

**COMPARATIVE STUDY OF HEALTH RELATED
PHYSICAL FITNESS AMONG THE CRICKET
AND SOFTBALL PLAYERS**

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FOR THE DEGREE OF MASTER OF
PHYSICAL EDUCATION



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HANUMAN VYAYAM SHALA KRIDA MANDAL'S,
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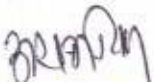
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The researcher has a proud pleasure of expressing his sincere appreciation and gratitude to his honorable Principal and Supervisor **Dr.V.R.Talreja** for providing her valuable guidance, suggestions and encouragement to work on this study.

I am also very much thankful to **Dr. S. R. Tiwalkar, Prof. A. P. Kolarkar, Dr. S. Saulkar, Prof. A. Bhishma and Prof. P. Rampurkar** for their kind guidelines from time to time make this research work ideal and impressive one.

The researcher also thanks to those students who work as the subject for their co-operation in collecting data.

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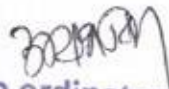

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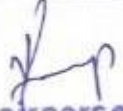

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**A STUDY OF STRESS AND PROBLEMS FACING
BY TRAINED UNEMPLOYED PHYSICAL
EDUCATORS OF YAVATMAL CITY**

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I also extend my sincere gratitude to **DR.V.R.TALREJA** principal H.V.S.K.M. Physical Education College Yavatmal, for their continuous encouragement through out the course of this study and also to express my graceful thanks to honorable, other staff of our college for their kind guidelines from time to time make this research work ideal and impressive one.

I would also like to thanks the librarian, Dept. of Post Graduate and staff of sports science research laboratory that made easy availed books, journals, dissertation and scientific sports equipments in carrying out the research work successfully.


The researcher also thanks to the students those who co-operate me every now and then throughout the progress of this study.

It is my humble duty to express my sincere thanks to my parents, brothers, and family too for their continuous encouragement and inspiring during this study.

Lastly I express my deepest gratitude to all the students who act as a subject for helped me in completion of my study.

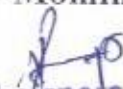
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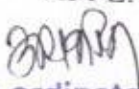

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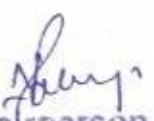

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**A COMPARATIVE STUDY OF PHYSICAL
FITNESS VARIABLES OF SCHOOL
LEVEL RURAL AND URBAN
BASKETBALL PLAYERS**

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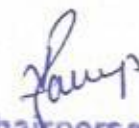
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While expressing my gratitude and indebtedness to Principal of College Dr.V.R.Talreja, for his esteemed inspiration generous affection and invaluable suggestion and also to express my graceful thanks to honorable Prof. Rampurkar Prof. A.Y.Bhishma, Dr.Kolarkar and other staff of our college for their kind guidelines from time to time make this research work ideal and impressive one.

I am also thankful to librarian, Dept. of Post Graduate and Staff of sports science research laboratory who made easy availed books, journals, dissertation and scientific sports equipments in carrying out the research work successfully.

The researcher also thanks to those students who work as the subject for their co-operation in collecting data.

Last, but not the least, the researcher express his sincere gratitude to his family, colleagues and friends who helped him directly or indirectly in completing this research work.

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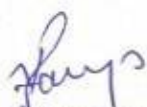
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**EFFECT OF CIRCUIT TRAINING ON CARDIO-
VASCULAR ENDURANCE, SHOULDER
STRENGTH, LEG STRENGTH AND
SPEED OF BADMINTON
PLAYERS**

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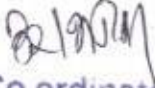
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The researcher also thanks to those **Athletes and Non-athletes** from Yavatmal city, who work as the subject for their co-operation in collecting data.

Finally, my abundant thanks offered to librarian and store incharge and others of H.V.S.K. Mandal College of Yavatmal for their assistance and rendered.


A special thanks to my family members, friends and all collegiate for their loving support, patience and constant inspiration.


Last, but not the least, the researcher express his sincere gratitude to my family, colleagues and friends who helped him directly or indirectly in completing this research work.


