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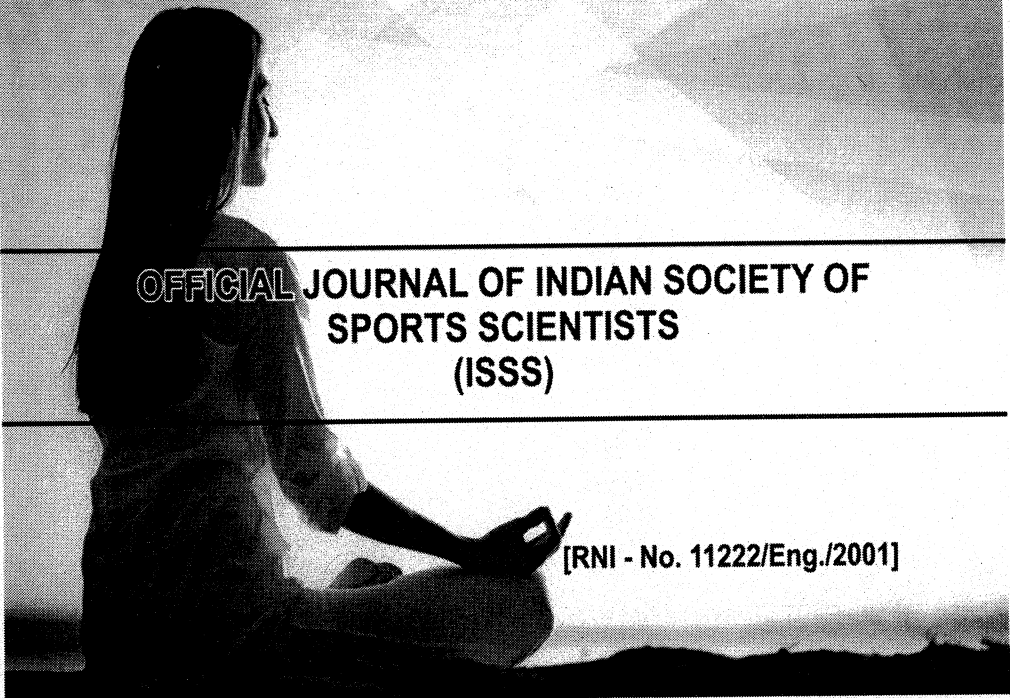
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MINISTRY OF YOUTH AFFAIRS & SPORTS DEPARTMENT OF SPORTS

Compiled by Prof. N.B. Shukla, TusharDhar Shukla

Scheme of Human Resources Development in Sports

Introduction

1.1 Excellent performance in sports and games at national and international levels is a matter of pride for all nations of the world. Countries have been utilizing sizeable resources and providing best of facilities to develop and sustain sports talent at the highest level. The performance in sports and games ins one major yardstick of the nation's quality of human development.

1.2 Olympic and international competitions are an arena for showcasing the potential grit & strength of human beings. With new event, athletes are breaking the existing records and setting new bars at every unimaginable heights, again to be broken at the next event. For long, sports science, sports medicine, sports technology & techniques have been playing a very important role in the making of an elite athlete. Countries such as US, UK, China, Australia, Germany, and Japan etc. have taken leads in these areas and as a result, they are dominating the world of sports today. For becoming a leading sporting nation, India must invest its human resources development in sports sector. There is need to develop a large pool of specialists in sports science, sports medicine, sports technology, sports nutrition, sports physiotherapy, sports masseurs on one hand and develop high performance coaches, referees, psychologists etc. on the other.

1.3 The Ministry of Youth Affairs and Sports (MYAS) is the nodal Ministry in the Government of India to take care of the development of sports and games in the country. The Ministry is operating various schemes to achieve broad-basing of sports and excellence in sports. In past, the 'Scheme relating to Talent Search & Training' was implemented. Since 2012, the 'Scheme Human Resource Development in Sports' is one such endeavour, providing financial assistance to Ministry of Youth Affairs and Sports (MYAS)/ Sports Authority of India (SAI)/ National Sports Federations (NSFs) officials, athletes, coaches, technical officials, etc. for upgradation of their skills & knowledge. The Scheme extends financial assistance for training and short-term courses for coaches technical and support staff, in addition, sports specialists are sponsored for attending seminars/conferences at international level; assistance has also been extended for holding/attending coaching camps/seminars/conferences /workshops within the country by inviting foreign experts or sending them to foreign institutions.

1.4 The present scenario indicates the absence of adequate human resources in areas of sports sciences and sports medicine. These are vital areas requiring immediate attention, because the performance of an athlete depends significantly on the availability of right inputs from sports scientists and sports medicine specialists. It is considered necessary to identify and send eligible persons with the necessary qualifications and aptitude for advanced/specialized courses in these areas to Universities/Institutes of international repute with world class facilities so as to have such expertise in India. In addition, foreign expertise should also be procured for training of coaches, technical officials, physiotherapists, masseurs, nutritionist etc. in India.

1.5 Similarly, enough attention is not being given to research and publication in the field of sports and games. Adequate attention is required to be given to take up/encourage research work in sports-related matters which will have long term impact on excellence in sports and games in the country. It is a fact that sports research in India has not reached competitive level or lagging behind at par with other developed countries. There is a need that specific research projects must be identified by Ministry of Youth Affair & Sports (MYAS) Sports Authority of India (SAI)/ National Dope Test Laboratory (NDTL)/ National Anti Doping Agency (NADA)/ Lakshmi Bai National University of Physical Education/India Olympic Association (IOA)/ National Sports Federations (NSFs) for commissioning special research by in-country experts or in collaboration with foreign experts. Another area, which needs attention, is publication of outstanding works in sports making significant contribution to the available literature in the sports sector. Popular publications or online modules should also be brought out/developed to spread awareness about sports including indigenous sports for general masses.

1.6 Therefore, the existing '**Scheme Human Resource Development in Sports**' is being updated keeping in view the international sporting landscape. The updated scheme will focus on the academic and intellectual side of sports development. This is vitally important if we are to improve the standard of sports in the country.

1.7 Under another existing scheme namely, 'Scheme of Assistance to National Sports Federations' (NSF Scheme), the National Sports Federations are being assisted for several purposes such as organizing tournaments inside the country, participation in international tournaments organized abroad, purchase of equipment, organizing coaching etc. With the enhanced allocation, the NSF scheme should take care of the requirements for customized training of top level and promising sportspersons. In addition, medal prospect/core probables for Olympics/Asian/Commonwealth Games/World Championships are provided assistance under Target Olympic Podium (TOP) Scheme of National Sports Development Fund (NSDF). Therefore, the activities relating to training of budding sports-persons and participation in

competitions will be covered under "Khelo India" scheme for financial assistance/scholarship.

