

UGC Approved - 48679

ISSN : 2229-3558

Vol. 20 No. 2

July - Dec. 2020

INDIAN JOURNAL OF SPORTS STUDIES



**OFFICIAL JOURNAL OF INDIA SOCIETY
OF SPORTS SCIENTISTS
(ISSS)**

[RNI - No. 11222/Eng./2001]

INDIAN JOURNAL OF SPORTS STUDIES

CONTENT

S. No.	Subject	Writer	Page No.
1	Comparative Study Of Anxiety Among University Level Athletes Of Various Sports	Dr. Ashish Kr. Singh Dr. Praveen kumar	1
2.	Beginning of Standard Games in India and their Standing in Modern Days	Dr. Arjun Singh Panwar	8
3	Investigating Life And Game Related Insights Of Basketball Player Padamshri, Arjun Awardee Prashanti Singh All Through Her Career	(Dr.) Tushar Dhar Shukla	16
4.	A Comparative Study Of Personality Characteristic Of Women Football Players And Non Football Players.	(Dr.) Tushar Dhar Shukla Prof. N.B. Shukla	37
5.	Strengthening The Immune System Of The Elderly With Certain Devised Practices Of Geriatric Yoga	Prof. Ran Bir Singh Prof. N.B. Shukla	47

Comparative Study Of Anxiety Among University Level Athletes Of Various Sports ”

- **Dr. Ashish Kr. Singh, Asso. Prof. , SBCU, Gaya, Bihar.**
- **Dr. Praveen kumar, Asst. Prof. , NCPE , Dhoom Manikpur, Dadri.**

Abstract

Today's world demands high level of psychological preparedness and technical ability. Psychological factors affecting the performance of players. The purpose of the study was to compare the anxiety level among university level athletes of various sports. Participants for the present study were taken from football, Netball, Kabaddi, Volleyball and basketball players studying in Noida college of physical education and have participated in all India inter university. For the purpose of this study sixty male players were randomly selected in each sport. The age ranges of the participant were 17 to 27 years. Sport competition Anxiety Test (SCAT) questionnaire prepared by Dr. A.K.P Sinha and L.N.K. Sinha was applied to assess above mentioned variables. To compare the selected psychological variable among district level sports players one way analysis of Variance (ANOVA) was used and the level of significance was set at .05 level. Results: The result of the study revealed that selected there is significant difference found among sports person in relation to anxiety .

Key words: Anxiety, Motivation, Performance

Introduction:

Anxiety is a state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur (causes, 1980). The persons worries about events , their occurrences and consequences , in general are the source of anxiety. Symptoms of somatic anxiety comprise mental worries and gears. In simple words, it is a type of emotional disturbance. The curtail such disturbing selections. The self-awareness that the students develops in the process of interaction with people and environment leads to compare himself with his peers in competition .it also develops the feeling of confidence and courage as result of success or failure in his endeavors.

Psychology is a behaviour science has made his contribution for improving sports performance it helps coaches to coach more effectively and athletes to perform more proficiently. Psychology is also concerned with the total wellbeing and personal adjustment of their involved in sports psychologist are concerned with personal behavior understanding explaining and even predicting it. The psychological aspect of sports is going attention among sports administration. personality and psychometric has traditionally being more closely associated with clinical work, coaches showed recognized the role of personality in performance and understand the importance of give and take in communication. Coaches who can communicate effectively with athletes can provide an environment is conducive to motivated performances and the development of favorable self-concept.

Methodology :

Selection of Subjects

The present study was confined to the university level athletes of various sports. Participants for the present study were taken from football, Netball, Kabaddi, Volleyball and basketball players studying in Noida college of physical education and have participated in all India inter university was selected as subjects for the study.

Selection of Variables

The Anxiety was selected as variable for the study:

Criterion measures :For this study Sport competition Anxiety Test (SCAT) questionnaire prepared by Dr. A.K.P Sinha and L.N.K. Sinha were used.

Collection of Data

The data was collected among university level athletes of various sports. participated in all India inter university in football, Netball, Kabaddi, Volleyball and basketball players studying in Noida college of physical education The scoring of the questionnaire was done as per the procedure described in the respective manuals.

Statistical technique: To compare the anxiety level among university level athletes of various sports. Participants for the present study were taken from football, Netball, Kabaddi, Volleyball and basketball one way analysis of variances test were used as a statistical technique . The level of significance was at 0.05.

Result and Discussion:

TABLE – 1

ANALYSIS OF VARIANCE OF ANXIETY AMONG DIFFERENT GAMES

Table -1

Source of Variation	DF	SS	MSS	F-Ratio
Between Groups	4	925.61	223.80	6.001*
With in Groups	295	11496.32	37.94	

*Significant at 0.05 Level of Confidence

$$F_{0.05}(4, 295) = 2.39$$

Table - 1 revealed that there was significant difference in different games in relation to Anxiety as obtained F-ratio 6.001 is higher than the tabulated value of 2.39, at 0.05 levels with 4,295 degree of freedom. Since the one way analysis of variance was found statistically significant in relation to Anxiety, the Least Significant Difference (LSD) post hoc test was applied to find out which of the differences of the means among the different games were statistically significant.

**LEAST SIGNIFICANT DIFFERENCE POST – HOC TEST FOR
MEANS OF ALL GAMES IN RELATION TO ANXIETY**

DIFFERENT GAMES					M.D.	C.D.
Football	Volleyball	Basketball	Netball	Kabaddi		
19.50	19.08				0.42	2.23
19.50		15.7			3.30*	
19.50			16.70		2.80*	
19.50				15.7	3.80*	
	19.08	15.7			3.38*	
	19.08		16.70		2.38*	
	19.08			16.71	2.37*	
		15.7	16.70		1.00	
		15.7		16.71	1.01	
			16.70	16.71	0.01	

*Significant at 0.05 level

It is evident from table – 2 that mean differences of all Games in relation to Anxiety was found to be statistically significant between football and basketball, football and netball, football and kabaddi, Volleyball and basketball, Volleyball and netball and Volleyball and kabaddi. Mean difference between football and volleyball, Basketball and netball, basketball and Kabaddi, netball and kabaddi did not found to be significant at 0.05 level of confidence.

Findings and Conclusion :The analysis of statistical data and findings of the study of female players of Basketball, Volleyball, Hockey, Kho-Kho and Handball game indicated that there were

significance difference found between the groups in relation to the Anxiety. Significant differences were also found within the groups of sports persons of different games in relation to anxiety. The finding of the study also revealed no significant difference found between basketball and netball, basketball and Kabaddi, netball and kabaddi. Significant difference was found between the paired means of football and basketball (3.30), football and netball (2.80), football and kabaddi (3.80), Volleyball and basketball 3.38), Volleyball and netball(2.38) and Volleyball and kabaddi(2.37). Significant difference was found between the paired means of football and volleyball (0.42) , Basketball and netball(1.00), basketball and Kabaddi(1.01), netball and kabaddi(0.01).

References:

Bal Baljinder Singh, Singh Bhupinder, Singh Onkar 2010, 'Achievement motivation and locus of control of university level individual and team sport player-a prognostic study', Journal of physical education and sports management, vol (3), pp-33-36.

Cox RH (2007) Sport psychology: Concepts and applications. McGrawHill Companies Inc., New York, USA.

Robinson E, Smith E (2015) Biblical Researches in Palestine and the adjacent regions (Vol 2). Cambridge University Press, New York, USA.

