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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. 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 March, June, September and December. 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.

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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.3, July, 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:

Joshi, Solanki & Kumar (M.P.) investigated the wellness lifestyle of students of selected IIM in india Results showed that the students need Improvement on health related Fitness, Nutritional level, stress management, personal health and hygiene, and emotional wellbeing factor. **Chaubey, Rajpal & Sharma (Chhattisgarh)** investigated the anthropometric characteristics of all india inter-university level male netball players The results of the study revealed that all the anthropometric characteristic examined of the netball male players were found healthy, without any cardiac risks and controlled. **Marskole & Modak (M.P.)** assessed level of occupational stress among librarians working in government and private colleges of bhopal The results of the analysis of data revealed that librarians from private colleges of Bhopal had more occupation stress when compared with librarians from government colleges. from this study. Highly significant difference was also observed between librarians of private and Government college. **Karmakar (Tripura)** reviewed the impact of yoga on fitness and healthiness in modern life- a theme- Yoga is a procedure to control and advance the figure to increase great health, adjustment of mental status and self-acknowledgement. By practicing Yoga one can achieve expected level of physical fitness. Good health and fitness cannot be taken for granted, especially with today’s sedentary and automated life-styles. **Bhaskar & Kumar (Tamil Nadu)** find out the effect of functional training and resistance training on reaction time and blocking among inter school volleyball players. The difference between initial and final scores of selected variables was the effect of respective experimental treatments. It was also found that functional training was significantly better than functional training in improving blocking ability than resistances training of inter school volleyball players. **Bhaskar & Kumar (Tamil Nadu)** find out the effect of functional training and resistance training on leg explosive power and spiking among inter school volleyball players. The difference between initial and final scores of selected variables was the effect of respective experimental treatments. It was also found that functional training was significantly better than functional training in improving Spiking ability than resistances training of inter school volleyball players. **Banne (M.P.)** investigated the effects of different training modalities on passing skill for accracy in air of football players. Researcher concluded that The plyometric exercises or football specific competitive exercises used in the study were not significant effective for improving the passing for accuracy in air, of football players. **Sakxena and Nayak (M.P.)** studied the normative social belief of sports women at different levels of participation and fitness group. They indicated that normative social belief and motivation to comply with significant others subscale among all four levels of sports women indicated statistically insignificant in all six items. **Marskole & Modak (M.P.)** compared the occupational stress among male and female librarian of M.P. Researchers concluded that the significant variations existed between the male and female librarians working in various colleges of Bhopal.



Dr. Rajkumar Sharma
Editor-in-Chief