1.8 Keeping in view the priorities and focus, the scheme is called as '**Scheme of Human Resources Development in Sports**'

2 Objectives:

The Scheme aims at

- (i) Awarding Fellowships for short term (upto 3 months) specialized studies and upto 2 years for Master's level programme in specific disciplines relevant to sports and games.
- (ii) Encouraging professionals in the field of sports to exchange ideas and enhance knowledge and skills through participation in Seminars, Clinics/training, Workshops and Conferences in India or abroad and provide financial support for such activities.
- (iii) Inviting reputed/qualified Foreign experts such as high performance directors, coaches, technical officials, sports scientists, sports medicine experts, masseurs , physiotherapists, professors, scholars to India for lectures, coaching, consultancy, exchange, training, dialogue, advice etc.
- (iv) Providing assistance to Match officials for appearing in qualifying examinations; also providing assistance to Match Officials, Coaches and other Supports Personnel for training/courses which help them improve their professional competence in their relevant areas of specialization in India or abroad;
- (v) Providing financial assistance for Researchprojects relevant to sports and games and commissioning of specialized research projects keeping in view India requirements;
- (vi) Providing financial assistance for publication of works of high quality, directly relevant to sports and games; to publish/ sponsor popular literature on sports for general public; and
- (vii) To develop online learning resource for wider dissemination of knowledge & techniques of games in different languages among community coaches and general public.

3 Fellowship Programme :

3.1 Courses :

- (i) The Fellowship will be offered for advanced/specialized training of short term duration/modules/workshops etc. upto 3 moths and upto 2 years for Master's

level programme in India as well as abroad in various sports science disciplines having relevance to sports and games such as Biomechanics, Sports Nutrition, Kinesiology, Anthropometry, Exercise physiology, Sports Psychology, General Theory & Method of Training (GTMT), Sports Medicine, Anti-doping, Sports Informatics, Sports Statistics and Sports modelling, Sports Genetics, Sociology of Sports, Sports Management and Sports Law.

The competent authority will decide the relevance of a course to sports and games on a case-to-case basis.

- (ii) Department of Sports will also design/shortlist specialized training programmes/modules/workshops/conference, seminar etc. for its officials, coaches, athletes, technical staffs and university faculty. Nominations from State/UT Governments may also be invited for upto 40 percent of slots.

3.2 Selection process

All the applications for the Fellowship will be scrutinized in the Department of Sports and shortlisted based on the following process:

- (i) Candidates, who wish to avail of the Fellowship in any of the specified disciplines, shall take admission in a reputed institute. An illustrative list is given in Appendix A.
- (ii) Candidates shall submit their applications in the prescribed format along with all the required documents. Incomplete applications will also be rejected;
- (iii) Selected candidates will be required to submit all the documents in original to the Department of Sports for verification;
- (iv) The number of Fellowships will normally be determined by the department in the beginning of any given calendar year, however this may be increased or decreased as per requirement.
- (v) Normally, employees from Central/State/UT Government and Autonomous Bodies fully funded by Government will be considered for Fellowship/sponsorship up to 3 months duration under the Scheme.
- (vi) Only permanent employees of autonomous bodies under Department of Sports such as SAI, LNIPE, NDTL, NADA, NSDF etc. shall be considered for long term programme up to 2 years on DOPT pattern. The candidate must secure admission in a reputed institute/university in India or abroad. up to 4 employees can be granted fellowship in a calendar year.

The Following persons having sports background may be considered for short-term Fellowship provided they are otherwise eligible under the Scheme;

- i) National/International level athlete;
 - ii) National/International level coach.
- (vii) Preference will be given to candidates who have received financial assistance in part from the Institution offering admission or any other institution/body; and
- (viii) Efforts will be made to select a suitable number of women candidates for Fellowship.

3.3 Eligibility Criteria

The following shall be the eligibility criteria for selection of candidates for Fellowship:

Eligibility Criteria	Documents to be submitted
The candidate should:	
Be an Indian national currently based in India (PIO/OCI not eligible)	Copy of Passport or other identification such as a PAN card, Driving License, Aadhar Card etc.
Not be more than: 55 years of age	Birth Certificate or Secondary School Certificate indicating the date of birth
Possess an admission or offer letter from the Institutions for Fellowship with a break-up of the fee structure for the entire course	Copy of Institution's admission letter along with relevant details
Obtain a No Objection Certificate (NOC) from his or her employer in the event the candidate is employed at the time of application	NOC duly signed by an authorized signatory of the candidate's employing organization as per the prescribed format.
Execute a surety bond with the Department on a Rs 100 non-judicial stamp paper, to work on contractual basis, if offered, with the Sports Authority of India or a designated organization/Institute for a period of three years	Bond signed by the candidate as per the prescribed format.

3.4 Financial Assistance

3.4.1 The employees of the Central Government, State Governments and autonomous bodies of Department of Sports would be assisted as per the of DoP& T rates.

3.5 Prior to application for Fellowship, candidates, if employed, should note that they will be solely responsible for getting relieved by their employers for undergoing the course.

3.5.2 After selection of the candidate under the Fellowship/ sponsorship Programme:

(i) The finally selected candidates shall join the Institution within stipulated time from the date of communication of selection. In case the candidate does not join within this specified period of time, the Fellowship will automatically get cancelled. No request for extension of time for availing of the Fellowship will be entertained under the scheme under normal circumstances;

(ii) Candidates shall not change the course of study or research for which Fellowship has been sanctioned;

(iii) Candidates have to complete the programme otherwise the sanctioned amount will be recovered from him/her.

(iv) Expenses (as defined in the section 3.4 on Financial Assistance) covered by the Fellowship would be strictly limited to the candidate;

(v) In the event the candidate has received any financial assistance from the institution offering admission or any other institution/ body for a part amount, the financial assistance offered to the candidate by the Department will be reduced by such amount;

(vi) If a candidate has furnished any false information/document, he/she shall be debarred from the Fellowship and if he/she has availed of it or is availing it, action will be initiated for recovery of the amount spent with 10% compound interest thereon. Such candidate will also be blacklisted for future and the employed candidate will also have to face departmental action for such act, for which the Department of Sports will take up the matter with the respective employers;

(vii) In an emergency, the candidate is permitted to return to India for a specific purpose in connection with the emergency, after having duly informed the Department as well as the Institute of study. The candidate will, however be required to bear the to and fro journey expenses for the visit and shall also not be entitled to receive maintenance allowance under the scheme for the period of being away from the place of his/her Institution;

- (viii) Any decisions on issues concerning candidates as may arise from unforeseen circumstances will be made by the designated Committee.

