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**Aims & Scope :** The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) 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.

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## EDITORIAL

I feel pleasure that the **Volume 9, NO.1, January, 2019** 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:

. **Prabhu (A.P.)** revealed that, positive attitude shown towards physical education and sports in all aspects and also they viewed the emergency of drastic change in the physical education and sports curriculum and its implementation is needed at high school level to offer a complete education. **Kumar & B.John (Chhattisgarh)** found that positive mental health of non-tribal adolescent boys was far superior as compared to tribal adolescent boys. It was concluded that positive aspect of mental health is still lacking in tribal adolescent boys and needs to be enhanced so as to increase their quality of life. **Mir , Para & Ganie (J &K, Maharastra & Kashmir)** compared the physical fitness level among urban and rural students of Kashmir. While as the physical fitness of rural and urban students of Kashmir in speed were found to have significance difference **Ghosh (West Bengal)** suggested that the rural female were significantly superior in VO<sub>2</sub>max than the urban female. **Vasanth, Thamilselvan & Senthilvadivel ( Coimbatore & Saudi Arabia)** concluded that risk-taking behaviours are more predominant with those who aspire for greater success and a better development in their professional skills rather than academic skills and yet higher risk-taking without analysing consequences can be harmful and lead to negative events and effects. **Oberoï & Shah (Maharastra)** concluded that variable training group took lesser time to complete the agility test than repetitive training. However, it was not statistically significant **Hazari , Pathak & Sharma (M.P.)** revealed that Indian boys Mallakhamb players in different competitive age group levels, as whole exhibited different fear of failure on coping strategies dimension of FOF. But they had similar FOF on goal setting, self adequacy, uncertain future, self control, and self evaluation dimensions.



**Dr. Rajkumar Sharma**  
Editor-in-Chief