are correlated with body activation or enthusiasm. Anxiety is regarded more situational of nature and is frequently correlated with an excitement of the autonomic nervous system, and can be seen as an individual's vision of the future while confronting the condition of his setting. Researchers find that student players in individual sports are more nervous regarding competitiveness than squad athletes. Competitive state anxiety. Studied anxiety and success in chosen athletes and the findings indicate that anxiety scores and irritability, depression and anxiety are strongly negatively associated. We are very much more comfortable with the sporting scenario, as our desire to attain an individual indicator of cognitive and somatic distress. The level of state anxiety in the timeframe prior to the match is one of the influences which are assumed to affect the qualities of athletic experience significantly. Pre-competitive anxiety begins reasonably strong and stays manageable when the time arrives. Anxiety may be beneficial in activities involving courage or strength,

but a strong degree of apprehension may be dangerous in certain other cases. Several scholars, including Singer, find data supporting the inverted U theory, which tests anxiety impact on sportsmen's success. The reverse 'U' theory suggests that while anxiety is moderate, an athlete can do well. Output continues to deteriorate whether there is too little or too much anxiety. Pressure on athletes is imposed when competing in some kind of competition whether formal or informal. This strain increases efficiency often and has a detrimental effect on performance. The accumulation of pressure related to the next match will contribute to fear, affecting sport's success in both directions. Anxiety has perceptual, somatic, emotional and behavioral features and is a neurological and physiological state. These components generate a disagreeable sensation usually related to frustration, apprehension, concern or worry. Anxiety is a widespread mood that may always happen without a noticeable stimulus. As such, it varies from apprehension in the face of an observed hazard. In comparison, fear is associated with unique escape and evasion behavior, whereas apprehension is the product of uncontrollable or imminent risks. Many experiments have shown the effect on athlete success of psychological influences. In games and athletics, the success quality plays an important part in psychological and physiological influences. Anxiety is a state marked by somatic, mental, cognitive as well as components of behavior, psychological and physiological. In the absence or existence of psychological tension, fear may produce feelings of fear, concern, discomfort and despair. The basic sense of this term is 'to vex or distress.' Anxiety is known as a natural stress response. The dilemma may be handled by urging an individual to cope with a tough circumstance. Anxiety may be defined as an anxiety condition when anxiety becomes excessive. The symptoms of anxiety may involve heart palpitation, stress and weakening of the body, tired-

ness, fatigue, chest discomfort, breathlessness, headache of your stomach and immune functioning and digestive function (the fight or flight response). External symptoms may include pale skin, sweating, weeping and dilution of the papillary skin. Someone who has anxiety can often get a sensation of terror or panic. Competitive fear triggers loss in results. The sporting individual should function at an optimum degree of anxiety, before, after and after the competition. Too much fear triggers body pain, nervousness, the ability to decide about a person's success, wheeled emotions, feeling out of balance, shaking, bite of nails, increasing sweating, etc. Many high performing athletes will develop a fear of competition throughout the game day during preparation or practice. Whether the athletic results conflict with nervousness, anxiety or paranoia.

Objective of the study:

1. To find out the Sports Competitive Anxiety level of college athletes
2. The purpose of this study was to compare the Sports Competitive Anxiety between male and female athletes of college.

Data collection tool:

For the purpose of the study Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used. In SCAT questionnaire total 15 questions were there in which 5 lie questions were present. Each question has 3 options that is rarely, sometimes and often. For the scoring of each subject we applied the answer key of R. Martin, Sports Competitive Anxiety Test (SCAT) 1990.

Data analysis tools:

For this study descriptive analysis and independent "t" test were applied at 0.05 level of significance. Data analysis was performed using SPSS 14.0 software version was used.

Result:

For comparing Sports Competitive Anxiety between male athletes and female athletes, descriptive analysis and independent "t" test

were applied at 0.05 level of significance. Data analysis was performed using SPSS 14.0 software version. The table 1 displays the descriptive statistics for the selected groups.

Result indicated that there was significant difference found in competitive anxiety level between male athletes and female athletes. On the basis of mean scores it can be seen the female athletes were having more Sports Competitive Anxiety level than male athletes of Ponda City. According to Norm of SCAT Questionnaire results of the research indicated that both male and female athletes of Ponda City have an average level of anxiety.

Table 1.

Comparative and Descriptive Table of Male and female college athletes in Relation to Competitive Anxiety

Group	No. of Subject	Mean	Standard Deviation	SEM	't' Value
Male athlete	25	18.14	4.49	0.85	-2.33
Female athlete	25	21.75	4.59	1.33	

Significant Level at 0.05

From Table-1, mean value of male athletes was 18.14, mean value of female athletes was 21.75, SD of male athletes was 4.49, SD of female athletes was 4.59, and the t-value is -2.31097. The p-value is .013178. The result is significant at $p < .05$, that mean there was significant difference found in Sports Competitive Anxiety between male athletes and female athletes who are taking part in various inter collegiate sports competition.

Graph 1.

Graphical Representation of mean value of Sports Competitive Anxiety level of Male and Female college athletes

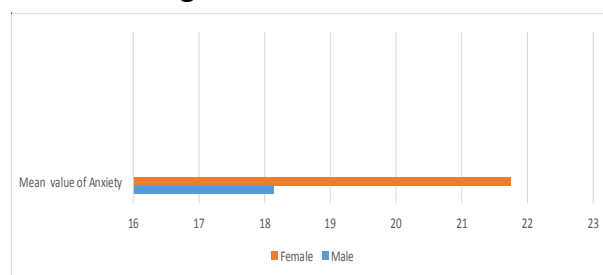


Table 2.

Norm of SCAT Questionnaire

SR.NO.	SCAT SCORE	ANALYSIS
1	LESS THAN 17	LOW LEVEL ANXIETY
2	17-24	AVERAGE LEVEL ANXIETY
3	MORE THAN 24	HIGH LEVEL ANXIETY

Conclusion:

In the current study, the following conclusions were drawn based on the results. They are as follows:

- There was significant difference between mean sports competitive anxiety scores of Male (18.14) and female (21.75) athletes.
- The research indicated that both male and female athletes of Ponda City have an average level of anxiety.

Various other studies have been done in this regard and significant findings have been achieved (Soni et al. 2016, Yousaf et al. 2015, Gupta and Yousaf, 2015, Khan and Devi R. 2019, Singh C. 2019, Singh K. and Gera B. 2016).

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07

Policies for female players in government jobs in Maharashtra

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For players in India, it becomes very important to keep a backup in the form of a job, to suffice their financial needs apart from pursuing sports. This, because a career in sports is unpredictable and job security eliminates that uncertainty. Hence, the need of the hour is to take care of the financial needs of the sportspersons while they continue playing their game. While the female sportspersons should be guaranteed a job, owing to them qualifying a certain parameter in the sports of their choice, the situation is far from the reality in many states of India. The covid pandemic had worsened the situation even more, when there are job losses everywhere, job security becomes the prerogative in today's times. On the same lines the Maharashtra Govt. has planned to increase the participation of women in sports, this will be done by, training the sports teachers, to further train their children. The government's collaboration with various agencies for spreading awareness on various aspects such as health, hygiene, nutrition and fitness A policy was proposed to Chief Minister Uddhav Thackney which aims to uplift the women of the State. Specific provisions have been proposed for women and girls from ST and SC groups, religious minorities, de notified and nomadic tribes, Internally Displaced Persons (IDP) and Project Affected Persons (PAP), women with physical and men-

tal disabilities, senior citizens, Commercial Sex Workers (CSWs), women in distress, single mothers, beggars, and informal sector workers. The Department of Sports and Youth Services of Maharashtra too launched an initiative to strengthen and empower girls across the state through sports. The initiative had been titled the 'Go Girl Go' campaign and had been initiated with the Khelo India Youth Games 2020-with the participation of 304 girl athletes. The campaign was to conduct activities in the field of sports, fitness, and nutrition at the state, districts, and taluka level, reaching out to all female athletes and creating a foundation for success. The primary aim of the campaign is to improve the fitness level of girls, increase their participation in sports and get them placed for national and international level competitions Recently, 3 Maharashtra based players of the World Cup winning Indian women's Kabaddi team were awarded with Class 1 Govt. Jobs as a recognition of their performance. Sports participation needs to be uniform across all disciplines. Hockey, cricket, tennis are the top sports gammering attention, other sports like fencing, handball, need limelight too. Regular awareness programmes need to be run to let people know about the policies favouring the girls in sports. Govt. private bodies should play their part in encouraging girls. The government of Maharashtra too has framed a sports policy for a healthy sports ecosystem in the State. The main features of this policy are, 1. creation of a basic sports infrastructure. 2. Preparation of National/International players and financial assistance for advanced training 3. Incentives and felicitation of Sportspersons 4. Creation a sports atmosphere 5. Organising sports festivals: 6. Development of technical manpower 7. Establishment of a Sports University 8. Incentives to the institutions working for the development of sports in the state 9. Promotion of adventure sports 10. Establishment of high powered committee for implemetation of the policy. Families

are the bedrock of a child's early education. So, unless these families support their children, it would be a tough road ahead for the female players to come out of their shell and participate in open competitions. Also, questions arise about the male counterparts getting more attention and adoration from public. This is a major issue faced by the many unknown sportspersons, when each sport requires equal handwork. Hence equal remuneration must be awarded to each sport. Media and sponsors can play a major role in shaping and breaking this bias in recognition of sports personalities.

Thus, the Government of the State as well as the Centre is working all day to provide equal footing to girls as well as to help them establish their names in sports across specific disciplines. Now it is upon our Girls to turn this opportunity into Gold and make India proud again.

□□□

08

शरीर शुद्धिकरीता आवश्यक चार अवयवांची स्वच्छता

डॉ. संजय चौधरी

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प्रस्तावना:

मानवी शरीराची जडणघडण ही एकमेकांशी जुडलेली आहे. आपल्या स्वस्थ आरोग्याकरीता सर्व घटकांची एकमेकांच्या सोबत मिळून कार्य करित असणे अत्यंत आवश्यक आहे. या सर्व अवयवांपैकी एकाद्या जरी अवयवाच्या कार्यामध्ये काही बिघाड झाला तर त्याचा परीणाम हा सर्व शरीरवर होत असतो. यामध्ये आपल्या शरीराची आंतरीक स्वच्छता राहणे हे अत्यंत निकडीचे गरज आहे.

स्वच्छ ठेवणारे मुख्य अवयव व त्यांचे कार्य

शरीर सर्व दृष्टीने शुद्ध ठेवण्यासाठी चार मुख्य अवयव असतात.

1. फुफ्फुस (Lungs)
2. त्वचा (Skin)
3. किडनी (Kidney)
4. मोठे आतडे (Large Intestine)

अ) जर फुफ्फुसांनी आपले काम पूर्णपणे बंद केले (शवास, प्रश्वस पूर्णपणे बंद झाल्यास) शरीरातील प्राण पाच मिनिटात निघून जाईल.

ब) त्वचेनी जर आपले काम पूर्णपणे बंद केले (घाम निघणे पूर्णपणे बंद झाले) तर मनुष्य २४ तासांपेक्षा अधिक वेळ जिवंत राहू शकणार नाही.

क) किडनीचे (Kidney) काम लघवी येणे बंद झाल्यास ७२ तासांत किंवा तीन दिवसांचे आत मृत्यु येऊ शकतो.

ड) मोठ्या आतड्याची क्रिया (शौचास होणे) एका—

एकी बंद पडल्यास मनुष्य दोन—चार दिवसांपेक्षा अधिक जगू शकणार नाही.

स्वच्छतेचे कार्य करणाऱ्या या सर्व अवयवांना निरोगी स्थितीमध्ये ठेवण्याकरीता मानवाला काही नियमांची पूर्तता करून शरीर शुद्धिकरणाची क्रिया करणे अत्यावश्यक आहे.

फुफ्फुस

बहुतांशी लोक आपल्या या अवयवाची योग्य रितीने काळजी घेत नाही त्यामुळे फुफ्फुसाची योग्य रितीने उपयोग केला जात नाही. अनेक लोक फार कमी प्रमाणात शुद्ध प्राणवायु आपल्या शरीरामध्ये घेण्याची प्राथमिक चूक ते करतात. लहानपणी खेळणे, धावणे इत्यादीद्वारे त्यांना दीर्घश्वास घेतला जात असतो. बालपण (किशोरावस्था) गेल्यानंतर अधिकतर लोक, हाता—पायांना शारीरिक श्रमापासून दकरतूर निघून जातात. त्यामुळे या लोकांना श्रमयुक्त काम न करण्यामुळे दीर्घ श्वास घेण्याची आवश्यकता वाटत नाही आणि उथळ (कमी हवा घेणे) श्वास घेतल्यामुळे जेवढी हवा, फुफ्फुसांमध्ये आत जाते, तेवढी हवा आपले रक्त शुद्ध ठेवण्यासाठी पुरेशी नसते. फुफ्फुसावर योग्य पद्धतीचा ताण न पडत असल्यामुळे ते पूर्ण क्षमतेने कार्य करण्यास असफल ठरत आणि कालांतराने या अवयवाची कायक्षमता कमी होवून शरीरामध्ये अनेक प्रकारच्या व्याधी निर्माण होतात.

सोबतच, अस्वच्छ (घाणरेड्या) हवेमध्ये श्वास घेणे हीसुद्धा आजच्या या वातावरणामध्ये मानवाकडून नकळत घडून येणारी फार मोठी चुक आहे. अशुद्ध प्राणवायु शरीरामध्ये गेल्यावर फुफ्फुसांत पोहोचल्यावर एकतर त्यांचे आरोग्य (तंदुरूस्ती) बिघडवून टाकते त्यांची कार्यक्षमता कमी करतेच आणि इतरही अवयवांनी याचा त्रास होत आसतो. आजच्या या युगामध्ये अनेक जण सारासार विचार न करता क्षणिक सुखाकरीता विडी सिगारेटचा बिनदिक्कत प्रयोग करतात यामुळे सुद्धा फुफ्फुसावर निकोटीन या प्राणघातक केमीकलचा थर जमा होवून फुफ्फुसाची कार्यक्षमता मंदावते.

➤ उतरत्या वयात मनुष्याने चालणे—फिरण्याचा व शारीरिक श्रम करण्याचा सराव ठेवावा. ज्यामुळे त्यास

दीर्घ श्वास घ्यावा लागेल. मोकळ्या हवेत उभे राहून खाद्यांना थोडे मागे नेत म्हणजेच कमरेतून थोडेसे मागच्या बाजूला झुकून स्वच्छतेचे काम करणाऱ्या या अवयवांना नेऊन हळू हळू दीर्घ श्वास घ्यावा व त्यास बाहेर काढावे. यामुळे फुफ्फुसावर ताण येवून त्याची कार्यक्षमता वाढण्याकरता चांगल्या स्थितीत ठेवण्याकरीता शरीराला मदत मिळते, दिवसभरात असे ५० पेक्षा वेळा करावे. सोबतच सुर्यनमस्काराचासुद्धा व्यायाम करावा. सुर्यनमस्कारामुळे संपुर्ण शरीरालाच व्यायाम होतो. त्यामुळे फुफ्फुस नेहमी निरोगी राहतील आणि अधिक वयस्कर किंवा कमरेचा त्रास असणाऱ्या लोकांकरता सुर्यनमस्काराचा सराव शक्य नसल्यास अधिक वेगाने चालण्याचा प्रयत्न करणे अधिक उत्तम राहिल.

➤ शरीराला (फुफ्फुसाला) प्रत्येक अवस्थेमध्ये शुद्ध हवा भरपूर प्रमाणात मिळत राहणे आवश्यक आहे. यामुळे आरोग्य लाभ लवकर होतो. झोप आणि आजारी व्यक्तींना शुद्ध हवेची आहे. या गोष्टींची सदैव आठवण ठेवावी रक्तांत हवेतील ऑक्सिजन तत्त्वाची भरपूर मात्रा राहावी, यामुळे रोगांस होऊ न देणे आणि झाल्यास त्यास लवकर हाकलणे. (रोगमुक्ति)

त्वचा (Skin) :

शरीराची स्वच्छता करणाऱ्या अवयवांमध्ये त्वचेचे दूसरे स्थान आहे. त्वचेचे मुख्य कार्य हे उत्सर्जन क्रिया सुरळीत सुरू राहण्याकरीता फुफ्फुसाला मदत करत राहणे होय. त्वचेमधून घाम निघत राहणे बंद झाल्यास किंवा त्वचा मोठ्या प्रमाणात जळाल्यामुळे मनुष्याचा लवकर मृत्यु होतो. त्वचेतून सतत निघणाऱ्या ?ke&s' k h k h y fo" k fd ak v LoFNr k %mpurities) घामावाटे सतत बाहेर निघत असते. त्यामुळे शरीराचे तापमान नियंत्रीत ठेवण्यास सुद्धा मदत मिळत असते. त्वचेला उत्तम स्थितीत ठेवण्याकरीता खालील उपाय करावेत.

➤ जाड (Rough) टॉवेलने किंवा हाताच्या तळव्यांनी त्वचेची चांगली मालिश करावी.

➤ नियमित आंघोळीद्वारे त्वचेला स्वच्छ ठेवणे.

➤ सूर्यस्नान आणि वायु स्नानाद्वारा त्वचेला संप्राण व सशक्त बनवून ठेवणे, वायुस्नानांत किंवा एकांत मोकळ्या जागेत, सकाळच्या वेळेत नग्न शरीरांत काही वेळ

राहावे.

किडनी (Kidneys)

शरीर स्वच्छता करणाऱ्या अवयवामध्ये किडनी तिसऱ्या क्रमांकावर असतात. यांचा योग्य उपयोगाने मानवी आरोग्य त्या स्वतःचे आरोग्य स्वतःच नियंत्रणांत ठेवतात. यांच्यात बिघाड तेव्हाच येतो जेव्हा चुकीच्या पद्धतीने यांचेकडून काम घेतले जाते. खालील गोष्टींवर ध्यान केंद्रीत केल्यास त्यांच्यात बिघाड व्हायची भीती नसते.

- रोज भरपूर पाणी प्यावे, तसेच इतर तरल पदार्थ प्यावे, ज्यामुळे भरपूर लघवी येईल व किडनी धुतले जाईल.
- चहा, कॉफी, ताडी दारू पिऊ नये.
- लघवी जास्त वेळ रोखून ठेवू नये.
- क्षमतेपेक्षा जास्त पाणी पिवून किडनीवर अतिरिक्त ताण देवू नये.
- उभे राहून पाणी पिणे टाळावे.

स्वस्थ राहण्यास पावसाळा व हिवाळ्यांत कमीत कमी २.५.३.० लिटर पाणी प्यावे. उन्हाळ्यांत याच्या दिडपट कमीत कमी ५ लिटर पाणी प्यावे. यामुळे शरीरामधून अतिरिक्त घाण घामावाटे निघून जाते तसेच शरीराचे तापमान नियंत्रीत ठेवण्याकरीता सुद्धा मदत मिळते. शरीराची आंतरीक शुद्धिक्रीया वेगाने घडून येवून निरोगी आरोग्य राखण्यास मदत मिळते.

मोठे आतडे

मोठ्या आतड्याची लांबी लांबी ६ फूट असते जरी लहान आतड्याची तुलनेमध्ये कमी असली तरी याचे कार्य लहान आतड्या ऐवढेच अत्यंत महत्वाचे असते. अन्न ग्रहण झाल्यावर लहान आतड्यामध्ये पचनक्रिया सुरळीत पार पडली जाते तर मोठ्या आंतड्याचे काम अन्नाच्या की निरूपयोगी भागास (अंशास) आणि रक्तातून येणाऱ्या विषारी अंशाला शरीरातून बाहेर काढणे. हा आहार मार्गाचा अत्यंत महत्वाचा आणि सर्वात अंतीम भाग असतो. लहान आतड्याद्वारे अन्नपचनानंतर उरलेले हे निरूपयोगी पदार्थ शरीरांत २४ तासापेक्षा अधिक वेळ राहिल्यास आतड्यांमध्ये सडतात व त्यापासून विषारी वायु निर्माण होतात. हे वायु रक्तात मिसळल्यामुळे छाती पोटात दुखणे आणि तसेच गॅसेसचे

रोग आणि पाईल्स मुळव्याध आदी रोग निर्माण करतात, यालाच बद्धकोष्ठता किंवा वायुरोग म्हणतात. जर मनुष्य दोनदा जेवत असेल तर दोन वेळा शौचाला गेल्यास मोठे आतडे पूर्णपणे स्वच्छ व्हावयांस हवे. याकरीता प्रत्येक मानवाने काही नियमांची परीपुर्तता करणे अत्यंत आवश्यक आहे याकरीता खालील बाबींवर लक्ष केंद्रीत करावे.

- शौचास जाण्याची सूचना मिळाल्याबरोबर मलत्यागास गेलेच पाहिजे. शौचास जाण्यास उशीर केल्यास सूचना मिळण्याची गती मंद होते व यातुनच बद्धकोष्ठतेचा त्रास होतो.
- भरपूर व्यायाम करावा किंवा दीर्घश्वासाची सवय ठेवावी. उथळ श्वास घेणे आणि सतत बसूनच काम करत राहणे, चालणे—फिरण्याची सवय नसणे यामुळे बद्धकोष्ठता होते.
- भरपूर पाणी प्यावे. कमी पाणी पिल्याने मळकडक होतो व बद्धकोष्ठता निर्माण होते. झोपतेवेळी २ X k i k k h o > l s w n B Y ; k o j २ ते ४ ग्लास पाणी (उषःपान) अवश्य प्यावे.
- मैद्याचे पदार्थ, बारीक कणिक, पांढरी साखर मलाई विरहीत दूध, मास, तळलेले पदार्थ आणि श्वेत सारयुक्त (काबेहिड्रोज) पदार्थ जास्त प्रमाणात खाल्ल्यास बद्धकोष्ठता वाढते.
- युक्त आहार (Balanced Diet) घ्यावे, ज्यामध्ये आम्लयुक्त (Acidic Food) पदार्थ २०% टक्के व आम्लमुक्त (Alkaline) पदार्थ ८०% टक्के राहतील. फळे व भाज्यांच्या सलाद चा वापर तसेच मोड आलेल्या (अंकुरित) धान्याचा वापर करावा. जेवनामध्ये दही लिंबू यांचा प्रमाणशीर वापर करावा.
- तळलेले पदार्थ तसेच मसाल्यांचा वापर कमी करावा.
- शौचाला जाण्याच्या वेळा ठरवून घ्याव्या व त्यांचे व्यवस्थित, पालन करावे.

निष्कर्ष

स्वस्थ आरोग्याकरीता पचनक्रीया आणि उत्सर्जन क्रीया यांनी एकत्रितपणे कार्य करणे अत्यंत गरजेचे आहे. आपण ग्रहण करीत असलेल्या अन्नघटकांवर आपले आरोग्य अवलंबून असल्यामुळे जर थोड्यास्या शारीरिक नियमांचे पालन करून आपल्या जीवनाला स्वस्थ बनविता येणे सहज शक्य आहे.

खेळाडू आणि पौष्टिक आहाराची भूमिका

प्रा. डॉ. आदित्य किशोर सारवे
क्रिडा संचालक,
भिवापूर महाविद्यालय, भिवापूर

प्रस्तावना:

मानवी शरीराच्या वृद्धि आणि विकासाकरीता आहाराची आवश्यकता असते. हे सर्व आहार आपल्याला निसर्गाद्वारेच मुक्तहस्ते प्राप्त होत असते. निसर्गाद्वारे मिळणाऱ्या आहाराद्वारे उर्जा प्राप्त होत असते, शरीराचरची बांधणी योग्य पद्धतीने होत असते मात्र आजची आपली जीवनशैली पूर्णतः निसर्गविरोधी आहे. निसर्गाने जे आपल्यावर मनमुरादपणे लुटविले आहे, ते आपल्याला नको आहे. खरे पाहता, आपली पचनशक्ती सूर्याच्या उन्हाबरोबर वाढत जाते आणि सूर्यास्तानंतर कमी होते. त्यानुसार आपल्या आहाराचे वेळापत्रक हे सकाळी भरपेट नास्ता नंतर दुपारचे जेवण आणि संध्याकाळी सूर्यास्तापूर्वी हलका आहार असे असायला हवे. मात्र आजच्या या धकाधकीच्या जीवनामध्ये सकाळच्या नास्त्याला बहुतेक वेळा वेळच नसल्यामुळे चहा किवा कॉफी सोबत मैद्याचे बिस्कीट आपण खातो. दुपारी आपण कामाच्या ठिकाणी थोडेसे काहीतरी सोबत असलेले किंवा बाहेरचे तेलकट पदार्थ खातो. रात्री उशिरा घरी येतो आणि टि.व्ही बघत किवा मोबाईल वर बोलत आपले एकच जेवन निवांत घेऊ शकतो म्हणून भरपेट जेवतो. रात्रीचं जेवण सूर्यास्ताच्या आत करणे सगळ्यांना शक्य होणार नाही हे मान्य केलं तरी ते लवकरच लवकर घ्यावे. कमी प्रमाणात आणि पचायला हलके पदार्थ खाणं हे तरी केलंच पाहिजे. एकदा घेतलेले अन्न पचण्यासाठी तीन तास तरी जावे लागतात. आहार हा शरीरासाठी ऊर्जेचा एक स्रोत आहे. खर्च झालेल्या कॅलरीज भरून काढण्यासाठी,

तसेच झालेल्या इजांसाठी शरीराला पोषक तत्त्वाची आवश्यकता आहे. हे सर्व आपणास आहारामधून उपलब्ध होते.

पौष्टिक अन्नाची आवश्यकता

दैनंदिन नित्यक्रमापैकी सर्वात महत्त्वाचा पण आज सर्वात दुर्लक्षिला जाणारा भाग म्हणजे व्यायाम व खेळ होय. आरोग्य रक्षणासाठी हे अत्यंत आवश्यक आहे. पण आज आपण त्याचा विचारही करीत नाही. बिकट परिस्थिती उद्भवल्यावर आपण व्यायामासाठी वेळ काढतो, पण हाच वेळ पूर्वीपासून नियमितपणे काढला तर मुळात बिकट परिस्थिती उद्भवणार नाही. आजच्या युगात रोजची कामे करण्यासाठी आपण जास्तीतजास्त यंत्रोपकरणावर अवलंबून असतो. त्यामुळे दैनंदिन कामाच्या निमित्ताने आपोआप घडणारा व्यायाम देखील कमी झाला आहे. त्यामुळे पूर्वीच्या पिढ्यांपेक्षाही आपल्याला अधिक व्यायामाची अधिक गरज आहे. प्रत्येकानं किती व्यायाम करावा हे ठरविण्याची सोपी युक्ती आहे. कपाळावर घाम पायला सुरुवात झाली की थांबायच. काही दिवसाने आपल्याला आपल्या क्षमतेचा अंदाज येतो.

आपल्या कार्य व खेळानुसार प्रत्येक खेळाडूला खाद्यपदार्थांच्या प्रमाणामध्ये परिवर्तन करणे आवश्यक आहे. एक खेळाडू सामान्य व्यक्तीच्या तुलनेत अधिक कार्ये करतो. विशेष करून स्पर्धेच्या काळात त्याला अधिक प्रमाणामध्ये सराव करावा लागतो तेव्हा त्याच्या आहारावर विशेष लक्ष देणे आवश्यक ठरते. खेळाडूंच्या शरीरामध्ये चरबीचे प्रमाण असणे आवश्यक असते. कारण स्पर्धेच्या काळात या चरबीद्वारे शरीराचे रक्षण होते. खेळाडूने अशा खाद्यपदार्थांचा उपयोग आपल्या आहारामध्ये करावा, ज्यामध्ये कार्बोहायड्रेट्स व शर्कराची मात्रा अधिक प्रमाणात असेल. उदा. भात व बटाटे, चरबी शरीरासाठी अतिशय आवश्यक आहे, परंतु आता प्रमाणामध्ये मांसाहार हा सुद्धा एक महत्त्वपूर्ण घटक मानला जातो. उदा. दूध, अंडी, मांस इत्यादी खेळाडूंच्या आहारामध्ये शारीरिक अवयवांना मजबुत व निरोगी ठेवण्यासाठी व्हिटॅमिन व खनिज द्रव्ये देखील तेवढीच महत्त्वपूर्ण आहे.

खेळाडूनी स्वादिष्ट आहाराच्या मागे न लागता

पौष्टिक आहारवर भर द्यावा. आहारामध्ये अति मसाले व तेलाचा वापर टाळावा. कठीण आहार घेतल्यामुळे पचायला असुविधा निर्माण होते. कोणत्याही स्पर्धेपूर्वी ग्लुकोजचे पाणी तसेच फळांचा रस सेवन केल्यावर शरीराला अधिक ऊर्जा मिळते.

ज्या आहारामध्ये अन्न व आहारशास्त्रांनी ठरवून दिलेले अन्नाचे सर्व घटक योग्य प्रमाणात असतात. तसेच ज्या आहारामुळे शरीराची वाढ चांगली होते, त्यास समतोल आहार असे म्हणतात. याची तीन प्रकारात विभागणी होते.

अ) शक्ती व उष्णता निर्माण करणारी खाद्य सामग्री.
ब) नवीन पेशींची निर्मिती जाळे निर्माण करणारी खाद्य सामग्री.

क) शरीरात हार्मोन्स व इन्झाइन्स (रस व स्राव) बनविणारे व शरीराची वाढ करणारे खाद्यपदार्थ.

अन्नघटकांचे महत्व आणि त्यांचे स्रोत

मानव जे अन्न ग्रहण करतो त्याची तो करीत असलेल्या दैनंदिन कार्यासोबतच स्वस्थ आरोग्याकरीता आवश्यकता असते. पुरेश्या पौष्टिक अन्नघटकांअभावी त्याच्या शारीरिक क्षमतांचा न्हास होवून त्याच्या कार्यामध्ये त्याला अपयश मिळू शकतो. करीता त्याने त्याच्या रोजच्या आहारामध्ये पौष्टिक घटकांचा समावेश करणे अत्यंत निकडीचे आहे.

प्रोटीन :

उपयोग — पेशीची वाढ व नवीन पेशीची निर्मिती करणे.

स्रोत— मानवी शरीराच्या वाढीकरीता आवश्यक असणारे प्रोटीन दोन प्रकारे अन्नामध्ये समावेश करू शकतो प्राणिजन्य प्रोटीन : प्राण्यांद्वारे मिळणाऱ्या अन्नघटकाला प्राणीजन्य प्रोटीन म्हणतात.

उदा. : मास, मासे, अंडी इ. (मांसाहारी)

वनस्पतीजन्य प्रोटीन : वनस्पती पासून मिळणाऱ्या अन्नघटकाला वनस्पतीजन्य प्रोटीन म्हणतात.

दूध, दही, दुग्धजन्य पदार्थ इ. (शाकाहारी)'

२. कार्बोहायड्रेट्स :

उपयोग — उष्णता व कार्यशक्ती निर्माण करणे व आहार वाढविण्यास मदत करणे.

स्रोत. कडधान्य, तणधान्य, कंदमुळे, साखर, गुळ,

चॉकलेटस, मध, सुखामेवा इत्यादी.

३. चरबी :

उपयोग — शरीरात उष्णता व शक्ती प्रदान करणे, याच्या थोड्याशा प्रमाणामुळे शरीरात अधिक उष्णता निर्माण होते. यामुळे लहान मुलांच्या त्वचेवर डाग पडत नाही.

स्रोत — दूध व दुग्धजन्य पाठीन कवचाची हे अंड्यतील बल्कव प्राण्यांची चरबी.

४. पाणी :

उपयोग — आहारासोबत शरीराला पाण्याची आवश्यकता असते. पाण्यामुळे शरीरातील तरल पदार्थ उदा. रस, स्राव, रक्त इ. बनते. अन्नपचन होते. यामुळे शरीरातील टाकाऊ पदार्थ बाहेर टाकण्यास मदत होते.

५. जीवनसत्वे :

प्रकार ए. बी. सी. डी. इ. व के.

उपयोग — शरीराची वाढ होण्यास मदत करण्यास योग्य मेटाबोलिझमसाठी आवश्यक आहे.

➤ **जीवनसत्व ए** — याच्या अभावी रातांधळेपणा येतो.

स्रोत — पालेभाज्या व गाजर या मध्ये भरपूर प्रमाणात आढळून येते.

(बी, बीह्व, बी२२)

➤ **जीवनसत्व बी १**

यांच्या अभावी बेरी—बेरी नावाचा रोग होतो.

स्रोत — अन्नधान्य, डाळी, अंडी इ.

➤ **जीवनसत्व बी २**

● यांच्या अभावामुळे त्वचा कोरडी पडते.

● ओठ फाटतात.

● जीभ लाल पडते.

● पचनशक्ती मंदावते

● तोंडामध्ये फोडे येतात.

स्रोत— गहु, दूध, सोयाबीन, मटर, दाळी इ.

➤ **जीवनसत्व बी २२**

एनिमियामध्ये याचा उपयोग होतो.

स्रोत — माशाच्या यकृतापासून जे तेल काढतात त्यामध्ये हे मिळते, याला दुसरा पर्याय नाही.

➤ **जीवनसत्व सी —**

● यांच्याअभावी प्रतिकार शक्ती घटते.

- स्कर्व्ही नावाचा तोडांचा रोग होतो.
 - जखमा भरण्यास मदत होते.
- स्त्रोत — पालेभाज्या, संत्रा, मोसंबी, निंबू, आवळा व टमाटर इ.

➤ **जीवनसत्व डी —**

- यांच्या अभावी हाडे ठिसूळ होतात.
 - दातांच्या निर्मिती आणि मजबुतीसाठी उपयुक्त.
- स्त्रोत — दही, अंडी, मासेयकृततेल, सूर्यप्रकाश इ.

➤ **जीवनसत्व इ —**

- याच्या अभावी पचनक्रिया बिघडते.
- पाचकरस स्रवत नाही.
- केस पांढरे होतात.

स्त्रोत— अंडी, हिरव्या पालेभाज्या इ.

➤ **जीवनसत्व के**

- याच्या अभावी हृदयाची धडकण्याची गती वाढते.
- स्त्रोत — पालक व सोयाबीनमध्ये भरपूर प्रमाणात आढळून येते.

6. प्रो व्हिटॅमिन :

याच्या अभावी डोक्याची त्वचा पांढरी व कोरडी पडते.

उपयोग : केस स्वच्छ करण्यासाठी व मजबुतीसाठी याचा उपयोग करतात.

७. मल्टीव्हिटॅमिन :

उपयोग : आहारातून ज्या व्यक्तींना पुरेसे व्हिटॅमिन मिळत नाही अशा व्यक्तींना डॉक्टर मल्टीव्हिटॅमिन घेण्याचा सल्ला देतात.

८. फोलिक अॅसिड :

उपयोग : रक्त कोशिकांच्या निर्मितीसाठी याचा उपयोग होतो.

स्त्रोत — हिरव्या पालेदार भाज्या व डाळी इ.

९. मुख्य खनिज पदार्थ :

कॅल्शियम, फॉस्फरस, सोडियम, लोह, आयोडीन, कॉपर इ.

आवश्यक पदार्थ	खनिज	उद्देश्य	स्त्रोत
कॅल्शियम		रक्तस्त्राव थांबविणे, हाडू, स्नायू, चैतासंस्थान मजबूत करणे	दुधाचे पदार्थ
फॉस्फरस		शक्ती निर्माण करणे, हाडू, स्नायू, चैता संस्थान मजबूत करणे	मास, मासे, दुधाचे पदार्थ
सोडियम		स्नायू व चैतासंस्थांचे मजबुतीकरण, द्रव्यरूप पदार्थांचे शरीरातील संतुलन राखणे	मास, मासे, दुधाचे पदार्थ
लोह		हिमोग्लोबिनच्या प्रमाणाची वाढ करणे	मास, मासे
आयोडीन		थायरॉइडचे कार्य सुरळित करणे	पाणी, आयोडीन युक्त मीठ
कॉपर		रुबिन पेशींची निर्मिती करणे	कडधान्य तेलबिया

१०. सर्वसाधारण लागणारे उष्णांक

कामाचे स्वरूप/वजन	पुरुष वजन ६५ किलो	स्त्री वजन ५० किलो
हलके काम	२१०० Kcal/Day	१८०० Kcal/Day
मध्यम काम	३००० Kcal/Day	२५०० Kcal/Day
जड मेहनतीचे काम	३६०० Kcal/Day	३००० Kcal/Day

खेळताना खेळाडूला लागणारा उष्णांक

अ. क्र.	खेळाचे नाव	आवश्यक कॅलरी
१	मध्यम पल्ल्यांचे धावपटू	5500 Kcal/Day
२	फुटबॉल, हॅण्डबॉल सायकलिंग	5800 Kcal/Day
३	बॉक्सिंग, कुश्ती, ज्युडो	5500 Kcal/Day
४	जलद धावपटू, जलतरण	5280 Kcal/Day
५	वेटलिफटींग, गोळाफेक, थाळीफेक	6800 Kcal/Day

निष्कर्ष :

प्रत्येकाला समतोल आहार आवश्यक आहे, खेळाडूने आपआपल्या खेळानुसार लागणाऱ्या उष्णांकानुरूप आहाराचे नियोजन करून त्यानुसार आहार घेतला तर निश्चितच त्यांच्या कार्य व कौशल्यावर अनुकूल परिणाम दिसून येईल. आहार हा प्रत्येकाला शरीर व मानसिक आरोग्यास कार्यक्षम बनवितो.

संदर्भ :

- चरक संहिता, सुत्रस्थान, अध्याय ७
- आहार पौष्टिकता और व्यायाम डॉ. रवी अंबड
- खेळ पोषण व स्वास्थ्य— डॉ. अतूल शुल्का
- Health and Diet- Dr. A.K. Shrivastava



क्रीडा व खेळातील दुखापती आणि त्यांचे पुनर्वसन : एक विश्लेषण

Dr. Naresh P. Borkar

Smt. Rewaben Manoharbhay Patel Mahila Kala
Mahavidyalaya, Bhandara

परिचय

मानवी समुदायातील रोग किंवा जखमांची वारंवारता आणि वितरण निर्धारित करणाऱ्या विविध घटकांमधील संबंधांच्या अभ्यासाला एपिडेमियोलॉजी म्हणतात. एपिडेमियोलॉजीचे मूलभूत घटक खेळाच्या सरावाच्या परिणामामुळे वारवार, अनपेक्षित असले तरी अभ्यास करण्यासाठी लागू केले गेले आहेत, म्हणजे मस्वयूकोस्केलेटल सिस्टमला झालेल्या दुखापती. दुखापतीचे प्रकार आणि स्वरूप वयोगट, खेळाचे स्वरूप, लक्षणे दिसल्यापासून लिंग आणि वेळ यासारख्या परिवर्तनावर आधारित दुखापतीच्या घटना आणि व्याप्ती समजून घेणे, प्रतिबंध करण्याच्या उद्देशाने कार्यक्रमांच्या विकासास आणि जखमी खेळाडूवर उपचारासाठी हातभार लावला आहे. महत्वाचे म्हणजे या अभ्यासांमुळे क्रीडा दुखापतीसाठी जोखीम घटकाची ओळख पटून विविध खेळांमधील स्पर्धात्मक नियमामध्ये बदल करता येऊ शकतात.

क्लिनिकल दृष्टिकोनातून खेळाच्या दुखापतींचे पॅटर्न प्रकार घटना आणि तीव्रतेचे विश्लेषण, या दुखापतींशी संबंधित शारीरिक नुकसानांबद्दलच्या सुधारित आकलनासह, चांगले पुनर्वसन हस्तक्षेप तयार करण्यात मदत करू शकते. या अध्ययनामुळे असे स्पष्ट होते की प्रभावी पुनर्वसनाचा अभाव स्वतःच जखमी खेळाडूना विद्यमान दुखापतीच्या पुनरावृत्तीसाठी परंतु संबंधित शारीरिक क्षेत्रामध्ये नवीन जखम होण्याचा धोका निर्माण करणारा घटक बनतो कामगिरी पुनर्संचयित

करणे, आणि सर्वात महत्वाचे म्हणजे, इष्टतम क्रीडा कामगिरीसाठी लक्षणांचे निराकरण केल्यानंतर कार्य करणे आवश्यक आहे. सर्वात सामान्य खेळाच्या दुखापतींशी संबंधित शारीरिक नुकसानांबद्दलची आमची समज सुधारत असताना, त्या दुखापतींमुळे होणाऱ्या कार्यात्मक कमतरतांचा अंदाज लावणे शक्य होईल अशा प्रकारे, योग्य पुनर्वसन कार्यक्रमांची अंमलबजावणी करणे शक्य होईल.

उद्देश

विविध क्रीडा खेळाडूंच्या दुखापतींच्या नमुन्यावरील डेटा दुखापतीनंतर कामगिरी आणि कार्य पुनर्संचयित करण्यात कशी मदत करू शकतो हे स्पष्ट करणे हा या अध्ययनाचा उद्देश आहे.

दुखापतीचे स्वरूप

स्पोर्ट्स मेडिसिन क्लिनिकमध्ये उपचार केलेल्या सर्व जखमांपैकी अंदाजे ४५-६०% अतिवापराच्या जखमा म्हणून वर्गीकृत केले जाऊ शकतात हे विशेषतः जिम्नॅस्टिक्स सारख्या खेळांमध्ये खरे आहे, जेथे मऊ उती आणि सांधे असामान्य स्थिती आणि तणावाच्या अधीन असतात. अतिवापराच्या दुखापतींच्या जोखीमीच्या घटकामध्ये स्नायू कमकुवतपणा, स्नायूंची ताकद असमतोल आणि शारीरिक चुकीचे संरेखन यांचा समावेश होतो. या जोखीम घटकांच्या तपासणीवरून असे सूचित होते की योग्यरित्या डिझाइन केलेले पुनर्वसन कार्यक्रम आणि फूट ऑर्थोटिक्स सारख्या पुनर्वसन उपकरणांचा वापर जास्त प्रमाणात खेळांच्या दुखापतींच्या घटना आणि प्रसार कमी करण्यासाठी योगदान देऊ शकतात.

जेव्हा विश्लेषण आणीबाणीच्या विभागात क्लिनिकल चकमकीपुरते मर्यादित असते तेव्हा परिस्थिती वेगळी असू शकते. अनेक क्लेशकारक जखम अधिक तीव्र आणि गंभीर असतात, परिणामी वारंवार स्थिरता आणि दीर्घकाळ पुनर्वसन होते.

सुरुवातीपासूनचा वेळ

जेव्हा लक्षणे सुरु होण्याच्या वेळेचा विचार केला जातो. तेव्हा अॅम्ब्युलेटरी स्पोर्ट्स मेडिसिन क्लिनिकमध्ये उपचार केलेल्या बहुतेक जखमा तीव्र स्वरूपाच्या असतात. दुखापतीच्या मंद प्रगतीसह स्पष्ट आघात नसताना एक चुकिची सुरुवात झाल्यामुळे

चिन्हे आणि लक्षणांचे मूल्यमापन करण्यासाठी क्लिनिकची भेट घेण्यास विलय होऊ शकतो धावणे, पोहणे आणि बेसबॉल यांसारख्या खेळांमध्ये जास्त प्रमाणात झालेल्या दुखापतींचे हे वैशिष्ट्ये आहे लक्षणे चांगल्या प्रकारे न ओळखने ही एक शक्यता अशी असू शकते कमीतकमी सुरुवातीला, वैद्यकाद्वारे निदान करणे कठीण होते चुकीची उपचारात्मक पद्धत किंवा पुनर्वसन हस्तक्षेप उपचार सुरू करण्यासाठी निवडणे किंवा इतर कारणामुळे रुग्णाने डॉक्टरांनी सांगितल्याप्रमाणे उपचार पूर्ण न करणे या दोन परिस्थितीमुळे लक्षणे टिकून राहून तीन अवस्था वाढू शकते शिवाय प्रशिक्षण सत्रादरम्यान अनेक दुखापती होतात जेव्हा आरोग्य सेवा व्यावसायिक जखमी घ्यलीटवर त्वरित उपचार करण्यासाठी उपलब्ध नसतात अॅथलीट मदत घेण्यास उशीर करू शकतो किंवा लक्षणे गंभीर नसल्यास किंवा अक्षम झाल्यास स्वतः उपचार सुरू करू शकतो आणि तीव्र उपचारात्मक हस्तक्षेपाच्या अनुपस्थितीत ऊतींचे नुकसान वाढू शकते. शेवटी हे देखील शक्य आहे की योग्य उपचार लागू केले गेले तर लक्षणांचे निराकरण होऊ शकते परंतु दोषांचे योग्य पुनर्वसन आणि कार्यात्मक नुकसान उपचारात्मक हस्तक्षेपाचे पालन केले जात नाही योग्य पुनर्वसनाच्या अनुपस्थितीत, तीव्र, जुनाट जखमांमुळे वारंवार महत्त्वपूर्ण शारीरिक आणि कार्यात्मक नुकसान होते. ज्यामुळे प्रभावित शारीरिक क्षेत्राला पुन्हा दुखापत होण्याचा धोका असतो. या नुकसानीतून पुनर्प्राप्ती हे पुनर्वसन कार्यक्रमाचे सर्वात महत्त्वाचे उद्दिष्ट बनते.

जखमांचे शारीरिक वितरण

जेव्हा खेळातील दुखापतींच्या घटनांचे शरीरशास्त्रीय क्षेत्राद्वारे विश्लेषण केले जाते, तेव्हा गुडघा, खांद्या आणि घोट्या हे सर्वात वारंवार दुखापत होणारे क्षेत्र आहेत. एखाद्या विशिष्ट खेळातील दुखापतींचे शारीरिक वितरण अतिशय विशिष्ट असू शकते बास्केटबॉल खेळाडूंना खांद्यापेक्षा गुडघ्याला जास्त दुखापत होऊ शकते परंतु जलतरणपटूमध्ये परिस्थिती उलट असते एखाद्या विशिष्ट खेळातील दुखापतींच्या शारीरिक वितरणाचे ज्ञान एक प्रशिक्षण कार्यक्रम विकसित करण्यासाठी आवश्यक आहे, जो खेळातील विशिष्ट कंडिशनिंगला जास्तीत जास्त करेल आणि दुखापतीचा

धोका कमी करेल कारण विश्रांतीशी निगडित डिकंडिशनिंगमुळे दुखापतग्रस्त भागाच्या जवळील आणि दूरच्या स्नायूंच्या गटांवर संभाव्य परिणाम होऊ शकतो, जखमी खेळाडूच्या पुनर्वसनासाठी खेळाद्वारे दुखापतींच्या या शारीरिक वितरणाचे ज्ञान महत्त्वाचे असू शकते सुनियोजित पुनर्वसन कार्यक्रमात जखमी क्षेत्रासाठी तसेच विशिष्ट क्रीडा क्रियाकलापांमध्ये दुखापतीचा धोका असलेल्या क्षेत्रासाठी व्यायामाचा समावेश आवश्यक असतो.

वारंवार निदान

बहुतेक खेळांच्या दुखापती तुलनेने सौम्य असतात आणि त्यांना शस्त्रक्रिया हस्तक्षेपाची आवश्यकता नसते स्पर्धेच्या पातळीपासून स्वतंत्र वारवार होणारे निदान हे उतरत्या क्रमाने केले जाते. टॅडोनिटिस, फर्स्ट डिग्री स्ट्रेन (स्नायू टेंडन युनिट), फर्स्ट डिग्री स्पेन्स (लिगामेंट आणि कॅप्सुलर इजा) पॅटेलोफेमोरल वेदना आणि दुसऱ्या डिग्री मोच या प्रकरणांमध्ये सर्वोत्तम उपाय म्हणजे वेदना आणि सूज यासारख्या लक्षणांवर नियंत्रण ठेवण्यासाठी योग्य पुराणमतवादी हस्तक्षेप, त्यानंतर सर्वसमावेशक पुनर्वसन या प्रकरणांमध्ये शस्त्रक्रियेचे संकेत कमी आहेत आणि जेव्हा सराव किंवा स्पर्धेत जलद परत येणे आणि भविष्यातील दुखापतींना प्रतिबंध करणे ही सर्वात महत्त्वाची उद्दिष्टे असतात तेव्हा पुनर्वसन हे सर्वात प्रभावी हस्तक्षेप ठरते

दुखापतीची तीव्रता

दुखापतीची तीव्रता ही निदानाचे स्वरूप. उपचाराचा कालावधी आणि स्वरूप, क्रीडा प्रशिक्षण किंवा स्पर्धामधून गमावलेला वेळ आणि कायमस्वरूपी नुकसानीची उपस्थिती आणि डिग्री, इ द्वारे ठरवले जाऊ शकते. तीव्रता, कार्यात्मक नुकसान आणि विस्तारित पुनर्वसनाची आवश्यकता यांच्यात सहसा सकारात्मक संबंध असतो. जेव्हा तीव्रता जास्त असते तेव्हा ऊतक बरे होण्यासाठी दीर्घकाळ स्थिरता किंवा विश्रांतीची आवश्यकता असते. परिणामी, घ्यलीटद्वारे मोठे शारीरिक नुकसान अनुभवले जाते आणि दुखापत न झालेल्या भागांचे डिकंडिशनिंग अधिक व्यापक असते या परिस्थितीत पुनर्वसन जास्त काळ टिकू शकतो.

पुनर्वसन आणि पूर्वतयारी परीक्षा

स्पर्धात्मक अॅथलीटने नियमितपणे पूर्व सहभागाची वैद्यकीय तपासणी करणे आवश्यक आहे. पूर्व सहभाग परीक्षा ही एक आदर्श परिस्थिती आहे ज्यामध्ये स्पर्धेपूर्वी विद्यमान वैद्यकीय स्थितीवर उपचार करणे, एथलीटच्या आरोग्य सेवेच्या गरजांची अपेक्षा करणे, अॅथलीट आणि खेळाडूंच्या प्रशिक्षकाला लसीकरण आणि रोग आणि दुखापतीपासून बचाव यासारख्या आरोग्यविषयक समस्याबद्दल शिक्षित करणे आणि खेळातील डोपिंग सारख्या विषयावर चर्चा करणे पूर्वपरीक्षेचा आणखी एक महत्त्वाचा घटक म्हणजे सर्वसाधारणपणे वैद्यकीय परिस्थितीसाठी आणि विशेषत खेळाच्या दुखापतीसाठी जोखीम घटकांची ओळख करणे जोखीम ओळखण्याची प्रक्रिया क्रीडा औषध साहित्यात प्रकाशित झालेल्या महामारीविषयक पुराव्याचा वापर करू शकतात. संयुक्त आकुंचन किंवा कमी लवचिकता, स्नायू कमकुवतपणा आणि स्नायूंची ताकद असममितता यासारखे निष्कर्ष प्रतिबंधात्मक पुनर्वसन करण्यासाठी आदर्श संधींचे प्रतिनिधित्व करतात. या अध्ययनामध्ये सामान्य कामगिरी आणि कार्य पुनर्संचयित करणे क्रीडा दुखापतीचे पालन करणे आवश्यक नाही परंतु भविष्यातील दुखापतींना प्रतिबंध करण्यासाठी ते महत्त्वपूर्ण असू शकतात याव्यतिरिक्त, खेळाच्या कामगिरीसाठी पुनर्वसन फायदेशीर ठरू शकते कारण लवचिकता, हृदय व रक्तवाहिन्यासंबंधी सहनशक्ती आणि स्नायूंची ताकद आणि सहनशक्ती एकत्र किंवा एकत्रितपणे जवळजवळ कोणत्याही खेळात आवश्यक असते.

आंतरराष्ट्रीय स्पर्धामध्ये आरोग्य सेवा

आंतरराष्ट्रीय क्रीडा स्पर्धामधील रोग आणि दुखापतींच्या पॅटर्नचा अभ्यास टीम फिजिशियनला इतर गोष्टींबरोबरच, क्रीडा प्रतिनिधींसोबत प्रवास करणाऱ्या आरोग्य सेवा संघाची रचना, आरोग्य सेवा देण्यासाठी आवश्यक उपकरणे आणि वैद्यकीय पुरवठा, पुनर्वसन सेवा, एका ऑलिम्पिक गावात, सर्वात सामान्यपणे वापरलेली आणि परवानगी असलेली औषधे आणि पुनर्वसनासाठी आवश्यक थेरपी पद्धती अॅथलीट्स आणि स्पर्धांची संख्या वाढत असल्याने आणि नवीन वाहतूक पद्धती प्रवास सुलभ करतात, आरोग्य व्यावसायिकांना

विविध पर्यावरणीय परिस्थिती, रोगजनक आणि मागणी असलेल्या प्रशिक्षण पद्धतीच्या संपर्कात असलेल्या प्रवासी एथलीटच्या गरजा पूर्ण करण्याचे आव्हान करण्यात येते. जरी प्रवासी एथलीट्समध्ये श्वसन आणि गॅस्ट्रो इंटेस्टाइनल ट्रॅक्टचे विकार खूप सामान्य आहेत आंतरराष्ट्रीय स्पर्धेदरम्यान विकृतीचे मुख्य कारण म्हणजे मस्क्युलोस्केलेटल सिस्टमला झालेली जखम, मस्क्युलोस्केलेटल प्रणालीवर परिणाम करणाऱ्या पाच सर्वात सामान्य दुखापती किंवा विकार यांचा समावेश होतो. प्रथम डिग्री स्ट्रेन, टेडिनाइटिसटेंडिनोसिस, कट्युशन मायोसिटिस आणि प्रथम डिग्री स्प्रेन या सर्व निदानाचा तीव्र अवस्थेतील लक्षणे नियंत्रित करण्यासाठी आणि फिजिओ तार्किक आणि कार्यात्मक क्षमता पुनर्संचयित करण्यासाठी पुनर्वसन हस्तक्षेपांचा फायदा होऊ शकतो.

वरील अभ्यासात, शारीरिक उपचार पद्धती (कोल्ड पॅक, हॉट पॅक, अल्ट्रासाउंड ट्रान्सक्युटेनियस इलेक्ट्रिकल स्टिम्युलेशन, मसाज, उपचारात्मक व्यायाम) यासारख्या सामान्य पुनर्वसन हस्तक्षेपांची आवश्यकता असते अशाप्रकारे बऱ्याच जखमांना तीव्र स्वरूपात वर्गीकृत केले जाऊ शकते उच्च कार्यक्षमता असलेले खेळाडू अनेकदा दुखापतीची लक्षणं आणि चिन्हे असताना देखील प्रशिक्षण देणे आणि स्पर्धेत भाग घेतात आणि महत्त्वाच्या स्पर्धामध्ये भाग घेण्यासाठी दुखापतीचे योग्य उपचार आणि पुनर्वसन करण्यास विलंब करतात. अशा प्रकारे, सुरुवातीच्या केलेल्या दिरंगाईनंतर काही जखमी खेळाडूंना योग्य पुनर्वसन मिळाले नाही, असा अंदाज लावणे योग्य आहे.

निष्कर्ष

क्रीडा दुखापतीच्या महामारीविज्ञानाचा अभ्यास पुनर्वसनासाठी तितकाच मौल्यवान असू शकतो जितका प्रतिबंध करण्यासाठी आहे. पूर्वीच्या दुखापतीचे पुनर्वसन पूर्ण न झाल्यामुळे अनेक दुखापती होऊ शकतात. खेळाडूंच्या दुखापतीशी संबंधित जोखीम घटक समजून घेणे पुनर्वसन धोरणाच्या डिझाइनमध्ये मदत करू शकते. ज्यामुळे दुखापतीची घटना आणि तीव्रता कमी होते. पुनर्वसन तत्वे क्रीडा इजा क्लिनिकमध्ये लागू केली जाऊ शकतात. प्रत्येक क्रीडा वैद्यक व्यवसायी या तत्त्वाशी परिचित असले पाहिजे आणि ते खेळाडूसह

त्याच्या कामात लागू केले पाहिजेत.

अशास्त्रिने खेळातील खेळाडूच्या दुखापतीवर सुरुवातीपासून नियंत्रण ठेवल्यास दुखापतींच्या घटना आणि त्याची तीव्रता यावर नियंत्रण ठेवता येऊ शकते. परिणामतः त्यांचे पुनर्वसन करणे सोपे होते.

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Effect Of Stretching Exercises On Flexibility Of Volleyball Players

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Abstract

The purpose of the study was to determine the effect of stretching exercises on flexibility of Volleyball players. For the study research scholar selected twenty women volleyball players at the age of 20 years and divided into two groups experimental group (N=10) and control group (N=10). Flexibility was measure with the help of Sit and Reach Test. Experimental group was participated in the stretching exercises. The finding of the statistical analysis revealed that there was significant difference between the mean of pre and post-test of experimental group and control group. Experimental group was significantly improving the flexibility because of participation in stretching exercise.

Keywords: stretching exercise, flexibility, Sit and Reach Test.

Introduction

Joints flexibility can be improved by exercises. Physical exercise is a bodily activity that can enhances the physical fitness and overall health of an individual. Exercises can be performed for growth and development, weight loss, strengthening muscle, cardiovascular endurance etc. Stretching is frequently included in the warm-up routine for volleyball, one of the sports where it is practised. High vertical jumps and quick movements used to cover ground during volleyball matches are seen as being of paramount importance and are closely related. Because volleyball players typically travel distances between 4.5 to 9 metres throughout a game, compared to other sports, sprinting and acceleration are crucial skills for a successful volleyball player.

A joints or a group of joints' absolute range of motion is referred to as flexibility. It also refers to the length of the muscles that cross the joint to cause bending motions or movements. Individuals range in their levels of flexibility, especially in terms of the length of their multi-joint muscles. With stretching being a popular exercise component to maintain or enhance flexibility, flexibility in various joints can be increased to a certain extent by exercise. The development of general strength, power, flexibility,

coordination, and agility through training, practise, and appropriate exercise is crucial for the development of players' skills and methods and is essential for achieving their full potential.

In order to increase the muscles' perceived suppleness and achieve a comfortable degree of muscular tone, stretching is a sort of exercise that involves situating particular body parts in a way that lengthens and consciously flexes muscles. Stretching exercise increases flexibility and range of motion overall.

Statement of the problem

This study was undertaken to know the “effects of stretching exercises on flexibility of Volleyball players.”

Purpose of the study

The purpose of the present study was to evaluate the effects of stretching exercise on flexibility of Volleyball players.

Significance of the study

The research on the “stretching exercises” in Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur jurisdiction up – till now was very meagre. Hence, it was very imperative to conduct research in this field.

Objectives

To study the effects of stretching exercises on flexibility of Volleyball players.

Hypothesis

It was hypothesized that stretching exercises significantly improve flexibility of Volleyball players.

Delimitations

The present study was delimited in the following aspects:

1. The study was delimited to 20 volleyball players.
2. The study was delimited to women players only.
3. The subjects for the present study were randomly selected.
4. The subjects were divided into two groups: experimental group (N = 10) and control group (N =

Limitations

The present study was limited to the following aspects:

1. Dietary habits of experimental group and control group were not under control of the researcher.
2. Daily activities of the participants were not control.
3. No restrictions were imposed upon the other physical activities of experimental group and control group subjects.

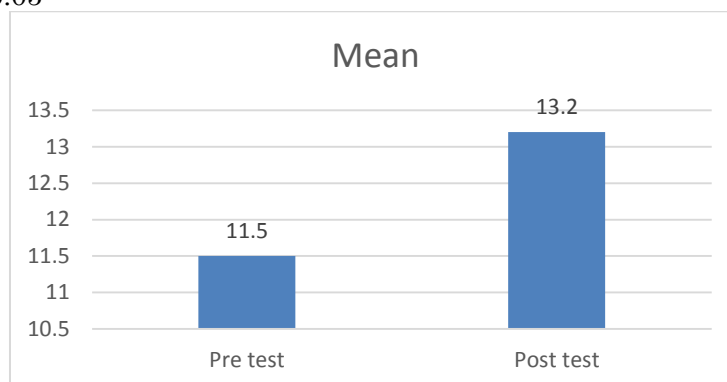
Methodology

For the present study twenty Volleyball players were randomly selected at the age group of 20 years as subjects of the

Table 1. Showing the pre test and post test score of flexibility of the Experimental Group.

Experimental Group	N	Mean	SD	MD	t ratio	Table value of t ratio
Pre test	10	11.5	1.43	1.7	3.5	2.26
Post test	10	13.2	1.13			

Significant at level 0.05



Graph No. 1. Bar graph showing the Pre test and post test means of Experimental Group of flexibility.

Table 2. Showing the pre test and post test score of flexibility of the Control Group.

Control Group	N	Mean	SD	MD	t ratio	Table value of t ratio
Pre test	10	11.1	0.99	0.3	0.8	2.26
Post test	10	10.8	0.91			

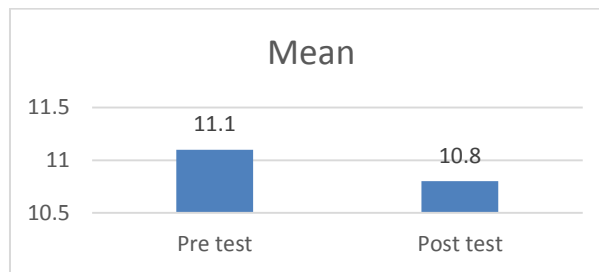
Significant at level 0.05

study. The randomly selected subjects were divided into two groups' i.e. experimental group and control group. The independent variables in the present investigation were the stretching exercises and the dependent variable in the present investigation was flexibility.

Flexibility was measured with 'Sit and Reach Test'. The subjects were given a treatment of one hour duration for five days per week for three months. The first ten minutes were given to warm up of the subjects and forty minutes for treatments and the last ten minutes for cool-down. The subjects were administered with stretching exercises i.e. Reclined spinal twist, seated side stretch, lateral neck stretch, shoulder stretch, hamstring stretch, quad stretch, and sitting knee to chest lift.

Analysis of data and interpretation of the result

Analysis of data and interpretation of the result was done by using the mean and standard deviation. Comparative analysis was done by using t ratio. The level of significance was kept at 0.05 levels. It was hypothesized that there will be significant changes in the flexibility of Volleyball players if they do regular stretching exercises.



Graph No. 2. Bar Graph showing the pre test and post test means of Control group of flexibility.

Discussion of findings

1. The initial mean value of flexibility was measured with the help of Sit and Reach Test of experimental group of pre test was 11.5. The final mean value of flexibility of experimental group of post test was 13.2. Thus, the resultant mean difference of pre test and post test were 1.7. Experimental group was found statistically significant. The value of 't' ratio was 3.5 this value was significant at 0.05 level because the value of 't' ratio was greater than 2.26.
2. The initial mean value of flexibility was measured with the help of Sit and Reach Test of Control group of pre test was 11.1. The final mean value of flexibility of Control group of post test was 10.8. Thus, the resultant mean difference of pre test and post test were 0.3. Control group was not found statistically significant. The value of 't' ratio was 0.8 this value was not significant at 0.05 level because the value of 't' ratio was smaller than 2.26.

Conclusions

It was concluded that the current study demonstrates that when used for a total of three months, five times per week, stretching exercises had a positive impact on flexibility of Volleyball players. It was proved that medicine stretching exercises was improve flexibility of Volleyball players. The study shows that the statistically significant difference in the mean difference of flexibility of experimental group and there was no statistical difference found in flexibility of control group the probable reason may due to no participation in stretching exercises.

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The Role Of Health In Personality Development

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Introduction: After the Pandemic everyone wants to be healthy and appear as a good person in the society with respect to physical standers, mental toughness, socially accepted and having the social awareness, and emotionally stable to complete the task very smartly and effectively irrespective of his/her economical status. Here the health of the individual plays a main role to appear as a good personality.

The personalities which are in good physical and mental health are more likely to develop positive personality traits, such as altruism, ambition, optimism, and compassion. When more people possess these positive traits, our entire society benefits. Health is also an inalienable human right according to the Universal Declaration of Human Rights, as **good health allows people to reach their full potential, children to be better able to learn, workers to be more productive and parents to care for their children better**. Our personalities play such an important role in determining our behaviors and habits, so it is little wonder that personality type has a connection to your health. Personality development means grooming one's personality. It is not about changing personality; it is about polishing and refining an individual's personality.

Everyone in life will come across people with different personality traits, everywhere. Some of them are extrovert and confident while the number of shy and introvert persons are also a lot. Like millions of women and men around, you might be worried about issues faceting your health and take numerous measures to ensure you stay healthy. **Being confident about who you are and what you are doing** is the most important tip for personality development. Never doubt your capabilities and if there is something you need to work upon then put in all the effort so you can come over your fears and gain confidence.

Personality is the characteristic thoughts, feelings, and behaviors distinctive to every person. It is relatively stable throughout life, and is shaped by both nature and nurture. There are limitless combinations of genetic inheritance and life experiences, resulting in the uniqueness of personality. One of the many contributors to personality is health care. Health care encompasses both

nature and nurture, as it deals with health related to genetic inheritance as well as health related to our experiences. When considering Maslow's hierarchy of needs as a theory of personality development, health care is a basic need, specifically a physiological need and a security need. When basic needs are unmet, personal growth is extremely difficult; making it nearly impossible to meet one's full potential. Access to quality health care encourages positive personality development.

Research indicates that **personality-health mechanisms include health behaviors, social relationships, and trauma**. These trait-related experiences have a biological impact that ultimately affects health, including disrupting the stress response and the immune system. When it comes to your professional growth and career development, a majority of us focus on mastering our strengths and extending our skill sets, to create an impressive personal profile. The most important factors for establishing optimum health. Studies

indicate that the following five factors make the biggest difference in overall health and wellness: **1) diet; 2) rest; 3) exercise; 4) posture; and 5) avoiding the use of alcohol, drugs and tobacco.**

Mainly there are the 5 characteristics of health:

- Is free from sickness and diseases.
- Shows no unnecessary anxiety.
- Has self- confidence.
- Has organs and organ system which are healthy and function properly.
- Is free from social and mental stress.

Which shows the individual is obtaining the optimum health status and leading his/her life at its fullest. One must adopt the following good habits to develop the health as well to shape the sound personality.

Adopt a Routine

Eat Healthy

Move Out of Your Comfort Zone

Do More of What Makes You Happy

Make a Wise Use of Your Time

As we develop the good habits and try to follow certain routine, some of the factors directly or indirectly affect the health and personality of the individual. So one must be very careful while shaping the personality.

Heredity.

- Quality of the Environment.
- Random Events.
- Health Care.
- Behaviors You Choose.
- Quality of your Relationships.
- Decisions You Make.

Stress, anger, [anxiety](#) and similar feelings impact how certain body functions run. A relaxed state of mind also has an impact on health and the same is true about depressed mindset and anxiety. Stress, anxiety and depression tend to take a toll on cardiac health.



Conclusion: Every individual has an right to stay healthy and build his/her personality. Its not a one day orocess or take a tablet and buitl your personality it's a continuous process. Here all the physical, mental, social, emotional parameters are reflected to take the proper shape. According to social cognitive theory, personality formation occurs **when people observe the behaviors of others**. This leads to adaptation and assimilation, particularly if those behaviors are rewarded. The behavior that comprise a person's unique adjustment to life,

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Effects Of Dance Aerobics On Leg Strength
Of College Girls

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Abstract

The purpose of the study was to study the effects of dance aerobics on leg strength of college girls. For the study twenty subjects in the age of 19 to 21 years were selected and divided into two groups. Experimental group (N = 10) performed dance aerobics for six days per week for a duration of three months and control group (N = 10) was not participated in dance aerobics. Leg strength was assessed with Roger's Strength test. The result of the study showed that the dance aerobics significantly improved the leg strength of experimental group.

Key words : Dance Aerobics, Leg strength.

Introduction

It is fact that air, water and sound pollution are on an increase and they are the grave consequences of scientific and technological advancements as well as industrialization and urbanization. Air is what is needed; and is the vital aspect of human life. The air we breathe has not only life supporting properties but also life damaging properties. Under ideal conditions the air we inhale has qualitative and quantitative balances that maintain well being of human species. But, when the balance among the air component is disturbed, or in other words, if it is polluted it may affect human health. It is due to air pollution that a large number of people are facing and suffering from lung and heart related diseases; the cardio-respiratory diseases. People are suffering due to less/decreased oxygen in their bodies.

Air pollution affects metabolic process, pulmonary gas exchange and oxygen transport. Enzyme problems, cardio-respiratory disease, hematological changes, alter lung function growth, free radical, digestive malfunction and cellular and changes in DNA, RNA and protein synthesis.

Another purely modern illness people are suffering from is less hemoglobin in their blood that is anemic condition. This is definitely due to less iron but also due to less

oxygen uptake- oxygen uptake is a very important aspect of breathing particularly inhaling and in turn respiration. Proper respiration and oxygen uptake is an extremely important aspect of cardiovascular and cardio respiratory fitness and in turn over all physical fitness. For the solution of this typical problem aerobic exercises are like remedies and health providers.

As defined by the United State President's Council on Physical Fitness and Sports, "the ability to carry out daily tasks with vigor and alertness without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies".