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की हृदयोनाड़ी क्षमता तथा रक्तचाप पर
होने वाले परिणामों का अध्ययन

अनुसंधानकर्ता

प्रेमकुमार
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लघु शोधप्रबंध

शारीरिक शिक्षण स्नातकोत्तर उपाधि के आंशिक पूर्ति हेतू हनुमान
व्यायाम शाला क्रिडा मंडल शारीरिक शिक्षण महाविद्यालय,
यवतमाल,के स्नातकोत्तर अनुसंधान चयन मे
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यह प्रमाणित किया जाता है कि प्रेम कुमार ने मेरे मार्गदर्शक में "ऐरोबिक प्रशिक्षण का महाविद्यालयीन खिलाड़ियों की हृदयोनाडी क्षमता तथा रक्तचाप पर होने वाले परिणाम" इस विषय पर लघुशोध कार्य पूरा किया तथा उसे "हनुमान व्यायाम शाला क्रीड़ा मंडल शारीरिक शिक्षण महाविद्यालय यवतमाल" के माध्यम से अमरावती विद्यापीठ की सन् 2019 की शारीरिक शिक्षण पारंगत भाग 4 परीक्षा के आंशिक पूर्ति हेतु प्रस्तुत किया है।

शोधकर्ता को उसके शोधकार्य के लिए एवं उसकी सफलता के लिए हार्दिक शुभकामना के साथ।

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साथ ही, में अपने महाविद्यालय के सभी प्रोफेसर का हृदयपूर्वक आभारी हूँ। जिन्होंने इस अध्ययन प्रक्रिया में जरूरत पढ़ने पर मदद तथा सहयोग दिया।

मैं हनुमान व्यायाम शाला क्रीड़ा मंडल शारीरिक शिक्षण महाविद्यालय यवतमाळ के ग्रंथपाल के प्रति कृतज्ञता व्यक्त करता हूँ। जिन्होंने आवश्यकता के अनुसार मुझे उपलब्ध किताबे, मैगजीन्स आदि का समय-समय पर सहयोग दिया।

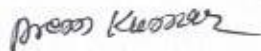
साथ में उन सभी महाविद्यालय कबड्डी खिलाड़ीयों का हृदय आभार मानता हूँ जिन्होंने इस अध्ययन के लिए पूरी निष्ठा के साथ सहयोग दिया। जिसके बिना यह अध्ययन असंभव था।

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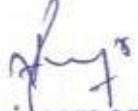
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1.	प्रायोगिक समुह की प्रथम तथा अंतिम नाड़ी गति परीक्षण	२५
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Department Research Committee

DRC Dissertation Acceptance / Rejection / Re-submission Report 2020-2021

Sr. No.	Name of Student	Name of Subject	Guide Internal Examiner	Acceptance / Rejection / Re-submission	Corrections / Suggestion
1	Abhinav	योगासन और प्राणायाम का शिक्षकों के लचिलापन और चुने हुए शरीर क्रियात्मक घटकों पर प्रभाव का अध्ययन	DR. V.R.TALREJA	Accepted	---
2	Aachiya Katal	A COMPARATIVE STUDY OF PRE-COMPETITION ANXIETY BETWEEN PLAYERS OF BODY CONTACT AND NON-BODY CONTACT GAMES	DR. V.R.TALREJA	Accepted	---
3	Akash Suresh Sone	EFFECT OF SELECTED EXERCISES ON AGILITY AND JUMPING ABILITY OF BADMINTON PLAYERS	DR. V.R.TALREJA	Accepted	---
4	Anamika Kumari D/o. Onkar Nath	ऐरोबिक ट्रेनिंग का बॉक्सींग खिलाडीयों के चुने हुए शारीरिक क्षमता के घटकों पर होनेवाले प्रभाव का अध्ययन	DR. V.R.TALREJA	Accepted	---
5	Anivesh kumar Ravindrprasad	ऐरोबिक डान्स का छात्रों के शारीरिक क्षमता और शरीर क्रियात्मक घटकों पर होने वाले प्रभाव का अध्ययन	DR. V.R.TALREJA	Accepted	---
6	Anu Sharma	COMPARE THE EFFECT OF STATIC AND DYNAMIC STRETCHING ON HAMSTRING MUSCLE FLEXIBILITY AND AGILITY PERFORMANCE IN BADMINTON PLAYERS	DR. V.R.TALREJA	Accepted	---
7	Anuradha Sinha	पॉलीमेट्रीक प्रशिक्षण का तायकान्डो खिलाडियों के गामक क्षमता के घटकों पर होनेवाले प्रभाव का अध्ययन	DR. V.R.TALREJA	Accepted	---
8	Ashu Bangal	IMPACT OF CIRCUIT TRAINING ON SELECTED PHYSICAL FITNESS AMONG COLLEGE LEVEL FOOTBALL PLAYER	DR. V.R.TALREJA	Accepted	---


