Journal of Health, Physical Education & Sports

Bi-annually Published
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
JAI NARAIN KYAS UNIVERSITY, JODHPUR (RAJ.), INDIA
Web Site: www.jnvg.edu.in
IN THIS ISSUE

- “Physical Exercise” The prime necessity of wellness
  Mahendra Kumar Singh, Jaswant Singhal & Neelu Rathore

- Formation of fitness syndicate at work places: A golden gateway to total well being
  Dr. Avinash M. Asanare & Han want s. Rathore

- A study of personality style, level of stress and health status of athletes
  Dr. Mrinunaja Kumar Singh, Asfa Nair & Uma Joshi

- The effects of dynamic suryanamaskar on negative breath holding capacity of physical education students
  Krzysztof Stoc & Dr. Rajeev Choudhary

- Critical analysis of cardiovascular and motor fitness abilities of inter-university players
  Dr. B.S. Rathore, Munish Agnihotri, Amitabh Dube & Ashok Gupta

- Influence of obesity on blood lipid profile
  Jaswant Singh Thakur & Bhagirath Singh Bhati

- Effect of anulom viloma pranayam on selected respiratory variables
  Dr. Anurodh Singh Sisodia & Satendra Singh Tomar

- Yoga, aerobics and insomnia
  Dr. Brij Bhushan Singh & Dr. Manju Lata Singh

- Effects of yogic practices and callisthenic exercises on resting pulse rate variables of secondary school boys
  Dr. Kewal Krishan & Dr. Sudhir Kumar Sharma

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 09414395236
Fax No. 0291-2720645,
Email: aman시스ोdiya@rediff.com
Website: www.jnvu.edu.in
Department of Physical Education & Sports is an important part of J.N.V. University, Jodhpur of Rajasthan, is the apex body for undertaking Education & Sports Training, Orientation, Research, Extension and outreach besides, documentation and dissemination activities on Health, Sports and physical education development in the state and country. The department organises formal training courses i.e., B.A. Physical Education (optional), M.P.E. and D.Y. Ed. It also undertakes action for its Ph.D. programme. The department endeavors to sensitise youth to the concept, power, functions, role and responsibilities as an effective, discipline and healthy citizen. Upcoming regular & ADD ON Courses M.Phil., P.G. Diploma in Nutrition, Health & Fitness, Sports Physiotherapy & Rehabilitation, Sports Journalism, Sports Industry & Management, Aerobics & Gym Management.

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas
University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 09414395236
Fax No. 0291-2720645,
Email: dramansiisodiya@gmail.com
Website: www.jnvu.edu.in

IN THIS ISSUE

- A comparative study on the effect of aerobic exercise and selected yogic practices on hypertension
  Dr. Brij Bhushan Singh & Manju Lata

- A study on comparison of life stress between urban and rural individuals of Uttar Pradesh
  Dr. Rajeev Choudhary, Shalendra Narayan Singh & Satish Bhardwaj

- Doping clouds hover over the sport
  Dr. A. Uthirapathy, C. Ramesh & K. Chandrasekaran

- Comparative study of eating disorder between different zones of India in females players of basketball
  Dr. Biman Paul & Neeraj Silawat

- Relationship of somatotype with the physical fitness of college men.
  Hem Prasad Nath & Avinash M. Asanare

- Co-relation of handgrip strength, handgrip endurance with body weight and lean body mass in young male wrestler's.
  Karpoor Chandrashekhar

- A comparative study of anthropometric, physical and nutritional status of jumpers, hockey players and physical education students
  Dr. Chahal Archana & Chahal Vijay

- Comparison of selected motor components and anthropometric variables of offensive and defensive state level hockey player's playing on astro turf
  Dr. Akhil Mehrotra, Anand Prakash, K.S. Gujar & D.K. Dureha

- A study of self-confidence on different levels of participation in football players
  Dr. Rajender Singh & Rajesh Kumar

- Effect of extroversion trait of personality upon sport/non-sport persons
  Dr. Ajay Malik & K.S. Dugar

