

- Dr. Sachin Sinha, Director,** Department of Oral Pathology and Microbiology, Narain Oral and Dental Care ,Malleshwaram, Bangalore (Karnataka), India.
- Dr. Jaishanker Yadav,** Associate Professor, Department of Physical Education,Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India
- Dr. Sudhir Rajpal,** Associate Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India
- Dr. Yuwraj Shrivastav,** Assistant Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India
- Dr. Anil Kumar,** Assistant Professor, Department of Physical Education Shaheed Bhagat Singh Evening College, Shekh Sarai, Phase-II, New Delhi India
- Dr. Vishwashambhar Jadhav,** Assistant Professor, Department of Physical Education, University of Mumbai (M.S.), India.
- Dr. P. Satheeshkumar:** Department of Physical Education, Bharathidasan University, Tiruchirappalli (Tamil Nadu)
- Dr.G.Kumaresan,** Associate Professor, Department of Physical education Bharathiar University, Coimbatore (Tamilnadu)

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) -495009 INDIA
E-mail: sharmagym59@yahoo.co.in
Wsbsite-www.sportscientistsviews.com

INDEXING AND IMPACT FACTOR BY RENOWNED INSTITUTIONS

 INNO SPACE SJIF Scientific Journal Impact Factor SJIF-4.917 (2016)	 International Innovative Journal Impact Factor (IJIF) Impact Factor- 5.013 (2016-17)
 International Institute For Research Impact Factor Journals (IIRF) Impact Factor-3.992 (2015-16)	 IFSIIJ Measure Of Journal Quality Impact. Factor-3.715 (2016-17)
	
	 <i>The largest E-Journal Database & Gateway</i>
	JOURNALS IMPACT FACTOR 
	 Academic Resource Index ResearchBib
 Directory of Science	 Google Scholar  AcademicKeys <small>UNLOCKING ACADEMIC CAREERS</small>
Impact Factor-1.03  DIIF	 DRJI
 DOI	Digital Online Identifier - Database System  DOI DOIJIF-3.71 (2015-2016)
 ISSN <small>INTERNATIONAL STANDARD SERIAL NUMBER</small>	 ISI <small>Indexing JIF Evaluation</small>
	
 INDIANScience.in	 OCLC WorldCat®
 ROAD <small>DIRECTORY OF OPEN ACCESS SCHOLARLY RESOURCES</small>	 tej <small>türkçe eğitim indeks</small> Indexed Turkish Education
 YellowBrowser <small>DESTINATION GUIDES TO CITY AND STATE</small>	 JOURNAL FACTOR
 ADVANCED SCIENCE INDEX <small>ADVANCED SCIENCES INDEX</small>	 Indian Citation Index

NEXT ISSUE IS GOING TO RELEASE IN THE MONTH OF APRIL, 2020

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 Jan., April, July and October. 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.sportscientistsviews.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.

All accepted manuscripts, artwork, and photographs become the property of the publisher. Authors are asked to submit with the manuscript the names, mailing addresses, and e-mail addresses of the individuals that would be suitable independent reviewers.

INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

(Quarterly Publication)


