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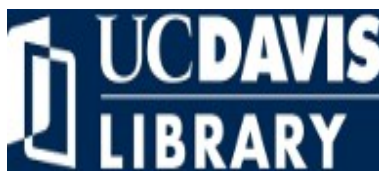
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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India , publishing both research and review articles 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.

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**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND
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EDITORIAL

I feel pleasure that the **Volume 12, N0.1, January, 2022** 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:

Singh and Yadav (M.P.) revealed that male kabaddi players were significantly more Interjected Regulation than females. Male kabaddi players also exhibit more external regulation. However, there was no significant difference between male and female . But the female are more intrinsic motivated than males in the group. **Goel and Pramanik (Punjab)** reviewed the 1679 articles. and concluded that the multiple self-reported SRCs have non-significant impacts in long term. Symptom reporting was related to psychiatric history, career duration, playing position, substance abuse, and lastly the number of concussions. Utilizing advanced imaging and biomarkers may provide additional understanding of by identifying changes in brain physiology. **Chatterjee and Sharma (M.P. & CG)** revealed that the selected psychological skills do not predict 100 meter sprinting performance of male sprinters, while these psychological skills do not predict 100 meter sprinting performance of female sprinters. **Mili, Sinha, and Sinha (Arunachal and Tripura)** expressed that the most common causes behind sudden cardiac arrest leading to a life-threatening moment are abnormal heart rhythm, cardiomyopathy, and acute myocarditis or inflammation of the heart muscle. Also, extreme exercise load and vigorous training can increase the risk of a serious emergency. If any additional stress is put on the heart from dehydration, heat, or a recent illness, that could have an impact and lead toward seriousness. **Singh & Yadav (M.P.)** concluded that the male Kabaddi players are high on intention of physical aggression and verbal aggression in comparison to female Kabaddi players. Overall, the research concluded that male kabaddi players possess moderate level of are more violent than female kabaddi players. Comparative results on task and ego oriented found that male kabaddi players proved to be higher in ego orientation when compared to female kabaddi players in the present study **Bharam and Kocharekar (New Delhi)** observed that the swimmers lack the knowledge of hydration they rely on coaches, media, internet to get hydration knowledge which is not sufficient. The amount of water consumption during a day was studied in which it was found that the swimmers in the age group of 19 years and above consume the right amount of water. It was also observed that few swimmers consume excess water in a day due to which the sodium present in the blood may get diluted. It was also observed that 50% swimmer of various age group never consumed nutritional fluid during the training and many swimmers face the dehydration symptoms like tiredness, fatigue, muscle pain and cramps. **Chaudhary (U.P.)** concluded that there was a significant difference in power, agility and strength between Rural and Urban Area College students. **Shinde and Wagani (M.S.)** showed that spirituality does act a buffer against suicidal ideations and helps in improving an individual’s well-being. This paper is a humble attempt by the authors to get a deeper understanding of spirituality and its techniques implemented by them to deal with stressful situations and negative thoughts. The implications mention that interventions implementing spirituality or some aspect of it can help people tackle negative thoughts.



Dr. Rajkumar Sharma
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