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9	Bantikumar S/o. Bishundra Prasad	बास्केटबॉल खिलाड़ियों के खेल निष्पादन के साथ चयनीत मानवमिती, गति, चपलता एवम् हृदय श्वसन सहनशीलता का सहसम्बन्ध	DR. V.R.TALREJA	Accepted	---
10	Bhanuprakash Birendra Singh	स्प्रिंटर्स, शॉटपूट और जावलीन थ्रो के पुरुष खिलाड़ियों के चुनिंदा मानसीक घटकों का तुलनात्मक अध्ययन	DR.S.R.TIWALKAR	Accepted	---
11	Bhim Limboo	---Absent---	DR.S.R.TIWALKAR	---Absent---	---Absent---
12	Gaurav Kumar Singh	हॉकी, खो-खो और कबड्डी खिलाड़ियों के चयनित शारीरिक क्षमता के घटकों का तुलनात्मक अध्ययन	DR.S.R.TIWALKAR	Accepted	---
13	Happy Kumar	A COMPARATIVE STUDY OF CARDIOVASCULAR FITNESS AND ENDURANCE AMONG FEMALE OF YOGA AND PHYSICAL EDUCATION STUDENTS	DR.S.R.TIWALKAR	Accepted	---
14	Harish Satish Durne	“माध्यमिक विद्यालय के छात्रों के हृदय श्वसन पर तैरने का प्रभाव ”	DR.S.R.TIWALKAR	Accepted	---
15	Himanshu Shekhar	ATTITUDE OF ATHLETES AND THEIR PARENTS TOWARDS PHYSICAL EDUCATION AND SPORTS OF YAVATMAL CITY A COMPARATIVE STUDY	DR.S.R.TIWALKAR	Accepted	---
16	Indrapal Singh S/o. Surinder Singh	CORRELATION OF KHO-KHO PLAYING ABILITY WITH HEALTH FITNESS AND MOTOR FITNESS OF BOYS	DR. S.R.TIWALKAR	Accepted	---
17	Kundan kumar S/o. Sureshprasad Yadav	ऐरोबिक ट्रेनिंग का ज्युनियर स्प्रिंटर्स के स्ट्राइड लैन्थ और स्ट्राइड फ्रिक्वेन्सी पर होने वाले प्रभाव का अध्ययन	DR.S.R.TIWALKAR	Accepted	---
18	Pankaj Manhas	EFFECT OF PLYOMETRIC TRAINING ON ARM, LEG AND BACK STRENGTH OF VOLLEYBALL PLAYERS OF JAMMU DISTRICT	DR. S.R.TIWALKAR	Accepted	---
19	Hetal Parmar	A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE BETWEEN FEMALE SPORTS PERSONS AND FEMALE NON-SPORTS PERSONS	DR. A.P.KOLARKAR	Accepted	---
20	Pawan kumar Saran S/o. Baccha Bihar	“यवतमाल शहर के उच्च माध्यमिक विद्यालयों में बॉक्सिंग सीखनेवाले खिलाड़ियों की अध्ययन संबंधी आदतों एवं मनोवृत्तियों का अध्ययन ”	DR. A.P.KOLARKAR	Accepted	---

