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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 8, NO.1, January, 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:

Kuganesan & Ahilan (Sri Lanka) examined the correlation between the anthropometrics and physical fitness variables among school talented untrained children. They concluded that which sports demand high upper body strength and agility in selection of players need to consider the characters of anthropometric variables for excellent performance. **Bhide, Mhatre & Pawar (Pune)** evaluated the effect of Proprioceptive neuromuscular facilitation with manual resistance in upper extremity with respiratory function. They concluded that PNF with manual resistance for Upper extremity, is significantly effective in improving the respiratory conditions. **Sharma & Chaubey (Chhattisgarh)** prepared the thematic research article on education problems in the 21st century related role of education in modern life They told that education must teach people always try to have control over ones life's situations and to stand up on his own feet rather than depending on others for moving forward. Success in life depends on developing capacity and courage to take right decisions at right time. **Attrey, Sharma & Thakur (Haryana & H.P.)** compared the efficacy of Hydrotherapy and TENS with that of TENS and home based exercise in subjects with knee osteoarthritis They proved that hydrotherapy improves pain, functional skill and range of motion in patients with knee osteoarthritis. **Thakur & Pawar (New Delhi & Maharashtra)** compared the aerobic and anaerobic capacity of sprinter, jumper and throwers. They revealed that there were insignificance difference was found among the selected groups on aerobic capacity. There were significance difference was found among the selected groups on anaerobic capacity. **Sighamoney, Kad & Yeole (Pune)** find out the effect of core strengthening on dynamic balance and agility in badminton players. They showed the increased distance in all three directions on modified star excursion scale and increased agility. There is effect of core strengthening on dynamic balance and agility in badminton players. **Dar & Vijay (Tamilnadu)** find out the effect of model physical education curriculum on selected strength parameters of dexterous preadolescents. The result of the study showed that the model physical education on curriculum improves the strength of selected subjects (experimental group). **Khan Pooja and Prabhu B. (Karnataka)** examined the differences in balance ability between sportspersons in indigenious and non-indigenious sports. They revealed that the sportspersons from indigenious sports have high Unilateral as well as bilateral balance as compared to their counterparts in non-indigenious sports. **Sudhakara. G. (Karnataka)** established the relationship between selected motor fitness variables and serving ability of intercollegiate volleyball men players. He revealed that there was significant Relationship between selected motor fitness variables such as flexibility and shoulder strength and service ability of intercollegiate volleyball men players. **Velkumar (Tamilnadu)** carried out the study on Psychomotor Abilities and Skill Performance Variables of Football Players. He concluded that players are having equal performance invariably by their positions as for as psychomotor abilities and skill variables concerned.



Dr. Rajkumar Sharma
Editor-in-Chief