Designed By: Creation Point # 91 94601-55218
Printed By: Sign 'O' Graphics # 91 94600 48000
JODHPUR-342001 (Raj.)
Department of Physical Education & Sports is an important part of J.N.V. University, Jodhpur of Rajasthan, is the apex body for undertaking Education & Sports Training, Orientation, Research, Extension and outreach besides, documentation and dissemination activities on Health, Sports and physical education development in the state and country. The department organises formal training courses i.e., B.A. Physical Education (optional), M.P.E. and D.Y. Ed. It also undertakes action for its Ph.D. programme. The department endeavors to sensitise youth to the concept, power, functions, role and responsibilities as an effective, discipline and healthy citizen. Upcoming regular & ADD ON Courses M.Phil., P.G. Diploma in Nutrition, Health & Fitness, Sports Physiotherapy & Rehabilitation, Sports Journalism, Sports Industry & Management, Aerobics & Gym Management.

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 09414395236
Fax No. 0291-2720645,
Email: dramansisodiya@gmail.com
Website : www.jnvvu.edu.in

IN THIS ISSUE

- Cardio Respiratory Fitness And Body Mass Index Among Rural And Urban School Boys
  V. Ramesh & Dr. P. K. Subramaniam

- Comparative Study Of Anthropometric Characteristics And Physical Fitness Between Jumper And Throwers
  Gobind Singh, Gurpreet Singh & Balwinder Kaur

- Comparative Study Of Selected Physical Fitness Components Of Professional Students
  Dr. Rajesh Tripathi & Ms. Minakshi Pathak

- To Study The Effect Of Age, Height And Weight Of Girls General Motor Ability Performances
  Jaswant Singh Sisodiya & Dr. Dhirendra Tiwari

- Prediction Of Performance Ability Of Sprinters In Relation To Selected Motor Fitness Components
  Dr. Baiju Abraham & Nandpur

- Evaluation Of Grip Strength Among Basketball, Volleyball And Handball Players
  B. Chittibabu & Dr. G. Ravindran

- Sports Achievement Motivation As A Psychological Differential Among Sports Achievers, Non Achievers And Non Participants Female Tribal
  Dr. T. Onima Reddy & Dr. Vikram Singh

- A Comparative Study Of Emotional Intelligence Between Male And Female Badminton Players
  Zamnullah Khan, Zeeshan Haider & Naseem Ahmed

- The Contribution Of Himachal Pradesh To Promote The Standard Of Physical Education And Adventure Sports
  Vijay Prashar

Designed By: Creation Point # 91 94601-55218
Printed By: Taj Printers # 0291-2621435
JODHPUR-342001 (Raj.)
WELLNESS
Journal of Health, Physical Education & Sports

Bi-annually Published by
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
JAI NARAIN VYAS UNIVERSITY, JODHPUR (RAJ.), INDIA
Web Site: www.jnvu.edu.in

 ISSN 0975-136X
 Volume 2, No 2, July-Dec., 2010
IN THIS ISSUE

- Comparative study of selected physical fitness Components of high and low altitude Students of physical education
  Dr. Nishan Singh Deol, Surjit Singh, Dr. Birendra Jhajharia & Mandep Singh

- Body composition of athletes of team sports
  Dr. Manohar Lal, Y. P. Sharma, Hari Singh & Surishtha Devi

- Assessment of volleying ability on male volleyball Players from selected anthropometric and Motor fitness components
  S.Veeramani & Dr.K.Sreedhar

- Combined aerobic, anaerobic, yoga and resistance Training on resting plasma fibrinogen and HDL-C Of healthy middle aged men
  Dr. Kali Venkata Rajasekhar, Gopikrishna & Suresh Babu

- Comparative effect of kapalbhati and bhasrika pranayama on vital capacity
  Dr. Anurodh Singh Sisodia & Satendra Singh Tomar

