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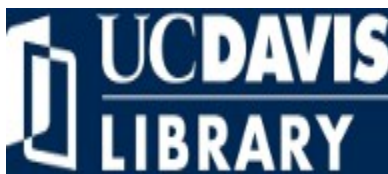
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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPEAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India , publishing both research and review articles 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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**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND
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EDITORIAL

I feel pleasure that the **Volume 13, N0.1, January, 2023** 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 reputed research articles from India and abroad on important aspect of physical education, sports and applied sciences. The lead article by the young physical educationist are given below:

Dinabad & Ghazalian (Iran) indicated that the HIFT exercises can be effective in improving the performance indicators of the respiratory system of young female taekwondo fighters. Therefore, performing HIFT exercises can be recommended as a safe and useful method to improve the lung function of women taekwondo athletes.

Banik (West Bengal) resulted that young female teachers who experience high levels of technological stress may also experience high levels of internet addiction. **Durez & Kumarasamy(Pakistan)** conducted research on

Indian cricketer Sachin Tendulkar, and assess his image in popularity across the globe and his impact on the social culture of the region. The study also reveals that his humble personality and philanthropic work have contributed to his popularity among fans. **Shimpi (Maharashtra)** resulted that the high level team spirit was shown to be more prevalent among Indian male volleyball players, followed by medium and low levels. There was a notable difference among Indian male volleyball players between high level team spirit, medium level team spirit, and low level team spirit; and between medium level team spirit and low level team spirit. He finally concluded that the highest level of teamwork was displayed by the male volleyball players from India, which contributed to their exceptional achievement.

Malaichamy and Kumbhar (Maharashtra) explored the cross-sectional survey is to analysis the physiotherapy treatment, injury prevention program, football training, awareness, types, incidence, mechanism and recurrence of injury among female players in Dervan “Energia” football competition (under-17 girls), Results were analysed and suggestions were given to female football players based on their responses.

Tomar and Khandekar (Chhattisgarh) explored the potential differences and similarities in these aspects based on gender and their implications for team dynamics and performance. The research involved a mixed-methods approach, combining quantitative surveys and qualitative interviews to gather data from diverse sports teams. The findings suggest that while there are some gender-related patterns, individual variations are substantial. Understanding these nuances can contribute to better team management and performance enhancement strategies.

Gajendra (Tirupati) concluded that eight weeks of Aqua Aerobic exercises and Yogic Practices weresignificantly improved the Physical Physiological and Psychological variables of women hockey Players compared to control group.



Dr. Rajkumar Sharma
Editor-in-Chief