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21	Punoom Sharma ✓	EFFECT OF ZUMBA FITNESS OF BODY WEIGHT AND BODY MASS INDEX OF COLLEGIATE STUDENTS	DR. A.P.KOLARKAR	Accepted	---
22	Priya kumari Ashok Prasad	खो-खो और हॉकी खिलाड़ियों के समायोजन का तुलनात्मक अध्ययन	DR. A.P.KOLARKAR	Accepted	---
23	Sania Aafreen D/o. Lutfullah	ऊँकार तथा प्राणायाम का छात्रों के श्वसन क्षमता पर होनेवाले परिणामों का तुलनात्मक अध्ययन	DR. A.P.KOLARKAR	Accepted	---
24	Siddique Akbar Momin Ziya ur Rahman	A STUDY OF STRESS AND PROBLEMS FACING BY TRAINED UNEMPLOYED PHYSICAL EDUCATORS OF YAVATMAL CITY	DR. A.P.KOLARKAR	Accepted	---
25	Sumit Kumar Das S/o. Samir Das	शहरी और ग्रामिण जूनियर फुटबॉल खिलाड़ियों के चयनित शारीरिक क्षमता के घटक एवं कौशल्य का तुलनात्मक अध्ययन	DR. A.P.KOLARKAR	Accepted	---
26	Vikram Singh ✓	A STUDY OF IMPLEMENTATION OF PHYSICAL EDUCATION PROGRAMME IN MIDDLE SCHOOL OF YAVATMAL CITY	DR. A.P.KOLARKAR	Accepted	---
27	Vishav Pratap Singh	EFFECT OF YOGASANAS ON AGILITY FLEXIBILITY SPEED AND CARDIOVASCULAR ENDURANCE OF KHO-KHO PLAYERS	DR. A.P.KOLARKAR	Accepted	---

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Department Research Committee
DRC Synopsis Acceptance/Rejection/Re-Submission Report 2021-2022


Sr. No.	Name of Student	Name of Subject	Guide Internal Examiner	Acceptance/ Rejection/ Re-submission	Corrections/ Suggestion
1	Arif Iqbal Khan	Comparative Study of Kinesthetic perception between high sports performance and high Academic performance group.	Dr. V.R.Talreja	Accepted	Synopsis Accept without any corrections
2	✓ Avriti Kumari	“ चक्का फेक तथा गोला फेक अथलिटो के चयनिक शारीरिक क्षमता घटकोंका तुलनात्मक अध्ययन”	Dr. V.R.Talreja	Accepted	Synopsis Accept without any corrections
3	Deepak Kumar Dashrath Prasad	“ छोटी एवं लंबी दुरी धावकों के पैरो की विस्फोटक शक्ती और लचीलापन का तुलनात्मक अध्ययन”	Dr. V.R.Talreja	Accepted	Synopsis Accept without any corrections
4	✓ Dharampal Satpal Balmiki	Comparative Study of Physical Fitness Parameters between Basketball Players and sprinters	Dr. V.R.Talreja	Accepted	Correction in change the age limit will be 18 to 25 years.
5	X Dhiraj Kumar		Dr. V.R.Talreja	Absent	Absent
6	✓ Gourav Anand	“ज्युदो और कुस्ती खिलाडीयों की ताकत, लचीलापन, सहनशिलता और प्रतिक्रिया समय का तुलनात्मक अध्ययन”	Dr. V.R.Talreja	Accepted	Synopsis Accept without any corrections


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7	Mohd Ubaid Mohd Akhtar Ansari	Comparative study on arm and leg explosive power between volleyball and basketball players.	Dr. V.R.Talreja	Accepted	Accepted with Correction in age limit will be 18 to 25 years.
8	Pintu Kumar	“लंबी कुद एथलिटों के शारीरिक एवं शरीर क्रियात्मक घटकों पर प्लायोमेट्रिक कार्यक्रम का प्रभावण	Dr. V.R.Talreja	Accepted	Synopsis Accept without any corrections
9	Ravi Ranjan Kumar	“गोला फेक और भाला फेक अथलिटों के फेकने की क्षमता, गति और प्रतिक्रिया समय का तुलनात्मक अध्ययन”	Dr. V.R.Talreja	Accepted	Synopsis Accept without any corrections
10	Shreya Narendra Shah	Effect of core training on football specific skill speed dribbling	Dr. V.R.Talreja	Accepted	Accepted with Correction in age limit will be 18 to 25 years.
11	Abdul Rahman S/o Md Hashim	“ मुजफ्फूर शहर के अधिकतर वनज वाले पुरुषों के दिनचर्या का चिकित्सात्मक अध्ययन”	Dr. S.R.Tiwalkar	Accepted	Synopsis Accept without any corrections
12	Abhishek Kumar Ashok Sharma	“ समस्तीपुर शहर के 92 वी कक्षा के कला वर्ग एवं विज्ञान वर्ग के छात्रों की शारीरिक क्षमता का तुलनात्मक अध्ययन”	Dr. S.R.Tiwalkar	Accepted	Accepted with Correction in age limit will be 18 to 25 years.
13	Bapun Kumar Jay Krishna Thakur	“ अभियांत्रिकी तथा वैद्यकीय महाविद्यालय में अध्ययनरत छात्रों का खेलकुद के प्रति दृष्टिकोण का तुलनात्मक अध्ययन”	Dr. S.R.Tiwalkar	Accepted	Accepted with Correction in age limit will be 18 to 25 years.
14	Basit Sharief Mughal	Relationship of anthropometric measurement and motor fitness predictors with basketball performance.	Dr. S.R.Tiwalkar	Accepted	Synopsis Accept without any corrections


