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Editor-in Chief

Dr. Rajkumar Sharma

Editor

Dr. Ashish Kumar Nigam

Sub-Editor

Gulbahar Khan

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CORRESPONDANCE ADDRESS:

Dr. Rajkumar Sharma, Editor-in-Chief, 284/1, In front of Main I. T.

I. Gate, Near Evergreen Nursery, Centre Koni, Bilaspur (CG)

Pin-495009

E-mail: sharmagym59@yahoo.co.in

Wsbsite-www.sportsscientistsviews.in

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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPEAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India, publishing both research and review articles in the fields of sports and exercise sciences as well as Applied Sciences. IJPEAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPEAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPEAS is printed and electronic journal dedicated to promoting scientific knowledge in the multidisciplinary field of sports and applied sciences. According to policy of publishing and format of IJPEAS, the delay in the publishing process is minimal and IJPEAS is unique discussion panel for researchers in the field. IJPEAS covers all aspects of sports and applied sciences including kin-anthropometry, sports medicine, biomechanics and biophysical investigation of sports performance, coaching & performance, motor control & learning, exercise physiology, sports nutrition & biochemistry, sports psychology, historical, philosophical and sociological perspectives of sport, management, sport law, physics, chemistry, zoology as the applied sciences etc.

Instructions for authors : Indian Journal of Physical Education, Sports and Applied Sciences is a broad quarterly journal that aims to bridge the gap between all professionals in the fields of sports sciences. The journal serves an international audience and is of interest to professionals worldwide. The journal covers major aspects of sports sciences - biomechanics, motor learning & control, sports medicine, Sports and exercise physiology, sport testing and performance, sports psychology, Sports Sociology, Sports Anthropometry, sports management, Physical Education, Yoga, other such subjects having inter-disciplinary perspective with specific application to sports and applied sciences etc.

The journal publishes original research utilizing a wide range of techniques and approaches, reviews, commentaries and short communications. Submission of Manuscripts. Authors are strongly encouraged to submit manuscripts in electronic files, emailed to the Editor-in-Chief, Dr. Rajkumar Sharma at e-mail address: sharmagym59@yahoo.co.in or www.sportsscientistsviews.in Each manuscript must be accompanied by a statement that it has not been published elsewhere and that it has not been submitted! simultaneously for publication elsewhere. Authors are responsible for obtaining permission to reproduce copyrighted material from other sources and are required to sign an agreement transferring the copyright to the publisher.

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INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

(Quarterly Publication)

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EDITORIAL

I feel pleasure that the volume 6, NO. 1 issue of January, 2016 “Indian Journal of Physical Education, Sports and Applied Sciences” from the state of Chhattisgarh is out for the readers. This issue of IJPESAS contains six research articles on important aspect of physical education, sports and applied sciences. The lead article by the young physical educationist are given below:

Mahdavi (Iran) established the “Relationship between job stress and personality dimensions of education, physical education teachers in the city of Pars Abad” He revealed that the relationship between job stress and the desire to experience new personality was significant inverse relationship and with other aspects of the character, there was no significant relationship.

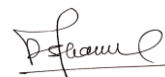
Yadav (U.P. India) investigated the isolated and combined effect of yogic practice and aerobic training on muscular endurance variable. The finding of study revealed that the twelve weeks of isolated and combined yogic practice and aerobic training have significantly improvement on muscular endurance variable.

Kumar (J &K, India.) studied the heart rate variability of elite sprinters middle distance and long distance runners. The result of the study revealed that the sprinters and middle distance runners had almost same HRV. Whereas long distance runners had higher HRV than the sprinters and long distance runners.

Ladha(M.P. India) compared the self-concept of the women players in Kho-Kho and other games. She concluded that insignificant differences were found among the players in the game of Kho-Kho, Cricket, Handball and Badminton

Sharma and Choubey (Chhattisgarh, India) described the development of Mallakhamb in India since from 1135 AD to 2015. They suggested that Practicing the exercise on Mallakhamb helps to develop flexibility, grace, swiftness and rhythm, endurance, strength and stamina, speed, reflexes, concentration and coordination of individual, and combat game's player i.e. wrestling, judo, gymnastics, athletics, horse Riding, tennis tennis and badminton etc. But with the phenomenal and ever increasing popularity of mallakhamb in the past few years, there is a surprising lack of research in this specific area.

Shrivastava & khandekar (Chhattisgarh, India) studied the leadership behavior preferred by volley ball and badminton players. Results of the study indicated the similarity between volleyball and badminton players in their preferences for the set of five dimensions of preferred leader behavior from their coaches.



Dr. Rajkumar Sharma
Editor-in-Chief