Several research scholars have conducted research on the benefits of dance aerobics in the foreign countries. However, scanty research has been done on this in India. Hence, the research scholar has decided to conduct a research on the effects of dance aerobics on leg strength of college girls.

Statement of the problem

This study was undertaken to know the "effects of dance aerobics on leg strength of college girls."

Purpose of the study

The purpose of the present study was to evaluate the effects of dance aerobics on leg strength of college girls.

Significance of the study

The research on the “dance aerobics” in Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur jurisdiction up – till now was very meager. Hence, it was very imperative to conduct research in this field.

Objectives

To study the effects of dance aerobics on leg strength of college girls.

Hypothesis

It was hypothesized that dance aerobics significantly improve leg strength of college girls.

Delimitations

The present study was delimited in the following aspects:

1. The study was delimited to twenty collegiate women students only.
2. The study was delimited to Nagpur jurisdiction only.
3. The subjects for the present study were randomly selected.
4. The subjects were divided into two groups: experimental group (N = 10) and control group (N = 10).

Limitations

The present study was limited to the following aspects:

1. Dietary habits of experimental group and control group subjects were not under control of the researcher.
2. Daily activities of the participants were not control.

3. No restrictions were imposed upon the other physical activities of the participants of experimental group and control group.

Methodology

For the present study twenty subjects at the age group of 19 to 21 years, were randomly selected. The randomly selected subjects were divided into two groups' i.e. experimental group and control group. The independent variables in the present investigation were the dance aerobics and the dependent variable in the present investigation was leg strength.

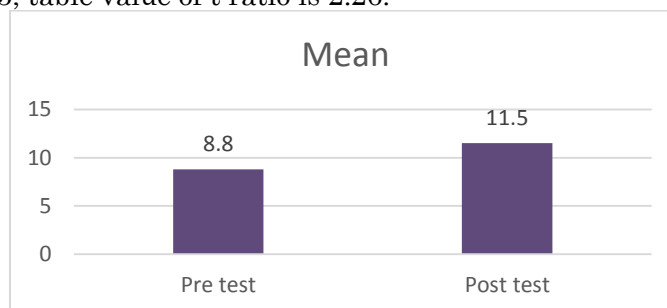
Leg strength was measured with 'Roger's Strength Test'. The subjects were given a treatment of one hour duration for six days per week for three months. The first ten minutes were given to warm up of the subjects and forty minutes for treatments and the last ten minutes for cool-down. The subjects were administered with dance aerobics.

Analysis of data and interpretation of the result was done by using the mean and standard deviation. Comparative analysis was done by using t ratio. The level of significance was kept at 0.05 levels. It was hypothesized that there will be significant changes in the leg strength of college girls if they do regular dance aerobics.

Table 1. Showing the pre test and post test score of Leg Strength of the Experimental Group of College girls.

Control Group	N	Mean	SD	MD	t ratio
Pre test	10	8.8	0.92	2.7	9
Post test	10	11.5	1.43		

Significant at level 0.05, table value of t ratio is 2.26.

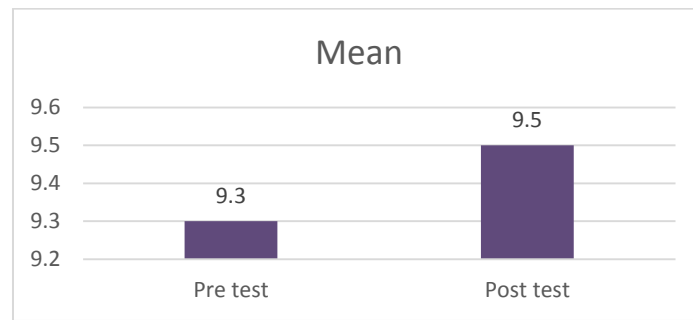


Graph No. 1. Bar graph showing the Pre test and post test means of Experimental Group of Leg strength

Table 2. Showing the pre test and post test score of Leg Strength of the Control Group of College girls.

Control Group	N	Mean	SD	MD	t ratio
Pre test	10	9.3	0.95	0.2	0.56
Post test	10	9.5	0.70		

Significant at level 0.05, table value of t ratio is 2.26



Graph No. 2. Bar Graph showing the Pre test and post test means of Control group of Leg strength sedentary life styled women of India, household women of India and so on

Discussion of findings

Observation 1 shows statistical significant difference in the mean difference of leg strength of experimental group. The probable reason may be due to regular participation in dance aerobics.

Observation 2 shows no statistical significant difference in the mean difference of leg strength of control group. The probable reason may be due to non participation in dance aerobics.

Conclusion

The result of the study concluded that a three weeks dance aerobics enhances the leg strength of college girls. Similar research can be carried out with a view to study the effects of dance aerobics on leg strength of college girls for the duration of more than three months for different durations on women of different age groups. Similar research work can be carried out with view to study their effects on adolescent girls, women of different age groups, players, non-players,

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Psychological Wellbeing for Healthy Livelihood

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Abstract

The purpose of this study was to know how the importance of psychological well being and its dimensions. Psychological science is an academic and applied discipline including the scientific study of mental processes and behaviour. The word 'psychology' is derived from the two Greek words 'psyche' and 'logos', wherein psyche means the soul or mind, and the meaning of logos is to talk about, or science or study. Thus, the literal meaning of psychology is termed as the science or study of soul or mind. Rudolph Goclenius used the word 'psychology' for the first time as a study of the mind. As the word mind could not be understandable clearly, questions arise: what is mind? How can it will be studied? And consequently, this view was also rejected. Many psychologists tried hard to understand the human actions and thoughts, and to disentangle the body, soul dichotomy. Psychology also stated as the application of various knowledge to human activity, including individuals' daily lives activities and the mental wellness. Psychologically well being is more than just to be free of distress and mental problems. Psychological wellbeing can be proposed in a complex 6-dimensional model, i.e. Autonomy, Purpose in Life, Positive Relations, Personal Growth, Environmental Mastery, and Self-Acceptance. In conclusion we can say that holding positive attitudes toward oneself and others emerges as a central characteristic of positive psychological functioning. Many research attributed that psychological wellbeing and health at older ages is at an early stage. Health care systems and every individual should be concerned not only with illness and disability, but with supporting methods of improving positive psychological states so that each and every individual should be healthy.

Keyword: Psychological well being, Autonomy, Purpose in Life, Positive Relations, Personal Growth, Environmental Mastery, and Self-Acceptance

Introduction

Psychological science is an academic and applied discipline including the scientific study of mental processes and behaviour. Psychology also stated as the application of various knowledge to human activity, including individuals' daily lives activities and the mental wellness. A psychologist focuses such phenomena as perception, cognition, emotion, personality, behaviour and interpersonal relationships. Some psychologists also stated that it is the study of unconscious mind.

The word 'psychology' is derived from the two Greek words 'psyche' and 'logos', wherein psyche means the soul or mind, and the meaning of logos is to talk about, or science or study. Thus, the literal meaning of psychology is termed as the science or study

of soul or mind. They believed that soul was conscientious for a variety of mental activities such as learning, thinking, feeling etc. It was believed that soul was the quintessence or right being of an organism or life. As the relation of soul to the body and the functions of soul could not be explained, afterwards some philosophers tried to define psychology as a science of mind.

Rudolph Goclenius used the word 'psychology' for the first time as a study of the mind. As the word mind could not be understandable clearly, questions arise: what is mind? How can it will be studied? And consequently, this view was also rejected. Many psychologists tried hard to understand the human actions and thoughts, and to disentangle the body, soul dichotomy.

In the mid of 1800 century, two

German scientists Muller and Helmholtz established that the physical processes underlying mental activity could be studied scientifically. Wundt tried to understand the 'conscious mind' by categorizing the mental processes as sensation, perception, and reaction time etc. In to their basic elements and to analysis their inter-relationships through a method called introspection. This approach did not find much favour and was rejected for not taking into account sub-conscious and un-conscious activities of mind, and the introspection method also proved to be the most subjective and unscientific method. These problems prompted John B. Watson and his followers to concentrate on the observable aspect of behaviour in order to know the mind, and lastly psychology came to be defined as "science of behaviour".

Wellness is an active process of becoming aware of oneself and making choices toward a healthy and active life. Wellness is more than being free from illness or diseases; it is a dynamic process of change in growth and development.

The National Wellness Institute stated wellness as "a conscious, self-directed and evolving process of achieving full potential."

Psychological well-being is simultaneously the absence of the embarrassing elements of the human experience – depression, anxiety, anger, fear – and the presence of enabling ones – positive emotions, meaning, healthy relationships, environmental mastery, engagement, and self-actualization. Psychological wellbeing is above and beyond the absence of psychological illness and it considers a broader spectrum of constructs than what is traditionally conceived of as happiness. A person suffering from mental disorders can hardly experience psychological wellbeing.

Psychological well being and its dimensions

Psychologically well being is more than just to be free of distress and mental problems. Psychological wellbeing can be proposed in a complex 6-dimensional model, i.e. Autonomy, Purpose in Life, Positive Relations, Personal Growth, Environmental Mastery, and Self-Acceptance.

Autonomy: Autonomy is the ability to resist social pressures and to make one's to take his own decisions. There is considerable emphasis on such qualities as self-determination, independence, and the

behavior. The fully functioning of an individual is described as having an internal locus of evaluation, whereby one does not look to others, but evaluates oneself by his personal standards. Individuation is observed to involve a deliverance from convention, in which an individual no longer clings to the collective fears, beliefs, and laws of the masses. The process of turning inward in the later years is also seen by life-span development at least to give the person a sense of freedom from the norms governing everyday life.

Purpose of life: Purpose in life means that one's life is purposeful and meaningful. Mental health can be defined as it includes beliefs that give one the feeling that there is purpose and meaning to life. The life-span development theories refer to a variety of changing purposes or goals in life, such as being productive and creative or achieving emotional integration in later life.

Positive relationships: The third dimension of well-being is positive relationships and it is the ability to have warm, satisfying and trusting relationships with others. Many theories has been propounded which emphasize the importance of warm, trusting interpersonal relations. The ability to love with others is viewed as a central component of mental health. Self-actualizers can be stated as having strong feelings of empathy and affection for all human beings and as being capable of greater love, deeper friendship, and more complete identification with others and environment. Thus, the importance of positive relations with others is repeatedly stressed and it is important conceptions of psychological well-being.

Personal growth: Personal growth refers to the individual's sense of continued growth and development as a person as well as openness to new experiences. Optimal psychological functioning not only requires that one achieve the prior characteristics, but also that one are capable to continue to develop one's potential, and develop himself. The need to realize oneself and realize one's potential is the central to clinical perspectives on personal growth. Lifespan theories also give explicit emphasis to continued growth and to facing new challenges to tasks at different periods of life.

Environmental mastery: Environmental mastery, is associated with the capacity to

effectively manage one's life and the surrounding world, The individual's ability to choose or create environments suitable to his or her psychic conditions is the main characteristic of mental health. These theories emphasize one's ability to develop in the world and change it creatively through physical or mental activities. Successful aging also accentuate the extent to which the individual takes advantage of environmental opportunities.

Self acceptance: Self-acceptance can be defined as an individual is able to have a positive evaluation of oneself and one's past life. It is also defined as the essential attribute of mental health as well as characteristic of self-actualization, optimal functioning, and maturity. Lifespan theories also emphasize acceptance of one's self and one's past life.

Conclusion

In conclusion we can say that holding positive attitudes toward oneself and others emerges as a central characteristic of positive psychological functioning. Many research attributed that psychological wellbeing and health at older ages is at an early stage. Health care systems and every individual should be concerned not only with illness and disability, but with supporting methods of improving positive psychological states so that each and every individual should be healthy.

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A Comparative Study of Knowledge Between Male and Female Taekwondo Coaches of Nagpur City

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Abstract

The purpose of this study was to compare male and female Taekwondo coaches on their levels of knowledge about Taekwondo game. Total numbers of 50 taekwondo coaches were selected as the samples for the study from the different taekwondo clubs of Nagpur city. In which 25 were male and 25 female subjects. Both male and female taekwondo coaches were selected, who had at least 5 years coaching experience. For the data collection the teacher made questionnaire was used. There were 30 knowledge-based questions on definitions like taekwondo game history, technique, training, methods, rules and regulation in the questionnaire with multiple choice answers. Descriptive statistics and Independent *t*-test was used as a statistical tool. The result shows that there is significant difference between the knowledge of male and female taekwondo coaches. In conclusion, the male taekwondo coaches were better as compared to female taekwondo coaches and male taekwondo coaches can be more effective in coaching as compare to female taekwondo coaches.

Key Words: Taekwondo. Male Coaches, Female Coaches, knowledge test

Introduction

Taekwondo is one of Korea's most rigorous and scientific traditional martial arts, teaching more than just physical fighting techniques. It is a discipline that teaches us how to improve our spirits and lives by exercising our bodies and minds. Today, it is a global sport with a strong international reputation, and it is one of the Olympic recognised sports. "Tae kwon-Do" refers to the mental preparation and unarmed combat skills used for self-defense and health, involving the skilled use of punches, kicks, blocks, and dodges with the bare hands and feet to quickly destroy the moving opponent or opponents.

How much and how concretely coaching experience or academic background concerning the relative value of different knowledge domains are key problems that need to be investigated. As a result, the goal of this research is to learn more about coaches' perceptions of the usefulness of knowledge in a variety of domains linked to coaching. As we all know, a coach's

knowledge of the game is quite important when it comes to coaching. For example, if a coach has a poor understanding of coaching, he will almost certainly not achieve good outcomes from his players. On the other hand, if the coach is knowledgeable about the game, his players will undoubtedly perform well. In this regard, the scholar wishes to compare the degrees of knowledge held by male and female taekwondo trainers, as well as determine whether male or female coaches possess superior expertise. As a result, the researcher conducted a knowledge test comparison between male and female taekwondo trainers in Nagpur.

Method

This was a survey study that fell under the category of descriptive research. In order to conduct this study, 50 taekwondo coaches were chosen from Nagpur's several taekwondo clubs. A purposive sample strategy was used to choose all of the coaches. With the support of the guide and physical education specialists, including a taekwondo expert and federation member,

the Researcher scholar combed through many relevant literatures and developed the Questionnaire. The results of both male and female taekwondo coaches' knowledge tests

Results

Table 1: Showing the descriptive statistics of male and female taekwondo coaches on knowledge test score

Variables	Subjects	mean	Standard deviation	St. Error Mean
Male Taekwondo Coaches	25	23.000	3.78594	0.75719
Female Taekwondo Coaches	25	20.1600	4.48776	0.89755

Table 2: Showing the comparison of knowledge test (Independent 't' test) between male and female subjects

t	df	Sig.(2-Tailed)	Mean Deference	St. Error Deference
2.419	48	0.019	2.8400	0.17428

To determine the difference in knowledge test scores between male and female taekwondo coaches, an independent sample test was performed. The mean and standard deviation scores on the knowledge test of male and female taekwondo coaches are 23.00 ± 3.79 and 20.16 ± 4.49 , respectively. At the 0.05 level of significance, the computed 't' of knowledge of male and female taekwondo coaches is 2.419, which is significant ($p < 0.05$). The male and female taekwondo coaches differ ($p < 0.05$) significantly.

Discussion

Result of the study shows that there are considerable differences in knowledge between Male and Female Taekwondo Coaches. As a result, the Research hypothesis has been accepted. Male Taekwondo Coaches have a higher level of knowledge than female Taekwondo Coaches, as seen by their mean Knowledge scores. We discovered that there is a considerable gap in knowledge between male and female Taekwondo coaches in this study. The outcome of an independent sample 't' test backs up this conclusion. Nearly all of the male Taekwondo Coaches in the study showed significant differences in responses to certain items on the Knowledge exam as compared to the female caches. However, only a few coaches stated that they lacked knowledge. Male Taekwondo Coaches have a higher level of knowledge than female Taekwondo Coaches, according to the study. Male Taekwondo Coaches appear to be a better option than female Taekwondo Coaches. Male Taekwondo Coaches were

were compared using a t-test, and the results were evaluated and interpretations developed. To test the hypothesis, a level of significance test of 0.05 was used.

found to be more involved and effective than female Taekwondo Coaches.

Conclusion

On the basis of the results obtained in this study following conclusion can be drawn:

1. Male coaches possess superior taekwondo knowledge versus female coaches.
2. There is a considerable difference in knowledge between male and female coaches.

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**The Study Of The Use Of Technology In Sports And The Impact Of
Technology On Cricket**

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Abstract:

In the current era, there is a lot of emphasis on the use of technology to maintain transparency and credibility of spectators in sports and its use is also increasing. Looking at various sports, technology in the form of 'Goal Line', 'Replay System', 'Decision Review System' and 'Hawk-Eye' etc. is taking a special place in sports and its development is also being considered. However, a section has also been raising concerns over the increasing role of the third umpire sitting outside the field in sports. This is helpful but a foolproof technology is very important to use properly. Technology has an important role in sports, whether it is used for an athlete's health or in the form of athletes' technique or equipment features. The development of instructional technology has created new opportunities for research in sports. It is now possible to analyze aspects of the game that were previously thought out of reach. In this research paper, the use of technology in sports and the impact of technology on cricket have been studied.

Keywords: Cricket Sport, Technology in Sports, Instructional Technology, Sports Equipment, Protective Gear, E-Sports

Data Collection Method Used for Research:

The research paper has depended on secondary data.

Objective of Research:

- 1) To study the changing nature of cricket.
- 2) To study the use of technology in sports.
- 3) To study the impact of technology on cricket.

Introduction:

Assistive technology in sports is an area of design that is on the rise. Assistive technology is a range of new equipment designed to enable sports enthusiasts, who are disabled, to play. Assistive technology can be used to invent entirely new sports specifically designed for athletes with disabilities. If we don't use the technology available to improve the game, we will be left behind. In the coming times, there will be more use of technology in sports. Not only will broadcasters use technology in sports, but federations will also look for new ways to integrate technology into sports. Now with the advent of the OTT platform, its possibilities have increased. Assistive

technology devices may be simple technology, or they may use highly advanced technology, some of which are even using computers. Assistive technology for sports can be simple or even advanced. Accordingly, assistive technology can be found in sports ranging from local community recreation to the Paralympic Games. Over time more complex assistive technology devices have been developed, and as a result, sports have changed from a clinical therapeutic tool to an increasingly competition-oriented activity.

Technological advances have led to improvements in sports equipment that can enhance performance by both skilled and unskilled individuals. Graphite-made tennis rackets have replaced metal-made tennis rackets which replaced wooden-made rackets years ago. Pole-vaulters using fiberglass poles have jumped to heights that earlier players used wooden poles. Which could only be dreamed of. The technology used in the manufacture of running shoes has made them more comfortable and ensures fewer injuries for runners of all ability levels. Grass

playing fields are being replaced by artificial playing fields, under tracks by all-weather tracks, and open stadiums with domed arenas. There are many examples of technology influencing physical education and sports and the impact of technology on physical education and sports will continue in the future as well.

The Use of Technology in Sports and the Impact of Technology on Cricket:

Some of the latest technological advances have been incorporated into cricket over the years. There has also been disapproval of some technology, such as the use of aluminum cricket bats, but generally, the ICC has made the right decisions about making changes to the game that have affected players and spectators. The speed gun is used to measure the speed of the ball from one end of the pitch to the other. The technique allows the pace of the bowler's delivery to be calculated. First implemented in 1999, the speed gun is mounted on a pole next to the sight screen. The instrument relies on a single beam emanating from the radar head to detect motion along the entire length of the pitch. This technique tells us who is the fastest bowler and what the maximum speed is achieved by the player while setting the record. Flashing stumps and bails are the latest addition to the cricket game to eliminate errors in touch-and-go cases during run-outs and stumpings. Firstly, among the technologies used in the Cricket World Cup 2019, there are specially designed LED stumps and bails. Their cost is up to Rs 25 lakh. After the ball hits the stump, the bails detach from it and light up in them. Hence, it is easier for the umpire to decide run-outs and stumpings.

Leg-before wicket or LBW has been one of the most controversial methods of being "out" in the history of cricket. The rule is as follows – If the batsman blocks the path of the ball by using any part of his feet (including pads and shoes) which would have struck the stumps (or the bails) if their path had not been obstructed, then Batsman is given out LBW. Who decides whether the ball could have hit the stumps or not? Umpire or Referee. Although umpires are highly skilled professionals, their human eyes are subject to error, and they certainly have and can make mistakes in predicting the path of the ball, ultimately resulting in an erroneous decision. This led to the umpires coming under heavy

scrutiny from the media and fans, who put enormous pressure on them. Ball Spin RPM/ Rev Counter This technology is used to show the rotation speed of the ball. It is used when spinners are bowling, to show spectators how much each ball is spinning. This technology is capable of showing RPM or revolutions per minute through a counter, indicating how fast the ball is spinning after leaving the bowler's hand.

Ultra-Edge Technology is a review system used in cricket to detect whether the ball has made contact with the bat. It has been approved for use in international cricket as per the guidelines of the International Cricket Council (ICC). The system has been thoroughly tested by engineers at the Massachusetts Institute of Technology (MIT). The principle behind this complex-looking system is very simple. Record what you want and throw away the rest. When the cricket ball hits or touches the bat or any part of the batsman's body, it produces sound in a particular frequency range (a characteristic of sound that can be measured). A microphone in the stump records the audio and amplifies this specific frequency, removing the rest with the help of an oscilloscope and a resonance filter. In addition to a sensitive mic, a good slow-motion camera is needed that can capture the motion of the ball as it passes the batsman. The recorded video is then combined with the time graph from Ultra-Edge and used to review decisions. On the graph, the different curves represent different sounds, usually as they appear on your television screen. For example, a sharp variation means the ball hit the bat, while a sharp rise in the graph means the bat hit the pad.

UltraEdge is one of the most recent technologies to be implemented in cricket but could be important in the case of decision review, where the margin of accuracy must be extremely acute. A very sensitive microphone, located in one of the stumps, can pick up the sound of the ball touching the bat. This technique is only used to give television viewers more information and to show whether or not the ball hit the bat. Unfortunately at this stage, the umpires do not have the benefit of hearing 'Snicko', although a real-time Snick-o-Meter is being developed to complement Hot Spot. While ball-tracking technology supports many sports, Hawk-Eye's cricket technology has

been used by host broadcasters in major Test, ODI, and Twenty-Twenty matches around the world since 2001. It was first used by Channel 4 during a Test match between England and Pakistan at Lord's Cricket Ground in May 2001. In 2008, it was approved for use by the ICC and added as part of the review system. It measures the degree of spin on a ball and where it pitches (inside or outside the line of the wicket) to predict the trajectory of the ball after it hits the batsman's pads.

Hawk-Eye technology is, in fact, one of the most widely seen and used examples of augmented reality. This technique is used in the review of Leg Before Wicket (LBW) appeals, one of the most controversial decisions in the game of cricket. Ever since it was introduced, it has grown in use cases – from decision review to tracking shots fired by a batsman, which can then be logged and evaluated by players. Maybe, to improve his style against specific types of deliveries. The technology now works through six or seven powerful cameras, usually located under the roof of the stadium, that track the ball from different angles. Hawk-Eye is not 100% accurate and is accurate to within 5 mm (0.19-inch), but is generally relied upon as an unbiased second opinion in cricket. MIL-Lite software is used in this process. It is one of the major components of the Decision Review System (DRS). Hawk Eye technology helps the umpire see where the ball is pitched, the location of impact with the batsman's leg, and the ball's approximate path behind the batsman.

With the help of this technique, batting and bowling are reviewed, i.e. how many deliveries the ball hit a short, full, and good length. Likewise, balls that beat batters more often and played on balls better.

Developed by the UK-based company miSprot, the technology has been widely used in cricket training systems. PitchVision is designed to be used by the full spectrum of cricket users to provide key performance feedback to players. The technology, which costs around 2/3 of a bowling machine, helps bowlers measure the pace, line, length, deflection, bounce, and foot position of bowlers. The technology can map the line and length of the bowler. It also helps the batsman to see whether their shots might have gone out of the ground or not, identifies which specific delivery gets you in trouble,

compare performance against different bowlers, real playing fields against real Bat in the landscape, watch a 'wagon wheel' session of shots and confirm whether the batsman is consistently delivering on the pitch of the ball.

Graphics Display This technology is used during any match, and graphics are used to show details. With the help of graphics, TV viewers are informed about the match. Match scores like a batsman, bowler performance, player career record, net run rate, and various graphics are included. These days graphics are shown on the cricket field and in the air. They are also used for match previews and reviews. The umpire Camera is specially designed for the umpire, which fits over his cap. With the help of this, it is known where the umpire is looking. With the help of the umpire camera, a new angle is found for the TV viewers. However, sometimes the movement of the ball passing the umpire can be seen. Spidercam enables film and television cameras to move both vertically and horizontally over a predetermined area, typically a playing field of a sporting event such as a cricket pitch. SpiderCam was first used in the Indian Cricket League, followed by the semi-finals of the 2010 IPL in the Champions League Twenty20 in South Africa.

Hot Spot is an infrared imaging system used in cricket to determine whether the ball has hit the batsman, bat, or pad. Hot Spot always uses a set of heat-sensitive infrared cameras, placed at either end of the ground in line with the creases on the pitch. If the audio signal from the UltraEdge is too weak or shows two audio blips (if the ball hits both bat and pad at nearly the same time), the hot spot is referred to by the third umpire, who then displays a monochromatic display of the frequency spots. Shows the scene when the ball first made contact with an obstacle. The technology was first used in 2006 in an Ashes match between England and Australia. Both the Snick-o-meter and Hot Spot were first developed by Australian company BBG Sports.

Hot Spot is an image and radiation sensing system that uses two infrared cameras, placed on opposite sides of the ground, to determine whether a batsman has knocked the ball. The basic principle used here is Thermal Wave Remote Sensing. Friction is generated when the bat or ball

makes contact with each other or with the pad of the batsman. Any suspicious edge or bat/pad is checked with the help of an infrared image, which usually shows a bright dot spot at the contact point where friction with the ball has raised the local temperature slightly. When a referral to an off-field third umpire is allowed, this technique is used to increase the accuracy of the on-field umpire's decision-making. A stump camera is a small TV camera stuffed inside a hollow stump. The camera is mounted vertically and the camera view is visible through a mirror through a small window on the side of the stump. These cameras help generate unique views of play, especially for action replays when a batsman is bowling.

Conclusion:

It is clear from the study that, today almost every field is affected by technology. Technologies have also changed the game of cricket. Cricket today is defined by efficient training, accurate decision-making, and thrilling viewing, but this has been made possible by technology. Today's sport has seen a plethora of innovations, many of which have enriched the lives of spectators and support staff. There have been technological development in every field and it has made a lot of impact on sports as well. In modern-day sports, analytics has become an essential part and a major factor in deciding the success of the team. The effect of DRS on cricket is now clearly visible. The impact of technology on sports decisions will be more in the future as no player can rule out

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the presence of data intelligence

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Women In Sports

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Abstract: Sports can be a safe space in which girls and women can cultivate strong identities and hone the skills they need to succeed off the field as well.

Introduction

People automatically assume female athletes are "too sensitive," "not good enough," or "weak" when they hear the term "athletes." According to the stereotype of the "universal caretaker," which includes women, they are in charge of all household chores like cooking, cleaning, and laundry. The social acceptance of any female athlete has been completely destroyed by this stereotype of women. When female athletes participate in activities that aren't considered "normal" by the general public or in sports that need competitive performances, they are sometimes ridiculed. Even females who aren't really athletes find it degrading. Women are made to feel inferior when participating in any "manly" sport.

For women, this is absurd. Women lead routine lives with which they are happy. However, the most people have been impacted by all of these false notions.

When people hear "female athletes" they immediately think they're "too sensitive," "not good enough" or "weak." Women are stereotyped as the "universal caretaker," meaning that women are responsible for everything that needs to be completed within the household; for example, cooking, cleaning, or laundry. This stereotype on women has entirely ruined any female's social approval to become an athlete. Female athletes are repeatedly criticized when stepping outside the publicly "normal" sports or when they partake in sports that involved competitive performances. It humiliates even females who are not essentially athletes. Females are humiliated when playing any kind of "manly" sport.

This is unreasonable for women. Women inhabit an everyday lifestyle that they are content with. However, with all these

damaging beliefs, it has affected most women to where they avoid what they love to do. The common belief about women is that they are "not good at sports." The reason for this is that people perceive women as careless, weak and incompetent when many women are hard-working, strong and skilled.

Women are viewed negatively when playing a sport because they are considered too weak. Women athletes do tend to be weaker and slower than men. Though, people perceive them as weak because of their womanliness. When individuals think of a feminine female, they seem to imagine them inclining more on the delicate or gentle side. In addition to being misinterpreted as weak, women athletes are also occasionally believed as careless and incompetent because of their femininity. People interpret women athletes to be careless and incompetent because they believe females are more likely to take sports in a hasty way; and that the outcome of this will have women lack in skill. Although, some female athletes do fit these stereotypes. These assumptions are not unproven all the time and they can have some virtue. However, all these philosophies are inexact and need to come to an end.

. Athletic females are characterized as "not good" at playing sports because they are viewed as careless; the truth is, they can be the most hard-working players. For example, Jackie Joyner-Kersey an American retired track and field athlete. Joyner-Kersey became one of the greatest athletes in history. She worked hard for everything she accomplished. Still, people think female athletes are careless in sports. Individuals assume that women don't take sports as "serious" as men do. Most women who are athletes or wish to become one know that

they must take sports seriously. Considering how female athletes must have more determination to be able to become successful in a male conquered world of sports.

Women athletes play their hardest during a game and practice relentlessly to become great athletes. They work their way into sports, continuously proving that they are not only good but great. Throughout the history of sports, women's participation has improved. However, there are still complications in today's female athletic community. Women athletes are still being overshadowed by men. Then again, for female athletes, the problem is when their womanhood or femininity does not fit the sports they are playing. But because women must go through so many obstacles to become successful in the athletic world; it has created them to be more hard-working than ever before.

Women who are athletes are usually perceived as weak. This is occasionally true, however, women can be strong in their own aspect. For example, Rebecca Longo an American football kicker, also the first woman to earn a college football scholarship. Longo is the opposite of weak; in fact, she is the perfect definition of a strong woman. According to Longo's coach, Timm Rosenbach the head coach at Adams State; "Longo has great accuracy and a powerful leg, which will only get stronger" (Anderson). This shows that women are also strong enough to take part in sports. People think the reason women are not seen as top athletes is that their bodies do not function in the same way as males. This is logical, considering that men are much stronger and have more muscle than women. According to Dr. Robert H. Shmerling a faculty editor at Harvard Medical School, "women are more prone than men to suffer from sports-related injuries." However, it does not mark women as "too weak" to play sports; men get hurt, too. Female bodies do not differ enough from male bodies to the point that it prevents them from taking part in any "manly" sports. People are so inclined to stereotype men as the perfect gender in sports because of their strength. Although, an athlete considered "good" should not be based on strength but by the accuracy and competence.

Another common opinion about women athletes is that they are incompetent or incapable to play sports. The reason for these assumptions is because of women athletes

constantly compared to men athletes; For example, the assumption of inferiority refers to the notion that women are less physically able than men (Sue 2010). Conversely, women devote themselves to their sport; bringing an intense essence of skill into play. Female athletes spend most of their time and energy practicing or working out to enhance their skills and abilities for a game; this shows the capability women have in a sport because of their motivation to being "good" athlete. We live in a world where women's abilities are undervalued because they are different, but who said different means "not good enough?"

The stigma that women in sports are inferior is still common. Therefore, female athletes all around the world are sticking together and fighting against these appalling opinions. Female athletes are continually trying to prove that they are the world's utmost hardworking and skilled athletes. Earning medals, accomplishing their goals, and doing what they love is the way they prove to people that not only men are good at sports. These women are determined to show their worth and abilities; regardless of all the negative assumptions; it truly shows their importance in sports.

Importance of women in sports

For female athletes, the strength and exhilaration that they experience on a soccer field or a running track can also extend into daily life. Rose Nathike Lokonyen, Olympic refugee athlete and UNHCR High Profile Supporter, put it best: "The experience that we had in the Olympics is that when I was selected as a flag bearer, that gave us hope, especially to refugees around the world."

It has been proven that when girls and women have access to team sports, they are able to cultivate critical skills — confidence, leadership, and problem-solving — that also serve them well in their personal and professional lives. When girls see female athletes overcoming adversity and challenging stereotypes in sports, they are also more likely to believe in their own potential and abilities, and their fundamental right to be equal everywhere.

"It is in the field of competition that I think we have one of the best chances to change perceptions of what girls and women can do and what they should get to do," said UN Foundation Vice President for Girls and Women Strategy Michelle Milford Morse. Sports can be a safe space in which girls and

women can cultivate strong identities and hone the skills they need to succeed off the field as well.

Example of Women in Sport

Looking for a new opportunity? Our transparent job board only has vacancies from employers we endorse and lets you see what benefits, policies and perks come with the job. Search latest jobs "Those who say women are not strong enough... Get stuffed!"

These words spoken by Michelle Payne, were plastered over social media, retweeted and favorited by hundreds after she became the first ever female jockey to win the Melbourne Cup (in 155 years). On a horse with 100-1 odds, Michelle Payne became famous overnight and the darling of the Australian racing world, her story replayed over countless channels. As one of just four female riders to ever ride in the Melbourne Cup, her position reflects that of the position of many women in sport, under-represented and under-paid.

The women's soccer team, the Matlidas, recently pulled out of their US tour after a pay war between the players' union and the W-league. It came to light the Matildas' wages did not meet the Australian minimum wage standards and many of the players could not find alternative employment due to playing and training schedules. When the pay of female soccer players is compared to their male counterparts the difference is stark. For example;

The US women's national team won \$US2 million for winning the Women's World Cup. The US men were knocked out in the first round yet took home \$US8 million.

The total prize pool for the Women's World Cup: \$US15 million; the Men's: \$US576 million. The problem lies in the market size for each competition. The total revenue for the Women's World Cup was just \$US17 million compared to \$US529 million for the men's competition. The difference is due to interest of fans and sponsors in women's versus men's soccer. Why is the women's tournament far less supported? It would be rash to suggest that men's soccer is more interesting or better quality, this is simply not true.

Society accepts that men's sports are dominant and therefore more interesting which mean men's sports receive more funding, better sponsorship deals, more coverage and greater ticket sale revenue. From cycling to tennis few sports, if any,

have equal pay or even prize money for men and women competitors.

Horse racing is one of the few sports that is not discriminated on sex, men and women ride alongside each other in the same race for the same prize money. But the lack of women jockeys in the top races and some of the comments by Michelle Payne reveal a deeply held belief that women are simply not as capable as men to be jockeys or even sportswomen.

In Australia, famous for its sport, women feature in just 7% of sports programming which has declined from 11% a decade ago. The gender gap is not only present, it is increasing. This problem not only impacts the women in sport, but fails to represent competitive women who win and who lead in the media and to the general population.

As boys grow up, they watch their idols and role models in sport competing and winning and many go on to play sport and are encouraged to. Girls do not. They are rarely given female role models who are not afraid to be competitive, confident and strong leaders.

There is a vicious circle between the demand for women's sports, revenue and salaries. Lack of demand and low television coverage means lower revenues from marketing and sponsorship and lower salaries. As a result, the ability of the teams both financially and skill/training wise is lower and so the women's teams cannot compete in tours so receive less coverage.

In addition, the media coverage differs greatly between the genders. Male athletes are idolized for their skill and strength whereas female athletes are more likely to be judged on their appearance or personal life. This double standard devalues the achievements of women and reinforces gender stereotypes and discrimination of women.

The recent UFC (Ultimate Fighting Championship) bout between Ronda Rousey and Holly Holm in Melbourne bucked this trend and hopefully points towards greater gender equality in sport and sport broadcasting. On a fight card that featured twenty-two men, the top billing starred two women. In the past two years, female competitors are more likely to headline and fight than men. The equality goes further: the female athletes fight the same number of rounds, under the same rules and paid the same percentage of revenues as their male

counterparts. Although arguments can be made that the UFC is not as gender equal as it claims and little of the revenue ends up in the fighters' pockets, the massive media coverage of the fight may boost interest, fans and thus go some way to improve the current gender imbalance.

The sporting world bears many parallels to that of businesses and industry. Whilst there are initiatives to increase the number of women on executive boards and in positions of leadership and responsibility, few exist in sport and those that do are not that successful. Having more women on sporting boards, as with any executive boards, is likely to lead to less cheating and corruption. This is not because women are more ethical. It is because women tend to bring diversity to a board and the greater the diversity (in terms of not just gender but culture and backgrounds also), the greater the mix of ideas and opinions. A panel that is diverse will not settle for the status quo and will not be afraid to ask questions and question practices. Corporate boards have been shown to perform better with more female members not only being more innovative but showing higher share prices and a lower risk of bankruptcy.

Sport and sporting coverage teaches women and girls who grow up with sporting role models valuable lessons that can be transferred to life, especially in the work place.

The first lesson is that it is ok to fail. Society teaches women that in a competitive work place you cannot fail and therefore you should not try. However sport, even the primary school message of 'it's the taking part that counts', teaches women that you should enjoy healthy competition and learn from losses and gain from wins.

Sport can influence body confidence. Not just in health terms, and the benefits gained from participating in sport, but an ability to understand the parts of the body that make you strong and give you an advantage in a particular sport.

In order to achieve your goals you need to work hard for it. Through tough training of elite athletes to a bi-weekly trip to the gym, hard work is required to gain success. This is mirrored in the work place, and women who engage in sport realize and believe that success in their goals is ultimately in their control.

Finally, sport teaches teamwork, not the teamwork where everyone gets along all the time, no work gets done and no-one is afraid to speak up. The teamwork that comes from questioning people's opinions, an awareness of your own weaknesses and appreciating others' strengths and the ability to not only compromise but have tough conversations. Many women are afraid of being the 'bitch' however in most, if not all, team working situations, someone has to put themselves out there to get work done. In sport, it is possible to avoid this in order to succeed.



Injury Rehabilitation in Sports by First aid training

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Abstract:-

The life of a sports coach is diverse and challenging. The aim is to develop the skills of the individual athlete while addressing any physical requirements. Although coaching roles differ consistent with the precise sport, all require a sound understanding of basic care from the sidelines. This article addresses the overall aspects of care for sports coach, whether you're a coach, a track and field specialist, a physiotherapist, or a match official. A sports coach's responsibilities reach the sportspersons health and safety, this includes injury prevention also injury treatment, on and off the world of play. Unfortunately, injuries and accidents will occur during player development and it's important that the coach is trained in care to A level that they will provide the appropriate treatment to a good range of sporting incidents. In this paper we mainly focused on importance of first aid knowledge for sports coach.

Key words: first-aid, injuries, Prevention, sports coach.

Introduction:

Sports people are exposed to many sorts of physical risks – sprains and strains, overuse, accidents involving equipment and people and medical emergencies. If you're a sports coach, then it's vital to react during a safe and quickly during a primary aid emergency and also with minor illness this will make a difference between a slow or quick recovery. Although first aid can prove essential in all manner of situations, it is fair to say that it is invaluable in sporting scenarios. Indeed, the extreme physical exertion, extended physiological stress and potential for falls and crashes, which are part and parcel of most sporting endeavors, mean that the risk of hurt or feeling unwell is an everyday reality for athletes. Sports injuries are different from regular injuries, as players put a lot of pressure on their body, which sometimes causes muscle, joint and bone fractures. Sports injuries occur while participating in sports, training, and exercise. Over training, lack of conditioning and improper working techniques lead to injury in sports. Not warming up before exercising or playing any physical sport also increases the risk of injuries.

Recommended Material for First Aid Kit:

- Plasters
- eye pads
- Bandages
- Safety Pins
- Wound Dressing No.
- Antiseptic wipes individually
- Wrapping
- Paramedic Shears
- Gloves Pairs
- Water
- Face Mask
- burns Dressing
- Crepe Bandage

First aid for sport – Prevention:

All doctors and physiotherapists who have expert opinion on the injuries of players believe that any player is more hurt due to lack of fitness. Any sport requires compatibility. Warm up and conditioning makes you ready for that game. If you hit the ground without it, there are more chances of injury. The more fit a player is, the lower his chances of injury. Warm-up exercises, cool-down exercises and conditioning exercises are necessary to adapt to those particular conditions in order to stay fit. All these things should be noted, but when you have a

very busy schedule to play, how can we be noticed. Dr. Pandey says that injuries are common. Such as fracture, swelling, wound or bleeding, muscle strain, strain etc. Their treatment is also similar. But the reasons for injuries vary. Different parts of the body are at risk in different sports.

Importance of first aid in physical education and sports:

The players are given basic training under sports medicine. So that he starts the first aid of the injury himself. On the injury, his treatment starts with the player. It is followed by the role of physical trainer, therapist and coach. When the matter becomes more intense, one has to go to the doctor. Pandey explains that we have a master's degree teaching athletes care and rehabilitation. It provides the same basic information about what to do until the doctor arrives. For example, snowing, crepe bandage, hot water strip and some special exercises are the first aid for different injuries.

There is always a need for a person who has basic first aid knowledge and injury management skills necessary for the treatment of an injured athlete, in any kind of sports related events such as conduct of sports, execution of exercises, skill training etc. be proficient in

If a fully equipped first aid kit is not provided during a sporting event, it becomes very difficult to control an emergency. In such a situation, the injured player does not get first aid on time, due to which there is a risk of serious damage to his health and sports career.

When it comes to the safety and health of the players of a team, the first aider is the most important member of that team. When a player is injured during the game, the first aider is ready to manage it with his specialty. It is the responsibility of the first aider to assess the situation immediately after the injury and apply the correct treatment immediately so that the problem of injury does not become too serious.

Along with other factors it is also necessary for good performance in any competition. That the team is accompanied by a person trained in first aid and has a well equipped first aid kit.

At present, there is a rapid change in the use of different rules, playing surfaces and technical equipment in almost every game. These changes are also rapid for a player

which poses various hazards during the course of the game. Therefore a responsible person with the team should have sufficient knowledge to provide first aid to any sick, injured or in various difficult situations with modifications as required.

In addition to this, the sports first aider should also be proficient in giving general treatment for common damages and sports injuries, including medicines and their dosages and in handling the injured player.

Below are some of the major ways to avoid sports injuries-

Proper Warming:

Warming up properly is very important before starting any sports competition or sports training because after proper warming up the muscles of our body come to a state of quivering which prepares the body to do physical activity.

Proper condition:

Many injuries are caused by the weak muscles of the body, which are not ready to meet the demand in your sport; therefore proper adaptation of the body is necessary for proper muscle strength. Weight and perimeter training methods are important methods of proper adaptation.

Balanced diet:

Weak bones cause injuries in sports. Therefore, a balanced diet is helpful to some extent to protect against sports injuries.

Proper knowledge of sportsmanship:

Proper knowledge or knowledge of sports skills is beneficial to protect against sports injuries. The player must be skilled in performing the related sports skills. For example, an athlete with a high jump should have full knowledge of the 'landing' skills. If he is not proficient in this skill, he may get hurt while landing.

Use of protective equipment:

This is an easy and best way to protect against sports injuries. For this reason only, it is necessary to use protective equipment in the field of sports. These protective devices provide protection to the players against injuries. To make their role better, special emphasis should be given on the quality of protective equipment.

Proper sports facilities:

There is a direct correlation between sports facilities and sports injuries. In fact, sports injuries can be prevented if there is good quality sports equipment and proper playing fields are available for practice and competition.

Non-partisan sports operations:

If sports operations are non-partisan, then the risk of injury is very rare. If the conduct of the match or the referee etc. is biased, then there will be no discipline in the players, as a result of which the risk of injury may be high.

No over-training:

In training, the weight should be only according to the ability and ability of the player. The amount of weight should be increased gradually, which reduces the risk of injuries. Initially overloading or over-training can cause sports injuries. If you have not been training for a long period, complex physical activities can prove to be more harmful than gain. Therefore, training load should always be increased slowly wisely.

Use of proper technique:

By using proper technique of your sport, the risks of sports injuries like tendonitis and stress fracture can be reduced. Proper technique can reduce the proportion of injuries incurred in players.

Adherence to sports rules:

During sports practice or competition, sports injuries can be protected to some extent if the player follows the rules of the game properly.

Proper cooling down:

After regular sports practice or competition, cooling down is as important as warming up before the competition. Cooling down should also be done properly.

Abstaining from training when tired.

Increasing the use of carbohydrates during periods of heavy training.

Increasing power before increasing training load.

Discontinue training and treat injuries if you experience mild injuries.

Use of climate, surface suitable for training, competition.

Stay away from infected areas during hard training or competition.

Be very vigilant about hygiene in hot weather.

Training on different surfaces and use appropriate clothing, shoes, equipment etc. according to the surfaces and climate.

Head injuries:

A minor head injury, such as a bump or bruise, is common and does not require treatment. You should go to your nearest emergency department if you have any symptoms of a serious head injury, such as:

- Fainting, either for a short time or for a long time
- Difficulty staying awake or feeling lethargic several hours after the injury
- Seizures, when your body suddenly starts shaking uncontrollably
- Difficulty speaking, such as a stammering voice
- Vision problems or double vision
- Having difficulty understanding what people say

Important role of diet:

In fitness, the doctor also explains the special role of Pandey Diet. He says that everyone knows that healthy food keeps a person healthy. Proper diet and proper liquid are very important for the fitness of the body. Along with this, vitamin-C tablets are also taken. To avoid heat and humidity, liquids should also go in sufficient quantity in the body. Dr. GS, Physical Education and Sports Director, University of Delhi Naruka says that while training any player, we read three chapters on sports medicine. The first is Prevention, the second is curative and the third is Rehabilitation, the most important Prevention. For this, Dr. Naruka gives an example that in the same way that a vehicle cannot be put at full speed, in the same way a player cannot be asked to speed up the playing field. Just like we put the car in the high speed gear after the first gear and second gear, similarly the player is put on the ground after a warm-up, conditioning and fitness program. Secondly, curatives treat the injury and in the third rehabilitation the player is prepared to return to the field. In this, programs of Physiotherapy, Yoga etc. are held. Whatever the game, these criteria are necessary. Naruka says that the most important of these is the program of Prevention. If the player is fully prepared and will go on the field, then there will be no injury. So no other program will be needed. Dr. Naruka believes that physical trainers prepare the team players enough to get on the field, but senior players can often be a little negligent in this matter. This negligence subsequently leads to injury.

Conclusion:

The life of players is valuable. Many times a player gets such an injury that he can never play again. His playing life comes to an end. Although many sports injuries can be remedied, it is still a harsh truth that "avoiding treatment is better",

which is why players want to reduce or eliminate the dangers of sports injuries. The total life of a sports coach is varied and challenging. There is a need to understand the levels of knowledge of sportsman as this may help to plan some courses for students in first aid and Basic life support skills for effectively manage such situations in many games or practice. Immediate and effective first aid is valuable in an accident or medical incident that occurred during a sporting activity, so Each and every coach have to take a training of first aid and should be a First Aid certified.

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Role of Sports Psychology in Games

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Abstract

Sports psychology is an interdisciplinary science that draws on knowledge from the fields of Kinesiology and Psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions. Sport psychology is the understanding of how the mind influences an athlete's performance in their chosen sport. Within the principles of sport psychology are various concepts such as how do athletes prefer to learn, what is their personality, how can they attain states of relaxation and concentration (narrow and broad focus), how does an athlete learn to visualize a successful performance, do they understand and overcome their limiting beliefs and how does an athlete develop high levels of self-awareness. The importance of sport psychology has been realized for decades, however many coaches and athletes pay too little attention to how it can help them perform better. Many coaches and athletes still overly focus on the physical aspect of sporting performance at the detriment of the non-physical. To conclude we can say that sports psychology plays a vital in enhancing the performance of the players.

Keywords: Sports, Psychology, Games

Introduction

It has long been acknowledged that psychological skills are critical for sports man at the elite level. Sports men with the requisite “mental toughness” are more likely to be successful. In the past, it was assumed that these skills were genetically based, or acquired early in life. Now, it is commonly accepted that athletes and coaches are capable of learning a broad range of psychological skills that can play a critical role in learning and in performance.

Role of Sports Psychology

The specialized field of sports psychology has developed rapidly in recent years. The importance of a sports psychologist as an integral member of the coaching and health care teams is widely recognized. Sports psychologists can teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the

many distractions of team travel and in the competitive environment. Psychological training should be an integral part of an athlete's holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sport psychologist, and the athlete; however, a knowledgeable and interested coach can learn *basic* psychological skills and impart them to the athlete, especially during actual practice.

Many experts believe that sport performance is 75% -90% mental. If this is true, then clearly athletes who are better prepared mentally are the ones that are consistently perform with less errors and at higher levels to be successful in any sport or academic endeavor. There is a powerful force guiding athletes to these super performances. It is the subconscious mind. The athlete must allow their subconscious mind to become the dominant driving force when they perform. When the athlete is able

to control their subconscious, they become better at tapping their mental power to perform more consistently at a high level. Only when tapping into your mind's power will your body be able to operate on pure instinct and more consistently under stress. The result is more opportunities to achieve peak performances. Elite athletes are constantly looking to improve their performance to acquire an edge on their competitors. No matter how physically prepared an athlete is, it is their mental preparedness that makes the difference when competing against each other. Conditioning the mind is just as important as conditioning the body! Think of your mental attitude as the ultimate secret weapon that gives you an edge.

Sport Psychology provides scientifically proven techniques to enhance an athlete's mental game.

The essential goal is to establish a method and an approach that fuels success. At the center of this concept is strengthening an athlete's inner belief that they can achieve greatness. Achieving your goals begins at the subconscious level, where all of our memories, beliefs, and experiences are stored. Although there are many different methods and approaches to working with athletes, it is only when change is created at the subconscious level that real transformation occurs. When working on the subconscious level, athletes can effectively program their minds to achieve success by releasing old ideas that limit performance to experience positive and lasting results.

Sport Psychology can help you to:

- Explore and examine the thoughts and beliefs that are creating the current experiences.
- Reverse and release limiting thoughts that are blocking you from achieving peak performance.
- Program effective auto suggestions for enhancing optimal states.
- Anchor positive states for easy future access.

Preparing for Competition

Simple psychological skills to help the athlete manage the competitive performance environment include: 1) learning relaxation skills (e.g. progressive relaxation; slow, controlled, deep abdominal breathing; or autogenic training; 2) mastering all of the attentional styles (types of concentration); 3)

imagery (both visualisation and kinesthetics); 4) appropriate self-talk; and 5) developing a precompetition mental routine to be employed immediately prior to competition on game day (these routines are short [1–2 minutes] and use all of the mental skills just presented).

Conclusion

Sport psychology is the understanding of how the mind influences an athlete's performance in their chosen sport. Within the principles of sport psychology are various concepts such as how do athletes prefer to learn, what is their personality, how can they attain states of relaxation and concentration (narrow and broad focus), how does an athlete learn to visualize a successful performance, do they understand and overcome their limiting beliefs and how does an athlete develop high levels of self-awareness. The importance of sport psychology has been realized for decades, however many coaches and athletes pay too little attention to how it can help them perform better. Many coaches and athletes still overly focus on the physical aspect of sporting performance at the detriment of the non-physical. To conclude we can say that sports psychology plays a vital in enhancing the performance of the players.

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Use of Information Technology in Sports Performance

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Abstract:

This article will reflect the use of information technology in performance of sports. Information technology plays vital role in the human being in particularly in field of sports and games. Technology helps to avoid mistake in organization and administration of various sports and games at world level. Information Technology in Sports has established scientific discipline, research activities, improve Learning and coaching, Bio-mechanical analysis and field research have evolved. With the help of advanced technological devices like software-driven spreadsheets, it has become easier to collect data and ensuring accuracy. The technologies applied to sport help to obtain fundamental data for the reproduction of sports statistics. Thus, the coach's decision-making for his athlete is improved.

Key Words: technology; sports; coaching; scientific; accuracy

Introduction:

The world of sport is continually changing over the years, and the use of technology is just one of those areas that has made an impact on many sports in the modern day. The sports environment has always been quite complex. The search for new strategies and techniques to improve the performance of athletes, led to the adoption of methods, objects and accessories in the routines of different modalities. All this is done with the idea of providing more comfort for the sportsman, while it is possible to extract an excellent performance.

Over the last century, technology has affected sports for both officials and athletes, changing the way sports are prepared for, played, and reviewed by officials. Technology is utilized by almost everyone involved in a modern sporting event. Games can be prepared for by using technology that track the athlete's diet and workouts, giving them the precise information they need to appropriately prepare for a game. Practicing monitored and safe training habits allows athletes to remain

healthy and potentially prolongs their career. During the game, players can be tracked by chips imbedded into jerseys and mounted on helmets. Sensors in Jerseys and on helmets are utilized by team staff to monitor the athlete's health, allowing for less injury.

What Are The Benefits Of Technology In Sport?

Technology has become a great ally of the sport, providing numerous benefits to the environment. Each innovation that comes in the market encourages athletes to exceed their limits, in addition to supporting judges when monitoring matches.

Thus, when the human eye fails to capture certain information, artificial intelligence covers this gap, contributing to a fairer result. In football, for example, referees use electronic points to increase the efficiency of their actions. This same technology is also used in volleyball and tennis courts in order to increase the accuracy of results.

What Is The Influence Of Technology On Sport?

Sports, such as volleyball, football, swimming, fencing, athletics and others,

already benefit from the use of technological innovations. The progress of competitive physical activities, the result of real-time communication between athletes and coaches, is remarkable. In addition, the development of special materials, in order to boost maximum performance, remains constant. They are smart costumes, devices with sensors for data collection, as well as performance analysis. The main technologies responsible for these advances are:

- **Nanotechnology:** involves the manufacture of tissues with nanoparticles, which stiffen in case of impact, in order to protect the athlete from injury. It is a technology still under study, but it presents promising data;
- **Biomechanics:** widespread in swimming, monitors the strokes and jumps of athletes, in addition to tracking their heart rate. It plays a role in *the development of fast skin*, a special costume that reduces the body's friction with water in competitions;
- **Hawk eye: Used** on tennis courts, this technology represents a system of monitoring cameras, capable of identifying the ball from any angle after its release.
- **ICT (Communication and Information Technology):** Artificial intelligence used in different games to help the coach identify the strengths and weaknesses of his athletes in order to improve them more efficiently.

Technologies Used In The Sports Are:

The sporting world evolves continuously and therefore also requires constant change. The results generated by athletes can always improve, as well as the accuracy of monitoring during tournaments. From simple processes to great solutions, you may have heard of some of the key technologies used in sport today:

1. Video Assistant Referee (VAR)

VAR has gained a lot of popularity recently in football. This technology allows the conference of bids in a match, with the objective of enabling the referee to analyze the bids. This reassessment has been decisive in determining whether or not a team is punished.

2. Fencing costume

Full of quick moves, it is clear that fencing could not depend only on the look of the judges to define the winners of each match. This would open scope for somewhat inaccurate results.

In this way, florets and swords were developed with intelligent sensors, capable of detecting the impact of each hit on the opponent. When pressed, the sensors activate a light on the signalling device. For this to work properly, the costumes allow a small electrical current to travel its entire length.

3. Smart Watch

Smart watches are no longer new in the market. There are simpler models for casual sportsmen, even smartwatches with state-of-the-art technology to monitor the performance of elite athletes with maximum accuracy. They can measure the heart rate, amount of calories expended, steps taken throughout the day and even the level of oxygenation in the blood.

4. Smart Fabric

Another technology that allows you to take a step further in performance monitoring, are smart costumes. This solution consists in the manufacture of special clothing, connected to sensors that analyze the movements performed by athletes.

From this, it is possible to monitor the muscles used in the activity, the heartbeat and the level of breathing. All in real time.

Impact Of Technology On Coaches

A coach will need to have access to high end technology in order to help their sports people to train and perform at their highest level. This means coaches will need to stay up to date with current technology and be able to afford the required equipment. This means that coaches working with organisations that have a lot of money are going to be able to help to support their athletes to get to higher performance levels compared to coaches working with organisations with lower incomes which have less money to spend on technology.

Through using Information technology to improve the standard of Sports in the following process

To update the health status of players.

Preparing training schedule

Video Feed back for players practices.

To assessment of physical activity by using Information Technology

Storing the results

To analysis the team performance at the time of competition.

Online registrations and profile verifications.

The Coach can have the self-appraisal through the Information technology.

Storing the personal data's of athletes.

Search engine for the latest training in sports.

Conclusion:

To conclude, the use of technology has impacted sports and sports performance both positively and negatively. The rate at which records have been broken over time has plateaued, and new world records are going to become more and more rare. This is due to athletes only being able to achieve their full potential, and this has meant that the full potential achieved by athletes has mostly been reached. Technology is now being a large contributor as to why records are still being broken. This is good for the sports industry as it keeps a captive audience and allows for the sport to remain popular. Ultimately the role of technology in sports is going to increase even further in the future. Analytics is a huge part of sports and with further developments in sports technology, sports analytics and sports analytical methods will also develop along with it.

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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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Significant Role Of Sports Nutrition: Nourishment In Health

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Abstract

Nutrition plays an important role in sports. Therefore, it is often referred to as "unobserved preparation". But when it comes to food and execution, it's not just about skilled competitors. Today, a huge number of novice competitors do physical work every day, both casually and semi-professionally. This population also strives to improve their marks, which can be achieved by following proper health rules. In this way, it is necessary to go through a nutritional method adapted to the competitor and training meetings. In addition, various benefits of achieving satisfactory nutrition in sports are identified with changes in body organization, reduction of injuries and increased duration of skilled work. The purpose of this section is to determine the nutritional needs of the competitors to meet the training goals. Nutritional systems address macronutrient utilization, hydration, and timing based on activity type and intensity. At the most essential level, nutrition is significant for competitors since it gives a wellspring of energy needed to play out the action. The food we eat impacts on our solidarity, preparing, execution and recuperation. Not exclusively is the sort of food significant for sports nourishment yet the occasions we eat for the duration of the day additionally affects our presentation levels and our bodies capacity to recuperate in the wake of working out.

Introduction

Nutrition is strongly related to health, especially in sports, because the needs for energy and nutrients increase. Knowing the physiology of exercise is necessary to know the different metabolic pathways that occur during sports. Sports nutrition has recently emerged as a claim to fame in the nutrition industry. Competitors constantly challenge their bodies through real preparation and competition. To keep up with the real demands of their activity or game, competitors must fuel their bodies with sufficient consistency. This execution cycle requires a special method;

Therefore, competitors who need to improve their nutrition should seek out experts who are experts in sports nutrition and have experience in creating individualized plans. In its relatively early stages, sports nutrition research is constantly producing new and exciting information. It is important that sports nutritionists stay informed so that they can be experience-based experts. Becoming an evidence-based expert requires using nutritional rules and practices that have been proven successful through peer-reviewed research. Experts who have considered sports nutrition, have knowledge of the industry and are up-to-date with the latest nutritional

research, can recommend individualized nutrition plans that meet important health needs, improve performance and accelerate the recovery of competitors. Becoming an evidence-based gaming nutrition expert can create an invigorating and rewarding calling. Basic nutrition is important for development, well-being and academic success, and energy. Sports nutrition improves athletic performance by reducing fatigue and the risk of illness and injury; In addition, it allows competitors to progress in preparation and recover faster. Replacing energy consumption with energy use is important to avoid energy shortages or excesses. Lack of energy can cause short stature, delayed puberty, female fractures, loss of body mass, and prolonged incapacitation due to fatigue, injury, or illness. An overabundance of energy can lead to overweight and indolence. Before puberty, the minimum food and energy needs (calorie needs) of young men and women are comparable. The energy needs of young people are more factors that depend on age, activity level, rates of development and actual stage of development. These proposed energy allowances are an important basis for ensuring proper development and real capacity. Extra calories are needed to recharge the energy consumed during growth spurts and sports. For example, a 30 kg young woman playing soccer for 60 minutes would typically burn 270 calories, or a 60 kg child playing 60 minutes of ice hockey would typically burn 936 calories.

Carbohydrates

Carbohydrates are the main fuel hotspot for competitors since they give the glucose used to energy. One gram of carb contains around four kilocalories of energy. Muscle glycogen is the most promptly accessible fuel hotspot for

working muscle and can be delivered more rapidly than other fuel sources. Carbs ought to contain 45% to 65% of complete caloric admission for four-to 18-year-olds. Great wellsprings of starches incorporate entire grains, vegetables, organic products, milk and yogurt.

Protein

Proteins construct and fix muscle, hair, nails and skin. For gentle exercise and exercise of brief term, proteins don't go about as an essential wellspring of energy. Be that as it may, as exercise length expands, proteins help to keep up blood glucose through liver gluconeogenesis. One gram of protein gives four kilocalories of energy. Protein ought to include roughly 10% to 30% of absolute energy consumption for four-to 18-year-olds. Great wellsprings of protein incorporate lean meat and poultry, fish, eggs, dairy items, beans and nuts, including peanuts.

Fats

Fat is fundamental nutrient which retain fat-solvent nutrients like (A, D, E, K), to give fundamental unsaturated fats, secure indispensable organs and give protection. Fat likewise gives the sensation of satiety. It is a calorie-thick wellspring of energy (one gram gives nine kilocalories) however is more hard to utilize. Fats ought to contain 25% to 35% of absolute energy consumption for four-to 18-year-olds. Immersed fats ought to include close to 10% of absolute energy consumption. Great wellsprings of fat incorporate lean meat and poultry, fish, nuts, seeds, dairy items, and olive and canola oils. Fat from chips, treats, seared food sources and prepared products ought to be limited.

Micronutrients

Calcium is significant for bone wellbeing, typical catalyst movement and muscle compression. The day by

day suggested admission of calcium is 1000 mg/day for four-to eight-year-olds and 1300 mg/day for nine-to 18-year-olds. Calcium is contained in an assortment of food varieties and refreshments, including milk, yogurt, cheddar, broccoli, spinach and strengthened grain items.

Vitamin D is important for bone wellbeing and is associated with the retention and guideline of calcium. Competitors living in northern scopes or who train inside (eg, olympic skaters, gymnasts, artists) are bound to be nutrient D insufficient. Wellsprings of nutrient D incorporate invigorated food sources, like milk, and sun openness. Dairy items other than milk, like yogurt, don't contain vitamin D.

Iron is significant for oxygen conveyance to body tissues. During youth, more iron is needed to help development just as expansions in blood volume and fit bulk. Young men and young ladies nine to 13 years old ought to ingest 8 mg/day to stay away from exhaustion of iron stores and iron-inadequacy paleness. Teenagers 14 to 18 years old require more iron, up to 11 mg/day for guys and 15 mg/day for females. Iron consumption is normal in competitors as a result of diets poor in meat, fish and poultry, or expanded iron misfortunes in pee, excrement, sweat or feminine blood.

Hydration

Appropriate hydration requires liquid admission previously, during and after exercise or movement. The measure of liquid required relies upon numerous components, including age and body size. Prior to action, competitors ought to devour 400 mL to 600 mL of cold water 2 h to 3 h before their occasion. During donning exercises, competitors ought to devour 150 mL to 300 mL of liquid each 15 min to 20 min. For occasions enduring under 1 h, water is

adequate. Following action, competitors should drink sufficient liquid to supplant sweat misfortunes. This typically requires burning-through roughly 1.5 L of liquid/kg of body weight lost. The utilization of sodium-containing liquids and snacks after practice assists with rehydration by animating thirst and liquid maintenance. For non-competitors, routine ingestion of starch containing sports beverages can bring about utilization of unreasonable calories, expanding the dangers of overweight and stoutness, just as dental caries and, thusly, ought to be dodged.

Balanced diet

An even eating routine is fundamental for developing competitors to keep up legitimate development and advance execution in athletic undertakings. An ideal eating regimen contains 45% to 65% starches, 10% to 30% protein and 25% to 35% fat. Liquids are vital for keeping up hydration and ought to be burned-through previously, during and after athletic occasions to forestall parchedness. Timing of food utilization is essential to streamline execution. Suppers ought to be eaten at least 3 h before exercise and tidbits ought to be eaten 1 h to 2 h before movement. Recuperation food sources ought to be devoured inside 30 min of activity and again inside 1 h to 2 h of action to permit muscles to reconstruct and guarantee legitimate recuperation.

Conclusion

At the most essential level, nutrition is significant for competitors since it gives a wellspring of energy needed to play out the action. The food we eat impacts on our solidarity, preparing, execution and recuperation. Not exclusively is the sort of food significant for sports nourishment yet the occasions we eat for the duration of the day additionally affects our presentation levels and our

bodies capacity to recuperate in the wake of working out.

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Physical Education And Sports Science: Future Innovations And Development

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Abstract

The intention of this paper is to discover the modern tendencies and demanding situations in bodily schooling and sports activities and primarily based totally on those modern demanding situations, destiny tendencies and demanding situations could be mentioned. There are different factors that are diminishing the hobby of college students in bodily schooling sports. Although the bodily schooling is being taught as part of curriculum in all the faculties however loss of good enough time and educated teachers, exact centers are answerable for little hobby on this discipline. Technology use in bodily schooling new generation in Physical schooling is gambling a massive position in classes. One of the maximum low-priced and powerful is a easy video recorder. With the usage of a video recorder college students can see the errors they are making in matters inclusive of a throwing movement or swinging form. Studies display that scholars locate this extra powerful than having a person try and provide an explanation for what they may be doing wrong, after which seeking to accurate it. Educators additionally determined the usage of different technology inclusive of pedometers and coronary heart fee video display units very successful, the usage of them to make step and coronary heart fee dreams for college students. The destiny demanding situations to make this discipline exciting includes an good enough curriculum, enough finances allotment for containing diverse competitions and position of generation to create recognition approximately the significance of bodily sports and sports activities in our each day life. All those problems were mentioned withinside the gift study.

Keywords: Sports activities, factors, curriculum, Technology

Introduction

Pupils from number one college thru junior schools are required to have 2 hours of PE each week, besides in the course of exam seasons. Pupils are capable of play video games like football, badminton, captain's ball, and basketball in the course of maximum sessions. Unorthodox sports activities inclusive of contact ball, fencing, and skateboarding are now and again played. In extra prestigious secondary colleges and in junior schools, sports activities inclusive of golf, tennis, shooting, and squash are played. A obligatory health exam, NAPFA, is performed in each college as soon as each 12 months to evaluate the bodily health of the pupils. Pupils are given a chain of health tests (Pull-united states Inclined pull-united states for girls, status huge jump, sit-ups, sit-and-attain and 1.6 km for number one [10-12 year-olds]/2.4 km for secondary and junior university levels [13-18 year-olds]). Students are graded through gold, silver, bronze or fail. NAPFA for reenlisted serves as a trademark for an extra 2 months withinside the country's obligatory country wide provider in the event that they gain bronze or fail. Pupils from number one colleges to secondary colleges are

predicted to do 2 intervals or 1 hour of PE all through the 12 months besides every week earlier than exam. In maximum secondary colleges, video games like badminton, speak taka, football, basketball and tennis are available. Pupils are allowed to convey their personal sports activities system to the college with the authorization of the teacher. In maximum secondary colleges, bodily assessments are not often done, however colleges file pupils' height, weight and range of pushes they are able to do. Students starting from Kindergarten to High School have PE incorporated with their curriculum. Kindergarten till Grade three of Elementary college students have gymnastics, beginning from Grade four of Elementary School, college students can be added into conventional martial arts Pancake Silt and a few group video games inclusive of badminton, tennis, soccer, futsal, rounders, basketball, and so forth. Starting from Junior High School, Both genders are separated in the course of PE class. PE locate its area in extracurricular forms, in which college students can specialize themselves in a single form of sports activities they choose. Sport Festival may be held in

the course of vacuum period, typically after exam. At this time college students can compete every different through bringing personal class' flag. Some universities inclusive of ITB consist of PE in curriculum for freshmen. Many video games inclusive of Basketball, volleyball, cricket, tennis, badminton, kho kho, kabaddi and so forth are played. Several drills and bodily schooling are taught.