Kumar MS, Woo J (2015) Public debt and growth. *Economica* 82(328): 705-739.

Weinberg RS, Gould D (2011) Foundations of Sport and Exercise Psychology.(2nd edn), Champaign, Human Kinetics Illinois, USA.

Raglin JS, Hanin YL (2000) Competitive anxiety. In: Yuri LH (Ed.), Emotions in Sport. Champaign, Human Kinetics, Illinois, USA.

Humara M (2001) The relationship between anxiety and performance: A Cognitive behavioral perspective. The Online Journal of Sport Psychology.

Beginning of Standard Games in India and their Standing in Modern Days

Dr. Arjun Singh Panwar
Dept. of Physical Education
H.L.M. College, Ghaziabad

Abstract

India has been a birth place of several traditional games which are recognized by the whole world today. Some prominent games originating in India are Archery, Polo, Chess, and Martial Art etc. These are skill and strength games which require very little equipment and expenses, which is one of the main reasons of their popularity. Yet much needs to be done at the govt. level so that they can be well promoted and Indians can retain their glorious heritage.

Keywords

Prominent traditional Indian games, Present status.

Introduction

The word "GAME" is universal and does not have any cultural or linguistic boundaries. Games appear to be the common property of people who know them either professionally or as an amateur. Many games, which we think, are just pastimes are, in fact, relics of religious rituals, which often date back to the birth of mankind. Games echo the reflections of the traditions and ethos of a particular country or region. The pleasure of voluntary action is the soul of

games. Traditional Games act as learning aids. They teach us many things while playing like to learn to win and lose, develop sensory skills, count, add, improve motor skills, identify color, improve hand-eye co-ordination and finally to have fun. The values that we achieve by playing these games are more when compared to the games that we play nowadays. Some of the values that we gain are that they are environment friendly, we get a chance to learn about our culture and history, and an important thing is, they are suitable for all ages, so they increase the interaction between generations. Many modern games played around the world have their origin in these traditional games. This is the matter of pride to our nation's culture.

Some prominent traditional games which originated in our country and became popular all over the world are as follows:

Chess:

Chess originated in India and was originally called Ashtapada (sixty-four squares). Later this game came to be known as **chaturang** which is well recognized as the earliest form of Chess. Chess is perhaps India's oldest and most loved board indoor game. Chess has been played in India through centuries. It is revered as an indication of a man's intelligence and strategic capabilities. A chess set can be found in almost every Indian home. Many of India's folktales are littered with stories of kings and emperors and their chess games. Chess has also been mentioned in the great Indian epic, Mahabharat. In some form or the other, the game continued till it evolved into Chess. H. J. R. Murry, in his work titled A History of Chess, has concluded that chess is a descendant

of an Indian game played in the 7th century AD. Chess is excellent for overall mental development. Many schools encourage children to pick up chess. Chess has a very positive effect on children as well as adults.

Archery:

Dhanurvedya or archery is an indigenous sport of Meghalaya. As such, it is an inherent part of the culture of Meghalaya and the festivals of the state are incomplete without Archery. The bow and arrow constituted the classical Indian weapon of warfare, from the Vedic period, until the advent of Islam. Some Rig-Veda hymns lay emphasis on the use of the bow and arrow. Detailed accounts of training methodologies in early India concern archery, considered to be an essential martial skill in early India. Legendary figures like Doran, are depicted as masters in the art of archery. Arjuna, Eklavya, Karna, Rama, Lakshmana, Bharata and S hatrugan the great warrior are also associated with archery.

Archery games were immensely popular all over India. Specially among the students in the renowned universities of Nalanda and Taxila in ancient India. Now it is one of the most prominent game in all continents of the world.

Kabaddi:

It is one of the most popular sports in India played by the people in villages as well as in small towns. Kabaddi is an Indian game which requires both power and skill for its play.

The origin of Kabaddi can be traced to pre-historic times when man learned how to defend in groups against animals or attack weaker

animals individually or in groups for survival and food. It has also found mention in Mahabharat as 'EkShwans.' Basically Kabaddi is more popular in various Asian Countries, though some other countries are also taking keen interest.

Kho-Kho:

Kho-Kho is one of the most popular traditional sports in India. KhoKho is a 'run and touch' game that is very simple to play and can be enjoyed by people of all ages.

Kho-Kho in India goes back a long way, as it was first started in the state of Maharashtra. One of the main points of a successful animal life is "Active Chase" which is a fundamental principle of the Indian game called KhoKho, synonymous with the phrase "Game of Chase". It will not be a mistake to say that KhoKho was a recognized sport in the ancient times even earlier to the oldest mythological writings of classics- Mahabharata.

Mallakhamb:

Mallakhamb is an ancient traditional Indian sport. 'Malla' means gymnast, and 'khamb' means pole. Thus, the name 'Mallakhamb' stands for 'a gymnast's pole'. Mallakhamb was used by wrestlers for practicing their skills in the game KUSTI. But now a days the trend has changed and it has got a special identity.

The origin of this sport can be traced to earlier part of the 12th century. A mention of wrestlers exercising on wooden poles is found in the Manasholas, written by Chalukya in 1153 A.D.

Ball badminton:

Ball badminton is an indigenous sport of India. It is a racquet game played with a woolen ball upon a court of fixed dimensions. Ball badminton is a fast-paced game; it demands skill, quick reflexes, good judgment, agility, and the ability to control the ball with one's wrist.

Previously, ball badminton was an attractive game for rural boys since it required a minimum of equipment. The game drew a large number of students from South India, resulting in the formation of the Ball Badminton Federation of India in 1954. This game was played as early as 1856 by the royal family in Tanjore, capital of Thanjavur district in Tamil Nadu.

Vallamkali:

The snake boat race, known as Vallamkali in Kerala is an interesting traditional game held on the occasion of Onam. It is a famous water sport and one of the main attraction held in Kerala. Boat Race is truly a feast to the eyes of the tourists, who come from far off places to see it.

The Vallamkali was first originated in Assyria, on a New Year day in BC.300. The history also reveals that, the Vallamkali (Boat Race) also took place in some other places like The Andaman and Nicobar Islands, Combodia, Bangkok, Burma, Britain etc. In the 14th century, there was a war occurred between Kayamkulam and Chembakasseri. During that time the king Chembakasseri Devanarayana had decided to build a suitable war boat and he gave the responsibility to the famous "Thachan" (Carpenter) in that period. Now the boat games has evolved in new version as sail boating, canoe racing etc.

Camel Race:

Camel racing in Pushkar is one of the [major attractions for tourist in Rajasthan](#). Camels are very important part of desert life, These camels are decorated beautifully at the time of race. This tradition has continued since old ages till present time.

Kalaripayattu (Martial Arts):

Martial art is a part of India's ancient culture. Kalaripayattu is the one of the oldest form of Indian martial art. This famous art is from Kerala. Indian martial art is a gift to the modern world and mother of all other Asian martial arts. Ancient India claims to have been the origin of Judo and Karate. karate, Kung-fu Judo etc are all modern variations of Kalaripayate.

Atya-patya:

Atyapatya is the thrilling and ancient game of india. Atyapatya, one of the Major Games of Indian origin, is very popular particularly in rural areas. In the moonlights the game is played in the villages. The game has been played since time immemorial, it was played with different names and improvised with convenient rules according to situation. The game was known by different names such as Sur-pati, Lon-pati ,Darya-banth, saragari, saramani, tilli, uppinat, uppupatti, choupalpati, panchwati, chikka etc. In Tamil nadu this game is mentioned in old Tamil Literature by the name of KLITHATU. etc. Atyapatya is a traditional India sport played nine to a side, between two sides.