- A comparative study of physical fitness between youth of north eastern and western regions of India
  Dr. Pushpendra Purashwani & Madan Singh Rathore

- Relationship between mental skill and anxiety interpretation in secondary school hockey athletes
  Dr.Biswajit Sardar, Rajesh Mishra, Sanjit Sardar & Kavita Verma

- A comparative study on sports competition anxiety of different weight categories of Indian male weight lifters
  Dr. Brij Bhushan Singh, Jaswant Singh Yadav, Manju Lata, Girendra Kumar Gautam

- Relationship between competitive anxiety and performance of male basketball players
  Dr. R. K. Sharma

- Parental motives for inspiring their children in basketball programme
  Dr. J.L. Gothi, Neeraj Silawat & B.L. Nagar

- Stress a threat in 21th century
  Dr. Anurodh Singh Sisodia

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 09414395236
Fax No. 0291-2720645,
Email: dramansisodiya@gmail.com
Website: www.jnvu.edu.in

Designed By: Creation Point # 91 94601-55218
Department of Physical Education & Sports is an important part of J.N.V. University, Jodhpur of Rajasthan, is the apex body for undertaking Education & Sports Training, Orientation, Research, Extension and outreach besides, documentation and dissemination activities on Health, Sports and physical education development in the state and country. The department organises formal training courses i.e., B.A. Physical Education (optional), M.P.E., D.Y. Ed., & M.A. Yoga. It also undertakes action for its Ph.D. programme. The department endeavors to sensitise youth to the concept, power, functions, role and responsibilities as an effective, discipline and healthy citizen. Upcoming regular & ADD ON Courses M.Phil., P.G. Diploma in Nutrition, Health & Fitness, Sports Physiotherapy & Rehabilitation, Sports Journalism, Sports Industry & Management, Aerobics & Gym Management.

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramansisodiya@gmail.com
Website : www.jnvu.edu.in

In This Issue

Editorial

- Effect of resistance and plyometric training on the performance of sprinters.
  Prof. Ramesh Pal & Ajit Singh Charag
- Effect of adapted physical fitness programme and recreational activities on psychomotor abilities of hearing impaired Childers.
  Dr. D.K. Dureha & Ms. Santosh Yaduvanshi
- Effects of strength training on speed leg explosive power and muscular endurance of college men students.
  Dr. D. Maniachag, Sukumar Saha & Subramani
- Comparative effect of three dietary regimes of 72 hours on endurance performance.
  Dr. Brij Bhushan Singh
- Effect of mental training on bowling ability of medium pace bowler.
  Krishna Kant & B.K. Dubey
- Effect of gymnastics training on balance of secondary school boys.
  Dr. B.L. Nagar & Neeraj Silawat
- Relationship of selected kinematic variables with the performance of Indian basketball players in jump shot.
  Dr. Dhirendra Tiwari & Usha Tiwari
- Comparative study of muscles shortening among basketball and soccer players.
  Madhu Gaur & Mahendra Pratap Gaur
- Fitness between sports & games players
  Yogesh Chahar, Sardar Ajit Singh & Vineet Sharma
- Effect of bhastrika pranayama of Selected biochemical variables
  V.P. Singh, Upendra Pandey & Vivek Kumar Singh
- Effect of yogic exercises on flexibility and agility of the Kabaddi players
  Vijay Prashar
- Current trends of physiotherapy and rehabilitation in sports injuries.
  Dr. V.D. Bindal
- Effect of Sahaja yoga meditation on the life style of university students
  Rajeev Choudhary
- Effect of different yogic practices on body fat percentage of obese school going children.
  Dr. Rajiv Vyas & Om Prakash Mishra
- A comparative study on self efficacy of of volleyball and basketball players of Madhya Pradesh
  Dr. Rajesh Tripathi
- A comparative study of leadership abilities among students of physical education.
  Dr. Avinash Asnare & Vikrant Wankhade
- Survey of attitude of principals of colleges towards physical education and sports.
  Dr. M.S. Rathore