4. Exchange of knowledge/research/ideas

Participation in Seminars/Workshops/Conferences/Clinics/ training in India or abroad and Support to such activities for holding Seminars/Workshops/Conferences in the Country or calling foreign experts/coaches/scholars to India.

4.1 For attending seminars/workshops/conferences of repute India or abroad:

Professionals in the field of sports may be encouraged to exchange ideas and enhance knowledge and skills through participation in Seminars, Workshops and Conferences in India or abroad. They may be assisted for attending such programmes of repute provided they are specifically invited for chairing the function or delivering the key-note address or presenting a research paper which has been specifically accepted for discussion in the event. The paper should either be of practical importance or outstanding academic value in the field of sports science, mentioned in section 3.1.

Normally, permanent employees of Central/State/UT Governments and Autonomous Bodies under Government would be considered for Participation in Seminars/Workshops/ Conferences abroad.

Proposals of permanent faculty working in Government funded and University Grand Commission (UGC) regulated universities may be considered for grants meeting the expenses for air travel for participation abroad only.

4.1.1 Assistance for permanent employees of the Central/State/UT Governments and autonomous bodies under Governments may be considered for the following:

- (i) Economy class Air fare by the shortest route from the place of residence to the venue, both ways, along with airport tax, local transport and other incidentals, which are of mandatory nature.

- (ii) For journey inside the county, train fare by AC 2nd Class Sleeper, both ways, and local transport will be considered. In case the distance is more than 500 kilometres, air travel by economy class by the shortest route will be allowed.

4.1.2 Assistance will be decided after taking into account the support being provided by the organizer, which shall be adjusted while deciding the admissible amount.

4.1.3 Persons assisted under the scheme shall have to submit a self-contained report in triplicate on the deliberations in the seminar/ Workshop/Conference along

with specific suggestions for promotion of sports in India on the relevant subject, within 15 days of the completion of the event. Persons, who have failed to submit report within the scheduled time, will not be considered for assistance for future.

- 4.1.4 Persons once assisted under this component will be considered for assistance afresh only after two years.
- 4.2 For holding Training Programmes, Seminars, Workshops/ Clinics and Conferences within the country:

STRESS MANAGEMENT-AN OVERVIEW

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ABSTRACT:

Stress is seen in every corner of the world and which occurs to everyone. Peoples use the term stress to describe the feeling they have when it all seems too much. When they are overloaded and don't feel that they are able to meet all the demand placed upon them. A child burdened with heavy bag right from school to the Manager of corporate world, stress has become a new life style disease. It has become predominant and people have come up with balanced monitored concepts to minimize stress.

What is Stress Management?

We all respond to stress differently so, there's no "one size fits all" solution to managing stress. But if you feel like the stress in your life is out of control, it's time to take action. Stress management can teach you healthier ways to cope with stress, help you reduce its harmful effects, and prevent stress from spiraling out of control again in the future.

No matter how powerless you may feel in the face of stress, you still have control over your lifestyle, thoughts, emotions, and the way you deal with problems. Stress management involves changing the stressful situation when you can, changing your reaction when you can't taking care of yourself, and making time for rest and relaxation. The first step is to recognize the true sources of stress in your life.

What are the sources of stress in your life?

It's easy to identify sources of stress following a major life event such as changing jobs, moving home, or losing a loved one, but pinpointing the sources of everyday stress can be more complicated. It's all too easy to overlook your own thoughts, feelings, and behaviors that contribute to your stress levels. Sure, you may know that you're constantly worried about work deadlines, but maybe it's your procrastination, rather than the actual job demands, that is causing the stress.

How do you currently cope with stress?

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

Unhealthy ways of coping with stress:

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

- Smoking
- Drinking to much
- using drugs to relax
- Sleeping too much
- Filing up every minute of the day to avoid facing problems

Managing stress – Get Moving:

Physical activity plays a key role in reducing and preventing the effects of stress, but you don't have to be an athlete or spend hours in a gym to experience the benefits. Just about any form of physical activity can help relieve stress and burn away anger, tension, and frustration. Exercise releases endorphins that boost your mood and make you feel good, and it can also serve as a valuable distraction to your daily worries.

The first step is to get yourself up and moving. Here are a few easy ways:

- Put on some music and around
- Walk or cycle to the grocery store
- Park your car in the farthest spot in the lot and walk the rest of the way
- Pair up with an exercise partner and encourage each other as you workout

Managing stress – Regular Exercise:

Once you're in the habit of being physically active, try to incorporate regular exercise into your daily schedule. Activities that are continuous and rhythmic – and require moving both your arms and your legs – are especially effective at relieving stress. Walking running, swimming, dancing, cycling, tai chi, and aerobic classes are good choices.

Adding this mindfulness element to your exercise routine will help you break out of the cycle of negative thoughts that often accompanies overwhelming stress. Focus on coordinating your breathing with your movements, for example, or notice how the air or sunlight feels on your skin. Getting out of your head and paying attention to how your body feels is also the surest way to avoid picking up an injury.

Managing stress – Engage socially:

Social engagement is the quickest, most efficient way to rein stress and avoid overreacting to internal or external events that you perceive as threatening. There is nothing more calming to your nervous system than communicating with another human being who makes you feel safe and understood. This experience of safety – as perceived by your nervous system – results from nonverbal cues that you hear, see and feel.

Reach out to family and friends and connect regularly in person. The people you talk to don't have to be able to fix your stress; they just need to be good listeners. Opening up is not a sign of weakness and it won't make you a burden to others. In fact, most friends will be flattered that you trust them enough to confide in them, and it will only strengthen your bond. And remember, it's never too late to build new friendships and improve your support network.

Managing stress – Avoid unnecessary stress:

While stress is an automatic response from your nervous system, some stressors arise at predictable times – your commute to work, a meeting with your boss, or family gatherings, for example. When handling such predictable stressors, you can either change the situation or change your reaction.

Managing stress – Accept the things you can't change:

Many sources of stress are unavoidable. You can't prevent or change stressors, such as the death of a loved one, a serious illness. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

Don't try to control the uncontrollable: Many things in life are beyond our control – particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

Look for the upside: When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

Managing stress – Make time for fun and relaxation: Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors.

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SCHEME OF HRD IN ASSISTANCE OF SPORTS

Compiled by: Prof. Y.B. Shukla, TusharDhar Shukla

The assistance will be given to foreign coaches/experts for participating in such events as under:

- (i) Economy class air-fare from place of residence to the venue of the function, both ways.
- (ii) Boarding charges and DA will be given on a realistic basis.
- (iii) Fees to be paid to the expert (s) holding the Seminar/Workshop/ Conference on a realistic basis.