Chaugan (Polo):

No one is quite sure where Polo originated, but some records indicate that it was played by the ancient Indians long ago. Probably the game developed from the Central Asian nomads, who spent their lives on horseback. In India it was developed into a game to promote equestrian military skills and was considered the most important test of princes and warriors. It was known as "Chaugan" meaning mallet. The word polo comes from the Tibetan word 'Pulu' which means ball. Manipur as the birth of Polo was destined to become the favorite sport of the Englishmen in India.

Conclusion:

The history of sports in India is very ancient and dates back to the early Vedic era. It is more likely that many of today's Olympic disciplines are advanced versions of games of strength and speed that flourished in ancient India. Chess, wrestling, polo, archery and hockey (possibly a fall-out from polo) are some of the games believed to have originated in India. But unfortunately, in spite of being the birth place of several prominent games, the condition is far from satisfactory in India and below the desired level. This is mainly due to the lack of encouragement and promotion on the part of the government,

Suggestions:

- In order to revive and promote these games as part of Indian heritage, the govt. should adopt a constructive attitude for the same.
- The govt. should provide substantial funds and resources for the promotion of these games at various levels.

- The govt. should develop ultra modern facilities and infrastructure all over the country for the promotion of these games.
- The Govt. should establish sports academy in large numbers all over the country to popularize these games.
- The govt. should make these traditional games a part of curriculum from the grass root level in order to produce world class sportsmen.

References

- H. J. R. Murry, in his work titled A History of Chess
- S.R Ttiwari. History of Physical Education. APH Publishing.
- Manasholas, written by Chalukya
- A trip through SA's indigenous games
- R. G. Goel, VeenaGoel, Encyclopaedia of sports and games
- Dr.Kavishwar , DeshmukhBy Dr.Kavishwar , Deshmukh
- Sports Authority of India (1987). Indigenous Games and Martial Arts of India. New Delhi: Sports Authority of India. pp. 91 & 94.
- "Game history" on Ball Badminton Federation of India website
- "Mallakhamb: Ancient Indian sport". MSN News (India). 5 December 2012.
- KissaKabaddi da by Sarwan Singh Sangam Publications ISBN 93-83654-65-1

**Investigating Life And Game Related Insights Of Basketball
Player Padamshri, Arjun Awardee Prashanti Singh All
Through Her Career**

(Dr.) Tushar Dhar Shukla,
Research scholar,
Banasthali Vidyapeeth

India is home to an assorted populace playing a wide range of sports the nation over. In India, the sport of basketball began its excursion in 1930 when it was played unexpectedly. The main Indian National Championship for men was reached in 1934 in New Delhi. The Basketball Federation of India (BFI), which controls the game in India was shaped in 1950. Since forever, Indians figured out how to welcome the game on account of its quick scoring and exceptional action from the earliest starting point until the end. These days, it is considered as one of the generally played games in India and we have a large group of world well known b-ball players like Satnam Singh, Ajmer Singh, Amritpal Singh, Anitha Pauldurai, Geethu Anna Jose, Akhilan Pari, Divya Singh, Trideep Rai, Akanksha Singh, Pratima Singh, Vishesh Bhriuwanshi, and so on. India is one of those initial scarcely any nations throughout the entire existence of ball that embraced the game inside a couple of long stretches of its commencement and the players have won numerous honors and got back incredibly famous decorations.

Basketball in India is played in a large portion of the secondary schools, universities and colleges. There is impressive support for

the game among the more youthful age. Ball in India is played by the two people all things considered and capacity. Numerous administration establishments have proficient basketball groups, who work for the organization and play for them. In 1952, the main ladies' b-ball competition was sorted out for Indian ladies. From that point onward, considering the fame of this game, in 1955, ball games were composed at the school level for ladies and men and its ubiquity started to extend. The primary ladies' global basketball competition was held in 1963-64 and won by the Punjab University. Indian public rivalry is likewise held each year in various age bunches for both the young men and young ladies.

The fundamental focal point of the paper is to know about the player Prashanti Singh and recognize her commitment and accomplishments towards Indian basketball. So as to accomplish wanted outcomes in the field of Basketball, India needs skillful and devoted experts like Prashanti Singh. The reason for this paper is to feature the surprising characteristics of Prashanti Singh which made her a staggering sportsperson and pioneer so the youths of today can gain from her and assimilate these characteristics in their lives. Her vision has the capability of molding the vocation of Indian athletes as well as the whole situation of Indian games and extraordinarily the eventual fate of Indian basketball. She is a good example for the current age and her model can move and rouse individuals to accomplish their objectives to whatever field they have a place with and all the more so ever in the games field.

Detailed Study of Prashanti Singh's Life and Career

Prashanti Singh was born on May 5, 1984, in Varanasi as the third daughter of Girija Shankar Singh and Urmila Singh. Prashanti's childhood was spent with her elder sisters. Early education Larshanti along with her elder sister Priyank and Divya Singh, Uday Pratap College Completed from elementary and secondary school. Since childhood, all flows were very fast in reading and brought the highest score, so the daughters felt that the father would definitely become an officer. But the newly appointed coach of Sports Authority of India, Amarjit Singh, after seeing the length of elder sister Priyanka, called her on the court to play basketball, then what happened when the three sisters came to basketball and Divya along with Prashanti Singh in 2002 in international basketball She became the second female basketball player to make her debut from Banaras.

Prashanti Singh is one of most talented and qualified players of basketball in the country. Her hard work not only affected her success, she has managed to sustain it until now. Prashanti Singh comes from a very moderate, traditional Varanasi family, where women are very little in sport. She is a self-made female sportswoman that has taken part in numerous international championships and captained India. She participated not only in many major international events with a hard work approach and a great deal of dedication, but also made herself one of India's top female athletes, despite the hardship of conservative society.

Ms. Prashanti Singh, an outstanding athlete at a National level representing a game of Basketball in various National and

International Basketball events as a player and as a Captain as well, for so many years. The contribution made by her to the sport of Basketball is quite unparalleled. She bagged 4 medals at International events including two gold and one silver. At various National Games, National championship. Federation Cup and National women Sports Games, she has 22 medals in her credit. With her hard-working attitude and commitment, Ms. Prashanti has not only participated as Captain in several big international events such as Commonwealth Games 2006, Asian Games 2010, and Asian Games 2014, but also won Gold Medal in the 2005 Phuket International Invitational Basketball Championship, Gold Medal in South Asian Beach Games, Sri Lanka 2011, Silver Medal in Asian Indoor Games 2009, Vietnam (Cap.)

Ms. Prashanti captained the Indian Basketball team at 16 Asian Games, 2010 Guangzhou, who after 28 years qualified for Asian Games. She played in Korea's FIBA Asian Basketball Championship as a participant of the first Indian Team to enter top seeding, remaining there for eight years. She's been an exceptional professional champion. She broke 14-year-old record when playing in 53 National Basketball Championship, Hyderabad. Ms. Prashanti Singh is the first Basketball player who has played 2 Asian on Wealth Games and 7 Asian Basketball Championship in Shot on One Plus by Tushar Shukla meritorious order.

She is one of India 2011's first-ever Top Four 'A' Grade elite basketball players. Prashanti won 22 medals in the National Championship Games and also received the MVP (most valuable player) of the Mahindra NBA Challenge National Final in New Delhi 2012 where 6000 Basketball players from all over India took

part Captained Team West and earned the Best Player award in the All-Star Game in Mumbai 2011 Highest 129 points scorer award (25.8 points / day) in the coveted 25th IMG International Federation Cup 2011 Raipur.