VOLUME 10, NO. 1, January, 2019

S. NO.	TITLE OF PAPER & AUTHORS	State / Country	PAGE NO.
1	A COMPARATIVE STUDY ON LEVEL OF FLEXIBILITY AND STRENGTH ENDURANCE BETWEEN YOGA AND MALLAKHAMB TRAINEES Madhu G R and Sampath Kumar M	Karnataka	1-5
2	CHANGES IN SPORTS FORMAT AND RISE IN INJURIES Dr.Vennapu Lakshmana Rao and Prof. N. Vijay Mohan	Visakhapatnam	6-14
3	ASSESSMENT OF HEALTH RELATED PHYSICAL FITNESS AMONG MIGRATED BOYS STUDENTS FROM NAXAL AFFECTED REGION Suresh Singh Pawar and Dr. Jai Shankar Yadav	Chhattisgarh	15-20
4	ROLE OF YOGIC PRACTICES DURING LOCKDOWN Dr. Vishwambhar V Jadhav	Maharashtra	21-24
5	UNIVERSITY CLIMATE AND ITS RELATIONSHIP TO THE WORK PERFORMANCE OF FACULTY MEMBERS IN THE FACULTIES OF PHYSICAL EDUCATION OF THE UNIVERSITY OF BAGHDAD AND MUSTANSIRIYA Mohammed Fadhl Mosleh and Wadad Yousif	Diyala(Iraq)	25-30
6	THE COST OF A GOOD BODY: A QUANTITATIVE ANALYSIS OF FINANCIAL INVESTMENT IN MAINTAINING A HEALTHY LIFESTYLE FOR CONSUMERS OF DIFFERENT SPENDING CAPACITIES Tarini Sarah Bakshi & Dishank Girotra	Karnataka	31-41
7.	PHYSICAL EDUCATION AND SPORT A CAREER OPTION IN INDIA Gauri Shanker Sahu and Pardeep Kumar Panghal	Haryana & Chandigarh	42-48
8.	EFFECT OF SPECIFIC TRAINING ON PHYSICAL WELLBEING AND SCHOOL WELLBEING OF SCHOOL STUDENTS Dr. Kishore J. Maru	Maharashtra	49-53
9.	IMPROVEMENT OF SPEED ENDURANCE IN KABADDI PLAYERS ON DIFFERENT TRAINING METHODS Dr. Bovas J	Kerala	54-61

EDITORIAL

I feel pleasure that the **Volume 10, NO.1, January, 2020** 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:

Madhu and Kumar (Karnataka) compared the level of Flexibility and the Strength Endurance among the Yoga and Mallakhamb trainees. Researcher concludes that there is a major difference in the selected variables. Yoga trainees have more Flexibility than Mallakhamb and Mallakhamb trainees have more Strength Endurance than yoga trainees. **Lakshmana Rao and Vijay Mohan (Visakhapatnam)** studied the changes in sports format and rise in injuries. The shortened and fast-paced formats of sports results in more frequent number of injuries on the field. The rise in injury rates and early burning out of players is attributed to hectic schedules and the need to play as many games possible to stay up in the rankings as also for the monies. **Pawar and Yadav (Chhattisgarh)** assessed the Health-related Physical fitness for migrated school boys students of naxal affected regions of Chhattisgarh. revealed that Significant differences existed among among the different age groups of boys students on of health related physical fitness components except modified sit-up component of physical fitness. **Jadhav (Maharashtra)** expressed the role of yogic practices during lockdown. Yoga is an ancient Indian way of life, which changes the attitude of your mind and body, diet, and the practice of specific techniques such as yoga asanas, pranayamas) and meditation one can reach peak of their consciousness. In that sense, this situation is an opportunity for everyone to develop an all-round personality. **Mosleh and Yousif (Iraq)** identified the role of the university climate and its relation to the work performance of the faculty members of the physical education and sports science. The obtained results showed a positive relationship between the university climate and the work performance of the faculty members. **Bakshi & Girotra (Karnataka)** assessed the cost of a good body through quantitative analysis of financial investment in maintaining a healthy lifestyle for consumers. They indicated that The “cost of a good body” entails not just the upfront cost of the membership but also the added costs associated with a fitter lifestyle. **Sahu and Panghal (Haryana & Chandigarh)** reviewed the literature of physical education and sport a career option in India. They told that the Degrees, Diplomas, Certificate course in the field of physical education and sports beneficial for a wide range of career options in selected sports, health clubs, sports goods manufactures, sports marketing, commentator, sports journalism, trainer, teaching area, coaching area, publications, and many other similar options in both government and private sectors. **Maru (Maharashtra)** find out the effect of specific training on physical wellbeing and school wellbeing of school students. He concluded in his research that Specific Training helped to improve Physical and School Wellbeing among school students of age 12 to 14 years. **Bovas (Kerala)** evaluated the effect of circuit training and interval training on change of Speed endurance in men Kabaddi playes in Kerala state. The results of the study revealed that the speed endurance improved in experimental groups in comparison to control group after a 10 weeks training programme.



Dr. Rajkumar Sharma
Editor-in-Chief