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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. IJPESAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPESAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPESAS 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 IJPESAS, the delay in the publishing process is minimal and IJPESAS is unique discussion panel for researchers in the field. IJPESAS 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.com 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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EDITORIAL

I feel pleasure that the **Volume 8, NO.2, April, 2018** of "Indian Journal of Physical Education, Sports and Applied Sciences" from the state of Chhatisgarh is out for the readers. This issue of IJPESAS contains 08 research articles on important aspect of physical education, sports and applied sciences. The lead article by the young physical educationist are given below:

Tangarani and Gajanana (Karnataka) examined the effectiveness of yogic practice on stress levels of young women pursuing their post-graduation during 2017-18 at Kuvempu University. The results pointed out that the practice of yoga did not have any significant effect on young women. **Dutta (West Bengal)** reported about the bra strap syndrome in women athletes Bra strap syndrome is depressed marks or rawness in the shoulder due to wearing of bras which have narrow or small straps or worn out straps. These causes pain, problems of mobility and even weakness in the arms. **Nehra & Rajpal (Chhattisgarh)** investigated the contributions and achievements of Indian wrestler Mr. Yogeshwar Dutt an Olympian belong to Haryana state. he concluded that in most of the national and International competition of Wrestling, he won Gold medals followed by few silver and bronze medals. **Sajan George (Karnataka)** find out the attitude of undergraduates towards physical activities and sports with reference to sex and type of institution. He concluded that the majority of the male undergraduates had higher attitude towards physical activities and sports when compared with female undergraduates. The students from government and private aided institutions had higher level of attitude towards physical activities & sports when compared with students from private unaided institutions. **Buvanendiran & Virupaksha (Karnataka)** compared the selected anthropometric measurements between basketball and handball elite athletes of Sri Lanka. The results showed that there was significant difference in the selected nine anthropometric measurements between basketball and handball athletes, and not found significant difference in one measurement. **Sunanth & Sudheer (Tamil Nadu)** find out the effect of strength training on arm strength of women cricket players. They revealed that the strength training was made significant improvement in arm strength of the selected subjects. The level of confidence was fixed at 0.05 in all cases. **Pandey (CG)** compared the level of job stress between male and female Physical Education teachers working in higher secondary schools of Madhya Pradesh. He concluded that male and female teachers in physical education were not found satisfied from their job.. **Pandey (CG)** find out the job stress among physical education teachers belong to different type of higher secondary schools of M.P. He revealed that Similarity was observed among physical education teachers in government, aided and unaided schools for occupational stress components of responsibility for persons, under participation, powerlessness and poor peer relations . **Sakxena (M.P.)** analyzed the attitude, belief and behavioural intention of sports women towards regular participation in sports. The results of study revealed that Sports women of all four levels differ significantly only on behavioural intention, But they did not differ on subjective norms . **Sakxena (M.P.)** compared the exercise outcome belief among sports women of different levels of sports participation and fitness group. The results of study concluded that the sports women of different levels of sports achievement and fitness group differ significantly on 'improve your overall health' ; 'take a lot of time'; 'helps you feel good about yourself' ; 'makes you tired and fatigued'; and 'leads to muscle soreness' subscales of Exercise outcome belief only.



Dr. Rajkumar Sharma
Editor-in-Chief