Designed By : Creation Point # 91 94601-55218
Department of Physical Education & Sports is an important part of J.N.V. University, Jodhpur of Rajasthan, is the apex body for undertaking Education & Sports Training, Orientation, Research, Extension and outreach besides, documentation and dissemination activities on Health, Sports and physical education development in the state and country. The department organises formal training courses i.e., B.A. Physical Education (optional), M.P.Ed., D.Y. Ed., & M.A. Yoga. It also undertakes action for its Ph.D. programme. The department endeavors to sensitise youth to the concept, power, functions, role and responsibilities as an effective, discipline and healthy citizen. Upcoming regular & ADD ON Courses M.Phil., P.G. Diploma in Nutrition, Health & Fitness, Sports Physiotherapy & Rehabilitation, Sports Journalism, Sports Industry & Management, Aerobics & Gym Management.

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramansisodiy@gmail.com
Website : www.jnvu.edu.in

In This Issue

Editorial
- Personality and socio-economic status of Indian soccer referees
  Vijay Bahadur Singh Bisht & Dr. Dhirendra Tiwari
- Comparative study of stress among physical education teacher of different sectors in Uttar Pradesh
  Dr. Divesh Chaudhary, Mr. Sameer & Mr. Dev Pal Rana
- A comparative study of stress and self-efficacy among male players and male non-playing college students
  Pawan Kumar Patial, Prof. Y.P. Sharma & Khushi Ram Bhagat
- Enhancement of self-efficacy as a function of participation and success in sport competitions
  Dr. Renu Shingloo
- Impact of terrorism on physical education teachers of Jammu & Kashmir state in relation to their job satisfaction
  Harjeet Singh & Sunjeet Singh
- Science of yoga nidra
  Kulvinder Singh Bagga
- The comparison of bone mineral density in lumbar spines and femoral bones between male professional volleyball players and non-athletes
  Habib Asgharpour, D.K. Dureha & Behrooz Imeri
- Growth and development in physical education
  Ms. Sarita Yadav
- Efficacy of comprehensive rehabilitation programme in distance runners with iliotibial band friction syndrome
  Dr. V.D. Bindal
- A study on body composition of high and low performance badminton players of India
  Dr. Brij Bhushan Singh & Dr. Jitendra Singh
- Achilles tendinopathy in runners: Evolution and Repair
  Dr. A. Uthiranpathy & Dr. K. Chandrasekaran
- Menstrual cycle and motor sports
  Prathibha Singh Raimu
- Effect of bhastrika pranayama of selected biochemical variables
  V.P. Singh, Upendra Pandey & Vivek Kumar Singh
- Comparative study of aerobic and anaerobic capacity between football & hockey players
  Krishna Kant Khare, Santosh Kumar & Rajkumar
- Effect of suryanamaskar, pranayama and yogasanas training on the intelligence of the school going children
  Prof. P. V. Pingle, Dr. Pravin C. Dabre & Tejrao Dahake,
- Effect of selected endurance training methods on hemoglobin level of women athletes
  S. Veeramani, Dr. P. Kanagasabai & G. Rajamohan
- Development of adventure sports in Himachal Pradesh
  Dr. Vijay Prashar

