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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.2, April, 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:

Singh & Tara (H.P.) found that non- tribal players possessed significantly greater triceps skin-fold and forearm skin-fold than tribal senior secondary school players. In biceps skin-fold and sub-scapular skin-fold also non-tribal players possessed slightly greater mean value than tribal senior secondary school players. **Shrivastava (M.P.)** revealed a moderate level of sports achievement motivation among Legend cricketer Mohammad Kaif . He possesses lot of patience and perseverance. He also motivates younger players inside or outside the game. **Lendhe and Tripathi (M.P.)** showed the effectiveness of structured teaching program .so it is hoped that implementing appropriate education program can raised awareness and correct the misconception among mothers education program may be considered as effectiveness tool to enhance the knowledge of mothers , common child home accidents. **Singh and kumar (J &K)** Indicated that the group performing yogic activities had significantly decreased in anger, stress and anxiety whereas the control group had no significant decrease in all the variables. It was very clear that sixteen weeks of yogic activities produced significant changes in psychological variables anger, stress and anxiety of college male students. **Singh and Kumar (J. K.)** concluded that there was no significant difference found on arm strength and leg explosive power among batsman bowler and all-rounder of inter collegiate cricket players. **Poddar (W.B.)** concluded that Calisthenics exercise group, Yogic exercise group, and Recreational and Traditional activities groups showed significant improvement on Cardiovascular Endurance when compare with the control group and Calisthenics exercise group was better than other group **Poddar (W.B.)** concluded after obtaining the results of the study that there is no any significant difference on speed and muscular endurance components among the Manipuri and Tamil Nadu football players. **Nigam (M.P.)** revealed that the inter-university level male cricket players gave more importance to physically active life style, function of sports participation and improvement in an individual’s co-operating skills and desire for personal mastery among the purpose of participation in cricket should be serve. **Sharma & Pathania (Chhattisgarh & New Delhi)** indicated that significant differences were observed among male and female gymnasts of India in their physiological parameters. But there was no effect of physiological parameters on competitive performance of

Indian gymnasts. **Lendhe (M.P.)** showed the need for a better revamped awareness and education program coupled with effective health care delivery system to improve the level of knowledge among mothers on new born care, in achieving better health indicators as far as medical services are concerned. **Verma (New Delhi)** revealed that society acts as the main hindrance for the girls pursuing sports. Even family support is not given to girls as much as it is given to the boys. While urban and rural girls participate equally in sports and fitness, rural girls who quit sports, are more likely to have problems with transportation or inadequate funds. The paper ends with recommendations to improve the current status. **Shahzamani & Madialagan (karnatka)** showed experimental group that did William exercises have significantly pain reduction. it can't be ignored for more than a few minutes severe, pain dominates your senses and significantly limits your ability to perform normal daily activities. **Kalarani & Sivasangari (Tamil Nadu)** expressed that the corporeal variables influence the performance in the game of volleyball were selected with greater care on the basis of personal experience of the researcher and the result of the study was analysed by using SPSS software. **Chaudhary (U.P.)** showed that walking can be an effective training programme to maximize the HDL and minimize the LDL among obese college women. **Yadav, Sharma & Shrivastava (Chhattiagarh)** revealed that coaches of different games and sports were satisfied in Policies, compensation, and responsibility and slightly Satisfied in rest of the dimensions of Job satisfaction. The sport coaches of both sex had a specialize diploma in coaching,. **Fernandes, Deshpande & Basil Hans (M.S. & Mangalore)** indicated that Jump Rope program had positive effect on all the physical fitness parameters of the elementary students. It shows that their endurance, power and strength had improved **Yadav, Sharma & Dr. Shrivastava (Chhattisgarh & M.P.)** revealed that The majority of the male and female coaches from urban area and were found satisfied from their job. Significant differences were also found between the male and female coaches on ability utilization, authority and social service dimensions of job satisfaction only. **Dey and Chatterjee (W.B.)** found that the dancer females had significantly lower levels of BF% and Fat Mass in comparison but did not vary with regard to lean mass. **Tharayil & Moorthy (Tamil Nadu)** revealed that there is a significant improvement in IMP, but there is no significant improvement in ATT of the subject.



Dr. Rajkumar Sharma
Editor-in-Chief