Current Trends

Physical training tendencies have advanced lately to comprise a wider variety of sports except regular sports activities. Introducing college students to sports like bowling, taking walks or hiking, or Frisbee at an early age can assist college students expand right interest behaviour so that it will convey over into adulthood. Some instructors have even all started to comprise strain-discount strategies which include yoga, deep-respiratory and tai chi. Tai chi, an historical martial arts shape cantered on sluggish meditative actions is a rest interest with many blessings for college students. Studies have proven that tai chi complements muscular power and endurance, cardiovascular endurance, and presents many different bodily blessings. It additionally presents mental blessings which include enhancing popular intellectual fitness, concentration, attention and fantastic mood. It may be taught to any age scholar with very little system making it best for blended capacity and age training. Tai chi can without problems be included right into a holistic studying frame and thoughts unit. Teaching non-conventional sports activities to college students might also offer the essential motivation for college students to boom their interest, and may assist college students find out about exceptional cultures. For instance, whilst coaching a unit approximately lacrosse in, for instance, the South western United States, college students also can find out about the Native American cultures of the North Japanese United States and Eastern Canada, in which lacrosse originated. Teaching non-conventional (or non-native) sports activities presents a high-quality possibility to combine instructional ideas from different topics as nicely (social research from the instance above), which may also now be required of many P.E. instructors. The components of P.E. are bodily, intellectual, social, and emotional. Another fashion is the incorporation of fitness and nutrients to the bodily training curriculum. The Child Nutrition and WIC Reauthorization Act of 200 required that every one faculty districts with a federally funded faculty meal application expand well being regulations that deal with nutrients and bodily interest. While coaching college students sports activities and motion talents, P.E. instructors are actually incorporating brief fitness and nutrients training into the curriculum. This is greater everyday on the primary faculty level, in which

college students do now no longer have a selected Health class. Recently maximum primary faculties have precise fitness training for college students in addition to bodily training class. With the current outbreaks of sicknesses which include swine flu, faculty districts are making it obligatory for college students to find out about practising right hygiene in conjunction with different fitness topics. Today many states require Physical Education instructors to be licensed to educate Health courses. Many schools and Universities provide each Physical Education and Health as one certification. This push closer to fitness training is starting withinside the intermediate level, inclusive of training on bullying, shallowness and strain and anger management. Incorporating neighbourhood indigenous know-how into bodily training can cause many significant studies and a manner of studying approximately different cultures. For instance through incorporating conventional know-how from various indigenous agencies from throughout Canada college students may be uncovered to a many ideas which include holistic studying and the medication wheel. A unit can be cantered on connecting to an area or feeling whilst outdoors, collaborating in conventional video games, or out of doors environmental training. These varieties of lesson can without problems be included into different components of the curriculum and deliver Aboriginal college students a hazard to comprise their tradition within side the neighbourhood faculty network. Studies were achieved in how bodily training can assist enhance instructional achievement. In a 2007 article, researchers determined a profound advantage in scholar's English Arts standardized checking out college students who had fifty six hours of bodily training in a 12 months as compared to love college students who had 28 hours of bodily training a 12 months.

Future of Physical Education

Physical training need to be individualized. One length does now no longer match all. This is extraordinarily challenging, however with innovative equipment like Physical Best, Fitness for Life, and Fitness gram, bodily educators have become greater like private running shoes than coaches. We need to awareness on interest and nutrients main to right fitness and well being. If we can't do everything, we want to as a minimum do this. Therefore, whilst gambling age suitable video games is critical, our emphasis wishes to be on constructing lifelong talents and attitudes. Being energetic and consuming nicely is important at any age, however it will become a depend of existence or dying as we get older. We can't positioned health withinside the financial institution and use it later; we should maintain energetic and consuming nicely to hold the blessings. We additionally want to emphasise participation and prevent the fashion

towards turning into a state of spectators, with some rather professional athletes gambling and absolutely each person else watching. All college students need to be supplied possibilities to each cooperate and compete in bodily sports. Both are critical existence talents, and each may be fun. Our college students need to graduate with an know-how of the important thing concepts of health and nutrients. They need to be knowledgeable clients of interest, nutrients, and well being and be geared up to anticipate self-obligation for his or her personal fitness thru prevention. And, please, let's ensure our K-12 faculties offer a logical scope and sequence—let's educate articulated curriculums and now no longer simply bump the volleyball for thirteen directly years. Finally, we should embody era to efficaciously talk our message and get humans moving. New improvements can assist youngsters emerge as bodily energetic whilst gambling video video games and offer motivation for folks who in any other case wouldn't be energetic.

Role of Technology

Technology use in bodily schooling new generation in Physical schooling is gambling a massive position in classes. One of the maximum less expensive and powerful is a easy video recorder. With using a video recorder college students can see the errors they are making in matters which include a throwing movement or swinging shape. Studies display that scholars discover this greater powerful than having a person attempt to give an explanation for what they may be doing wrong, after which looking to accurate it. Educators additionally discovered using different technology which include pedometers and coronary heart fee video display units very successful, the use of them to make step and coronary heart fee dreams for college students. Using coronary heart fee video display units in bodily schooling is essential as it allows college students recognize how workout impacts their body. Other technology that may be utilized in a Physical Education placing might consist of video projectors, GPS or even gaming structures which include Kinect, Wii Fit and Dance Dance Revolution. Projectors may be used to reveal college students matters which include right shape or the way to play positive games. GPS structures may be used to get college students lively in an outside placing and lively exergames may be utilized by instructors to reveal college students an excellent manner to live in shape inside and outside of the school room placing. Another form of generation this is usually utilized in Physical Education is using pedometers. Pedometers do now no longer always song how a ways someone is going, however it permits them to understand the range of steps they may be making. It will allow them to understand what number of steps on common they may be making.

Conclusion

A clean end drawn from all of the proof up to now is that, possibly alongside tune and MFL, a topic professional have to be brought into number one faculties nationally. It is consequently recommended that professional number one PE instructors are trained, and that this be brought as a country wide strategy (Blair and Capel, 2008; Carney and Howells, 2008). These have to nonetheless be number one instructors with the information and know-how of the holistic nature of this profession, now no longer 're-badged' secondary instructors. As such, the HE quarter wishes to embody this imaginative and prescient and possibly, a) create a shape wherein there are appropriate, and specific, undergraduate programmes in number one PE which feed into an present PGCE route, GTP or SCITT, and b) create higher go difficulty hyperlinks among the topics of number one schooling and PE provision to allow this creation. This may additionally assist to relieve the troubles created via way of means of the governments contemporary power far far from the conventional university primarily based totally undergraduate coaching tiers toward the greater publish graduate, school room primarily based totally schooling being mooted via way of means of Gove (2010). Finally, higher CPD for the present number one quarter may be wanted withinside the intervening time length particularly for folks who might need to take in this position till the primary experts are trained. Although a whole lot proof collected for this look at indicated that this could 'de-skill' number one instructors in their capacity to supply curriculum PE, the large majority of these concerned on this studies believed it'd bring about the great mastering enjoy for the child, and this have to truly be the maximum essential component withinside the improvement of children.

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The Study Of The Use Of Technology In Sports And The Impact Of Technology On The Football Matches

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Abstract:

Technology has an important role in sports, whether it is used for an athlete's health or in the form of athletes' technique or equipment features. As sports have become more competitive, so needs better equipment. The use of new technology has seen significant changes in golf clubs, football helmets, baseball bats, soccer balls, hockey, skates, and other equipment. As knowledge of the human body has increased over time, from nutrition to treating injuries, the possibilities of an athlete have also increased. Athletes are now able to play at an older age, heal more quickly from injuries, and train more effectively than athletes of previous generations. The development of instructional technology has created new opportunities for research in sports. It is now possible to analyze aspects of the game that were previously thought out of reach. From taking motion pictures to capturing a player's motion or advanced computer simulations, being able to capture model physical conditions has led to the ability to understand and improve an athlete's actions. In this research paper, the use of technology in sports and the impact of technology on football matches have been studied.

Keywords: Technology in Sports, Football, Technology of Athletes, Electronic Sports, Video Assistant Referee

Data Collection Method Used for Research:

The research paper has depended on secondary data.

Objective of Research:

- 1) To study the use of technology in sports.
- 2) To study the nature of football matches changing through technology.
- 3) To study the impact of technology on football matches.

Introduction:

Sports equipment, also called sporting goods, has various forms depending on the sport. Equipment ranges from balls to nets and protective gear such as helmets. Over time, sports equipment has evolved as sports require more protective gear to prevent injuries. Amidst the prevailing uncertainty due to the coronavirus pandemic, the government has said that this unprecedented situation should be used as an opportunity to adopt new processes and assess priorities to revive the sports ecosystem. Innovation, collaboration, and technology can play a key role in reviving the sports ecosystem. Recently the President of India amended the

rules governing e-sports and requested that the Ministry of Sports and the Ministry of Electronics and Information Technology include "e-sports in multi-sport events". The President is empowered under Article 77(3) of the Constitution to make rules for the more convenient conduct of the business of the Government of India and to allocate the said work among the ministers. As per the gazette notification, e-sports will now be part of the "multi-sport event" category in India.

Today the emphasis on technology is such that it is being accepted in every game without any hesitation, as well as more new technology is knocking into the games. Technology has made the game very easy on the one hand and the other hand it has taken the game to every corner of the world in very easy ways. Now sitting at home, you can watch real-time any kind of match being played anywhere in the world. Even in tennis, a player can practice alone through technology. This machine serves at the rate of 70 miles per hour, as well as the ball swings in many ways during the machine service. There is also a remote with this machine

which the player controls the service according to his own. Technology has made inroads in hockey as well. Players practice with the training turntable machine. This machine helps players to learn the tricks of hockey. Apart from this, the goalkeeper can improve his goalkeeping level through this machine. Players can become adept at the art of hitting a fast-moving ball properly. Apart from all this, the most important thing is that due to practicing through machines, the incidence of injury of players has reduced. Also, the machine does not tire and players have to maintain a consistent pace while practicing with it.

There is also a watch for the players that apart from knowing the time during practice, can also know their heart rate. The watch also tells you how many calories you're burning during exercise and how many you need to get fit. Now let's talk about fitness. The player whose fitness and nutrition are better is called the 'long racehorse' of the playground. Technology is constantly supporting athletes to improve nutrition. There is one such software called BodyByte, through which athletes can find out at what level their nutrition and fitness level should be. Bodybyte also provides all the information related to the nutrition, fitness, and training of the players. Also, it is more accurate than any kind of estimation done on a human basis. Not only in cricket, but in sports like tennis, football, hockey, athletics, baseball, and basketball, teams watch videos of the opposition teams in depth before the match and then make strategies accordingly.

The Use of Technology in Sports and the Impact of Technology on the Football Matches:

Technology means we can now calculate an athlete's speed down to fractions of a second. This means that an athlete can now win or lose regardless of the photo finish. Cameras that capture images in seconds have made it possible to replay every action on the field to make the right decisions. This means that the games are now fair. The element of chance and luck has almost been removed. Sports equipment refers to a large amount of equipment that is used in sports. From balls and rackets to shoes and socks and glasses, there are a lot of things that fall under the umbrella of sports equipment. Treadmills, elliptical cycles, rowing machines, and steppers, are the new mantras. Sports equipment for home use is a huge market

today. Home gyms alone registered a 30 percent increase in sales in 2006 compared to the year 2000 and much more after the corona. The popularity of home gyms is partly because homeowners prefer to work out at home. It saves on commute time, it saves monthly gym membership costs, and it gives users the freedom to exercise when the fancy takes them. This means that parents can keep an eye on their kids while working out at home. The home gym equipment market which is relatively new is poised for amazing sales in the next few years. What was a fitness fad is now a fitness commitment and it is this commitment that has given rise to the sports equipment industry.

Video Assistant Referee (VAR) technology is the latest technology in football which is used by football match referees to make other decisions like awarding goals, penalty kicks, and red cards to players. This technique is used in many other sports besides football. Football is considered to be the most popular sport in the world. But on many occasions, wrong decisions are given by the match referee due to which the fun of this game remains incomplete. The match referee then gives the correct decision with the help of Video Assistant Referee (VAR) technology. Video Assistant Referee (VAR) technology is the latest technology in football which is used by football match referees to make other decisions like awarding goals, penalty kicks, and red cards to players. The idea of video assistant referee (VAR) technology first came to the Royal Netherlands Football Association (KNVB) around 2010. In the year 2017, VAR technology was used in the FIFA U-20 World Cup in South Korea. FIFA officially approved the use of VAR for the 2018 FIFA World Cup. Thus it was the first tournament in which FIFA officially permitted the use of VAR technology in all matches and venues.

VAR mainly helps the technical referee to make the following four correct decisions. Including decisions about goals, decisions about penalty kicks, decisions about showing red cards, and decisions about the correct identification of the correct player responsible for foul play. The role of VAR technology is to assist the referee in determining whether a player has intentionally violated the Laws of the Game. If the referee finds through VAR technology that a player has deliberately scored a goal incorrectly (e.g. hand the ball) then he does

not recognize the goal. Manytimes during the game, the match referee is not able to assess the correct situation, in such a situation, the umpire running the VAR technique advises him that this thing is visible in the video footage and then the match referee shows that incident on a screen installed on the field itself. can see. Based on this, the referee decides which team should be given a penalty or not. If a player trips an opposition player by tripping him or tries to influence the play of a player in any other way in the game, then due to this type of behavior the guilty player is shown a red card and sent off the field. . But in such cases, VAR helps the technical referee to make the correct decision. Sometimes the referee gets confused and sends off the wrong player, or is unsure which player should be sent off. VAR will inform the technical referee which player should be warned/penalized.

Football organizers are using technology to improve the gaming experience for both players and fans as well. Helping match officials and referees to make correct and accurate decisions more often than not in a split second. Additionally, we still remember that the technology used in the 2018 FIFA World Cup was almost as amazing as the players themselves. A "smart ball" containing a sensor (NFC chip) was jointly created by the German companies Kyros Technologies and Adidas. The system uses a network of receivers located throughout the field to track the exact location of the ball in real-time, including perfectly crossing the goal line with great accuracy. The referee's smartwatch receiver will display the information, and it will also alert the match officials when the ball has properly crossed the goal line. All balls are used in official matches of European leagues, MLS, and other American leagues, and most African leagues use smart balls in their games.

An important component of the referee's duties is to determine whether the trial is a goal or a close call. Goal-line technology made its debut at the 2014 World Cup in Brazil and was a key component of the technology used for the FIFA World Cup in Russia two years earlier. Up to 500 frames per second are captured by 14 cameras using target-line technology (GLT), which then sends the image to an image processing system. When the entire ball crosses the goal line, the camera records it and sends a signal to the referee's clock based on the 3D coordinates of the ball. As in Brazil, Goal

control continues to supply technology to all major football tournaments around the world.

The firm Fraunhofer IIS created the Gol Ref target detection technology. This radio-based method uses low-frequency magnetic fields to assess whether the full ball has crossed the goal line. There are two magnetic fields: one in and around the ball using a passive electrical circuit incorporated into the ball, and another in and around the target area using a coil attached to the target. An alarm vibrates, and a message is shown in real-time on the referee's wristwatch when the data is analysed and delivered there.

UK business Hawk-Eye Innovation Ltd first presented the technology in 2001, and since then, it has gone through several successful trials. It is the most advanced system in development right now. In cricket and tennis, hawk-eye was used to call first. The technology has been rigorously tested in football and has shown excellent results. Three cameras, one on each aiming line and recording at a frame rate of 600 frames per second, make up the Hawk-Eye system. Within half a second, Hawk-Eye can make a firm determination of whether the ball has fully crossed the line and transmit this determination to the central referee via an audible beep. Signals are easily relayed to Premier League officials as they wear headphones. In other leagues, strategies such as receiving signals through the clock are possible.

The performance of players and teams is managed and enhanced through the Electronic Performance and Tracking System (EPTS), which in football uses camera-based and wearable technology. Although EPTS primarily tracks player and ball movement, it is also used in conjunction with other equipment to assess load or physiological characteristics, such as heart-rate monitors and microelectronic devices (such as accelerometers and gyroscopes). can go. These devices are used in conjunction with microscopic electromechanical devices (such as accelerometers, gyroscopes, and compasses) to deliver inertial loads and other medical data.

About 25 years ago, tennis rackets were made from wood, which consisted of ash, maple, etc. Later in the sixties, metal frames were introduced. They are mixed rackets today because of their efficiency in terms of accelerating the ball over the net and the

dangerous vibrations that lead to tennis elbow. Sports clothes today are made of fabrics that are sweat-resistant and wrinkle-free. The discovery of Lycra meant athletes could stretch better, run better and compete better. Specialized sports equipment that targets particular muscle groups means that athletes can train specific muscles. Sports equipment is essential today to compete at the international level. Although talent still plays a large role in the success of athletes, sports equipment gives them that extra edge.

Conclusion:

It is clear from the study that, today almost every field is affected by technology. There have been many innovations in the field of sports because technology has made them possible. Through VAR technology, transparency has increased in other sports

including football. It is known that apart from football, this technique is also used in other sports like lawn tennis, badminton, etc. It is expected that in the coming years, this technology will help in making the right decisions even more, which will increase the enjoyment of sports even more. Technology has an important role in sports, whether it is used for an athlete's health or in the form of athletes' technique or equipment features. The development of instructional technology has created new opportunities for research in sports. It is now possible to analyze aspects of the game that were previously thought out of reach. Sports technology has changed the face of sports. The application of technology in sports facility design has achieved real changes in terms of athlete use, spectator comfort, and usable lifespan.

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Barriers To Women Participation In Sport And Physical Activity

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Abstract:

Participation rates among women and girls are much lower than among men. This gender gap is caused by many barriers, which can be categorized as practical personal and 'social and cultural. These play a significant role in women and girls attitudes and behavior. Below is a list of the main barriers, with recommendations of how sports deliverers can help to overcome them.

Keywords: Women barriers to participating in Sports and Physical Activity.

Introduction:

Sport has the power to change lives. The ability to drive gender equality by teaching women and girl's teamwork, self-reliance, resilience and confidence. Women in sport defy gender stereotypes and social norms; make inspiring role models, and show men and women as equals. Led by UN Women, the Sport for Generation Equality Initiative is inviting stakeholders from across the sports ecosystem to be part of a powerful coalition to make gender equality a lived reality in and through sport. Together, this coalition will accelerate efforts to promote women's leadership and equality in governance models, prevent and respond to gender-based violence, close the gap in investment in women's sport and promote equal economic opportunities, promote women's equal participation and bias-free representation in media, and provide equal opportunities for girls in sport, physical activity and physical education. As some of the world's top women athletes prepare for the Olympic Games in Tokyo, we're celebrating the remarkable achievements and unmatched potential of women and girls in sport.

Practical barriers Lack of time and lack of childcare:

Women's leisure tends to be reactive to the needs of their families. They often have less leisure time than men, as they take on the greater burden of responsibility for

housework and care for children and elderly relatives.

Lack of money:

Women tend to earn less than men. Scottish women working full-time earn on average £529 less per month than men¹, and the disparity is greater for women working part-time. Low income families may not be able to afford to invest in club membership or pay for sporting clothing and equipment, and mothers from low income families are unlikely to be able to afford childcare to give them the time to take part in sport.

Lack of transport:

This is a particular problem for women with young children, elderly women, women and girls with disabilities, and women and girls living in rural areas.

Personal safety:

Personal safety on the streets, on public transport, and in and around sports and community venues is a particular problem for women. Some groups are particularly vulnerable. For example, black and minority ethnic (BME) girls and women can become the focus of racist behavior. People with disabilities are often the targets of bullying and abuse. Travelling to and from venues for sports or physical activity can present particular barriers for these groups.

Funding:

At most levels, women's sport attracts less funding than men's. During 2006/07, 41% of female athletes were funded through

various programmes. At community sport level, girls' teams tend to attract less sponsorship from local businesses because they do not have large supporter bases. The result of this funding gap is poorer facilities, equipment and kit.

Access to facilities:

Women and girls cannot play sport if they cannot get access to the necessary facilities.

Personal barriers:

Body image

Research shows that in general, female adolescents report greater body image dissatisfaction than males. However, body image is a particularly important issue in sport – research shows that women are far more self-conscious than men when taking part in sport and physical activity. For girls and women the relationship between body image and physical inactivity is a vicious circle; the more self-conscious they feel about their bodies, the less likely they are to take part in sport, and yet participation in sport has a positive effect on girls' perceptions of their bodies.

Clothing and equipment

Clothing and equipment for sports can be expensive. This is a particular problem for women, given that, on average, they earn less than men. Images of sportspeople can promote the idea that, unless you're dressed in fashionable clothing designed for a particular sport, you'll look out of place. Some sports clothing is also quite revealing, which create problems for women and girls, linked to the issues about body image and culture mentioned earlier.

Lack of self-confidence

Girls, on average, have less self-confidence than boys and rate their performance or ability more negatively than boys do. This is linked to issues about body image: girls who don't feel good about their bodies can lack confidence in their physical abilities and may be over-negative about their performance.

Parental and adult influence

The influence of parents, coaches and other adults affects girls and boys differently. Adolescent females place greater emphasis on self-comparison and comments from adults than do adolescent males, who rely more on competitive outcomes as their basis for personal judgment of physical competence. Negative comment from coaches and teachers is one of the main reasons for

girls becoming discouraged from playing sport.

Social and Cultural barriers:

The male-dominated culture of sport

The culture of sport itself presents a problem. Some argue that sport has traditionally been defined, organized, promoted and constructed as a male activity. Some women are turned off 'sport' altogether because they see it as a male-dominated activity.

Attitudes and prejudices about sexuality

Homophobia is the hatred or fear of homosexuals (i.e. lesbians, bisexuals and gay men). It includes another factor which is particularly relevant to the world of sport 'homo-negativism' – which is a fear among heterosexuals that they may be perceived as homosexual. Women's sport (especially male-dominated sport such as football and rugby) is still regarded by some as fundamentally unfeminine. Lesbians are also regarded by some as unfeminine. The resulting, erroneous, conclusion is that all sportswomen must be lesbians.

Sexual harassment and Abuse

Sport-based research on this topic is lacking, but recent studies indicate that sexual harassment and abuse is a problem in sport, just as it is in the wider community. Research shows that the vast majority of perpetrators of sexual harassment and abuse are men, and that women and girls are more frequent victims than men and boys.

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A Comparative Study Of Mental Health Status Of Working And Non-Working Women

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Abstract:

Today, women's roles are emerging differently with new commitment and career oriented as well as commitment to families. So, this in turn leads to a number of stress and strain among working women. Mental health is an inevitable and unavoidable component of life due to increasing complexities and competitiveness in living standards. In the fast changing world of today, no individual and profession is free from stress, depression and anxiety. Everyone experience stress, anxiety, depression and health problem whether it is within the family, business, organization, study, work or any other social or economical activity. The aim of this study was to find out the difference between mental health status of working and non-working women. 120 women (60 working & 60 non-women) were drawn from Meerut city proper. The Mental Health Check List developed by Kumar was used to collect the data. Data was analyzed with the help of 't' test. Results show that there is no significant difference between working and non-working women in respect to their level of mental health.

Keywords: Mental Health & Women.

Introduction:

Woman play an important role in the entire structure of the society as almost half of the society is constituted by this segment of population and is also considered as one among the vulnerable groups. Women play multiple roles even in the adverse circumstances without caring for themselves. Status of women in the society has been changing fast due to multiple factors such as urbanization, industrialization, increased level of education, awareness of right, and media influence. More and more women prefer to be engaged in some kind of employment. So that they can contribute financially to their family. Employment exposes women to the outside world and as a result they are likely to develop new outlook towards life, new aspirations and awareness about their place in society. A working woman refers to a woman who works outside her home for a wage or salary. Women are compelled to leave the security of their home due to economic necessity and hence they do not have enough time to look after their

children, leave alone their health. Women began to come out of the domestic sphere and have begun to take up professional roles outside their home. Non- working women means they do not work in professions, they do work in their family.

Mental health is the foundation for well-being and effective functioning for an individual and for a community. For women, mental health is important both for their own health and for the well-being of their children and families. The status of women in the society has been changing rapidly because of multiple factors such as urbanization, industrialization, increased level of education, awareness of rights, and media influence. More and more women prefer to be engaged in some kind of employment, so that they can contribute financially to their family. However, the attitude toward women especially married women and their role in the family has remained the same, as even today taking care of the family and children is considered as their primary responsibility.

Conclusion:

There is no significant difference between working and non-working women in respect to their level of mental health.

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Psychological Skills Training key to success in Sports

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Abstract

The importance of psychological skills training (PST) for improving performance is widely recognized. This paper attempted to introduce PST and discussed some latest literature and practices employed by sports psychologists to facilitate the athletes to improve their performances. Psychological Skills are a set of tools used by athletes to regulate their emotions. Psychological skills are learned through systematic training in three phases, education phase, acquisition phase and practice phase.

Key Words: Psychological Skills Training, Imagery, SMART, Mindfulness & PMR

1. Introduction

Athletic performance is by-product of various factors predominately, physical fitness, skills, techniques, and psychological skills. We all know skills are significant for athletic performance and we all strive to improve the skills of the athletes. We also know that a high level of physical fitness is required to achieve success in athletics at high levels of competitions. Athletes train hours in the gym and field to improve their physical fitness. Athletes and the coaches have realized that psychology plays a significant role for athletic performance. Many experts believe that sports are ninety percent mental and 10% physical. But what people do to understand and train in this area is more unfamiliar. One of the most important aspects of psychology in sports is Psychological Skills Training or Mental Training (PST). Psychological Skills Training is the systematic practice of psychological skills to enhance performance. “Psychological skills training (PST) refers to the systematic and consistent practice of mental or psychological skills for the purpose of enhancing performance, increasing enjoyment, or achieving greater sport and physical activity self-satisfaction” (Weinberg & Gould, 2007, p. 250). These include goal setting, Imagery, self-talk, and Relaxation etc.

2. Misconception about psychological skills training

Scientific studies have shown over and over that developing psychological skills improves athletic performance. But unfortunately, most of the athletes ignore this important aspect of the training. some of the misconception about PST are as under:

2.1 PST is only for athletes who are struggling

PST is an essential part of training not only for the problem athletes, but also for normal athletes. We never stop our practice and learning skills after a good game, similarly, if there is not any psychological problem, psychological skill training is important for achieving optimum results in the competitions.

2.2 PST is only for elite athletes

We all have heard and seen that elite level athletes competing for high level of competitions are always accompanied with a mental trainer as supporting staff, so we think that PST only helps elite level athletes competing at the high-pressure environment of nationals or the Olympics, anyone can benefit from a better mindset. Michael Phelps’ long-time coach Bob Bowman taught him relaxation and visualization techniques from an early age that helped keep Phelps from being too excitable behind the blocks.

2.3 PST is a last-minute training aid

PST is not a magic pill, but in fact, it also works as a quick fix for some problems for athletes, but PST is done for the long term and consistent effort is required to achieve the results of PST.

3. Phases of Psychological Skills Training

Often, PST is divided into three stages: Education, Acquisition and Practice.

3.1 Education Phase

Many athletes are not aware of the fact that PST does improve athletic performance. Sometime athletes are skeptical about the use of PST. It is important to teach the athletes and understand the importance of PST. Psychologists need assessment of the athletes at this phase to determine exactly what kind of strategies are required to conduct the PST.

3.2 Acquisition Phase

Good teaching is necessary for an intervention to be successful. But good teaching is not sufficient to get the desired result. Good learning from the athlete's side is also essential. The primary goal of this phase is to aid the athletes in developing desired psychological skills. The programme is individualized so it meets the specific needs of the athletes.

3.3 Practice Phase

Practice makes man perfect is a proverb which tells us the importance of practice for learning anything in life. Planned, dedicated and continuous effort from the athletes is required to achieve the desired result of PST. It will take time to get the desired result. The psychologist has to reinforce and motivate the athletes to be consistent in learning PST.

4. Psychological Skills Training

Practitioners and councillors use various Mental skills training methods to facilitate the athletes to achieve desired results during the training and competitions. Some of the widely used and effective PST are discussed as under:

4.1 Imagery

Our brain cannot differentiate between imagery and real experience. Brain responds to these two experiences in the same manners and recruits the same neurons and muscles. Imagery has been described as "an experience that mimics real experience, and involves using a combination of different sensory modalities in the absence of actual perception" (Cumming & Ramsey, 2009, p.5). There are mainly two perspectives that people adopt when practicing imagery:

Internal and External. There is one overriding model at the moment to guide practitioners in implementing imagery. This is known as the PETTTLEP Model (Holmes & Collins, 2001). PETTTLEP is an acronym which stands for 7 key elements to include during imagery to create the most functionally equivalent image possible. Using the example of a footballer, the specific details to include would be:

4.1.1 Physical – physical means that imagery should be performed in the correct position instead of traditional couch position.

4.1.2 Environment – if possible, image in the environment where the performance takes place e.g. Football pitch.

4.1.3 Task – it must be identical to the real task.

4.1.4 Timing – the imagined experience should be the same, and therefore, take the same amount of time as the real experience.

4.1.5 Learning – refers to the current ability of the athlete.

4.1.6 Emotion – include the same images that would be felt in the physical situation. For example, a player imaging taking a penalty would include feelings of confidence and adrenaline rushes.

4.1.7 Perspective – the imagery perspective can be first person (through your own eyes) or third person (like watching yourself on video).

4.2 Goal Setting

Goal setting is one of the most important psychological skills to be taught to the athletes to achieve desired results in the practice and competitions. We all use goal setting in one way or another in our life. If we are pondering about what things to do to achieve your aim or planning various tasks for upcoming competition, you are actually setting your goal. We all are familiar with the acronym SMART. It is a simple guide that provides simple criteria for setting goals.

4.2.1 SMART stands for the following:

Specific: Define a clear, specific goal.

Measurable: Make sure your goal is measurable to track progress, which helps you stay focused and meet deadlines.

Attainable: Create a realistic goal. It shouldn't be limiting but should be attainable.

Relevant: Ensure your goal matters to you and aligns with your other goals and the needs of the organization.

Time-bound: Assign a target date so that your SMART goal doesn't get lost in day-to-day demands.

4.2.2 Types of Goal

Generally, goals are categorized as norm referenced goal and self-referenced goal. Setting a goal to win an Olympic Medal is a norm-referenced goal, because success of the goal is based on comparing performance to other competitors. The problem here is we can't control the other athletes and there is no guarantee that goal will be achieved. Self-referenced goals further classified into two forms: performance goal and process goal. Performance goal typically concerned with the outcome measured in numerical. For example, rather than winning the competition, focus on personal best. The advantage of this goal is that it is under the control of the individual. In the process goal we are concerned with the process of the performance, which in turn generates outcome. For example, tennis players may think about wrist rotation in order to generate spin.

4.3 Concentration

Concentration is one of the most important psychological skills required for overall performance. Within sports, coaches and athletes often use the words concentration, attention and focus interchangeably. They are not same but related terms, that's why we have been using these terms interchangeably. Concentration according to William James (1890), attention is "the taking possession by the mind, in clear and vivid form, of one out of what seem several simultaneously possible objects or trains of thought. It implies withdrawal from some things in order to deal effectively with others".

4.3.1 Types of Attention

Attention can be either internal or external and broad or narrow. When athletes are focused inward (i.e. thoughts, emotions, physical sensations), they are said to have an internal focus. Athletes who are focused on the environment outside of themselves (i.e. weather conditions), are using an external focus. In terms of width, a broad focus is when athletes are paying attention to many things at once (e.g. examining an opponent's alignment), whereas focusing on a specific point (e.g. the spot on the ball where a kicker wants to hit it) is considered narrow. During competitions, athletes are often called upon to shift across these dimensions in order to

meet the required attentional demands of the situation. The overlapping nature of these dimensions leads to four types of attentional control (Nideffer & Sagal, 2006, p. 384).

4.3.2 Techniques to improve concentration in sports.

There are many techniques to improve concentration in sports, and the effectiveness of each method will vary with different athletes under different circumstances.

Thought-Stopping and Thought-Centering:

There are two techniques that athletes must be aware of for keeping their focus on track; 'thought-stopping' - generating positive thoughts to stop negative thoughts taking over, and also 'thought-centering' - shifting the attention to set aside negative thoughts. The athlete must be able to identify their dysfunctional negative thoughts and feelings by considering two things: 'is it helpful to think like this?' and 'will these thoughts help me to achieve my objective?'. When the answer is no, the thoughts need stopping and centering.

Practice simulation

Try to create a practice condition similar to a competition scenario, athletes can take the help of fellow athletes to simulate the situation to a real competitive situation. The better the similar condition the better the athlete would be able to focus on the game during the competition. **Using keywords:**

Using keywords is an effective technique to avoid distraction during the competition. Keywords can be motivational "get ready", technical "swing" or psychological "relax".

Visual control:

Focus on the object or location which is not negatively related to the performance. Focus on the ball in the game.

Mastering the Skills.

If athletes try to master the skills better, performing the task becomes more automatic as a result athletes can pay attention to the desired stimuli.

Be in present:

Being able to remain in the moment is paramount for athletic performance. Focusing on the past can be very distracting, for example looking back over something that has just happened in the game (missing a goal), instead of where to go now (the next shot on goal).

Staying positive during the practice and competition is very important to focus on the task at hand.

4.4 Relaxation Strategies

Though it is believed that playing sports regularly helps to reduce a person's stress and anxiety level and is very beneficial for overall health. But ironically, competitive sports are very tough and brutal, which demand very high physical and mental preparedness. We often heard coaches tell the athletes during competition 'just relax'. It's easier said than done. Because we never tell them how to relax. Just saying 'Relax', athletes aren't going to relax. Instead of saying 'relax,' we should say, 'Take a deep breath'. Some effective Relaxation strategies are presented as under:

4.4.1 Deep Breathing

Deep breathing is a simple and effective way to relax by reading heart rate and blood pressure. Inhale slowly through your nose, drawing air deep into your lungs. Hold your breath for about five seconds, then release it slowly. With each exhalation, imagine that you are getting rid of any stress or fatigue that might prevent you from performing your best. Focus only on each breath. Repeat the exercise five to 10 times.

4.4.2 Progressive Muscle Relaxation.

A good way to reduce mental tension is to reduce muscle tensions. An effective way to reduce muscle tension is through Progressive Muscle Relaxation (PMR). Isolate and contract muscle groups, creating tension for eight to 10 seconds, then relax the muscles and let the tension go. Concentrate on the feel of your muscles, specifically the contrast between tension and relaxation. In time, you will recognize tension in any specific muscle and be able to reduce it. Use words and phrases as you progress through the muscle groups—try "relax," "let go," "release," "stay calm" and "feeling fresh."

4.4.3 Mindfulness

Mindfulness is nowadays one of the most popular relaxation techniques used by the practitioners. The practice of mindfulness, which originated within the Buddhist tradition, can be loosely defined as a state of awareness achieved through purposely and non-judgmentally paying attention to the present and ongoing experiences of yourself and others—that is, attempting to put aside judgments of current situations, thoughts, or feelings as "good" or "bad." Mindfulness meditation is an approach that helps develop this non-judgmental awareness and that promotes calm and focus in potentially stressful situations.

4.4.4 Yoga

Yoga is the ancient Indian system to keep a person fit in body and mind. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for relaxation. Nowadays many European sports clubs, especially football clubs, employ yoga trainers to give yoga practice to the player with the objective to bring holistic development in the player. Some selected asanas along with pranayama are very effective in improving relaxation and reducing anxiety and stress. Conclusions Psychological skills are important tools not only for elite and professional athletes but also for beginner and intermediate level of performance. Psychological skill is as important as Physical skill for achieving success in sports. To achieve optimum results all the phases of learning psychological skills are very essential. PST program will improve performance by optimizing psychological variables related to performance.

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Sports management in physical education

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Abstract

Management is needed whenever people work together in an organization. Successful managers do not wait for future, they make the future by anticipating and adjusting to changing circumstances in an intelligent manner. Sports management involves any combination of skills that correspond with planning, organizing, directing, controlling, budgeting, leading, or evaluating any organization or business within the sports field in India and other countries also. The opportunities in sport management have expanded to include sports media analytics, sports sponsorships and sports facilities management. You need to decide if you'd like to focus more on the business side or be directly involved with the players and the team as a manager, coach, fitness expert. Management in various sports organizations ensures the smooth flow of all the activities that are involved in the program and provides development in the field of physical education. Business functions, communication skills, and proper coordination are also improved through management in sports and physical education. Programme is the key word in physical education and sports competitions. This requires a well equipped and good play-ground for training. Standard facilities and equipment are essential prerequisites to good and impressive performance. Lack of adequate facilities hampers sports progress in many ways as discussed in this paper

Keywords: Management, Organizations, Leadership.

Introduction:

During the past decade, various researchers have analyzed sports management in India. The changes that have taken place in our society have pushed sports centers towards more organized and efficient management. This was achieved through adequate planning and programming of activities and a constant effort to optimize all resources: material, human and economic. The current crisis is a new reality, not only economic, but also social and in the sports sector, where management is faced with the challenge of optimizing diminishing resources. The aim of this study was to determine the transition of leadership in sports institutions.

Scope of management in physical education and sports.

Sport is big business today and will remain so in the future. In fact, sports revenues are approaching the \$70 billion mark in the United States and other countries. As a result, there is an ever increasing need for

professionals trained in the managerial, administrative, and business aspects of sport.

Management.

others"George R.Terry's view "Management is a distinct process consisting of planning, organizing, activating and controlling to determine and to accomplish the objective by the use of human beings and other resources".

Conceptualization.

The provision of adequate facilities, supplies and equipment are as important as providing adequate incentive for the athletes, but the maintenance of such adequate facilities, supplies and equipment used by many often constitute a managerial problem.

Strategic planning

1. Financial management.
2. Organizational culture and design.
3. Human resource management.
4. Leadership and governance.
5. Marketing and sponsorship.
6. Performance management.
7. Sport and the media.

The secondary school physical education programme is characterized by individual and lifetime sports as well as by team game activities. This emphasis, together with the popularity of recreational and interscholastic sport, and the fact that facilities, supplies and equipment are typically needed for recreational use. The cost of materials and labor is rising as a result of inflation, making it very difficult for new capital building projects to go forward. High interest rates make it difficult to get bond issues passed for facility construction. Energy conservation and sustained maintenance and repair costs must also be taken into consideration.

Needs and objectives

- Legislation regarding sports
- The sports manager
- Sports organizations and their directors
- Planning as a work method
- Economic resources (budget)
- Sports programs
- The sports installation
- The trainers
- Ethics and values of sports
- The environment and its protection
- Quality
- controlling

Conclusions.

Recent studies and experimentations have yielded new trends in design for the construction of physical education facilities, supplies and equipment. Although basic concepts, such as that of having teaching stations remain the same, current innovations in design are producing teaching stations that are more functional and less expensive. In order to catch them young. Facilities, supplies and equipment provision are important aspect of physical education and sports management. Excellent programme is the key word in physical education and sports competitions, and this requires a well equipped good play-ground for training. Standard facilities and equipment are essential prerequisites to good and impressive performance. Lack of adequate and standard facilities and equipment hampers physical education and sports programs in many ways.

Recommendations.

1. Adequate and standard facilities, equipment and supplies should be provided for all public schools(primary and secondary schools) in each of the states.

2. Trained physical education teachers and sports coaches should be employed to all the primary and secondary schools in india.
3. Physical education programme should be made compulsory in all primary and secondary schools
4. All heads of schools should be held responsible for lack of maintenance of physical education/sports facilities, equipment and supplies where necessary .

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Women in Sport

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Introduction :

Since the early days of modern, organized sports, women have fought for equity in sports, from equal wages among male and female athletes to simply the right to take the field. From modern day superstars like Serena Williams, Simone Biles, and Megan Rapinoe, to the early advocates for women's place in sports, female athletes have been making their mark on athletics for centuries. Recently women are coming forward in almost all sports. In many countries of the world, sports are given special importance. They have been given special preference in employment also.

Objective :-

Analysing women's participation in sports from ancient period to modern period, this is the main objective of this paper.

Ancient Women in Sports :-

In Ancient Greece, women were able to participate in foot races at some festivals, and could win Olympic victories through equestrian events, though were forbidden from all other Olympic events. Spartan women participated in sports as men did; wrestling, javelin throwing, foot racing, and discus were all standard for women to compete in.

Additionally, certain tribes in Africa were known for allowing women to compete in wrestling arts. Women could participate in Lamb, a Senegalese wrestling style, up until the 20th century, when it became institutionalized and women were banned.

Native American and indigenous women were also believed to have participated in the same sports that men did, many of which were ceremonial, religious, or ritual events, and many ran foot races, and participated in ball sports.

Victorian Age Women in Sport :-

The ideal Victorian woman was gentle and frail and any form of strenuous activity was strongly discouraged. Myths surrounding women included those that

women could harm their reproductive organs if they participated in sports, which would make them unattractive to men, and that they only had a finite amount of energy in their bodies, and wasting that energy on sports or higher education would lead to weak offspring.

In 1922, the first Women's Olympic Games took place in Paris, where women competed in more physically demanding events such as shot put and the 1000 meter dash.

The 1940s and WWII saw the introduction of the first women's professional sports league, with the all American Girls Professional Baseball League. Although holding strict standards for how women had to dress and act, it was seen as radical at the time.

Title IX and Fight for Equality :-

While the 1950s and 60s saw some advancements for women in sports, particularly at the Olympic level, where the United States sought to respond to the powerful, athletic women that the Soviet Union had put forth to compete, it wouldn't be until the passage of Title IX of the Education Act in 1972 that women were allowed equal opportunity in education and in sport.

While equal access to opportunity in sports is guaranteed under law, the fight for

true equality continues to this day. At the Olympic level, women who performed well were often subject to gender confirmation exams from the 1968 Olympics until the late 90s, when the practice was officially abolished in 1999. Even so, the International Association of Athletics Federations required mandatory tests for high testosterone for female athletes in 2011, while no equivalent testing has been demanded for male athletes. Pay inequity in sports for female athletes has also been a point of contention in recent years. Despite barriers, women have fought and continue to fight to be seen as equal in their athletic capabilities.

Modern Sportswoman - Maya Wei-Haas and Jackie Mansky :-

During the 2016 Summer Olympics in Rio de Janeiro, more women than ever before ran, jumped, swam, shot, flipped, hit and pedalled their way to glory. Of the more than 11,000 athletes who came to compete in Rio, 45 percent were women. Many of them Serena Williams, Simone Biles and Katie Ledecky to name a few have become household names.

In the words of the founder of the Olympic movement, French aristocrat Baron Pierre de Coubertin, the Games were created for “the solemn and periodic exaltation of male athleticism” with “female applause as reward.” That women shouldn’t compete in the Games was self-explanatory, said Coubertin: “as no women participated in the Ancient Games, there obviously was to be no place for them in the modern ones.”

Weakness of Sports Women :-

The ideal Victorian woman was gentle, passive and frail, at least in part, inspired by bodies riddled with tuberculosis. These pale, wasting bodies became linked with feminine beauty. Exercise and sport worked in opposition to this ideal by causing muscles to grow and skin to tan

To stop off these concerns, female anatomy and reproduction baffled scientists of the day. A woman’s ovaries and uterus were believed to control her mental and physical health. Women were also thought to hold only a finite amount of vital energy.

Of particular concern at the time was energy expenditure during menstruation. During the late 1800s, many experts cautioned against participating in any physical activity while bleeding. The “rest cure” was a common prescription, in which

women surfed out the crimson wave from the confines of their beds an unrealistic expectation for all but the most wealthy.

It was upper-class women, however, who helped push for women’s inclusion in Olympic competition, says Paula Welch, a sports history professor at the University of Florida. By participating in sports like tennis and golf at country clubs, they made these activities socially acceptable. And just four years after the launch of the modern Olympics, 22 women competed alongside men in sailing, croquet and equestrian competitions, and in the two women-only designated events, tennis and lawn golf. While the competition was small, women had officially joined the competition.

Working-class women, meanwhile, pursued other means of getting exercise. Long-distance walking competitions, called Pedestrianism, were all the rage. The great bicycle fad of the 1890s showed women that they not only could be physically active, but also allowed them greater mobility, explains Schultz. During this time, some medical researchers began to question the accepted ideas of what women were capable of.

Women in Olympics :-

Born in 1884 in Nantes, France, Alice Milliat believed women could achieve greater equality through sport. In 1921, frustrated by the lack of opportunities for women in the Olympics, she founded Fédération Sportive Féminine Internationale. The organization would launch the first Women’s Olympic Games, held in Paris in 1922. At these games, women competed in physically strenuous events like the 1000-meter race and shot put.

Alice Milliat :-

Milliat’s success bred contemptment from the athletic establishment, namely the International Olympic Committee (IOC) and the International Association of Athletic Federations (IAAF), who chafed at the independence under which these women flourished. In 1926, an agreement was struck such that the FSFI would agree to follow IAAF rules and drop its catchy name. In turn, the IOC added track-and-field events to the Amsterdam Games.

The 800-meter race, the longest distance women were given to run would become a flashpoint that would resonate for decades. After the Olympic event, the female competitors appeared, sweaty and out of breath. Even though the men didn’t look any

better after their race, spectators were aghast. The distance was perceived as too much for the women.

1928 - Amsterdam Summer Olympics :-

The pushback came in part from physical educators, who were trained medical doctors yet believed that women could not handle undue physical strain. "When women were participating they generally didn't train," says Welch. "So when they did something that involved some endurance after they ran 200 or 300 yards they were rapidly breathing." That spurred the idea that around 200 yards was the farthest distance a woman should run.

By 1920, despite these doubts, 22 percent of colleges and universities in the United States offered women's athletic programs. But physical educators so deeply objected to women's competitive sports that they successfully fought in the '30s to replace competition at the collegiate level with game days and exercise classes. The mainstay Victorian belief that vigorous exercise was detrimental to childbearing echoed on.

Sports Women's way to Equality :-

There were exceptions to the mainstream narrative. Women who swam, for instance, made early inroads. As no one could see them sweat, the sport didn't look as strenuous. This likely was what allowed aquatics events for women to be introduced in the 1912 Olympic Games. But women had to work around gender norms of the day to train, Welch points out. As beaches required women wear stockings, members of the Women's Swimming Association would swim out to the jetties, where they'd take their stockings off and tie them to the rocks. At the end of their practice, the swimmers would return to the rocks, untie and put their stockings back on so they looked "presentable" when they resurfaced at shore. Gertrude Ederle trained at the Women's Swimming Association (WSA). Referred to by the press as the "Queen of the Waves" she became the first woman to swim across the English Channel.

Shaking assumptions about what women were physically capable of took many forms in the early years of the Olympics. The swagger of early women athletes like Mildred "Babe" Didrikson Zaharias and Stanisława Walasiewicz "Stella Walsh" served as inspiration for others; both came away with gold hardware at the 1932 Los Angeles Olympics. But it was after the war, when the

Soviet Union entered international sporting competitions, that the dogged, pervasive stereotypes of the Victorian era were finally forced out in the open. At the 1952 Helsinki Games, all Soviet athletes men and women arrived ready and trained to win. As the post-war Soviet Chairman of the Committee on Physical Culture and Sport, Nikolai Romanov, put it in his memories,

Researchers during this time also began dispelling the widespread fears of combining exercise with menstruation. Long considered dirty or incapacitating in some cultures, menstruation has "historically been the focus of myth and misinformation," according to a 2012 article on mood and menstruation. "It became justification for restricting women's participation in everything from sport to education to politics." In 1964, researchers surveyed Olympic athletes competing in Tokyo and determined that competition had few detrimental effects on menstruation and pregnancy. Surprisingly, athletes who bore children prior to competing reported that they "became stronger, had even greater stamina, and were more balanced in every way after having a child"—a notion echoed by multiple later studies.

The passage of Title IX of the Education Act of 1972 opened up opportunities for women athletes and the researchers who studied them. The historic legislation required that women be given equal opportunity in education and sport, marking the most significant turning point in the history of women's athletics. Before this mandate, there were fewer than 30,000 collegiate women athletes in the United States. But over the next four decades, that number would increase to 190,000 by 2012, according to a White House press statement. Title IX is a national, not international, initiative. Yet, as Sutton points out, the influence of the United States on the world has had a global impact on girls in sport.

Sports Women's Trouble with Gender :-

On the world stage, women have gone from being banned from competition to performing feats that appear superhuman. But with these triumphs came pushback. Women who performed "too well" were viewed with suspicion, and often forced to submit to gender tests, an indignity never asked of their male counterparts. Since the early 20th century, the IOC and IAAF had

focused an inordinate amount of resources on trying to discover men posing as women in competition. But they found no imposters, only identifying intersex women who demonstrated that gender is not as binary as many believed at the time.

Heinrich “Dora” Ratjen :-

One of the biggest gender scandals was the case of Heinrich “Dora” Ratjen, who placed fourth in the 1936 Olympics high jump competition. At birth, Ratjen was classified by doctors as female, likely confused by unusual scar tissue on his genitalia, later documented on medical examination. So Ratjen was raised as a girl, but long harbored suspicions that he was male. It wasn't until 1938, when a police officer stopped him on a train for appearing to be a man in women's clothing that Ratjen was forced to reckon with his gender identity.

In the two years leading up to the 1968 Olympics, officials began gender testing elite female athletes on a trial basis through demeaning genital checks later called the “nude parade.” To quell the rising tide of complaints about these humiliating tests, the IOC adopted chromosomal testing for women competitors in the 1968 Games. But the chromosome tests were far from reliable. according to a 1992 *New York Times* article, “The test is so sensitive that male cells in the air can mistakenly indicate that a woman is a man”. And what the test results meant remained unclear.

Amid complaints from both athletes and the medical community, the IOC resolved to end Olympic gender verification in 1996, abolishing the practice by 1999. But suspicions of gender cheating were aroused again when runner Caster Semenya dominated the 800-meter race in the 2009 African Junior Championships, leading Olympic authorities to require her to submit to sex testing after that year's World Athletics Championship.

Caster Semenya - 2012 London Olympics :-

This led the IAAF to implement mandatory tests for hyperandrogenism, or high testosterone in 2011. Women that test positive have two options, Schultz says, they can either drop out of the sport or undergo surgical or hormonal intervention to lower their testosterone levels. But it still remained unclear if naturally high testosterone levels truly give women an extra boost.

Men are not subjected to any of these tests their whole range of genetic and biologic variation are deemed acceptable, Schultz adds. “We don't say that it's an unfair advantage if your body produces more red blood cells than the average male,” she says. “But we test for testosterone in women.” Beyond the physiological aspects of gender testing is a broader social problem. “They say they don't sex test anymore, but that's just semantics,” says Schultz. “It's still a sex test, they're just using hormones instead of chromosomes to test for sex.”

The Modern Sports Woman :-

Medical researchers have realized that women are more prone to specific injuries, Sutton explains, such as tears in the anterior cruciate ligament (ACL) a result of anatomy. Though women can't change their bone structure, they can change the muscles supporting it. “Strength and conditioning coaches weren't seen as instrumental as they are now; now they're just as key as your nutritionist, your athletic trainer,” she says.

Despite these advances, today's athletes still must contend with some lingering Victorian-age logic. Just this week, Chinese swimmer Fu Yuanhui, clearly in pain, mentioned in a post-race interview that she was on her period. Many applauded her for freely speaking about menstruation in public. But the fact that this made headlines at all emphasizes the stigmas that still surround periods.

Still, unlike in 1896, women are an integral part of the Olympic narrative today and the women in this narrative are more diverse and inclusive than ever before. In an Olympic first, in 2012, every country sent at least one woman competitor to the London Games. Though many countries have yet to move past token representation, there is a long road ahead.

Summery/Conclusion :-

In ancient times, women were prohibited from participating in sports, but now they are allowed to participate in sports like wrestling, running races. While women's participation in sport increased during the Victorian period, there were many barriers to their participation in the first half of the 20th century, but in the second half of the 20th century, some laws were passed in favor of women in sport. Therefore, the participation of women in sports increased. Recently women are coming forward in almost all sports. In many countries of the world, sports

are given special importance. They have been given special preference in employment. Therefore, the participation of women in sports is increasing rapidly.

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Different Types of Doping Drugs in Sports

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Abstract:-

'Doping' is the word used in sports when athletes use prohibited substances to improve their sporting performance.

Introduction:-

The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall impact of sport. Drug misuse can be harmful to an athlete's health or to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance.

To achieve integrity and fairness in sport, a commitment from athletes is critical, but the fans watching their favourite athletes competing also need to demand that athletes succeed.

The use of banned performance-enhancing drugs in sports is commonly referred to as **doping**

Doping is the intake of drugs i.e. chemical substances and adopting of methods which enhance the performance of sports persons

To avoid fatigue and to enable the body to reach the utmost limits, the sports persons can use analgesics, cardio-respiratory analeptics, central nervous system stimulants several of which are strong anti-depressants and stimulants. In sports where body feature or size, whether tall or short are important such as in body building, shape of the body can be modified by hormonal manipulation. Various drugs are used to fight stress, facilitate sleep, and maintain good physical features, such as benzodiazepine derivatives and amphetamine derivatives, alcohol or beta-blockers. Methods of doping include blood doping; pharmacological, chemical or physical manipulation, manipulation such as drinking

lot of water or taking probenecid before the tests to dilute the effect of the banned substance.

Different Types of Doping Drugs

Narcotics:-

Narcotics are a type of drug that is used as doping in sports. They are injected into a human's bloodstream, or muscles, or under the skin. Narcotics can also be swallowed. Illegal, except when prescribed by a licensed professional. What Narcotics do to a body is they reduce, eliminate, and hide pain. Examples of narcotics are morphine and methadone. Narcotics decrease heart rate, cause nausea, and vomiting. They are a combination compound (ASA [Aspirin] and oxycodone or codeine) are used for moderate inflammation also. Narcotics can be taken by injected with needles. This drug is used in sports where an athlete does not have a lot of recovery time in between games. Sports like football, Taekwondo and hockey are good examples whose athletes commonly use narcotics.

Steroids:-

The well-known doping drug out there is called anabolic-androgenic steroid. Steroids are a group of powerful compounds that are related chemically to testosterone. Testosterone is the male sex hormone. The original purpose of steroids was to help with different diseases. It was developed in the 1930's. What steroids do to an individual's body is help create more hormones in the body. They can be very useful to people that cannot naturally develop enough hormones for their body. Steroids reduce swelling, pain, and other symptoms of inflammation. The sex hormones for the male are a natural steroid with anabolic effects that can be used

medically to build up muscle mass.

Blood Doping:-

Blood doping is a very high intense type of doping. The reason for blood doping is to increase your red blood cell mass and thereby delivering more oxygen to muscle. The procedure in blood doping begins with between one to four units of a person's blood being taken from them. The red blood cells are then separated and stored in a cold area. The blood is then reinfused back into the body about two weeks before the athlete's high endurance event.

Creatine

Creatine is a lighter form of doping in sports today. It is not as extreme as some of the other doping drugs. Most of creatine out there is not illegal. Creatine is a compound that is made in our bodies. It can be taken as a dietary supplement. This supplement does many things to your body including: provides additional energy for your muscles, volumization of your muscles, Buffer lactic acid build-up, and enhances protein synthesis. It can be consumed by powder, gum, tablets, or liquid. A good sport to take creatine in is explosive sports such as football, and baseball. It is not good to take creatine in a long distance sport. It is not because it can dehydrate you very easily.

Positive Effects Of Doping:-

The purpose of taking doping drugs is to increase an athlete's performance in her or his sport. There are a number of benefits as a result of taking doping drugs.

This is why there is a high demand for these drugs in the sporting world today.

Here is a list of the benefits athletes can receive if he or she decide to dope in sports. Underneath the benefit is the doping drug that is used to help the athlete. An athlete's endurance is much better and will last much longer.

1. Blood doping
2. Anabolic-androgenic steroid
3. An athlete can become much quicker and faster.
4. Steroids
5. An athlete can become much stronger and much more explosive
6. Creatine
7. Anabolic-androgenic steroid
8. An athlete's recovery time can be much quicker and more effective.
9. Narcotics

Negative Effects Of Doping:-

Taking doping drugs can have terrible effects on your body. The well known doping drug, steroids, has a number of negative effects on the body. Steroids interrupt the normal development of hormones throughout your body. When this happens your body experiences changes that can not be irreversible. Changes such as sperm production, baldness, breast development in men, breast reduction for women and voice deepens for women. The negative effects on a person's Cardiovascular System is it increases LDL, and decreases HDL. The risk of high blood pressure is higher. Also the risk of heart attacks is very high. If a person takes a large amount of steroids it increases irritability and aggression. The doping drug, blood doping, causes much stress on the heart. The reason for this is that your red blood count increases which causes the blood in your blood stream to thicken.

The human heart is not used to pumping such thick blood. Which leads to different kinds of heart diseases. Because this method of doping is taken in by needles (usually shared needles) the person has the risk of AIDS. Narcotics are as a street drug. Because this drug is as a street drug, many people share needles. This gives the risk of passing different diseases from one person to another. Overdosing of Narcotics can cause death. Withdrawal effects include limited vision, reduced sex drive, menstrual, chronic constipation, mood swings, and muscle twitches.

Suggestions:-

The doping drug creatine is a fairly new product. The long term effects have not been able to be tested yet. The known effects of creatine is that it can cause cramping, diarrhea, increase duration, and dehydration. If you over dose and take a large amount of creatine the same effects of drinking sea water. This is caused because if creatine sits in your system it can draw water from the body, which causes the intestine to contract.

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Nutrition in Sports

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Introduction:

Sports are the part of human life. Every nation in the world is on the race for achievements in sports. So that, how peoples activate their ward for the sports. Every and each nation wants to first number in sports. So they provide many facilities and employment for their professionals to encourage them. To improve the performances in sports, players are working hard work on exercise and practice schedule, .but they forgot about nutrition to achieve the goal. For achieving goal, they need to focus on their nutrition. Proper nutrition improves their strength, stamina and immunity. Nutrition means getting the food and nourishment that you need for health and growth. For this reason only we miss developmental milestones and cannot put our bodies through the daily mental and physical tasks that it is a pivotal need. The nutrition can take as our working capacity or our game nutrition are changes as per work or game hard worker needs more calories some games like wrestling football hockey also needs more calories. If they doesn't take colleries in their nutrition they cannot be perform well. An ideal diet comprises 45% to 65% carbohydrates, 10% to 30% protein and 25% to 35% fat. Fluids are very important for maintaining hydration and should be consumed before, during and after athletic events to prevent dehydration. Timing of food consumption is important to optimize performance. So Nutrition In Sports is essential and then they got these thing they achieve easily their goal. Methodology: In view of the above information, a systematic literature review was carred out to study the previous research in the concert domain i.e. Nutrition In Sports. The review was carried out by applying the principles of deductive reasoning and only the literature published in reputed journals was only used for same the background considered the aspects like the research question posed, theoretical background, methodology finding the research gap were identified and the reviewed literature was used for synthesizing and gaining a new perspective of the issues concerning Nutrition In Sports the discussion of the literature review is presented as follows. Discussion: Nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy. Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity. You are more likely to be tired and perform poorly during sports when you do not get enough: Calories Carbohydrates Fluids Iron, vitamins, and other minerals, Protein Recommendations: The ideal diet for an athlete is not very different from the diet recommended for any healthy person. However, the amount of each food group you need will depend on: The type of sport, The amount of training you do The amount of time you spend doing the activity or exercise People tend to overestimate the amount of calories they burn per workout so it is important to avoid taking in more energy than you expend exercising. To help you perform better, avoid exercising on an empty stomach. Everyone is different, so you will need to learn: How long before exercising is best for you to eat, How much food is the right amount for you

Carbohydrates

Carbohydrates are needed to provide energy during exercise. Carbohydrates are stored mostly in the muscles and liver.

Complex carbohydrates are found in foods such as pasta, bagels, whole grain breads, and rice. They provide energy, fiber,

vitamins, and minerals. These foods are low in fat.

Simple sugars, such as soft drinks, jams and jellies, and candy provide a lot of calories, but they do not provide vitamins, minerals, and other nutrients.

What matters most is the total amount of carbohydrates you eat each day. A little more

than half of your calories should come from carbohydrates.

You need to eat carbohydrates before you exercise if you will be exercising for more than 1 hour. You might have a glass of fruit juice, a cup (245 grams) of yogurt, or an English muffin with jelly. Limit the amount of fat you consume in the hour before an athletic event.

You also need carbohydrates during exercise if you will be doing more than an hour of intense aerobic exercise.

Protein

Protein is important for muscle growth and to repair body tissues. Protein can also be used by the body for energy, but only after carbohydrate stores have been used up.

But it is also a myth that a high-protein diet will promote muscle growth. Only strength training and exercise will change muscle

Athletes, even body builders, need only a little bit of extra protein to support muscle growth. Athletes can easily meet this increased need by eating more total calories (eating more food).

Most Americans already eat almost twice as much protein as they need for muscle development. Too much protein in the diet:

Will be stored as increased body fat

Can increase the chance for dehydration

Can lead to loss of calcium

Can put an added burden on the kidneys

Often, people who focus on eating extra protein may not get enough carbohydrates, which are the most important source of energy during exercise.

Amino acid supplements and eating a lot of protein are not recommended.

Water And Other Fluids

Water is the most important, yet overlooked, nutrient for athletes. Water and fluids are essential to keep the body hydrated and at the right temperature. Your body can lose several liters of sweat in an hour of vigorous exercise.

Clear urine is a good sign that you have fully rehydrated. Some ideas for keeping enough fluids in the body include:

Make sure you drink plenty of fluids with every meal, whether or not you will be exercising.

Drink about 16 ounces (2 cups) or 480 milliliters of water 2 hours before a workout. It is important to start exercising with enough water in your body.

Continue to sip water during and after you exercise, about 1/2 to 1 cup (120 to 240

milliliters) of fluid every 15 to 20 minutes. Water is best for the first hour. Switching to an energy drink after the first hour will help you get enough electrolytes.

Drink even when you no longer feel thirsty.

Pouring water over your head might feel good, but it will not get fluids into your body.

Achieving Desired Weights For Competitive Purposes

Changing your body weight to improve performance must be done safely, or it may do more harm than good. Keeping your body weight too low, losing weight too quickly, or preventing weight gain in an unnatural way can have negative health effects. It is important to set realistic body weight goals.

Young athletes who are trying to lose weight should work with a registered dietitian. Experimenting with diets on your own can lead to poor eating habits with inadequate or excessive intake of certain nutrients.

Speak with a health care professional to discuss a diet that is right for your sport, age, sex, and amount of training.

Definition

Sports nutrition is the practice of maintaining optimum nutrition and diet to support individual athletes in achieving peak performance in physical activity, either recreational exercise or participation in competitive sports.

Purpose

The purpose of sports nutrition is to support the skills, power, strength, speed, and endurance of athletes. These attributes require physical training and the correct nutrition, including the selection of appropriate types and quality of foods essential to the success of training effects. Individuals who engage in any type of physical activity, from a personal workout to improving general fitness or preparing for a major professional sporting event, can benefit from understanding the role of good nutrition in athletic performance.

Nutritional supplement

A substance, such as a vitamin, mineral, amino acid, or herb, taken to compensate for the lack of some essential nutrient in one's daily diet.

Protein

A complex organic compound that can be used as a source of energy for the body but that is primarily used for the construction of cells and tissues, for the production of enzymes in the body and for other functions.

The specific nutritional recommendations for an individual athlete depend on a number of factors, including the individual's gender, age, overall health status, exercise level, skill level, and level of commitment to exercise or sport. Although anyone who follows general guidelines for a healthy everyday diet will likely be nutritionally fit for almost any type of exercise or sporting activity, most athletes benefit from consulting a coach, trainer, nutritionist, sports physician, dietitian, or other expert about nutrition and dietary requirements before, during, and after a specific physical activity. Many experts believe that the ideal dietary program for an athlete should supply similar nutrients as that of the average person, but with the ability to meet the higher energy requirements demanded by athletic activity. The American Dietetic Association (ADA) has listed a number of benefits associated with proper nutritional practices, including the following:

Enabling an individual to train for longer periods of time at higher intensity
Delaying the onset of fatigue
Promoting recovery from physical exertion
Helping the body adapt to a particular type of exercise or sports activity
Improving one's overall health and body strength
Enhancing an individual's coordination
Helping to maintain a healthy immune system
Reducing the chance of injury
Reducing the risk of developing troublesome symptoms during or after exercise, including muscle cramps, abdominal pain, and irregular heartbeat
Diet and nutritional concerns
The nutritional recommendations for exercise and sports typically fall into three general categories: pre exercise nutrition; during-exercise nutrition; and post exercise nutrition. Nutritionists often suggest carbohydrates as the primary component of pre-exercise meals, with relatively smaller amounts of protein and fat. Carbohydrates provide the energy stores needed for any exercise or sporting event. A diet recommended by the American Dietetic Association, for example, calls for items such as whole fruit, oatmeal, peanut butter, honey, lean hamburger, yogurt, turkey, and cheese three to four hours before exercise and a sports drink and additional fruit up to a half hour before the exercise. Nutrition during exercise according to the ADA should consist primarily of the carbohydrates and electrolytes needed to replace those lost through sweating during

the exercise. Sports drinks provide balanced electrolytes in a carbohydrate-rich juice; coconut water provides the same electrolytes without added sugars. Both are quick to enhance energy levels. Small amounts of fruit, jams, honey, and whole-grain bread can also be consumed during exercise.

The goal of post-exercise nutrition is to replace nutrients lost during exercise. Recovery nutrition should begin soon, as early as 15 minutes and no later than one hour, after completion of the exercise. Again, foods that provide quick carbohydrates are preferable as a first meal, including sports drinks, smoothies, fruits, and whole-grain bread or crackers. A main meal should include a high-quality source of protein such as turkey; tofu; eggs, lean steak; fresh, lightly cooked vegetables, especially dark leafy greens (e.g., kale, collards, spinach, chard); and carbohydrates such as brown rice or whole-grain pasta.

Sports nutrition is the foundation for any type of player. It is a well designed nutrition plan that allows active adults and athletes to perform at their best. Sports nutrition and energy intake has been established as the cornerstone of the athlete's diet. Nutrition in field of sports is a topic of constant change and has grown as dynamic field of the clinical study. Research continues to advise improved nutritional guidelines and support for both adults and competitive athletes. Eating for goals is what sports nutrition is all about. Different nutrient have been explored for their potential to optimize athletic performance, especially when engaged in high intensity sports which involves repetitive activity. Therefore a competent sports nutritionist must have adequate command over nutrition, including the biochemistry of the nutrients and the way they are metabolized during intensive physical activity, exercise physiology and how an athlete's body differs from others in terms of functional performance, resting metabolism as well as psychological aspects of sports. Sports performance is directly related to the awareness about the nutrition. Many factors can impact the performance of a sports person during competition which may be related to different domains. The most commonly encountered nutrition related problem among the sports person is their failure to consume sufficient total of food energy.

Athletic performance : A balanced nutrition plan should include sufficient calories and healthy macronutrients to optimize athletic performance. Carbohydrates or fats can be used as main energy source depending on intensity and duration of exercise. Inadequate calorie intake can impede athletic training and performance. A normal healthy diet can take care of normal exercising regimen. Intense training will require significantly more nutrients to support energy demands. Endurance : It includes moderate to high intensity exercise. High requirement of carbohydrates for high energy is needed. Fat is secondary source. Endurance athletes are more at risk of dehydration , thereby increasing the demand of fluids and electrolytes. Strength : Resistance training programs are designed to gradually build the strength of skeletal muscles. Since it is a high intensity work, it requires sufficient amount of all macronutrients for muscle development. Protein intake is also vital to increase and maintain lean body mass. Competition : Athletic goals will determine the best sports nutrition strategy. Pre and post workout meal planning are unique for each athlete and essential for optimal performance. Adequate hydration and electrolytes are required for athletic health and athletic performance. Rehydration with water and sports drinks containing sodium are often consumed depending on athlete and sporting event. Supplements in sports nutrition: Sports supplements and foods are unregulated products marketed to enhance athletic performance. The Australian institute of sport has provided a general guide ranking sports performance supplements and foods according to significance of scientific evidence: Sports foods like sports drinks, Bars, and gels, electrolyte supplements, protein supplements, and liquid meal supplements. Medical supplements like iron, calcium, vitamin D, multivitamin/multimineral, and omega 3 fatty acids. Performance supplements like creatinine , caffeine, sodium bicarbonate, beta alanine and nitrate.

Conclusion:

Sports nutrition is important and vital issue of constant change and has grown as a dynamic field in the clinical study. Sports nutrition plays a key role in the success of any types of the player. Particular nutrition and the dietary approaches are more helpful

in good performance of an athlete and should vary in accordance to the type and the intensity of training, type of sports event, environmental factors, eating habits and other specific requirements. As far as nutrition is concern proper mechanism of diet through the process of understanding nutrition become a milestone in sports and will be honored by country.

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Sports Management Environment: Trends And Development

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Abstract

Sports management is a multidisciplinary field that uses advertising, law, finance and business. A particular university degree helps students build basic skills in business organization, finance, money, law, brain research and presentation – all considering the playing field. With the indisputable abundance of sports achievements on this planet and the use of sports science and innovation, sports clubs pay more attention to human assets, play and business leaders. In recent times, the better game results achieved in various games have generally changed the decision-making ability and the nature of the game and set new requirements as a fundamental starting point to solve the current problem. The beginning, improvement and rapid changes in sports innovation and business management of today's sports federations are undoubtedly the most important motives on the planet today to change sports and business activity and theory and human revolutions up to anyone and ingenuity and thinking. imagination, which is the most important of the creations and qualities of progress.