4.2.2 Assistance for holding such events may also be given on a realistic basis; facility available with the Sports Authority of India may be availed for the purpose to the extent possible.

4.2.3 Scale of assistance for those, other than foreign coaches/experts, will be guided by the guidelines/instructions of the Ministry of Finance.

4.3 Assistance will also be provided to Sports Authority of India, National Dope testing Laboratory, National Anti Doping Agency, National Sports University, Lakshmbai National University of Physical Education and National Sports Federation etc. For holding national/international Seminars, Workshops, Training Programmes and Conferences in the country with the aim of facilitating exchange of ideas and enhancement of knowledge/skills of Indian coaches, referees and other technical officials in achieving excellence in sports. Ministry of Youth Affairs and Sports can also conduct/ commission such events and reputed/qualified foreign experts can also conduct/commission such events and reputed/qualified foreign experts can be invited to such event/activities.

The amount of money for conducting such programs would be on the following items:

- 4.3.1 Travel, boarding /local transport etc. of experts/trainers to the place where program is being organized, Fees/remuneration to experts/trainers as per rates stated in para 4.2.1 and 4.2.3 of the scheme.
- 4.3.2 Cost of logistics for organization of the event and local transport as per para 4.2.2 of the scheme.
- 4.3.3 Boarding and lodging of trainees who are employees of Central govt./State Govt./UT Govt. and bodies fully funded by them.

5. Assistance to Match Officials, Coaches and Supporting Personnel:

- 5.1.1 Match officials (Judge, Umpire, Referee, Arbitrator etc.) will be assisted for appearing in qualifying examinations organized by international bodies or national sports federations/IOA;
- 5.1.2 Match officials, Coaches and supporting personnel (physiotherapists, psychologists, nutritionists, masseurs etc.) will be assisted for undergoing specialized training in the relevant disciplines/areas.
- 5.1.3 MYAS can also design specialized training programme for such officials.

5.2 Eligibility Criteria:

- (i) The Match Official must have been officiating in official tournaments and the coaches must have been coaching sportspersons at the State level for at least 2 years.,
- (ii) Assistance to supporting personnel will be decide based on the relevance of the project to promising sportspersons; and
- (iii) For specialized training Match Officials (Judge, Umpire, Referee, Arbitrator etc.) should have participated/officiated in Olympics/Commonwealth/Asian Games/World Championship and have 'A' grade certificate issued by the recognized international body.

5.3 The applicant will not be more than 55 years of age except that there will be no age bar on assistance to the Match officials for appearing in qualifying examinations.

5.4 For undergoing specialized training abroad, the applicant should have confirmed admission from a reputed institution.

5.5 Assistance will be provided to Match Officials, Coaches and Support Personnel for undergoing specialized training abroad the equivalent of which is not available inside the country. The assistance will be provided to an individual for a period not exceeding one year.

5.6 Financial assistance:

- (a) Economy class Air fare by the shortest route from the point of embarkation in India to the point of disembarkation in the foreign country, both ways, along with airport tax, local transport and other incidentals. For the journey inside the country, train fare by AC 2nd Class, both ways, and local transport will be considered. In case the distance is more than 500 kilometres, air travel by economy class by the shortest route will be allowed.

- (b) Maintenance allowance up to a maximum of US \$ 1000 per month payable in local currency.
- (c) Actual cost of books, essential apparatus, study tours (coach class fare) and other items specifically recommended by the course in charge, subject to a maximum of US \$ 350 per annum.
- (d) Tuition fee, examination fee, medical and health insurance charges, which are of mandatory nature, as per actual.

5.7 Coaches and support personnel (other than Match Officials) assisted under the scheme will be required to executive a bond for serving the Government for a minimum period of three years on completion of the training, failing which they will have to refund the amount, along with interest, provided to them under the scheme.

5.8 Assistance as admissible will be sanctioned as grant and released in two or more installments.

5.9 Number of persons

Assistance will be provided based on requirement, merit and availability of funds.

5.10 Submission of applications:

Application will be invited every year. Eligible candidates shall submit their applications in the prescribed format along with a resume clearly indicating the benefits likely to accrue from the proposed visit/training abroad.

6. Research

6.1 Scope

It is intended to provide financial grant for Research projects in sports-related disciplines. Government Institutes and UGC recognized Universities engaged in sports-related issues. Individual applications from subject specialists and research scholars, who are already working in such fields, will also be considered for R & D studies. To pursue research under bilateral and multilateral MOUs signed by MYAS and its autonomous bodies. The topics of research should have direct bearing on the problems specific to sports-related issues or it should be relevant for the overall improvement of sports and games. Such studies should lead to innovative solutions to the problems in the field of sports in India. The topics may cover (but not limited to) subjects like Sports Psychology, Sports Medicine, Injury-related matter5s, Improvement in performance, identification of potential target groups in different

disciplines, Specific sociological studies related to sports and sportspersons etc. The proposed projects/studies should not be repetition of earlier studies.

The Department of Sports will take up specific research requirements of Indian sports; and commission research studies by reputed Indian institutes, scholars or foreign scholars or joint projects undertaken by Indian and foreign universities in collaboration or research done by foreign institutes.

6.1.1 The following methods will be used to promote research in sports sector:

- (a) Reputed Indian/foreign scholars/institutes will be invited to work either on a special research need identified by an expert committee or under some bilateral or multilateral MOU on nomination basis;
- (b) Department of Sports may invite expression of interest for undertaking some research;
- (c) Individual scholar/institute/university may send a research proposal which shall be considered by Designated Committee.
- (d) Department of Sports will also consider research proposal of public interest under Swiss challenge method.

6.2 Nature of Support and Duration of Grant

The duration of grant for research will be two years. The grant will be provide as per UGC norms with Rs. 10 lakh being upper limit Maximum assistance can be uptoRs 50.00 lakh for the entire project in certain mega projects.

6.3 Procedure for approval of individual scholar/institute proposal:

- (i) Application should be routed through the head of the institution from where the applicant will carry out the research.
- (ii) All applications along with a copy of the CV must be submitted in triplicate by the specified deadline to the Ministry of Youth Affairs and Sports.
- (iii) Candidates will give a brief description of the research topic.
- (iv) Candidates may also include a brief about any past publications/ research carried out in areas similar to the proposed research.
- (v) Applicants are required to attach a detailed break-up of financial support required for various components including salary support for scholars, equipment, travel cost, cost for organizing conferences and any other overheads.
- (vi) Selection would be made on the basis of merit by assessing the applications with respect to (a) Academic performance of the candidate (b) Topic of

Research and (c) Expected outcome of the Research and its contribution to sports.

