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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 11, N0.1, January, 2021** 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:

Sivamaran & Arun (Chennai-T.N.) evaluated the influence of motor imagery contributes to improved motor performance. Recent work showed that motor imagery might provide additional benefits by comparing both in pre-test & post-test. The findings significantly influence table tennis performance and therefore coaches should take into account both the physical and mental state of table tennis players to optimize performance. **Moningka, Pungus, and Lomboan (Indonesia)** concluded that there is a significant relationship between eye-foot coordination, agility and speed on the ability to dribble in the fourth semester students of the FIK UNIMA . **Kannan & Senthil Kumar (Kumalur-T.N.)** concluded that three experimental groups have achieved significant improvement as compared to control group towards improving motor fitness variables and performance variables.. **Sarteep (Iraq)** indicated that the overall level of Mental Imagery was moderate as well as a significant relationship between the study variables. The researcher recommended paying more attention to the mental imagery along with preparing the learning and training schedules. **Dutta(W.B.)** find out the difference in treatment of Golfer’s elbow in athletes and their effect on them ..In 4 weeks improvement was noted with corticosteroid injection group , less with physiotherapy , but good improvement with combined group . In 12 weeks deterioration’ were noted in only injection group , more improvement was noted with physiotherapy group but significant improvement was noted with combined group. At 26 weeks more deterioration with only injection group but excellent improvement was noted with combined group. Even physiotherapy alone group showed better results. **Dutta(W.B.)** noted the improvement with corticosteroid injection group , less with physiotherapy , but good improvement with combined group . In 12 weeks deterioration’ were noted in only injection group , more improvement was noted with physiotherapy group but significant improvement was noted with combined group. At 26 weeks more deterioration with only injection group but excellent improvement was noted with combined group. Even physiotherapy alone group showed better results. **Narwaria & Nigam (M.P.)** found significant improvement in arm strength, abdomen muscles strength, agility, leg strength, speed and endurance of the athletes. **Shankarappa & Arun (-T.N.)** revealed the dissimilarity existed between state and national level male volleyball players in their waist circumference, middle upper arm circumference, WHR and WHtR and \Similarity in hip circumference and body composition. **Shankarappa & Arun (T.N.)** compared the selected physical fitness and anthropometric variables of male volleyball players of different age groups. indicated the significant differences among the different age groups of male volleyball players on modified sit-ups and 8 minutes run/walk. Significant difference was not seen among male volleyball players from fourteen to sixteen years of age on sit and body composition. **Gogoi and Chatterjee (Assam)** investigated the effect of warm-up on 100m swim performance. They showed to be insignificant in blood lactate

accumulation in either of the conditions. The performance of the participants also depends on the individual variability of the participants. **Parkash (Haryana)** investigated the effect of COVID-19 on the student's mental health illness and to identify the factors causing mental health problems among the students originated in COVID-19 pandemic era. The outbreak of COVID-19 pandemic has affected trade and commerce, health sector, country wide education network, employment and socio economic development across nation. It has also affected the functioning of all section of society and changed the face and pace of life globally. It is obvious that outbreak of corona virus and lockdown as anti epidemic measure resulted in impediment of students from traditional face to face teaching learning and conduct of traditional class. Narayanan, **Jeyalakshmi, & Ahmed (T.N.)** studied the anxiety regulation of male cricketers using jacobson deep relaxation method. They suggested that the anxiety level of cricketers can be reduce by Jacobson Deep relaxation method .The impact of Jacobson deep relaxation had positive effect on the regulation of anxiety Levels of cricketers. **Bangar (M.S.)** indicated that yoga has to keep good health and positively in human life. Since Ancient times yoga have played major role in human society. Yoga prefaces a complete system of physical. Mental, social and spiritual development and improves strength, balance and flexibility. **Bepari (W.B.)** concluded that the urban school boys had better performance in Pull-ups and Bent knee sit-ups than rural school boys. He also observed that in case 50 meter dash for speed and SBJ for explosive and strength straddle chin is quite better than General students. In the case of 10x4 meter shuttle run, pull up, sit up for Bengali students is better than Rajbanshi students. **Nakisa and Rahbardar (Iran)** expressed that psychological factors such as confidence, motivation, goal setting, self-talk, relaxation, imagery, attention, and anxiety control are important factors responsible for each individual soccer player as well as the team success. **Singh (U.P.)** expressed that Yoga and Physical education may provide the right direction and needed actions to improve our physical & Mental Health. Educate and schools are looking to include yoga as a cost effective, evidence based component of urgently needed wellness programs for their students. **Singh, Sharma & John (CG)** revealed that male and female sportspersons of A+, B+ and AB+ blood groups did not differ significantly in their intelligence. Male and female sportspersons of O+ blood group had significant difference in their intelligence. **Sharma and Nigam (CG &M.P.)** indicated that the Neuroticism, psychoticism and social desirability temperaments were found high in state level kabaddi players than their counter parts..



Dr. Rajkumar Sharma
Editor-in-Chief