Introduction

The management of sports associations provides sports promotion, organizes general physical exercises, finds out all applicable goods, cycles and skills, exercises the organization of personnel, coordinates games and business ability, gives correspondence and coordinates, reports the fulfillment of the most proper layouts, cycles and controllers eliminate catastrophic collision. Managers and sports promotion are probably the most important and also the most unpredictable exercises to make the game and business skill more rational, practical and expert. Introducing organizations in the game these days is not only about exchange, information and guarantees, but they also offer many different types of help. In management, performance, sport and in general, the essential variables for progress and victory are to have and control information in order, distinguish and respond to climate change, use new innovative turns, promote old and secure new information. The competence and unstructured experience of the sports committee as skilled managers of individual competitors, teams and clubs was born in the presence of the main athletics club. The existence of effective, logical sports information by the government is related to

the development of the professionalism of the game and the adaptation to the laws of the market economy, and the increase of the science of managers, first in the field of advantage, the business of the company, and then the distribution. useless to the public and private sectors. Game managers complete these skills in a variety of authoritative settings, such as: school sports; elite athletics; entry-level sports, including the Olympics, sports performance and performance efforts; sports correspondence and news media companies; corporate sponsorship and sales promotion; outdoor equipment companies; fields, arena and city centers; among many others. As noted by Parkhouse (2005), the most recent study on the economic impact of gambling highlights an annual economy of \$213 billion, making it the sixth largest industry in the United States. In addition to conventional games, the gaming industry now has new opportunities, activities and outrageous games (skating, boogie boarding, ice climbing, snow skiing and so on) and new elite athletics, especially for women. The growth in the number and variety of sports coverage, sports-related websites and renewed broad communication presentations,

and the openness of games and practices, increases the demand for exceptionally talented people in sports communication/media. Consequently, the development of the number and choice of game agencies, the growth of sports, tourism and experiential tourism, the rapid progress of the globalization of sports and the organization of the workforce and products of the game industry to different market areas continued. the development of the gambling business. These advances ensure that the gambling business remains among the largest and most selective businesses in the country, thus supporting career transitions in the future. The game is used by many people all over the planet, played or watched by the majority of the entire population, and has grown from a beginner to a huge industry at the world or expert level. The development and professionalism of the game has led to changes in the use, creation and management of games and associations at all levels of the game. Emerging economies such as Brazil, which hosted the 201 FIFA World Cup and the 2016 Olympics, increasingly view the Games as a means of boosting interest in the framework, promoting their country to the world for exchange, tourism and trade. and to encourage public pride among residents. Training of sports associations in the early 21st century involves the use of methods and systems found in most commercial, governmental and non-profit organizations today. Gaming executives participate in necessary arrangements, oversee huge numbers of paid and voluntary staff, manage billions of dollars in broadcasting contracts, deal with state-sponsored high-end competitors who sometimes earn many times their regular salary, and work exceptionally in-house. Connected to global organizations of global gaming leagues, public gaming associations, government bodies, media companies, supporters and local associations. Students who are engaged in the profession of game manager must understand the rare highlights of the game and its unified projects, the operational atmosphere of sports clubs and game associations operating in the human, charitable and professional spheres. gaming industry. The rest of the episode is dedicated to discussing those priorities and has exceptional board parts.

Management In Sport

Administrators need to administer the uncommon abilities and information. Oversee, lead, organize, choose - it should know. The board, notwithstanding science, it is likewise craftsmanship. The accomplishment of any association, as business frameworks, and public areas, culture, sports, workmanship, relies upon the abilities of directors. Craft of making, administering, overseeing, putting together, determining, arranging, planning, can be viewed as a sort of craftsmanship. The executives is, accepted, the Sciences and Arts. Science and craftsmanship are integral, as they work in collaboration, not rejected. No workmanship by science, or science with creation, the portion of craftsmanship. Human asset the executives in sport is another hypothetical, logical and down to earth approach, which from one perspective, alludes to the administration of competitors by mentors, group of specialists and sports researchers, then again, the proficient and viable administration of the whole game association by control in sport, sports directors, promoting supervisors and sports volunteers. The board of sports includes the investigation of confused and demonstrated information on how a games association accomplishes its objectives, acquiring, dispersing and the utilization of restricted human, material, data and monetary wellsprings of its prosperity. Sports Management as the craftsmanship and specialty experimental, unstructured experience of gifted chiefs of individual competitors, groups and clubs arose with the presence of the primary elite athletics association. The presence of a methodical, logical organized information on sports the board is associated with the development of professionalization of game and its principles assurance - administration market economy, and the rise of the executives science, first in the benefit area, corporate business, and afterward, and it's spreading to the area of non-benefit public and private area. Start sports the executives as a logical field related with the 1980s for quite a long time (Bittel, 1988). This was gone before by the improvement of examination in the field of business the executives abilities driven by new data innovation. During the 1960s and 1970s age framework dependent on PC models created regarding the elements of preparation and control, ruled the writing on administration. The most effective method to

broaden the organization of "mechanical based economy" to "administration based economy, the board strategies have happened to developing ward on the complex/unobtrusive types of information preparing and transmission of data. During the 1980s years, the board scholars have grown new models of vital arranging and dynamic with the developing accentuation on business and the utilization of showcasing procedures. With this improvement is identified with the time of building up the scholarly control of sports the board. Albeit the games the executives programs arose in the last part of the 1960s and mid 1970s, college educational plans have started to incorporate broad projects for the readiness of sports chiefs just since the 1980s years. Advancement of the North American Society for Sport Management (NASSM) and the establishing of the Journal of Sport Management in 1986 were extra markers that the games the executives treated appropriately in the scholastic climate.

Sports Management Environment

Globalization has been a significant power in driving change in the manners in which game is created and burned-through. The improved incorporation of the world's economies has empowered correspondence to happen among makers and customers at more noteworthy speed and assortment, and game has been one area to receive the rewards. Customers of first class sport occasions and rivalries like the Olympic Games, World Cups for rugby, cricket and football, English Premier League Football, the National Basketball Association (NBA), and Grand Slam competitions for tennis and golf appreciate uncommon access through standard and online media. Beside really going to the occasions live at an arena or scene, fans can see these occasions through allowed to-air and pay or satellite TV; hear them out on radio and the web; read about game examinations, their #1 players and groups through papers and magazines in both print and computerized releases; get progress scores, editorial or vision on their cell phones or tablets through sites or web-based media stages like Twitter; and pursue exceptional arrangements and data through online memberships utilizing their email address or favored web-based media stage. The worldwide game commercial center has gotten extremely swarmed and sport directors trying to cut out a specialty need to

comprehend the worldwide climate in which they should work. Hence, one of the subjects of this book is the effect of globalization on the manners in which game is created, burned-through and oversaw. Most public governments see sport as a vehicle for patriotism, monetary turn of events, or social turn of events. In that capacity, they think of it as their part to sanction arrangements and enactment to help, control or manage the exercises of game associations. Most public governments support world class preparing establishments to help with creating competitors for public and global contest, give financing to public donning associations to convey superior and local area level projects, support sport associations to offer for significant occasions, and work with the structure of major arenas. As a trade-off for this help, governments can impact sports to enlist more mass members, offer types of assistance to discrete areas of the local area, or have sports order approaches on liquor and medication use, betting, and general wellbeing advancement messages. Governments likewise control the exercises of game associations through enactment or authorizing in regions like mechanical relations, against segregation, tax assessment and corporate administration. A further subject in the book is the effect that administration strategy, subsidizing and guideline can have in transit sport is delivered, burned-through and oversaw.

Conclusion

It is vital satisfactory (preparing) of workers in sport (sports organization) to stay up with the improvement of data advancements and how to maximize the advancement that we permit new advances. With the approach and advancement of data innovation in our nation at home and abroad are progressively the inquiry is ability sports organization (sports the executives) to sufficiently and appropriately do their positions and how to save time and assets of their association. The vast majority of the games association tolerating the advancement of new innovation learning, create and embrace new strategies (data and correspondence innovation) that will assist them with improving their items and benefits and carry them nearer to their clients. To accomplish the greatest in the game, it is important to make, change, put together, and constantly to execute anongoing and last readiness of first class competitors, and alongside that,

work on finding the most appropriate authoritative structures, strategies and substance of work in planning elite athletes for the most elevated level delegate brandishing accomplishments. Contemporary expressions association in the present powerful climate described by continuous changes and numerous contenders can not make due without the executives.

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Yoga And Meditation: Mental And Physical Health

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Abstract

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. The art work of education yoga allows in controlling an individual's mind, body and soul. It brings together physical and highbrow disciplines to collect a peaceful body and mind; it allows control pressure and anxiety and continues you relaxing. It moreover allows in developing flexibility, muscle power and body tone. It improves breathing and vitality. 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.

Keywords: Yoga, physical, yogic practices, meditation

Introduction

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 will growth the cappotential of the spine, improves body's physical scenario and heightened reputation to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinatng movement with the breath, pausing motionless in each characteristic and continuously with entire concentration. Yoga teaches you to awareness on breathing whilst you maintain the poses. This hobby to breath is calming it dissolves stress and tension. Yoga can help remedy insomnia, as ordinary yoga workout effects in better and deeper sleep. Yoga can help fight fatigue and maintain your power at a few level withinside the day. Yoga is an effective treatment for an entire lot of autoimmune ailments because of the reality it may reduce the symptoms and symptoms the ones ailments often cause, together with stiffness, malaise, fatigue, and weakness. Even

children can benefit from yoga. Those with hobby deficit disease and hyperactivity can learn how to lighten up and get manipulate with the useful resource of the use of the use of yoga breathing and yoga asanas. Yoga has been used to help heal patients of torture or exclusive trauma. Because yoga is a form of meditation, it effects in a experience of inner peace and reason, which has far-attaining health benefits.

Yoga is becoming mainstream on the planet. For the anxious psyche it gives comfort. For the wiped out, it is a shelter. For the average person it is the design of the day to keep him fit and lovely. Some utilization it for creating memory, knowledge and imagination. With its multifold benefits it is turning into a piece of schooling. Experts use it to unfurl further layers of cognizance in their move towards flawlessness. In light of its objective premise, the advanced clinical framework has supplanted practically every one of the conventional frameworks of medication in various pieces of the globe. It has substantiated itself best in saving man from the deadly hands of infectious and irresistible sicknesses. Be that as it may, new far

reaching psychosomatic sicknesses and mental issues are representing an incredible test to the advanced clinical framework. It is here that yoga is making an imperative commitment to the cutting edge clinical framework. Broad examination on Yoga treatment in the course of the most recent couple of many years has drawn out the helpfulness of Yoga for managing these illnesses as a compelling aide to clinical administration and furthermore for long haul recovery. Anticipation is superior to fix' Yoga could assume a crucial part in forestalling illnesses. All gyms have begun including yoga as a feature of their timetable and many go just for yoga in these gyms. Advancement of positive wellbeing is being supported by numerous World Health Organization prefer not to be the survivors of current illnesses. Yoga is assuming an essential part in this angle in the new thousand years. Raju et al (1994) have discovered that subjects World Health Organization rehearsed pranayama could accomplish higher work rates with diminished oxygen utilization per unit work and without expansion in blood lactate levels. Madanmohan et al (2004) have shown that following 2 months of Yoga preparing, a given degree of activity prompts a milder cardiovascular reaction, proposing better exercise resilience. These discoveries are steady with discoveries of Ray et al (2001) that Yoga preparing increments solid perseverance, defers beginning of exhaustion and empowers one to perform work at lesser VO₂ max. Yogasanas are actual stances drilled with mindfulness will in general settle the brain.

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". Using attentional mechanisms as the premise for the definition, Shapiro (1982) defines meditation as "a own circle of relatives of techniques, that have in not unusualplace a aware try and cognizance interest in a no analytical manner and an strive now no longer to reside on discursive, ruminating concept." Such physical activities range extensively and might contain sitting nevertheless and counting breaths, getting to a repeated concept, or specializing in really any easy outside or inner stimulus. Carrington (1977) devised her very own kind of "Mantra" meditation that would be utilized

in medical exercise and research. In CSM the selection of the chant is left to the character who chooses one a number of the 16 mantras in Sanskrit that Carrington collected. It is even feasible for the meditator to concoct his/her very own mantra by following a few easy rules.

Mindfulness Meditation

In mindfulness, we have a look at inward, looking our mind with out attachment to them. The exercise is pretty easy. To begin, set your timer or stopwatch for five minutes. Then take a seat down in a cushty position, near your eyes, and cognizance for your breath. Feel the breath coming and going, going and coming, via your nostril. Your breath turns into the automobile to hold you in the direction of peace. Now be aware how without problems you come to be distracted from the texture of your breath. A concept travels via your thoughts. That concept results in some other, and some other. Finally, you recall which you are speculated to be feeling your breath, and you come back. But from in which did you come back? Where does the thoughts go? Experiment once more and this time you sense a stress or ache on your body. You comply with that ache and some other collection of mind results. And once more, you come back to the breath. Each time you come back to the feeling of your very own breath for your nostril you've got got received a touch extra manipulate over your very own thoughts

Mental health and Consciousness

To stay in concord with oneself and the surroundings is the want of each human. However, in cutting-edge instances more emotional needs are continuously positioned upon many regions of lifestyles. The result: increasingly humans be afflicted by body and intellectual anxiety consisting of strain, anxiety, insomnia, and there may be an imbalance in body pastime and right Exercise. This why of strategies and strategies for the attainment and development of fitness, in addition to bodily, intellectual and religious concord, are of brilliant significance, and it's far precisely on this admire that "Yoga in Daily Life" comprehensively gives an useful resource to assist one's self. The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga physical games have a holistic impact and convey frame, thoughts, recognition and soul into balance. In this manner Yoga assists us in dealing with ordinary needs,

troubles and worries. Yoga facilitates to expand a more information of our self, the motive of lifestyles and our dating to God. On the religious path, Yoga leads us to ideally suited expertise and everlasting bliss withinside the union of the person Self with the conventional Self. Yoga is that ideally suited, cosmic principle. It is the mild of lifestyles, the conventional innovative recognition this is constantly unsleeping and in no way sleeps; that constantly turned into, constantly is, and constantly will be. Many hundreds of years in the past in India, Rishis (clever guys and saints) explored nature and the cosmos of their meditations. They observed the legal guidelines of the fabric and religious geographical regions and won a perception into the connections in the universe.

These are reviews and insights a far-achieving and complete gadget referred to as Yoga originated and gave us valuable, realistic commands for the frame, breath, concentration, rest and meditation. 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

Praveena kumar et al. (2011) studied the impact of yogic pranayama and meditation on decided on body and physiological variables. Thirty boys withinside the age organization of 12 to fifteen years had been decided on from Karnataka college branch of yoga, Dharwad. The topics had been divided into businesses particularly manipulate organization and Experimental organization. The Experimental organization changed into given yogic pranayama and meditation for a duration of twelve weeks, each morning and night on opportunity days in a week. The manipulate organization did now no longer take part in yogic pranayama and meditation education programmer. The amassed facts

had been statistically analyzed with the aid of using the use of evaluation of covariance (ANCOVA). The test organization had a substantial development on the chosen bodily and physiological variables besides systolic and diastolic Blood strain than that of manipulate organization.

According to Jon Kabat-Zinn, Director of the Stress Reduction Clinic on the University of Massachusetts Medical Center, one easy manner to bring cognizance into your lifestyles is thru walking meditation. "This brings your interest to the real enjoy of on foot as you're doing it, focusing at the sensations on your ft and legs, feeling your complete frame moving," Dr. Kabat-Zinn explains. "You also can combine cognizance of your respiration with the enjoy." To try this exercise, consciousness the eye on every foot because it contacts the ground. When the thoughts wanders farfar from the ft or legs, or the sensation of the frame on foot, refocus your interest. To deepen your concentration, do not appearance around, however keep your gaze in the front of you. "One element that you find out if you have been practicing mindfulness for some time is that not anything is pretty as easy because it appears," says Dr. Kabat-Zinn. "This is as proper for on foot as it's miles for something else.

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

Aim of the study:

The specific aim of this scholarly qualitative study was to know the significance of yoga and meditation for humans.

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.

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).

Fig-1 Benefits of Yoga



Fig-2 Benefits of Meditation



Results and discussion

Role of meditation and yoga in daily life
Meditation has these days grown in popularity, and as greater humans see the blessings of it, greater coaches, running shoes and athletes are starting to contain it into their schooling plans. Novak Djokovic,

Olympian and expert tennis participant claims he practices 15 mins of conscious meditation a day. Other athletes like Lebron James, Kobe Bryant, and Derek Jeter, to call a few, additionally use meditation.

1. Enhances Focus

Meditation permits us to cognize on the existing moment. There are lots of distractions for an athlete as they carry out; the noise of the crowd, the competition beside them, or maybe beyond mistakes. These distractions could have bad effects on their overall performance and can be the purpose an athlete misses the rostrum or their risk at making an Olympic team. The exercise of meditation teaches athletes to reinforce their cognize on the existing assignment handy and drop all distractions, mainly bad mind that can intrude with their success. Staying targeted on the sport or race is an vital factor for an athlete to succeed.

2. Helps Athletes Cope with Pain

With all the extreme schooling that athletes undergo on a normal basis, it's common for them to be in ache or discomfort. According to a latest examiner, meditation has been established to sharply lessen a person's sensitivity to ache. The examiner measured how members replied to ache earlier than and after attending 4 20-minute meditation schooling classes over the path of 4 days. The consequences confirmed that members rated ache 57% much less ugly and 40% much less intense, on average, once they went via the meditation schooling. These findings display that meditation can assist athletes deal with ache, which could assist them push via the ones difficult moments of schooling while it hurts the most.

3. Improves Sleep Patterns

Another gain that meditation has on athletes is that it improves sleep patterns. A examiner posted withinside the Journal of Sleep confirmed that athletes who do now no longer get sufficient sleep can revel in bad results which include weight gain, lack of ability to hold cognize, temper disturbances, improved tension or melancholy, and reduced motor manage. All those bad results can dramatically effect an athlete's overall performance. By incorporating meditation into their exercising routine, athletes can sleep higher and combat insomnia. This is due to the fact meditation strategies evoke the rest reaction, a deep physiological shift withinside the frame that's the alternative of a pressure reaction. This rest reaction can assist remove pressure, that's typically the purpose of sleep trouble. Athletes who've issue snoozing because of the pressure in their schooling or upcoming competitions, may want to gain from an amazing night's sleep.

4. Boosts the Immune System

Not simplest does meditation and yoga assist an athlete sleep higher, it additionally enables enhance their immune system, stopping infection that might have an effect on their schooling or competition. A examiner performed through the University of Wisconsin, evaluated the capability preventative results meditation and workout have on incidence, period and severity of acute respiration infection (ARI) infection. The examiner observed that folks that practiced meditation skilled fewer incidences of ARI, in addition to shortened period and severity of signs and symptoms in comparison to the ones withinside the workout and manage group. Bottom line: meditation can assist decrease the risk and severity of infection, permitting athletes to keep to teach for success.

5. Reduces Stress

Whether or not it's from schooling or competition, athletes are constantly beneathneath pressure. While a few pressure may be good, an excessive amount of can restrict overall performance. Therefore, it's critical for athletes to locate methods to control and decrease their pressure. Meditation is a great manner to do it as it will increase advantageous results and reduces bad results, which include tension. A latest examiner observed that members who skilled mindfulness-primarily based totally pressure discount had drastically much less tension, melancholy and somatic misery in comparison to the ones withinside the manage group. Their findings advise that the feelings they had been experiencing can be processed in a different way withinside the brain. Athletes who undertake conscious meditation can lessen their pressure and be greater organized to carry out in the course of competitions.

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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The Dope on Doping in Indian Sports

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Abstract:

In competitive sports, doping is the use of banned athletic performance-enhancing drugs by athletic competitors. The term doping is widely used by organizations that regulate sporting competitions. The use of drugs to enhance performance is considered unethical, and therefore prohibited, by most international sports organizations, including the International Olympic Committee. Furthermore, athletes (or athletic programs) taking explicit measures to evade detection exacerbates the ethical violation with overt deception and cheating. India has been ranked third for the third year in a row in a doping violation report published by the World Anti-Doping Agency (WADA) for 2015, with 117 athletes from the country being punished after testing positive for banned substances.

India followed the Russian Federation (176) and Italy (129) in the chart, the same position as in the reports of 2013 and 2014. All the violations by the Indians came from urine samples.

Doping Definition:

In the history of doping, there have been many definitions. The current official definition of doping is given based on the World Anti-Doping Code as follows: **“Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through article 2.8 of the World Anti-Doping Code.”**

Other Former doping definition:

1. Doping in sport is defined as “the administration to or use by a healthy individual ... of any agent or substance nor normally present in the body ... and/or of any physiological agent or substance ... when introduced in abnormal additional quantities and/or by an abnormal route and/or in an abnormal manner, ... with the purpose and effect of increasing artificially and in an unfair manner the performance of that individual during the period of competition” (first definition of doping adopted in 1963 by the Council of Europe Committee for Out-of-School Education)
2. Doping in sports consists in using prohibited substances in breach of the

rules of the competent sports organizations.

(1984 European conference)

3. Doping in sport is defined as “the administration to sportsmen or sportswomen, or the use by them, of pharmacological classes of doping agents or doping methods” (Council of Europe Anti-doping Convention of 16th November 1989)
4. Doping is defined as the presence in the human body of substances which are prohibited according to the list published by the International Olympic Committee and/or the international organization of the member organization in question. The use of such substances, their presence in urine or blood samples, and the use of methods with the purpose of altering the result of an analysis of a urine or blood sample are prohibited. (IOC definition – before WADA foundation)
5. Doping in sport is the deliberate or inadvertent use by an athlete of a substance or method banned by the International Olympic Committee (IOC).

FIMS supports the prohibition of doping to protect athletes from:

- The unfair advantage which may be gained by those athletes who use banned substances or methods to enhance performance,
- The possible harmful side effects which some substances or methods can produce.

In addition to the ethical and health consequences surrounding doping, recognition is made of potential legal implications. The distribution of many banned substances (e.g., anabolic steroids), if not for a medically justified reason, is illegal in many countries. Encouraging or assisting athletes to use such substances or methods is unethical and, therefore, equally forbidden.

(Position Statement of the International Federation of Sports Medicine – before WADA foundation)

History of Doping:

Doping is not a modern term. According to ancient reports found in the Norwegian Mythology, the use of strengthening substances was already common among the Berserkers. They were reported to take Bufotenin, which is known to enhance the physical performance and strength, Bufotenin originates from skin of toads as well as Amanita mushrooms.

Historically speaking, the origins of doping in sports go back to the very creation of sport itself. From ancient usage of substances in chariot racing to more recent controversies in baseball and cycling, popular views among athletes have varied widely from country to country over the years. The general trend among authorities and sporting organizations over the past several decades has been to strictly regulate the use of drugs in sport. The reasons for the ban are mainly the health risks of performance-enhancing drugs, the equality of opportunity for athletes, and the exemplary effect of drug-free sport for the public. Anti-doping authorities state that using performance-enhancing drugs goes against the "spirit of sport".

The word 'Doping'

The Kaffir tribe in Africa named a primitive alcoholic drink which was used in religious ceremonies as a stimulant with the phrase "dop". Other reports describe Zulu warriors using "dop", an alcoholic drink made of grape skins and cola beverage. In West Africa, the use of Cola accuminata and Cola nitida was also common during competition

in walking or running. Consecutively, the Dutch colonists used the term "dop" to describe any stimulant beverage and hence the term was spread worldwide. Eventually, the term was adapted to a wider range of substances and in sports, using those substances was further described as "doping", first appearing in an English dictionary in 1889.

Ancient History:

In the Greece of the Antique, specialists were described offering athletes nutritional ingredients in order to enhance their physical performance. This was considered absolutely necessary and the providers may be compared with current sports medicine specialists. Furthermore, athletes were reported trying to increase their physical strength by eating different kinds of meat or testis prior to the games.

During the Olympic Games in the Third Century B.C. the athletes were trying to increase their performance using mushrooms. Filostratos reported that doctors were significantly helpful in athletes' preparation for the games and cooks prepared bread with analgesic properties. In the 1st century A.D., it was also reported that the Greek runners were drinking a herbal beverage to increase their strength and to be capable of performing long duration events. Further writing about that period is difficult to find since the "doping knowledge" was hidden well by the priests. The use of drugs in Roman history has been recorded, too. Chariot racers fed their horses with various mixtures in order to make them run faster. Gladiators are also described to use strengthening doping agents.

Doping In Modern Sports:

Doping in modern sports was reliably reported since the second half of the 19th Century.

The dawn of the 21st century is characterized by many examples of Athletes being accused for doping. Examples are sprinters like T. Montgomery, D. Chambers, M. Jones to name only a few of the number less known cases.

Unfortunately, doping is not only history but evidently is continued by new substances and techniques nowadays.

The Fight against Doping:

During the 20th century commercialism characterized the sports world and sporting has gradually evolved

from an “activity” into a “big business”. The achievement of golden medals has become highly valued and the need for success has put high pressure on athletes, trainers and other sport people to become champions. The wording “second is nothing, first is everything” describes the current status of thinking in many cases. Eventually, the need for success led to increased incidences of drug abuse and in numerous cases doping was related to deaths of athletes.

Scientific Proof:

Already in the year 1910 in Austria, after several unexpected results in horse races, the scientific use of doping substances was proven for the first time by the Polish pharmacist Bukowski, who isolated alkaloids in the saliva of horses. In 1928 the International Amateur Athletic Federation (IAAF) became the 1st International Sport Federation to ban doping in track and field events. Many other International Federations followed, but the anti-doping fight was still in infant age with minimal effectiveness. The increased number of doping cases in events eventually led the authorities to speak out against the harm that drugs were causing - not only to the individual but also in the spirit of sports. Drug testing programs have been implemented in the late 1960s. While the use of doping substances by athletes appeared to be rather commonly accepted, the sports world preferred to ignore the problem or simply joined in.

Indian Sports people In Doping Cases:

People entered in this category have either:

1. Been suspended by a sporting body (an international governing body, a national federation, or a professional league) for illegal performance-enhancing drug, and/or banned drug, use
2. Publicly admitted such use
3. Been found to have taken illegal performance-enhancing drugs by a court of law
4. Been suspended by a sporting body for failure to submit to mandatory drug testing.

Ashwini Akkunji, Akash Antil, Seema Antil, Sanamacha Chanu, Kunjarani Devi, Sini Jose, Mandeep Kaur (athlete), Anil Kumar (discus thrower), Renjith Maheshwary, Jauna Murmu, Satheesha Rai, Suresh Sathya, Dharambir Singh, Neelam Jaswant Singh, Sourabh V etc.

The violations were committed during 2015 and the chart was prepared after compiling information of analytical findings and sanctions rendered till January 31 this year by various accredited anti-doping bodies.

This is the first set of Anti-Doping Rule Violation statistics under the revised WADA Code and third such report in its history since 2013.

The worrying sign for India is that the number of dope offenders has been increasing in the last three years. India had 91 and 96 Anti-doping Rule Violations (ADRVs) in 2013 and 2014 respectively.

An ADRV is a doping offence committed by an athlete or athlete support person, which results in certain consequences or sanctions. It is derived from adverse analytical findings (AAFs), commonly known as ‘positive’ results.

Of the 117 Indian offenders of 2015, two are non-analytical ADRV, which refer to cases that do not involve the detection of a prohibited substance by a WADA-accredited laboratory but instances like failure to submit to a test, possession, use or trafficking of a prohibited substance by athletes and support personnel.

Out of the 115 analytical ADRV, 78 are committed by male athletes, while 37 are by female.

Among individual sports, weightlifting has taken over athletics as the dirtiest with a whopping 56 Indian lifters (32 male and 24 female) punished for doping.

Athletics contributed the second highest number of dope offenders with 21 (14 male and 7 female), followed by boxing (8), wrestling (8), cycling (4), kabaddi (4), aquatics (3), powerlifting (3), judo (2), wushu (2), rowing, bodybuilding (1), hockey (1), football (1) and street and ball hockey (1).

Among the NADOs, India’s National Anti—Doping Agency recorded 109 ADRV, the second highest behind Russia’s (127).

The NADA took 5162 samples during 2015, out of which 110 tested positive for banned substances - AAFs. But there was no sanction in one case.

A total of 229,412 samples were received and analysed in 2015 by WADA-accredited laboratories worldwide. Out of these, 2,522 samples were reported as AAFs. There were a total of 1,929 ADRV (1,901 from athletes and 28 from athlete support personnel) out of which 1,649 are analytical findings and 280

from 'evidence—based intelligence' non—analytical findings.

Out of 1649 are Analytical ADRVs, 1304 cases (79 per cent) were of male and 345 female (21 per cent); 390 (24 per cent) were from out—of—competition tests and 1259 in—competition (76 per cent); 1644 urine and five blood. The dope offenders belong to 80 sports/disciplines and 121 nationalities.

Among sports disciplines worldwide, bodybuilding overtook athletics in contributing the highest number of dope cheats with 270 such cases. Athletics is second at 242, followed by weightlifting (239), cycling (200), powerlifting (110), football (108), rugby union (80), boxing (66), wrestling (57) and basketball (39).

Just like the increase in the number of Indian dope offenders, the worldwide figure also showed an upward trend and the WADA said it was in line with the anti—doping movement's increased focus on investigations, intelligence gathering and whistleblowing.

"The 2015 ADRVs Report makes for particularly interesting reading in combination with WADA's 2015 Testing Figures Report that was published last November," said WADA President Sir Craig Reedie.

"What is particularly striking about this 2015 ADRVs Report is: we are beginning to see the first signs of the impact of the revised Code, in particular a significant increase in intelligence—based anti—doping rule violations, an area of greater focus for the Agency as we strengthen our investigations and intelligence—gathering capacity.

"Whilst testing remains vital to detecting doping, recent events have shown that investigative work is becoming even more important as we look to protect clean athletes' rights worldwide," Reedie said.

News of Rio-bound wrestler **Narsingh Yadav's** name being linked with a dope test failure rocked India's sporting landscape on Sunday. The wrestler has denied vehemently that he has taken any banned substances, which if proved true would throw him out of the Olympics. Here's a look at other high-profile doping controversies in Indian sports over the past few years.

In 2000, discus thrower Seema Antil was stripped of her gold medal at the World Junior Championships and issued a public warning by her national federation for testing positive for psuedoephedrine, a

sympathomimetic drug often used as a nasal/sinus decongestant and stimulant.

In 2005, discus throwers Anil Kumar and Neelam Singh were handed two-year suspension for testing positive for Norandrosterone, a derivative of nandrolone, and Pemoline, respectively. Anil Kumar was disqualified from the Asian Championships in Incheon and stripped of his bronze medal.

In 2010, shot putter Saurabh Vij got a two-year ban for testing positive for banned stimulant Methylhexanamine. However, India's National Anti-Doping Agency (NADA) cleared him within weeks and he was allowed to participate in the Commonwealth Games.

In 2011, NADA handed out one-year bans to six women athletes - three of them 2010 Commonwealth Games and Asian Games 4x400m gold medalists - and long jumper Harikrishnan Muralidharan. Mandeep Kaur, Sini Jose, Ashwini Akkunji were all in the 4x400 relay team. Akkunji had tested positive for anabolic steroids ahead of the Asian Athletics Championships in Kobe, Japan. Jose tested positive for anabolic steroid Methandienone and Mandeep for Methandienone and Stanozolol.

Also in 2011, sprinter Jauna Murmu tested positive for Methandienone in an out of competition and was subsequently handed a two-year doping ban.

In April 2015, one of the biggest doping scandals to hit India emerged when 21 weightlifters were provisionally suspended by the Indian Weightlifting Federation after they tested positive for banned substances across different championships. Later that year, Punjab thrower Ketki Sethi was banned for eight years after she failed a dope test during the national meet in Patiala. It was her second offence.

Conclusion:

Anti-doping policies instituted by individual sporting governing bodies may conflict with local laws. A notable case includes the National Football League (NFL) inability to suspend players found with banned substances, after it was ruled by a federal court, that local labor laws superseded the NFL's anti-doping regime. The challenge was supported by the National Football League Players Association.

Athletes caught doping may be subject to penalties from their locality as well from the individual sporting governing body. The legal status of anabolic steroids varies from country to country. Using performance-

enhancing drugs in mixed martial arts competitions like the UFC could find the guilty fighter charged or sued once Bill S-209 passes. Under certain circumstances, when athletes need to take a prohibited substance to treat a medical condition, a therapeutic use exemption may be granted.

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The Study of The Changing Nature Of Career Opportunities In Sports

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Abstract:

Today, the popularity of sports has increased due to the increasing competition and brilliant careers in sports. Today many career options are open in it. Sports do not mean only cricket but also football, hockey, and tennis, and increasing health services towards sports. In which trainers, coaches, etc. come. Pursuing a career in sports not only gives freedom from a desk job but also a chance to skyrocket at will. Not only can you make a career in sports as a player, but you can also find career options by joining other activities. If you have a passion for whatever sport you play, you can carve a niche for yourself in this profession. One can work in fields such as sports medicine, marketing, administration, management, and journalism. Today, many important players have also contributed to popularizing sports. The doors are open in this field for both men and women. Many great players like Virat Kohli, Mahendra Singh Dhoni, Sachin Tendulkar, Sania Mirza, Saina Nehwal, and Abhinav Bindra have attracted youth towards sports. In this research paper, the changing nature of career opportunities in sports has been studied.

Keywords: Career Opportunities, Sports, Medical, Trainer, Coach, Journalism

Introduction:

The scope of sports-related careers is increasing in India. Everything is changing with time and so is the mindset of parents. There has been significant growth in sports-related careers in India in the last decade. With interest in sports other than cricket in India and the success of tournaments like the Indian Super League and Pro Kabaddi League, things are looking bright. The success of sportspeople at a recent international sporting event has focused attention on sports careers. Sports help you to make your body physically fit and keep your mind good. If you choose sports as a career, it gives you a lot of fame and money too. These sports career options include sports journalist, sports manager, sports marketing, sports coach, sports dietician, etc.

Till now there used to be only relation between sports and jobs that states and centers do some recruitment in jobs from sports quota, but now there is much more ahead of it. The benefits of the recently organized 'Khelo India Scheme' by the Central Government's Youth Affairs and Sports have further increased the attraction of people towards sports. The reason for this

is also to bring laurels to the country for the good performance of the players for the last few years. Due to this investment in this sector has also increased. According to a report by Group M's ESP Property and Sports Power, there has been a 14.1 percent increase in sports sponsorship in the country in the last year. In the year 2017, Rs 7,300 crore was spent on advertising in sports. Whereas in 2016, 6400 crores were spent on this. For this reason, various career options are open in sports and through this one can also get a government job. That's why it is necessary to research what changes have happened in career opportunities in sports.

Data Collection Method Used for Research:

The research paper has depended on secondary data.

Objective of Research:

- 1) To study the changing nature of career opportunities in sports.
- 2) To study the skills required for various career opportunities in sports.

The Changing Nature of Career Opportunities in Sports:

In today's time, sports clubs are developing rapidly. People's interest is

increasing in this. That's why big companies are also turning towards these clubs. Companies are mobilizing to establish themselves as brands in sports clubs. In such a situation, they will need a skilled manager in the future. This whole scenario is indicating that soon sports management stream will also emerge under business management. Skilled and experienced experts are needed to make equipment/goods used in sports. Some companies involved in the production of sports equipment/goods require experts in sports. Under the Start-up India scheme, there are now many start-ups that are doing sports manufacturing. Many employment opportunities are expected to come in this field as well. People who are interested in sports and writing but do not want to get directly involved in sports can make a career in sports writing. For this, you can directly turn to newspapers or magazines. If you want, you can also do freelance writing.

For a few years, the demand for consultants is increasing due to the increasing trend of people in the health, fitness, nutrition, and medical field. The scope is increasing in the health and fitness business. Many parents are adopting individual fitness programs to make their children good sportsmen. Such programs are also opening up good career options for the players. Every game requires a referee or umpire. The way experiments are being done in our country regarding sports, it is estimated that the more the number of competitions, the more the number of referees/umpires will be needed. But to become a sports adjudicator, it is necessary to have a good knowledge of the rules of the game. There are many career paths for sports coaches these days as well. At present, good schemes are being run for the players by the Government and the Sports Authority of India. In this, the best coaches are needed to make the players perform well. Good schools are also making room for good mentors. Not only this, but you can also open your own coaching. Many parents get their children admitted to a good trainer for coaching. In such a situation, if you have an interest in sports and you are a player, then you can make a career as a mentor. Not only while playing but also outside the field, you can get better employment opportunities just by being a player. As a sportsperson, you will win laurels by performing well in sports

competitions, so you will grow through performance in sports as well as through earning. According to experts, better performance of players in individual games than in team games gives them opportunities at national and international levels.

At present, many universities, institutes, and colleges conduct many tasks for the preparation of a career in physical education, such as B. P.E./B.P. Ed, C.C. Ed. M.A. (Physical Education), M.P.E./M.P. Ed., B.Sc. (Sports & Physical Education), M. Phil., Doctorate (Physical Education), Diploma Course in Coaching, C.C. (Yoga), P.G. Diploma in Yoga, etc. There are immense career possibilities in these too. Career, glamor, and good position are all possible for sports, players, and people associated with it due to various matches and competitions held on a national and international level. Sports has now developed new dimensions of career. Due to the increasing scope of sports, today different types of careers and work are coming out in it. You can make a career in many such fields, such as sports management, preparing sports goods, training players, taking care of their food and health, etc. A career in sports is as exciting as playing the sport itself. You can be a football coach and play a vital role in helping your team win, or you can work as a fitness coach to keep young players fit and active, you can also work as a sports teacher in a school. can do. You can join a sport and master it, you can play for the country at the national and international level, and you can make a name for yourself. Not only this, but you can also earn name and money by joining sports journalism. You can work in it by joining a good media institute. Athletic trainers are healthcare professionals who work with the sports medicine team to provide medical care. As an athletic trainer, you can work with professional athletes or a high school football team. Athletic trainers help avoid unnecessary medical treatment and disruption of normal daily life, if you are injured, it is the athletics' job to provide you with healthcare. An athletics coach does how to keep you fit and fit for the game. A high school athletics coach must have at least a bachelor's degree and a teaching license. They must have a teaching degree or a degree in exercise, kinesiology, physical education, or any relevant field. Athletic trainers need to have at least two years of clinical experience after a bachelor's degree

and you can apply to the Board of Certification (BOC) for certification. Some of the services provided by athletic trainers are preventive service, emergency service, clinical diagnosis, and rehabilitation. Mostly Bachelor's degree is considered. In the last few years, there is a lot of competition among people who want to make a career in sports in India and this is because of the love of people for sports as well as name and fame. From school to professional sports, athletics trainers are in high demand. With each level comes different responsibilities. Professional sports require a lot of talented athletic coaches. So to become a good-level coach one can start as a college coach and athlete and then gradually you can reach the level of head coach. Many people think that to make a career in sports, you need to be an athlete or do well in one sport. While the world of sports is very large and there are many different types of jobs and fields in it, for which you do not need to be athletic. You can also make a career in other career options in this field. If you like sports and you are fond of writing and you like to analyze the nuances of sports, then you can give a new direction to your career in sports journalism. The organization of sports has provided a great opportunity to work in the field of sports management. For this, you must understand the need for sports. Acquire special skills to make it a success. There are many things involved in sports like advertising, marketing, spectators, security and food, etc. The managers must see how to manage all these. Today, a different crop of young managers has been prepared to make a career in sports management. The sports facility manager is responsible for the management of a sports ground or stadium, which includes administration services, soft services, and a host of technical services. They manage the operation and maintenance of sports facilities (buildings, grounds, and related equipment) used at football stadiums, golf courses, gymnasiums, swimming pools, baseball/softball fields, tennis courts, ice rinks, or track and field facilities. We do. These professionals work behind the scenes to put on any successful sporting event - golf, basketball, or football - so you can sit back and enjoy the sporting facilities. In clear words, sports management is the foundation of sports which prepares it for the future.

Conclusion:

In today's competitive world, every parent wants to make their child an engineer or a doctor. So that their future can be secured. Well, every parent wants this, but apart from all these options, if you want to make your future in sports, then there is a lot more than just playing that you can do in sports. If you love sports and healthcare, then athletic trainers stand out as a great career option. By the way, you do not need a special degree to make a career in sports. If you want to make a career as a sportsperson, then you have to perform well in school and college-level competitions. On the other hand, to become a sports coach and coach, you have to master sports and do a degree and diploma in subjects like physical education.

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Nutrition and Sports: Enhancing Better Performance of Athletes

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Abstract

Living is an important part of doing sport. Adhering to a sufficient life plan decides whether to win the gold award or fail the test. Therefore, it is regularly referred to as "covert preparation." But when it comes to food and execution, it's not just about skilled competitors. Today, a huge number of novice competitors, both casual and semi-professional, are active every day. This population also strives to improve their brands, which can be achieved by following legal health rules. In a population of competitors, additional conditions increased competitors and non-competitors. So it is very important to have a healthy method that is adapted to the competitor and the training. In addition, the various benefits of proper nutrition in sports are identified with changes in body organization, reduction of injuries and increased duration of skilled work. The purpose of this part is to identify the nutritional conditions of the competing population that enable the achievement of training goals. Healthy methods are applied to macronutrient use, hydration and timing based on activity type and intensity. Nourishment is fundamental for supporting a competitor's overall wellbeing and their preparation needs. Having an appropriate eating routine gives an individual enough energy and supplements to fulfill the needs of preparing and exercise. As well as assisting an individual with performing, it works with recuperation.

Introduction

It is important to know the physiology of the activity in order to understand the various metabolic pathways that occur together during exercise. In this regard, you can anticipate the developments in the creature during real stress to achieve certain dietary recommendations. The healthy performance of competitors is multifactorial and depends on the competitor's inclinations, culture or nutritional knowledge. Prepared by a Sports Nutritionist, it aims to motivate the competitor and their current situation to make significant improvements in approach and develop Sports Performance (SP) accordingly. Nutrition is a critical factor in achieving satisfactory SP, characterized by three factors: preparation, rest and maintenance. However, the main goal of sports nutrition should be to protect the strength of the competitor, which can be achieved through an adequate intake adapted to the type of exercise. An ideal

diet provides the energy needed to perform the actual exercise and reduces the number of injuries that result in an increase in SP without the help of someone else.

Body creation

The body arrangement (BC) of the competitors is identified with the SP, as it tends to be adjusted all through the season. There is no single BC for each gathering of competitors; be that as it may, it can fill in as an aide for competitors and coaches. The period of the competitor will be partitioned into various stages all through the cutthroat time frame. Serious season can be partitioned in preseason, cutthroat period, change period, and in the most pessimistic scenario injury period. Because of various forces, timing, and sorts of preparing, the BC is ordinarily divergent in the cutthroat season. Accordingly, know the BC of the competitors to decide the sufficiency of the ebb and flow season stage.

Aside from a higher weight list (BMI), there are a few techniques for the assessment of BC. Double energy X-beam absorptiometry

(DEXA) is viewed as the best quality level for the appraisal of muscle to fat ratio, predominantly because of its high reproducibility and exactness. Be that as it may, DEXA has high monetary expense, isn't convenient, and furthermore transmits a little radiation, so its utilization isn't extremely normal. Among the most utilized strategies are bioelectrical impedance investigation (BIA) and anthropometry. Impedance is characterized as the resistance shown by natural materials to the section of an electric stream. Tissues with high impedance offer more noteworthy opposition (fat tissue, bone, air in the lungs) and contain less measure of water. The more prominent the measure of water, the better this electrical stream, will go through. Hence, the hydration satiate of the individual is the determinant for the BC estimation by BIA. Likewise, to normalize past conditions and excuse blunders, certain conventions should be followed before the estimation of BC by BIA. That reality makes BIA a fairly loose strategy.

Metabolic pathways and exercise

Before making assumptions about the amount and timing of macronutrients, it is important to have a brief overview of the various metabolic pathways that provide energy during exercise. Energy frames are connected to metabolic pathways that are activated during exercise depending on strength and endurance. In summary, they can be divided into non-oxidative pathways (phosphogenic and glycolytic pathways) and vigorous pathways (supplemental oxidation). The purpose of both pathways is to create ATP, which is consumed during activity. Non-oxidative pathways occur in the cytosol of the cell, do not require oxygen, and are initiated within a short time (seconds). The phosphagen cycle uses ATP and phosphocreatine, lasting anywhere from 1-10 s, and is a cycle that does not require oxygen or produce lactate. Glycolytic pathways use glucose, muscle and liver glycogen through glycolysis and occur over up to 3 minutes of extreme focused practice. These glycolytic pathways form the lactate and hydrogen bonds that cause corrosion in muscle cells - this acidity is one of its obstacles. The efficient pathway takes place in the mitochondria, so the presence of oxygen is required to process the stressed substances. This is common for medium power and long-term opposition

practices. This includes the oxidation of CHO, fats and to a lesser extent proteins. This course produces significantly more ATP than anaerobically, but rest assured, speed is the limit.

Energy needs

Each competitor's way to succeed is to balance energy consumption with energy consumption, which allows the life form to function properly during BC evolution. Be that as it may, it can become confusing due to various changes in preparation and timing of competitions. The energy requirements of competitors vary widely, depending on the type of game, the expression, the intensity, the level of severity and the individual inconsistency of each competitor. . The really difficult is the steep levels of the competitor, the best is to expand the preparation and competitive strength, which causes a huge decrease in energy reserves, which should be replaced by a proper nutritional routine.

Macronutrients

To build up proposals for macronutrients, it is ideal considering the body weight (BW) of the competitor, rather than giving the common rates dependent on the complete caloric admission of the eating regimen. For this reason the suggestions will be given by grams of supplement/kg of BW. Primary energy substrates utilized for actual exercise are starches (CHO) and lipids, while proteins as energy substrate are saved for outrageous conditions. The utilization of energy substrate differs relying upon the power and length of the activity, level of preparing of the competitor, and the condition of pre-exercise CHO stores. The utilization of CHO as energy substrate is created chiefly during highintensity and brief span works out. In the interim, less extreme and long haul practices utilize fats' principle energy substrate. Anyway the utilization of CHO will likewise significantly affect activities of less power and longer term, for example, obstruction test, showing that exhaustion of CHO along with drying out is a significant impediment of the SP. One of the large contrasts among CHO and lipids is their stockpiling in the body. While CHO have a restricted hold which prompts around 1600–2000 kcal, fats guess a basically limitless energy save near 70,000 kcal (contingent upon fat mass).

Conclusion

Nourishment is fundamental for supporting a competitor's overall wellbeing and their preparation needs. Having an appropriate eating routine gives an individual enough energy and supplements to fulfill the needs of preparing and exercise. As well as assisting an individual with performing, it works with recuperation. Nutrition is a critical factor in achieving satisfactory SP, characterized by three factors: preparation, rest and maintenance. However, the main goal of sports nutrition should be to protect the strength of the competitor, which can be achieved through an adequate intake adapted to the type of exercise. An ideal diet provides the energy needed to perform the actual exercise and reduces the number of injuries that result in an increase in SP without the help of someone else.

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Physical Education And Sports Environment: Promoting Social Values Among Youngsters

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Abstract

The purpose of this study is to find out the effect of real training and sports on the promotion of social characteristics of young people. Actual movement and sports are important in teaching young people the importance of social skills in their daily lives. A written examination examined the importance of a relationship in teaching two personalities and the body. In addition, it invigorates the social qualities of young people, enabling them to promote social relations in their region. Also, the benefits of actually going to school and playing sports can affect both schooling and the youth's active work. The humanism of play, called the social science of sport, is a subdiscipline of the social sciences that focuses on sports as friendly miracles. It is a research institution that takes care of the link between social science and sport, as well as various socio-social plans, role models and associations or meetings related to sport. This field of study is about the positive impact of sports on unique individuals and society in general, financially, financially and socially. The goal of sports humanism is to see the activities and actions of sports teams and their players through the eyes of a social scientist.

Introduction

The game is governed by instructions and rules of conduct, space and time requirements, and has leading bodies. It is organized to publicize both the champion and the failure. It is cruel and ridiculous. All games are socially organized, intertwined with value frameworks and power relations within the host society. The rise of the social sciences (not just the name) of the game dates back to the late 1800s, when the first friendly mental tests took place to test the effects of competition and speed-boosting. Besides the social humanities and its interest in the human culture of games, one of the most important efforts to think about sport more broadly was Johan Huizinga's *Homo Ludens* or Thorstein Veblen's theory of leisure. *Homo Ludens* explores the importance of the game component in culture and society. Huizinga suggests that play, especially sport, is an important and crucial space in the cultural age. These compiled works contributed to the rise of social science research on the game. In the 1970s, the sociology of sport received enormous attention as a coordinated, real field of study. The North American Society for the Sociology

of Sport was founded in 1978 with the purpose of reporting on the field. Its research center, *Sociology of Sport Journal*, was founded in 198 . Today, actual teaching and sport are an integral part of training. This directly contributes to the improvement of real capacity and well-being. It also helps the youth to follow the values of a truly dynamic lifestyle. A lively and truly dynamic young man inevitably craves school, experienced and promising. As such, it can be said that real exercise and movement have been chosen as the main subjects of the school. It is a unique program that gives young people the opportunity to gain motor skills, develop a mental and real sense of well-being. The physical benefits of active work, such as disease prevention, safety and injury prevention, reduced morbidity and premature mortality, and increased emotional well-being. The actual teaching is simply a course where young people mostly learn the benefits of being really dynamic, as well as the skills and knowledge to join their lives in protected, fulfilling active work and in addition to interacting with others (National Sports Association and Practice,

2001). In addition, it can be seen that it should not be difficult to go from preschool to eligible to the actual training meetings. It focuses on managing various proactive tasks and energizing people who do not want to engage in organized serious games. This includes abandoning conventional techniques for effective teaching and canceling people's needs and abilities as an alternative to the happiness of active work. Since the ideal opportunity for real training is largely limited to a training schedule and training plan, its content should be meaningful and creative (Vulpo and Harris, 2003). In addition, Gonzalez et al. (2010) agreed the curriculum with actual teaching in any game, skill improvement plot, and high development of youth friendly characteristics. Thus, the motive of this study is to investigate the role of actual teaching in promoting the social characteristics of young people.

Physical Education Program

Physical training educational program can offer youth with the suitable information, abilities, practices, and certainty to be genuinely dynamic forever. Additionally, actual instruction is the premise of a school's active work program. Along these lines, investment in physical movement is corresponded with scholastic benefits like further developed focus, memory, and homeroom conduct. As indicated by World Health Organization (2001), it incorporates improvement of actual capacities and practical preparation; propelling the understudies to proceed with sports and active work; and giving diversion exercises.

Improvement of Physical Abilities and Physical Conditioning

Actual schooling works with to develop and rehearse actual wellness involves fundamental engine abilities (Barton et al. 1999) and gets hold of the skill to perform different proactive tasks and activities. Actual wellness constructs intellectually more honed, truly agreeable and furthermore ready to manage the everyday requests (Jackson, 1985). Further, perseverance, adaptability, strength and coordination are the vital parts of actual wellness. Also, to execute the actual activities and game, youth should be created fundamental engine abilities.

Rousing the Students to Continue Sports and Physical Activity

Educators consistently persuade the young to contribute in sports and proactive tasks just as scholarly instruction programs. Further, they in every case coordinate and educate them, sports and active work are crucial piece of scholastic schooling. They have additionally directed the adolescent; we can't think healthy advancement of human character without sports and physical training. In addition, they have additionally to deal with a gathering in which examines their folks about the significance of sports and active work just as scholarly instruction. Further, educators should draw in parent or relatives in actual work, for instance, by giving youth actual work 'schoolwork' which could be performed along with the parent's viz., family strolls after dinner or playing in the recreation center (WHO, 2001).

Giving diversion exercises

Organizations must spotlights on execution of actual work course which work with to make pleasant interest to all adolescent in active work program which gives the young an assortment of thoughts for dynamic games and exercises and the abilities and wellness to play them (Fox and Harris, 2003) to lessen the pressure, uneasiness, substance addictions and corpulence.

Advancing the Social Values among Youth

Actual training and sports assume an indispensable part in advancing the social qualities among the young. Also, actual training is considered as a school subject, which work with to set up the adolescent for a sound way of life and spotlights on their generally speaking physical and mental turn of events, just as bestowing significant social qualities among the young like reasonableness, self-restraint, fortitude, solidarity, resistance and reasonable play (Bailey, 2005). Social science of game, also called sports social science, is a discipline of humanism that reviews sports as a social wonder. Sports sociologists basically inspect the capacities, effects and jobs that sports have on various social orders. The humanism of game incorporates research in different fields like political theory, history and human studies (Maguire 2013). This article depicts the beginning of the social science of sports as a sub-field of social science. It then, at that point pushes forward to detail the four significant sociological hypotheses that are utilized in the investigation of sports. These are the functionalist hypothesis, struggle hypothesis, interactionist hypothesis and

women's activist hypothesis. Subsequently, the subjects of sexual orientation and race and identity are addressed. The article closes with a depiction of what's in store for the space of sports human science.

Origin Of Sociology Of Sport

Sports social science started to arise as a conventional discipline in the second 50% of the twentieth century. By the 1960s, TV had begun to devote abundant measures of time to sports. Proficient associations for different games, for example, baseball and football started to arise in the United States. This was joined by the Olympics being a jungle gym for the Cold War. During this period, numerous social researchers like David Reisman, Charles Page and Erving Goffman distributed works identified with sports. In 1978, the North American Society for the Sociology of Sport was established with the goal of investigating this field.

Conclusion

Sports and globalization have acquired ubiquity among sociologists and new spaces of examination are managing the connection between friendly turn of events and sports inside creating nations. A few sociologists have additionally utilized subjective and quantitative information to reveal insight into the connection among sports and social class. Finally, democratization contemplates has acquired huge prominence inside the most recent couple of years inside the field of sports. Later on, issues of cooperation in sports will likewise be concentrated through the focal points of social rejection and incorporation ("Sociology of Sport" 2018).

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The Role Physical Education And Sport Achieving The Sustainable Development Goals

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Abstract

Following 15 years of progress towards the remarkable sustainable Development Goals (MDGs), the world has directed its concentration toward the replacement Sustainable Development Goals (SDGs) in a time of change to the recently took on 2030 Agenda for Sustainable Development. In investigating accomplishments and forthcoming business encompassing the eight MDGs, the worldwide local area, driven by the United Nations, attempted an exhaustive conference measure with partners from all circles of society and concurred on 17 SDGs to be sought after over the course of the following 15 years. With the overall desire of bringing individuals and the planet closer together and abandoning nobody, the 2030 Agenda is an exceptional chance to rouse worldwide activity for advancement around the world, remembering for the field of Sport for Development and Peace.

Keywords: Sustainable development, goals, agenda, sport

Introduction

Game has shown to be a practical and adaptable apparatus for advancing harmony and improvement targets. Since the origin of the MDGs in 2000, sport has assumed an indispensable part in improving every one of the eight Goals, a reality that has been perceived in various goals of the General Assembly. In goal 70/1, named "Changing our reality: the 2030 Agenda for Sustainable Development", took on in 2015, game's part in propelling social advancement is additionally recognized: Game is likewise a significant empowering influence of economical turn of events. We perceive the developing commitment of game to the acknowledgment of improvement and harmony in its advancement of resilience and regard and the commitments it makes to the strengthening of ladies and of youngsters, people and networks just as to wellbeing, instruction and social incorporation goals.

Game adds to prosperity paying little heed to age, sex or identity. It is appreciated by all, and its scope is unparalleled. For example, the World Taekwondo Federation set up the Taekwondo Humanitarian Foundation to advance the military craftsmanship in outcast camps all throughout the planet. Such drives bring issues to light with regards

to the situation of youthful outcasts and are completely in agreement with the SDGs, especially concerning wellbeing (Goal 3: Ensure solid lives and advance prosperity for all at all ages). Youngsters and youngsters advantage hugely from active work. Joined with a school educational plan, proactive tasks and game are fundamental for exhaustive instruction (Goal 4: Ensure comprehensive and quality training for all and advance deep rooted learning).

2030 plan and schooling

The developing worldwide worry for securing the earth and guaranteeing success for all implies that by 2015, the United Nations will define a progression of worldwide objectives. These objectives are partitioned into 17 supportable improvement objectives (SDOs), which are additionally isolated into 169 explicit objectives, which determine and indicate each SDO. This proposition on worldwide maintainability is advanced inside the structure of "2030 plan", and underlines that all areas of society, regardless of whether group or individual, should add to the acknowledgment of reasonable improvement objectives. As well as being eco driven, these objectives incorporate different issues, like round creation, squander age, destitution or wellbeing and prosperity,

metropolitan turn of events or social value. This will cover numerous spaces of mediation, in the climate, yet in addition in the financial, moral and sociological fields, with clear goals, like finding some kind of harmony between current turn of events and future advancement. Nonetheless, albeit the SDG is a recommendation that will be accomplished in 15 years (2015-2030), a few examinations accentuate that the speed of accomplishing the SDG isn't pretty much as quick true to form. In this manner, all legislative and non-administrative associations should cooperate to advance the acknowledgment of these objectives.

In these establishments, training ought to be viewed as a vital factor in merging the economical propensities for people in the future. The United Nations Decade of training for supportable turn of events (2005-2014) has accentuated the significance of coordinating reasonable improvement activities into all parts of schooling to advance the difference in mindfulness and mentality towards maintainability. In this way, at the institutional level, thorough training is one of the fundamental ways of building supportability. Lauder et al. stressed the significance of instruction in managing the world's social and ecological issues. Sachs perceived this significance and underlined that training is a vital factor in accomplishing the drawn out objectives of the thousand years improvement objectives.

Sports exercises and key instruments for accomplishing supportable improvement objectives

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 accomplishments, which will all the more equitably measure the commitment of various games 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.

At last, in 2019, the Ibero American Sports Council and the Ibero American General Secretariat mutually gave a report recognizing sport as an apparatus for accomplishing maintainable improvement. For this situation, they picked manageable improvement objectives that could be accomplished through EF, sports practice or game as an organization, They have made a thorough examination of how such a relationship will occur (single direction or two-way), and set forward a progression of methodologies and associations to advance feasible turn of events. The fundamental discoveries of this report are that not all objectives designated at explicit objectives have a similar directionality and effect as game, but instead accentuate direct significance to 8 of 17 feasible advancement objectives and 19 of 169. One more illustration of the connection among game and AF and SDO is reflected in the account remarks of day and menas. Notwithstanding, indeed, these creators can't recognize EF and the particular targets proposed by UNESCO. At long last, different organizations, for example, who affirmed these connections and showed the wellbeing, social and monetary advantages of adding to 13 of 17 reasonable improvement objectives, yet didn't indicate explicit goals for which work could be done. All things considered, these frameworks recommend that a brought together examination of the ideas of game, actual exercise and AF be accentuated, and mineps vi initial considers the idea evaluation that the expression "Game" is utilized as an overall term, including public games, sporting events, recreation, dance and association, Different types of impromptu creation, rivalry, custom and native games and games. All things being equal, the Commonwealth subtleties the wording contrasts between sport, coordinated games,

AF, actual exercise, EF, and quality EF. Notwithstanding, in spite of the acknowledgment of these distinctions, the objective determination of each practical improvement objective is seen according to the general viewpoint of sports.

Conclusion

So, it is an assortment point specifically noteworthy and need to build up a multidisciplinary way to deal with address the difficulties of things to come. This is the principle reason for this review is to set up the conceivable connection between EF, as a discipline, in other educational program targets Based on the survey, examination and correlation of different explicit destinations, the supportable improvement objectives are advanced. It especially suggests that the possible connection between the new schooling model and the objectives set out in plan 2030 be broke down, as a main impetus for methodological change, and establish the framework for future business related examination in instructive organizations.

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Physical Education And Sports: Trends And Challenges In Present Era

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Abstract

A training glossary is a technique used to guide, train and nurture someone or a human organization to achieve specific goals or expand unique skills. Training is a process that aims to improve overall performance and make the "right here and now" special after remote work or in the future. Although exceptional forms of training such as physical education, mental health education and vocational training etc. abound in the current training situation, there is too much exceptionalism in the historical era. A changing economic and political landscape, a changing society, a changing identity, a connected society, the digital revolution and healthier lifestyles are shaping our practice. As the reputation of education develops, many schools and universities now offer courses that have been approved with the help of the Union. Some guides offer teacher certifications after just a few days of training.

Introduction

Structured physical education must become an integral part of school curricula in India. Thus, for a young and socio-economically diverse population, moving through schools can become an effective all-round development tool for Indian children. Most schools in India have not integrated structured physical education into the school curriculum. The emphasis is on general subjects because schools do not understand how a structured physical education curriculum can promote the development of young children by increasing their physical, mental, emotional and social growth. With 29.5% of India's population below the age of 1 (Census of India, 2011), physical education needs to be used as an effective tool for holistic development of Indian children from different socio-economic backgrounds. The obvious benefits of physical education in keeping children fit, active and healthy are especially important when you live in urban India with a stronger economic background where obesity has become a major problem. Movement also promotes mental health, encourages and fights depression, and contributes to children's emotional development. Unfortunately, the Indian

education system revolves around a fiercely competitive exam culture that puts enormous pressure on students. Physical activity ensures children's social growth by giving them self-confidence, promoting leadership, teaching teamwork and encouraging participation and creativity. These values are difficult to learn through textbooks, but they can be practiced in a practical and enjoyable way.

Education has many definitions. Coaching Vocabulary is a technique used to guide, train and nurture someone or an organization of people to achieve specific goals or expand unique skills. Coaching is a form of improvement in which someone called a teacher helps a learner or consumer achieve a specific non-public or expert goal through training and guidance. A learner is sometimes called a teacher. Sometimes education can also mean casual interaction with people from whom you get more pleasure and knowledge than vice versa, and you give suggestions and instructions because the latter learns; however, coaching differs from mentoring in that it specializes in unique tasks or goals, rather than larger, standard dreams or improvements. There are many teaching methods, different training and educational techniques. Training is a

process that aims to improve overall performance and make the "right here and now" special after remote work or in the future. Although there are many extraordinary fads in education, it is not about "the teacher as an expert", but about teaching as a facilitator of knowledge acquisition. The research of the last decade has shown that the enjoyment of kilometers and the comments of various trainers are still the first information for trainers. However, training and determination do not attract experienced healers to this joy. Using the paintings of Pierre Bourdieu, this article seeks to understand how "art practice" can be characterized as established improvisation and how pleasure is critical in structuring educational practice. The test of modern teaching training and evaluation shows that teaching practice, considered as a combination of knowledge, did not particularly consider the influence of the spread of teaching on teaching practice. Based on academic assessments, we look at how teaching continuity and professional development can use mentoring and purposeful reflection to realistically enjoy education. Health education is defined as a whole new way to help people "manage" their illnesses and diseases, especially those that are persistent in nature. The guide uses unique techniques, non-public enjoyment, information and motivation to help people change behavior to reduce health risks and health costs. The National Society of Health Coaches (NSHC) has made a distinction between fitness and health education. According to the NSHC, fitness coaches are qualified for "active individuals with acute or ongoing medical conditions and/or moderate or excessive risk of exercise," and health coaches provide advice and inspiration to "otherwise healthy individuals who wish to maintain or improve their health. ." Teaching is considered a useful tool for students, to help managers of schools and educational organizations. Educational opportunities for students include participating with other students in improving both academic and social grades and skills with teachers and counselors. , training can help them move into new roles. Life coaching is a process that helps people find and achieve their personal dreams. Although existential coaches may have studied counseling psychology or related subjects, existential education no longer functions as a therapist, counselor, or

fitness provider, and spiritual intervention is outside of existential education. In sports activities, the teacher is a character who guides and directs sports or character players. Sports coaches are involved in management, physical education, resistance training and group and player photography. Recently, children are eating more junk food and exercising less. The result: overweight, undeserving children. To respond to the declining health trend, many faculties and districts have taken a closer look at their physical education packages. Physical education is the practice of physical activity in faculties and institutions that are more numerous today than ever before. Fitness packages showcase the benefits of exercise in amazing health packages. Exercise increases the flow of oxygen to the mind, which increases cognitive abilities. In addition, it increases neurotransmission in the mind or the ratio of nerve cells, also called mental cells. By strengthening connections, the mind remembers more effectively. Exercise also releases chemicals known to improve mood, shape impulsivity and reduce anxiety. All the more motivation to develop sports in the field of movement. Faculty and physical education curriculum packages made drastic changes when given the opportunity to help reverse the decline in children's health.

Trends to PE Curricula

The contemporary fashion in PE practise has centered much less on a laugh and group sports activities and greater on getting youngsters healthy. To that cease, teachers have needed to define and outline dreams particular to growing lifestyles-lengthy fitness. They've recognized 3 middle regions for attention: contemporary health stages, instructing fitness matters, and coaching how to plot for lengthy-time period exercise. The first secret is a focal point on health. The average pleasant of PE training has shifted from a a laugh launch of electricity to an extended scope of bodily fitness. The as soon as famous stay clear of ball sport is now no longer taken into consideration pleasant practise due to one critical component: youngsters are removed and now no longer being lively. New health developments name for sustained interest for all youngsters throughout PE time. This does not should suggest the cease of group sports activities, however the video games and sports must require all contributors to move, a lot. These inclusive applications which require all

people to be lively are the most important shift in PE today. PE applications now additionally attention on college students expertise fitness. Knowing how the frame works is an critical aspect in preserving fitness. To this cease, PE teachers have brought an academic strand to their curriculum which teaches youngsters approximately how their frame works. Topics for practise consist of calories, metabolism, muscle fitness, and cardio function. Children who're given the equipment to recognize how and why dangerous ingesting behavior effect their fitness could make higher alternatives for a lifetime.

Conclusion

As the recognition of education has evolved, many faculties and universities now offer applications for teacher training that are accepted through professional associations. Some guides offer lifestyle training after only a few days of study, but once approved, such guides are considered for training applications "à los angeles carte", which may or may not offer training according to the ICF. Some "full training applications" accepted through ICF require a minimum of one hundred and twenty-five fellowship hours, 10 hours of mentor training, and a general performance evaluation process. Unlike the training needs of some of the various helping professions, this can be very little training: One of the demanding situations for a training goal is to maintain a level of professionalism, compliance and ethics. To stop this, our educational organizations and groups have ethical rules and membership requirements. However, because our bodies are not regulated and pedagogues no longer want to fit into such frameworks, ethics and requirements differ within the subject. In February 2016, AC and EMCC published an industry-wide "Global Code of Ethics"; individuals, associations and groups are invited to sign it.

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Women In Sports: Sports Leadership And Challenges

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Abstract

The Women in Sport movement is becoming an international phenomenon; and that's right, girls make up 1/2 of the world's population. However, changes were slow and long-standing traditions were kept in abundance. However, we believe that there may be qualitative capability at the system level that can be used to challenge the status quo through disruption and expansion. Given the recognized benefits of physical activity, exercise and play for individual fitness, and particularly the protective benefits against cardiovascular disease (CVD), such a suspension could have a significant impact on public fitness in India. The United States, where the burden of cardiovascular disease in the Indian subcontinent has been underestimated, but may have one of the highest rates of cardiovascular disease in the world. As such, we would like to offer some of the key questions that emerged from a workshop on playing attractive girls in India to explore possible collaboration opportunities in this area.

Introduction

In maximalist societies, participation in sporting activities was mostly the domain of men. However, in recent years, supporters of girls' sports activities have confirmed that girls are also ready for this and that they have their place in the world of sports. Since 1866, when a major player in women's baseball changed bases at Vassar College, athletes have taken their sports history to heart (Sandoz and Winans, 1999). Even without strong achievements, the girls had to show that they are ready for sports activities. On gift days, we see many girls participating in small-scale physical activities that are currently not held in the best way, as well as in sports that require high-quality professionalism and skills. The slow but steady growth of girls among elite Olympians can be exploited to improve the quality of girls' athletic performance (Bennette, Howell, & Simri, 1983). But when the girls started knocking on the door of the sports world, they faced a lot of opposition. Since the popularity of girls in the game no longer shows a constant upward trend for a record time, it has instead gone through several peaks and valleys over a long period of time - for example in women's sports there are more

famous heroines and cases where girls were judged as unworthy mothers (Lutter and Jaffee, 1996). For many years, maximum goals for participation of girls in sports activities were subjective in nature, often based on the sentimental thesis that girls are naturally delicate and delicate in appearance (Klafs and Lyon, 1978). It is also associated with the perfection of Victorian femininity, which confused vigorous sporting activity because it was believed that such activity should undermine a woman's modesty, threaten her emotional control, and cause harm that could prevent or save childbirth and conflict. spouse (Eitzer and Sage, 1978).