Ms. Prashanti Singh is one of the finest basketball players of the nation with her semi-urban and conservative background and successor in difficult conditions in the international sports arena. She was awarded “Purvanchal Ratna” in the year 2015-16, "Rani Laxmibai Bravery Award" in 2016-17 by the Government of Uttar Pradesh and Prestigious "Arjuna Award" 2017 by the Ministry of Sports and Youth Affairs for her outstanding performance in the field of basketball. From the slender streets of Varanasi to the massive international sporting arena, it's been a disciplined & inspiring journey.

Achievement of Prashanti Singh :

Name	Discipline	Achievement in International event during the year of which the award is recommended	Achievement in International/National Events during the last four years	Remarks if any
1	2	3	4	5
Prashanti Singh	Basketball	Won all the matches (friendly)	12th South Asian Games 2016	Indian National Team Captain
		Top -6	17th Asian Games 2014	Best ever ranking in Asian Games

		Top-5	25th FIBA-Asia Basketball Championship for Women, Thailand	Level-I
		Won all matches	Training-cum-Competition at NBA Training Centre, Dongguan, China 2013	Played with Pro-Clubs of China
		Gold Medal	Mahindra NBA Challenge National Final in New Delhi 2012	MVP (Most valuable player) Among 6000 athletes
		Gold Medal	South Asian Beach Games, Sri Lanka 2011	Remain Undefeated in SABG
		Top -6	FIBA Asian Basketball Championship for women Nagasaki, Japan 2011	Level-I
		Top -4	33 William Jones Cup, Chinese Taipei 2011	

			CAPTAIN at 16th Asian Games 2010, Guangzhou, China	Captained team which Qualified after 28 years
		Silver Medal	Asian Indoor Games 2009, Vietnam (CAPTAIN)	Indian National Team Captain
		Top-6	FIBA Asian Basketball Championship at Chennai 2009	Level-I
		Top-5	FIBA Asian Basketball Championship (Korea) 2007	1st to play in top seeding of Asia
		Top-6	Commonwealth Games Melbourne 2006	First to play CWG
			Friendly match Series New Zealand 2006	
		Gold Medal	Phuket International Invitational Basketball	

			Championship 2005	
			21st FIBA-ASIA Basketball Championship for women 2005, China	
		Silver in level II	20th Asian Basketball Confederation Championship 2004 Japan	
		Bronze Medal	Port Dickson Championship 2004 Japan	Among NT & Pro- clubs
			16th Asian Basketball Confederation Championship 2002	
		Bronze Medal	66th National Basketball Championship 2016	
		Silver Medal	65th National Basketball Championship 2015	

		Bronze Medal	64th National Basketball Championship, New Delhi 2014	
		Silver Medal	1st 3x3 National Basketball Championship in New Delhi 2013	
		Bronze Medal	24rd Federation Cup Championship Cochin 2012	
			3rd Runner-up in 62nd N B C 2011, Chennai	
		Bronze Medal	34th National Games 2011 Jharkhand	
		MVP and Top Scorer	23rd Federation Cup Championship (Raipur) 2011	Top Scorer with 129 points in Men & Women
		Silver Medal	61st National Basketball Championship 2011, N. Delhi	

		Silver Medal	60th National Basketball Championship 2009-10, Punjab	
		Silver Medal	59th Senior National Basketball Championship 2008 Surat	
		Silver Medal	33 National Sports Festival for Women 2008, Punjab	
		Silver Medal	58th Senior National Basketball Championship Pondicherry 2007	
		Silver Medal	57th Senior National Basketball Championship 2007 , Jaipur	
		Silver Medal	22nd Federation Cup Basketball Championship 2006, Jamshedpur	
		Silver Medal	56th Senior	

			National Basketball Championship 2006, Pune	
		Silver Medal	R. Vaikuntam Cup Basketball Chmapionship for Women, N.Delhi	
		Silver Medal	21st Karp Impex Federation Cup Basketball Championship 2005 Bhavnagar	
		Silver Medal	55th Senior National Basketball Championship 2005, Ludhiana	
		Silver Medal	54th Senior National Basketball Championship, Orissa, 2004	
		Bronze Medal	20th Federation Cup Basketball Championship 2003, Vashi	
		GOLD Medal	53rd Senior	Broke the

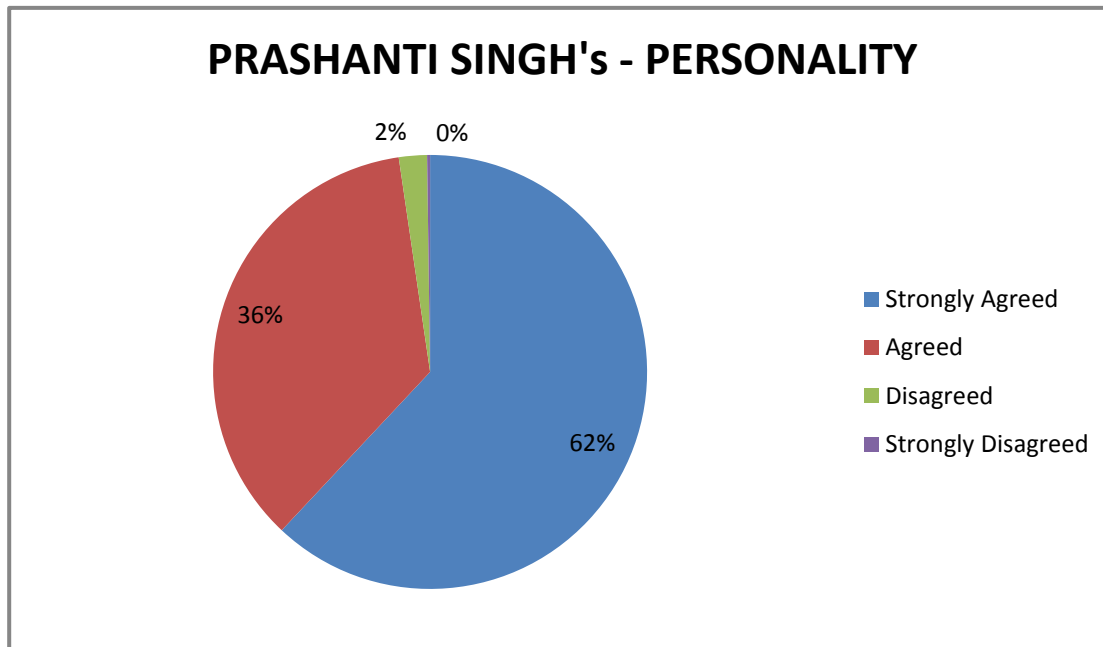
			National Basketball Championship 2003, Hyderabad	record of 14 Years.
--	--	--	---	--------------------------------

Awards won by Prashanti Singh

1. Padma Shri Award - 2019
2. Arjuna Award - 2017
3. Rani Laxmi Bai Bravery Award - 2016
4. Purvanchal Ratan – 2015-16

In the following section of my paper I have gathered data based on Prashanti Sing's personality and her growth as one of the finest basketball player in India.