- (vii) The final selection will be made by the designated Committee.
- (viii) The selected candidates will be intimated by the Ministry.
- (ix) In case of MYAS commissioning/sponsoring a particular research project, the method & terms will be mutually decided by MYAS and the concerned organization.

6.4 Eligibility Criteria

Qualification criteria	Documents required
The candidate should: Be an Indian national currently based in India (PIO/OCI not eligible)	copy of passport or other identification such as a PAN card, Driving License, Aadhar Card etc.
Not more than 58 years of age	Copy of Birth Certificate or Secondary School Certificate indicating Date of Birth
Must have Ph.D/Masters in specific sports-related subject	Copy of Ph.D/Masters degree certificate
Either hold a permanent position or have suitable arrangement with the institute	Declaration signed by the Institute
Research proposal/project must be approved by the University/ Institute concerned	Approval of the Institute
Past publications in related area (if any)	Copy of the synopsis of past publications/research

The Designated Committee may however give relaxation in the eligibility criteria on the merit of the case

6.5 Other Information :

- (i) Candidates will not normally be considered if they have already received a grant for research on the same/similar subject. However, in case the application is for a supplementary grant in addition to the original grant, a no objection certificate from the original grant giving organization must be provided.

- (ii) The institution from which the candidate is applying must be recognized by/affiliated to UGC or other Statutory Bodies overseeing the functions of such Institutions.
- (iii) The amount will be used by the candidate for pursuance of research only and he/she will be required to provide information to the Ministry regarding the manner in which the funds were utilized, duly signed by the Head of the Institute/college.
- (iv) Candidates shall not change the field of research once the grant has been sanctioned.
- (v) The preparation and submission of thesis will be the responsibility of the candidate/Institute; three copies of the publication shall be made available to the Ministry.
- (vi) The Department of Sports, Ministry of Youth Affairs and Sports shall be assigned a Copyright to the research publication for future use by the Department.
- (vii) The title page of the Research Paper/Final Project Report should bear the following entry: Research conducted with financial assistance from the Government of India, Ministry of Youth Affairs and Sports, Department of Sports vide sanction letter no.-----dated-----.

6.6 Release of Grant

The sanctioned grant will be released to the Institute/University in two or more installments.

6.7 Final Report

The candidate is required to submit three hard copies and one soft copy of the Final Project Report to the Ministry on completion of the project along with an executive summary. All the projects will be reviewed periodically. And after the submission of the final report, the expert committee be constituted by the Designated Committee, will review the findings.

- 7. Publication of Outstanding Works on Sports related Subject, creation of popular literature related to sports and development of online learning resource in different Indian languages

7.1 Objective:

The purpose is to provide assistance for publications/e-Publication of Outstanding Works/journals/ e-Journals/web-based applications (apps) having significance for sports and games. Assistance will

also be provided for proliferation and dissemination of the latest as well popular information on games & sports or to upload online sports content or to undertake specific projects for development of online content by MYAS/SAI/LNIPE etc. or to develop web-based apps for promotion of exchange of ideas among all stakeholders in sports sector. It is proposed to provide assistance to publishing houses/ web companies and reputed authors/content developers to offset the costs of publishing/developing material that will make a significant contribution to the sports sector.

7.2 Procedure:

- (i) This grant would be available to the publishing houses which are members of "Association of Publishers in India" or "The Federation of Indian Publishers" or "Federation of Educational Publishers in India" and reputed organizations/authors who wish to publish outstanding works on sports matters
- (ii) The publication must be in the area of Sports
- (iii) Following type of publications may be covered under this grant:
 - (a) Technical papers on sports, (b) Doctoral dissertations, (c) Research reports/journals, (d) Abstracts of international conferences, (e) Biographies of sportspersons, (f) Other sports- related books, (g) Literature in regional language on Sports.
- (iv) Each applicant must provide complete information as mentioned in the selection process, failing which the application is liable to be rejected
- (v) Each applicant's case for publication must be agreed upon by the author if the application is from the publisher.

7.3 Nature of Support:

The grant will cover upto 50% of the publication costs subject to a maximum of Rs 5.00 lacs per publication. For Journals, it can be maximum Rs 5.00 lacs per journal for a period not exceeding three years. There shall be no such limit on the Department of Sport sponsored publications/e-Publications/ hosting etc.

7.4 Procedure for Selection:

- (i) Applications by individuals/publications must be submitted in the prescribed format.
- (ii) All Applications are to be submitted in triplicate along with the manuscript by the specified deadline to the Department of Sports.
- (iii) Applicants must provide:

- (a) All information as per the application form.
- (b) A breakup of the publishing costs.
- (c) A copy of the agreement/contract with the author of the publication where applicable.
- (d) Declaration that the publication does not violate any Intellectual Property Rights (IPR) and has not been published before
- (iv) The final selection will be made by the designated Committee.
- (v) The selected applicants will be intimated by the Department.
- (vi) In addition, proposal for publications by publishers, web-based companies, online content developers, content hosting agencies, app developers etc. will be considered as per Rule 6.1.1

7.5 Other Information

Repetitive publication would not be considered; assistance would be available only once for the first publication.

7.6 Release of Grant

- (i) The sanctioned grant will be released to the Publisher/ developer, upon application, in two or more installments
- (ii) The amount will be used for publishing-related costs only and the Publisher will be required to provide information to the Ministry regarding the manner in which the funds were utilized as per Utilization Certificate (UC) in the prescribed format.
- (iii) The Department reserves the right to block release of further installments if the applicant has not provided the UC for the previous installments/the fund utilization has not been accurate or for not implementing the terms of the scheme. In such instances, the Ministry shall recover the already released amount from the applicant.
- (iv) The work should be published within one year from the date of award of the grant; the offer for the grant-in aid will automatically lapse after one year unless the period is extended upon consideration of a specific request from the author or the publisher.
- (v) The title page of the publication should bear the following entry:- 'Published with financial assistance from the Department of Sports, Ministry of Youth Affairs and Sports, Government of India vide sanction letter no.----- dated-----.

- (vi) The selected Journals should continue to maintain the standard of contents/focus. The Journals should acknowledge the grant with similar entry in each edition as given in (v) above.

8. Selection/Approval:

The applications **seeking assistance above Rs.3 lakh** under the Scheme will be considered by a **Committee** with Secretary (Sports) as Chairperson, Director General-Sports Authority of India, Joint Secretary (Sports), Financial Advisor-Ministry of Youth Affairs and Sports and Vice Chancellor-LNIPE. Experts and others may be invited to the meetings of the Committee.

