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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) is a multidisciplinary 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 the aspects of physical education, sports sciences, Anthropology; Developmental and Educational Psychology; Education; Health (social science); Neuropsychology and Physiological Psychology; Nutrition and Dietetics; Orthopedics and Sports Medicine; Physical Therapy, Sports Therapy and Rehabilitation; Physiology; Social Sciences(all).

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.

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2.	A COMPARATIVE STUDY OF POSITIVE MENTAL HEALTH AMONG FEMALE VOLLEYBALL PLAYERS: WITH REFERENCE TO URBAN-RURAL SETTINGS Mohd. Ishaq & Dr. Sudhir Rajpal	Chhattisgarh	05-08
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EDITORIAL

I feel pleasure that the volume 7, NO. 3, July, 2017 "Indian Journal of Physical Education, Sports and Applied Sciences" from different states of India is out for the readers. This issue of IJPESAS contains 14 research articles on important aspect of sports sciences and physical Education. These are given below:

Nadiem & Rajpal (Chhattisgarh) compare narcissism between elite and sub-elite soccer players. 50 male football players. They concluded that elite male soccer players possess more magnitude of narcissism as compared to sub elite male soccer players. **Ishaq & Rajpal (Chhattisgarh)** assessed the differences in positive mental health of female volleyball players hailing from urban and rural settings. They concluded that positive mental health of female volleyball players may be predicted by their urban-rural belongingness. **Mehdi & Wahid (U.P.)** find out the effect of yogic exercises for development of aerobic capacity among college male students. They observed from the analysis of data that Aerobic capacity was improved within the experimental group. **Hiraoka, Gudapti, & Rajesh (Karnataka)** indicated that Yoga can statistically reduce physical and mental stress which means Yoga helps to thin out stresses, and proved why ancient Yogi Patañjali has used the term thinning. **Dutta (West Bengal)** conducted the study on treatment of Adhesive capsulitis of shoulder joint by intra-articular corticosteroid injection. He found that early reorganization of stage-I and stage-II idiopathic adhesive capsulitis and early injection of corticosteroid with local anaesthesia may be both diagnostic and therapeutic. **Yadav, Attrey & Kashyap (Haryana & Chandigarh)** determined the effectiveness of light concentric exercise and to compare the effect of light concentric exercise and cryostretch on DOMS. They found that light concentric exercises were found to be more effective than cryostretch in treatment of exercise induced DOMS in quadriceps muscle group. Both could be used in management of pain as both were found to be significantly effective in treatment of DOMS. **Chaudhary & Khan (U. P.)** investigated the effect of different geographical condition on selected physical variables on badminton players. They concluded the insignificant the effect of different geographical conditions on Leg strength and abdominal strength and significant difference on Speed and Endurance) of badminton players. **Bhosle & Acharya (M.P.)** analyzed the difference exist among female athletes of various sports in terms of senso-motor coordination and time/ movement anticipation They indicated the differences among female athletes of various sports and they do differ in terms of senso-motor coordination and time movement anticipation. **Balakumaran (Tamil Nadu)** find out the differences in selected psychological variables namely of Self Confidence, Self Esteem, Job Involvement and Job Satisfaction between Rural and Urban Working Men. He proved that there was significant difference between labours of Tamil Nadu and Other States in the variables namely self confidence, self esteem, job involvement and job satisfaction. **Singh (Punjab)** find out the socio-economic status effect on sport performance of Achiever and Non Achiever Shooters belong to Punjab State. He indicated the positive socioeconomic status effect on the sport performance of Inter college level men/women and women shooters. **Pathania, (Punjab), Tiwari (U.P.) and Tiwari (Rajasthan)** conducted study on relationship of education status and socio-economic status of the engineering students. They found that the education of engineering sports person and non sports person is not affected by the socio economic status of their family. **Dhake (Maharashtra)** compared the Speed of Handball and Basketball male players of North Maharashtra University. She concluded that the Handball players are having comparatively high speed from Basketball players of SGBA university. **Nagaraja, Prakash and Gajanana (Karnataka)** assessed the age wise health and fitness through waist to hip ratio as well as grip strength in special population of Karnataka state. They prepared the age specific normative values on waist to hip ratio and grip strength and analysed the health and fitness of special population belonging to Karnataka state. **Sangarui (Tamil Nadu)** find out the effects of retro running on health related physical fitness among college women. He noticed that practice retro training helped to improve physical fitness variables of college women. **Kumar (Haryana)** indicated in his research that Kho-Kho players have more speed and flexibility than Kabaddi players. **Chaubey (Haryana)** showed that there was significant effect of plyometric training on explosive strength.



Dr. Rajkumar Sharma
Editor-in-Chief