1. Indian Basketball Player - Prashanti Singh's Personality

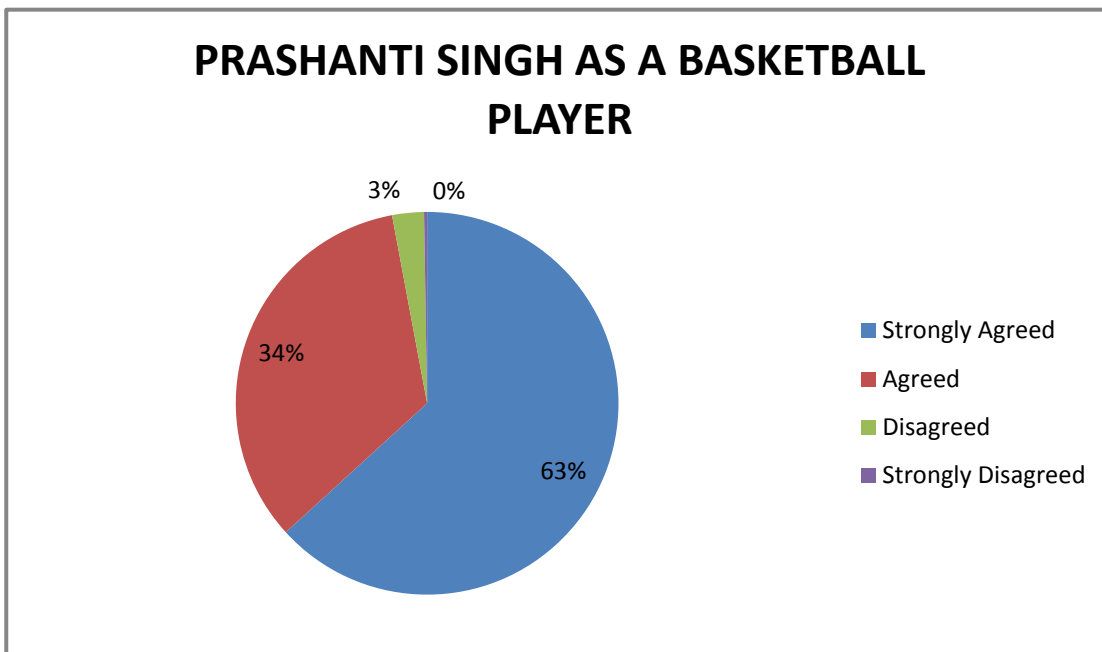


Result- During the scholar's survey, an opinion rating questionnaire on Indian Basketball Player Prashanti Singh's personality was given to trainees, teammates, colleagues, contemporaries, sports person, administrator, coaches, role model and eminent sportsmen etc. Majority of the 1125 (62%) public strongly agreed, 648 (36%) agreed, 38 (2%) disagreed and 04 (0%) strongly disagreed with these statements.

Thus, we can say that Prashanti Singh is very disciplined, had a good thinker, humorous, down to earth, friendly person, basketball is in her passion, valuable place in Indian basketball.

2. Indian Basketball Ideal - Prashanti Singh as a Basketball Player

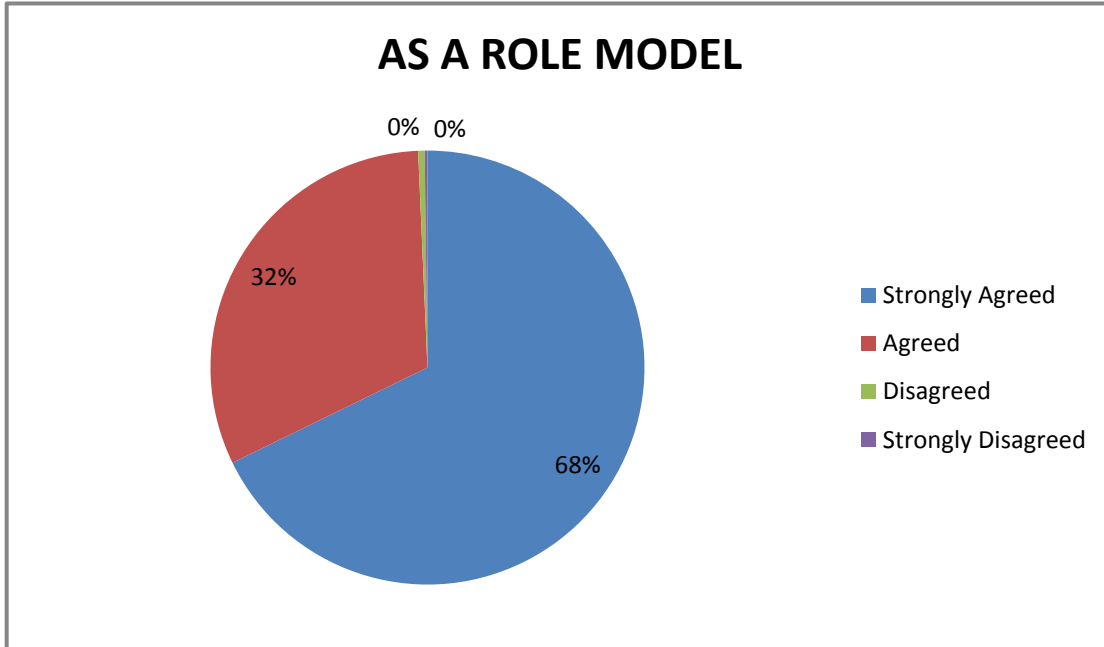
Prashanti Singh's contemporaries, Colleagues, teammates and sportsmen have given opinion rating as a basketball player-



Result- In the analysis it has been found that 1226 (63%) respondents strongly agreed, 656 (34%) agreed, 52 (3%) disagree and 05 (0%) strongly disagreed from these statements. Thus, we can say that she is a good player with great command over her game, fittest basketball with reflexive actions and technically very sound basketball, so she is a good example for Indian youth basketball.

3. Indian Basketball Player- Prashanti Singh as a Role Model

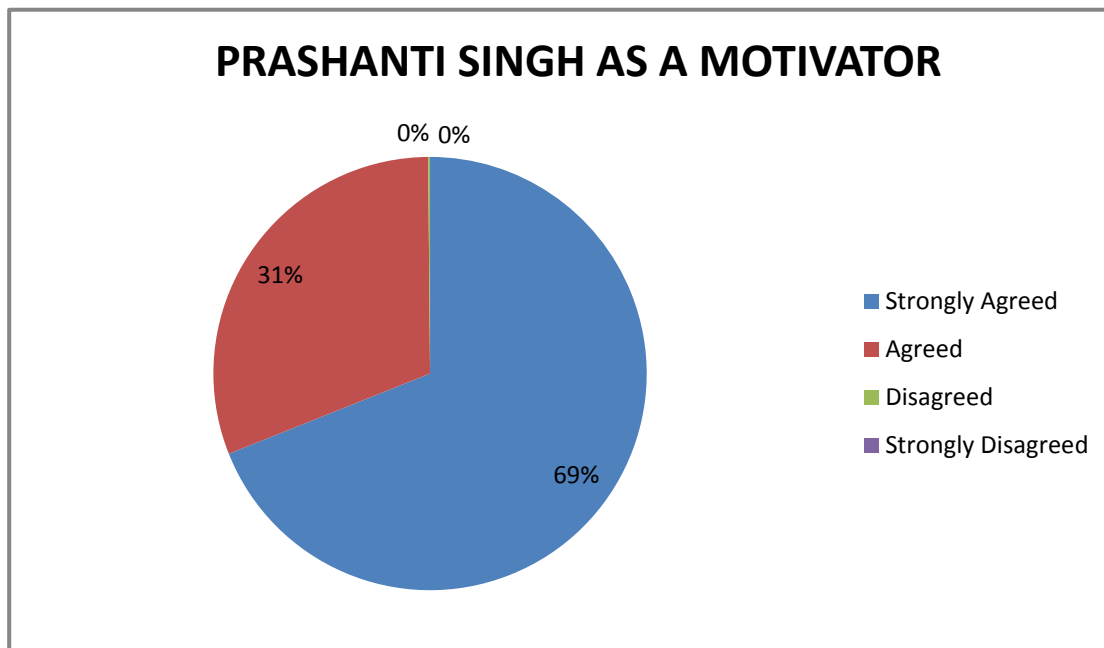
There were 12 statements in total in the table showing that:-