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15	Bikash Kumar Prem Kumar Singh	A comparative study of physical fitness variables of school level rural and urban basketball players	Dr. S.R.Tiwalkar	Accepted	Accepted with Correction in age limit will be 18 to 25 years.
16	Deepak Choudhary Vijay Kumar ← Absent	Effect of circuit training on catcher of softball players.	Dr. S.R.Tiwalkar	Accepted	Correction with in difference between delimitation and methodology
17	Manali	“- कॉलेज के छात्रों की गामक क्षमता पर मेटाबोलिक वॉर्म-अप के प्रभाव का अध्ययन”	Dr. S.R.Tiwalkar	Accepted	Correction in subject title
18	Manoj Kumar Rana Kailash Rana	“ तैराक और जिम्नेस्टिक खिलाडियों के मानसीक दृढता और आत्मविश्वास का तुलनात्मक अध्ययन”	Dr. S.R.Tiwalkar	Accepted	Accepted with Correction in age limit will be 18 to 25 years.
19	Mitesh Ranjan Sachitanand Prasad	“ जिम्नेस्टिक और मल्लखाम्ब खिलाडियों के हृदय श्वसन क्षमता, चपलता, कन्धों की ताकत, पैरो कि विश्फोटक शक्ति, गति, मांसपेशिय सहनशीलता का तुलनात्मक अध्ययन”	Dr. S.R.Tiwalkar	Accepted	Accepted with Correction in age limit will be 18 to 25 years.
20	Neeraj Kumar Bhushan Kumar	Attitude of mail and female high school student towards physical education Jammu and Kashmir State	Dr. S.R.Tiwalkar	Accepted	Correction in Guide Name
21	Rubi Kumari Deepnarayan Singh	“बास्केटबॉल खिलाडियों के खेलने की योग्यता पर स्ट्रेन्थ प्रशिक्षण के प्रभाव का अध्ययन”	Dr. A.P.Kolarkar	Accepted	Synopsis Accept without any corrections
22	Santosh Malakappa Butna X	--	Dr.A.P.Kolarkar	Absent	Absent
23	Shirish Santosh Thakare X	--	Dr.A.P.Kolarkar	Absent	Absent


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24	Sonamotee Kumari Vinay Kumar Ram	“ओंकार (लेटकर) तथा शवासाने द्वारा नाडीगती पर होनेवाले परिणाम का तुलनात्मक अध्ययन”	Dr.A.P.Kolarkar	Accepted	Accepted correction in subject title
25	Sonu Kumar Surendra Sah	“बाबा साहेब भमीराव आंबेडकर विद्यापीठ मुजफ्फरपुर बिहार के अन्तर्गत अंतर महाविद्यालयीन पुरुष क्रिकेट खिलाडीयो की सामाजिक और आर्थिक स्तर का अध्ययन”	Dr.A.P.Kolarkar	Accepted	Synopsis Accept without any corrections
26	Subodh Vasant Gate	Evaluation of cardio vascular capacities of VIIIth and IV th Grade student athletes and Non-athletes	Dr.A.P.Kolarkar	Accepted	Synopsis Accept without any corrections
27	Sunil Kumar	“ जल एरोबिक एवंत ल एरोबिक का रुली छात्रो की सहनशिलता पार होनेवाले परिणामो का तुलनात्मक अध्ययन”	Dr.A.P.Kolarkar	Accepted	Correction in Guide Name
28	Sweeti Kumari	“एथलीट और गैर-एथलीट पर सामान्य वॉर्म-अप का प्रतिक्रिया समय, गति, चपलता और लचिलापन में हाने वाले परिवर्तन का अध्ययन”	Dr.A.P.Kolarkar	Accepted	Synopsis Accept without any corrections
29	Vikash Bhardwaj	A Study of diet and nutrition of Health Club members of Gaya City.	Dr.A.P.Kolarkar	Accepted	Synopsis Accept without any corrections