Applications seeking assistance of Rs. 3 lakh or less will be considered by a Committee under the Chairmanship of Joint Secretary (Sports), Director (Sports) and representative of Financial Advisor. Internal guidelines may be framed with the approval of Secretary (Sports) for implementation of the Scheme.

9. Upto 2% of the budget allocated for the Scheme may be earmarked for administrative purposes including issue of advertisements, hiring of consultants etc.

10. The Scheme was implemented in the pilot mode during the 12th plan period and will continue to be implemented in current 5 year plan.

11. The rate and quantum of the funds for different components and the sub components of scheme may be periodically revised by the Designated Committee as and required subject to overall allocation under scheme.

12. The Designated Committee may frame rules for implementation of the scheme.

13. Save as otherwise provided, no provisions of the scheme can be relaxed except with the approval of the Minister in-charge, Youth Affairs and Sports, Government of India, Provided the basic nature and scope of the relevant provisions of the scheme are not altered. If any relaxation involves financial implications, IFD of the Department is also to be consulted.

14. CONCLUSION :

In case any clarification is required on any matter relating to implementation of the scheme, the same will be referred to the Ministry of Youth Affairs and Sports, Government of India, whose decision in the matter shall be final.

CORRELATIONAL STUDY OF EYE HAND CO-ORDINATION AND HAND REACTION TIME AMONG BASKETBALL PLAYERS

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ABSTRACT:

The purpose of the study was to find out the correlation of eye-hand co-ordination and hand reaction time among basketball players. The study was conducted on 20 basketball players, from Haryana state. The age of players ranged from 18-25 years and all the samples were selected on random basis. The eye hand coordination was measured with Ball Transfer test & hand reaction time was measured with the help of Nelson Hand Reaction Time Test. To find out the correlation between eye-hand coordination and hand reaction time, products Moment Correlation Method was adopted. Results indicated that there is a positive correlation between eye-hand coordination & hand reaction time and most of the basketball players were found better in eye hand coordination as well as hand reaction time.

KEY WORDS:

Co-ordination, Reaction Time, Basketball Players etc.

INTRODUCTION:

Reaction time-is the time elapsed between the stimulus given and the initiation of the response to it. In other words reaction time may be defined as "the interval of time between the presentation of stimulus and initiation of the response." Johnson and Nelson 1982, Reaction time is affected by a number of variables. It is greatly affected by the type of sensory stimulus such as visual, auditory, touch, fatigue, motivation muscular tension, age and physique etc. there are many occasion in sports where speed of reaction and speed of movement are very vital factors. In general fast reaction is characteristics of great athletes in the sports performance at the higher competitive level. The results of sports competitions set world records by small fraction of seconds. In a context, where races and events are won by fraction of sec; the role of reaction time becomes very significant.

Co-ordination is one's ability to efficiently and effectively integrate the movements of different body parts especially during quick movement actions of various types. The level of co-ordination between different players is sports specific and depends upon coaching of sports skills. The co-ordination of individuals own's body systems are a general motor ability which is predominantly one's innate quality. It may be greatly improved with coordination improving training and general practice

of basic physical activities involving more than one muscle group actions like jumping throwing, catching and zigzag etc.

METHODOLOGY:

The study was conducted on 20 male basketball players, from Haryana State. The age group of the samples ranged from 18-25 years and all the samples selected on random basis. To assess the reaction time and co-ordination of the subjects, Nelson Hand Reaction Time Test and Eye Hand Co-ordination Test (Ball Transfer) was preferred.

ANALYSIS OF DATA AND DISCUSSION:

The main purpose of this study was to correlate eye hand co- ordination and hand reaction time of Basketball players. The eye co- ordination was measured with Ball Transfer Test and hand reaction time was measured with Nelson Hand Reaction Time Test. The collected data of eye hand- co-ordination and hand reaction time is presented in given table below:

Table No 1.

Correlation of Eye Hand Co-ordination and Hand Reaction time of Handball Players

Σx^2	Σy^2	Σxy	Σxy
3478.6	2.94	98.78	1.01

From Table no.1, $r = 1.01$ and $N=20$, to verify the significance of r at 95%the tabulated value of 'r' was seen from the table for $N-2 = 18$ degree of freedom. The value of r at .05 is .44 and hence, tabulated 'r' is less than calculated value because calculated $r = 1.01$ is greater than tabulated $r = .44$ so there is a correlation between eye hand co-ordination and hand reaction time of basketball players.

CONCLUSION:

On the basis of data gathered and statistical interpretation results indicated that there is a positive correlation between eye-hand co-ordination and hand reaction time. Most of the basketball players were better in eye hand coordination as well as hand reaction time.\

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PROMOTING THINKING SKILL AMONG STUDENTS

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ABSTRACT:

Learning a language is one of the most complex mental processes that human performs. Unfortunately, sometimes it is seen just as a part of an institutional requirement and the value of it is not fully appreciated.

Learning a language promotes the acquisition of communicative competences and also of thinking skills, one of the most important areas of the curriculum. Good teachers use this principle to engage, motivate and keep the attention of their students. They prepare lessons that help the acquisition of thinking skills, relating the content and going beyond it. the purpose of this paper is to help teachers to promote thinking skills among students & to find out various methods for promoting thinking skills and also use the most fascinating material, students learning process.

KEY WORDS: Active learning, Critical thinking etc.

INRODUCTION:

Active learning is necessary for the teaching of critical thinking. Critical thinking should be integrated into every aspect of the educational process. Students should be made aware of the thinking process. Critical thinking must be taught explicitly.

Active Learning: is a process whereby students engage in activities, such as reading, writing, discussion or problem solving that promote analysis, synthesis and evaluation of class content.

Critical Thinking: is the ability to think clearly and rationally about what to do or what to believe. it includes the ability to engage in reflective and independent thinking. Someone with critical thinking skills is able to do the following:

- Understand the logical connections between ideas \
- Identify, construct and evaluate arguments
- Detect inconsistencies and common mistakes in reasoning
- Solve the problems systematically
- Identify the relevance and importance of ideas

According to Fisher:"A thinking skill is a practical ability to think in ways that are judged to be more or less effective or skilled. They are the habits of intelligent behavior learned through practice".

As it can be seen, thinking is considered as any other skills: they are perfected through practice & learners can find individual ways of developing them, according to experience & previous trial and error.

As a result, thinking skills become part of learning not only in academic setting, but in any kind of context, seen as human practical ability used to investigate the world, to solve problems and to know & reflect about the self and the context.

Kizlik (2012):has the following list of core thinking skills, according to their cognitive level:-

Focusing Skills:attending to selected pieces of information & ignoring others.