Result- Total 12 statements in the table show that Prashanti Singh's teammates, coaches, trainees, administrators, eminent sports persons have given opinion rating questionnaire on Prashanti Singh as a role model in which 984 (68%) public strongly agreed, 458 (32%) agreed, 07 (0%) disagree and 03 (0%) strongly disagreed with their statements. She has motivated to juniors and gives her valuable suggestions. She is also very honest her work. Therefore, Prashanti Singh is a role model for our youth generation.

4. Indian Basketball Player:-Prashanti Singh as a motivator

Prashanti Singh is an extraordinary sports person who understands the ways and means to motivate players and know the different shortcomings in the area of sports motivation.



Result- During the scholar's survey, an opinion rating questionnaire on Indian Basketball Player, Prashanti Singh's Personality as a motivator was asked from trainees, teammates, colleagues, contemporaries, sports person, administrator, coaches, role model and sports eminent etc. Majority of the 1002 (69%) person strongly agreed, 449 (31%) agreed, 02 (00%) disagreed and 00 (0%) strongly disagreed with these statement.

Prashanti Singh's critical views on the functioning of government's handling of sports and the reasons for India's declining standard in sports:

1. Public and parents do not give importance to sports in their day to day life in our county.
2. Program of sports and games has to be compulsorily provided in the educational institutions with adequate equal facilities and funds to all the sports.
3. We do not have efficient distribution of funds to promote sports and games in our country.
4. Sports have not yet reached in the rural areas like many other important facilities such as medical & education.
5. The state and central government should have separated sports programs with close cooperation & coordination's for uniformity in basics.
6. Players do not choose the game of Basketball as profession in the lack of career opportunity.
7. Lack of information about official structure Our youth is not taking interest in the game of Basketball.
8. Very few tournaments & Talent hunt programs are there in basketball.
9. Non-availability of modern training equipment and uniformity in coaching.
10. Indian players should play more competitive games in every age group and level (domestic & abroad)

11. Total dependency on government for funds is another problem. Official body that runs Basketball should make efforts to get Corporate assistance for growth of sport.

12. Public private partnership should be encouraged.

Certain Psychological tests were conducted to determine the dissimilar features of Prashanti Singh's personality. Following tests are included:

1. Eysenck Maudsley personality inventory Test (MPIT)
2. Sports competition anxiety Test (SCAT)
3. Inventory of factors influencing sports career Test (IFISCT)
4. Sports achievement motivation Test (SAMT)
5. Sports orientation questionnaire Test (SOQT)
6. Trait sports confluence inventory Test(TSCT)

1. The J.E. Maudsley Personality Inventory (MPI)

The brief test is designed to arrange for valuation psychoneurosis, stability, introversion, suitably, dimensions and prestigious of personality.

Result: Prashanti Singh has extra ordinary personality as she scored 54 questions related to extraversion and scores 12 on questions to psychoneurosis which shows that she has an excellent emotional stability.

2. Sports competition anxiety test questionnaire (SCAT)

Developed by Rainer Martens (1990), their test was used to assess sports competitive trait anxiety for sports persons.

Result: Prashanti Singh has got more than 34 out of 39 scores on sports competition anxiety test which is of very high level and there is the reason for most of her wins and her laurels.

3. Locus of Control (IFISC)- Inventory of Factors Influencing Sports Career Test

Developed by Kamlesh Sharma (1986), the test was used to find out the influence of internal factors and external factors on the performance of players.

Result: Result of inventory of factors influencing sports career showed that Prashanti Singh is dependent on internal factors such as game excellence, practice and her ability on her score is 39 out of 80 and rarely dependent on external factors aforesaid as financial backing, equipment and coaching, luck and political high ups as she scored 11 in external factors.

4. The Sports Achievement Motivation Test (SAM)

By Kamlesh (1990), the test was proposed to examine the level of sports achievement motivation of players.

Result:In their test total score of Prashanti Singh was 28 from overall score of 38. The result is very high which shows her high achievement motivation for competition situation.

5. Sports Orientation Questionnaire Test (SOQT)

Developed by Gill and Dzewaltowski Deete (Table 9 and Test 5). It was used to investigate the competitiveness, win orientation and goal orientation of the subject.

Result: Prashanti Singh secured 66 scores out of 75 in " high competitiveness test", scored 21 Out of 25 in "goal orientation test" and scored about 15 out of 15 in "winning orientation test". Overall result shows that Prashanti Singh has high sports orientation, high orientation competitiveness and winning orientation.

6. Mental Toughness Questionnaire Test

To assess the level of mental toughness, the questionnaire was prepared by Alan Goldberg. (Table 10 and Test 6).

Result:

Prashanti Singh scored 35 out of 40 in handling pressure which is quite good, 18 out of 20 in concentration which is also good, 14 out of 14 in mental rebound and 14 out of 16 in winning attitude. This shows that Prashanti Singh has ample strength to handle pressures, quite focused concentration and mental rebounding and winning attitude which is the primary requisite for a successful sportsman. There is all which makes her an ideal for young basketball.

Conclusion

Thus, we can say that Prashanti Singh is an outstanding Indian Basketball Player. She has committed and dedicated her life to Basketball. She has always been honest and sincere to her assignments contributing a lot for the promotion of basketball in

India. As a person she is very friendly, co-operative, and regular in daily exercises. Prashanti Singh is known for her remarkable patience and perseverance and has been very popular among the folks. She is appreciated for her courteous and supportive attitude. Prashanti Singh is known as the role model of youth players in India and is also addressed as a "Motivator" in Indian Basketball.

The "**Personality Inventory Test**" shows that Prashanti Singh has excellent emotional stability. "Sports Competition Anxiety Test" shows that she has very high competition spirit and that is the reason of her victory and winning laurels for the country. "Inventory of Factors Influencing sports career sports" shows that she has very high internal factors (superiority, practice and ability) except external factors (financial backing, equipment and coaching and political high ups). "**The Sports achievement motivation test**" shows that she has very high achievement motivation intensity and their trait prepares the solid grounds for her success in high level competition bouts.

A COMPARATIVE STUDY OF PERSONALITY CHARACTERISTIC OF WOMEN FOOTBALL PLAYERS AND NON FOOTBALL PLAYERS.

(Dr.) Tushar Dhar Shukla
Prof. N.B. Shukla

INTRODUCTION

Football is a game that can play by all the ages. It can be highly competitive, requiring high level of fitness, agility and coordination or it can be relaxing and highly enjoyable reaction. To play cogitatively the game requires concentration, quick thinking and a great deal of movements. The Speed of the game means the players might be thinking of attack at one movement and the defense the next movement, the must be concentrating all the time if they are to keep up with play Football is an all action game with none of the player acting as involuntary spectator for part of the game as in other team such as Basketball, Hockey and Netball.

