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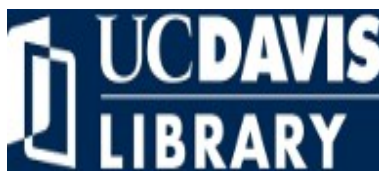
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NEXT ISSUE IS GOING TO RELEASE IN THE MONTH OF OCTOBER, 2022

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.

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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EDITORIAL

I feel pleasure that the **Volume 12, N0.4, October, 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 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:

Singh' & Kumar (India) expressed that yoga is the best way to get relieved from mental stress and tensions practice of yoga makes a human being free from all mental tensions. Yoga is an easy way of keeping up health and mental peace. **Sharma and Roy (India)** investigated the correlation between mental imagery aspects of swimmers and runners. Results indicated that the significant relationship was found between visual- auditory followed by touch variables and insignificant relationship between auditory - touch among swimmers. And between auditory – touch; visual- touch; auditory - visual among runners. Runner and swimmers did not differ significantly in their mental imagery items. **Muindi (Kenya)** explained that education is a vehicle for economic and social change, it is imperative that a country's education curriculum is constantly reviewed to keep it abreast with the globalization and demand for acquisition of the twenty first century skills Sports Science as a career pathway at Senior Secondary School Level. As a complex system of education, the CBC has flourished in the vocational and training levels as opposed to basic education. However, it is believed that it can also flourish and the basic education level and serve the needs of the learners as well as the needs of the country to become a middle level economy by 2030. **Sharma (India)** investigated the correlation between performance and anxiety in sports. This study also includes a discussion the theoretical concept of anxiety and way of relationship with sports performance... A review of related literature of cognitive-behavioral treatments, is used for reduction of anxiety and increase the sports performance in sports. The are achieved by An individual in sports can achieve the top performance through psychological states i.e. depression, anger, fatigue, confusion high levels of vigor and low level of tension. Anxiety can effect his performance in many ways i.e. physiological, cognitive and behavioural ways. **Pandey (India)** suggests that from an early age, differences in gender-based attitudes towards and opportunities for sports and physical activities can have a significant influence on girls' participation. This may, in turn, affect later involvement in physically active lifestyles, and the social and health benefits that may result for them. Factors influencing girls' participation. **Yadav (India)** Participation motivation in badminton was examined with male (n=325) and female (n=198) age 12 to 42 years during respective championships. The results indicated that the most important reasons for participating were to improve skills fitness challenges and learn now skills. Factor analysis suggested popularity fitness/friendship, excitement energy release, skill, miscellaneous activity orientation, team affiliation fitness/avoid boredom female placed more importance on popularity and skill than male aid, but the male and female players of different regions of county do not differ in these reasons for participation in badminton.



Dr. Rajkumar Sharma
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