Women and Sports

Women are a unique case in gaming. Unfortunately, gaming has historically been portrayed as a male domain, and girls' access to gaming has been portrayed as frustrating and in some cases illegal on a daily basis (Coakley, 2001). Worrying about the loss of femininity becomes a real problem, behind which there is a great interest in vigorous sports activities of girls. In addition, Miller and Levy (1996) concluded that "participation in sports by girls automatically carries a negative stigma" because conventional sports activities are seen as incompatible with conventional roles for girls (Goldberg and

Chandler, 1991). According to Nixon, Maresca, and Silverman (1979), female athletes were expected to enjoy the status quo struggle between the sexes, especially when their interactions in sports activities were historically seen as more masculine because society is still hardworking. girls participating in sports activities that emphasize conventionally feminine qualities such as grace and beauty (Kiovula, 1995). Thus, it is argued that the gender status war is created by exploiting the dissonance of the desire of female athletes to become aware of roles: the respected position of women and the respected, even stigmatizing, sports position of women and girls (Adler, Kless) . , 1992). Hall (1996) argued that among the real challenges to the strong femininity of an athlete is the concern that she will probably be a lesbian. He also pointed out that sports performance researchers have jumped on the concept, and their studies have typically found that female athletes are more androgynous, more masculine, much less gender-typed, or much less feminine. On the contrary, although there are bad stereotypes about the femininity of girl athletes, Metheny's (1965) review offers athletes a beautiful belief in girls that they are prestigious and are seen as women because of the use of boys. both girls, athletes and non-athletes. In addition, Fasting (1996) said that the global girls' movement over the past thirty years has emphasized that girls are more desirable as humans after expanding their superhuman and physical abilities. This concept encouraged girls of all ages to pursue their hobbies in sports activities and brought out the newest hobbies among those who would have no idea about gambling. Coakley (2001) argued that the girls' movement also helped redefine girls' professional and kinship roles and gave older girls time and resources for sporting activities. When beliefs about girls' movements are prevalent and men dominate life and our girls' bodies are weakened, bigger girls chose sports.

These and different troubles have added significance of figuring out different impressions and perceptions on girls's sports activities participation. Thus, the belief of the scholars on girls's sports activities participation might also additionally depend upon their stories and participation in beyond and gift sports activities and bodily activities. The girls's game panorama is evolving at a fast price globally, evidenced

with the aid of using the variety of expert girls's leagues which have emerged in latest years and the increase withinside the variety of lady athletes competing internationally. Supporting this time table has been a push from authorities, game and different stakeholders to inspire greater girls and women take part in game and lively recreation. Studies display that girls and women face a selected variety of participation obstacles, which might also additionally constrain their participation. Such obstacles may be may be addressed via coverage and programming intervention, in which dedication from authorities and different applicable stakeholders exists. The Indian Government and industrial stakeholders have indicated hobby withinside the girls's game time table, from each a industrial and mass participation standpoint. Yet, mass game participation among Indian girls and women stays confined and possibilities exist for increase and extrade. In order for extrade to arise withinside the lady game participation panorama, in India, participation obstacles and possibilities for increase, require interest and action. While a few international locations have made development in advancing the girls's game time table, large paintings stays globally, and in India in particular.

Women and sport leadership

Women do lead, they may be competitive, and that they have lots to provide the converting face of game. Yet globally ladies continue to be below represented as coaches, administrators, and officers in any respect ranges of competition . The patriarchal subculture of game and the marginalisation of ladies in the game place of business go away ladies feeling unsupported and isolated. Women constitute 49.5% of the worldwide populace but are handled as a minority institution in game; however, this minority institution refuse to stay or be silenced and are making themselves extra visible. The popularity quo wishes to be challenged with disruption and alternate on the systemic stage required.

Organisational leadership and governance

The troubles concerning the shortage of ladies in management positions are even extra fundamental on the government and boardroom ranges. In India, much less than 10% of board contributors of countrywide game federations are ladies . As with all

regions of ladies in game, ladies are stored out of the government stage because of an ingrained patriarchy followed through misguided myths. Current board contributors regularly recruit destiny board contributors from inside their network, that are normally primarily men, perpetuating the shortage of gender equality in governance. Furthermore, a chain of myths exist surrounding ladies in governance along with ladies aren't capable, interested, or to be had for governance positions. More likely, ladies haven't been asked! Increasing the quantity of ladies in management and governance positions can enhance the management of game enterprises thru the combination of numerous views and studies into decision-making methods in addition to a doubtlessly extra collaborative method to governance. Additionally, the inclusion of ladies in governance positions sends the effective sign that an employer values ladies in game. Effective techniques for growing the quantity of ladies in governance consist of using quotas, investment incentives, and nominations committees.

Conclusion

We understand that game and training have the strength to convert lives and to unite communities. We are dedicated to making sure that we offer possibilities for ladies to excel in anything discipline they selected and we understand that game presents ladies with possibilities to lead. Together there are 4 wide regions in which we will paintings collectively collaboratively on this space, the use of game as a car for development, selling health, enhancing educational fulfillment and growing network safety. Deakin WISE hopes to persuade cultural alternate and sell high quality function fashions with the purpose of assisting all ranges of lady participation and engagement in game. We welcome expressions of hobby to pursue this paintings collaboratively transferring forward.

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Effect of doping in sports

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Abstract

Doping is now a global problem that follows international sporting events worldwide. International sports federations, led by the International Olympic Committee, have for the past half century attempted to stop the spread of this problem, with little effect. It was expected that, with educational programs, testing, and supportive medical treatment, this substance-abusing behavior would decrease. Unfortunately, this has not been the case. In fact, new, more powerful and undetectable doping techniques and substances are now abused by professional athletes, while sophisticated networks of distribution have developed. Professional athletes are often the role models of adolescent and young adult populations, who often mimic their behaviors, including the abuse of drugs. This review of doping within international sports is to inform the international psychiatric community and addiction treatment professionals of the historical basis of doping in sport and its spread to vulnerable athletic and non-athletic populations.

Keywords: Doping, sport, blood doping ,steroids, adolescents, performance enhancement.

Historical Overview Of Doping

Performance-enhancing drugs are not unique to modern athletic competition. Mushrooms, plants and mixtures of wine and herbs were used by ancient Greek olympic athletes and Roman gladiators competing in Circus Maximus dating back to 776 BC. Various plants were used for their stimulant effects in speed and endurance events as well as to mask pain, allowing injured athletes to continue competing.

What is doping?

When humans compete against one another, either in war, in business, or in sport, the competitors, by definition, seek to achieve an advantage over their opponent. Doping is the intake of drugs i.e. chemical substances and adopting of methods which enhance the performance of sports persons To avoid fatigue and to enable the body to reach the utmost limits, the sport persons can use Analgesics cardio-respiratory analeptics, central nervous system stimulants several of which are strong anti-depressants and stimulants. In sports where body features or size, whether tall or short, are important such as in body building , shape of the body can be modified by hormonal manipulation.

Various drugs are used to fight stress, facilitate sleep.

Maintain good physical features.

Such as benzodiazepine derivatives.

Amphetamines cannabinoids alcohol or beta-blockers.

Methods of doping include blood doping.

Pharmacological, chemical or physical manipulation, manipulation such as drinking a lot of water or taking probenecid before the tests to dilute the effect of the banned substance.

Doping in Sports

Doping' is the word used in sport when athletes use prohibited substances or methods to unfairly improve their sporting performance. The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall impact of sport. Drug misuse can be harmful to an athlete's health or to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance. To achieve integrity and fairness in sport, a commitment from athletes is critical, but the fans watching their favorite athletes competing also need to demand that athletes succeed.

Blood Doping

Blood doping is a very intense type of doping. The reason for blood doping is to increase your red blood cell mass and thereby delivering more oxygen to muscle. The procedure in blood doping begins with between one to four units of a person's blood being taken from them. The red blood cells are then separated and stored in a cold area. The blood is then reinfused back into the body about a week after the athletes' high endurance event.

Creatine

Creatine is a lighter form of doping in sports today. It is not as extreme as some of the other doping drugs. Most creatine out there is not illegal. Creatine is a compound that is made in our bodies. It can be taken as a dietary supplement. This supplement does many things to your body easily.

list of doping classes according to the International Olympic Committee (IOC)

Psychomotor stimulant drugs.

Sympathomimetic Amines.

Miscellaneous central nervous system Stimulants.

Narcotic analgesics.

Anabolic steroids.

Positive Effects Of Doping In Sports

The purpose of taking doping drugs is to increase an athlete's performance in her or his sport. There are a number of benefits as a result of taking doping drugs. The benefit is the doping drug that is used to help the athlete. An athlete's endurance is much better and will last much longer.

Blood doping

Anabolic-androgenic steroid

An athlete can become much quicker and faster.

Steroids

An athlete can become much stronger and much more explosive

Creatine

Anabolic-androgenic steroid

An athlete's recovery time can be much quicker and more effective.

Narcotics

Negative Effects Of Doping In Sports

Taking Doping drugs can have terrible effects on your body. The well known doping drug, steroids have a number of negative effects on the body. Steroids interrupt the normal development of hormones throughout your body. When this happens your body experiences changes that can not be irreversible. Changes such as sperm

production, baldness, breast development in men, breast reduction for women and voice deepens for women. The negative effects on a person's Cardiovascular System is it increases LDL, and decreases HDL. The risk of high blood pressure is higher. Also the risk of heart attacks are very high. If a person takes a large amount of steroids it increases irritability and aggression.

Guidelines For Coaches/Leaders

The coaches and leaders must know the guidelines for the athletes, increase his knowledge about doping to better be able to inform the athletes, and suit information to the different groups of athletes (age groups, level of education, etc.). plan and arrange teaching sessions about doping, develop a two-way communication system and open support in case of problems, stimulate contact with the athlete's surroundings, parents, and school. working place, etc.

Discussion

Blood doping is most commonly used by endurance athletes, such as distance runners,

skiers and cyclists. By increasing the number of red blood cells within the blood, higher volumes of the protein hemoglobin are present. Haemoglobin binds to and carries Oxygen from the lungs, to the muscles where it can be used for aerobics.

Conclusion

The doping drug, blood doping, causes much stress on the heart. The reason for this is that your red blood count increases which causes the blood in your bloodstream to be thick. The human heart is not used to pumping such thick blood. Which leads to different kinds of heart diseases. Because this method of doping is taken in by needles (usually shared needles) the person has the risk of AIDS. Narcotics are a street drug. Because this drug is a street drug, many people share needles.

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Importance of Sports Management

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Abstract

Today's competitive environment, the quality and performance of the management determine the success of the organization. Management is an essential part of any group activity. Management is needed whenever people work together in an organization. Successful managers do not wait for future; they make the future by anticipating and adjusting to changing circumstances in an intelligent manner. Sports management involves any combination of skills that correspond with planning, organizing, directing, controlling, budgeting, leading, or evaluating any organization or business within the sports field. The field of sport management has its origins in the Physical Education Department. The discipline has evolved over time to be rooted in the History and Sociology departments. Management is combination of art and science Management as a science, Management as art Management as a Profession there are lots of areas in sports management.

Keywords: Management ,planning, Areas.

Definitions of Management

Management is a process of planning, organizing, actualizing and controlling to determine and accomplish the objectives of the use of people and resources. Management is the process by which managers create, direct, maintain and operate purposive organizations through systemic, coordinated and cooperative human effort.

Sport Management Degrees

Sport management refers to the management of various business functions in sports and recreation organizations. Depending on their specific job title, sport management professionals might plan, direct, organize or budget within a sports-related organization.

Ph.D. in Sport Management

interested in academia, consider pursuing a Ph.D. in sport management. People with sport management doctoral degrees often go on to launch careers as professors, researchers, urban developers and economists in the context of sports and recreation.

Sports Media

Sports media refers to the broadcast and reporting of sporting events, teams and sports news. Jobs in the sports media field

include print journalism, photography, broadcast reporting (TV and radio), sports information analysis and program production. MLB, ESPN, NBC NETWORK.

Scope of Sports Management

Personal Area of SM.

- Training
- Monitoring
- Participation
- Public Relations

Programme

- Training schedules
- Revision of curriculum and course.
- Recruiting students or participants
- Maintaining and improving the programme's image and reputation
- Coordination
- Evaluation in terms of achievement of goals and objectives.

Financial management

following activities:

- Sources of Funds
- Allotments of funds
- Budget planning
- Long and short term Goals
- Basics of planning
- Guidelines
- Expenditure Control
- Audit and accounts.

Materials Management

- Equipment needs, objectives, activities
- Purchasing policies, principles
- Selecting the equipment
- Care and maintenance of equipment

- Storing (indoors and outdoors)
- Handling security
- Issue and inventory
- Maintenance of registers
- Modification Equipment, material
- Disposal procedures.
 - Standardization, modernization.

Performance:

- Sports competition
- Preparation and participation
- Prognostics and selective diagnostics
- Performance dynamics and evaluation
- Psycho-dynamics and sports
- Ethical standards for teachers/coaches
- Maintenance of performance records
- Roll of honors/colors award boards
- Reward-award records

Office administration

1. Office Personnel
2. Interpersonal relationships
3. Staff and management ,
4. Maintenance of office records, registers and files.

Areas of Sports Management

1. Athletic Director.
2. Facilities and Events Coordinator.
3. Head Coach.
4. Sport Scientist.
5. Corporate Wellness Professional.

Event Management

Sports event management involves planning, coordinating, organizing and leading events for sports organizations. Putting on sporting events—from marathons to minor league baseball games requires relentless attention to detail and quick decision-making skills. Among other key responsibilities, event managers must manage budgets, negotiate with vendors and coordinate day-of logistics.

Conclusion

Sports management involves any combination of skills that correspond with planning, organizing, directing, controlling, budgeting, leading, or evaluating any organization or business within the sports field. The field of sport management has its origins in the Physical Education Department. Sports management is the business of sports and recreation. Sports managers can work for a variety of employers including professional teams, colleges, recreational departments and marketing firms. Sport management is a multidisciplinary field, many students pursue concentrations to deepen their expertise in a specific subtopic. If you're

inclined toward a certain aspect of the industry, consider finding a program that offers a concentration in that particular field.

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Role of Sports Nutrition For Better Sports Performance

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Abstract

Nutrition plays an important role in sports performance. This is why it is often referred to as "making it invisible". But when it comes to food and shows, it doesn't always involve a talent show. Today, many competitions for beginners deal with casual and semi-professional body painting. This population also seems to be developing their own personal brands that can be achieved with appropriate health guidelines. So it is very important to develop a nutrition technique that is adapted to the competitor and academic meetings. In addition, the great benefits of consuming excellent foods in sports can be seen in changes in body composition, reduction of injuries and increased professional performance. The purpose of this segment is to determine the nutritional needs of the competing population that will enable their use goals. Eating patterns can be adjusted with macronutrients, hydration and timing depending on the type and pressure of the activity. At the maximum critical level, vitamins is big for competition because it offers a wellspring of power had to play out the action. The meals we consume affects on our solidarity, preparing, execution and recuperation. Not solely is the kind of meals big for sports activities nourishment but the activities we consume at some stage in the day moreover influences our presentation degrees and our our bodies potential to get well withinside the wake of running out.

Keywords: Nutrition, sports, performance, health, macronutrients, nourishment, activities

Introduction

Understanding exercise physiology is critical to understanding the characteristic metabolic pathways that occur during exercise. Sports vitamins have recently risen to the nutritional district of fame as an advertisement. Competitors always challenge their bodies through real preparation and competition. Live knowing the real demands of your movement or game, competitors want our bodies to always have enough gas. This execution cycle requires a selected technique; Thus, a competitor looking for nutritional improvements should seek out professionals who are experts in sports nutrition and can create individualized plans. Relatively early stage sports nutrition research always yields new and invigorating statistics. It is vital that sports nutrition professionals live in the modern era so that they are evidence above all fully experienced. Making the law primarily demonstrable as a fully

professional requirement to use dietary recommendations and dietary practices suggested by successful peer-reviewed studies. Experts who have thought about maintaining sports performance, know the field and are familiar with the latest nutrition research, can advise on individual nutritional plans that meet the main health requirements, improve performance and accelerate recovery in competitions, all things considered. . Transforming the law into a primarily evidence-based, fully gaming nutritionist can create an invigorating and pleasurable call. A basic diet of vitamins just the right size for development, exceptional well-being and educational achievement, and empowerment. Sports nutrition improves athletic performance as a means of reducing fatigue and the risk of illness and injury; In addition, it allows the competition to speed up preparation and recovery. Replacing electronic equipment with electricity consumption is a good measure to avoid

electricity shortage or excess supply. Lack of energy can be caused by short stature, late puberty, female decay, lack of body volume and increased helplessness due to fatigue, injury or illness. Excess energy can lead to obesity and obesity.

Prior to adolescence, least dietary and energy prerequisites (caloric requirements) are comparative for young men and young ladies. Energy necessities for young people are more factor, contingent upon age, action level, development rate and phase of actual development. These suggested energy recompenses are the base important to guarantee appropriate development and real capacities. Additional calories are required during development sprays and to recharge energy consumed during athletic undertakings. For instance, a 30 kg young lady playing soccer for 60 min would consume a normal of 270 calories, or a 60 kg kid playing ice hockey for 60 min would use a normal of 936 calories.

Carbohydrates

Carbohydrates are the most important fuel for competitors because they provide the glucose used for energy. One gram of carbohydrates contains about four kilocalories of energy. Muscle glycogen is the most readily available fuel source for working muscles and can be supplied faster than other fuel sources. Carbohydrates should make up 5 to 65 percent of total calories for ages to 18. Great sources of starch are whole grains, vegetables, organic produce, milk and yogurt.

Protein

Proteins build and strengthen muscles, hair, nails and skin. In the case of mild and short-term training, proteins do not act as a necessary source of energy. However, as the duration of exercise increases, protein helps maintain blood sugar through gluconeogenesis in the liver. One gram of protein provides four kilocalories of energy. Protein should comprise approximately 10 to 30 percent of the absolute energy intake of - to 18-year-olds. Lean meat and poultry, fish, eggs, dairy products, beans and nuts, including peanuts, are excellent sources of protein.

Fats

Fats are essential nutrients that store fat-soluble nutrients such as (A, D, E, K) to provide essential unsaturated fats, secure vital organs and provide protection. Fat also gives a feeling of satiety. It is a high-calorie

source of energy (one gram provides nine kilocalories), but its utilization is more difficult. Fats should make up 25 to 35 percent of the absolute energy intake of - to 18-year-olds. Built-in fats should make up almost 10% of absolute energy expenditure. Excellent sources of fat are lean meat and poultry, fish, nuts, seeds, dairy products, and olive and canola oil. Fat from chips, sweets, cooked foods and ready-made products should be limited.

Micronutrients

Despite the fact that there are numerous nutrients and minerals needed for great wellbeing, specific consideration ought to be dedicated to guaranteeing that competitors devour appropriate measures of calcium, nutrient D and iron. Calcium is significant for bone wellbeing, typical catalyst movement and muscle compression. The day by day suggested admission of calcium is 1000 mg/day for four-to eight-year-olds and 1300 mg/day for nine-to 18-year-olds. Calcium is contained in an assortment of food varieties and refreshments, including milk, yogurt, cheddar, broccoli, spinach and strengthened grain items.

Vitamin D is important for bone wellbeing and is associated with the retention and guideline of calcium. Current proposals recommend 600 IU/day for four-to 18-year-olds. Ordinary estimations of nutrient D additionally change contingent upon topographical area and race. Competitors living in northern scopes or who train inside (eg, olympic skaters, gymnasts, artists) are bound to be nutrient D insufficient. Wellsprings of nutrient D incorporate invigorated food sources, like milk, and sun openness. Dairy items other than milk, like yogurt, don't contain vitamin D.

Iron is significant for oxygen conveyance to body tissues. During youth, more iron is needed to help development just as expansions in blood volume and fit bulk. Young men and young ladies nine to 13 years old ought to ingest 8 mg/day to stay away from exhaustion of iron stores and iron-inadequacy paleness. Teenagers 14 to 18 years old require more iron, up to 11 mg/day for guys and 15 mg/day for females. Iron consumption is normal in competitors as a result of diets poor in meat, fish and poultry, or expanded iron misfortunes in pee, excrement, sweat or feminine blood. In this manner, competitors, especially female competitors, veggie lovers and distance

sprinters ought to be screened occasionally for iron status. Iron-rich food sources incorporate eggs, verdant green vegetables, invigorated entire grains and lean meat.

Hydration

Appropriate hydration requires liquid admission previously, during and after exercise or movement. The measure of liquid required relies upon numerous components, including age and body size. Prior to action, competitors ought to devour 400 mL to 600 mL of cold water 2 h to 3 h before their occasion. During donning exercises, competitors ought to devour 150 mL to 300 mL of liquid each 15 min to 20 min. For occasions enduring under 1 h, water is adequate. For occasions enduring longer than 60 min, as well as occurring in

sweltering, sticky climate, sports drinks containing 6% carbs and 20 mEq/L to 30 mEq/L of sodium chloride are prescribed to supplant energy stores and liquid/electrolyte misfortunes. Following action, competitors should drink sufficient liquid to supplant sweat misfortunes. This typically requires burning-through roughly 1.5 L of liquid/kg of body weight lost. The utilization of sodium-containing liquids and snacks after practice assists with rehydration by animating thirst and liquid maintenance For non-competitors, routine ingestion of starch containing sports beverages can bring about utilization of unreasonable calories, expanding the dangers of overweight and stoutness, just as dental caries and, thusly, ought to be dodged.



Fig-1 Sportsman Diet

Conclusion

At the maximum critical level, vitamins is big for competition because it offers a wellspring of power had to play out the action. The meals we consume affects on our solidarity, preparing, execution and recuperation. Not solely is the kind of meals big for sports activities nourishment but the activities we consume at some stage in the day moreover influences our presentation degrees and our our bodies potential to get well withinside the wake of running out.

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Sports Management: Significance And Career Opportunities

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Abstract

Sports the executives is an interdisciplinary field, drawing on parts of advertising, law, money and management. A particular graduate degree assists understudies with creating fundamental abilities in business organization, financial matters, account, law, brain research and showcasing – all with a particular spotlight on the games area. It is vital satisfactory (preparing) of representatives in sport (sports organization) to stay up with the improvement of data advances and how to take full advantage of the advancement that we permit new advances. With the coming and improvement of data innovation in our nation at home and abroad are progressively the inquiry is skill sports organization (sports the executives) to satisfactorily and appropriately do their positions and how to save time and assets of their association. The vast majority of the games association tolerating the advancement of new innovation learning, create and receive new techniques (data and correspondence innovation) that will assist them with improving their items and benefits and carry them nearer to their clients.

Keywords: Sports, management, fundamental abilities, advancement, skills, innovation

Introduction

Overseeing sport associations toward the beginning of the twenty-first century includes the utilization of methods and methodologies clear in most of present day business, government and philanthropic associations. Game directors take part in essential arranging, oversee huge quantities of paid and deliberate HR, manage broadcasting contracts worth billions of dollars, deal with the government assistance of tip top competitors who in some cases procure multiple times the normal working compensation, and work inside profoundly coordinated worldwide organizations of global games alliances, public game associations, government offices, media companies, backers and local area associations. Understudies looking for a vocation as a game administrator need to build up a comprehension of the unique highlights of game and its united ventures, the climate where sport associations work, and the sorts of game associations that work in the general population, philanthropic and proficient areas of the game business. The rest of the section is given to a conversation of these focuses and features the extraordinary parts of game association the

board. The game is used by a large number of people all over the planet, played or watched by the majority of the entire population, and at the world or expert level, it has gone from a beginner to a huge industry. The development and professionalism of the game has led to changes in the use, creation and management of games and associations at all levels of the game. Developing economies, such as Brazil, which hosted the 201 FIFA World Cup and the 2016 Olympics, increasingly see the Games as a tool to raise interest in foundations, promote their country to the world, to boost exchange, tourism and speculation. and to encourage general pride among the inhabitants. Managers of sports associations promote the sport, organize general exercises, identify all applicable assets, cycles and skills, practice the strategy of personnel, coordinate games and business opportunities, take care of correspondence and coordination, come up with the right arrangements, cycles and controls to kill the damaging collision. Managers and sports promotion are probably the most important, also the most complex, exercises to ensure that the game and business skills are more reasonable, accessible and experienced. Today,

organizations that promote the game are not only involved in communication, information and support, but also provide many different types of assistance. In business, performance, sport and in general, some important variables for progress and victory are having and controlling information in order, recognizing and responding to climate change, exploiting new mechanical twists, improving old and securing new information. The ability of sport as leaders and the unstructured experience of competent coaches of individual athletes, teams and clubs appeared in the presence of the most important athletic association. The existence of goal-oriented, logical sports knowledge of the administration is related to the development of the professionalism of the game and adaptation to the laws of the market economy, and the increase of table science first in the field of profit, in business. of companies, and then in the spread. useless to the public and private sectors.

Significance of Management in Sports

Supervisors need to administer the extraordinary abilities and information. Oversee, lead, facilitate, choose - it should know. The board, notwithstanding science, it is additionally workmanship. The achievement of any association, as business frameworks, and public areas, culture, sports, workmanship, relies upon the abilities of supervisors. Craft of making, overseeing, overseeing, coordinating, estimating, arranging, planning, can be viewed as a sort of workmanship. The executives is, accepted, the Sciences and Arts. Science and craftsmanship are corresponding, as they work in cooperative energy, not avoided. No craftsmanship by science, or science with creation, the portion of workmanship. Human asset the executives in sport is another hypothetical, logical and realistic methodology, which from one perspective, alludes to the administration of competitors by mentors, group of specialists and sports researchers, then again, the

productive and viable administration of the whole game association by control in sport, sports supervisors, promoting administrators and sports volunteers. The executives of sports includes the investigation of confused and demonstrated information on how a games association accomplishes its objectives, obtaining, dispersing and the utilization of restricted human, material, data and monetary wellsprings of its prosperity. Sports Management as the workmanship and art observational, unstructured experience of skilled administrators of individual competitors, groups and clubs arose with the presence of the principal pro athletics association. The presence of a methodical, logical organized information on sports the board is associated with the development of professionalization of game and its standards assurance - administration market economy, and the rise of the executives science, first in the benefit area, corporate business, and afterward, and it's spreading to the area of non-benefit public and private area. Understudies keen on both business and sports can track down their optimal program with Sports Management. This degree can open up a wide range of open positions inside the games business. It can situate understudies to become specialists, group promoting chiefs, athletic division directors, mentors, wellness focus administrators, group supervisors and the sky is the limit from there.

Understudies can likewise work at various levels, from nearby games and lower levels to territorial and public game affiliations, giving a lot of development freedoms to those intrigued. A Sports Management degree can likewise help graduates discover positions at amusement focuses, recreational areas, and other related associations. It's moreover customary for understudies to be enthusiastic about the benefits and weaknesses of Sports Management at whatever point they have graduated and are looking for a wonderful calling.

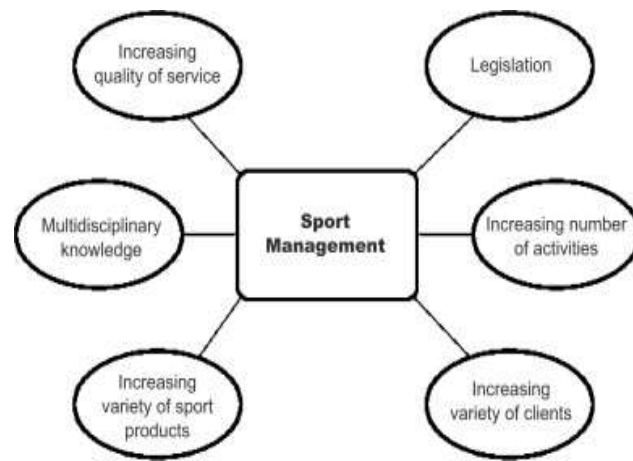


Fig-1 Sports Management

Advantages to this degree.

Occupation Flexibility

As we referred to above, there are various occupation choices for Sports Management. On the off chance that you are keen on local area authority and public diversion the executives for neighborhood parks, Sports Management can help you. On the off chance that you need to fill in as a specialist for players or a PR administrator for a group or game in emergency, this degree is phenomenal arrangement. In the event that you have your eyes set in turning into a group executive or chief, a Sports Management degree is a vital advance in arriving. The program upholds so various profession ways that it's a solid match for a wide range of interests.

Travel and Experience

Sports Management can be entertaining. In the event that you like travel, investigating new areas, and visiting new urban communities, a Sports Management profession could be an incredible decision for you. Numerous vocations in the games business include going all throughout the planet for different occasions and occupation duties. It very well may be a little glimpse of heaven for understudies who need a functioning way of life that remunerates their hunger for new experiences. Goodness, and in the event that you're not actually the voyaging sort, there are still a lot of chances for overseeing sports settings and different places that include altogether less travel.

You Can Give Back to Your Community

Rewarding your local area is simple with a Sports Management degree. This program gives the abilities you need to a wide range of volunteer exercises or philanthropic

endeavors to energize actual wellness, make beginner groups, and substantially more. There are a couple of things, nonetheless, you should remember while seeking after this kind of degree. To begin with, in contrast to certain ventures, it can require critical exertion to arrive at center and more elevated level administration positions. Understudies ought not anticipate getting an administration position in the games business just after graduation (even those with MBAs). Second, pay can shift significantly for Sports Management occupations relying upon the position, so it tends to be hard to rely on a specific compensation. A few positions may have unpredictable hours or are occasional dependent on the kind of game. It isn't for everybody, except it very well may be exactly the thing you're searching for.

Career opportunities In Sports Management

A Sports Management certificate shows understudies abilities and ideas identified with Management, Finance, Marketing, and Law identified with the games business. Sports Management classes will assist you with figuring out how to outline the business side of a games association with the utilization of the most recent patterns and advancements. You'll build up an expansive arrangement of abilities, yet the absolute most significant are basic reasoning, critical thinking, correspondence, and thoughtfulness regarding subtleties. These will prove to be useful in any circumstance. Regardless of whether you're arranging a sponsorship contract for a nearby occasion or a multimillion-dollar bargain for a player or group you address, the capacities you create

during a Sports Management degree are fundamental.

Conclusion

It is vital satisfactory (preparing) of representatives in sport (sports organization) to stay up with the improvement of data advances and how to take full advantage of the advancement that we permit new advances. With the coming and improvement of data innovation in our nation at home and abroad are progressively the inquiry is skill sports organization (sports the executives) to satisfactorily and appropriately do their positions and how to save time and assets of their association. The vast majority of the games association tolerating the advancement of new innovation learning, create and receive new techniques (data and correspondence innovation) that will assist them with improving their items and benefits and carry them nearer to their clients. To accomplish the greatest in the game, it is important to make, adjust, arrange, and consistently to execute anongoing and last readiness of world class competitors, and alongside that, work on finding themost reasonable authoritative structures, techniques and substance of work in getting ready eliteathletes for the most elevated level agent donning accomplishments. Contemporary expressions association in the present powerful climate described by continuous changes andnumerous contenders can not make due without the executives.

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Use of Information Technology in Sports

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Abstract:

The present age is called the age of information technology. The origin of sports is as old as the history of mankind. Initially these were done only for pastime, leisure and entertainment, but now they have become a way to name, fame and monetary gain and lucrative profession. Modern games are full of competitive spirit, and are played to win. All nations are seriously involved in achieving excellence in the field of sports. India is the second most populous country in the world. But it is lagging behind in the field of sports. After independence, a large number of physical education and sports institutes have been established in the country, some of them offer research programs in the respective field. Therefore, to enhance sports performance, new methods and techniques have to be identified by sports persons and sports scientists. Keeping in view all the above considerations, the latest information should be provided to sports persons and sports scientists in a timely, effective and efficient manner. Libraries and information centers can play an important role in this context, while developing their need based collections, they should also provide IT based information services to sports persons and sports scientists. Present research paper topic discussed on need of research and information technology in sport.

Keywords: research, technology, Physical Education, Sports Science

Preface:

This age-old proverb clearly tells us what the importance of sports and games since ages is. In fact, the origins of the game can be traced back to the beginning of any civilization. World history is full of examples and anecdotes referring to the game in various contexts. Each civilization, Greek, Roman, Indian and Chinese, developed their own indigenous games and made them an integral part of the culture. Sports were often used as media for the dissemination of cultural morals and ethics during ancient times. Sports and games are as old as the history of mankind because physical activity is the very basis of human existence, and entertainment is a basic need of mankind. Whether organized formally or not, sports and games have played a significant role in human history since pre-historic times as being physically fit was essential for survival. Therefore, physical activities are being used by all societies for self-protection, promotion of health and well-being, and for recreation. The concept of organized physical activities programmer as physical education began with the modern concept of education.

Presently it has become a commodity which is used as play and display. It can also be recognized that sports and games provide an opportunity for vitality, goal attainment, teamwork, personality development, a sense of identity and ego-satisfaction, which are often not available in daily life. Although sports are a part of physical education, there is a difference between the two approaches. Physical education is concerned with the masses rather than a class, but sport is concerned with maximizing performance, breaking records and winning. Currently, sports have become the order of the day. Electronic and print media are promoting sports and a large number of TV channels are available to serve this purpose, and a large amount of sports literature is published in the form of dedicated sports magazines, web resources, scholarly journals and newspapers. Now, sports are played for prizes, prizes, fame and monetary gains as well as pastime and entertainment. It is now a billion dollar industry. The newly emerged sub-discipline of physical education within the realm of sports science, is contributing greatly in supporting the research activities

in the relevant field. Information technology is playing a vital role in every nook and corner especially in research activities related to sports. Many physical education and sports institutes, and sports clubs have been established in the country, and their number is increasing day by day. When we talk about education and research in physical education and sports, we have to pay attention to some other inter-related aspects of its field, because physical education is a 'movement through education' within the framework of total education which is both mental and physical. Now it has become an inseparable part of education and emphasis is placed on educational experience only on building muscle. The development of teacher education in physical education is also a very important area which needs to be discussed as teacher training institutes grow, departments of physical education start being established. It had its formal beginning in the West more than a hundred years ago, and the concept reached India via Britain. In fact the entire system of physical education experienced change along with the education bearing continental influences. In England, when teacher training programs in general education were formalized and standardized in terms of basic entry qualifications for prospective teachers to take up teaching assignments at various levels, duration of training courses, theoretical course content, Teaching practice lessons, etc. The need for information technology for society can be gauged from the fact that no area of life today is untouched by it information technology is connected to every breath from birth to life. All our social festivals, celebrations, festivities, entertainment, culture to our food, lifestyle, business-industry etc. are related to information technology. Without it, the origin and development of any society cannot be imagined. In a society where the spread of information technology is high, the field is considered to be more advanced and developed, hence today Britain, USA, France, Germany are the most developed countries in the world.

Physical education model:

By convention, much of physical education has been sport-related, and the more recent early primary physical education skill theme model strongly suggests that sport is the ultimate goal of physical education. The sports education model aims at helping the

students to become skilled sports participants and good sports persons to teach them to become players in the full sense of that term. To do this, as many institutional aspects of sport as possible must be included in the physical education program. In the game education model the units are changed. Students belong to teams that practice together and play together. A formal competition of some sort is held.

The importance of information technology:

Properly transform the current generation into an effective 'cyber learning age', so that students can access online learning from a variety of communication tools and devices in their own place.

Establish transfer of traditional libraries based on communication technology to digital libraries

Easy communication, transfer and effective access to subject matter generated through education and research.

Create a national database of information on important areas like education, agriculture, business, health etc.

Creating conducive environment to promote the use of ICT, especially in schools and colleges in rural areas. To this end, wide access to access tools, internet connectivity and promotion of ICT literacy.

Ensuring online availability of good information through private sector and state educational technology institutes.

Using existing communication curriculum for education and training and information communication technology tools for the promotion of pedagogy.

To enable students to acquire information technology skills required for higher education and lucrative employment.

To provide effective learning environment for students with physical and mental disabilities through information and communication technology. To promote critical thinking and analytical skills in students by developing self-knowledge. This class will transform from a teacher-centric location to a student-centered learning center.

Promote the use of information and communication technology through audio-visual and satellite based devices for distance learning and employment.

Information Technology Studies in Sports Science:

In Books of seema kaushik Detailed Computer Applications in Physical Education and Sports because modern civilization has become so complex and sophisticated that one has to survive. In fact, computers have innumerable applications and new ones are being developed daily due to rapid changes in information technology. In physical education and sports, computers are used in every aspect, be it personal, employee work, class organization and conduct, 84 health services, assignments, budgeting, financial aid, accounting, publications, advancement of knowledge, management of grants It is used everywhere, conference, library, or a gymnasium. She concluded that the only limit to our creativity is to imagine a use for computers. Sharma (2005) indicated that physical education has always been a neglected area for research. But with the emergence of sports sciences such as sports medicine, sports psychology, sports sociology, exercise physiology, kinesiology and biomechanics, the face of the subject is gradually changing and it is ushering in a new era, where the spirit of competition in sports has taken over. gave a push To innovate new technologies and methods to improve sports performance all over the world. Bhagirathi (2005) pointed out that information communication technology is also playing an important role in physical education and exercises for sports. He realized that ICT is helpful in the professional development, research, management and exchange of resources of teachers in physical education and sports.

Conclusion:

The various digital platforms, social media and technology for communicating in the virtual world, known as information and broadcast technology, have all become an integral part of the game Indian Institute of Technology Mumbai Dr. Vidya Subramanian from the Institute for Research and Innovation in Society (IFRIS), France. A recent study by a group of researchers led by Marian Noel found that ICT is not only a passive part of the game, but also affects the lives of the people concerned and the economy associated with it. The study concludes that technology really drives sports and even athletes are just one of the many parts of the sports economy. "It is in the interest of both the players and the spectators that the intervention of technology

in any sport is done with care and understanding without any negligence."

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Career Opportunities In Sports

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Abstract

The rapid changes in science, technology, knowledge, information sources i.e. in each and every Sport. , Sports professionals have a very important role to play in the future of Career. Many exciting careers for which a degree in Sports will prepare you. The Bachelor of Arts in Sports provides a solid foundation preparing you to pursue a variety of careers, from chiropractics to teaching, from recreation leadership to athletic training, and from dance therapy to sports management. The following career available in sport industry. Coach -Coaching is a well respected and a much needed profession. Coaching at the top level, national and international, Trainers - A wide number of jobs are available as trainers. Trainer specialize in prevention, assessment, treatment and rehabilitation of musculoskeletal injuries, Physical Education Teacher - Teacher act as facilitators using interactive discussions and help students learn and apply concepts. Umpiring / Refereeing - Games and sports are rule specific and need a judge to oversee that the game runs in its true laws and spirit. Other than having solid judgments for the game. Sports medicine and physiotherapists - Physiotherapists provide services that help restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities of patients suffering from injuries. Dance Teacher - Dance instructors usually specialize in a specific area of dance such as ballet, tap, jazz and modern dance. Sports Media - Media has grown manifold in sports earlier while a few reporters and one or two still cameraperson were enough to cover an event. Sports Journalism - Most of the newspapers and TV channels have strong sports team include sports editor, correspondents on various beats, sub-editors, anchors, page designers etc. Sports Photo Journalist - Action photographs are lifeline for a sports story and brilliant photographers are worth their weight in gold in media houses. They try to tell the story in pictures and other than being at their creative best. Sports Public Relations Professionals - A number of Public Relations agencies have sprung up in the field of sports which require PR professionals with a passion for sports. Sports Administrators and Managers - sports administrators are required for maintaining and running sport federations and organizations. Like sports tourism, academies, manufacturing equipments etc. Chiropractor - Chiropractors diagnose and treat patients whose health problems are associated with the body's muscular nervous and skeletal systems especially the spine.

Key words:- Sports person, Opportunities Career and Physical Education.

Introduction

The Universal need and importance of daily sports. Because of the inventions of the man made machines, the man himself has made its organs so weak that its survival has been in dangerous situation resulting less life span and many serious life killing diseases, which can be treated by sports. Sports play a very important role in one's life. Through sports every person can remain mentally and physically fit. Sport. Professionals have a very important role to play in the future of the health of our nation and the world. Many

exciting careers for which a degree in Sports will prepare you. The Bachelor of Arts in Sports provides a solid foundation preparing you to pursue a variety of careers, from chiropractics to teaching, from recreation leadership to athletic training, and from dance therapy to sports management. Now a day unsurprisingly a sports background can be a key advantage for anyone planning as sports career. Knowledge and experience in business and marketing also enhance of sports and Sports fields. In today competition era every year the new and various exciting

careers available for people pursuing sport and it is not limited to playing the game actively as the only professional prospect available to them. Some of the most popular professional and job prospects are available sports-person is not the only career available to those with a zeal and passion for sports and looking to build a career in it. From the early Roman days when sports in the Olympics was a glorious spectacle to today's ultra managed events like modern Olympics sport has come a long way in terms of both scale and management. To give an example, the organizing committee of the Beijing Olympics put an advertisement to recruit as many as one lack volunteers to work in various centers'.

Career Opportunities In Sports

Parks and Zanger (1990) have identified the following career available in sport industry.

- 1) Coach
- 2) Trainer
- 3) Physical Education Teacher
- 4) Umpiring / Refereeing
- 5) Sports medicine and physiotherapists
- 6) Dance Teacher
- 7) Sports media
- 8) Sports Journalism
- 9) Sports Photo Journalist
- 10) Sports Public Relations Professionals
- 11) Sports Administrators and Managers
- 12) Chiropractor
- 13) Athletics administration
- 14) Fitness Management
- 15) Sporting goods
- 16) Sports agents
- 17) Professional sports
- 18) Arena management
- 19) Sport marketing
- 20) Sport journalism
- 21) Physical fitness
- 22) Sport club management
- 23) Athletics training
- 24) Sport medicine
- 25) Consulting
- 26) Entrepreneurship

Coach

Coaching is a well respected and a much needed profession. Coaching at the top level, national and international, usually requires a lot of experience. Such coaches themselves have long and rich experience as players themselves. Thus coaching at the top is a viable option for retired sportspersons. However coaching also is not limited to top professionals only and with the emergence of

sports and fitness. Trainer specialize in prevention, assessment, treatment and rehabilitation of musculoskeletal injuries, Athletic trainers are often on the first health care providers on the scene when injuries occur, and therefore must be able to recognize evaluate and assess injuries and provide immediate care when needed.

Physical Education Teacher

Teacher act as facilitators using interactive discussions and help students learn and apply concepts many teacher have to teach at more than one school. Other duties may include after school monitoring of students, bus duties attending faculty and parent-teacher conference meetings and organizing a yearend field day or a physical education show of some kind.

Umpiring / Refereeing

Games and sports are rule specific and need a judge to oversee that the game runs in its true laws and spirit. Other than having solid judgment for the game, a referee needs to be physically and mentally fit as well. He or she needs to be in control of the game and while being strict also has to show reserves of calm and patience. It is often said that umpiring is a thankless job as an umpire or referee is not judged by their right decisions but by their mistakes. Often a mistake ruins all the good work done through the course of the game. It is important to accept that mistake is only human error and one cannot be perfect. But within the realms of these heavy expectations

Sports medicine and physiotherapists

It is one aspect where there is acute shortage of trained personnel. Doctors, physiotherapists, dieticians, nutritionists, etc. are very much required to build, maintain and monitor optimum physical fitness. During the course of play also physiotherapists are needed to treat minor injuries, sprains etc. Physiotherapists provide services that help restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities of patients suffering from injuries. Doctors are also needed to train athletes on list of banned substances and to educate them on avoiding illegal drugs intake. Sometimes even common medicines may interfere with blood samples hence a sportsperson has to be well educated on what to take and what to avoid according to the WADA guidelines.

Dance Teacher

Dance teacher study musical beats so that they can teach dance steps movement techniques and choreograph dance routines. Dance instructors usually specialize in a specific area of dance such as ballet, tap, jazz and modern dance

Sports Media

Media has grown manifold in sports and even its role and functions have grown with time. Earlier while a few reporters and one or two still cameraperson were enough to cover an event, now their numbers have gone to hundreds. Media is a fast growing industry in India and huge spurt in number of newspapers and television channels have only grown the need for trained media persons.

Sports Journalism

Most of the newspapers and TV channels have strong sports team nowadays. Normal strength of a sports desk is around 10 people that include sports editor, correspondents on various beats, sub-editors, anchors, page designers etc. Usually the entry into sports journalism is as a trainee reporter or trainee sub-editor and one moves up from there. Journalists are given fixed beats to cover, like cricket, football, tennis, athletics, Olympic sports, hockey etc. Sometimes these are rolling beats and everyone gets to cover all in a cycle. A sport journalist is expected to be hands on the intricacies of the game and to be in good contact with the sportspersons and administrators of his particular beat. There is growing trend to adopt sports journalism as a career and to sum it up in the words of a colleague who covers cricket, "People pay to watch cricket matches, I get paid to watch them." Other than reporting, there is also option of becoming sports commentator which is a highly paying job but the requirements for live commentators are only a few.

Sports Photo Journalist

Action photographs are lifeline for a sports story and brilliant photographers are worth their weight in gold in media houses. They try to tell the story in pictures and other than being at their creative best, they also need to be at the right place in the right time.

With the advent of TV and sports channels, sports camerapersons are in huge demand. They cover for news bulletins and programmers and also are required for live coverage. Once again live coverage is a very

responsible job and requires great experience and expertise.

Sports Public Relations Professionals

A number of Public Relations agencies have sprung up in the field of sports which require PR professionals with a passion for sports. Sports federations need PR managers, event organizers need PR managers and even sportspersons themselves need PR experts to guide them in the media field. Events like IPL and F1 have opened doors for a huge number of PR managers who work exclusively for sports.

Sports Administrators and Managers

Sports administrators are required for maintaining and running sport federations and organizations. As sport becomes increasingly professional, the requirement for trained managers and administrators is only bound to increase. Right now job opportunities exist in both public and private sector. This is not an exhaustive list of careers available in sport, just an indicator of current professional trends. Besides if one gets creative, other avenues like sports tourism, academies, manufacturing equipments etc.

Chiropractor

Chiropractors diagnose and treat patients whose health problems are associated with the body's muscular nervous and skeletal systems especially the spine. They take the patient's medical history. Conduct physical, neurological and orthopedic examinations.

Conclusions -

Sports aim at helping its followers to discipline their emotions master their nervous tensions and complexes and to attain a sense of inner balance, harmony and relaxation. A sport is essence is the most powerful medicine in the world, raising awareness of health issues and engendering healthier life-long practices People who are healthy are better able to take care of themselves and their families, and to contribute to the economic, social and political lives of their nations. There are a number of professions in sports and related to it, but to excel in them one has to go through professional training and education. If looking for education and training as a sportsperson, one way to approach training is to start early and get admission in one of the Sports Authority of India (SAI) Indira Gandhi Institute of Physical Education and Sports Science, New Delhi. Netaji Subhash

Institute Of Sports, Patiala (NSIS) The
Lakshmbai National College of Physical
Education, Gwalior

Most importantly, to be successful in sports
one has to have commitment, passion, hard
work, discipline, energy, enthusiasm, team
management skills, good communication and
leadership qualities besides the required
skills in sports.
All these can be developed and honed and if
one is ready for the hard work, a great career
beckons.

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Tennis Elbow Problems in Student-Athletes: More than Just Tennis

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Abstract

Background: An overuse injury, lateral epicondylitis, affects the elbow joint where the common extensor tendon originates. University students tend to complain more about their elbows and wrists. The goal was to determine the prevalence of tennis elbow among students over the course of the academic year.

Methods: One hundred and thirty-seven subjects fulfilled the inclusion criteria, with age respondents between nineteen to twenty-five years. Descriptive data regarding athletes' specialization in games and sports was also recorded. This study was done on those students who have local tenderness on palpation over the lateral epicondyle. VAS was used for measuring the pain intensity. Mill's and Cozen's tests were performed to confirm the tennis elbow.

Results: The incidence of confirmed tennis elbow was 1.4% & 1.3% on the right and left, respectively. Among those participants, Mill's test was positive on 1.9% & 1.8% on the right and left sides, and Cozen's test was positive on 1.6% on the right side and 1.5% on the left side. Of one hundred and thirty-seven subjects, sixty student-athletes had cricket as their specialization, twenty badminton, thirty-six lawn tennis, thirteen weight lifting, and eight from other sports activities.

Conclusions: The study concluded that a 2.7% incidence rate of tennis elbow was observed in university students during the entire academic year. And also concluded that it is not necessary that only lawn tennis players could have tennis elbow. For the specialist in practice that treats athletes of all skill levels, it is important to understand that tennis elbow is more than just tennis.

Keywords: Sports, Pain, Student-athlete, Tennis elbow

Introduction

Tennis elbow is believed to be caused by overusing the extensor carpi radialis brevis (ECRB) muscle, which leads to repetitive microtrauma and primary tendinosis of the ECRB with or without extensor digitorum communis involvement (EDC). One explanation for the condition's tendency could be the wrist extensors' main activity. Rowing elbow, tendonitis of the common extensor origin (CEO), lateral epicondylitis, and peritendonitis of the elbow are a few of the terminology that are similar to tennis elbow. Pain and discomfort over the lateral epicondyle (LE) of the humerus, as well as pain with resisted dorsiflexion of the wrist, middle finger, or both, are symptoms of tennis elbow. The tendinous tissue of the wrist extensor muscles' origins at the LE of the humerus is the site of the painful ailment known as tennis elbow, which can cause loss

of function in the affected arm. Both the patient's social and professional lives may be significantly impacted. Tennis elbow is essentially an overuse injury that causes micro rips in the hyaline zone of the extensor muscles that attach to the lateral side of the forearm, according to research on the condition's origin. It is conceivable, though, for discomfort to only be felt on the medial side of the elbow. Tennis elbow is frequently misdiagnosed because tendonitis is the proper medical word. Experts on elbow injuries disagree with this phrase because tendonitis indicates inflammation of the affected area. Tennis elbow's most prevalent form, LE tendinosis, is a painful ailment that infrequently exhibits any inflammation. The language used reflects the idea that this harm is chronic rather than recent. Grip strength, a particular aspect of hand strength, is the force used by the hand to pull

on or suspend things. There are 35 muscles in the forearm and hand that are used for movement, several of which are used for gripping. When engaging in gripping activities, the extensors of the forearm stabilize the wrist while the muscles of the flexor mechanism in the hand and forearm strengthen the grip. Wrist extensor muscles cannot support the wrist during gripping in cases of tennis elbow. University students are more likely to develop overuse ailments like tennis elbow, possibly due to prolonged writing sessions and increased strain on their wrists and elbows. The standard writing positions, which involve radial deviation and elbow flexion, must vary for each individual. Many student-athletes who participate in various games and sports where there is the repetitive movement of arms with some mechanical load also get involved in lateral epicondylitis. Students in professional education who participate in skill-building activities related to their academics subsequently develop chronic inflammatory diseases. Therefore, the focus of this study will be on the prevalence of tennis elbow among students over the course of the complete academic year.

Methods

Subject

A total of 149 student-athletes from Aligarh Muslim University were asked to complete study measures. Of this number, 137 (91.8%) provided complete information. Of the 149 participants included in the analyses, the mean age was 23.69 ± 1.34 years, and 24.4% were female. The student-athletes had specialization in games and sports. Sixty student-athletes had cricket as their

specialization, twenty badminton, thirty-six lawn tennis, thirteen weight lifting, and eight from other sports activities.

By having the subject sit down, Mill's and Cozen's tests were used to check for tennis elbow.

Cozen's test: The examiner's thumb, which rests on the subject's lateral epicondyle, stabilizes the subject's elbow. Then, as the examiner opposes the motion, the patient is instructed to actively create a fist, pronate the forearm, and radially deviate and extend the wrist. Positive indications include abrupt, intense pain near the lateral epicondyle of the humerus.

Mill's Test: The examiner passively pronates the subject's forearm while fully flexing the wrist and extending the elbow while palpating the lateral epicondyle. Pain over the lateral epicondyle of the humerus indicates a positive test. Positive Cozen's & Mill's test, with grade II tenderness over the lateral epicondyle or along the muscles and a pain score of more than or equal to 4 in NPRS diagnosed as Tennis elbow. The outcome measures used in the study were Cozen's test, Mill's test, and VAS score.

Results

Among the 137 students, 27 students got a positive Mill's test sign at the right elbow, and 25 students got a positive Mill's test sign at the left elbow. Whereas with Cozen's test 22 students got the positive sign at the right elbow and 21 students got the positive sign at the left elbow (Table 1). 1.4% & 1.3% of student-athletes are confirmed with tennis elbow at the right and left elbow respectively with a pain level >4 with NPRS (Table 2).

Table 1: Tennis elbow confirmatory test analysis.

TE confirmatory test	Side	Results	Number	Percentage
Mill's Test (N=137)	Right	Negative	110	80.2
		Positive	27	1.9
	Left	Negative	112	81.7
		Positive	25	1.8
Cozen's Test (N=137)	Right	Negative	115	83.9
		Positive	22	1.6
	Left	Negative	116	84.6
		Positive	21	1.5

Table 2: Tennis elbow confirmation among university students.

Variable	Side	NPRS value	TE confirmed	TE Not Confirmed	TE Conf %
Positive MT and CT	Right	>4	20	117	1.4
	Left	>4	18	119	1.3

As per the data analysis, tennis elbow was confirmed in ten student-athletes who had cricket as their specialization, four from lawn

tennis, three from weight lifting, two from badminton, and one from other sport activity (Table 3).

Table 3: Tennis elbow confirmation among university students according to sports specialization

Sports Specialization	No of Student Athletes	NPRS value	TE confirmed	TE Not Confirmed
Cricket	60	>4	10	50
Lawn Tennis	36	>4	4	32
Weight lifting	13	>4	3	10
Badminton	20	>4	2	18
Other	8	>4	1	7

Discussion

Total of 149 students participated in this study with an age group between 17-23 years old. 137 were included in the study based on the inclusion and exclusion criteria. Among the 137 students, 27 students got a positive Mill's test sign at the right elbow, and 25 students got a positive Mill's test sign at the left elbow. Whereas with Cozen's test 22 students got the positive sign at the right elbow and 21 students got the positive sign at the left elbow. These are suggestive of early warnings signs to tennis elbow. Out of these 137 participants 20 students on the right side and 38 students on the left side were diagnosed with tennis elbow by using Mill's test and Cozen's test.

Tennis elbow is thought to result from overuse of the extensor carpi radialis brevis (ECRB) muscle by repetitive micro trauma resulting in primary tendinosis of the ECRB, with or without involvement of the extensor digitorum communis (EDC). The primary impairment in the lateral epicondylalgia is a deficit in grip strength which is predominantly due to pain, and its consequences on motor functions. According to Schmidt, et al patients with tennis elbow try to avoid pain and rarely challenge their maximal grip. Functional ability may be therefore determined by their pain free capabilities. Pain and disuse of arm have important role in worsening the agonist and antagonist muscle function resulting in overall reduction in muscle performance of involved arm. Grip strength may also play a role in injury prevention and rehabilitation. University students are prone to overuse injuries like tennis elbow, may be because of their long time writing and giving more strain to elbows and wrist while writing. Elbow flexion and radial deviation are the normal positions we adapt for writing, for every person there must be variations.

Repeated actions of elbow and wrist can be the reason for tennis elbow.

The result of the study shows the incidence of 2.7% of tennis elbow identified during the study conducted in the year 2022 as they were engaged in activities like playing different sports like cricket, lawn tennis, badminton, weight lifting and other activities. The right elbow was dominantly affected in all participants. Direct tenderness was considered positive if palpation on the lateral epicondyle or the adjacent tissue (up to 4 cm distal to the epicondyle) elicited any degree of palpation tenderness. Indirect tenderness was examined by resisted dorsal flexion of the wrist with the elbow stretched and was considered positive if exacerbation of pain was located in the specified area. Limitations of the study include non-classification of passive students and academically active students who have very much engagement in writing and also classification under dominancy of upper extremity usage.

Conclusion

The study concluded that a 2.7% incidence rate of tennis elbow was observed in 137 university students during the entire academic year. This study also showed that the pain was more prominent on the right side than the left side indicating the dominancy showing more affection towards the tennis elbow. And this study also concludes that it is not necessary that only lawn tennis players could have tennis elbow. We advise students to be aware of the condition's early stages, get enough rest, and use ergonomic measures to reduce repetitive stress on the extensor muscle. For the specialist in practice that treats athletes of all skill levels, it is important to understand that tennis elbow is more than just tennis.

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Feminist Movement through Physical Education and Sports

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Abstract

Experts agree that sport and physical activity involvement can potentially offer a wide range of life benefits for girls and women. Sport and physical activity have not yet been used on a large scale as a strategy within women's movements. There are, however, already very positive stories to tell from both our programme partners and those programs in the network. Based on the experience of these partners we have learned more about how participation in sport and physical activity can empower individual girls and women. The involvement of sport and physical activity can build life skills, confidence etc. In my opinion, empowerment is a process by which people gain power over their lives that is empowerment enables women to do things for themselves in their own interests rather than at the command of others for their benefit. Thus empowerment also involves the ability to resist pressures to conform to gender-stereotyped notions concerning presentation and behavior. It also enables women to be more socially assertive. As such becoming empowered enables them to become what they do with their lives. Sports are an integral part of the culture of almost every nation. However its use to promote gender equity and empower girls and women is often overlooked because sport is not universally perceived as a suitable or desirable pursuit for girls and women. The International Day of Action for Women's Health, which celebrates the work of women's health advocates around the world to improve their communities and the lives of women and girls.

Keywords: Sports,Physical Education,Women Empowerment.

Introduction:

Sport is a vital piece of the culture of practically every country. Notwithstanding, its utilization to advance gender value and empower girls and women is frequently ignored in light of the fact that sport isn't all around seen as an appropriate or alluring interest for girls and women. It is valid in all nations that girls and women are more outlandish than boys and men to partake in sport, and sport keeps on being ruled by guys. It is a slip-up in any case, to accept this is on account of girls and women who don't wish to take an interest.

Destitution, overwhelming local requests, security concerns, absence of open transportation, deficient sport and entertainment offices, and couple of chances for physical education and skill development as often as possible keep women's participation in physical activity and sport. In the meantime, numerous universal

structures bolster women's participation in sport, with some national laws requiring rise to access and open doors for females (Title IX and CLAWS). A little yet developing assortment of confirmation has likewise started to set up sport as a suitable apparatus for tending to gender value on a more extensive scale. Research on sport, gender, and development demonstrates that sport can profit girls and women by:

- Enhancing health and well-being;
- Fostering self-esteem and empowerment;
- Facilitating social inclusion and integration;
- Challenging gender standards; and
- Providing open doors for administration and achievement.

Sport projects can improve the empowerment procedure by testing gender standards, decreasing limitations and offering girls and women more noteworthy portability, access to open spaces, and more open doors for their physical, scholarly and social development.

By including families, group pioneers, and boys and men in gender education, changes to gender standards can benefit men and women alike. participation in sports benefits women similarly as it does men, creating administration skills, boosting self-esteem and grades, and advancing physical wellness and health.

Meaning of women empowerment:

The word "Empowerment" refers to increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities. Today sports and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Women could be empowered through education, sports and physical activities and by giving them equal opportunities in different walks of life.

Women and empowerment

The empowerment of women through sport and physical activity has been hit by the way that sports women are experiencing a few physical endings of different extents. Different open doors for women's initiative and limit building can be accomplished through expanding their participation in sport activities. Proof from creating nation's shows that some sport and physical activity programs give chances to women and girls to create initiative and fundamental abilities. In this association the Great English Writer, Marry Wollstonecraft (1759-1797) addresses in his renowned exposition, "A Vindication of the Rights of Women" backing of women's equity and investigates of customary womanliness achieved importance.

Women can't be compelled to be "household"

Women are permitted an insignificant education while her partner (men) are energized assortment; this assortment urges men to investigate ; this investigation brings about additional conjugal undertakings; in connection, will fall back on disloyalty also; all of which takes them both more distant from "ethicalness"

Equitable laws (for husband and wife) have made a more self-righteous marriage pack that enables men and women to pick their own particular accomplices (rather than if being directed by family and legislative issues)

If husband and wife are on square with levels to each other , then the wife will be a superior mother to her kids .She will show her kids the "prudence" she has procured and

give a case of an equitable marriage for them-one where she and her husband are companions

Physical Health

The physical health advantages of consistent physical activity are well-settled. Consistent participation in such activities is related with a more drawn out and better personal satisfaction, decreased dangers of an assortment of ailments and numerous mental and passionate advantages. There is additionally a substantial assemblage of writing demonstrating that inactivity is a standout amongst the biggest reasons for death, incapacity and diminished personal satisfaction in the created world.

Physical activity may impact the physical health of girls in two ways. To start with, it can influence the reasons for ailment amid adolescence and youth. Confirmation recommends a positive connection between physical activity and a large group of variables influencing girls' physical health, including diabetes, circulatory strain and the capacity to utilize fat for vitality. Second, physical activity could lessen the danger of incessant illnesses in later life. Various 'grown-up' conditions, for example, growth, diabetes and coronary illness, have their inceptions in youth, and can be supported, to a limited extent, by consistent physical activity in the early years. Likewise, consistent activity starting in youth enhances bone health, in this way counteracting osteoporosis, which prevalently influences females.

Mental Health

as of late, there has been proof of irritatingly high rates of mental sick health among youths and significantly more youthful youngsters, going from low-self-esteem, nervousness and discouragement to dietary problems, substance mishandle and suicide. Immature girls are especially defenseless against uneasiness and depressive issue: by 15 years, girls are twice as likely as boys to have encountered a noteworthy depressive scene; girls are likewise fundamentally more probable than boys to have truly thought about suicide.

Educational and Intellectual Development

A scope of confirmation recommends that for some, girls, sports and physical activities are certain highlights of their scholastic goals and achievement. The great investigation of the connection between physical activity and

school execution was completed in France in the mid-1950s, in Vanves. Scientists diminished 'scholastic' educational programs time by 26%, supplanting it with physical activities, yet scholarly outcomes did not decline, there were less teaching issues, more prominent mindfulness and less non-appearance. Later investigations have discovered improvements for some kids in scholastic execution when time for physical activity is expanded in their school day. A report of three longitudinal examinations accentuates that 'scholarly execution is kept up or even upgraded by an expansion in an understudy's level of constant physical activity, regardless of a decrease in educational programs or extra time for the investigation of scholastic material'.

Equality for Women:

Challenge the Myths:

Stereotypes unchallenged are stereotypes accepted. Familiarize yourself with the myths and point out the discrepancies between myth and reality about women and girls in sports. Arm yourself with the facts provided earlier in the "Exploding the Myths" section.

Encourage Other Women and Girls:

Your visibility to women just starting out in athletics can make a critical difference in their future. Invite women and girls to informational meetings about sports. Encourage them to see themselves as players, coaches-whatever role they would like to play. Offer advice on how they can get their athletic careers started and where to go for more information.

Speak out against Gender Inequity:

Remember, you're in the Majority! Breaking the silence has a tremendous impact. It puts women's issues at the forefront of everyone's mind and identifies them as legal topics to be addressed.

At every opportunity:

In meetings, at conferences, and in the classroom -- point out inequalities in women's participation in sports. Don't hesitate: feminists are the majority.

Push for Gender Equity Policies:

Gender equality in sports applies to three basic areas: participation opportunities, athletic financial aid, and all other athletic benefits and opportunities. Encourage local, state, and national policy makers to take steps towards ending gender bias by promoting and reinforcing gender equity policies and practices in the Department of

Education, state education programs, and in educational funding and research. Write to the Office of Civil Rights, your members of assembly, and members of your state government to let them know you want gender equity enforced.

Suggestions:

Today, almost certainly, women partake professionally in basically every significant sport, however the Level of participation normally reduces with regards to the more brutal physical games. More measures should be taken to increment and enhance the participation of women and girls in sports for their better enhancement and empowerment. The current accomplishment of Indian sportswomen in the worldwide sporting field ought to be used as a springboard to advance the practical participation of young ladies in sports. We require more Saina Nehwals and Mary Koms.

The wellbeing in sports for women is as yet an issue which is being handled with extraordinary imaginative sources of info. In the event that women empowerment needs to take great shape, women ought to be brought out from their kept prohibitive environment and sports can demonstrate a critical basis in empowering women. Government spends a parcel of cash on women empowerment and gender value programs.

Sport has generously empowered women both economically and socially. Women don't know about the estimations of the sport to their health; henceforth they are not roused to wander into sporting at singular level, family level into group level, as an aftereffect of absence of education.

Conclusion:

The gender value and uniformity to an extraordinary degree rely upon the mental strength of the people. In this conclusion, separated from determined physical and mental well-being appreciated by physically dynamic girls and women, a well outlined sport and physical activity can give a decent stage to empower positive life changes. The involvement of the women in sport will decrease their pressure and grow more certainty that will consistently raise their certainty. This circumstance needs a decent foundation from the state itself. The averting social and social hindrances remain as a snag in their development situation. That circumstance should change. At that point the women with their soul in sports can be

regenerated. Gender participation in sports is a multi-dimensional subject which needs a survey. The Indian government is proposing women empowerment through a progression of welfare measures. Government is convincing all partners in the group to endeavor towards women empowerment in each conceivable way. The government has found a way to augment women participation in sporting occasions. It has been confining policies which are valuable in connecting this hole.

Women inclusion in every single sporting activity will guarantee appropriate spread, multiplication and restoration of sport. Their way to deal with women's empowerment can be considered through sporting occasions is another phenomenon which is being considered by nations all over the globe. Women's participation in all classifications of sporting activities can advance the use of functional skill as it empowers them to secure individual competency, group building, identity building and health improvement. This encourages women empowerment, empowerment of group and socio social inclusion with corroborative results. (Report of the Sports Authority in India - Ministry of Youth Affairs and Sports 2013).

As of late sport and physical activity as a strategy for the empowerment of girls and women has been picking up acknowledgment around the world. Women Win is the primary International Organization with a sole concentration of offering help for inventive sport and physical activity programs for empowerment and making a social movement around sport for the advancement of women's rights. Sport and physical activity have not yet been utilized on an extensive scale as a strategy inside women's movements. There are, be that as it may, officially extremely positive stories to tell from both our program accomplices and those projects in organization. In light of the experience of these accomplices we have adapted more about how participation in sport and physical activity can empower singular girls and women. Empowering girls and women through sport and physical activity is an essential assessment and research production, which concentrates on the impact of sport and physical activity programs on the on the lives of girls and women around the globe and how these projects are created.

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Relationship Between the Strength and Steadiness of Handball Players

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Abstract

The aim of the present study was to evaluate the relations among hand grip strength, shoulder strength, and steadiness of the handball players. Total forty (40) adults (18–25 yr) performed two strength and one steadiness tests. Strength was measured with the help of hand grip dynamometer and medicine ball throw and steadiness was measured with the help of discriminative steadiness machine. Results of the present study showed high degree of relationship amongst the variable such as steadiness and grip strength ($r = 0.63$, $p < 0.05$) and steadiness and shoulder strength ($r = 0.90$, $p < 0.05$). In conclusions, the strength of the hand and shoulder may enhance the steadiness and balance ability of handball players.

Key Words: grip strength, shoulder strength, steadiness, relationship

Introduction

There are various ways to measure physical strength of an individual. The strength capability of the joint is denoted by the amount of moment that the muscle force can create at the joint to counter the external moment. Skeletal muscles produce reactive forces and moments at the joints to avoid injury or fatigue, when a person is performing a task such as pushing or lifting a load. Steadiness typically requires an individual to exert a constant sub-maximal force during an isometric muscular contraction. The fluctuations in force during isometric muscular contractions (Burnett et al., 2000). Steadiness is often measured during tasks that involve few agonist and antagonist muscles (Galganski et al., 1993, Kamen et al., 1995; Laidlaw et al. 2000; Vaillancourt, et al. 2003).

Strength is perhaps the most important motor ability in sports because all movements in sports are caused by muscle contraction. Therefore, strength is a part and parcel of all motor abilities, technical skills and tactical actions (Uppal, 2002). The development of strength has almost certainly been the greatest factor to enhance performance in sports. Strength alone will not assure success in any sports. It is usable strength that is the key, the strength which

can be applied to the body to make it move faster, change speed, change the direction of body movement, make the pull on an oar faster and longer. Hence, while strength is a dominant factor. Handball is a fast and dynamic sport. It uses natural athletic skills such as running, jumping, throwing, and catching to provide the action of the game. The game offers wider opportunity for the development of strength, and coordinative abilities.

Method

As every research demands a systematic method and procedure, like this part of the manuscript adopts the following procedure including information regarding research design namely source of the data, selection of subjects, sampling method, selection variables, criterion measures, procedure of Test, and collection of data.

Sources of data

For the present study the male players of Degree College of Physical Education, Amravati, who adopted Handball game as specialization subject were the sources of data.

Selection of subjects

Forty (40) male players from handball game of Degree College of Physical Education, Amravati were the subjects for this study.

The age of the subjects was ranging between 18 to 25 years.

Sampling procedure

Simple random sampling method was adopted for the selection of the subjects for the study.

Selection of variables

- i. Grip Strength
- ii. Shoulder Strength
- iii. Steadiness

Criterion measure

The Criterion measures of selected variables are given below:-

- i. Grip Strength was measured by using Hand grip dynamometer.
- ii. Shoulder Strength was measured using Medicine ball throw.
- iii. Steadiness was measured using Discriminative Steadiness machine.

Administration of test

Grip Strength Test:-

Purpose: To measure the hand grip strength

Equipment:-Grip dynamometer and magnesium chalk power.

Test Administration:-

The instrument and the both hand should be dry. In order to ensure dryness the subjects was asked to put some magnesium chalk power on the concerned hand. The tester set the pointer of the dynamometer to zero and place the dynamometer in the subject's hand and ask the subject to squeeze the dynamometer sharply and steadily as much as possible making certain that neither the arm is folded at elbow nor any part of the arm touches the body. Three trials was allowed with each hand giving one minute rest between squeezes.