Designed By: Creation Point # 91 94601-55218
In This Issue

Editorial
1. The Relationship Of Job Stress To Job Satisfaction Among The Physical Education Teachers Of Rajasthan
   Morolia Ajay & Dr. Tiwari Dhirendra
2. Comparison Of Aggression And Anxiety Between Kabaddi And Kho-kho Female Players
   Jaswant Singh Thakur
3. Comparison Of Competition Anxiety And Aggression Of State And National Level Female Volleyball Players
   Dr. Kayita Verma & Dr. Biswajit Sardar
4. Personality And Socio-economic Status Of Indian Soccer Referees
   Vijay Bahadur Singh Bisht & Dr. Dhirendra Tiwari
5. Relationship Of Achievement Motivation And Socio-economic Status Of The Engineering Non Sports Person
   R.S. Pathania & Dr. Dhirendra Tiwari
6. Effect Of Selected Endurance Training Methods On Hemoglobin Level Of Women Athletes
   Rajkumar, Maithili Sharan Tripathi & Krishnakant Khare
7. Comparative Study Of Aerobic And Anaerobic Capacity Between Football And Hockey Players
   Krishna Kant Khare, Santosh Kumar & Rajkumar
8. A Study Of Selected Physiological Fitness Variables Of Male Judokas And Boxers
   Kuldeep Thakur & Dr. Hari Singh
9. Relationship Of Selected Anthropometric Measurements To Sprint Performance By Using Different Inter-block Spacings
   Dr. Baiju Abraham
10. Biomechanical Comparison Of Two Different Kicks In Soccer
    Dr. Krishna Kant Sahu
11. A Study Of Skipping And Step-up Training Effects On Abdominal And Leg Explosive Strength
    Arvind C. Rami, Neeraj Silawat & Hiren M. Jadav
12. Global Peace Through Raj Yoga
    Lt. Dr. (Mrs.) Satpal Kaur
13. Construction Of Knowledge Test On Official Rules Of Football For Physical Education Students
    Dr. Jagdishchandra L. Gothi, Dr. Manish Jaiswal & Nareshkumar R. Desai
14. An Assessment Of Female Athlete Problems At Inter-university Level Competitions
    Mantesh Bhararamana Rumar, Dr. Gajanana Prabhu B., Dr. S. M. Prakash & Dr. Sakhpal Hoovana
15. Survey Of Players Opinion Towards Development Of Table Tennis Standard In India
    Dr. Sumanta Kumar Mondal & Dr. Somshankar Chatterjee
16. Impact Of Terrorism On Physical Education Teachers Of Jammu & Kashmir State In Relation To Their Job Satisfaction
    Harjeet Singh & Surjeet Singh

Designed By: Creation Point # 91 94601-55218
1. Effect of Ten Weeks of Pranayam On Cardiovascular And Physiological Efficiency of Non Insulin Dependent Diabetic Patient
Dr. Gopal Chandra Saha, Pulen Das & Shantanu Halder

2. Hematological Profiles of Sports Persons And Non Sports
Vivek Kumar Singh, Pankaj Gwari & Priyanka Singh

Madan S. Rathore, Kulvinder S. Bagga & Yogesh Chahar

4. Impact of Selected Yogic Exercises on Low Academic Achievers In School Students
Dr. Parveen Kumar, Dr. Divesh Chaudhary & Ajit Singh

5. Effect of Selected Exercises on Reaction Speed of Rural And Urban School Boys
Dr. Sanjaya Mitra & Dr. Susanta Jana

6. Relationship of Range of Movement of Selected Joints To The Selected Skills In Women Artistic Gymnastics
Sujit Verma

7. Relationship of Endurance With Velocity of Ball In Fast Bowling In Cricket
Dr. A. Sisodia & Dr. Bagchi

8. Study of Effectiveness of Soccer Training Drill Programme on Physical Fitness
Dr. Neeraj Silawat, Dr. J.L. Gothi & Bikash Singh Rawat

9. Effect of Plyometric Training on Leg Strengths of Volleyball Players
Dr. Abhimanyu Singh

10. Comparative Study of Somatotype Among Athletes of Team Sports
Manohar Lal, Y. P. Sharma, Hari Singh & Sanjay Sharma

11. A Comparative Study on Sports Competition Anxiety of Different Weight Categories of Indian Male Weight Lifters
Dr. Brij Bhushan Singh, Dr. Manju Lata, Jaswant Singh Yadav & Girendra Kumar Gautam