The Indian coach, the late S.A. Rahim, advised his players to keep the ball along the ground and make short passes. Adopting these tactics, the Indian did not allow the hefty Australians to play their normal robust game; Neville S'Douza earned the distinction of being the first Indian to score a beautiful hat-trick. In the semifinal, India played against Yugoslavia Indians, who were in a positive mood, wanted to take revenge as Yugoslavia had defeated them by 10 goals to 1 in the 1952 Olympics in Helsinki. The Indians could hold them in the first half and took the lead in the second half through the sole efforts of Neville D'Souza. But Yugoslavia

increased the pressure and scored four goals in row. In a playoff match for the bronze medal India lost to Bulgaria by 3 goals to 1. In this manner, India got fourth position after just winning one matches.

OBJECTIVE OF THE STUDY

1. The aim of the present study were as follows
To find out the sex differences in the extroversion, neuroticism and psychoticism and psychoticism of women football players.
2. To find out difference between the women footballs and non footballers with respect to psychoticism, I;ie-scale, extroversion and neuroticism.
3. To find our inter-subject differences on estroversion, psychoticism, lie-scale and neuroticism of the top level sportsmen.

STATEMENT OF PROBLEM

A comparative study of personality characteristics of women football and non-footballers.

DELIMITATIONS

- The present study was delimited to only for psychological variables as it will not possible to study all psychological factors which helps the sportsmen to become superior women football and to train them at higher sports. The four variables, which are selected for present study, are

- (1) Psychotism,
 - (2) Neuroticism,
 - (3) extraversion,
 - (4) Lie Score,
- Secondly the study was delimited to 200 footballers and 200 non footballers.
 - The study was delimited to player's age range between 15-25 years.

LIMITATIONS

1. The prior experience of the player is considered as a limitation of the study.
2. Since the player was different thinking background ad to considered as a limitation of the study.
3. Since the players was different level and age group hence age and level of performance will be considered as limitation of the study.

HYPOTHESIS

The Hypothesis of the present study are

1. There would be no significant personality difference of women footballers and non footballers with regards to psychotics.
2. There would be no significant personality difference of women footballers and non footballers with regards to neuroticism.
3. There would be no significant personality difference of women footballers and non footballers with regards to extraversion.

4. There would be no personality difference in the score of the women footballers and non-footballers.

SIGNIFICANCE OF STUDY

1. The present study may be account filing the coaches with the psychological factors, which are useful in the modern, sports not only during the training period but also higher sports competition.
2. The coach will know about the psychological training in insuring the peak performance among the players.
3. The coach with the help of sports understands once the cause of the psychological problem in the athletic. Psychological various kind of remedial techniques may be applied and help may be rendered to overcome the excessive emotional problems which affect their performance.
4. The finding of the study of the study may provide guideline to the future 4 research, investigator in sports psychology and sports science to conduct further research in the field.

METHODOLOGY

In this section, selection of subject, administration of the test and statistical analysis procedure has been described.

SELECTION OF SUBJECT

Total 200 women footballers and 200 non-footballer from different district o Maharashtra state were randomly selected as subject for present study.

ADMINISTRATION OF THE TESST

EYSENCK'S Personality inventory (E.P.I.) (1985) were distributed to the women footballers and non-footballers, before filling the EPI), instruction were given by the investigator to the players.

STATISTICAL ANALYSIS

T-ratio was computed to compare, the significant differences between women and non-footballers.

PRESENTATION, ANALYSIS AND INTERPRETATION OF DATA. RESULTS AND DISCUSSION

The results of the present study in statistical form are presented in Table 1 to IV

Table-I

Mean scores, standard Deviations and t-ratio of Phychoticism for Women Footballers and Non Footballers.

S.No.	Players	No.	Mean	S.D.	T-ratio
1	Footballs	200	13.16	3.42	-
2	Non-Footballers	200	13.9	4.11	3.82

Significant at 0.05 level

The findings of table-I reveal that there is significant difference between women footballers and non-footballers, ($t = 3.82$ $p < 0.05$), in psychoticism dimension of personality. The Non-footballers having more psychoticism as compared to women footballers, which means that the footballers having less psychotic than non-footballers. Thus the hypothesis was not accepted. This may be due nutritional habits, interest age to participate in sports activities and parental motivation to involve sports activities of women footballers and non-footballers.

Table-II

Mean scores, Standard Deviations and t-ratio of extraversion for women Footballers and Non-Footballers.

S.No.	Players	No.	Mean	S.D.	T-ratio
1	Women Footballers	200	11.11	3.72	-
2	Non-Footballers	200	8.24	2.41	4.31

Significant at 0.05 Level

At Table-II Shows a significant difference was found out in the extraversion of women footballers and Non-footballers ($5-4.31^*$ $p < 0.01$), the Non footballers having less extra over as compared to women footballers which means that the women footballers more extrovert than Non-footballers Thus the hypothesis was not accepted. It may be due to physio-psych difference between women footballers and non-footballers.

Table-III

Mean scores, Standard Deviations and t-ratio of extraversion for women Footballers and non-Footballers.

S.No.	Players	No.	Mean	S.D.	T-ratio
1	Women Footballers	200	16.71	2.31	-
2	Non-Footballers	200	17.99	2.62	3.44

Significant at 0.05 level

As Table Shows a significant difference was found out in the neuroticism of women and non-footballers, ($t=3.44^*$ $p.0.01$), the non footballers which means that the women footballers less neurotic than Non-footballers. Thus the hypothesis was not accepted. This difference is probably due to emotional, biological and social difference between the women footballers and Non-footballers.

Table-IV

Mean scores, Standard Deviations and t-ratio of extraversion for women Footballers and non-Footballers.

S.No.	Players	No.	Mean	S.D.	T-ratio
1	Women Footballers	200	8.99	3.26	-
2	Non-Footballers	200	9.11	3.68	0.91

Non Significant

SUMMARY

Football is game that can be played by all the ages. It can be highly competitive, requiring high level of fitness, agility and coordination or it can be relaxing and highly enjoyable reaction To play cogitatively the game requires concentration, quick thinking and a great deal of movements. The speed of the game means the

players might be thinking of attack at one movement and the defense the next movement. They must be concentrating all the time if they are to keep up with play. Football is an all action game with none of the player acting as involuntary spectator for part of the game as in other team game such as Basketball, Hockey and Football and Netball, Cricket and Basketball (Shukla).

The findings of Table-1 reveal that there is significant difference between women footballers and Non footballers ($t=3.82^*$ $p<0.05$), in psychotism dimension of personality. The Non-footballers having more psychoticism as compared to women footballers. Thus hypothesis was not accepted.

As Table-II shows a significant difference was found in the extraversion of women footballers and non footballers ($t=4.31^*$ $p < 0.01$), the non footballers having less extrovert as compared to women footballers which means that the women footballers more extrovert than Non footballers.

As Table II shows a significant difference was found out in the neuroticism of women and Non footballers, ($t = 3.44^*$ $p<0.01$)m the non-footballers having more neurotic as comported to women footballers which means that the women footballers less are neurotic than Non footballers.

The finding of Table-Iv, that there is no significant difference between women footballers and Non footballers, ($t,0.91^\circ$), It may therefore, by similarity of the nature of game, Study supported by similarity of the nature of game, Study supported by Shukla 2004, 2005, 2010.