Scoring:

The highest reading out of the three squeezes was recorded in kilograms.

Shoulder Strength:-

Purpose: To measure the shoulder strength.

Equipment: A medicine ball, rope, measuring tape, chalk power.

Test Administration:-

For conducting the medicine ball throw a field of 20 meter length was marked with one meter interval. The first line on the ground was designated as a throwing line. The subject was instructed to stand behind the throwing line as close as possible without touching the line. Then the subject was asked to throw 2 kg medicine ball as far as possible.

Scoring:- Each subject was given three trials and the best distance was measured in centimetres as the score of this test.

Steadiness:-

Purpose: To measure the steadiness of the players.

Equipment:- Discriminative Steadiness machine.

Test Administration:-

The subject's task is to hold the stylus in seven different holds of diminishing size without touching the sides. The effects on steadiness of such variables as exercise, handedness, smoking or alcohol ingestion just before being tested can be studied. A series of trials can also be analyzed for practice effects and fatigue. A 4-digit single impulse counter and a 2800Hz sonalert tone generator are provided immediate feedback to the subject.

1. Plug the mains lead in 220v 50Hz mains socket
2. Switch 'ON' the power.
3. Connect the hole stand to one of the IN Terminal.
4. Connect the prob to the second IN Terminal.
5. Reset the counter to '0000'.
6. Set the time to the given the subject for experiment.
7. The subject is asked to hold the prob in a particular hole.
8. Press the start switch the red light was started glowing.
9. The counter was started counting the on. Of contacts the prob makes with the wall of the hole.
10. The red light was stopped glowing when the set time was over and the counter was also stop counting the contacts.

Statistical Analysis

Pearson's Product Moment Correlation was employed to determine the relationship in between the strength and steadiness of handball players.

Level of significance

To test hypothesis, the level of significance was set at 0.05 level which was considered adequate for the purpose of this study.

Results

Table 1: Showing the correlation amongst steadiness, grip strength, and shoulder strength of handball players

Pearson Correlation		Steadiness	Grip strength	Shoulder Strength
Steadiness	r	1	.634**	.900**
	Sig.		0	0
Grip Strength	r	.634**	1	.723**
	Sig.	0		0
Shoulder Strength	r	.900**	.723**	1
	Sig.	0	0	

** Correlation is significant at the 0.01 level (2-tailed).

Figure 1: Showing the relationship between steadiness and grip strength of handball players

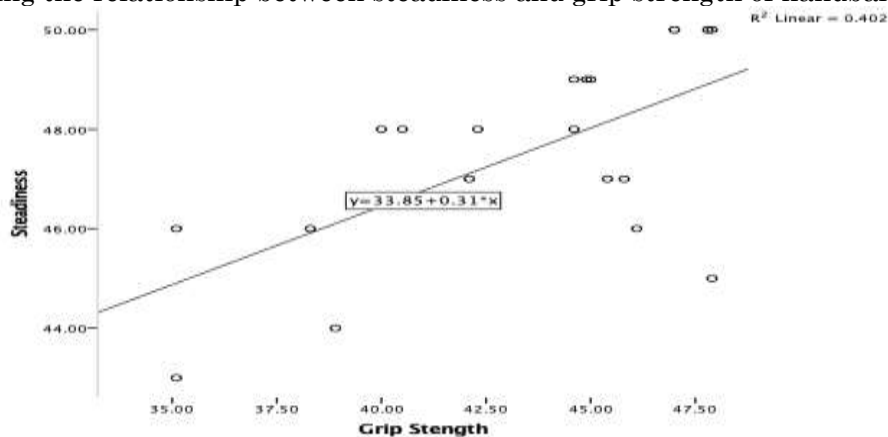
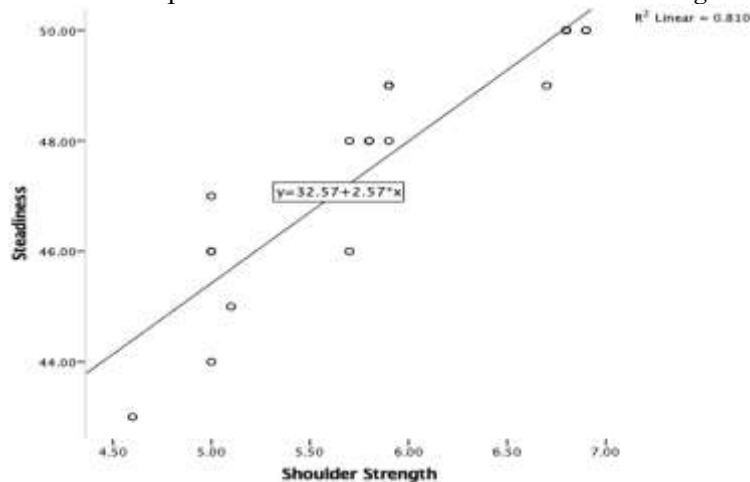


Figure 2: Showing the relationship between steadiness and shoulder strength of handball players



The result of the study is presented in the table 1 and figure 1 and figure 2. Strong association between variables were seen in the result of the study. Table 1 and figure 1 depicted that the relationship between steadiness and grip showed significantly ($p < 0.05$) high ($r = 0.63$) degree of positive relationship. Similarly, significant ($p < 0.05$) positive ($r = 0.90$) relationship is witnessed between steadiness and shoulder strength in the present study (table 1 and figure 2).

Discussion and conclusion

The goal of the study was to examine the relationship between strength and steadiness of handball players. The main findings were that the strong association between

steadiness and grip strength, and steadiness and shoulder strength were found in the study. There were significant relationship among both measures of strength. Together, these findings suggest that measures of strength namely grip strength and shoulder strength strongly associated with each other. In conclusion, the observed associations between strength and steadiness were statistically significant in the examined study.

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Women In Sports

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Abstract:

Regular physical activity is important for the health of both sexes. However, the physiological, anatomical, psychological and socio-cultural specificities of women require special considerations in all aspects of their sports. Puberty brings gender differences that result from different sexual functioning of endocrine axis. Despite the identical mechanisms of adaptation to physical activity, sexually mature women and men have inherited anatomical and physiological differences in body composition, aerobic capacity-building and muscle strength. In particular, it relates to the more complex female reproductive system. The female reproductive system is a functional part of the human body most sensitive to stress caused by heavy physical exertion. The most common disorders whose risk was significantly increased in physically active women are eating disorder, disturbed menstrual cycle, infertility, intimidated fractures, rupture of the anterior cruciate ligament, or even death. Mainly those are result of blunders and ignorance. Fortunately, they are largely preventable

Keywords: Physical activity, psychological, Physiological, menstrual cycle, intimidated fractures, female athlete triad, eating disorder.

Introduction: In Ancient Greece, women were able to participate in foot races at some festivals, and could win Olympic victories through equestrian events, though were forbidden from all other Olympic events. Spartan women participated in sports as men did; wrestling, javelin throwing, foot racing, and discus were all standard for women to compete it.

Women have been fighting for equality all throughout history. In sport, specifically, women were once not even permitted to watch the Olympic Games. After finally being permitted to participate in sports, women had to undergo gender testing to make sure they were not men trying to cheat the system. Furthermore, the coverage of women's sports did not supersede coverage of dogs and horses until to this day, female athletes still experience significantly less and different media coverage than their male counterparts. The purpose of this study is to examine how increasing exposure to women's sports impacts attitudes towards women's sports.

Objectives: providing support for individuals or groups working to promote positive change. producing and/or disseminating educational materials and other information relevant to increasing opportunities or improving the experience of girls and women in sport and physical activity. who plays sport, especially one who plays it well a famous/ keen/talented sports women.

If we are to take pride in the achievements of our sportsmen and sportswomen, we must do far more to contribute to their effort.

Women in sport important:

Girls and women can experience improved self-esteem, self-worth and confidence levels, as well as improved mental health from sport and physical activity. Additionally, women participating in sport, especially traditionally masculine sports, challenge rigid gender norms and stereotypes. Regular physical activity is important for the health of both sexes. However, the physiological, anatomical, psychological and socio-cultural specificities of women require special considerations in all aspects of their sports.

Puberty brings gender differences that result from different sexual functioning of endocrine axis. Despite the identical mechanisms of adaptation to physical activity, sexually mature women and men have inherited anatomical and physiological differences in body composition, aerobic capacity-building and muscle strength. In particular, it relates to the more complex female reproductive system. The female reproductive system is a functional part of the human body most sensitive to stress caused by heavy physical exertion. The most common disorders whose risk was significantly increased in physically active women are eating disorder, disturbed menstrual cycle, infertility, intimidated fractures, rupture of the anterior cruciate ligament, or even death. Mainly those are result of blunders and ignorance. Fortunately, they are largely preventable.

Women in Sports Media: Media tend to represent women athletes as women first and athletes second. Coverage of women in sports is often dominated by references to appearance, age or family life, whereas men are depicted as powerful, independent, dominating, and valued as athletes.

Women's sport maintained a similar proportion of dedicated TV sport coverage (7%) to the previous research, but that TV news and print coverage declined (9% to 6%). The ABC broadcast the highest proportion of female sports content (20%). However, 70% of female coverage was broadcast on pay TV substantially limiting the potential audience. The range of female sports was comparatively narrow and focused on tennis, surfing, cycling, golf, and netball.

Social media coverage for women's sport was significantly higher than other channels, accounting for 26% of social media sport coverage (volume of posts) in July 2013, and over 36% of coverage during the 2012 London Olympic Games.

Research and evidence over the past thirty years has shown that during major sporting events media coverage of women's sports

increases, yet outside such events coverage remains at less than 10%. During the Olympic Games the coverage given to women in certain sports may increase substantially and women are more likely to be discussed in contexts beyond simple results (such as training and preparation, and as part of the sporting industry. However, the balance remains weighted toward men in sport.

Sports Participation for Girls and Women:

1. High school girls who play sports are less likely to be involved in an unintended pregnancy; more likely to get better grades in school and more likely to graduate than girls who do not play sports.
2. Girls and women who play sports have higher levels of confidence and self-esteem and lower levels of depression.
3. Girls and women who play sports have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports. As little as four hours of exercise a week may reduce a teenage girl's risk of breast cancer by up to 60%; breast cancer is a disease that afflicts one out of every eight American women. (Journal of the National Cancer Institute,
4. Forty percent of women over the age of 50 suffers from osteoporosis None of us should want our daughters to repeat the experiences of generations of women our mothers and grandmothers who were not permitted to play sports or encouraged to participate in weight-bearing exercises that are necessary to establishing bone mass.

In addition, female sports provide women and girls with a unique advantage by affording them the opportunity to feature as the sport's primary athletes rather than have to compete with male for attention, an achievement undermined by the inclusion of males.

• Indian Women for Different Game Participation:

Sl. No.	Name of famous female sports players in India	Sports
1	The Phogat Sisters	Wrestling
2	Deepika Kumari	Archery
3	Sania Mirza	Tennis
4	Saina Nehwal	Badminton
5	PV Sindhu	Badminton
6	Mary Kom	Boxing
7	Jhulan Goswami	Cricket
8	Dipa Karmakar	Gymnastics
9	Mithali Raj	Cricket
10	Anju Bobby George	Athletics
11	Sakshi Malik	Wrestling
12	Hima Das	Athletics
13	Dutee Chand	Athletics
14	Karnam Malleswari	Weight lifting
15	Bula Chowdhury	Swimming

Since today most sports are equally available to both genders, the sports results are often surprising. Differences in world records in men's and women's events are not as drastic and they vary within a range of 15%. For science, especially of sports, raise new questions, whether it is the result of real biological differences between the genders and where is the fine line between physiology and pathology? Pre-puberty boys and girls have comparable physical abilities, in general, they can play in the same teams and compete against each other until the a Since today most sports are equally available to both genders, the sports results are often surprising. Differences in world records in men's and women's events are not as drastic and they vary within a range of 15%. For science, especially of sports, raise new questions, whether it is the result of real biological differences between the genders and where is the fine line between physiology and pathology? Pre-puberty boys and girls have comparable physical abilities, in general, they can play in the same teams and compete against each other until the a Since today most sports are equally available to both genders, the sports results are often surprising. Differences in world records in men's and women's events are not as drastic and they vary within a range of 15%. For science, especially of sports, raise new questions, whether it is the result of real biological differences between the genders

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Pre-puberty boys and girls have comparable physical abilities, in general, they can play in the same teams and compete against each other until the age of 12. The participation of women and girls in sports, physical fitness and exercise, has been recorded to have existed throughout history. However, participation rates and activities vary in accordance with nation, era, geography, and stage of economic development. While initially occurring informally, the modern era of organized sports did not begin to emerge either for men or women until the late industrial age. Until roughly 1870, women's activities tended to be informal and recreational in nature, lacked rules codes, and emphasized physical activity rather than competition.^[1] Today, women's sports are more sport-specific and have developed into both amateur levels of sport and professional levels in various places internationally, but is found primarily within developed countries where conscious organization and accumulation of wealth has occurred. In the mid-to-latter part of the 20th

century, female participation in sport and the popularization of their involvement increased, particularly during its last quarter. Very few organized sports have been invented by women. Sports such as Newcomb ball, netball, acrobatic

gymnastics and tumbling,^[2] and **Female sports** are rare and have been created specifically for the female sex and are not variants of popular men's sports. While sports which involve female participation are often collectively called, "women's sports", the overwhelming majority are not, and are in fact "**female variants**" a.k.a. "the female equivalent" of sports which were first played by and popularized by men and boys, making these two sporting groups distinct. Some female sports can be traced back to a single inventor while others cannot and are difficult to identify. Some female sports are or can be attributed to a variety of individuals who helped contribute to its early development instead. Below is a list of female sports.

Professional sports: refers to sports in which athletes are paid for their performance. Opportunities for women to play professional sports vary by country. Some women's professional sports leagues are directly affiliated with a men's professional sports league like the Others are independently owned and operated like the Premier Hockey Federation, formerly the National Women's Hockey League.

While women today do have the opportunity to play professional sports, the pay for women's professional sports is significantly lower than it is in men's professional sports. An American feminist theory known as the gender pay gap in sports is an attempt to explain the causes behind these differences.

Conclusion:

The purpose of this study was to examine the participation of women in sports in Maryland two-year colleges. Current national participation trends at the high school and college level show that women's sports participation has increased dramatically and women are participating in sports in record numbers.

opportunities in sports at a higher level are more prevalent for males than for females, it was believed that the more serious aspects of sports, such as competition, scholarship potential and challenges would be more important to the male athletes than the female and the more social aspects

experience, building friendships, fun and physical fitness would score higher on the female responses.

Result:

1. One of the most telling results of this survey as it reflects the situation of women in sports is the fact that female athlete at all levels gave extremely low scores among the likelihood they would pursue a career in sports, which could be a result of the declining number of women in coaching and administrative positions in female athletics.
2. The lack of exposure and opportunities for women's professional sports is evident when it is noted that male athletes consistently gave themselves higher scores than female athletes when assessing the likelihood of playing professional sports.

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Psychology: Job And Worker Analysis

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Abstract:

Ideally, the first step is for I-O psychologists to investigate the nature of the job. The organization will not know what abilities potential employees should have unless it can describe in detail what they are expected to do to perform the job effectively. A process called job analysis is undertaken to determine the specific skills necessary to the job. From the job analysis, a profile of worker qualifications can be developed. Once these abilities have been specified, the human resources manager must determine the most effective means of identifying these characteristics in potential employees. Does the job require the ability to read complex diagrams? To manipulate small component parts? To demonstrate knowledge of electronics? And how will the company find out whether an applicant has these skills? The necessary background characteristics and aptitudes, as revealed by the job and worker analyses, must be assessed or evaluated in each applicant, for example, by asking specific questions in an interview or by administering appropriate psychological tests. Cut off test scores or levels for the various abilities will be established. A minimum score on a test or a fixed number of years of education or experience will be proposed, and no one who falls below that level will be hired. It may be necessary for the I-O psychologist to evaluate present workers in the same or similar jobs to determine where the cut-off scores should be set.

Keywords: Psychology, Job & Work analysis.

Introduction:

Psychology touches almost every aspect of our lives. As society has become more complex, Psychology has assumed an increasingly important role in solving human problems. Knowledge of Psychology is helpful even to people who do not plan to peruse it as a career. Studying psychology provides insight into why people behave as they do. It also helps us better understand our own thoughts, feelings, behaviours, and attitudes, and hopefully, it can strengthen our appreciation of and tolerance for the wide differences that exist among people. Modern psychology is a tremendously diverse and fascinating field-one that delves into virtually every aspect of human behaviour.

Leader Expectations for Women Workers:

Leaders who expect more from their sub-ordinates tend to be rewarded with better performance, whereas leaders who expect less tend to get less. This example of a self-fulfilling prophecy, called the Pygmalion effect, has been demonstrated in classroom situations and in the workplace.

When teachers or managers are told that some of their students or employees are exceptionally talented or qualified, they develop expectations for the performance of these subordinates and communicate their expectations, often unconsciously, in subtle ways. They may give the "better" students more opportunities to speak out in class or allow the "better" employees to assume greater responsibility. The results are often just what the leader's expected-superior performance from subordinates believed to be superior.

However, the Pygmalion effect does not seem to apply to adult women in training programs, as suggested by two studies conducted with Israeli army trainees. In one study, a group of women officer-cadet trainees were led by female squad leaders. In the three conditions in the other study, men trainees were led by men, women trainees were led by men. And women trainees were led by women. There were no groups in which men were led by women.

The experimental procedure was the same for all groups. Squads were

randomly assigned to the Pygmalion condition or the control condition. All trainees were 18- to 20-year-old high school graduates selected because they had shown in previous training and on psychological tests a high aptitude for leadership. Thus, trainees were assumed to be equally qualified. To confirm that the leaders' expectations in the Pygmalion groups were raised, squad leaders rated the command potential (CP) of each cadet in their squad on a 9-point scale. These ratings were made during the 1st, 4th, and 6th weeks of the 7-week officer training course. The trainees' level of performance in the training program was assessed by multiple-choice tests. Before the squad leaders in the Pygmalion condition met their trainees, they were told that on the basis of aptitude and ability tests, as well as ratings by previous commanders, their trainees had a much higher-than-normal command potential. As a result, so the leaders were informed, they could expect a better-than-average level of achievement from their cadets. The results showed that the Pygmalion manipulation was effective. Squad leaders in the Pygmalion condition rated the CP of their trainees significantly higher than did squad leaders in the control condition. Results also showed that when the squad leader was a man, a significant Pygmalion effect was produced in every case, whether the trainee was male or female. When the squad leader was a woman, however, no Pygmalion effect occurred. The expectations of the women leaders had been raised by the Pygmalion instructions, but those expectations did not translate into

increased performance on the part of their trainees. Thus, the Pygmalion effect was produced in women trainees, but it could not be brought about by women leaders.

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Comparative Study of Anxiety Among Netball Players Of Nagpur District

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Abstract

The purpose of this study was to compare the anxiety of under 14 and under 17 year's Netball players of Nagpur district. The study was conducted on sixty samples, consisting of thirty under 14 years and thirty under 17 year's Netball players of Nagpur district. Anxiety levels were obtained by administering anxiety test. The data collected through aforesaid tests were analyzed with respect to anxiety. T test was applied to compute the significances among under 14 and under 17 year's Netball players. The significance of data was judged at 0.05 levels. The result of the study indicates that anxiety of below 17 year's Netball players was higher than under 14 year's Netball players.

Key Word : Anxiety , Netball players

Introduction:

Sports anxiety is a personality characteristic of responding to certain situations with a stress syndrome of responses. Anxiety state are then function of the situations that evoke them and the individual personality that is prone to stress. Sports normally involve competition, which in turn tends to induce anxiety, characterized by an increase in arousal.

Netball normally involves competition, which in turn tends to induce anxiety, characterized by an increase in arousal. You may have had the experience of performing better than you expected when anxious, or, alternatively, you might have had the less fortunate experience of making mistakes under pressure. Sport psychologists have been concerned with understanding what factors affect arousal, anxiety and stress; how these affect wrestler performance; and how we can learn to regulate our arousal and anxiety in order to improve our performance. As Jones (1991) has pointed out, at the top sporting levels (at least in many sports), there is very little difference in the skill levels of the participants. It is thus often the ability to handle anxiety and stress that separates the winner and loser. Before going any further, it is important to understand exactly what psychologists mean by the terms 'arousal',

'anxiety' and 'stress'. Weinberg & Gould (1995) have offered the following definition of anxiety: 'a negative emotional state with feelings of nervousness, worry and apprehension associated with activation or arousal of the body'. We can thus think of anxiety as an unpleasant state of high arousal. The term *stress* has a broader meaning than anxiety.

Statement Of The Problem:

"Comparative Study Of Anxiety Among Netball Players Of Nagpur District"

Purpose Of The Study:

The purpose of the study was to compare the anxiety among under 14 years and under 17 year's Netball players of Nagpur district.

Objectives Of The Study:

To study the anxiety of under 14 years of Netball players of Nagpur district.

To study the anxiety of under 17 year's of Netball players of Nagpur district.

To compare the Anxiety of under 14 years and under 17 years of Netball players of Nagpur district.

Hypotheses:

1. There would be significant difference between the anxiety of under 14 years and under 17 years Netball players of Nagpur district.
2. There would be insignificant difference between the anxiety of under 14 years

and under 17 years Netball players of Nagpur district.

Methodology:

Selection of Sample:

The sample consists of thirty Netball players of under 14 years and thirty Netball players of under 17 years of Nagpur district. The subjects were drawn from various schools boys who are the participated in district level inter school tournament. Random sampling technique was employed to select the subjects. The data was collected from Netball players. The researcher will use survey research methodology for the study.

Tools used:

A.K.P. Sinha and L. N. K. Sinha's anxiety test has been taken to assess the

anxiety of Netball players. This questionnaire consisted of 90 statements. Each statement has to be responded in either positive or negative terms. No time limit is fixed for completing the test. However, usually individual takes 15 to 20 minutes in completing the test form.

Method for Analysis:

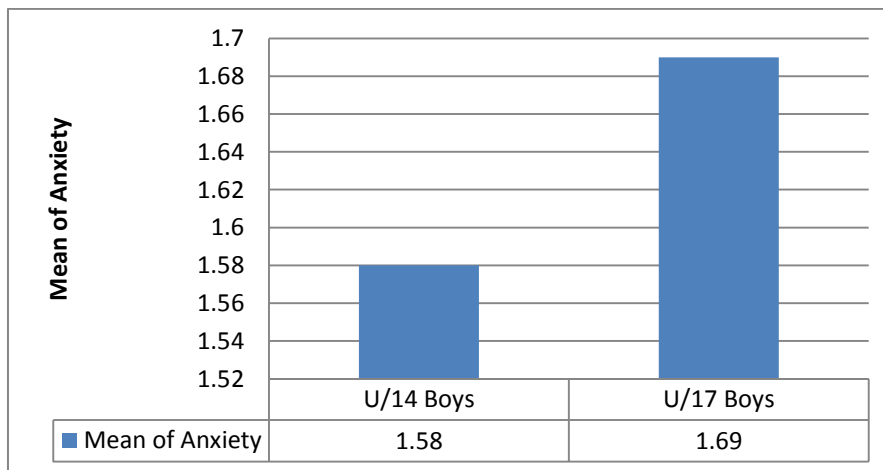
'T' test has been applied to find out the significant differences among under 14 years and under 17 years Netball players at 0.05 level of significance. The collected data were tabulated to find out the difference of anxiety among Netball players of Nagpur district.

Results And Discussion:

Table No.-1
Comparison of anxiety among U/ 14 and U/17 years Netball players

Variable	Group	N	Mean	SD	t value
Anxiety	U/14	30	1.58	0.692	0.6354*
	U/17	30	1.69	0.649	

*Insignificant at .05 level.



The above table shows that the mean scores of anxiety of under 14 and 17 years Netball players as 1.58 and 1.69 respectively and their standard deviation as 0.69 and 0.64 respectively. The 't' ratio is 0.6354 which is insignificant at .05 level of significance. This reveals that there is insignificant difference exists between mean scores of anxiety between under 14 and 17 years Netball players. Therefore, the hypothesis first was rejected and hypothesis second was accepted.

It is clear from the above graph, the mean score of under 17 wresters is higher than that of under 14 Netball players. Therefore, it may be said that the under 17

Netball players possess significantly higher anxiety than under 14 years Netball players.

Conclusion:

The result of the study showed that anxiety level of below 17 years Netball players was higher than Under 14 years Netball players of Nagpur district.

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A Comparative Study Of Speed In High School Boys Of Umred And Nagpur Taluka.

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Abstract

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

Table no. 1

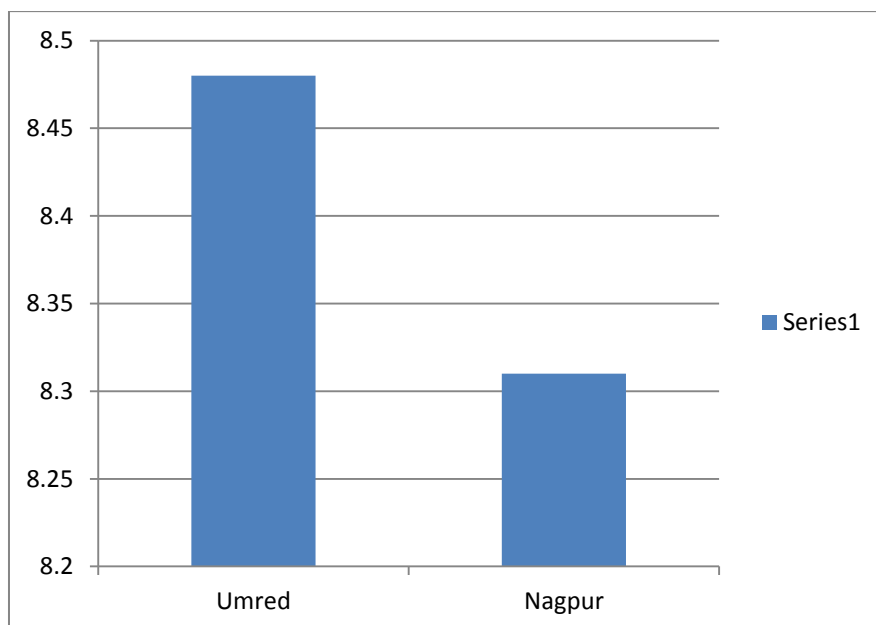
Comparison of Speed in Seconds of high school boys of Umred and Nagpur Taluka.

District	N	Mean	MD	"T Ratio"
Umred	50	8.48	0.17	0.09
Nagpur	50	8.31		

Level of significance 0.05

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

Graph Showing The Results Of Speed Of Umred And Nagpur High School Boys



Conclusion

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

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Effect Of Asanas On The Selected Physical Fitness Components Of College Level Students

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Abstract

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

Keywords: Training program, Asanas

Introduction

Asanas

An asana is a body posture, originally and still a general term for a sitting meditation pose,[1] and later extended in hatha yoga and modern yoga as exercise, to any type of position, adding reclining, standing, inverted, twisting, and balancing poses. The Yoga Sutras of Patanjali define "asana" as "[a position that] is steady and comfortable".[2] Patanjali mentions the ability to sit for extended

periods as one of the eight limbs of his system.[2] Asanas are also called yoga poses or yoga postures in English.

Methodology

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

Table No. 1

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

Table with 7 columns: Sr. No., Test, Mean, M.D., S.D., S.E., 't' ratio. It shows data for Pre-Test and Post Test scores and their statistical significance.

*Significant at 0.05 level of confidence

Table No. 1 shows that the mean of Shuttle-run Test of college students for Pre-test and post test score are 18.05 and 18.15. Similarly an examination of table shows that there is a significant difference in the mean

Shuttle-run Test of Pre-test and post test score of college students as a result of post test as the obtained value of t' (0.06) is less than the required 't' ratio value 2.09 at 0.05 level of confidence.

Table No. 2

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

Table with 7 columns: Sr. No., Test, Mean, M.D., S.D., S.E., 't' ratio. It shows data for Pre-Test and Post Test scores and their statistical significance.

*Significant at 0.05 level of confidence

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

Conclusion:

It is observed that there is a positive impact on agility & Flexibility of College players on the basis of selected Physical fitness components.

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A Comparative Study of Emotional Intelligence of University and College Level Kabaddi Players of Gadchiroli, Maharashtra

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Abstract

The purpose of the present study was to measure the Emotional Intelligence between University and College level Kabaddi Players of Gadchiroli Maharashtra. In the study, a total of 60 Kabaddi players were selected purposively, in which 30 were University level Kabaddi Players and rest 30 were College level Kabaddi players as the samples for the present study. For the collection of data the researcher administered the Emotional Intelligence scale of Anuket Hyde, Dr. Sanjyot Pethe and Upinder Dhar. After data collection, data of Emotional intelligence of University and College level Kabaddi Players was compared by using Independent t test and the results were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis. It was observed from the finding that the in sub scale Self Awareness of Emotional intelligence there was no significant difference between University and College level Kabaddi Players. The mean scores of Emotional intelligence sub scale Self Awareness shows that University level Kabaddi Players have high degree of emotional intelligence than College level Kabaddi Players. Finally, Researcher concluded that University level Kabaddi Players have better emotional intelligence than College level Kabaddi Players. University level Kabaddi Players were well aware about their emotions, self worthy, Goal directed and sensitive as compare to College level Kabaddi Players.

Key Words: Emotional intelligence, University and College level Kabaddi Players.

Introduction

Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. Salovey and Mayer proposed a model that identified four different factors of emotional intelligence: the perception of emotion, the ability reason using emotions, the ability to understand emotion and the ability to manage emotions.

Perceiving Emotions: The first step in understanding emotions is to accurately perceive them. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions. **Reasoning with Emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to;

we respond emotionally to things that garner our attention.

Understanding Emotions: The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean. For example, if your boss is acting angry, it might mean that he is dissatisfied with your work; or it could be because he got a speeding ticket on his way to work that morning or that he's been fighting with his wife.

Managing Emotions: The ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspect of emotional management.

The purpose of the present study was to measure the Emotional Intelligence between University and College level Kabaddi Players of Gadchiroli Maharashtra. As per the previous researches, higher the emotional intelligence among the Players more they

become responsible and respectful and vice-versa.

Material and Methods

In the study, a total of 60 Kabaddi players were selected purposively, in which 30 were University level Kabaddi Players and rest 30 were College level Kabaddi players as the samples for the present study. For the collection of data the researcher

Results

administered the Emotional Intelligence scale of Anuket Hyde, Sanjyot Pethe and Upinder Dhar. After data collection, data of Emotional intelligence of University and College level Kabaddi Players was compared by using Independent t test and the results were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Table no.1

Descriptive statistics of University and College level Kabaddi Players on the scores of emotional intelligence sub scale Self Awareness.

Emotional Intelligence sub scale	Group	No. of Players	Mean	Std. Deviation	Std. Error Mean
Self-Awareness	University Level Kabaddi Players	30	18.8667	8.08034	1.43626
	College Level Kabaddi Players	30	17.2000	1.47157	.29867

Table no. 2

Independent sample 't' test of Emotional Intelligence sub scale Self Awareness

Emotional Intelligence sub scale	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self-Awareness	-1.151	58	.267	1.6667	1.37953

Discussion of findings

It was observed from the finding that the in sub scale Self Awareness of Emotional intelligence there was no significant difference between University and College level Kabaddi Players. The mean scores of Emotional intelligence sub scale Self Awareness shows that University level Kabaddi Players have high degree of emotional intelligence than College level Kabaddi Players.

Conclusion

Finally, Researcher concluded that University level Kabaddi Players have better emotional intelligence than College level Kabaddi Players. University level Kabaddi Players were well aware about their emotions, self worthy, Goal directed and sensitive as compare to College level Kabaddi Players.

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Effect of Plyometric Exercises on the Agility and Flexibility of College Level Students

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Abstract

The research scholar selected N=40 subjects for the present study from college going boys. The subjects were selected by Purposive sampling method. After selecting the sample the subjects are given Plyometric exercises. Pre-test of subjects was taken and the training program (Plyometric exercises) was given to the group. After giving the four week training program the post test was administered of the subjects and the results will be drawn by using t-test. No significant difference in both parameters.

Keywords: Training program, Plyometric Exercises

Introduction

Plyometric Exercises

Plyometrics include explosive exercises to activate the quick response and elastic properties of the major muscles. It was initially adopted by Soviet Olympians in the 1950s, and then by sportspeople worldwide. Sports using Plyometrics include basketball, tennis, badminton, squash and volleyball as well as the various codes of football.[6] The term "Plyometrics" was coined by Fred Wilt after watching Soviet athletes prepare for their events in track and field.[7] He began collaboration with trainer Michael Yessis to promote Plyometrics.

Since its introduction in the early 1980s, two forms of Plyometrics have evolved. In the original version, created by Russian scientist Yuri Verkhoshansky, it was defined as the shock method.[8][9] In this, the athlete would drop down from a height and experience a "shock" upon landing. This in turn would bring about a forced eccentric contraction which was then immediately switched to a concentric contraction as the athlete jumped upward. The landing and takeoff were executed in an extremely short period of time, in the range of 0.1–0.2 second.[9] Explosive Plyometrics describes the approach originally created by Verkhoshansky.[3] He experimented with many different exercises, but the depth jump

appeared to be the best for duplicating the forces in the landing and takeoff.

The second version of plyometrics, seen to a greater extent in the United States, involves any form of jump regardless of execution time.

Agility

Agility or **nimbleness** is an ability to change the body's position efficiently, and requires the integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength and endurance. Agility is the ability to change the direction of the body in an efficient and effective manner and to achieve this requires a combination of

Balance – The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints);
Static balance – The ability to retain the centre of mass above the base of support in a stationary position;

Dynamic balance – The ability to maintain balance with body movement;

Speed - The ability to move all or part of the body quickly;

Strength - The ability of a muscle or muscle group to overcome a resistance; and lastly,

Coordination – The ability to control the movement of the body in co-operation with the body's sensory functions (e.g., in catching a ball [ball, hand, and eye coordination]).

Flexibility or limberness refers to the anatomical range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Flexibility varies between individuals, particularly in terms of differences in muscle length of multi-joint muscles. Flexibility in some joints can be increased to a certain degree by exercise, with stretching a common exercise component to maintain or improve flexibility.

Methodology

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

Table No. 1

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

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

*Significant at 0.05 level of confidence

Table No. 1 shows that the mean of Shuttle-run Test of college students for Pre-test and post test score are 18.05 and 18.15. Similarly an examination of table shows that there is a significant difference in the mean

Shuttle-run Test of Pre-test and post test score of college students as a result of post test as the obtained value of 't' (0.06) is less than the required 't' ratio value 2.09 at 0.05 level of confidence.

Table No. 2

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

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

*Significant at 0.05 level of confidence

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

Results

1. Pre-Test of agility test was found 18.05.
2. Post-Test of agility test was found 18.15.
3. Pre-Test of flexibility test was found 47.95.
4. Post-Test of flexibility test was found 48.2.

Conclusion

After the analysis of the data there was no significant difference found among both the groups respectively.

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A Comparative Study of Fracture And Dislocation Injuries Among Football And Hockey Players.

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Abstract

The purpose of the study was to find out and compare the sports Injuries in Football and Hockey Players of different college in R.T.M. Nagpur University, Nagpur. The study was delimited to 50 inter collegiate male players of different college of R.T.M. Nagpur University and their age group were 18 – 20 years. For collection of the data structured questionnaire was used the study was delimited to only Fracture and Dislocation injuries in this group. Data results shows Hockey players have greater chances of fracture injuries while Football players have greater chances of dislocation.

Introduction

There are various injuries occurred to the players during training or competition but it has been observed that fractures and dislocations are the more common injuries in

Hockey & Football players as concern to other sports due to more required Endurance & performing more strenuous activities in these sport.

Methodology

Table No. 3

Showing the Percentage difference of Fracture in Hockey and Football Player

Sr. No.	Player	Fracture	
		No. of injured Player	Percentage
1.	Hockey	3	12.00%
2.	Football	2	8.00%

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

Graph No. 3

Showing the Percentage difference of Fracture in Hockey and Football Player

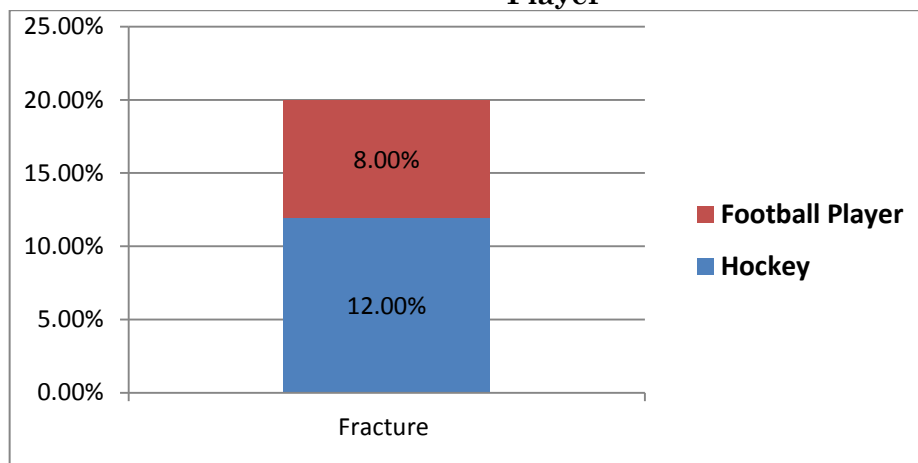


Table No. 4

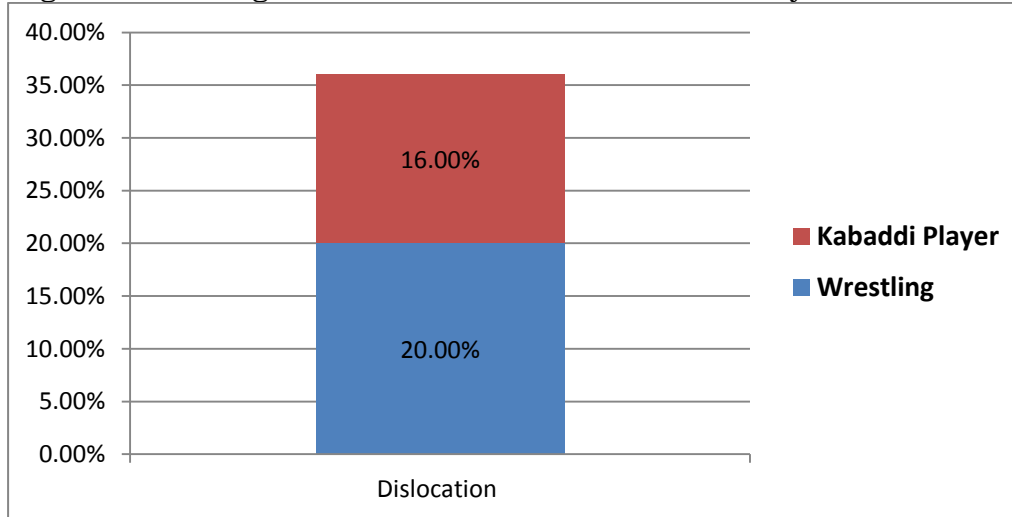
Showing the Percentage difference of Dislocation in Hockey and Football Player

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

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

Graph No. 4

Showing the Percentage difference of Dislocation in Hockey and Football Player



Conclusion

Studies results shows that Hockey players are more prone to Fracture injuries in comparison with Football players at inter college level.

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

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Study Of Socio-Economic Status Of Karateplayers

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Abstract

Karate is the most popular among the martial arts in India. Various tournaments have been organized for these games from grass root levels to national levels. The participation, practice and perfection of the games have direct or indirect influence of socio-economic status. The study conducted in Bhandara district of Maharashtra state. Overall 100 Karate players of which 50 were female and 50 male players who have participated in inter School Karate tournaments have been surveyed by administering questionnaire data have been collected and analyzed with the help of frequency, percentage mean and t ratio. The obtained values of male and female Karate players were 5.32 and 4.96 respectively. The calculate t value is 3.92 which is significant at 0.05 level means that the difference was found out between male and female and Karate players in terms of their socio-economic status.

Key words : Socio-economic status, karate

Introduction:

Traditionally the game has been played throughout the state. The game are much known to the masses and well versed with the rules and regulations. The Karate game is referring in terms of speed, stamina, skills, techniques, strategies and physical fitness. There are many psychological factors like socio-economic status, attitude, motives, spectators, self concept, motivation, adjustment etc which influence the participation and performance of the players. The socio-economic status of an individual plays an important role in their achievement in every field of life. The socio-economic status of the group and the status of an individual in high group influence competitive and co-operative behaviour for different reasons and the different factors than those motivating people in the middle and upper economic group influencing the well being of the player. Considerable research has been conducted on the socio-economic status of sports persons, team sport versus individual sport. Men versus women players but very few research studies are available in published from socio-economic status of games like male and female Karate players. It has been recognized that socio-

economic factors play a vital role in an individual's performance in sports. Therefore, the present 'study of socio economic status of Karate players' has been selected.

Objective of the study

The objective of the study is to compare the socio-economic status of male and female Karate players.

Hypothesis of the study:

The male and female Karate players differ significantly in terms of their socio-economic status.

Methodology:

Selection of subject

Total 100 i.e., 50 male and 50 female Karate players who participated in inter School tournaments belongs to Bhandara district of Maharashtra had been selected.

Administration of the test

Socio-economic status scale by Bawazir (1984) was distributed to male and female Karate players. The scale seeks information about respondent's male and female Karate players. The respondents were requested to give appropriate information about their families, frequency, percentage, mean, standard deviation and t ratio as a statistical tools have been used.

Results

Table 1: Mean score, standard deviation and t ratio of socio-economic status of male and female Karate players.

Players	N	Mean score	Standard deviation	't' value
Male Karate	50	5.32	2.09	3.92*
Female Karate	50	4.96	3.94	

* Significant at 0.05 level

Table No.1 reveals the socio-economic status of male and female Karate players. The obtained mean values of male and female Karate players were 5.32 and 4.96 respectively. The calculated 't' value 3.92 which is significant at 0.05 means that the significant difference was found out between male and female Karate players.

Conclusion

There is significance difference in socio-economic status between male and female Karate players.

Recommendations

The similar studies can be carried out between different team, within the players of

same team and outside the teams of different status etc.

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A Comparative Study Body Composition of Kabaddi Players.

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Abstract

Purpose of the study was to find out comparison of body composition between Kabaddi players of Sakoli and Lakhani Taluka of Bhandara district. For this purpose 100 Kabaddi players from two Taluka of Bhandara District were selected by using purposive sampling method and age of the players were 18-24 years. Body composition was collected with the help of standardize test. The findings of the study show that there is no significant difference found between Kabaddi players of two Taluka of Bhandara District.

Key words: Body composition, Kabaddi

Introduction

Body Composition:

Percent body fat is the quantitative expression of adipose tissue in the body which is expressed in terms of gm/100 gm. of the body weight. In physical fitness, **body composition** is used to describe the percentages of fat, bone, water and muscle in human bodies. Because muscular tissue takes up less space in the body than fat tissue, body composition, as well as weight, determines leanness. Two people of the same gender and body weight may look completely different because they have a different body composition.

Methodology

For the present study researcher selected 100 Kabaddi players from two Talukas of Bhandara District. 50 players from each Taluka was selected using purposive sampling method. For data collection Body-composition namely (sub-scapular, Triceps, Biceps and Supra-iliac Muscles) was measured with standardizes method.

Body Composition (Skin fold Measurement):

The statistical analysis of Body-composition namely (sub- scapular, Triceps, Biceps and Supra-illiac Muscles of Kabaddi Players were done using 't' test.

Table - 6
Significance of Mean Difference of Mean of Body Composition of Kabaddi Players

Dimension of Self-concept	Taluka A		Taluka B		Mean Difference	Std. Error	't' ratio
	Mean	SD	Mean	SD			
A) Sub-Scapular	9.18	3.239197	8.05	2.41025	1.13	0.570994	1.979005
B) Triceps	6.234	2.9553	6.126	1.3736	0.198	0.4609	0.4296
C) Biceps	3.304	1.047875	3.302	0.551177	0.002	0.166191	0.012034
D) Supra - iliac	8.352	4.246	7.552	2.587063	0.8	0.7032	1.1377

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

Results

- 1) Mean value of Taluka Sakoli Kabaddi players of Sub-Scapular was found 9.18.
- 2) Mean value of Taluka Sakoli Kabaddi players of Triceps was found 6.234.
- 3) Mean value of Taluka Sakoli Kabaddi players of Biceps was found 3.304.
- 4) Mean value of Taluka Sakoli Kabaddi players of Supra – iliac was found 8.352.
- 5) Mean value of Taluka Lakhani Kabaddi players of Sub-Scapular was found 8.05.
- 6) Mean value of Taluka Lakhani Kabaddi players of Triceps was found 6.126.
- 7) Mean value of Taluka Lakhani Kabaddi players of Biceps was found 3.302.
- 8) Mean value of Taluka Lakhani Kabaddi players of Supra – iliac was found 7.552.

Discussion Of Finding:

The findings of the study show that there is an insignificant difference between Lakhani and Sakoli Kabaddi Players, in Body Composition (Sub-scapular; Triceps; Biceps; and Supra-iliac muscles.)

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Effect of Selected Yogic Asanas On Flexibility Of College Women Students

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Abstract

The purpose of the study was to study the Effect of selected yogic asanas on flexibility of college women students. For the study thirty subjects in the age of 23 years were selected and divided into two groups. Experimental group (N = 15) performed dance aerobics for six days per week for a duration of six weeks and control group (N = 15) was not participated in dance aerobics. Flexibility was measured with the help of sit and reach test. The result of the study showed that the yogic asanas significantly improved the flexibility of experimental group.

Key words: yogic asanas, flexibility, sit and reach test.

Introduction

Yoga is the study, the way, the means, and the ultimate goal, and its fundamental ideas include the fusion of opposites, the impact of the outside world on the body, the desire for and search for liberation in various forms, the union of one's individual consciousness with the Universal consciousness, and the pursuit of realising and achieving one's true self.

Yoga is a science that addresses a person's physical, mental, emotional, psychic, and spiritual well-being. When this amount of imbalance is present, the organs, muscles, and nerves no longer work in unison but rather in opposition to one another. Therefore, the goal of yoga is to perfectly coordinate all of the physical activities so that they serve the benefit of the entire body. One of India's wonderful contributions to humanity is yoga. Its practise of a set of exercises known as asanas, which keep the body healthy and fit, helps build up a reservoir of physical health, making it one of its valuable attributes.

According to yoga, physical activity is necessary for the quick removal of toxins, for maintaining healthy blood circulation, and for keeping all internal processes in check. Yoga is a science that is founded on experimentation and observation.

Statement of the problem

The present study was undertaken to know the effect of selected yogic asanas on flexibility of college women students.

Purpose of the study

The purpose of the study was to find out the effect of selected yogic asanas on flexibility of college women students.

Objectives

To study the effect of selected yogic asanas on flexibility of college women students.

Hypothesis

It was hypothesized that yogic asanas significantly improve the flexibility of college women students.

Delimitations

1. Study was delimited to 30 college women students.
2. Study was delimited to women students only.
3. The subjects for the present study were randomly selected.
4. The subjects were divided into two groups: experimental group (N = 15) and control group (N = 15)

Limitations

Limitations of the study the present study was limited to the following aspect

1. Dietary habits of the subjects were not under control of the researcher.
2. Daily activities of the subject were not under control of researcher.
3. No restrictions where impose upon the other physical activities of the participants.

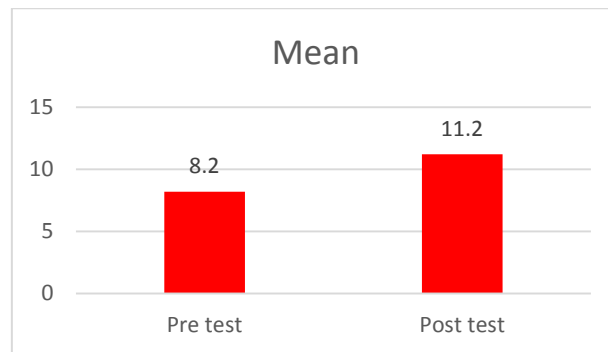
Methodology

For the presence study thirty subjects were selected with the help of simple random sampling method at the age of 23 years. The randomly selected subject was divided into two groups experimental group (N = 15) and control group (N = 15). The independent variable in the present research was yogic asanas and dependent variable was flexibility. Flexibility was measured with the help of sit and reach test. The experiment group participated in yogic asanas for five days per week for a duration of six weeks. The first ten minutes were given to loosening exercises and last ten minutes for cool down

Table 1. Showing the pre-test and post test score of flexibility of the Experimental Group.

Experimental Group	N	Mean	SD	MD	't' ratio	Table value of 't' ratio
Pre test	15	8.2	0.79	3	20.12	2.26
Post test	15	11.2	0.78			

Significant at level 0.05

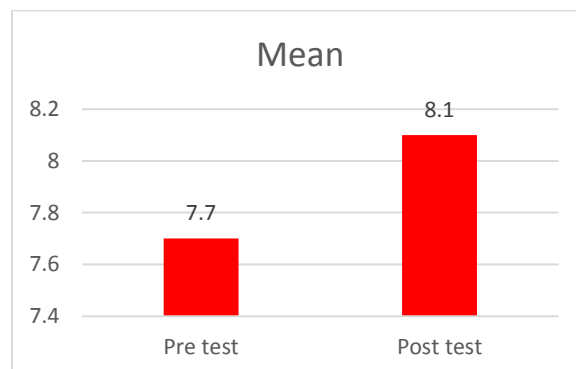


Graph No. 1. Bar graph showing the pre-test and post-test means of experimental group of flexibility.

Table 2. Showing the pre-test and post-test score of flexibility of the control group.

Control Group	N	Mean	SD	MD	't' ratio	Table value of 't' ratio
Pre test	15	7.7	0.94	0.4	1.8	2.26
Post test	15	8.1	0.74			

Significant at level 0.05



Graph No. 2. Bar graph showing the pre-test and post-test means of control group of flexibility.

Discussion of findings

1. The initial mean value of flexibility was measured with the help of Sit and Reach Test of experimental group of pre test was 8.2. The final mean value of

and twenty-five minutes for yogic asanas. For the study research scholar was selected prone position asanas, supine position asanas and sitting position asanas and standing position asanas. Data was collected from before and after the treatment.

Analysis of data

Analysis of data and interpretation of the result was done by using the mean and standard deviation. Comparative analysis was done by using 't' ratio. The level of significance was kept at 0.05 levels. It was hypothesized that there were significant changes in the flexibility of college women students if they do regular yogic asanas.

flexibility of experimental group of post test was 11.2. Thus, the resultant mean difference of pre test and post test were 3. Experimental group was found statistically significant. The value of 't'

ratio was 20.12 this value was significant at 0.05 level because the value of 't' ratio was greater than 2.26.

2. The initial mean value of flexibility was measured with the help of Sit and Reach Test of Control group of pre test was 7.7. The final mean value of flexibility of Control group of post test was 8.1. Thus, the resultant mean difference of pre test and post test were 0.4. Control group was not found statistically significant. The value of 't' ratio was 1.8 this value was not significant at 0.05 level because the value of 't' ratio was smaller than 2.26.

Conclusions

It was concluded that the current study shows that when used for a total of six weeks, five times per week, yogic asanas had a positive impact on flexibility of college women. It was proved that yogic asanas was improve flexibility of college women. The study shows that the statistically significant difference in the mean difference of flexibility

of experimental group and there was no statistical difference found in flexibility of control group the probable reason may due to no participation in yogic asanas.

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Facilities provided to women in sports as compared to that of men

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Abstract:

The 2020 Tokyo Olympics was once again an event which showed Indian women helming the world of sports in India. From Lovlina Borghain to PV Sindhu, from Aditi Ashok to Meerabai Chenu, all these women through their sheer hardwork cemented their names in the hearts of all the Indians. From Mithali Raj ruling the 22 yards over decades, to Sania Mirza enjoying the tennis court. All these women had brought laurels to the country. But has the situation been the same all those years after Independence? The Indian society had put multiple restrictions on a girl - from wearing t-shirts and shorts to playing under the sun, acts considered groom-repellents - there has been a gradual change in the attitude towards women taking up sports. In a country with a majority of the population still adamant about the well laid out "duties of a woman", doing or being anything that falls outside its definition is considered a rebellious act. Despite these odds, women athletes have blazed a trail.

A well laid out physical infrastructure for women in the field of Sports can go a long way in eliminating such conservative mindset still existing among the masses.

Among the many necessities, some of the important ones that ought to be provided to women as soon as possible are changing rooms, adequate washrooms, gym class, female instructors and female volunteers.

The Covid pandemic had worsened the situation among female athletes, job losses in the families had compelled them to search for alternative means of livelihood, putting to rest their aspirations in sports.

In such cases, it is important to reach as close to them as possible. This gap can be reduced via well equipped sports stadiums, indoor stadiums, well trained coaches as well as creches for mother athletes. Although participation levels of women in sports have been considered historically low, the times

are changing. All this has become possible because of the efforts put by the authorities in charge.

The picture of the then sports minister Mr. Rajyavardhan Singh Rathore serving refreshments to our athletes is a point in case, this only goes to show that, if along with physical requirements mental support too is provided, performance could be boosted.

From a small town of Manipur and being the mother of 3 kids, Mary Kom won the world boxing championship 5 times along with a bronze in the 2012 London Olympics. That shows the potential Indian women have if they decide on a certain thing.

It is a proven fact that, the girls who start sports early in their lives have fewer health problems in their lives, develop great mental strength and can land better jobs. They are also more likely to be leaders in their careers. Events like 'Khelo India' is a platform

to engage in this field at a very early age. The medals won at the olympics, the championship at a cricket ground or the grand slams at the tennis court, all these lift a nation's spirits. The United Nations (SDGs), signed by 193 countries, include 17 goals, one of which is ensuring achieving gender equality and empowering all women and girls globally (Goal 5). Won't this be a better way to systematically ensure targets meeting funding requirements for girls in Sports? Goal 17 is creating partnerships with global businesses to help with supporting and financing of these goals. Such initiatives are transformative in the lives of women. Few more initiatives like, sports curriculum in schools, mandatory sports days' in schools, identification of talent at the grass root level, sports quota, rural and genetic talent spotting should be encouraged.

A lot has been done to uplift the sports regime in the country and a lot still needs to be done, so that we could perform better, in the global events. For starters, a healthy and well oiled sports ecosystem from the top to the grass root, encouragement of native talents and providing decent sports infrastructure are the boxes to be ticked in the short run.

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Agro-Tourism A New Way Of Farmers Economic Development In Maharashtra

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Abstract

The present paper has described the growing business in agricultural tourism in Maharashtra India. The term agro-tourism is accepted now as a growing business models accompanied by corporate support. In the state of Maharashtra, the large population is a rural residents. The rural parts are limited to Agricultural affairs. Maharashtra Farming is a diversifying nature. The all year all types' of weather, seasons and soil variations makes the state rich in farming crops and fruits as well as herbs. As the state is also rich in tourism. The cultural rich tradition of the state has a wide scope in agro tourism business.

Keywords: tourism, agriculture, farming, adventure sports, culture.

Introduction

Tourism is now well recognized as an engine of growth in the various economies in the world. Several countries have transformed their economies by developing their tourism potential. Tourism has great capacity to generate large-scale employment and additional income sources to the skilled and unskilled workers. Today the concept of traditional tourism has been changed. Some new areas of the tourism have been emerged like Agro-Tourism. Promotion of tourism would bring many direct and indirect benefits to the people.

Agro-tourism is a way of sustainable tourist development and multi-activity in rural areas through which the visitor has the opportunity to get aware with agricultural areas, agricultural occupations, local products, traditional food and the daily life of the rural people, as well as the cultural elements and traditions. Moreover, this activity brings visitors closer to nature and rural activities in which they can participate, be entertained and feel the pleasure of touring in the state of Maharashtra.

The agro-tourism policy in state

The Maharashtra Cabinet on has cleared an agro-tourism policy aimed at reviving the tourism sector and providing support to the rural economy. In a meeting held on the eve of the monsoon session of the State

Legislature, the Cabinet cleared the policy which the government said would be an added income to farmers and also an enjoyable experience to tourists. "The Cabinet passed the agro-tourism policy of Maharashtra. This will invigorate the rural sector and agricultural practitioners with a steady source of an alternative income and an alternative employment through tourism like farm stays. Local cuisine and cultural aspects can be enjoyed by visitors. Many countries around the world have such enabling policies to assist tourists with homestays in the farms and orchards, Maharashtra has taken the lead to in this regard in India.

This policy will be an enabler for those looking to travel, enjoy the rustic outdoors, spend time on farms, and indulge in eco-friendly tourism, organic local flavors, and seasonal fruit picking business. Rural development through agro-tourism, ensuring market to agricultural produce, encouraging agriculture-related businesses, providing employment to young women from rural areas, organizing exhibitions of folk art and traditions, and providing an experience of pollution-free and nature-friendly atmosphere are few of the objectives of the agro-tourism policy.

Loans and tax benefits

Individual farmers, agriculture cooperative societies, agriculture research centers, agriculture universities, or farmer companies can set up agro-tourism centers. The Tourism Department will certify these centers after which they can be eligible for loans and other tax benefits. A Maharashtra agro-tourism and rural tourism development committee will also be formed to promote agro-tourism.

Agro- Tourism in State an in-sight

Agro-Tourism is helpful to the both farmers and urban peoples. It has provided an additional income source to the farmers and employment opportunity to the family members and rural youth. But, there are some problems in the process of the development of such centers. Hence, the government and other related authorities should try to support these activities in Maharashtra for the rural development and increase income level of the farmers. The farmers should also try to establish their co-operative society for the development of agro-tourism centers. The agro-tourism may become a cash crop for the farmers in Maharashtra and also an instrument of the rural employment generation.

Agriculture is the most important occupation in Maharashtra. The state is a leader in the development and promotion of agro tourism in the country. By understanding the village traditions, village culture, customs, and emerging oneself in the village-art and artefacts one can get an enhanced experience of the rural area life.

Drive a bullock cart or tractor, fly a kite, wear traditional clothes, enjoy folk song, and dance, includes accommodation and Restaurant facilities that allow tourist to visit the farm for a vacation.

Learning and getting experience

There is also an Educational Centre where experienced staff will provide information about crops or animals. It helps to experience the rural countryside filled with the smell of fields and sounds. The child would love to watch and observe and experience this unique and rare species around them at a place where Agro farming or Agro tourism developed.

At present there are 328 Agro tourism centers spread across 30 district of Maharashtra namely Konkan, Baramati, Satara, Pune, Nashik, Nagpur, Kolhapur district.

Baramati agro tourism center in Pune district has some of the most successful Agro

tourism center in the field of fruit farming and tractor or bullock cart rides, indoor and outdoor games, rural sports, sugar industry tourism, and jiggery making.

Solitary agro in Kolhapur District

The Tourist Centre is famous for its Cane, Cashew and Mango plantations and there are various activities like tractor ride, bullock cart ride, and jungle safari for the tourist to get various experiences.

Agro tourism Centre fruit and vegetable and cash farm in Nasik district has activities like Bullock cart and tractor rides, play area facility etc. It is close to the Trimbakeshwar Temple and also has a Wine Yard and sugar industry. The district is famous for Grapes and Pomegranate fruit.

Bullock cart ride, original off Rider bullock cart ride is a very famous ride in our all tourist spots in rural areas. It is the best way to explore the village Lifestyle with your family.

Tractor Safari

Tractor Safari is once-in-a-lifetime tractor tour that is perfect adventure for families and nature lovers travel through the iconic Mother Nature and get an up close look at these various bird species.

Hurda party

Hurda is the beans of Jwar grains is roasted on coal or in bush flame, which gives it a mouth-watering test this fresher roasted hurda is then ready to eat with and delicious variety of chutneys.

Fair camping and party away from the fast-paced Hustle and bustle of the city. The Campsite is the best escape that one can get from the routine life they can come to have fun with the family people in fair camping and party side. Now we can see that in some places of Maharashtra especially in Konkan there are many Agro tourism Centre especially design for a trip to "Mini Konkan" and this is for entertainment, natural air, organic fruits, and many more things and beautiful sight seen also.

Organic fruits testing have various type of cultivation in terms of fruits and ripen fruits good taste fresh fruits directly from the site and it is completely organically grown so nutritional fruits are Centre of attraction to every visitor.

Various species of animals and birds are also a Centre of attraction. In Agro tourism Centre they can have an ecosystem which provides species of birds and animals more than three digits.

Traditionally yummy, healthy and authentic food in the form of purity is the main attraction for visitors. The real authentic made homemade food with the traditional way of recipes and techniques and variety of spices the tasty attraction among the tourist.

Packages

Some important packages of Agro tourism also provide a very good one day package as well as holiday package and sometime hour's package also.

In the packages of such the minimum charges are less than 300 to 500 rupees and in the charges include breakfast, rain dance, swimming, boating, indoor and outdoor games lunch and various species of birds and animal swing and slides. Tug of War funny games and multi-purpose lawn for gathering group activities, evening snacks, tea, coffee, and many more just like entertainment. Apart of these, a ride packing flying Fox zipline, rope wall climbing, horse riding farm, fish farming, water buffalo ride, dairy farm, cycle ride, swimming, paddlewheel boating, nursery visit, campfire, archery and air rifle shooting, bird watching, Star gazing, waterfall tour, Kabaddi, foot massage, cow milking, horse carriage, emu farm tour, honeybee, rabbit house, Art Gallery and traditional shopping are the Centre of attraction of every Agro tourism Centre. If someone wants to visit and stay up to 20 minutes they can have package also. They can choose minimum 20 minutes of stay in the centric area and the greenery and experience the pure breath in this campus around them. They can charge only 50 rupees per head.

Senior citizens and physically challenged person also can get discount in Agro tourism packages. The facilities of mud house and cottages and row houses are available for tourist as well as classic pond house, premium pond house, dormitories are also center of attraction in Agriculture area tourists and researchers.

Conclusion

Agro tourism attracts the people to understand the philosophy of agricultural activities of day by day routine of farmer and their families, Lifestyle, work nature, as well as to get a deep inside about what actually they eat in their daily meal. Agro tourism is also very helpful to give a support financially to the farmer or a group of farmer that they can enhance their inner capabilities through it.

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क्रीडा क्षेत्रातील रोजगाराच्या संधी- एक दृष्टी

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सारांश:

खेळ हा भारतीय संस्कृतीचा महत्वाचा भाग आहे. आपल्या भारत देशात प्राचीन काळापासून अनेक प्रकारचे खेळ खेळले जात आहेत. भारताशिवाय जगातील इतर देशांमध्येही खेळाला खूप महत्त्व आहे. कबड्डी, क्रिकेट, व्हॉलीबॉल, हॉकी किंवा इतर कोणताही खेळ असो, भारतीय लोकांचा खेळाकडे सुरुवातीपासूनच कल आहे. भारतात जवळपास सर्व प्रकारचे खेळ खेळले जातात. खेळ आता फक्त खेळ राहिले नाहीत. क्रीडा व खेळ हा एक मोठा उद्योग आणि व्यवसाय बनला आहे. गेल्या काही वर्षांमध्ये क्रीडा व खेळ या क्षेत्रामध्ये खूप वाढ झाली आहे आणि त्यात बरेच वैविध्यही आले आहे. खेळाविषयी सर्वसामान्यांच्या वाढत्या आवडीमुळे त्याचे यशस्वी आयोजन करण्यात आल्याने निर्माण झाली आहेत. त्यामुळे विविध प्रकारच्या तज्ज्ञांची गरज निर्माण झाली आहे. त्यामुळे केवळ खेळाडू बनूनच नाही तर इतर मार्गांनीही खेळाशी जोडले जाऊ शकते. सध्या क्रीडा क्षेत्रात करिअरचे अनेक पर्याय आहेत. प्रस्तुत शोधपत्रात क्रीडा क्षेत्रातील रोजगाराच्या विविध संधी यावर चिंतन करण्यात आलेले आहे.

सूचक-शब्द : क्रीडा , खेळ, रोजगार, खेळो इंडिया

प्रस्तावना :

खेळ ही एक चांगली शारीरिक क्रिया आहे जी तणाव आणि चिंतापासून आराम देते. हे खेळाडूंना चांगले भविष्य आणि व्यावसायिक जीवनाचे क्षेत्र प्रदान करते. त्यात खेळाडूंना त्यांचे नाव, प्रसिद्धी आणि पैसा देण्याची क्षमता आहे. म्हणून, आपण असे म्हणू शकतो की, एखादी व्यक्ती वैयक्तिक फायद्यासाठी तसेच व्यावसायिक फायद्यासाठी खेळू शकते. दोन्ही प्रकारे, ते आपल्या शरीर, मन आणि आत्म्याला फायदेशीर ठरते. काही लोक त्यांच्या शरीर आणि मनाच्या कल्याणासाठी, आनंदासाठी नियमितपणे खेळतात, परंतु काही लोक त्यांच्या जीवनात मौल्यवान दर्जा मिळविण्यासाठी खेळतात. वैयक्तिक आणि व्यावसायिक जीवनात त्यांच्या मूल्याकडे दुर्लक्ष करता येत नाही. पहिले ऑलिम्पिक खेळ १८९६ मध्ये अथेन्समध्ये आयोजित करण्यात आले होते, जे आता नियमितपणे दर चार वर्षांनी वेगवेगळ्या देशांमध्ये आयोजित केले जातात. यामध्ये इनडोर आणि आउटडोर अशा दोन्ही खेळांचा समावेश आहे, ज्यामध्ये विविध देशांतील खेळाडू सहभागी होतात. काही मैदानी खेळ म्हणजे फुटबॉल, हॉकी, व्हॉलीबॉल, बेसबॉल, क्रिकेट, टेनिस, खो-खो, कबड्डी इत्यादी, ज्यांना खेळण्यासाठी मैदानाची आवश्यकता असते. इनडोर गेम्स म्हणजे कॅरम, पत्ते खेळणे, बुद्धिबळ, टेबलटेनिस, कोडी, इत्यादी, जे कोणत्याही मैदानाशिवाय घरात खेळता येतात. बॅडमिंटन आणि टेबल टेनिससारखे काही खेळ इनडोर आणि आउटडोर दोन्ही प्रकारचे असतात. असे मानले जाते की खेळ आणि शक्ती एकाच नाण्याच्या दोन बाजू आहेत. हे खरे आहे की, खेळात भाग घेणार्यांवर व्यक्तीमध्ये सामान्य व्यक्तीपेक्षा (जे व्यायाम करत नाही) अधिक ताकदवान असतो. खेळाची आवड असणारी व्यक्ती कोणत्याही राष्ट्रीय किंवा आंतरराष्ट्रीय स्तरावरील खेळात भाग घेऊन उत्तम शारीरिक शक्ती विकसित करू शकते

आणि आपले भविष्य उज्वल करू शकते. खेळामुळे रोगप्रतिकारक शक्ती मजबूत करणे, शारीरिक समन्वय राखणे, शरीराची ताकद वाढवणे आणि मानसिक शक्ती सुधारण्यास मदत होते. आपण खेळत असलेल्या कोणत्याही खेळाची आवड असल्यास, आपण व्यवसायात स्वतःसाठी एक स्थान तयार करू शकता. तुम्ही औषध, विपणन, प्रशासन, व्यवस्थापन आणि पत्रकारिता यांसारख्या क्षेत्रात काम करू शकता. आजच्या जगात, अधिकाधिक मुले लहानपणापासूनच खेळ सहभाग घेत आहेत. भविष्यात आपल्या देशाला अभिमान वाटवा आणि ऑलिम्पिक किंवा जागतिक स्पर्धेचे जेतेपद पटकावण्याचे या सर्वांचे स्वप्न आहे. आज अनेक महत्वाच्या खेळाडूंनीही खेळ लोकप्रिय करण्यात योगदान दिले आहे. या क्षेत्रात महिला आणि पुरुष दोघांसाठी दरवाजे खुले आहेत. विराट कोहली, महेंद्रसिंग धोनी, सचिन तेंडुलकर, सानिया मिर्झा, सायना नेहवाल, अभिनव बिंद्रा अशा अनेक दिग्गज खेळाडूंनी तरुणांला खेळाकडे आकर्षित केले आहे.