12. Effect of Pranayama on Anxiety (State) And Anger (State) of Middle Aged Male
Dr. Susanta Jana & Dr. Sanjoy Mitra

13. Stress Vulnerability Assessment of Students of Various Universities In Madhya Pradesh
Dr. Anurodh Singh Sisodia

Ashish K. Singh, Dilip K. Durecha & Moradilavaj Singh

15. Assessment of Quality of Equipment Given To Trainees in Sports Academies of Punjab, Haryana And Chandigarh
Dr. Parvinder Singh Bajwa & Dr. Soumitra Mondal

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dr.mansisodiya@gmail.com
Website: www.jnuv.edu.in

Designed By: Creation Point # 91 94601-55218
Department of Physical Education & Sports is an important part of J.N.V. University, Jodhpur of Rajasthan, is the apex body for undertaking Education & Sports Training, Orientation, Research, Extension and outreach besides documentation and dissemination activities on Health, Sports and physical education development in the state and country. The department organizes formal training courses i.e., B.A Physical Education (optional), M.P.E., D.Y. Ed., & M.A. Yoga. It also undertakes action for its Ph.D. programme. The department endeavors to sensitize youth to the concept, power, functions, role and responsibilities as an effective, discipline and healthy citizen. Upcoming regular & ADD ON Courses M.Phil., P.G. Diploma in Nutrition, Health & Fitness, Sports Physiotherapy & Rehabilitation, Sports Journalism, Sports Industry & Management, Aerobics & Gym Management.

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramansisodiya@gmail.com
Website: www.jnvu.edu.in

In This Issue

Editorial
1. A Study On Arm Length And Leg Length Of Indian Elite Male Athletes Of Different Jumping Events
   Dr. Brij Bhushan Singh, Dr. Jaswant Singh & Dr. Daudayal Yadav
2. A Study Of Buoyant Vs Non-buoyant
   Dr. Vinita Bajpai Mishra
3. A Study Of Selected Physiological Fitness Variables Of Male Judokas And Boxers
   Kuldeep Thakur & Dr. Hari Singh
4. A Comparative Analysis Of Physical And Social Wellness Assessment Of Active And Inactive Girls
   Dr. Susanta Jana
5. Effect Of Foul Start On The Anxiety Level Of All India Inter University Level Of Sprinters
   Dr. Vijay Francis Peter
6. A Study On Self-efficacy Of Boxers, Weight Lifters And Wrestlers
   Pawan Kumar Patial & Prof. Y. P. Sharma
7. Effect Of Low Intensity Weight Training On Blood Lipids
   Mukesh Solanki
8. Relationship Of Body Mass Index With Cardiorespiratory Fitness In Collegiate Females Of West Bengal
   Dr. Sandip Sankar Ghosh

Printing & Designed By: Creation Point # 91 94601-55218
In This Issue

Editorial

1. An overview of causes, pathophysiology and Management of tennis elbow: a common overuse Problem of sportsmen among racquet sports.
   Dr. V. D. Bindal

2. Impact of physical education facilities on physical fitness and intelligence quotient of students of viii and ix class
   Mr. Jatin H. Rajdeep

3. A comparative study of hemoglobin of sports participated Adolescent girls in four district of gujarat, india
   Dr. Jagdishchandra Gothi

4. A comparative study of hemoglobin of sports participated and non sports participated adolescent girls in four District of gujarat, india
   Dr. Neeraj Silawat

5. Comparative study of competitive sports attitude between men and women basketball players
   Ms. Sarita Yadav & Dr. Aman Singh Sisodiya

6. Explosive evaluation of a web-based physical movement lessons
   Dr. Dr. Shakti Sinh Narharibhai Parmar

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O), Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramansisodiya@gmail.com
Website: www.jnvu.edu.in

Printing & Designed By: Creation Point # 91 94601-55218
In This Issue

Editorial

1. The analytic hierarchy process and sports research: A critical review
   Dr. Vikas Kapoor

2. Psycho physiological profiles of Indigenous sports players
   Dr. Bhagwan Sharma

3. Impact of psychological training on the performance of women volley ball players
   Dr. Preeti Kachhava

4. Effects of exercise and yoga training on girls body composition
   Dr. Jagdish L. Gothi & Dipti V. Bhakhariya

5. Role of yoga in removal and management of anxiety and selected fitness variables of weight lifters before competition
   Dr. Suryaveer Singh Solanki, Dr. Preeti Kachhava & Rakesh Paliwal