CONCLUSIONS

1. There are significant difference in psychoticism between women footballers and non-footballers.
2. There are significant differences in neuroticism women footballers are less neurotic tendency than the non-footballers.
3. There are significant difference in extra vision of women footballers and non footballers. The women footballers are found to be fewer extroverts than non-footballers.
4. There are no significant difference in psychoticism between footballs is less psychotic than non-footballers.

RECOMMENDATION:

1. Similar study could be done in different game & sports,
2. It would facilitated the coaches, physical educators, football players to provide appropriate training to know whether the psychological problem with respect to performance or not.
3. Similar study could be down high level of football players like, International& Olympic.
4. This research provides platform for further research with respect to personality characterizes.

REFERENCE

1. Shukla N.B. (2004) kinanthropometry P.P. 225 Ram murti Printing Press. Varanasi
2. Shukla N.B. (2005) Sports medicine P.P. 326 Ram murti Printing Pre Varanasi.

REFERENCE

1. Shukla N.B.(2004) kinanthropometry P.P. 225 Ram murti Printing Press, Varanasi.
2. Shukla N.B. (2005) Sports medicine P.P. 326 Ram murti Printing Press, Varanasi.
3. Shukla N.B. (2010) VishangamYoga and Khel Ram Murti Printing Press, Varanasi, pp 242.
4. Shukla N.B. (2010) Sports medicine, physical education and yoga. Ram murti Printing Press,Varanasi, pp.268.

STRENGTHENING THE IMMUNE SYSTEM OF THE ELDERLY WITH CERTAIN DEvised PRACTICES OF GERIATRIC YOGA

Prof. Ran Bir Singh

Founder Member Indian Academy

Of Yoga and Acharya Geriatric Yoga

Former Director,

Institute of Technology, BHU, Varanasi

Prof. N.B. Shukla

B.H.U., Varanasi

LONG ABSTRACT

Healthy living is important in all stages of growth of a person, but more so in the old age, generally reckoning it from the age of 51 and onwards. The author had categorized the elderly, in the context of Yoga practices, in four groups (Singh, 2008), viz. The first group of 61 to 69 years of age the impending "VANPRASTH", the penultimate stage of life, the second group of 61 to 68 years of age, and the third group of 70 years of age to 79 years, connected as the less advanced geriatric age. The present day 80+ years of age group, would correspond to the advanced geriatric age group.

Immunity relates to being proof against contagious diseases, and it is directly related to the persons vital life force' or "Jeevani Shakti". Debilities and diseases, often multiple, develop in normal ageing resulting from the decay in this Shakti, and showing up as decline in neurological, physiological and

neuro-muscular functions. Obviously, therefore, it is of utmost importance that a growing elderly must retain robust immunity. Main ways to attain this aim lie in regular practice of a compatible yogic asanas and pranayams, taking a good age-compatible digestible diet, and adopting proper strategies for stress-management.

The 20-Minute Schedule for the Growing Elderly

The Author, first of all, gave a typical 20-minute schedule for "Yoga Asanas and Pranayams for Better Living" of the growing elderly (Singh, 2006), corresponding to the first age group mentioned above. The body, from arteries to nerves, intestines to hormone producing glands. It bolsters the immune system, helping one to protect against infections, allergies and even cancer. The regular practitioners themselves feel these advantages, and the effects of the resulting immunity response. Swami Ramdev, world renowned exponent and doyen of yoga, recently declared that he has never had any illness during the last 20 years. The writer has regularly practiced "CSTYK" for the last 10 years, though the practice of compatible asanas and pranayams has not been all that regular. The effective outcome of CSTYK practice, in the Category 3 age group, seems to be manifested in high immunity against infections and, rather importantly, in no headache visitation during the last 10 years, whatever the prevailing circumstance.

A recent research reported by Swami Gyan Bhikshu Saraswati (Yog Vidya, July 2010) delving into late Swami Satyanand Saraswati's revelations on "Swar Yoga" suggests that

the transition period between "Ida Nadi" and "Pingala Nadi", when the "Sushumna Nadi is active, is the best time to start Yoga practices. He suggests that "Sushumna" could be activated (presumably by a suitable Pranayam) just before starting Yoga practices for the best results.

Comprises of 18 chosen asanas, 3 Pranayams, Complementary System of Three Yogic Kriyas (CSTYK) originated by the author (singh, 2008), Tribandh, AUM chanting and Meditation.

The Yoga Capsule for Group 2 and Group 3 Elderly

Thereafter, he devised, a "Yoga Capsule" (singh, 2008), following after Swami Niranjand of Sivananda Math, Munger (Bihar), for the Yoga practices of those growing into the group 2 of the elderly, or for the person growing in the less advanced geriatric age of 70+ years. The first component of it comprises of a choice of a minimum of three yoga Asana: Tadasana, Konasana and katichakrasana performed in the standing posture, Yog Mudra and Paschimottasana in the sitting posture, Pawan Muktasana, Bhujangasana and Makrasana in the lying down posture, concluded by Savasana for a manageable time. The second component of the Yoga Capsule is comprised of CSTYK, Nadi Shodhan Pranayam including Anulom Vilom and Ujjai Pranayams, followed by AUM chanting and simplified Yoga Nidra and Dhyana

Existing health condition/health problems of the practitioner have to be duly considered in suggesting the practice of the full Yoga Capsule, particularly in the case of third group of the elderly practitioner.

Practice of "CSTYK" Alone for the 80+ years age group

Persons in the advanced geriatric age group, corresponding to the 80+ years age group could restrict themselves to the practice of the "CSTYK" alone (Monograph "Current status of Yoga Therapy", Indian Academy of Yoga, Varanasi, 2008).

The Benefits Including Strengthening the Immune System

Regular Yogic practices, as mentioned above, compatible to one's age group, of the elderly ensure many healthful benefits. It encourages mental well being, and helps and protects every part of

Short Bibliography and Reference

1. Singh, R.B. "common Yogic Practices for Elders" in "Current status of Yoga Therapy" published by Indian Academy of Yoga Varanasi, 2005, edition.
2. Singh, R.B. 2006 Yoga Sadhana ke Saral Abhyas Dwara Unnatisheel Jeevan (in Hindi) "Nirogi Sansar", Lucknow, year 3, No.4, pp.10-14.
3. Singh, R.B. 2007 Yoga for Better Living and Active Ageing in the Third (Elderly) Age Group "The Yoga Review", Indian Academy of Yoga, Vol. X} No.1& 2, pp 71-77.
4. Singh, R.B. 2008a "Relation, Yoga and health: Some Religious Observances in Yogic Practices for the Elderly" All India Seminar on the Religious Relevance of Religion in the Contemporary Age, Feb. 24-26, BHU, Varanasi.
5. Singh R.B. 2008b "An Effetive yoga Capsule for Actie Ageing and Healthy Living" The yoga Review Indian Academyu of Yoga in press

6. Singh R.B. 2008c "Yoga for the Geriatric Age", Indian Academy o Yoga Annual National Conference” Yogacon 2008” Oct. 16-18, BHU, Vranasi
7. Swami Shri Krishnandji "Mukhya Asana Aur Unse Laabh (in Hindi)", Yoga Tatvank, kelyan Visheshank 65th year, 1991, pp 297-301
8. Joe Knott, 2007 "Inversions: The Jou7rney towards Sirsana" "Spectrum" the journal of the British Wheel of Yoga, autumn, pp 18-21.
9. Yog Vidya, "Neerajan" Swami Gyan Bhikshu Saraswati, Year 9, No. 6, July 2010, pp. 13-17, Shivanand Math, Munger (Bihar).