भारतातील क्रीडा कारकीर्दीची व्याप्ती:

ते दिवस गेले जेव्हा भारतात खेळ हा मुख्य प्रवाहातील करिअरचा पर्याय मानला जात नव्हता. पालक याबद्दल खूप घाबरले होते आणि मुलांना या क्षेत्रात येण्याची इच्छा असताना ते प्रोत्साहन देत नव्हते. पण काळाबरोबर सर्व काही बदलते आणि पालकांची मानसिकताही बदलते. गेल्या दशकात भारतात क्रीडा संबंधित करिअरमध्ये लक्षणीय वाढ झाली आहे. भारतातील क्रिकेट व्यतिरिक्त इतर खेळांमध्ये स्वारस्य आणि इंडियन सुपर लीग आणि प्रो कबड्डी लीग यांसारख्या स्पर्धांच्या यशामुळे गोष्टी उज्वल दिसत आहेत. नुकत्याच झालेल्या आंतरराष्ट्रीय क्रीडा स्पर्धेत क्रीडा क्षेत्रातील लोकांच्या यशाने क्रीडा करिअरवर लक्ष सर्वांचे केंद्रित केले आहे. खेळामुळे तुमचे शरीर शारीरिकदृष्ट्या तंदुरुस्त राहण्यास आणि तुमचे मन

वांगले ठेवण्यास मदत होते. जर तुम्ही खेळाला करिअर म्हणून निवडले तर त्यातून खूप प्रसिद्धी मिळते आणि पैसाही. खेळातील करिअर हे खेळ खेळण्याइतकेच रोमांचक असते. तुम्ही फुटबॉल प्रशिक्षक होऊ शकता आणि तुमच्या संघाला विजय मिळवून देण्यात महत्वाची भूमिका बजावू शकता, किंवा तरुण खेळाडूंना तंदुरुस्त आणि सक्रिय ठेवण्यासाठी तुम्ही फिटनेस प्रशिक्षक म्हणून काम करू शकता, तुम्ही शाळेत क्रीडा शिक्षक म्हणूनही काम करू शकता. तुम्ही एखाद्या खेळात सामील होऊ शकता आणि त्यात प्रभुत्व मिळवू शकता, तुम्ही देशासाठी राष्ट्रीय आणि आंतरराष्ट्रीय स्तरावर खेळू शकता, तुम्ही स्वतःचे नाव कमवू शकता. इतकं नाही तर क्रीडा पत्रकारितेत सहभागी होऊन तुम्ही नाव आणि पैसाही कमवू शकता. एखाद्या चांगल्या मीडिया इन्स्टिट्यूटमध्ये जाऊन तुम्ही त्यात काम करू शकता.

क्रीडा क्षेत्रातील रोजगाराच्या संधी:

आज कॉमनवेल्थ गेम्स असो वा इंडियन प्रीमियर लीग, खेळाचे कोणतेही फॉर्मॅट असो, खेळ आता फक्त एक खेळ राहिलेला नाही, तर ते कमाईचे प्रमुख साधन बनले आहेत. त्यात मोठी बाजारपेठ जोडली गेली आहे, ज्यामध्ये नोकरीच्या अनेक संधी आहेत. खेळ आता करिअरला अनेक नवे रंग देत आहे. राष्ट्रीय आणि आंतरराष्ट्रीय स्तरावर होणार्या विविध सामने आणि स्पर्धांमुळे खेळ, खेळाडू आणि त्याच्याशी निगडित लोकांसमोर पैसा, ब्रॅन्ड आणि पद हे सारेच असते. क्रिकेटशी संबंधित इंडियन प्रीमियर लीग असो की राष्ट्रकुल क्रीडा स्पर्धा असो, संपूर्ण वातावरण खेळीमेळीचे झाले आहे. या खेळांमुळे आज विविध प्रकारचे करिअर आणि नोकऱ्या उदयास येत आहेत. काहीजण क्षेत्रात उतरून ते साध्य करत आहेत, तर काही जण मैदानाबाहेर राहून, इव्हेंटमध्ये सहभागी होऊन करिअरला नवे आयाम देत आहेत. भारतात क्रीडा क्षेत्रातील विविध रोजगाराच्या संधी खालील प्रमाणे आहेत.

अॅथलेटिक्स प्रशिक्षक:

आजच्या स्पर्धात्मक युगात प्रत्येक पालकाला आपल्या मुलाला इंजिनियर किंवा डॉक्टर बनवायचे असते. जेणेकरून त्याचे भविष्य सुरक्षित होईल. बरं, प्रत्येक पालकाला हेच हवं असतं, पण या सगळ्या पर्यायांशिवाय, जर तुम्हाला तुमचं भविष्य क्रीडा क्षेत्रात घडवायचं असेल, तर खेळाशिवाय बरंच काही आहे जे तुम्ही खेळात करू शकता. जर तुम्हाला खेळ आणि आरोग्य सेवा आवडत असतील, तर अॅथलेटिक प्रशिक्षक एक उत्तम करिअर पर्याय म्हणून उभे राहतात. अॅथलेटिक्स प्रशिक्षक हे आरोग्यसेवा व्यावसायिक आहेत जे वैद्यकीय सेवा प्रदान करण्यासाठी क्रीडा औषध संघासोबत काम करतात. तुम्ही व्यावसायिक अॅथलीट किंवा हायस्कूल फुटबॉल संघासोबत काम करत असाल, अॅथलेटिक ट्रेनर म्हणून, अॅथलेटिक ट्रेनरची मूलभूत भूमिका सारखीच असते. खेळाडूंना झालेल्या दुखापतींना प्रतिबंध करणे आणि त्यावर उपचार करणे. अॅथलेटिक प्रशिक्षक अनावश्यक वैद्यकीय उपचार आणि सामान्य दैनंदिन जीवनात व्यत्यय टाळण्यास मदत करतात, जर तुम्ही जखमी असाल, तर तुम्हाला आरोग्यसेवा पुरवणे हे अॅथलेटिक्स प्रशिक्षकचे काम आहे. तुम्हाला खेळासाठी तंदुरुस्त कसे ठेवायचे हे अॅथलेटिक्स प्रशिक्षक करतो.

क्रीडा पत्रकार:

बऱ्याच लोकांना असे वाटते की खेळात करिअर करण्यासाठी, तुम्हाला अॅथलीट बनणे किंवा एखाद्या खेळात चांगली कामगिरी करणे आवश्यक आहे. खेळाचे जग खूप मोठे असताना त्यात अनेक प्रकारच्या नोकऱ्या आणि क्षेत्रे आहेत, ज्यासाठी तुम्हाला क्रीडापटू असण्याची गरज नाही. या क्षेत्रात तुम्ही इतर करिअर पर्यायांमध्येही करिअर करू शकता. जर तुम्हाला खेळाची आवड असेल आणि तुम्हाला लेखनाची आवड असेल आणि तुम्हाला खेळाच्या बाबतच्या विश्लेषण करायला आवडत असेल तर तुम्ही क्रीडा पत्रकारिता म्हणून तुमच्या करिअरला नवी दिशा देऊ शकता. नावाप्रमाणेच हे स्पोर्ट्स रिपोर्टिंगचे करिअर आहे. प्रसारमाध्यमे म्हणजे टेलिव्हिजन, रेडिओ, मासिके आणि इंटरनेट प्रत्येकाच्या जीवनाचा अविभाज्य भाग बनले आहेत. क्रीडा चाहते या माध्यमांचा वापर बातऱ्यांच्या अपडेट्ससाठी करतात.

क्रीडा व्यवस्थापक:

क्रीडा व्यवस्थापन, क्रीडासाहित्य तयार करणे, खेळाडूंना प्रशिक्षण देणे, त्यांच्या खाण्यापिण्याची व आरोग्याची काळजी घेणे, खेळासाठी बाजारतून पैसे आणि जाहिराती उभारणे, हेही क्रीडा कारकिर्दीचे खास भाग आहेत आणि ते कमाईचे नवनवीन मार्ग दाखवत आहेत. स्पोर्ट्स मॅनेजमेंटमधील करिअरसाठी कम्युनिकेशन कौशल्ये महत्वाची आहेत, तसेच खेळ, फिटनेस आणि इतरांच्या फिटनेस उद्दिष्टांमध्ये स्वारस्य आहे आणि स्पोर्ट्स मॅनेजर होण्यासाठी व्यावसायिक समज आवश्यक आहे. ही नोकरी सेवा देणारी मानली जाते आणि बऱ्याचदा कृतज्ञ मानली जाते, तरीही, विविध सुविधांमध्ये खेळल्या जाणार्या खेळाचा हा एक आवश्यक भाग आहे.

क्रीडा अधिकारी :

पंच किंवा रेफरी म्हणून तुम्हाला क्रीडा क्षेत्रात करिअर करायचे आहे का? जर होय तर,

- तुमची दृष्टी चांगली आहे का?
- तुम्हाला खेळात रस आहे का?
- तुमचे संवाद कौशल्य चांगले आहे का?
- नियमांचा अभ्यास करून त्यानुसार निर्णय घेण्यात तुम्हाला आनंद आहे का?
- तुम्ही चांगले निरीक्षक आहात का?

वरील सर्व प्रश्नांची उत्तरे होय असल्यास, पंच म्हणून चांगले करिअर बनवण्यापासून तुम्हाला रोखू शकत नाही. भारतात टॅलेंटची कमतरता नाही आणि जर आपण संधीबद्दल बोललो तर अशी अनेक क्षेत्रे आहेत ज्यात तुम्ही कठोर परिश्रम आणि समर्पणाने लवकरच मोठे स्थान मिळवू शकता. अशा स्थितीत खेळात भविष्य घडवण्याबाबत बोलायचे झाले तर युवा प्रतिभांसाठी क्रीडा क्षेत्रात करिअरच्या पर्यायांची कमतरता नाही. एक खेळाडू म्हणून तुमची कारकीर्द संपल्यानंतर तुम्ही करिअर करू शकत नसाल तरीही तुम्ही सामनाधिकारी आणि पंच म्हणून खेळात सामील होऊ शकता.

क्रीडा छायाचित्रकार:

एक छायाचित्रकार त्याच्या एका छायाचित्राद्वारे हजारो शब्द सांगतो. फोटोग्राफी ही अनेक शब्दांच्या बरोबरीची कला आहे. असं म्हणतात की एखादं चित्र जर योग्य रीतीने

मांडलं तर हजार शब्दांची किंमत असते. म्हणजेच, एकटा फोटो बरेच काही सांगू शकतो. कालांतराने फोटोग्राफीमध्ये नवीन क्षेत्रे जोडली जात आहेत. यामध्ये फॅशन फोटोग्राफी, ट्रॅव्हल फोटोग्राफी, फूड फोटोग्राफी, स्पोर्ट्स फोटोग्राफी, व्हेइकल फोटोग्राफी, इव्हेंट फोटोग्राफी, आर्किटेक्चर फोटोग्राफी, वाइल्डलाइफ फोटोग्राफी, न्यूज फोटोग्राफी इत्यादी प्रमुख आहेत. स्पोर्ट्स फोटोग्राफी हे फोटोग्राफीच्या विविध क्षेत्रांपैकी एक आहे, जे केवळ खेळ आणि खेळाडूंची संबंधित गोष्टी कॅमेऱ्यात कॅप्चर करते. स्पोर्ट्स फोटोग्राफरला कोणत्याही एका खेळाची केवळ बास्काईने माहिती नसते, तर तो ज्या खेळाचे छायाचित्र घेत आहे ते ठिकाण आणि खेळाची व्याख्या करत आहे की नाही हे पाहण्याची जबाबदारीही त्याच्यावर असते. स्पोर्ट्स फोटोग्राफरसाठी वेळ हा महत्त्वाचा असतो कारण त्याला एकाच वेळी अनेक फोटो काढावे लागतात. खेळाच्या प्रत्येक क्षणाचे चित्र बरेच काही सांगून जाते. क्रीडा छायाचित्रकार क्रीडा स्पर्धादरम्यान छायाचित्रे घेतात. स्पोर्ट्स फोटोग्राफर फ्रीलांसर म्हणून काम करू शकतात आणि त्यांचे काम मासिके आणि वर्तमानपत्रांना विकू शकतात. क्रीडा छायाचित्रकारांना कृतीच्या उत्तम-गुणवत्तेच्या प्रतिमा फोकस करण्यासाठी आणि कॅप्चर करण्यासाठी त्यांचे कॅमेरे द्रुतपणे हलविण्यात आणि समायोजित करण्यास सक्षम असणे आवश्यक आहे. ते मैदानी कार्यक्रमांमध्ये नैसर्गिक प्रकाशासाठी आणि स्टेडियम, रिंगण आणि जिममध्ये कृत्रिम प्रकाशासाठी समायोजित करतात.

क्रीडा मानसशास्त्रज्ञ

जर तुम्हाला खेळ आणि व्यायामाची आवड असेल आणि तुम्हाला योग्य सल्ला द्यायला आवडत असेल तर क्रीडा मानसशास्त्रज्ञ उत्तम करिअर करू शकतात. क्रीडा मानसशास्त्रज्ञ खेळाडूंना मैदानावर किंवा मैदानाबाहेर नेहमी मानसिकदृष्ट्या तंदुरुस्त ठेवतात. एक क्रीडा मानसशास्त्रज्ञ म्हणून, तुम्ही नवशिक्यांपासून ते उत्तम व्यावसायिकांपर्यंत सर्व स्तरांवर संघ आणि व्यक्तीसोबत काम कराल. क्रीडा मानसशास्त्रज्ञांचे भविष्य उज्वळ आहे आणि ते व्यावसायिक क्रीडा प्रॅक्टाइझ, जिम, महाविद्यालये, विद्यापीठे आणि उत्तम माध्यमिक शाळांमध्ये नोकऱ्या शोधू शकतात. काही क्रीडा मानसशास्त्रज्ञ खाजगी दवाखाने उभारतात. यशस्वी क्रीडा मानसशास्त्रज्ञ अनेकदा संघांना प्रेरित करण्यासाठी वेगवेगळ्या शहरांमध्ये प्रवास करतात.

खेलो इंडिया कार्यक्रम:

खेलो इंडिया हा केवळ एक कार्यक्रम नाही, तर भारतातील लोकांसाठी क्रीडा हे रोजगाराचे प्राधान्य क्षेत्र बनवण्याची मोहीम आहे. खेलो इंडिया स्कूल गेम्समधील उत्कृष्ट कामगिरी करणाऱ्यांना आंतरराष्ट्रीय खेळांमध्ये उत्तम स्तरावर भारताचे संभाव्य खेळाडू म्हणून विकसित केले जाईल. पण, सर्वात आकर्षक गोष्ट म्हणजे क्रीडा क्षेत्रात अनेक प्रकारच्या रोजगाराच्या संधी उपलब्ध झाल्या. पंतप्रधानांनी आपल्या भाषणात म्हटल्याप्रमाणे, खेळाच्या मैदानावर, मैदानाबाहेर आणि देशातील एक अल्पाहून अधिक लोकांच्या हृदयात आणि मनात, क्रीडा जगतात प्रत्येकासाठी अमर्याद रोजगाराच्या संधी उपलब्ध असतील. या संदर्भात सर्वात चांगली गोष्ट म्हणजे भूतकाळाच्या विपरीत, यावेळी खेळाचा प्रचार केवळ कागदावर दिसत नाही, तर लोक घराबाहेर पडून देशाने सुरु केलेल्या

क्रीडा वॅगनला स्पष्टपणे पाठिंबा देत आहेत. देशातील क्रीडा चळवळीला सर्व स्तरातील लोक पाठिंबा देत आहेत. खेळाशी संबंधित व्यवसायांमध्ये चांगल्या करिअरसाठी, जवळजवळ समान गुण आणि क्षमता आवश्यक आहेत, जे एक चांगला खेळाडू बनण्यासाठी आवश्यक आहेत. एखाद्या व्यक्तीमध्ये क्रीडा क्षेत्रात नोकरीसाठी आवश्यक असलेल्या मूलभूत गुणांमध्ये शारीरिक तंदुरुस्ती, खिलाडूवृत्ती आणि मानसिक क्षमता यांचा समावेश होतो.

समारोप:

एक काळ असा होता जेव्हा मुलांना सांगितले जायचे की तुम्ही लिहिता वाचता तर नवाब व्हाल, खेळाल तर वाईट व्हाल. पण आज परिस्थिती बदलली आहे. आज खेळातील वाढती स्पर्धा आणि चमकदार कारकीर्द पाहता असे म्हणतात की, अभ्यास केलास तर नवाब व्हाल, पण खेळलास तर अद्वितीय व्हाल. खेळाच्या वाढत्या लोकप्रियतेमुळेच आज त्यात करिअरचे अनेक पर्याय खुले झाले आहेत. खेळ म्हणजे केवळ क्रिकेट नव्हे तर फुटबॉल, हॉकी, टेनिस या खेळांकडे आरोग्य सेवा वाढवणे ज्यामध्ये प्रशिक्षक इत्यादी येतात. जर तुमच्यात क्रीडा क्षेत्रात मोठे करण्याची आकांक्षा असेल, तुमच्या हृदयात कोणत्याही खेळाचे वेड आणि तळमळ असेल, तर क्रीडा क्षेत्रातील एक अद्भुत कारकीर्द तुमची वाट पाहत आहे. क्रीडा क्षेत्रात करिअर केल्याने तुम्हाला डेस्क जॉबमध्ये अडकून राहण्यापासून मुक्ती मिळतेच पण तुमच्या इच्छेने गगनाला भिडण्याची संधीही मिळते. खेळांमध्ये, तुम्ही केवळ खेळाडू म्हणून करिअर करू शकत नाही, तर तुम्ही इतर क्रियाकलापांमध्ये सहभागी होऊन करिअरचे पर्यायही शोधू शकता.

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भारतातील क्रीडा क्षेत्रातील महिला खेळाडूंच्या योगदानाचे अध्ययन

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सारांश:

महिला केवळ कुटुंबाचाच नव्हे तर संपूर्ण समाजाचा कणा आहे. समाजाच्या सक्षमीकरणामध्ये मोठी भूमिका बजावणारे ते महान कर्तृत्ववान आहेत. केवळ भारतातच नाही तर जगभरात महिलांना कमी लेखले जाते आणि त्यांच्या क्षमता पुरुषांच्या तुलनेत कमी केल्या जातात तरीही त्या पुरुषांना मागे टाकण्याचा मार्ग शोधतात. भारतातील क्रीडा क्षेत्रातील अनेक महिलांनी भेदभाव, सामाजिक वंचितता आणि सांस्कृतिक पक्षपातीपणापासून मुक्त होण्यासाठी स्वतःसाठी एक आशादायक कारकीर्द प्रस्थापित करण्याचा प्रयत्न केला आहे. महिला खेळाडूंनी केवळ एक आई होण्याशिवाय इतर अनेक भूमिका संपादन करून समाजात एक आदरणीय स्थान व्यापले आहे. त्यांचे कठोर परिश्रम आणि स्वतःला सिद्ध करण्याची आवड यामुळे त्यांना आदर मिळण्यात मदत झाली आहे आणि शेवटी त्यांचे कौतुक केले जाते. लोकांच्या मानसिकतेत क्रांती झाली आहे आणि त्यांनी स्त्रियांना प्रशंसनीय प्राणी मानण्यास सुरुवात केली आहे जी उर्वरित जगाला सर्वोत्तम बनण्यासाठी प्रेरणा देते. कदाचित, स्त्रियांची अभूतपूर्व वाढ त्यांच्या समर्पण आणि इच्छांचा एक उल्लेखनीय परिणाम आहे. क्रीडा हे एक क्षेत्र आहे जे क्रीडा क्षेत्रातील महिलांसह जगभरातील प्रत्येक व्यक्तीला एकत्र करते. अनेक अभूतपूर्व महिला खेळाडू आहेत ज्यांचे कौतुक केले जाते आणि त्यांनी तरुण पिढीला पुढे पाऊल टाकण्यासाठी आणि त्यांची स्वप्ने जगण्यासाठी प्रेरित केले आहे. प्रस्तुत संशोधन पत्रात भारतातील क्रीडा क्षेत्रातील महिला खेळाडूंच्या योगदानाचे अध्ययन करण्यात आले आहे.

मुख्य शब्द: महिला खेळाडू, क्रीडा क्षेत्र, भेदभाव, सामाजिक वंचितता, सक्षमीकरण

परिचय:

जेव्हा महिलांसाठी खेळांचा विचार केला जातो तेव्हा त्यांच्यासाठी गोष्टी फारशा सोप्या नसतात आणि त्यांना पुरुषांपेक्षा वर येण्यासाठी त्रास सहन करावा लागतो. जरी पुरुष महिलांच्या तुलनेत अधिक प्रसिद्ध आहेत आणि त्यांना जास्त पगार मिळतो तरीही महिला खेळाडू त्यांच्या समर्पण आणि कठोर परिश्रमाद्वारे सर्व आव्हानांमधून मार्ग शोधतात. महिलांनी संघर्ष केला आहे आणि सध्या विविध क्रीडा मंचांवर त्यांच्या उत्कृष्ट कामगिरीचे श्रेय दिले जात आहे. सानिया मिर्झा, मेरी कोम, मिताली राज, पीव्ही सिंधू, सायना नेहवाल, राणी रामफळ आणि इतरांसारख्या अनेक खेळाडूंनी विविध क्रीडा क्षेत्रात आपल्या शानदार विजयाने देशाचे नाव अभिमान वर नेले आहे. केवळ पुरुषांपुरते मर्यादित असलेले क्रीडा क्षेत्र त्यांनी ओलांडले आहे. महिला खेळाडूंची संख्या सतत वाढत आहे आणि त्या तितक्याच अतुलनीय आणि अपराजित आहेत, उदाहरणार्थ, केवळ क्रीडाच नव्हे तर जीवनाच्या सर्व क्षेत्रात पुरुषांपेक्षा अधिक सक्षम होत आहेत.

महिलांच्या खेळांचा इतिहास घश्या शतकातील असू शकतो कारण घश्या शतकाच्या अखेरीस घोडेस्वारी, तिरंदाजी, स्कीइंग, टेनिस, गोल्फ आणि स्केटिंग इत्यादी खेळ खेळण्यात उच्चवर्गीय महिला सक्रियपणे सहभागी होत्या.

१९०० मध्ये ऑलिम्पिकच्या दुसऱ्या खेळादरम्यान महिलांनी प्रथमच आधुनिक ऑलिंपिक खेळांमध्ये भाग घेतला. पहिल्या आधुनिक ऑलिंपिक खेळांमध्ये तसेच प्राचीन ऑलिंपिक खेळांमध्ये केवळ पुरुष नागरिकांना भाग घेण्याची परवानगी होती. शिवाय, स्त्रिया फक्त अशाच क्रीडा स्पर्धांमध्ये भाग घेऊ शकत होते ज्यांना "स्त्री खेळ" म्हणून ओळखले जाते असे किंवा ज्यांना महिला क्रीडा स्पर्धा म्हणून ओळखले जाते. ऑलिंपिक खेळ पुरुषांनी चालवले आणि वर्चस्व ठेवले ज्यांनी स्त्रियांना असुरक्षित प्राणी मानले आणि सर्व खेळांसाठी योग्य त्या योग्य नाही असे मानले. दुसऱ्या ऑलिंपिकमध्ये देशांतील खेळाडूंपैकी केवळ घस्य महिलांनी भाग घेतला होता. खेळ ही एक सार्वत्रिकपणे सामायिक केलेली मानवी संस्कृती आहे ज्याने काळानुसार लोकांची मानसिकता आणि त्यांची जीवनशैली बदलली आहे. महिलांच्या खेळाच्या उत्क्रांतीची ही केवळ सुरुवात होती.

आज ही पुरुष आणि महिलांना पुरविल्या जाणाऱ्या सुविधा आणि संधी देखील भिन्न आहेत. स्त्री-पुरुष समानता ही भारतीय समाजाच्या प्रमुख चिंतेपैकी एक आहे. स्त्रियांना लैंगिकतेच्या परिणामांना सामोरे जावे लागते आणि जीवनाच्या सर्व पैलूंमध्ये त्यांना न्याय दिला जात नाही. क्रीडा उद्योगात महिला खेळाडूंच्या संख्येत वाढ झाली आहे. क्रीडा क्षेत्रातील

महिलांना भेडसावणारे पहिले आणि प्रमुख आव्हान म्हणजे त्यांच्या वेतनश्रेणीत घसरण करणे कारण महिला खेळाडूंना पुरुष खेळाडूंच्या तुलनेत कमी किंवा निम्मे वेतन दिले जाते. पुरुष आणि महिलांच्या उत्पन्नात मोठी तफावत आहे आणि बक्षीस रकमेच्या बाबतीतही असेच आहे. दोन्ही स्पर्धक तितकेच प्रतिभावान असूनही त्यांना वेगळे वागवले जाते. या व्यतिरिक्त, पुरुषांच्या तुलनेत महिला खेळाडू कमी आहेत. महिलांना मैदानावर आणि मैदानाबाहेरही कमोडिफाइड केले जाते. त्यांच्याकडे क्षमता आणि प्रतिभेचे घटक म्हणून पाहिले जात नाही. आजही महिला खेळाडूंचे स्थिर उत्पन्न अंधकारमय दिसते आणि नोकरीच्या सुरक्षिततेची अनिश्चितता आहे. या सर्व आव्हानांना न जुमानता भारतीय महिला खेळाडू जीवनात उत्कृष्टता मिळवण्यासाठी झटत आहेत आणि इतिहास घडवत आहेत.

संशोधन पद्धती:

प्रस्तुत शोधपत्र दुय्यम समंकावर आधारित आहे.

संशोधनाचे उद्देश:

१) भारतातील क्रीडा क्षेत्रातील महिला खेळाडूंच्या योगदानाचे अध्ययन करणे.

२) भारतातील क्रीडा क्षेत्रातील महिला खेळाडूंच्या वास्तविक स्थितीचे अध्ययन करणे.

भारतातील क्रीडा क्षेत्रातील महिला खेळाडूंचे योगदान:

क्रीडा जग हे पुरेसे विशाल आहे आणि काही कारणामुळे ते फक्त पुरुषांनाच जास्त आकर्षित करत आहे, परंतु अलीकडच्या काळात युगातील बदलामुळे महिला पुढे आल्या आहेत आणि त्यांनी पुरुषांप्रमाणेच करिष्मा आणि तग धरण्याची क्षमता दाखवली आहे. हे महिला सक्षमीकरण किंवा समानतेशी संबंधित नाही, ती फक्त आणि फक्त ती गोष्ट आहे जी एखाद्या व्यक्तीच्या अस्तित्वाच्या क्षमतेचे प्रदर्शन करते. क्रीडा उद्योग हे मैदानी खेळापासून ते पत्रकारितेपर्यंतचे एक मोठे प्रशासन आहे. हा उद्योग अजेंड्यावर चालत नाही तो क्षमता, आवड आणि समर्पण यावर चालतो. खेळातील पुरुषांच्या योगदानाबद्दल सर्वांनाच माहिती आहे पण महिलांच्या कामगिरीबद्दल फारशी चर्चा होत नाही. भारतीय क्रीडा उद्योग १९०० पर्यंत केवळ पुरुषांपुरता मर्यादित होता, परंतु आता अशा अनेक महिला व्यक्ती आहेत ज्या एखाद्याला करिअर म्हणून खेळ निवडण्याची इच्छा बाळगण्यास मदत करतात किंवा प्रेरित करतात. यापैकी बऱ्याच महिला खेळाडूंना आता परिचयाची गरज नाही कारण ते त्यांच्या संबंधित गेममध्ये इतके अभूतपूर्व आहेत की त्यांच्यामुळे लोकांना आता हा खेळ माहित आहे. क्रीडा क्षेत्रातील महिलांनी अनेक प्रकारे लोकांची मानसिकता बदलण्यास मदत केली आहे. कर्णम मल्लेश्वरी, गीता फोगट, पी.व्ही.सिंधू, मेरी कोम, साक्षी मलिक, सायना नेहवाल, सानिया मिर्झा, दीपिका पल्लीकल, मिताली राज, दीपिका कुमारी, के कांशा सिंग, तान्या सचदेवा, छंदा गायन, शर्मिला निकोलेट, कुंजरानी देवी अशी काही नावे आहेत.

अनेक महिला क्रीडापटू आहेत जे क्रीडा क्षेत्रातील बदल लक्षात घेण्यास मदत करतात.

कर्णम मल्लेश्वरी (वेटलिफ्टर) ही ऑलिम्पिक (२०००) मध्ये पदक जिंकणारी पहिली महिला आहे, तिला राजीव गांधी खेल रत्न (१९९५) आणि पद्मश्री पुरस्कार (१९९९) ने सन्मानित करण्यात आले आहे. गीता फोगट (फ्रीस्टाईल कुस्तीपटू) ही राष्ट्रकुल खेळांमध्ये (ह्यज्यज) सुवर्णपदक मिळवणारी पहिली भारतीय कुस्तीपटू आणि ऑलिम्पिक खेळांसाठी पात्र ठरणारी पहिली महिला कुस्तीपटू आहे. तिनेच भारतीय कुस्तीला एका वेगळ्या उंचीवर नेले आहे आणि हे क्षेत्र पुरुषांप्रमाणेच तिचेही आहे हे स्पष्ट केले आहे. मेरी कोम (बॉक्सर) ज्याला मॅग्निफिसेंट मेरी या टोपणनावाने ओळखले जाते, ती ६ वेळा जागतिक हौशी बॉक्सिंग चॅम्पियन बनणारी एकमेव महिला आहे आणि ७ जागतिक चॅम्पियनशिपपैकी प्रत्येक स्पर्धेत पदक जिंकणारी एकमेव महिला आहे. पीव्ही सिंधू (व्यावसायिक बॅडमिंटनपटू) ऑलिम्पिकमध्ये रौप्यपदक जिंकणारी ती पहिली भारतीय महिला आहे. तिला पद्मश्री (२०१५) ने देखील सन्मानित करण्यात आले आहे आणि महिला एकेरीतील टॉप ५ शटलर्समध्ये ती आहे.

भारतीय क्रिकेटला लगेच एमएस धोनी, विराट कोहली जे. बुमराह आणि अनेक पुरुष खेळाडूंनी जोडले जाते परंतु क्रिकेटपटूंमध्ये मिताली राजचे नाव देखील चमकते आहे. ती भारतीय क्रिकेट संघाची कप्तानी आणि एकदिवसीय क्रिकेट संघाची कर्णधार आहे आणि ती सर्वोत्कृष्ट फलंदाज म्हणून ओळखली जाते आणि २०० मध्ये २००० धावा करणारी ती पहिली भारतीय खेळाडू आहे. ती एक अशी व्यक्ती आहे जी अनेक तरुण हृदयांना खेळाचा पाठपुरावा करण्यास प्रेरित करते. सायना नेहवाल बॅडमिंटन ही जगातील बॅडमिंटन मध्ये नंबर १ खेळाडू आहे जिने २४ आंतरराष्ट्रीय विजेतेपदे जिंकली आहेत आणि हे भारतातील बॅडमिंटनच्या वाढत्या लोकप्रियतेचे एक कारण आहे. बुला चौधरी (राष्ट्रीय महिला जलतरण चॅम्पियन), तिच्या लांब अंतराच्या पोहण्याच्या पराक्रमासाठी प्रसिद्ध आहे. ती २०१५ मध्ये सात समुद्र पार करणारी पहिली महिला बनली आणि तिला अर्जुन आणि पद्मश्री पुरस्काराने सन्मानित करण्यात आले आहे. दीपिका कुमारी (तिरंदाजी) तिचा आत्मविश्वास आणि सरळपणा तिच्या बाणांमध्येही दिसून येतो. ति तिरंदाजीमध्ये जागतिक क्रमवारीत ५ व्या स्थानावर पोहोचली आहे आणि त्याच षट मध्ये सुवर्णपदक जिंकले आहे आणि तिला थब्ब स्पोर्ट्सपर्सन ऑफ इयर २०१४ ने सन्मानित करण्यात आले आहे.

केवळ भारताचे प्रतिनिधित्व करणे ही जबाबदारी स्वीकारण्यासाठी किंवा गौरव मिळवण्यासाठी नव्हे तर अनेकांना क्रीडा जगताचा भाग होण्यासाठी प्रोत्साहित करण्यासाठी हे काही लोक आहेत. ही सर्व नावे आपल्याला सांगतात की ती कुस्ती करू शकते, शूट करू शकते, धावू

शकते, स्मॅश करू शकते आणि काहीही करू शकते, कारण तिच्यासाठी आकाशाचीही मर्यादा नाही. १९०० पूर्वी भारतीय खेळ महिलांच्या खेळासाठी फारसे प्रसिद्ध नव्हते आणि १९०० नंतरच महिला खेळांचा समावेश करण्यात आला आणि या क्षेत्रात महिलांच्या अधिक सहभागाने जगाने समान लिंग दृष्टिकोन बाळगले आणि समजून घेण्याचे प्रयत्न केले. या महिलांनी अनेक खेळांमध्ये भारताचे प्रतिनिधित्व केले आहे आणि अनेक पदके आणि पुरस्कार जिंकले आहेत, ते पुरुषांपेक्षा चांगले आहेत हे सिद्ध करण्यासाठी नव्हे तर त्यांच्या स्वतःच्या देशाचे प्रतिनिधित्व करण्याची क्षमता त्यांच्यात आहे हे दाखवण्यासाठी त्या खेळल्या आहेत. आज महिलांच्या खेळातील सहभागामुळेच महिलांमध्ये अनेक खेळांबद्दल जाणून घेण्याची उत्सुकता निर्माण झाली आहे. सानिया मिर्झा – टेनिस, सायना नेहवाल— बॅडमिंटन, मेरी कोम—बॉक्सिंग इ. त्यांच्यामुळेच रूढीवादी समाजाला अन्यथा विचार करायला भाग पाडले आहे. ते ज्या उत्कटतेने, आत्मविश्वासाने, सामर्थ्याने आणि मोहकतेने आपले कौशल्य प्रदर्शित करतात त्याकडे दुर्लक्ष करणे योग्य नाही. त्यांच्या योगदानामुळेच भारतीय खेळ दिवसेंदिवस अधिक चांगले होत आहेत. स्त्री आणि पुरुष दोघांनाही समान आणि पुरेशी संधी देणे ही काळाची गरज आहे.

अधिक तरुण तरुणींना त्यांची स्वप्ने पूर्ण करण्यासाठी व्यासपीठ उपलब्ध करून देण्यासाठी या महिला व्यक्तींमुळेच देशात अनेक महिला स्पोर्ट्स क्लबची स्थापना झाली आहे. नेताजी सुभाष नॅशनल इन्स्टिट्यूटमुळेच ऑलिम्पिक, कॉमनवेल्थ गेम्स, आशियाई कप चॅम्पियनशिपमध्ये प्रत्येक खेळासाठी पुरुष आणि महिला दोन्ही श्रेणींचा समावेश करण्यात आले आहे. पूर्वी म्हटल्याप्रमाणे क्रीडा उद्योग हा केवळ खेळांपुरता मर्यादित नाही यात क्रीडा आयोजन समिती इत्यादींचाही समावेश होतो आणि जेव्हा आपण याबद्दल बोलतो तेव्हा एक नाव लक्षात येते ते म्हणजे नीता अंबानी यांचा. आंतरराष्ट्रीय ऑलिम्पिक समितीच्या सदस्या झालेल्या त्या पहिल्या महिला आहेत आणि ऑलिंपिक एज्युकेशन कमिशन, ऑलिंपिक आणि आशियाई खेळांसाठी खेळाडूंची निवड करण्यात मदत करणारी ही एक संघटना आहे. आणखी एक नाव म्हणजे सायना नेहवाल जी फ्लॉरबॉल च्या सदस्य आहेत आणि सुश्री सुनैना कुमारी भारतीय राष्ट्रकुल क्रीडा संघटनेच्या उपाध्यक्षा आहेत. आयोजक समित्यांमध्ये महिला उमेदवारांचा समावेश करण्यासाठी हा एक मोठा उपक्रम आणि एक पाऊल आहे कारण यामुळे समानतेची भावना निर्माण होण्यास मदत होते आणि इतर महिलांच्या सहभागास प्रोत्साहन मिळते.

क्रीडा क्षेत्रातील महिलांचा सहभाग इतर क्षेत्रातील त्यांच्या योगदाना इतकाच मोलाचा आहे. भारत एक क्रीडा उत्साही देश असल्याने खेळातील महिला खेळाडूंना त्यांची प्रतिभा दाखवण्यासाठी योग्य व्यासपीठ उपलब्ध आहेत. त्यांनी लोकांची विचारसरणी आणि विश्वास बदलण्यास

मदत केली आहे आणि अनेक प्रतिभावान खेळाडूंच्या सहभागास प्रोत्साहन दिले आहे.

निष्कर्ष:

भारतातील क्रीडा क्षेत्रातील महिला खेळाडूंचे योगदान महत्वाचेच नाही तर प्रेरणादायी आहे. भारतीय खेळात सहस्राब्दीच्या सुरुवातीपासून जागतिक स्तरावर चमकणार्या महिला खेळाडूंच्या संख्येत मोठ्या प्रमाणात वाढ झाली आहे. अनेक दशकांहून अधिक काळ, स्त्रियांनी वर्चस्ववादी संस्कृतीतून मार्ग काढला आहे. त्यांनी कधीही हार न मानल्याने आता ते शेवटी शिखरावर पोहोचले आहेत. भेदभाव आणि अपमानित होऊनही, महिलांनी त्यांच्या सातत्यपूर्ण चिकाटीने आणि स्वतःला सिद्ध करण्याच्या इच्छेने त्यांच्या जीवनात उत्कृष्ट कामगिरी केली आहे. खेळ खेळणार्या मुली आणि महिलांमध्ये आत्मविश्वास आणि आत्मसन्मान जास्त असतो आणि नैराश्य कमी असते. ज्या मुली आणि स्त्रिया खेळ खेळतात त्यांची शरीराची प्रतिमा अधिक सकारात्मक असते आणि त्या खेळ न खेळणाऱ्या मुली आणि स्त्रियांपेक्षा उच्च मनोवैज्ञानिक आरोग्य अनुभवतात. समर्पण आणि कठोर परिश्रमातून स्वप्ने उलगडली जाऊ शकतात. भारतीय महिलांनी क्रीडा उद्योगात सखोल उपस्थिती लावली आहे आणि त्यांचा संयम त्यांच्यासाठी फलदायी ठरला आहे.

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क्रीडा मानसशास्त्राचे खेळाडूच्या जीवनातील योगदान

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गोषवारा

वर्षापूर्वी, जेव्हा बहुतेक प्रशिक्षक आणि समीक्षक असे विचार करायचे की, ज्या खेळाडूकडे चांगले कौशल्य आणि तंत्र आहे त्याला यश मिळण्याची अधिक शक्यता असते. पण आताच्या पिढीला हे सहज समजले आहे की, ज्या खेळाडूकडे मानसिक कणखरता अधिक चांगली असते त्याला यश मिळण्याची जास्त शक्यता असते. कारण अनेक संशोधनांती असे आढळून आले आहे की, केवळ तंत्र आणि कौशल्यच नाही तर त्याच्या यशाच्या प्रवासात त्याच्या प्रबळ मानसशास्त्रानेही महत्त्वाची भूमिका बजावली आहे. खेळाडूला कोणत्याही स्पर्धेसाठी शारीरिक आणि मानसिक दोन्ही दृष्ट्य तयार असावे लागते. त्यांना एक विशिष्ट मानसिकता जपली पाहिजे जी त्यांच्यासाठी संपूर्ण स्पर्धेदरम्यान फायदेशीर ठरेल. “सुदृढ शरीरात सुदृढ मन वसते.” कारण, शिकण्यासाठी आणि शिकलेली कौशल्ये आणि तंत्रे अंमलात आणण्यासाठी मानसशास्त्राने महत्त्वाची भूमिका बजावली आहे. मनावर जास्त लक्ष केंद्रित करण्यास देखील हे मदत करते. ज्या खेळाडूंची हाडे फ्रॅक्चर झाली होती किंवा खेळताना त्याचे स्नायू फाटले होते ते फिजिओलॉजिस्ट आणि औषधांच्या मदतीने बरे होतील परंतु जर त्याचे मन फ्रॅक्चर झाले असेल किंवा गोंधळले असेल तर त्याचे स्वप्न साकार करणे कठीण होईल.

परीचय क्रीडा मानसशास्त्र म्हणजे

क्रीडा मानसशास्त्राचा उपयोग हा खेळाडू, प्रशिक्षक आणि व्यवस्थापक यांच्या प्रदर्शन वाढीकरीता प्रामुख्याने केला जातो. खेळाडू आणि त्यांच्यासोबत संबंधित असलेल्या म्हणजे प्रशिक्षक आणि व्यवस्थापक यांच्यातील तान-तनाव, चिंता, भिती, वैफल्य, कौशल्य यांचे परीस्थितीसोबत समायोजन करण्यासाठी तसेच क्षमता वाढीकरीता आणि वेगवान निर्णयक्षमतेला चालना देण्याकरीता या शास्त्राचा उपयोग होतो. सोप्या शब्दांमध्ये सांगायचे झाले तर मान्यता पावलेल्या मानसशास्त्राच्या उपयोगाने क्रीडा समस्यांचा उलघडा करणारे शास्त्र म्हणजे क्रीडा मानसशास्त्र आहे. या शास्त्राच्या आधारे मानसीक क्षमता आणि शारीरिक क्षमता म्हणजेच खेळाडूमधील परीपक्वता वाढविण्याकरीता प्रयत्न केला जातो. कारण असे म्हटल्या जाते की, पउचसम चतंबजपेमे तम दवज मॉमिबजपअम दक मॉमिबजपअम चतंबजपेमे तम दवज पउचसमण खेळाडूच्या प्रदर्शनामध्ये परीपक्वता आणि उच्च स्तरीय निरंतरता आणण्याकरीता त्याच्यासमारे प्रत्येक वेळेला नविन नविन ध्येय आणि उद्दिष्टे ठेवली जातात. त्याला कठीण

परीस्थितीमध्ये टाकल्या जाते जेणेकरून त्याचा योग्यप्रकारे सराव होवून त्याची वाटचाल परीपुर्ण होण्याच्या दिशेने योग्य प्रकारे त्याला करता येईल. कोणत्याही खेळाडूवर आवश्यक प्रमाणामध्ये ताण असल्यास तो त्याच्याकरीता अत्यंत उपयोगी सिद्ध होवू शकतो मात्र जर हा ताण त्या खेळाडूवर आवश्यकतेपेक्षा जास्त प्रमाणामध्ये असेल तर तो त्याच्या करीता अभिशाप बनू शकतो. जास्त तानाने त्याच्यामध्ये वर्तनबदलासोबत व्यक्तिगत बदल घडू शकतो. अपेक्षेवर खर उतरण्याची त्याच्या भिती त्याच्या प्रदर्शनावर परीणाम करू शकतो. त्याचबरोबर त्याची पचनसंस्थेची गती हळु होवू शकतो त्याची झोपसुद्धा पुरेश्या प्रमाणामध्ये होणार नाही त्यामुळे या सर्वांचा परीणाम त्याच्या शरीरावर घडून येईल परीणामी या सर्वांचा परीणाम त्याच्या वैयक्तिक जीवनासोबतच त्याच्या प्रदर्शनावर होवून तो पुर्णपण त्याचे जवळील तंत्र आणि कौशल्याचे प्रदर्शन करू शकणार नाही. कोणत्याही खेळाडूला स्पर्धेमध्ये यशस्वी होण्याकरीता शारीरिक क्षमतांसोबतच मानसिक कणखरपणासुद्धा अत्यावश्यक असतो. क्रीडा मानसशास्त्रज्ञाच्या माध्यमातून खेळाडूंना प्रतिकूल

परीस्थितीमध्ये संयम राखून त्याच्या जवळ असलेले कौशल्याच्या आधारे यशस्वी होण्याकरीता त्याची तयारी केली जाते.

क्रीडा मानसशास्त्राचे कार्य

क्रीडा मानसशास्त्राच्या वापराने खेळाडू, प्रशिक्षक किंवा व्यवस्थापकाचा आत्मविश्वास वाढविता येतो. त्यांचा सतत भेडसविणाऱ्या समस्यांचे उलघडन होवून त्यांच्यातील धैर्य, चिकाटी, आत्मविश्वास बौद्धिक क्षमता आणि कौशल्य यांची वाढ करता येईल. सुरूवातीला जेव्हा हत्तीच्या पायामध्ये मजबूत साखळदंड बांधल्यावर तो सोडायचा प्रयत्न करित असतो मात्र त्याला यश आला नाही तर तो प्रयत्न करणे सोडून देतो आणि मग जेव्हा तो मानसिकरित्या हार मानतो तेव्हा मग साधी दोरी जरी असली तरी तो प्रयत्न करित नाही. त्याच्या मनामध्ये निराशा आली असल्यामुळे तो परीस्थितीसोबत लढणे सोडून देतो. अश्या परीस्थितीमध्ये क्रीडा मानसशास्त्रज्ञ त्याला लढण्याकरीता प्रोत्साहित करतो. त्याच्यामध्ये असलेल्या कमतरता दूर करण्यासाठी तो विविध प्रकारे त्याच्यासोबत कार्य करित असतो. त्याच्या मनामध्ये दबून असलेल्या भावनांना मोकळी वाट दाखविण्याचा प्रयत्न करतो. त्याच्यामध्ये उत्साह भरण्याचा प्रयत्न करतो. खेळाडू घेत असलेल्या आहाराचा प्रभाव हा त्याच्या प्रकृती आणि स्वभावावर होत असतो त्यामुळे क्रीडा मानसशास्त्रज्ञ त्याच्या आहारावर नियंत्रण ठेवून त्यांच्या प्रदर्शनचा स्तर वाढविण्याचा प्रयत्नामध्ये असतो. कारण हिंसक आणि आक्रमक खेळाडूचे यशस्वी होण्याचे प्रमाण कमी असते आणि महत्वाच्या प्रसंगी तर तो अधिक जास्त चुका करणे शक्य असते त्यामुळे त्याच्यावर नियंत्रण ठेवण्याकरीता क्रीडा मानसशास्त्रज्ञ प्रयत्नशील असतो.

क्रीडा मानसशास्त्र आणि व्यक्तिमत्व प्रभाव

क्रीडा मानसशास्त्र हे क्रीडा आणि मानवी व्यक्तिमत्त्वावर फार मोठ्या प्रमाणात प्रभावित करित असतात. किंबहुना क्रीडा जिवनाच्या जडण घडणीमध्ये त्या खेळाडूच्या व्यक्तिमत्त्वाचा फार मोठ्या प्रमाणात प्रभाव राहतो असे म्हणणे अधिक प्रमाणात संयुक्तिक ठरेल. म्हणजेच शारीरिक विकास, मानसिक विकास, भावनिक विकास तसेच चारीत्रिक विकास यांच्यासोबत समयसुचकता, निर्णयक्षमता, परीस्थितीसोबत लढण्याची जिद्द, समायोजन क्षमतेचा विकास घडवून आणता येणे या शास्त्राच्या आधारे सहज शक्य आहे. या

शास्त्राच्या मदतीने खेळाडूंच्या कला, गुण, कौशल्य यांचा सदुपयोगाने त्यांच्यामधील आत्मविश्वासाची कमतरता दूर करता येते. त्यांच्यातील निर्णयक्षमतेचा विकास घडवून आणणे सहज शक्य आहे. त्यांच्यातील संयम आणि समयसुचकता यांच्यासोबत आवश्यक असलेली जीद्द वाढविण्याकरीतासुद्धा कार्य केले जाते. क्रीडा मानसशास्त्राच्या आधारे त्याच्या आत्मविश्वास वाढविता येतो. त्याला त्याच्या ध्येयापर्यंत पोहचविण्याकरीता मार्गदर्शन करता येते.

शारीरिक शिक्षण शिक्षकांसाठी क्रीडा मानसशास्त्राचे मुल्य

शारीरिक शिक्षकाचे क्रीडा मानसशास्त्राच्या अनुषंगाने, विद्यार्थी खेळाडूंचे इसिप्त ध्येय प्राप्त करण्याकरीता त्याला सतत प्रोत्साहित करित राहणे हे आहे. तसेच हे ध्येय प्राप्त करण्याकरीता मुलाच्या वर्तनाची रचना करणे आणि त्याला आकार देणे आणि शारीरिक आणि क्षेत्रीय क्रियाकलापांद्वारे त्याला चांगल्या जीवनासाठी तयार करण्यासाठी वर्तनाचे नवीन मार्ग शिकवणे हे शिक्षकाचे उद्दिष्ट आहे. वर्तनाची गुणवत्ता, आरोग्याची गुणवत्ता, मनाची आणि शरीराची उपयुक्तता हे व्यक्तीच्या सवयींवर अवलंबून असते. तसेच शारीरिक शिक्षक आणि क्रीडा मार्गदर्शकाद्वारे विद्यार्थ्यांना त्यांच्या केन्द्रिय विकासामध्ये मदत करण्यासोबतच त्यांच्या शरीराची वाढीकरीता आणि मनाच्या प्रगतीकरीता सतत प्रयत्नशील राहण्याची गरज असते. क्रीडा मानसशास्त्राच्या माध्यमातून मेंदू आणि शरीराचा समन्वय वाढविणे सहजशक्य आहे. शारीरिक शिक्षक आणि क्रीडा मार्गदर्शकाद्वारे चोळाडूंना वाईट व्यसन आणि चुकीच्या सवयी यांच्यापासून परावृत्त करता येते. खेळाडूंच्या सर्वांगीण विकासामध्ये शारीरिक शिक्षक आणि क्रीडा मार्गदर्शक क्रीडा मानसशास्त्राच्या माध्यमातून मोठ्या प्रमाणात प्रभाव टाकता येतो.

निष्कर्ष

बहुतांशी संशोधकांना असे आढळून आले की, मनोवैज्ञानिक घटक विशेषतः तणाव आणि चिंता प्रत्येक खेळाडूमध्ये महत्त्वाची भूमिका बजावतात. हे घटक त्याच्या दुखापतींशी देखील संबंधित आहे. आजकाल, प्रत्येक संघाने आश्चर्यकारकपणे सकारात्मक परिणामांसह खेळाच्या दुखापतीचा धोका कमी करण्यासाठी विविध क्लपनेच्या माध्यमाद्वारे तसेच संघीक भावनेच्या विकास आणि एकरूपता आणण्याकरीता, कमीत कमी वेळेमध्ये परीपूर्ण

विश्रांतीकरीताची तत्रे आणि लक्षवेधक नियंत्रण हस्तक्षेप यासाठी प्रत्येक सत्राप्रमाणेच वेगवेगळे कार्य करित असतात. जेव्हा खेळाडूने त्याचे प्रशिक्षण सत्र पूर्ण केले, तेव्हा तो कूलिंग डाउन ड्रिलमध्ये जातो, प्रत्येक ऍथलीट स्नायूमधून लॅक्टिक ऍसीड काढून टाकणे किंवा इतर शक्तींची पुनर्प्राप्ती करण्याच्या उद्देशाने कूल डाउन रूटीनचे अनुसरण करतो. एक मानसिक पुनर्प्राप्ती म्हणजे क्रीडापटू शारीरिक हालचालीनंतर त्यांचा मेंदू कसा उबदार करतात. तयाचा मानसिक थकवा कश्याप्रकारे दूर करता येईल याचा अभ्यास करणे आहे. मनोवैज्ञानिक कौशल्ये भावनांवर नियंत्रण ठेवण्यासाठी असतात आणि मानसिक आणि शारीरिक स्थिती यांच्यातील दुवा कधीही कमी लेखू नये. यशस्वी होण्यासाठी क्रीडापटू खरोखरच शारीरिक रचनेवर अवलंबून राहू शकत नाहीत. क्रीडा मानसशास्त्र हा दीर्घकालीन क्रीडा यशाचा एक आवश्यक घटक आहे. शारीरिक शिक्षण आणि खेळातील मानसशास्त्र हा केवळ महाविद्यालयांमध्ये

प्रशिक्षणाचा विषय नसून मैदानावरील प्रशिक्षक आणि क्रीडा व्यक्तींकडूनही त्याचा अभ्यास केला जातो. मनोवैज्ञानिक हस्तक्षेप, सामना करण्याच्या धोरणे आणि मानसिक कौशल्ये जसे की प्रतिमा, एकाग्रता आणि लक्ष केंद्रित करणे हे सर्व एक प्रकारचे व्यावहारिक कार्य आहे ज्यामध्ये सर्व खेळाडू आणि शिक्षक किंवा प्रशिक्षक आणि क्रीडा मानसशास्त्रज्ञ खूप सहकार्य आणि निर्णायक भूमिका बजावतात.

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**A Comparative Study of Selected Health Related Physical Fitness
between National and State level Judo Players.**

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Abstract :

Although it is generally agreed that Physical Fitness is an important part of the normal growth and development of a child. Fitness is constantly changing and is influenced by many factors. Health is an important input in any process of development. An unhealthy society cannot be a society of high achievers and cannot make a nation great. The objective of this comparative study is to find out the Health related Physical Fitness of school going girls children of different board to suggest means to improve health related physical fitness. The data is gathered from total 300 girls students randomly selected of Maharashtra State and C.B.S.C. board School where 150 students of urban region and 150 students from Wardha district as subjects of this study. The age group of students are ranged from 13 – 15 years will be collected from school records. Components of health-related physical fitness are identified as muscular strength, endurance, flexibility, cardio respiratory endurance and body composition. The AAHPER (1987) Health-Related Physical Fitness Test battery consisting of following four test items will be used to assess the Health-related physical fitness for girls. After data was collected suitable Statistical Procedure Mean and Standard Deviation will be calculated and the effect will be made with the help of 't' ratio. The level of significance for this study will be 0.05. Conclusion of this study is there was no significant difference has been found on one and half mile run between rural and urban girls ('t' value at .05 = 1.96 and .01= 2.57), Rural girls found more abdominal strength as compared to urban girls (.05 = 1.96 and .01= 2.57), No significant difference has been observed on flexibility among rural and urban girls ('t' value at .05 = 1.96 and .01= 2.57), Urban girls have shown more triceps skinfold at significant level as compared to rural girls ('t' value at .05 = 1.96 and .01= 2.57), Urban girls have found to be more fat on subscapular skinfold at significant level as compared to rural girls ('t' value at .05 = 1.96 and .01= 2.57) and There was significant difference has been found by the researcher on total skinfold. Urban girls found to be more fat as compared to rural girls ('t' value at .05 = 1.96 and .01= 2.57).

Introduction

Although it is generally agreed that Physical Fitness is an important part of the normal growth and development of a child. Fitness is constantly changing and is influenced by many factors. Fitness is based upon a solid foundation of good health. Healthful living implies freedom from disease, enough strength, endurance, skill, agility, capacity to meet the daily demands and sufficient reserves to meet extra ordinary stresses without undue fatigue, besides mental development and emotional balance according to the maturity level of the individual. Physical fitness is one of the most

important things in life and one of the most valuable assets one can ever have.

Health is one of the pre-requisites for a happy, well-balanced life. Health is an important input in any process of development. An unhealthy society cannot be a society of high achievers and cannot make a nation great. Health is a continuum from maximally dependent and incapacitating conditions to a maximally self-reliant blissful life. "Etymologically" the word "Health" is derived from the English term meaning "Whole" which in turn means a well-integrated holistic living state. The corresponding term in Sanskrit is

'*SWASTHYA*' which means relying on one's own self of blissful condition (Rao, 1999).

Health related fitness is defined as the ability to perform strenuous activity without excessive fatigue showing evidence of traits that limit the risks of developing diseases and disorders, which affect a person's functional capacity. Components of health-related physical fitness are identified as muscular strength, endurance, flexibility, cardio respiratory endurance and body composition. However, the degree of development of each varies with

the type of physical activity (Sademtop, 1994).

The Maharashtra State Board of Secondary and Higher Secondary Education is a statutory and autonomous body established under the Maharashtra Secondary Boards Act 1965 (amended in 1977). The Maharashtra State Board of Secondary Education, Pune came into existence on January 1, 1966 to regulate certain matters pertaining to secondary education in the state of Maharashtra, India. The act was amended in 1977 and the name of the Board changed to its present name - The Maharashtra State Board of Secondary and Higher Secondary Education.

In India, a number of scholars have made attempts to assess the physical fitness of boys and girls of different age groups on regional basis but the scholar could find very studies related to health related fitness of school going population. In today's changing pattern of human life the latest concept of health-related fitness seems to be more relevant.

Objectives Of The Study

The objective of the study is to find out the Health related Physical Fitness of school going girls (age group 12 – 14) of different board and regions of Nagpur District to suggest means to improve health related physical fitness.

Methodology

Three hundred girls of 13 – 15 years age group will be Randomly Selected as subjects of this study from each board and regions. Their age records will be collected from school records. AAHPER (1987) Health-Related Physical Fitness Test battery consisting of following four test items will be

used to assess the Health-related physical fitness for girls.

1. **1.5 Mile Run and Walk Test:** to Measure Cardio-Respiratory Endurance.
2. **Skin fold measurements:** to measure body composition (leanness/fitness)
3. **Modified Sit-ups:** to measure abdominal Strength and Endurance
4. **Sit and Reach test:** to measure the Flexibility of the back and leg (hamstring) muscles to measure the Flexibility of the Back and Leg (hamstring) muscles.

After data was collected by the investigator with the help of assistants was analyzed with the help of suitable Statistical Procedure. Mean and Standard Deviation will be calculated and the effect will be made with the help of 't' ratio. The level of significance for this study will be 0.05.

Objective:

The objective of the study is to find out the Health related Physical Fitness of school going 13 – 15 years girls of rural and urban group and to suggest means to improve health related physical fitness.

Selection Of Subjects:

Three hundred girls were randomly selected as subjects of this study from rural and urban area of Nagpur district. Their age records were collected from school records. There after the three hundred samples were divided into two groups 150 sample in rural girls & 150 urban girls Group.

Administration Of Test And Collection Of Data:

AAHPER (1987) Health-related Physical Fitness Test battery consisting of following four test items will be used to assess the Health-related physical fitness of Boys and Girls.

1. 1.5 Mile Run and Walk Test: it measure cardio-respiratory endurance.
2. Skin fold measurements: to measure body composition (leanness/fatness).
3. Modified Sit-ups: to measure abdominal strength and endurance.
4. Sit and Reach test; to measure the flexibility of the back and leg (hamstring) muscles

Analysis Of Data And Inter Pretation:

Table No. 1. Comparison of 1.5 mile run/walk among rural girls and urban girls:

Variable	Rural Girls (n=150)		Urban Girls (n=150)		t'	Level of Significance
	Mean	S.D.	Mean	S.D.		
1.5 mile run/walk	16.19	2.02	16.50	1.77	1.43	NS

t' value at NS= not significant, .05 = 1.96 and .01= 2.57

Table No. 2. Comparison of modified sit ups among rural girls and urban girls:

Variable	Rural Girls (n=150)		Urban Girls (n=150)		t'	Level of Significance
	Mean	S.D.	Mean	S.D.		
Modified sit ups	24.70	8.25	19.20	6.93	6.24	0.01

t' value at .05 = 1.96 and .01= 2.57

Table No. 3. Comparison of sit and reach among rural girls and urban girls:

Variable	Rural Girls (n=150)		Urban Girls (n=150)		t'	Level of Significance
	Mean	S.D.	Mean	S.D.		
Sit and reach	9.73	2.12	9.41	2.20	1.27	NS

t' value at NS= not significant,.05 = 1.96 and .01= 2.57

Table No. 4. Comparison of triceps skinfold among rural girls and urban girls:

Variable	Rural Girls (n=150)		Urban Girls (n=150)		t'	Level of Significance
	Mean	S.D.	Mean	S.D.		
Triceps skinfold	13.59	5.54	15.27	5.43	2.64	.01

t' value at .05 = 1.96 and .01= 2.57

Table No. 5. Comparison of subscapular skinfold among rural girls and urban girls:

Variable	Rural Girls (n=150)		Urban Girls (n=150)		t'	Level of Significance
	Mean	S.D.	Mean	S.D.		
Subscapular skinfold	13.74	6.28	16.82	6.18	4.29	.01

t' value at .05 = 1.96 and .01= 2.57

Table No. 6. Comparison of total skinfold among rural girls and urban girls:

Variable	Rural Girls (n=150)		Urban Girls (n=150)		t'	Level of Significance
	Mean	S.D.	Mean	S.D.		
Total skinfold	27.34	11.36	32.10	11.09	3.67	.01

t' value at .05 = 1.96 and .01= 2.57

Conclusions:

1. There was no significant difference has been found on one and half mile run between rural and urban girls.
2. Rural girls found more abdominal strength as compared to urban girls.
3. No significant difference has been observed on flexibility among rural and urban girls.
4. Urban girls have shown more triceps skinfold at significant level as compared to rural girls.
5. Urban girls have found to be more fat on subscapular skinfold at significant level as compared to rural girls.
6. There was significant difference has been found by the researcher on total skinfold. Urban girls found to be more fat as compared to rural girls.

Recommendations:

1. This type of study may be possible on college girl's students studying in rural and urban areas.
2. The comparison of health related physical fitness may be possible on older women's living in urban and rural areas.
3. The study of Health related physical fitness may be possible among different culture, socio economic status and different life style of girls.
4. This type of study may be possible on the basis of occupation of the women's.
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Comparison Of Reaction Time Of Children Of Different Age Groups

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Abstract

Purpose of the study was to find out difference of reaction time among children. For this 250 male students studying in Std. 5th to under graduate final year were selected as subjects. For collection of the data Anand's Electronic Reaction Time Chronoscope test was used. Data a pertaining to the selected psychomotor components of children of different age group were examined by (ANOVA) One Way Analysis of Variance⁵ in order to determine the significant difference and when the difference was found significant, the LSD Post-Hoc test was applied to assess the significant difference among the group means. The findings of study revealed that there was a significant difference in reaction time different age group.

Introduction

Reaction Time

Reaction time is the time elapsing between movement of application of the stimulus and movement response. Or Reaction time is the delay in time between the

presentation of a stimulus and the initiation of a violation response. Reaction time refers to the ability of an individual to respond to an external stimulus, i.e. the time from the occurrence of the stimulus to the completion of a simple muscular contraction.

TABLE – 1
Comparison Of Reaction Time Test (Seconds) Of Children Of Different Age Groups

S.O.V	DF	SS	MSS	F- Ratio	Required F - Ratio
Between Group	4	0.19	0.048	48.00*	2.41
Within Group	245	0.30	0.001		

Significant at 0.05 level of confidence.

An examination of **Table 1** reveals that the reaction time of children of different age groups differs significantly as the obtained F - ratio value 48.00 among the selected age groups is greater than the required F- ratio value 2.41 at 0.05 level of confidence.

The significant value of 'F' for reaction time of children of different age groups allowed the researcher to go for the Post-Hoc comparison test.

The LSD Post – Hoc test has been chosen for determining the significant mean difference between the different age groups of children have been presented in **Table 2**

Table – 2

Comparison Of Significant Difference Among The Group Means For Reaction Time Test (Seconds) Of Children Of Different Age Groups

	10-11	12-13	14-15	16-17	18-19	MD	CD
EEN GROU	0.26	0.23				0.03*	0.01
	0.26		0.20			0.06*	
	0.26			0.19		0.07*	

0.26				0.17	0.09*
	0.23	0.20			0.03*
	0.23		0.19		0.04*
	0.19			0.17	0.06*
		0.20	0.19		0.01*
		0.20		0.17	0.03*
			0.19	0.17	0.02*

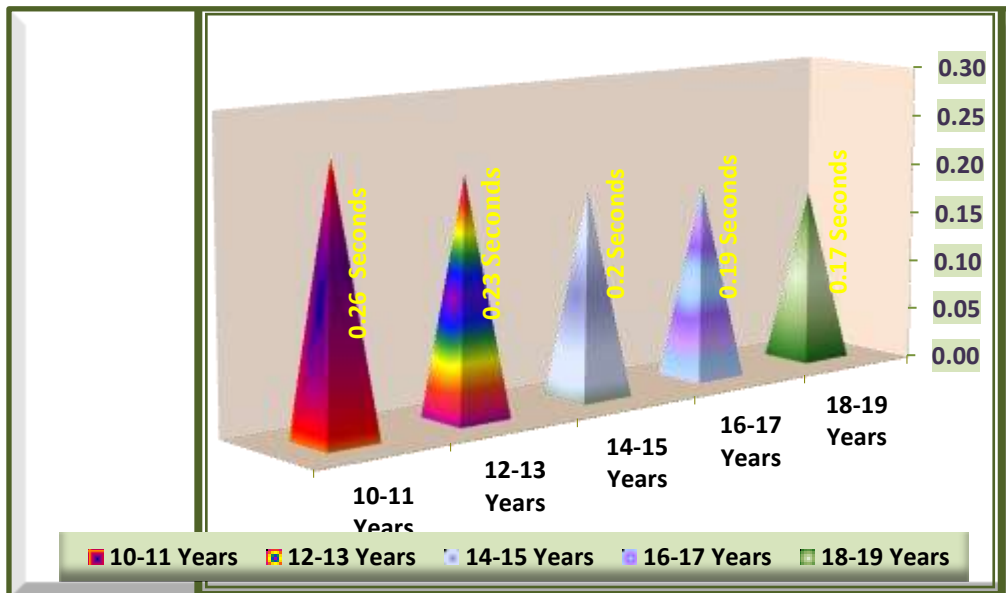
Significant at .05 level of confidence.

From the table - 2 the mean difference value of children between the age group of 10-11 and 12-13 years (0.03), 10-11 and 14-15 years (0.06), 10-11 and 16-17 years (0.07), 10-11 and 18-19 years (0.09), 12-13 and 14-15 years (0.03), 12-13 and 16-17 years (0.04), 12-13 and 18-19 years (0.03), 14-15 and 18-19 years (0.03), 16-17 and 18-19 years (0.02), reveals that there is significant difference in reaction time, as the mean

difference values are greater than the critical difference value 0.01. Similarly the mean difference value of children between the age group of 14-15 and 16-17 years (0.01) also reveals that there is significant difference in reaction time, as the mean difference value is equal to the critical difference value 0.01.

The comparison of means of reaction time (Hand) of children of different age group has been depicted in **Figure - 1**.

Figure -1: Graphical Depiction of the Comparison of Means of Reaction Time (Hand) of Children of Different Age Group.



Results

1. The findings of study revealed that there was a significant difference in reaction time different age group. The findings of the study also revealed that boys of the age group of 18-19 years, have shown better performance in reaction time (hand) among the other selected groups followed by 16-17 years, than by 14-15 years, than by 12-13 years and the least performance was shown by the boys of the age group of 10-11 years.

2. The findings of the study also revealed that boys of the age group of 18-19 years, have shown better performance in reaction time (hand) among the other selected groups followed by 16-17 years, than by 14-15 years, than by 12-13 years and the least performance was shown by the boys of the age group of 10-11 years.

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Sports Injuries Faced By Players: Challenges And Growth

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Abstract

Many people around the world regularly participate in games and sports training or competition. Investing in sport has an impact on real wellbeing and wider wellbeing and health. Games and sports can also cause injuries, some of which are genuine and then others in long-term clinical problems. Sports injuries are caused by severe injury or unpleasant pressure associated with sports exercises. Sports injuries can affect bones or sensitive tissues (tendons, muscles, ligaments). There have been various game injuries in the field of sports. It is essential for mentors, coaches and players to know the causes, prevention and treatment of this burden of common injuries to stay away from a large proportion of these types of injuries and update unhelpful preparation strategies. This article discusses common injuries in casual games.

Introduction

Neglecting to warm up increases the risk of sports injuries. Sports injuries can cause cuts, strains, bruises, tears and broken bones. Sensitive tissues such as muscles, tendons, ligaments, girdle and tissues can be affected. Traumatic brain injury (TBI) is another possible form of sports injury. Injuries can range from mild to severe. Sports injuries are injuries that occur during sports training or exercise. They can be caused by accidents, an almost useless preparation procedure, inadequate equipment and misuse of a particular body part. In the United States alone, approximately 30 million teenagers and young adults participate in some form of organized gambling. Approximately 3 million dedicated competitors aged 1 and under sustain sports injuries each year, resulting in a lack of investment in the game during the season. The countermeasure reduces potential game injuries. Build support through warm-ups, stretches and exercises that focus on the major muscle groups commonly used in the exciting game. Thus there is a collective prevention program that remembers school hydration, nutrition, spotting "dangerous" colleagues, checking behaviors, skills and procedures. In-season audits and pre-

season screenings are also useful studies in the prevention of sports injuries in players.

Adults are more resistant to sports injuries than youth, whose weakness is exacerbated by juvenile reflexes, inability to perceive and assess opportunities and immature coordination. The injury rate is most notable for competitors in physical games, but the actual injuries are related to individual exercises. Half to 66% of youth sports injuries occur during training or careless sports activities. Baseball and softball are the leading sources of sports-related facial injuries in the United States, with 68% of injuries resulting from contact with the ball rather than collision between players or swinging of the bat.

Normal Sports Injuries

Injuries

An injury is the place where at least one of your tendons is extended, curved or torn. Tendons are solid groups of tissue around joints. They associate one unresolved issue and assist with keeping your bones together and stable. Injuries frequently happen in tendons around joints in the lower leg or knee. The joint isn't separated or broken. The indications of an injury include:

- torment,
- aggravation (growing),
- Bruising, and Restricted development in the influenced region.

Injuries are normal wounds in many games and, if essential, can be treated with rest and mitigating drug.