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramansisodiyagmail.com
Website: www.jnvv.edu.in
In This Issue

Editorial

1. Effect of coordinative abilities on balance beam of national level gymnasts
   Anju Mewara

2. Profiles of indigenous sports players
   Dr. Bhagwan Sharma

3. To study the effect of health related physical fitness between rural and urban schools boys participating in sports.
   Lakshman Singh Panwar

4. Comparison of cardio-respiratory endurance among tribal and non-tribal older men and women
   Radha Rani Ghosh

5. Comparative effect of kapalabhati, pranayama, suryanamaskar and aerobic exercises on selected physiological components
   Jyoti Bhatnagar

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramansisodiya@gmail.com
Website: www.jnvu.edu.in

Printing & Designed By: Creation Point # +91 97824-17272
Editorial

1. To study the comparative effects of plyometrics, calisthenics and circuit training on the selected psychomotor variables.
   Vikram Singh Chouhan

2. Comparison of lower body strength among tribal and non-tribal older men and women
   Radha Rani Ghosh

3. Comparison of selected motor abilities between the handball and basketball players
   Dr. G. S. Chouhan & Dr. B.S. Chouhan

4. A comparative study of psychosocial variables between players of individual and team games
   Ms. Lata Choudhary

5. Motives of girls students of high school for inspiring them to participate in sports in tillore khurd village
   Dr. Neeraj Silawat

6. Yogmetricta: yama (social discipline) and niyam (individual discipline) assessment based on the principles of Patanjali
   Dr. Binayak Kumar Dubey & Prof. B.C. Kapri

7. An overview of indigenous sports of India
   Dr. Bhagwan Sharma

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramantisodiya@gmail.com
Website: www.jnvu.edu.in
Department of Physical Education & Sports is an important part of J.N.V. University, Jodhpur of Rajasthan, and the apex body for undertaking Education & Sports Training, Orientation, Research, Extension and outreach besides, documentation and dissemination activities on Health, Sports and physical education development in the state and country. The department organizes formal training courses i.e., B.A. Physical Education (optional), M.P.Ed., D.Y. Ed., & M.A. Yoga. It also undertakes action for its Ph.D. programme. The department endeavors to sensitize youth to the concept, power, functions, role and responsibilities as an effective, discipline and healthy citizen. Upcoming regular & ADD ON Courses M.Phil., P.G. Diploma in Nutrition, Health & Fitness, Sports Physiotherapy & Rehabilitation, Sports Journalism, Sports Industry & Management, Aerobics & Gym Management.

For Further details contact:

Head
Department of Physical Education & Sports,
Old Campus, Jai Narain Vyas University,
Jodhpur (Rajasthan) India-342001
Ph.: 0291-2515673, 2513248 (O),
Mobile: 094144-10963
Fax No. 0291-2720645,
Email: dramansisodiya@gmail.com
Website: www.jnvu.edu.in

In This Issue

Editorial

1. Factors affecting the participation of girls in sports and games: an exploratory study
   Dr. Farhana Khatoon & Dr. Binayak Kumar Dubey

2. Exploration of fitness as a measure of self concept in students of degree colleges
   Dr. Binayak Kumar Dubey

3. Study of effects of training program of yoga and pranayam on health related physical fitness of students
   Dr. Neeraj Silawat

4. Effect of shitali and sitakari pranayama on cardiopulmonary index of male and female
   Dr. Pradeep Kumar Dubey

5. Effect of ladder training on selected physical fitness components of basketball players
   Dr. Satyant Kumar

6. Effect of group activity on body composition with respect to health status and nutritional awareness of college students
   Dr. Anantkumar R. Thakor & Dr. B.L. Nagar

Printing & Designed By: Creation Point # +91 7023107107