1. Defining problems: clarifying needs & puzzling situations.
2. Setting goals: establishing direction and purpose.

Information Gathering Skills:bringing to consciousness the relative data needed for cognitive processes

1. Observing: obtaining information through one or more senses.
2. Formulating questions: seeing new information through inquiry.

Remembering Skills:storing and retrieving information.

1. Encoding: storing information in long term memory.
2. Recalling: retrieving information from long term memory.

Organizing Skills:arranging information, so it can be used more effectively.

1. Comparing: noting similarities & differences between entities.
2. Classifying: grouping and labeling entities on the basis of their attributes.

Analyzing Skills:clarifying existing information by examining parts & relationship.

1. Identifying attributes and components: determining characteristics of the parts of something.
2. Identifying errors: recognizing logical fallacies and other mistakes, where possible correcting them.

Generating Skills:producing new information, meaning or ideas.

1. Inferring: going beyond available information to identify what may reasonably be true.

2. Predicting: anticipating next events, or the outcome of a situation.

Integrating skills: connecting and combining information.

1. Summarizing: combining information efficiently into a cohesive statement.
2. Restructuring: changing existing knowledge structures to incorporate new information.

Evaluating Skills: assessing the reasonableness and quality of ideas.

1. Establishing criteria: setting standards for making judgment.
2. Verifying: confirming the accuracy of claims.

Improving the thinking skill among the students is a challengeable job as one has to develop and implement the action plan made for promoting thinking skills among the students of different standards, it is important to identify the skills needed. To do this, the use of a series of elements of thought is proposed:

1. Identify the purpose of the communicative competence. For e.g. if the teacher wants to help learners to develop their socio-cultural competence, they identify the aspect to be developed and its purpose: responding according to the context. In order to transmit the message accurately.
2. Review the information around it, such as data, facts & experiences etc. Teacher can review actual dialogs from native speakers, in order to identify the different discourse changes according to the context, and also review the different points of view; this can be done through theory revision.
3. Identify the assumptions, the teacher can assume that learners know the related concepts and they apply them in their mother tongue.
4. Once you have them, interpret & infer the possible thinking skills to be used. For responding according to the context we can use analysis and identification from examples and after that, use them effectively in different contexts.
5. Concrete preparation stimulus to thinking, introducing the terms of the problem. For e.g. to introduce a video where people are giving directions in different situations: to a senior, to a kid, to their boss & to a professor etc.
6. Cognitive conflict creates a challenge for the mind. For e.g. teacher can ask questions related different situations, pointing out the differences.
7. Social construction dialogue with others, discussion that extends thinking. Students can discuss the reasons why speaker act differently in different situations.

8. When students collaborate together they learn how to communicate with others effectively, work as a team practice, self-discipline and improve social & interpersonal skills. Through collaboration, students are able to have a better understanding of what they are learning and improve critical thinking skills.

CONCLUSIONS:

Thinking skills can be considered abilities that lead to effective ways of thinking and they can be developed through practice. They can be promoted and understood as a core part of their language competences development, and also development of thinking skills, with a clear purpose based on identified skills and procedure that helps students to analyze cognitive items.

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COMPARATIVE STUDY ON PHYSIQUE AND MOTOR FITNESS AMONG TRIBAL & NON-TRIBAL PLAYERS

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The purpose of the study was to compare physique and motor fitness among tribal & non-tribal players. The study was conducted on 50 male players in which 25 tribal and 25 non tribal players. The age of player's ranged from 18 to 25 years. All the samples selected from different areas of Haryana State. To assess physique, Heath & Carter Method (1967) was used. Body Mass Index (BMI) was calculated by Siri Formulae (1962) and for Motor fitness JCR test prepared by Cooper (1963) was adopted. Results found that male tribal players having more arm strength as compared to non-tribal players. Non tribal players having more explosive leg strength & agility compared to tribal players and no significant difference has been found between tribal & non tribal male players on body mass index.

Physique, Motor Fitness, Players & Non-Players.

Physique is the basis of human existence; it is the plinth of personality. A good personality must have a good physique, good appearance, good bearing, and good health etc. A healthy body is a blessing while a weak one a curse. The layman's assessment of personality veers round the body, structure, the physical appearance or have an individual looks like from outside. A sound mind exists only in sound body.

Sheldon specifies that all individual can be classified into three Endomorph, Mesomorph and Ectomorph; categories each have their respective traits. Endomorph is related to Vesceortonia i.e. love of comfort slow action, relaxation, sociability and love of eating etc. Mesomorph is related to Somatonia i.e. assertiveness, love for physical adventure, need for exercise, love of dominance and need for action when in trouble etc. Ectomorph is related to Cerebrotonia i.e. rapid reaction, over tension, anxiety, inhibition of action and introvertedness in thought etc.

Sports scientists attempted to measure physique and motor fitness of players, i.e. they are Siddhu (1975), Sharma and Shukla (1981), Sodhi&Siddhu (1984), Sodhi (1987), Sharma et al (1990) but no study has been found regarding tribal and non-tribal male football players. therefore attempt has been made to compare tribal and non-tribal male football players on physique and motor fitness.

The study was conducted on 50 male football players in which 25 tribal and 25 non tribal areas of Himachal State. The age of players ranged from 18 to 23 years. All the samples selected on randomly.

Too

To assess physique, Health & Carter method (1967) was used. Body Mass Index (BMI) was calculated by Siri Formulae (1962).

For motor fitness, JCR test prepared by Cooper (1963) was used. This test consists of three items i.e. vertical jump, chin-up and shuttle run.

To find out morphological structure of tribal non tribal male players ten measurements were taken i.e. weight, height, upper arm circumference, maximum calf circumference, Femur breadth, humerus breadth, triceps skinfold, subscapular skinfold, suprascapular skinfold and calf skinfold etc. After 10-15 minutes break and then JCR motor fitness was administered to the entire subject i.e. vertical jump was measured in cm, Chin-up was calculated in total number and Shuttle run was measured in seconds. To calculate endomorphy, mesomorphy, ectomorphy and BMI following formulae were used.

$$= 0.7182 + 0.145x - 0.00068X^2 + 0.0000014X^3$$

Where X is the sum of triceps, subscapular and suprascapular skinfolds.

$$\text{Mesomorph} = 0.858\text{HB} + 0.601\text{FB} + 0.188\text{CAC} + 0.161\text{CCC} - 0.131\text{H} + 4.45$$

HB – Humerus biepicondylar diameter,

FB – Femur biepicondylar diameter,

CAC – Corrected Arm Circumference,

CCC – Corrected Calf Circumference,

$$\text{Ectomorph} = \text{HWR} \times 0.732 - 28.58$$

Where HWR denotes Height Weight Ratio

$$\text{BMI} = \text{Weight (Kg)} / \text{Height (m)}^2$$

ANALYSIS OF DATA:

The data were collected from the tribal and non tribal male players were statistically examined with using 't' test computed for all groups on selected criterion variables are shown given below:

Table No. 1

Comparison of Motor Fitness Components & Body Mass Index

Variables	Tribal Players (N=25)		Non-Tribal Players (N=25)		M.D.	't'	Level
	Mean	S.D.	Mean	S.D.			
Chin-up	17.84	6.58	13.23	4.92	4.53	4.76	.01
Vertical Jump	22.41	5.32	25.78	5.96	3.28	3.56	.01
Shuttle Run	31.78	2.12	33.64	3.05	1.86	4.42	.01
BMI	18.80	2.77	18.10	1.98	.70	1.12	NS

't' value at 0.05=1.98, 0.01=2.61

From table no. 1 results found that when comparison made on chin-up dimension, tribal male players having more arm strength (M=17.84) compared to non-tribal players (M=13.23), indicates that both groups are differ at 0.01 level of significance.

When same groups again compared on vertical jump item i.e. explosive leg strength, result indicated that non tribal players having better leg strength (M=25.78) compared to tribal players (M=22.41), & 't' value is 3.56 shows that there is significant difference at 0.01 level. Again comparison made on shuttle run item which measure agility and speed, results found that tribal players having more agility and speed (M=31.78) as compared to non tribal players (M=33.64), 't' ratio is 4.42 that shows that both the group are differ at 0.01 level. Last comparison made on the BMI (Body Mass Index) result indicate that tribal players (M = 18.80) and non-tribal (M = 18.10) and the 't' value is 1.12 shows that there is no significant difference between both the groups that means both the groups are equal on BMI.

CONCLUSION:

- I) Tribal male players having more arm strength as compared to non-tribal male players.
- II) Non-Tribal players having more explosive leg strength compared to tribal players.
- III) Tribal players having more speed and agility compared to non tribal players.
- IV) No significant difference has been found between tribal and non tribal male players on body mass index.

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EFFECT OF YOGIC BREATHING TECHNIQUES ON CANT ABILITY AMONG FEMALE KABADDI PLAYERS

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The purpose of the present study was to find out the effects of Yogic Breathing Techniques on the improvement of cant ability of Kabaddi Players. For this study 30 female players were selected and the age of the subjects ranged between 18 to 25 years. All the samples selected from random basis & they were divided into two groups i.e. Experimental Group and Control Group. The pre and post tests were taken for all the subjects before and after the training respectively. Results showed that there is no significance difference between pre and post scores of the experiment which means that yogic breathing techniques are not sufficient for improving CANT ability in small duration.

Yogic breathing techniques, Cant ability, Kabaddi Players etc.

In every society, there is now an increasing concern about the maintenance of physical and mental health of the youth as well as of adults. Yoga is the science of human development. It is integrated development of man-physical mental and emotional. This is where the "Yoga" helps yoga for being more physical or breathing exercise or other supernatural powers is a science of the future with a holistic vision relevant to the progressive society. Yoga is a conscious process of acceleration our growth from animal man to a normal man. Cant is the means by which internal organs are exercised by controlling breath as in yoga together with physical activity as in any other sport. This is the only game which combines yoga with vigorous physical activity. Kabaddi has also been related to yoga since pranayama of yoga, which means taking a deep breath and with holding, it plays a minor role of kabaddi in the form of CANT. Hoga is the means to control body and mind. Yoga has become an essential part of the curriculum of sports and in almost every walk in life. CANT which has a relation to pranayama is the continuous utterance of the approved team 'Kabaddi' which holding breathe by the raider during the entire duration of his attack.

METHODOLOGY

The methodology used in this research involves selection of a specified group of samples, selection of variables, administering of standard tests and using of the relevant tools:

The subjects for this study were selected from different areas of Haryana State; total 30 female players were selected for the study. The age of the players were ranged

between 18-25 years. They were divided into two groups such as experimental group and control group.

1.	1-2	Anuloam-Viloam, Kapalbhathi, Ujjayi, Bhramri pranayama etc.	10-15 min
2.	2-4	-do-	15-20 min
3.	4-6	-do-	20-25 min

ANALYSIS OF DATA

The analysis of the data collected with regards to the study has been presented. The following table illustrates the statistical results of the effect of yogic breathing techniques on CANT ability among Kabaddi Players:-

Table No. 1

Showing the mean difference in STANDING CANT ability of player's pre and post of experiment.

(Experimental Group)

Variables	N	Mean	SD	't'
Pre-training	15	34.48	6.83	0.24
Post-training	5	42.72	6.42	

't' value at 0.05 level = 1.76

From Table no. 1, results found that pre and post of experimental group is 0.24 which is less than tabulated value 't' 1.76 at 0.05 level, which means that there is no significance difference between pre and post scores of standing cant ability of Kabaddi players in the experimental group.

Table No. 2

Showing the mean difference in PLAYING CANT ability of Players pre and post of experiment

(Experimental Group)

Variables	N	Mean	SD	't'
Pre-training	15	26.32	6.02	0.37
Post-training	15	28.58	3.16	

't' value at 0.05 level = 1.76

From table no. 2, results indicated that pre and post of experimental group is 0.37 which is less than tabulated 't' 1.76 at 0.05 level which means that there is no significance difference between pre and post scores of playing cant ability of Kabaddi players in the experimental group.

Table No. 3

Showing the mean difference is STANDING CANT ability of Players pre and post of experiment

(Control Group)

Variables	N	Mean	SD	't'
Pre-training	15	38.68	7.32	0.34
Post-training	15	40.34	6.78	

't' value at 0.05 level = 1.76

From table no.3, results showed that pre and post of control group is 0.34 which is less than tabulated 't' 1.76 at 0.05 level, which means that there is no significance difference between pre and post scores of standing cant ability of Kabaddi players in the control group.

Table No. 4

Showing the mean difference is STANDING CANT ability of Players pre and post of experiment

(Control Group)

Variables	N	Mean	SD	't'
Pre-training	15	20.64	4.85	0.36
Post-training	15	21.68	3.78	

't' value at 0.05 level = 1.76

From table no. IV, results indicated that pre and post of control group is 0.36 which is less than tabulated 't' 1.76 at 0.05 level, which means that there is no significance difference between pre and post scores of playing cant ability of Kabaddi players in the control group.

CONCLUSIONS

On the basis of data gathered and statistical interpretation, results found that there is no significance difference between pre and post scores of the experiment

which means that yogic breathing techniques are not sufficient for improving CANT ability in small duration.

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