3. Strains

A muscle strain is the place where muscle tissues or strands are extended or torn. A muscle strain is some of the time alluded to as 'pulling a muscle'. Ligaments can likewise be stressed. A ligament is the intense, limited tissue toward the finish of a muscle that associates it deep down. Strains are brought about by a muscle that is overstretched or that over-contracts. Manifestations of a strain include:

- torment,
- Muscle fit,
- A deficiency of solidarity in the muscle.

Strains are normal to many games, especially those including running, bouncing or quick course adjustments. To assist with forestalling injuries and strains, you ought to heat up appropriately prior to practicing and wear reasonable footwear. Molding and reinforcing activities can likewise help.

4. Separation

A separation is a physical issue wherein the closures of your bones are constrained from their ordinary positions. The reason is generally injury coming about because of a fall, a car crash, or an impact during contact or fast games. Disengagement normally includes the body's bigger joints. In grown-ups, the most well-known site of the injury is the shoulder. In youngsters, it's the elbow. Your thumb and fingers likewise are defenseless if coercively bowed the incorrect way. The injury will briefly twist and immobilize your joint and may bring about abrupt and extreme torment and growing. A separation requires brief clinical thoughtfulness regarding return your issues that remains to be worked out appropriate positions.

5. Cracks

Cracks are a typical physical issue for individuals, everything being equal. Diagnosing a break can in some cases be convoluted as it relies upon area and how the parts are adjusted.

6. Knockout

Take out is a battle finishing, winning model in a few full-contact battle sports, like boxing, kickboxing, karate, a few types of taekwondo and different games including striking.

7. Punch Syndrome

Punch disorder is a condition found in fighters and heavy drinkers, brought about by rehashed cerebral blackouts and portrayed by shortcoming in the lower appendages, precariousness of step, gradualness of solid developments, hand quakes, reluctance of discourse, and mental bluntness. Punch disorder frequently influences contenders of the slugging type, who are typically helpless fighters and who take significant head discipline, looking for just to land a knockout blow. It is additionally normal in below average warriors utilized for preparing purposes, who might be thumped down a few times each day. Every now and again it takes a contender from one to two hours to recuperate from an extreme hit to the head or jaw. At times awareness might be lost for an impressive timeframe.

Low Back Pain

There are many reasons for low back torment. Back agony might be because of abuse, like playing one an excessive number of rounds of golf or lifting significant burdens. This sort of back strain generally settle all alone without treatment. Rest and mitigating drugs can give alleviation. Utilizing legitimate structure when practicing and expanding the length of exercises gradually can help secure the back. Now and again, it very well might be important to change practice strategy or perform every day exercises in an alternate manner to diminish the danger of back injury. Different reasons for back torment might be more genuine and require clinical as well as careful intercession.

Hip Bursitis

The hip district contains two significant bursae. The other is known as the ischial bursa which covers the ischial tuberosity, all the more ordinarily known as the sits bones. Irritation of either bursae may prompt firmness and agony around the hip joint not to be mistaken for the genuine joint aggravation of joint inflammation. Abuse from running, cycling, and comparative exercises can prompt hip bursitis. The condition causes hip torment that will in general be more regrettable around evening time. Getting up from a situated position might cause torment. Treatment of hip bursitis comprises of staying away from exercises that produce manifestations and consuming nonsteroidal calming medications (NSAIDs) to decrease

torment and expanding. Exercise based recuperation and steroid infusions might be justified. Utilizing a stick or other assistive gadget might assist with taking the heap off the kindled joint.

Blackout

A blackout is a horrendous mind injury (TBI) that happens when the cerebrum goes through quick speed increase inside the skull. An immediate hit to the head or body might cause a blackout. Individuals who take part in physical games like football are at expanded danger for blackouts. The indications regularly incorporate migraine, loss of awareness, cognitive decline, drowsiness, queasiness, heaving, and that's just the beginning. An intensive neurological test is vital get-togethers blackout to decide the degree of the injury. Recuperating from a blackout requires rest, both physical and mental, to permit the mind to recuperate. Individuals who endure blackouts should get a specialist's freedom prior to continuing games, particularly youngsters whose cerebrums are more defenseless.

Conclusion

All the above sports wounds happen during any games exercises or working out. They can result from mishaps, helpless preparing or heating up procedure practically speaking, insufficient gear, and abuse of a specific body part. It is vital for any one identified with sports field to know pretty much a wide range of sports wounds; causes manifestations, avoidance and treatment, to deal with a physical issue counteraction program collectively, which remembers training for rehydration, nourishment, observing colleagues, checking conduct, abilities, and strategies.

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Genetics In Sports

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Abstract

The purpose of this review is to summarize literature on the genetics in sports with particular consideration for the relevance to players. As consider to to sports few genes are consistently associated with the players but rest of it develop according to the performance. That's why we can not say about a player's performance whose parental background is of same category.

Keywords : Genetics , Sports , Fitness , Sports

Introduction

According to the parental background of any player , one can not guess ones future performance of a player. It may be studied that most of the time in ones childhood , one players hobbies as well as others similarities causes many genetic variability contributes to inter-individual responses to or during exercise.

Genes

A gene is the basic physical and functional unit of heredity. Genes are made up of DNA. Every person has two copies of each gene, one inherited from each parent. Most genes are the same in all people, but a small number of genes are slightly different between people.

Sports

Physical games or activity that you do for exercise or because you enjoy it.

Effect of Genetics on Sports

Athletic performance is a complex trait that is influenced by both genetic and environmental factors. Genetics occurs among member of a family by heredity. It means that a player can perform according to capacity as well. Sometimes a player use ones tactics to play well , as one knew skill of the particular game. Therefore one can improve ones capability as per the requirement of the game. Genetic variants associated with endurance performance have been studied the most to date. Endurance exercise performance refers to the resistance

of the organism to fatigue and the rapid ability to regenerate after an exercise load.

Gene Doping

We can't say that for the improvement of performance a player use doping or not . There is the possibility of manipulating human genetic material and regulating gene expression to increase or decrease the production of certain enzymes and other proteins associated with processes that are key for human performance. In order to perform well , one may go beyond limit as well. Both the scientific and the sports communities have yet to reach a consensus regarding banning or regulating gene therapy in sports and, consequently, gene doping. Much still needs to be studied, developed, and discussed, but what seems to be decisive to resolve this question is to enforce some limits. It means that we should do much more in order get maximum benefit regarding sports performance point of view. Defining which conduct should be discouraged or regulated, elaborating effective and applicable rules in the scientific environment, and being able to detect undesirable behaviors with the purpose of exposing and punishing those responsible for these doping methods, are policies that still need to be developed in terms of gene doping.

Gene Therapy

Gene therapy is a medical approach that treats or prevents disease by correcting the underlying genetic problem. Gene therapy techniques allow doctors to treat a

disorder by altering a person's genetic makeup instead of using drugs or surgery.

Advantages

Gene therapy replaces a faulty gene or adds a new gene in an attempt to cure disease or improve your body's ability to fight disease. Due to that one can perform according to the need of the sport. Gene therapy holds promise for treating a wide range of diseases, such as cancer, cystic fibrosis, heart disease, diabetes, hemophilia and AIDS. Therefore it is very beneficial for the players point of view as well.

Disadvantages

Unwanted immune system reaction can cause adverse effect on the player. Your body's immune system may see the newly introduced viruses as intruders and attack them which will be dangerous for the performance. Targeting the wrong cells which may sometimes very crucial for the performance of the player. Infection caused by the virus in the body of the player. Possibility of causing a tumor which can cause death.

Ways To Positive Impact On Ones Genes

- Healthy and happy life
- Behavioral and lifestyle changes can positively affect on genes.
- Genes contain information that determine everything from appearance to intelligence. A person inherits genes from their parents, and how parents live affects their children's genes.
- Eating habits and what to eat is also important for genes
- Stress management can also affect on positive impact on genes
- Environment of the surrounding also play a major role for it.
- Learn from younger also a key to success.
- New entrepreneur's views regarding booming the business.

Disadvantages Of Genes On Sports

There are many disadvantages of genes on sports as Interfering with genes that could increase athletic performance carries substantial health risks. For example, high levels of growth hormone and insulin-like growth factor and also development of cancers, and over expression of erythropoietin can lead to stroke and heart failure.

Objectives

Genetic testing in sport would permit to identify individuals with optimal

physiology and morphology, and also those with a greater capacity to respond/adapt to training and a lesser chance of suffering from injuries. The Sports Gene is a look at how genes affect our abilities, motivations, and endurance in sports, explaining why some people are better suited for certain sports than others.

Conclusion

Genetics in Sports is somewhat affect on the performance of the player. Also gene therapy which is now a days is uprising in the field of medicine. In near future we can see that gene therapy will be useful for the benefit of the players as well to improve the game as well. Thus we can say that genetics play a major role in the field of sports.

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**Socio-Economic Status And Its Impact On The Personality Traits
Among Softball Players**

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Abstract

Socioeconomic status demonstrates that the problem of poverty and poor socioeconomic status is being handled from disparate theoretical perspectives, with disparate assessment methodologies. But unfortunately, the conceptualization of poverty and the study of it's in our Indian environment, where widespread poverty and socioeconomic inequities abound, socio-psychological effects have received little attention. While some studies are helpful and fascinating in and of itself, they look inchoate and fragmented, and there is a need to integrate them to offer a cohesive picture of how living in socioeconomic adversity changes the personality of athletes. Eighty male students were selected purposively from four colleges ranging from 18 to 24 years of age were selected as subjects for this study. In the present study Socio-Economic was measured Rajbir Singh, Radhey Shyam and Satish Kumar. Socio Economic Status Scale and the score were recorded. And for Test personality dimension Agya Jit Singh and H. S. Cheema. Sports Specific Personality. It is in this context; the present study makes an attempt to probe the impact of socioeconomic Status on the psychological variables of sportsperson.

Keywords: Socio economic status, personality traits

Introduction

Sport is one of the most enduring of all human activities. Virtually from the beginning of any written human records, in civilizations across the world, accounts of sports and sport-related activities are found. For less than the last century sport has been studied scientifically, and sport psychology is an important part of that scientific study. It is an international field, holding the promise of becoming important and only to the understanding of competitive athletic abilities, but to areas of behavior that relate to many domains of human health and activity. Notwithstanding its benefits to the individual and the society at large, competitive sport is a war of nerves as well as war on nerves. Consequently, it has triggered off intense research in various aspects of human behavior and brought into existence sport bio-sciences such as exercise physiology, sport psychology, sport biomechanics, sport medicine etc with the sole objective of boosting human performance and making and breaking records. The entire perspective of sports as a joyful social activity

has changed for the worse with far reaching behavioral consequences.

The Influence of Socio-Psychological Factors on sportsperson: Man is a social as well as a biological entity, and the socialisation and development of an individual's personality is a very complicated process. However, research conducted all over the world indicates that the formation of an individual's personality is totally impacted by his socioeconomic cultural environment to which he is exposed throughout his primitive years. Because, the social elements of a person's personality are heavily influenced by his perception of social objects. His interactions and adaptations are mostly determined by interpersonal relationships, although there is evidence that environmental circumstances have a significant role in enabling or suppressing certain requirements. This premise is reinforced by studies undertaken in numerous parts of the world on various aspects of socio-cultural disadvantage/deprivation. When these conditions produce a force of isolation from society, social difficulties of personality

development occur, and a person may lose not only positive personality qualities, but also face the possibility of stagnation in the growth process, which would lead to deprivation. Similarly, athletes are products of the socioeconomic and cultural environments in which they are born and raised. And, without a doubt, these settings and atmosphere would have a significant influence on their psychological and personality qualities, which may reflect not only in his choice of game or sport, but also in his performance in the game or sport that he has chosen. Because there are numerous psychological consequences of poverty, which frequently have a negative impact on the performance of athletes in competition.

Socioeconomic disadvantages suffered by certain groups tend to have a detrimental effect not only on the general development of the individual but are reflected on the level of cognition and perceptual skills possessed by him. Deficiencies in the environment, either due to physical factors or induced through socio-economic disadvantages have their impact through failure in providing the necessary experiential base essential for the development of the skills in question. It is because our social system is bound with caste, class lines, and norms segmented by great socio-economic disparities that have been sustained right through the ages by traditional and religious sanctions. Thus, it is established fact that the sportsmen exposed

RESULTS

Table 1: Results of the t-test of high SES and low SES of the personality traits of sociability of the sports

Variable	S E S	M e a n	Std. Deviation	t - v a l u e	P
Sociability	High SES	4 5 . 1 1	7 . 6 8	3 . 5 0 *	P<.05 (0.001)
	Low SES	4 2 . 6 8	6 . 1 4		

*Significant at 0.05 level

Table 1 demonstrates the Mean, SD and t values of the Sociability dimension of personality of high and low SES sportsperson. The mean score of high SES sportsperson is 45.11 and the mean score of low SES sportsperson is 42.68 respectively. Represents that sportsperson belonging to high level of SES states provides lot of operative to in vole in social activates and sports competition. They also expose to high

to the different socio-economic and cultural background would develop different types of psychological and personality which might be advantageous ordisadvantageous depends upon the atmosphere to which they are exposed.

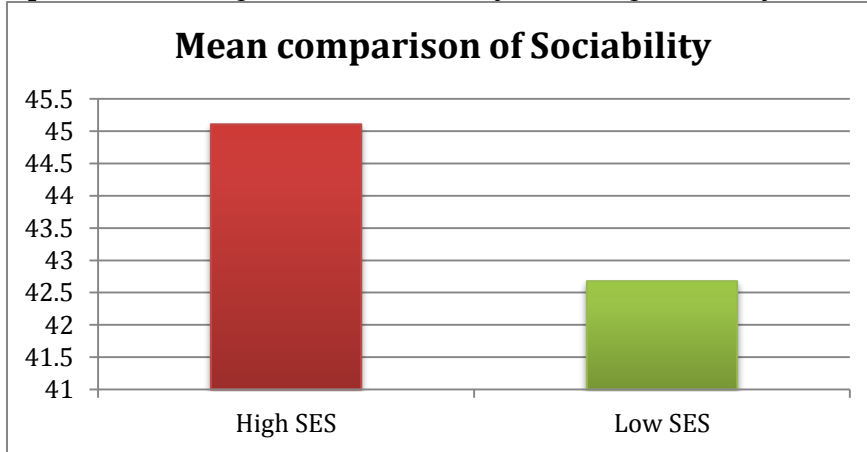
MATERIAL AND METHODS

The purpose of the present study Socio-Economic Status and Its Impact on the Personality Traits among Softball Players. Eighty male students were selected purposively from four colleges ranging from 18 to 24 years of age were selected as subjects for this study. In the present study Socio-Economic was measured Rajbir Singh, Radhey Shyam and Satish Kumar. Socio Economic Status Scale and the score were recorded. And for Test personality dimension Agya Jit Singh and H. S. Cheema. Sports Specific Personality. The data of the selected variables were analysed through Statistical procedure by using Independent't' test and also the level of significance for the present study was set at 0.05 levels which was found to be the appropriate enough for the study.

The below given studies of Indian context would justify the relationship between socio-economical, and cultural factors on the development of psychological traits. Dr. AgyaJit Singh's seven basic personality characteristics are regarded as functionally independent and psychologically relevant elements of a person's personality. The following are the key personality factors.

level of education, quality education and scientific tanning. The hypnosis's conformed. That the degree of education exceeds the mass media, contemporary facilities will aid in the development and calculation of social quality among athletes. High SES athletes' early socialisation would be successful and meaningful, and these variables might contribute to their interpersonal and communication abilities.

Graph 1: Mean comparison of Sociability factor of personality dimension



The calculated t value of 3.50* is significant at the 0.05 level, indicating that there is a substantial difference in the nature of sociability between high and low SES athletes. This disadvantage is dependent on the environment to which they are exposed. The below given studies of Indian context would justify the relationship between socio-economical, and cultural factors on the development of psychological traits. Dr. Agya Jit Singh's seven basic personality characteristics are regarded as functionally independent and psychologically relevant elements of a person's personality. The following are the key personality factors.

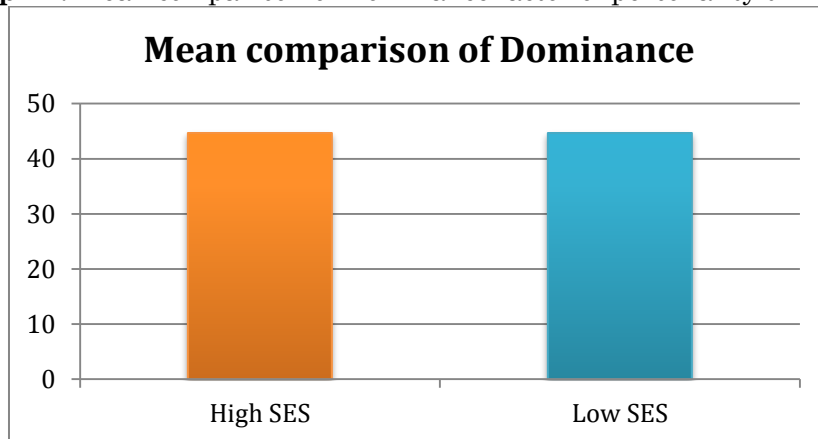
The hypothesis that there is a significant difference between High SES and Low SES sportsperson on factor Dominance is formulated on the rationale that environment and social factor is a prime mover of the personality traits of the individuals as different social conditions and levels have differential exposure to the conditions of life. Thus social conditions has undoubted impact on the attitude, assertive nature, hardness, persuading and dominance practices of individual is including the sportsperson.

Table 2: Results of the t-test of high SES and low SES of the personality traits of Dominancy of the sports persons

Variable	S E S	M e a n	Std. Deviation	t - v a l u e	P
D o m i n a n c e	High SES	4 4 . 6 6	6 . 8 6	0 . 0 0 0	1 . 0 0 0
	Low SES	4 4 . 6 6	6 . 8 6		

*Significant at 0.05 level

Graph 2: Mean comparison of Dominance factor of personality dimension



Therefore, the hypothesis that the low SES sportsperson have more dominance nature

than the High SES sportsperson is rejected and alternative hypothesis is accepted.

Discussion Of The Tables

The hypothesis that the high SES sportsperson will have a better social ability than the low SES sportsperson is framed on the rationale that the SES is believed to be a prime mover of personality traits of individuals, which also includes the social adjustment. Because normally, the high SES sportsmen would naturally have advantage over her counterpart as the social status he or she enjoys, The higher education she obtains, as well as the rich exposure she receives, will all impact and encourage a bigger number of qualities that suit her in a very stable mindset in which she can easily adjust socially to various circumstances. Represents that sportsperson belonging to high level of SES states provides lot of operative to in vole in social activates and sports competition. They are also exposed to a high level of knowledge, excellent schooling, and scientific tanning. Low-income athletes will be degraded by the overabundance of social geared rituals, as well as the quality of education and exposure to the mass media. Early socialization of high SEs athletes would be successful and impactful. Social interaction will be hampered as a result of the lack of these faculties.

The hypothesis that there is a significant difference between High SES and Low SES sportsperson on factor Dominance is formulated on the rationale that environment and social factor is a prime mover of the personality traits of the individuals as different social conditions and levels have differential exposure to the conditions of life. Thus social conditions has undoubted impact on the attitude, assertive nature, hardness, persuading and dominance practices of individual is including the sportsperson.

Conclusion

Participation in sports, on the other hand, influences all parts of an athlete's personality and aids in achieving equilibrium and balance, rejuvenating the spirits, recharging the inner springs of faith and bravery, learning skills, and confronting the stresses of contemporary life with ease and tranquilly. At the same time, modern sports participation is impacted by a variety of physical, physiological, social, and psychological aspects. Sports trainers and coaches have begun to place a greater emphasis on the influence of social elements

on psychological conditioning or the development of players' mental makeup. Until recently, coaches paid little attention to social and psychological elements, despite the fact that they have been shown to contribute to success in events in more competitive sports.

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The importance of information technology in the field of sports and physical education: A study

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Abstract

Information Technology in Sports has established scientific discipline, Research activities, improve Learning and coaching, Bio-mechanical analysis and field research have evolved. In future very soon the way computer will be applicable in sports with good quality and best results. The modern alternative is the use of technology meant to increase accessibility to information and teaching process effectiveness. This paper highlights the use of modern technology in physical education and sports. The use of technology for teaching and learning has been summarized, in the following aspects: the needs for technology, computer-motion analysis, internet, video analysis/conferencing, chatting and challenges. It is concluded that technology use enormously improve teaching and learning of physical education and sport. The field of physical education and sports can make a significant contribution to the role that technologies play in our lives by carefully considering the benefits and liabilities of new information technologies on the whole person, body as well as mind. Information technology play vital role in the human being in particularly in field of sports and games.

Keywords: Information technology, sports technology and physical education

Introduction

India's IT Services industry was born in Mumbai in 1967 with the establishment of the Tata Group in partnership with Burroughs. The first software export zone, SEEPZ – the precursor to the modern-day IT park – was established in Mumbai in 1973. More than 80 percent of the country's software exports were from SEEPZ in the 1980s. The National Association for Sport and Physical Education (NASPE) believes that technology can be an effective tool for supplementing instruction when used appropriately. Therefore, the primary purpose of this document, developed by a task force of NASPE's Physical Education Steering Committee, is to provide guidelines for using technology to help students achieve the Standards for Physical Education. Teachers now face a generation of students who have never known life without a computer, video game console, cellular phone or Internet access; and that is changing the scope of education dramatically. Technology tools can provide objective data on activity levels and creative methods for individuals to engage in physical activity. Studies have

indicated that active gaming can promote higher levels of energy expenditure compared to seated video games, as well as increasing heart rate and oxygen consumption. National School Health Policies and Programs Study indicated that 42% of physical education teachers receive staff development training on using physical activity monitoring devices; 37% on using technology overall. Also, between 17% and 49% of the teachers studied received additional training for administering fitness tests, assessing student performance, and developing portfolios and individual physical activity plans: areas in which technology can supplement instruction and help in managing data. Those statistics in addition to the recent release of updated National Educational Technology Standards for Teachers underscore the importance of developing guidelines for proper technology use in physical education. Information Technology has become an important interdisciplinary partner for sports, this way physical education has its branches of Sports psychology, Sports Statistics, Biochemistry, Sports Medicine, Kinesiology and Biomechanics etc. Taking into consideration

its association with other disciplines and its various aspects, computer can be used and are being used in physical education and sports. Human play, as embodied in sports, is one of most important in expressions of human culture. The games in which people in the society it's reflects their society and culture as a whole. It is said that communication is one dominant contribution to the human being on the planets. The Olympic movement is one of the social movements on human society. The countries from all over the world gathering in one place during summer Olympic games for peaceful is the epitome of intersection of sports and communication. This fact underscores the importance of the media and the Olympics. The presentation will briefly explain the relationship between information technology and sports.

Information Technology in PE and Sport

The information age was 1970's. The change was brought to the society with the creation of world web (the web). As change in technology, changes channels of communication and message content. The early 1960's, the computer technology establish protocols which become as the internet in 1969. And later development of Hypertext Mark-up Language (HTML) in 1989 that became the basic for the development of web in 1993. The web was introduced to the public at large. During the formative days of the web lot of things was include such as email, blog, face book, twitter, lot of website, journals, you tube etc.,. Another important fact of information technologies being used in sports is seen in the trend analysis done by administrators in sports, franchises and leagues while the most basic functions are storing data used to determine statistics, disclosing the score of a game or uploading pictures for fans to view thorough out a game. In the past, task such as developing rosters (name list) of athletes, managers, officials, timekeepers, drivers and medical staff was took much time to done the work with hand. but the institution of IT in sports, team administration was now able to not only create detailed roasters of these individuals but can schedule them for work. Also, most profession sports venues have very modern scoreboards that are programmed to update statistics and information directly to a computer system. So with the use of such modern technology,

almost every area of sports has become dependent of automation due to relevance that it implies to the lives of spectators all over the world. Through the help of the internet and other web services, live feeds of sports events have become so accessible anywhere in the planet. Most of the professional sports in the world have long used instant replay and other high tech aid to help the referees to make a right call. Video replay systems to check referees call for many years. Basketball referees use replay system to make sure players is shooting wishing the time allotted by the shot clock. In international cricket, the third umpire has been used for certain situation. The umpires who are out of field can communicate via wireless technology. The third umpire is asked to adjudicate on run out decision. In Football/Soccer the replays could be used to decide off-side decisions, whether a ball passes over the goal line or not.

Computer

Computer is an electronic devise that has the capacity to store, retrieve and process both qualitative and Quantitative information fast and accurately. Computers- we used to produce documents, lesson plans, to convert scores management. It also involves video units PC heart rate monitor, remedy heart rate monitor and educational software. Computer also aid learning experiences when they are used for motion analysis. This involves using computer to examine the way learner moves and then determine ways in which this movement can be improved in a practical physical education class. This devise stresses how human motor abilities can be perfected and controlled. For example if you ask a softball pitcher how he/she throws a fastball, they may not be able to tell you. Motion analysis visually shows the rudiments and sequence of actions involved in arm, leg movements to enhance performance of skills. Video tape images are also transferred into computers. Special application software analyzes the images. It measures the exact angle at which the player s holding his or her arms and legs. The speed and efficiency of each movement is measured. When using images, the teachers, advantage consist in his possibility of making corrections as soon as pupils exercise is completed, which him to quickly progress and improves his learning. Other computer software such as the programmers

Professional Evolution Soccer (PES) is used to play games. Learners play, identify appreciate the skills, rules and evaluate officiating of the game.

Video Conference

It allows two or more people at different locations to see and hear each other at the sometime. The communication technology offers new possibilities for sport colleges, libraries including formal instruction to share strategies for coaching sport skills. A very attractive multimedia tool determining students' enthusiastic participation in physical education lessons is represented by the audio aids. Direct or indirect aids such as drums, piano respectively. Radio cassette recorder equipped with CD/DVD can be used to reline the movement pace and get students familiarized, with some sonorous competitive conditions. The digital camera use in the instructive educative process allows a quick verification of students' placement and posture, being at the same time a very good mean to stress body segment positions when performing sonic motor elements. These are the potentials used to enhance teaching and learning of physical education.

Chat through the Internet

Interactive chat improves communication with experts and colleagues and community members. Chat allows fellow physical educators to simultaneously communicate publicly on your website, internet, extranet. Team members, class and course mates from different locations can easily conduct on line meetings. Colleagues gather together to intimate groups and discuss issues related to physical educations. They could gather in large online events to interact with expert's celebrities, instructors, coaches and teachers can assess chat groups on particular academic issues in physical education and sports.

Application in Sports and physical education
The field of physical education and sports can make a significant contribution to the role that technologies play in our lives by carefully considering the benefits and liabilities of new information technologies on the whole person, body as well as mind. Nowadays in schools, colleges and other institutions, students are given more organized and disciplined education through I.T. and computers, because it is more authentic innovation and convincing. A variety of programmes are available which help in track-grading, conducting health

assessment, monitoring research projects, and analyzing sports performances.

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Benefits of Information Technology

Here are some of the ways technology can provide or facilitate most of the types of support that someone trying to become or stay physically active needs. Now a day's computer is widely used as a teaching aid. In this era of globalization black board is quit away. Power point presentations, Video clips, Animation, Graphics, and Sound have become much more effective and needful, CD, DVD, MP3, is more useful in teaching. IN some way computer is applied in sports sciences, scoring systems, computerized test all evaluation can be largely followed. A coach keeps monitoring on the players. A computer helps us if any deficiency is found. Records of the player can be maintained for future plan Selection of players for various game and sports is an important for this multiple regression helps in many ways. Hence computer plays a significant role in storing research data and its analysis. Treatments in sports medicine involve Cardio-Vascular, Flexibility and strength building programme. Sports Medicine is the study, prevention and treatments of sports and fitness related injuries.

Conclusion

Information technology play vital role in the human being in particularly in field of sports and games. It helps to avoid mistake in organization and administration of various sports and games at world level. Information Technology in Sports has established scientific discipline, Research activities, improve Learning and coaching, Bio-mechanical analysis and field research have evolved. In future very soon the way

computer with be applicable in sports with good quality and best results. Technology provides access to information, compresses information, motivate learners, and connect learners to teachers and teacher to the colleagues. There are nowadays many available technological innovations that could be inserted into the physical education lesson. The visual physical education lesson is essentially based on the connected learning environment which uses technology that are networked in structure. Physical education should avail themselves of these technology opportunities to make their lesson more real and dynamic.

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Unwinding Portrayal of Feminist Outlooks in Indian English Literature



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Five Dimensional Static Spherical Symmetric Interior Solutions in $f(R)$ Gravity

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Abstract:

This paper is devoted to five dimensional static spherical symmetric interior solutions for perfect fluid in $f(R)$ theory of gravity. Seven possibilities are used to solve the field equations. Solutions obtained are discussed by using physical acceptability conditions and we obtained some physical acceptable solutions. Also for each solution, Ricci Scalar, pressure & density are evaluated.

Keywords: Spherically Symmetric, Interior Solutions, Perfect Fluid, $f(R)$ Gravity

1. Introduction:

Modern theoretical cosmology begins with general relativity and it is generally acclaimed as a successful theory of gravitation which explains the most of known gravitation phenomenon. This theory plays important role in solving many astronomical issues such as big bang theory based on radiation. Many observations have confirmed the accelerated expansion of the universe but general theory of relativity is not effective to explain the problems regarding accelerated expansion of the universe. Also this theory fails to answer the issue of dark energy and dark matter. To solve these difficulties many modified theories of gravitation such as $f(R, T)$ theory of gravity, $f(T)$ theory of gravity, $f(R)$ theory of gravity etc have been developed. $f(R)$ Theory of gravity is one of the modified theory of gravity which is most appropriate and suitable due to its application in the field of cosmology. Dark energy and dark matter problem and unification of early-time inflation and late time acceleration are addressed in $f(R)$ gravity.

Weyl[1] and Eddington [2] studied the $f(R)$ actions and later these actions were studied by Buchdhal [3] in the context of non-singular oscillating cosmologies. Many author [4, 22] have done a remarkable work in $f(R)$ gravity in different context. M.Sharif et al.[23] explore plane symmetric vacuum solutions in $f(R)$ gravity by using the assumption of constant scalar curvature which may be zero. Dark energy $f(R)$ models are cosmologically viable are studied by Amendola et al. [24]. P.K.Agrawal [25] studied the vacuum solutions of FRW and axially symmetric space time in $f(R)$ theory of gravity. Zhang and Noh[26] found a new class of plane symmetric solution in the presence of perfect fluid. Farasat Shamir [27]

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studied the plane symmetric solution in $f(R)$ gravity by using assumption of constant and non-constant scalar curvature. Morteza-yaveri [28] studied energy distribution for power model of plane symmetric space time $f(R)$ gravity. In metric $f(R)$ theory of gravity Azadi et al.[29] analyzed cylindrically symmetric vacuum solutions. Momini et al.[30] studied constant curvature solutions in cylindrically symmetric metric $f(R)$ gravity. A simple cylindrically symmetric universe filled with dust is presented by Senovilla and Verma [31]. M.Sharif and Sadia Arif [32] extended this work to cylindrically symmetric space time and constructed some static cylindrically symmetric interior solutions in the $f(R)$ theory of gravity

Static spherically symmetric solutions is one of the important problems in the gravitational theories and the results can be used for computing the pressure, density, gravitational field and also to treat the solar system tests within a spherically symmetric static fluids in the standard general relativity. Sebastiani Lorenzo, and Sergio Zerbini [33] worked on Static spherically symmetric solutions in $F(R)$ theory of gravity. Dynamics of spherically symmetric gravitational collapse in $f(R)$ theory of gravity are studied by M. Sharif *et al.* [34].

The most widely explored solutions of field equations in $f(R)$ gravity are the spherically symmetric solutions with constant curvature condition. Multamäki and Vilja [35] investigated static spherically symmetric vacuum solutions in $f(R)$ theory. They established that the field equations in $f(R)$ gravity gave the Schwarzschild de-Sitter solution. The same authors [36] explored the perfect fluid solutions with the assumption of constant curvature. Capozziello et al. [37] investigated spherically symmetric solutions of $f(R)$ theories of gravity using the Noether symmetries. Exact spherically symmetric interior solutions in metric $f(R)$ gravity have been studied by Shojai and Shojai.[38] Hollenstein and Lobo[39] analyzed static spherically symmetric solutions in $f(R)$ gravity coupled to non-linear electrodynamics. Sharif and Kausar[40] discussed dust static spherically symmetric solutions in $f(R)$ gravity. $f(R)$ gravity at one-loop level in de-Sitter universe has been investigated by Cognola et al.[41] E.V. Arbuzova et. al.[42] studied Spherically Symmetric Solutions in $F(R)$ Gravity and Gravitational Repulsion.

L. Sebastiani and S. Zerbini[43] presented A Lagrangian derivation of the Equations of Motion (EOM) for static spherically symmetric metrics in $F(R)$ modified gravity. A constant curvature spherically symmetric vacuum collapse in $f(R)$ gravity is investigated by [44] Chakrabarti, S. & Banerjee, N.

Kaluza and Klein [45, 46] tried to unify gravity with electromagnetic interaction by introducing an extra dimension. The study of higher dimensional space-time provides an idea that our universe is much smaller at early stage of evolution. There is nothing in the field equations of relativity which restrict to four dimensions only. The higher dimension space-time have long been a subject of discussion due to fact that our senses perceive only three dimension of space and one dimension of time. The advances of super string theory in 10-D indicate that the higher dimensionality of space is required for interaction over the distance $r \ll 10^{-16}$ cm. The study of higher dimensional space-time is important because of the underlying idea that the cosmos at early stage of evolution might have had a higher dimensional era. To explore the knowledge of universe many researchers inspired to enter into the field of

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higher dimensional theory. Weinberg[47]studied the unification of fundamental forces with gravity which reveals that the space-time should be different from four dimensions. Wesson [48, 49] and D.R. K. Reddy [50] have studied several aspects of five dimensional space-time in variable mass theory and biometric theory of relativity respectively. Lorentz and Petzold[51], Ibanez and Verdaguer [52], A. Pradhan et al.[53], S. D. Katore et al.[54] and Adhav et. al. [55] have also studied the higher dimensional cosmological models in general relativity and in other modified theories of gravitation. Recently, Ladke, L. S. et al. [56, 57] studied higher dimensional plane symmetric & cylindrically symmetric interior solutions in $f(R)$ theory of gravitation. Shamir and Jhangeer [58] investigated the static plane symmetric vacuum solutions in $f(R)$ theory of gravity for $(n+1)$ dimensional space-time. Sheykhi, Ahmad [59] analyzed higher-dimensional charged $f(R)$ black holes. Pandey, S. N., and A. M.Mishra [60] solution of an $f(R)$ theory of gravitation in cylindrical symmetric Gödel space-time.

Delgaty, M. S. R. and Kayll Lake, [61] discussed physical acceptability of isolated, static, spherically symmetric, perfect fluid solutions of Einstein's equations satisfying physical acceptability criteria. By using following two physical acceptability conditions.

- i) Isotropy of pressure
- ii) The monotonic decrease of the energy density and pressure with increasing radius
- iii) Subluminal sound speed i.e. $v_s^2 < 1$

2. Static Spherically Symmetry and $f(R)$ Field Equations:

The modified form of the Einstein–Hilbert action in $f(R)$ gravity by replacing R by $f(R)$ as follows

$$S = \int \sqrt{-g} \left[\frac{1}{2k} f(R) + L_m \right] d^5 x \quad (1)$$

Where g is the trace of the metric tensor $g_{\mu\nu}$. $f(R)$ is a general function of the Ricci scalars k is the coupling constant in gravitational units and L_m is standard matter lagrangian. Variation of the action with respect to the metric tensor leads to following field equation

$$F(R)R_{\mu\nu} - \frac{1}{2} f(R)g_{\mu\nu} - \nabla_\mu \nabla_\nu F(R) + g_{\mu\nu} \square F(R) = kT_{\mu\nu} \quad (2)$$

Where $T_{\mu\nu}$ is the energy- momentum tensor of matter, $F(R) = \frac{df(R)}{dR}$, $\square = \nabla^\mu \nabla_\mu$ with ∇_μ representing the covariant derivative taking trace of above equation, we obtain

$$F(R)R - \frac{5}{2} f(R) + 4 \square F(R) = kT \quad (3)$$

Here T is the trace of the energy-momentum tensor. The function $f(R)$ in the terms of its derivatives $F(R)$ and the trace of the energy–momentum tensor is given as

$$f(R) = \frac{2}{5} [F(R)R + 4 \square F(R) - kT] \quad (4)$$

Inserting this values in Eqns (2) it follows that

$$F(R)R_{\mu\nu} - \frac{1}{5}[F(R)R - \square F(R)]g_{\mu\nu} - \nabla_{\mu}\nabla_{\nu}F(R) = k [T_{\mu\nu} - \frac{1}{5}Tg_{\mu\nu}] \tag{5}$$

The line element of five dimensional static spherically symmetric space-time is

$$ds^2 = -A(r)dr^2 - r^2(d\theta^2 + \sin^2\theta d\phi^2) + C(r)dt^2 - D(r)du^2 \tag{6}$$

Where A , C and D are the functions of radial coordinate (r)

Considering matter to be a perfect fluid, we have

$$T_{\mu\nu} = (p + \rho)u_{\mu}u_{\nu} - pg_{\mu\nu} \tag{7}$$

Where $\rho(r)$ and $p(r)$ are energy density and pressure respectively. And $u_{\mu} = \delta_{\mu}^5$ is five-velocity in co-moving co-ordinates.

Inserting values of $T_{\mu\nu}$ and its trace $T = (\rho - 4p)$ in Eqns (5), it follows that

$$F(R)R_{\mu\nu} - \frac{1}{5}[F(R)R - \square F(R)]g_{\mu\nu} - \nabla_{\mu}\nabla_{\nu}F(R) = k [T_{\mu\nu} - \frac{1}{5}(\rho - 4p)g_{\mu\nu}] \tag{8}$$

The Ricci scalar R is given by

$$R = -\frac{D}{2X} \left[\frac{2\ddot{D}}{D} + \frac{2\ddot{C}}{C} - \frac{\dot{C}^2}{C^2} + \left(\frac{4}{r} + \frac{\dot{D}}{D}\right) \left(\frac{\dot{C}}{C} - \frac{\dot{X}}{X}\right) + \frac{8\dot{D}}{rD} - \frac{\dot{C}}{C} \left(\frac{\dot{X}}{X} - \frac{\dot{D}}{D}\right) + \frac{4}{r^2} \left(1 - \frac{X}{D}\right) \right] \tag{9}$$

Where $X = A(r)D(r)$ and prime denotes differentiation with respect to co-ordinate r .

Eqns (8) leads to

$$\frac{\ddot{C}}{2C} - \frac{\dot{C}^2}{4C} - \frac{\dot{X}}{rX} - \frac{\dot{C}\dot{X}}{4CX} - \frac{\ddot{F}}{F} + \frac{\dot{F}\dot{X}}{2FX} = \frac{Xk}{DF}(p + \rho) \tag{10}$$

$$-\frac{\ddot{D}}{2D} + \frac{\dot{X}\dot{D}}{4XD} - \frac{\dot{C}\dot{D}}{4CD} - \frac{\dot{X}}{2Xr} - \frac{1}{r^2} \left(1 + \frac{X}{D}\right) - \frac{\dot{C}}{2Cr} - \frac{\dot{F}}{Fr} + \frac{\dot{D}\dot{F}}{DF} = \frac{kX}{DF}(p + \rho) \tag{11}$$

$$-\frac{\ddot{D}}{2D} + \frac{\dot{X}\dot{D}}{4XD} - \frac{\dot{D}}{Dr} + \frac{\ddot{C}}{2C} - \frac{\dot{C}^2}{4C^2} - \frac{\dot{C}\dot{X}}{4CX} + \frac{\dot{C}\dot{D}}{4CD} + \frac{\dot{C}}{rC} - \frac{\dot{C}\dot{F}}{2CF} + \frac{\dot{D}\dot{F}}{2DF} = \frac{kX}{DF}(p + \rho) \tag{12}$$

The conservation equation takes the form $T_{i,j}^i = 0$, leads to

$$\frac{\dot{D}}{D} = \frac{-2\dot{p}}{p + \rho} \tag{13}$$

Adding Eqns (11) from Eqns (10), we get

$$\frac{\ddot{C}}{2C} - \frac{\ddot{D}}{2D} - \frac{\dot{C}^2}{4C} - \frac{3\dot{X}}{2rX} - \frac{\dot{C}\dot{X}}{4CX} - \frac{\ddot{F}}{F} + \frac{\dot{F}\dot{X}}{2FX} + \frac{\dot{X}\dot{D}}{4XD} - \frac{\dot{C}\dot{D}}{4CD} - \frac{1}{r^2} \left(1 + \frac{X}{D}\right) - \frac{\dot{C}}{2Cr} \tag{14}$$

$$-\frac{\dot{F}}{Fr} + \frac{\dot{D}\dot{F}}{DF} = \frac{2kX}{DF}(p + \rho)$$

Again adding Eqns (12) from Eqns (11), we get

$$-\frac{\ddot{D}}{D} + \frac{\ddot{C}}{2C} + \frac{\dot{X}\dot{D}}{2XD} - \frac{\dot{X}}{2Xr} - \frac{1}{r^2} \left(1 + \frac{X}{D}\right) - \frac{\dot{C}}{2Cr} - \frac{\dot{F}}{Fr} + \frac{3\dot{D}\dot{F}}{2DF} - \frac{\dot{D}}{Dr} - \frac{\dot{C}^2}{4C^2} - \frac{\dot{C}\dot{X}}{4CX} \tag{15}$$

$$-\frac{\dot{C}\dot{F}}{2CF} = \frac{2kX}{DF}(p + \rho)$$

Subtract Eqns (15) from Eqns (14), we obtains

$$-\frac{\ddot{F}}{F} + \frac{\dot{F}\dot{X}}{2FX} - \frac{\dot{D}\dot{F}}{2DF} + \frac{\dot{C}\dot{F}}{2CF} + \frac{\ddot{D}}{2D} - \frac{\dot{X}}{rX} - \frac{\dot{X}\dot{D}}{4XD} - \frac{\dot{C}\dot{D}}{4CD} - \frac{\dot{C}}{Cr} + \frac{\dot{D}}{Dr} = 0 \tag{16}$$

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Equations (13) - (15) are two differential equations in six unknowns $A(r), C(r), D(r), p(r), \rho(r)$ and $F(r)$

3. Solution of the Field Equations: The following seven type possibilities are used to solve the field equations

- I. $X = X_0 r^l, C = C_0, F = F_0$ II. $X = X_0, C = C_0 r^m, F = F_0$
- III. $X = X_0, C = C_0, F = F_0 r^n$ IV. $X = X_0 r^l, C = C_0 r^m, F = F_0$
- V. $X = X_0 r^l, C = C_0, F = F_0 r^n$ VI. $X = X_0, C = C_0 r^m, F = F_0 r^n$
- VII. $X = X_0 r^l, C = C_0 r^m, F = F_0 r^n$

Where l, m, n, X_0, C_0 and F_0 are arbitrary constants.

3.1. Type I solutions: $X = X_0 r^l, C = C_0, F = F_0$ Using these values in Eqs. (16),

we obtain
$$\frac{\ddot{D}}{2D} + \frac{\dot{D}}{Dr} - \frac{l}{r^2} - \frac{l\dot{D}}{rD} = 0$$

Which is satisfied for $D = D_0 r^m, m = -2l$ (17)

Equations (10) and (13) imply that

$$p = p_0 + \frac{lmF_0 D_0}{2kX_0(m-l-2)} r^{(m-l-2)} \quad \rho = -p_0 - \frac{l(3m-2l-4)F_0 D_0}{2kX_0(m-l-2)} r^{(m-l-2)}$$
 (18)

From Eqns (9) to gives Ricci scalar

$$R = \frac{D_0 r^{(m-l-2)}}{2X_0} [ml + 4l - 4 - 2m^2 - 6m] + \frac{2}{r^2}$$
 (19)

Table-I: $X = X_0 r^l, C = C_0, F = F_0$

No.	l	m	$D(r)$	$p(r)$	$\rho(r)$	$R(r)$	$f(r)$	v_s^2
i	0	0	D_0	p_0	$-p_0$	$\frac{-2D_0}{X_0 r^2} + \frac{2}{r^2}$	$f_0 + \frac{2F_0}{r^2} \left[\frac{X_0 - D_0}{X_0} \right]$	<1
ii	1	-2	$D_0 r^{-2}$	$p_0 + \frac{D_0 F_0}{5kX_0 r^5}$	$-p_0 - \frac{6D_0 F_0}{5kX_0 r^5}$	$\frac{D_0}{X_0 r^5} + \frac{2}{r^2}$	$f_0 + \frac{F_0 D_0}{X_0 r^5} + \frac{2F_0}{r^2}$	$\frac{-1}{6}$
iii	-1	2	$D_0 r^2$	$p_0 - \frac{D_0 F_0}{kX_0} r$	$-p_0 + \frac{D_0 F_0}{kX_0} r$	$\frac{-15D_0 r}{X_0} + \frac{2}{r^2}$	$f_0 - \frac{15F_0 D_0 r}{X_0} + \frac{2F_0}{r^2}$	$\frac{-1}{2}$
iv	$-\frac{1}{4}$	$\frac{1}{2}$	$D_0 r^{\frac{1}{2}}$	$p_0 + \frac{D_0 F_0 r^{\frac{5}{4}}}{20kX_0}$	$-p_0 + \frac{D_0 F_0 r^{\frac{5}{4}}}{5kX_0}$	$\frac{-69D_0 r^{\frac{5}{4}}}{16X_0} + \frac{2}{r^2}$	$f_0 - \frac{69F_0 D_0 r^{\frac{5}{4}}}{16X_0} + \frac{2F_0}{r^2}$	$\frac{1}{4}$

In table-I of type-I assumption, it is found that the solution (i) arenot physically acceptable, pressure and density are constant.

It is observed that solution (ii) & (iii) are not physically acceptable as the speed of sound is not subluminal due to negative squared sound speed.

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In solution (iv), are physically acceptable as they satisfy the pressure and density are decrease with increasing r, sound speed is subluminal i.e $0 < v_s^2 < 1$

3.2. Type II solutions: $X = X_0$, $C = C_0 r^m$, $F = F_0$

In this case from Eqns (16),we obtain

$$\frac{\ddot{D}}{2D} + \frac{\dot{D}}{Dr} - \frac{m}{r^2} - \frac{m\dot{D}}{4rD} = 0$$

satisfied for $D = D_0 r^n$, $n = 8m$ (20)

From Eqns (10) and (13) It follow that

$$p = p_0 - \frac{n(m^2 - 2m)F_0 D_0}{8kX_0(n-2)} r^{(n-2)} \quad \rho = -p_0 + \frac{(3n-4)(m^2 - 2m)F_0 D_0}{8kX_0(n-2)} r^{(n-2)}$$
 (21)

Also we have

$$R = \frac{-D_0 r^{(n-2)}}{2X_0} [2n^2 - 6n + m^2 + 2m + 2mn + 4] + \frac{2}{r^2}$$
 (22)

Table-II : $X = X_0$, $C = C_0 r^m$, $F = F_0$

No.	m	n	D(r)	p(r)	ρ(r)	R(r)	f(r)	v _s ²
i	0	0	D ₀	p ₀	-p ₀	$\frac{2}{r^2} [\frac{X_0 - D_0}{X_0}]$	$f_0 + \frac{2F_0}{r^2} [\frac{X_0 - D_0}{X_0}]$	0
ii	$\frac{1}{2}$	4	D ₀ r ⁴	$p_0 + \frac{3D_0 F_0 r^2}{16kX_0}$	$-p_0 - \frac{3D_0 F_0 r^2}{8kX_0}$	$\frac{-69D_0 r^2}{8X_0} + \frac{2}{r^2}$	$f_0 - \frac{69F_0 D_0 r^2}{8X_0} + \frac{2F_0}{r^2}$	$-\frac{1}{2}$
iii	1	8	D ₀ r ⁸	$p_0 + \frac{D_0 F_0}{6kX_0} r^6$	$-p_0 - \frac{5D_0 F_0}{12kX_0} r^6$	$\frac{-103D_0 r^6}{2X_0} + \frac{2}{r^2}$	$f_0 - \frac{103F_0 D_0 r^6}{2X_0} + \frac{2F_0}{r^2}$	$-\frac{1}{2}$
iv	$\frac{1}{8}$	1	D ₀ r ¹	$p_0 - \frac{15D_0 F_0 r^{-1}}{512kX_0}$	$-p_0 - \frac{15D_0 F_0 r^{-1}}{512kX_0}$	$\frac{-33D_0 r^{-1}}{128X_0} + \frac{2}{r^2}$	$f_0 - \frac{33F_0 D_0 r^{-1}}{128X_0} + \frac{2F_0}{r^2}$	1

In table-II of type-II assumption, we observed that

In both solution (i),(ii),(iii) and (iv) subluminal velocity is not lies between 0 & 1. Hence it is not physically acceptable.

3.3. Type III solutions: $X = X_0$, $C = C_0$, $F = F_0 r^n$

Substitute values of X ,C and F in Eqns (16) , we obtain

$$\frac{\ddot{D}}{2D} + \frac{\dot{D}}{Dr} - \frac{n(n-1)}{r^2} - \frac{n\dot{D}}{2rD} = 0$$

Whose solution is

$$D = D_0 r^m \quad m = 2 - n \pm \sqrt{3n^2 + 4}$$
 (23)

Consequently,From Eqns (10) and (13) It follow that

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$$p = p_0 + \frac{mn(n-1)F_0 D_0}{2kX_0(m-2)} r^{(m-2)} \quad \rho = -p_0 - \frac{n(3m-4)(n-1)F_0 D_0}{2kX_0(m-2)} r^{(m-2)} \tag{24}$$

Then Ricci scalar turn out to be

$$R = \frac{-D_0 r^{(m-2)}}{2X_0} [2m^2 - 6m + 4] + \frac{2}{r^2} \tag{25}$$

Table-III : $X = X_0$, $C = C_0$, $F = F_0 r^n$

No.	n	m	D(r)	p(r)	ρ(r)	R(r)	f(r)	v _s ²
i	0	4	D ₀ r ⁴	p ₀	- p ₀	$\frac{-6D_0 r^2}{X_0} + \frac{2}{r^2}$	$f_0 - \frac{6D_0 F_0 r^2}{X_0} + \frac{2F_0}{r^2}$	0
ii	0	0	D ₀	p ₀	- p ₀	$\frac{2}{r^2} [\frac{X_0 - D_0}{X_0}]$	$f_0 + \frac{2F_0}{r^2} [\frac{X_0 - D_0}{X_0}]$	0
iii	2	4	D ₀ r ⁴	$p_0 + \frac{2D_0 F_0}{kX_0} r^2$	$- p_0 - \frac{4D_0 F_0}{kX_0} r^2$	$\frac{-6D_0 r^2}{X_0} + \frac{2}{r^2}$	$f_0 - \frac{3F_0 D_0 r^4}{X_0} - 4F_0 \log r$	$-\frac{1}{2}$
iv	2	-4	D ₀ r ⁻⁴	$p_0 + \frac{2D_0 F_0 r^{-6}}{3kX_0}$	$- p_0 - \frac{8D_0 F_0 r^{-6}}{3kX_0}$	$\frac{-30D_0 r^{-6}}{X_0} + \frac{2}{r^2}$	$f_0 - \frac{45F_0 D_0 r^{-4}}{X_0} - 4F_0 \log r$	$-\frac{1}{4}$
v	-2	0	D ₀	p ₀	$- p_0 - \frac{6D_0 F_0}{kX_0} r^{-2}$	$\frac{2}{r^2} [\frac{X_0 - D_0}{X_0}]$	$f_0 + \frac{2F_0}{r^4} [\frac{X_0 - D_0}{X_0}]$	0

From table-III of type-III assumption, it is observed that

In solution (i)(ii) and (v), pressure and density are constant. Hence not physically acceptable

In solution (iii) and (iv), are not physically acceptable due to negative square speed sound.

3.4. Type IV solutions: $X = X_0 r^l$, $C = C_0 r^m$, $F = F_0$

From Eqns (16), we obtain

$$\frac{\ddot{D}}{2D} + \frac{\dot{D}}{Dr} - \frac{l}{r^2} - \frac{l\dot{D}}{4rD} - \frac{m\dot{D}}{4rD} - \frac{m}{r^2} = 0$$

Whose general solution is

$$D = D_0 r^n \quad n = l + m \pm \sqrt{(l + m)^2 - 4l - 4m} \tag{26}$$

Eqns (10) and (13) lead to

$$p = p_0 - \frac{n(m^2 - 2m - 4l - ml)F_0 D_0}{8kX_0(n-l-2)} r^{(n-l-2)}$$

$$\rho = -p_0 + \frac{(m^2 - 2m - 4l - ml)(3n - 2l - 4)F_0 D_0}{8kX_0(n-l-2)} r^{(n-l-2)} \tag{27}$$

From Eqns (9) corresponding Ricci scalar is

$$R = \frac{-D_0 r^{(n-l-2)}}{2X_0} [2n^2 + 6n + m^2 + 2m - 4l - ml - nl + 2mn + 4] + \frac{2}{r^2} \tag{28}$$

$$X = X_0 r^l, \quad C = C_0 r^m, \quad F = F_0$$

Table-IV:

No.	i	ii	iii	iv
<i>l</i>	0	1	$-\frac{1}{2}$	$-\frac{3}{2}$
<i>m</i>	$-\frac{1}{2}$	$-\frac{3}{2}$	0	1
<i>n</i>	1	1	-2	-2
<i>D(r)</i>	$D_0 r^1$	$D_0 r^1$	$D_0 r^{-2}$	$D_0 r^{-2}$
<i>p(r)</i>	$p_0 + \frac{5D_0 F_0 r^{-1}}{32kX_0}$	$p_0 + \frac{11D_0 F_0 r^{-2}}{64kX_0}$	$p_0 - \frac{D_0 F_0}{7kX_0} r^{-\frac{7}{2}}$	$p_0 - \frac{13D_0 F_0}{20kX_0} r^{-\frac{5}{2}}$
<i>ρ(r)</i>	$-p_0 + \frac{5D_0 F_0 r^{-1}}{32kX_0}$	$-p_0 + \frac{33D_0 F_0 r^{-2}}{64kX_0}$	$-p_0 + \frac{9D_0 F_0}{14kX_0} r^{-\frac{7}{2}}$	$-p_0 + \frac{91D_0 F_0}{40kX_0} r^{-\frac{5}{2}}$
<i>R(r)</i>	$\frac{-41D_0 r^{-1}}{8X_0} + \frac{2}{r^2}$	$\frac{-19D_0 r^{-2}}{8X_0} + \frac{2}{r^2}$	$\frac{-D_0 r^{-\frac{7}{2}}}{2X_0} + \frac{2}{r^2}$	$\frac{-9D_0 r^{-\frac{5}{2}}}{4X_0} + \frac{2}{r^2}$
<i>f(r)</i>	$f_0 - \frac{41D_0 F_0 r^{-1}}{8X_0} + \frac{2F_0}{r^2}$	$f_0 - \frac{19D_0 F_0 r^{-2}}{8X_0} + \frac{2F_0}{r^2}$	$f_0 - \frac{D_0 F_0 r^{-\frac{7}{2}}}{2X_0} + \frac{2F_0}{r^2}$	$f_0 - \frac{9D_0 F_0 r^{-\frac{5}{2}}}{4X_0} + \frac{2F_0}{r^2}$
v_s^2	1	$\frac{1}{3}$	$-\frac{2}{9}$	$-\frac{26}{91}$

In table-IV of type-IV assumption, it is observed that

It is observed that solution (iv) & (iii) are not physically acceptable as the speed of sound is not subluminal due to negative squared sound speed.

In solution (ii), are physically acceptable as they satisfy the pressure and density are decrease with increasing r, sound speed is subluminal i.e $0 < v_s^2 < 1$

3.5. Type Vsolutions:

$$X = X_0 r^l, \quad C = C_0, \quad F = F_0 r^n$$

In this case, we obtain

$$\frac{\ddot{D}}{2D} + \frac{\dot{D}}{Dr} - \frac{n(n-1)}{r^2} - \frac{n\dot{D}}{2rD} + \frac{nl}{2r^2} - \frac{l}{r^2} - \frac{l\dot{D}}{4rD} = 0$$

Whose solution is

$$D = D_0 r^m, \quad m = 2n + l \pm \sqrt{l^2 + 4n + 4l} \tag{29}$$

From Eqns (10) and (13), we obtain values of *p* and *ρ*

$$p = p_0 + \frac{m(2n^2 + 2n + 2l - nl)F_0 D_0}{4kX_0(m + n - l - 2)} r^{(m+n-l-2)},$$

$$\rho = -p_0 - \frac{(2n^2 + 2n + 2l - nl)(3m + 2n - 2l - 4)F_0 D_0}{4kX_0(m + n - l - 2)} r^{(m+n-l-2)} \tag{30}$$

Also we have

$$R = \frac{-D_0 r^{(m-l-2)}}{2X_0} [2m^2 + 6m - 4l - ml + 4] + \frac{2}{r^2} \tag{31}$$

$$X = X_0 r^l, \quad C = C_0, \quad F = F_0 r^n$$

Table-V:

No.	i	ii	iii	iv	v
l	$-\frac{1}{4}$	$-\frac{1}{2}$	$\frac{1}{2}$	1	$\frac{1}{2}$
n	$\frac{1}{4}$	1	0	-1	0
m	$\frac{1}{2}$	3	2	-2	-1
$D(r)$	$\frac{1}{D_0 r^2}$	$D_0 r^3$	$D_0 r^2$	$D_0 r^{-2}$	$D_0 r^{-1}$
$p(r)$	$p_0 + \frac{13D_0 F_0 r^{-1}}{128kX_0}$	$p_0 - \frac{3D_0 F_0}{20kX_0} r^{\frac{5}{2}}$	$p_0 - \frac{D_0 F_0}{kX_0} r^{\frac{-1}{2}}$	$p_0 + \frac{7D_0 F_0 r^{-4}}{8kX_0}$	$p_0 + \frac{D_0 F_0 r^{\frac{-7}{2}}}{14kX_0}$
$\rho(r)$	$-p_0 + \frac{39D_0 F_0 r^{-1}}{128kX_0}$	$-p_0 + \frac{2D_0 F_0}{5kX_0} r^{\frac{5}{2}}$	$-p_0 + \frac{D_0 F_0}{2kX_0} r^{\frac{-1}{2}}$	$-p_0 - \frac{49D_0 F_0 r^{-4}}{8kX_0}$	$-p_0 - \frac{8D_0 F_0 r^{\frac{-7}{2}}}{14kX_0}$
$R(r)$	$\frac{-69D_0 r^{\frac{-5}{4}}}{16X_0} + \frac{2}{r^2}$	$\frac{-87D_0 r^{\frac{3}{2}}}{4X_0} + \frac{2}{r^2}$	$\frac{-21D_0 r^{\frac{-1}{2}}}{2X_0} + \frac{2}{r^2}$	$\frac{D_0 r^{-5}}{X_0} + \frac{2}{r^2}$	$\frac{-5D_0 r^{\frac{-7}{2}}}{4X_0} + \frac{2}{r^2}$
$f(r)$	$f_0 + \frac{345D_0 F_0 r^{\frac{1}{2}}}{32X_0} + \frac{16F_0}{7r^4}$	$f_0 - \frac{261D_0 F_0 r^{\frac{5}{2}}}{20X_0} + \frac{4F_0}{r}$	$f_0 - \frac{21D_0 F_0 r^{\frac{-1}{2}}}{2X_0} + \frac{2F_0}{r^2}$	$f_0 + \frac{5D_0 F_0 r^{-7}}{7X_0} + \frac{F_0}{r^4}$	$f_0 - \frac{5D_0 F_0 r^{\frac{-7}{2}}}{4X_0} + \frac{2F_0}{r^2}$
v_s^2	$\frac{1}{3}$	$-\frac{3}{8}$	-2	$-\frac{1}{7}$	$-\frac{1}{8}$

It is observed that table-V of type-V assumption,

In solution (i), are physically acceptable as they satisfy the pressure and density are decrease with increasing values of r, sound speed is subluminal

In solution (ii) to (v) are not physically acceptable as the speed of sound is not subluminal due to negative squared sound speed.

3.6. Type VI solutions: $X = X_0, \quad C = C_0 r^m, \quad F = F_0 r^n$

From Eqns (16), we obtain

$$\frac{\ddot{D}}{2D} + \frac{\dot{D}}{Dr} - \frac{n(n-1)}{r^2} - \frac{m\dot{D}}{4rD} + \frac{nm}{2r^2} - \frac{m}{r^2} - \frac{n\dot{D}}{2rD} = 0$$

Which gives

$$D = D_0 r^l \quad , \quad l = n - m \pm \sqrt{m^2 + 5n^2 + 4n - 4m} \tag{32}$$

The corresponding vales of p and ρ becomes

$$p = p_0 - \frac{l(m^2 - 2m - 4n - 4n^2) F_0 D_0}{8kX_0(n+l-2)} r^{(n+l-2)} \quad , \quad \rho = -p_0 + \frac{(m^2 - 2m - 4n - 4n^2)(3l+2n-4) F_0 D_0}{8kX_0(n+l-2)} r^{(n+l-2)} \tag{33}$$

We have, corresponding values of Ricci scalar is

$$R = \frac{-D_0 r^{(l-2)}}{2X_0} \left[2l^2 - 2l + m^2 + 2m + 8l - ml + 2ml + 4 \right] + \frac{2}{r^2} \tag{34}$$

$$X = X_0 \quad , \quad C = C_0 r^m \quad , \quad F = F_0 r^n$$

Table-VI:

No.	i	ii	iii	iv
m	1	$-\frac{1}{6}$	$-\frac{1}{2}$	$-\frac{3}{8}$
n	$\frac{1}{2}$	0	0	-1
l	-1	1	-1	1
$D(r)$	$D_0 r^{-1}$	$D_0 r^1$	$D_0 r^{-1}$	$D_0 r^1$
$p(r)$	$p_0 + \frac{1D_0 F_0 r^{-2}}{4kX_0}$	$p_0 + \frac{13D_0 F_0 r^{-1}}{228kX_0}$	$p_0 - \frac{5D_0 F_0 r^{-3}}{16kX_0}$	$p_0 + \frac{57D_0 F_0 r^{-2}}{1024kX_0}$
$\rho(r)$	$-p_0 - \frac{3D_0 F_0 r^{-2}}{2kX_0}$	$-p_0 + \frac{13D_0 F_0 r^{-1}}{228kX_0}$	$-p_0 + \frac{35D_0 F_0 r^{-3}}{96kX_0}$	$-p_0 + \frac{171D_0 F_0 r^{-3}}{1024kX_0}$
$R(r)$	$-\frac{D_0 r^{-3}}{2X_0} + \frac{2}{r^2}$	$-\frac{409D_0 r^{-1}}{72X_0} + \frac{2}{r^2}$	$-\frac{D_0 r^{-3}}{8X_0} + \frac{2}{r^2}$	$-\frac{339D_0 r^{-1}}{64X_0} + \frac{2}{r^2}$
$f(r)$	$f_0 - \frac{3D_0 F_0 r^{-2}}{4X_0} + \frac{4F_0}{r^2}$	$f_0 - \frac{409D_0 F_0 r^{-1}}{72X_0} + \frac{2F_0}{r^2}$	$f_0 - \frac{D_0 F_0 r^{-3}}{8X_0} + \frac{2F_0}{r^2}$	$f_0 - \frac{339D_0 F_0 r^{-2}}{128X_0} + \frac{2F_0}{r^2}$
V_s^2	$-\frac{1}{6}$	1	$-\frac{6}{7}$	$\frac{1}{3}$

From table-VI of type-VI assumption, it is observed that

In solution (iv), are physically acceptable as they satisfy the pressure and density are decrease with increasing r, sound speed is subluminal

In solution (ii) and (iii) are not physically acceptable due to negative squared sound speed.

3.7. Type VII solutions: $X = X_0 r^l \quad , \quad C = C_0 r^m \quad , \quad F = F_0 r^n$

Inserting values in Eqns (16), we obtain

$$\frac{\ddot{D}}{2D} + \frac{\dot{D}}{Dr} + \frac{nl}{2r^2} - \frac{n(n-1)}{r^2} - \frac{m\dot{D}}{4rD} + \frac{nm}{2r^2} - \frac{m}{r^2} - \frac{n\dot{D}}{2rD} - \frac{l}{r^2} - \frac{l\dot{D}}{4rD} = 0$$

Whose solution is

$$D = D_0 r^q \quad , \quad q = \frac{1}{2} [l - m - 2n \pm \sqrt{2lm - l^2 + 6nl - m^2 - 2mn + 4n - 4l - 4m}] \tag{35}$$

From Eqns (10) and (13), we obtain

$$p = p_0 - \frac{q(m^2 - 2m + 4l - 4ml + 2nl - 4n^2 - 4n)F_0 D_0}{8kX_0(q+n-l-2)} r^{(q+n-l-2)}, \rho = -p_0 + \frac{(m^2 - 2m + 4l - 4ml + 2nl - 4n^2 - 4n)(3q + 2n - 2l - 4)F_0 D_0}{8kX_0(q+n-l-2)} r^{(q+n-l-2)} \tag{36}$$

Also we have

$$R = \frac{-D_0 r^{(q-l-2)}}{2X_0} \left[2q^2 + 6q + m^2 + 2m - 4l - ql - ml + 2mq + 4 \right] + \frac{2}{r^2} \tag{37}$$

Table-VII:

$$X = X_0 r^l, C = C_0 r^m, F = F_0 r^n$$

No.	i	ii	iii	iv
<i>l</i>	2	0	$-\frac{1}{8}$	0
<i>m</i>	0	0	$-\frac{1}{8}$	$-\frac{1}{2}$
<i>n</i>	1	$\frac{1}{4}$	0	$\frac{1}{2}$
<i>q</i>	1	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{1}{2}$
<i>D(r)</i>	$D_0 r^1$	$\frac{1}{D_0 r^4}$	$\frac{1}{D_0 r^2}$	$\frac{1}{D_0 r^2}$
<i>p(r)</i>	$p_0 + \frac{1D_0 F_0 r^{-2}}{4kX_0}$	$p_0 - \frac{5D_0 F_0 r^2}{192kX_0}$	$p_0 - \frac{19D_0 F_0 r^8}{1408kX_0}$	$p_0 - \frac{7D_0 F_0 r^{-2}}{64kX_0}$
<i>ρ(r)</i>	$-p_0 + \frac{13D_0 F_0 r^{-2}}{228kX_0}$	$-p_0 - \frac{45D_0 F_0 r^2}{192kX_0}$	$-p_0 - \frac{171D_0 F_0 r^8}{2816kX_0}$	$-p_0 - \frac{21D_0 F_0 r^{-2}}{128kX_0}$
<i>R(r)</i>	$-\frac{D_0 r^{-3}}{X_0} + \frac{2}{r^2}$	$-\frac{45D_0 r^{\frac{7}{4}}}{16X_0} + \frac{2}{r^2}$	$-\frac{489D_0 r^{\frac{11}{8}}}{128X_0} + \frac{2}{r^2}$	$-\frac{25D_0 r^{\frac{3}{2}}}{8X_0} + \frac{2}{r^2}$
<i>f(r)</i>	$f_0 - \frac{3D_0 F_0 r^{-2}}{2X_0} + \frac{4F_0}{r}$	$f_0 - \frac{105D_0 F_0 r^2}{32X_0} + \frac{16F_0}{7r^4}$	$f_0 - \frac{489D_0 F_0 r^8}{128X_0} + \frac{2F_0}{r^2}$	$f_0 - \frac{75D_0 F_0 r^{-1}}{16X_0} + \frac{8F_0}{3r^2}$
<i>v_s²</i>	$\frac{1}{3}$	$\frac{1}{9}$	$\frac{2}{9}$	$\frac{2}{3}$

In table-VII of type-VII assumption, it is found that

In solution (i), are physically acceptable as they satisfy the pressure and density are decrease with increasing r, sound speed is subluminal

In solution (ii) to (iv) are not physically acceptable due to pressure and density are not decrease with increasing values of r.

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Discussion and Conclusion:

In this paper we study some five dimensional static spherically symmetric interior solutions for perfect fluid in $f(R)$ theory. Field equations of this theory are complicated which cannot be solved without taking some assumptions. Here we used seven assumptions. Physical acceptability criteria is applied to the solutions to check whether the solutions are physical acceptable or not. First type of assumption gives some solutions out of which one solution is physical acceptable. Second and third type of assumptions provide solutions but none of them are physical acceptable hence no new solution is obtained.

Fourth and fifth type of assumptions give some solutions in table IV and table V, out of which only one solution from each table satisfies physical acceptability conditions.

Using sixth and seventh assumption, here also we obtained some solutions out of which only one solution from each case is physical acceptable.

Exact solutions in $f(R)$ theory are used to study dark energy and dark matter, thus these solutions might be useful to study unknown nature of dark energy and dark matter.

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