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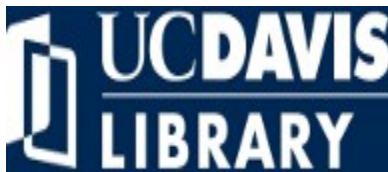
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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India , publishing both research and review articles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

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 13, NO.4, OCTOBER, 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:

NIGAM (M.P.) CONCLUDED THAT THE UPPER BODY STRENGTH AND ENDURANCE IMPROVED AMONG BOYS AND GIRLS WITH ADVANCEMENT OF AGE. BUT THE DIFFERENCES WERE FOUND BETWEEN BOYS AND GIRLS CHILDREN OF THIRTEEN TO SEVENTEEN YEARS OF AGE IN THEIR UPPER BODY STRENGTH AND ENDURANCE, THE BOYS WERE BETTER THAN GIRLS IN THEIR UPPER BODY STRENGTH AND ENDURANCE IN ALL AGE GROUPS. **BHAVSAR (M.P.)** REVEALED A SIGNIFICANT IMPACT OF SPATIAL AWARENESS, REACTION TIME, HAND-EYE COORDINATION, AND DEPTH PERCEPTION ON THE SKILL ABILITY OF MALE INTERCOLLEGIATE KABADDI PLAYERS WITH ALL THESE VARIABLES ACCOUNTING FOR 33.4% VARIANCE. HE ALSO CONCLUDED THAT SPATIAL AWARENESS AND VISUAL MOTOR COORDINATION NAMELY REACTION TIME, HAND-EYE COORDINATION, AND DEPTH PERCEPTION PLAYS A SIGNIFICANT ROLE IN DETERMINING THE SKILL ABILITY OF MALE KABADDI PLAYERS. **CHAUBEY (CG)** REVEALED THAT THE FEMALE RUNNERS WERE FOUND TALLER, HEAVIER AND MORE FATTY IN COMPARISON OF MALE COUNTER PARTS. SIMILARITY WAS OBSERVED BETWEEN MALE AND FEMALE RUNNERS IN THEIR BODY MASS INDEX (BMI. MALE RUNNERS WERE FOUND TO HAVE GREATER IN AMOUNT IN ALL PHYSIOLOGICAL PARAMETERS EXCEPT PEAK FLOW EXPIRATORY RATE (PFIR) THAN THEIR COUNTER PARTS. WHERE AS FEMALE RUNNERS WERE FOUND TO HAVE GREATER DEGREE OF PEAK FLOW EXPIRATORY RATE THAN DID MALE RUNNERS. **YADAV GOWRI AND NARASIMHULU (A.P.)** AIMED TO ELUCIDATE THE INFLUENCE AND IMPACT OF YOGIC PRACTICES ON SPECIFIC PSYCHOMOTOR SKILLS IN BALL BADMINTON PLAYERS. THE ROLE OF YOGIC PRACTICES IN ENHANCING PSYCHOMOTOR SKILLS AMONG BALL BADMINTON PLAYERS IS EVIDENT, PROMPTING THE RESEARCHER TO EMBARK ON THIS EXPLORATION.. **DEVI AND VIJAYVARGIYA (RAJASTHAN)** TOLD THAT THE RECENTLY, PHYSICAL FITNESS, SPORTS AS WELL AS RECREATION BECOME MORE AND MORE TRENDING IN BETWEEN THE SECONDARY SCHOOL STUDENTS. THIS PAPER PROVIDES THE SIGNIFICANT RESEARCH ON THE PE MANAGEMENT AMONG THE SECONDARY STUDENTS OF J&K ON SEVERAL ASPECTS OF EMOTIONAL MATURITY. **AGARWAL AND BAKSHI (KARNATAKA)** SUGGESTED THAT BODY DISSATISFACTION WAS NEGATIVELY CORELATED WITH WEIGHT CONTROL BEHAVIOUR. OUR RESULTS SHOW NO CORELATION BETWEEN WEIGHT CONTROL BEHAVIOUR AND DECREASED PERFORMANCE. ADDITIONALLY, THERE WAS NO SIGNIFICANT DIFFERENCE BETWEEN MALES AND FEMALES IN BODY DISSATISFACTION. EDUCATIONAL PROGRAMS SHOULD INCLUDE STRATEGIES TO HELP ATHLETES INCREASE BODY SATISFACTION AND APPLY AND ADOPT DESIRABLE AND APPROPRIATE WEIGHT CONTROL BEHAVIOUR.



DR. RAJKUMAR SHARMA
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