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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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EDITORIAL

I feel pleasure that the volume 7, NO. 1, January, 2017 "Indian Journal of Physical Education, Sports and Applied Sciences" from the state of Chhattisgarh 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:

Mathew, Pious, & Rosaly (Karnataka) compared the self-esteem among early adolescent athletes and non-athletes. The results showed the athletes have significantly higher self - esteem compared to non- athletes. Also, competitive athletes have higher self- esteem than recreational athletes. It was also found that there is no gender difference in self - esteem among early adolescent athletes. **Kerketta & Singh (Chhattisgarh)** investigated the relationship of selected motor fitness components to field goal speed of male university basketball players. The results of the study indicates that there was significant relationship found in agility, reaction time (foot) and speed in correlation between field goal speed ability and there was insignificant correlation found between reaction time (finger) and field goal speed ability of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.). **Arun (Chennai)** found the Effect of Yogasanas and Suryanamaskar on selected psychological variables among college men Volleyball players. The physiological variables like anxiety and negative feelings of Volley ball players found significant reduction due to Yogasanas and Suryanamaskar as compared to Control Group. The psychological variables like self concept and skill learning found significant improvement due to Yogasanas and Suryanamaskar. **Attrey, Yadav & Singh (Haryana)** established the relationship between the two of otherwise commonly used tests like passive straight leg raise(PSLR) and V-sit and reach(VSR) test results. The results of this study indicated a significant relationship between the VSR and SLR, for the right and left lower. Sahu & Rajpal (Chhattisgarh) find out the effect of one month yogic exercise program on positive mental health of male sportspersons. They concluded that one month yogic exercise program is beneficial for strengthening the positive mental health of male sportspersons. **Jana and Yadav (Chhattisgarh)** find out the actual BMI and wellness of veteran sports persons aged above 60 year in Medinipur city area. They revealed that the veteran sports persons were not fully aware in term of wellness and BMI. and they were living not better healthy life style because of habitual of drugs and sleeping pills to remove emotional problems. **Singh (U.P.)** investigated the preferred leadership behaviour of Indian female volleyball players. He revealed that the national level female volleyball players preferred in greater amount of training and instruction followed by positive feedback, social support, democratic behaviour and autocratic behaviour from their coaches. **Nigam (M.P.)** assessed the locus of control at different level of confidence of university level male cricketers. The results of the revealed that the inter-university level male cricket players with different levels of self-confidence differed significantly in their internal locus of control. The players higher in self-confidence gave more importance to task-orientation and were more internally controlled. **Jogi (Chhattisgarh)** investigated the personality characteristics of state level gymnasts of Chhattisgarh. The results of the study revealed that that Female gymnasts of chhattisgarh state were found less psychotic in nature, more extroverted, less neurotic in nature and social desirability than their counter parts. **Ekka (M.P.)** investigated the effect of yoga training on stress and of university level male players. The results of the study revealed that Yoga training was found effective to reduce the stress and anxiety of university players belong to different games and sports



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