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DRC Dissertation Acceptance / Rejection / Re-submission Report 2022-2023

Sr. No.	Name of Student	Name of Subject	Guide Internal Examiner	Acceptance / Rejection / Re-submission	Corrections / Suggestion
✓ 1	Abhimanyu Pratap Singh S/o. Arun Singh	Comparative study of level of aggression among Kabaddi and Cricket Players.	Dr.A.P.Kolarkar	Accepted	---
✓ 2	Abrar Ul Alam Lone S/o. Gh. Mohammad Lone	Comparative study of anxiety depression and stress between batsman and bowlers of cricketer	Dr.A.P.Kolarkar	Accepted	---
✓ 3	Aftab Ul Alam Lone S/o. Gh. Mohmad Lone	Relationship of Physical fitness with bowling performance of cricketers	Dr.A.P.Kolarkar	Accepted	---
✓ 4	Ajeet Kumar S/o. Tej Narayan Singh	बॉल बैडमिन्ट और टेबल टेनीस खिलाड़ियों की चपलता गति, लचिलापन तथा हाथों की प्रतिक्रिया समय का तुलनात्मक अध्ययन.	Dr.A.P.Kolarkar	Accepted	---
✓ 5	Alok Kumar S/o. Ashok Kumar Ram	Effect of Yogasana of speed test, throw for accuracy and dribbling in basketball	Dr.A.P.Kolarkar	Accepted	---
✓ 6	Amit Lakra S/o. Uma Lal Uronv	Comparative study of agility, muscular strength, cardio-vascular endurance, speed of junior and senior football players.	Dr.A.P.Kolarkar	Accepted	---
✓ 7	Ankit Mahanta S/o. Ratul Moni Mahanta	Effect of weight running and rope skipping exercises on kicking ability and leg strength of the football players.	Dr.A.P.Kolarkar	Accepted	---
✓ 8	Baljit Singh S/o. Fani Bhushan Singh	Effect of weight training on strength and coordination of taekwondo players	Dr.A.P.Kolarkar	Accepted	---


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9	Jitender Kumar S/o. Brij Lal	चुने हुए शारीरिक क्षमता के घटकोंपर कबड्डी प्रशिक्षण के प्रभाव का अध्ययन	Dr.S.R.Titwalkar	Accepted	---
10	Jitendra Kumar S/o. Ramji Prasad	सुर्य नकरस्कार का हैंडबॉल खिलाडीयों की निशानेबाजी क्षमता पर काल्पनिक प्रशिक्षण का प्रभाव	Dr.S.R.Titwalkar	Accepted	---
11	Jitendra Kumar S/o. Kashi Nath Choubey	Effect of Metabolic warm-up on volleyball skill performance	Dr.S.R.Titwalkar	Accepted	---
12	Lovely Darshanam D/o. Bhakt Darshanam	कॉलेज छात्राओंकी मानसिक दृढता पर प्राणायम और ध्यान का संयुक्त प्रभाव का अध्ययन.	Dr.S.R.Titwalkar	Accepted	---
13	Manish Kumar Dubey S/o. Krishna Bihari Dubey	कबड्डी के रेडर और डिफेंडर खिलाडियों के व्यक्तित्व और आक्रमकता का तुलनात्मक अध्यय.	Dr.S.R.Titwalkar	Accepted	---
14	Mohd. Aslam Khatana S/o. AB. Rahim Khatana	Effect of plyometric training on the playing ability of volleyball players.	Dr.S.R.Titwalkar	Accepted	---
15	Nikhil Kumar Singh S/o. Krishna Deo Singh	विद्यालय स्तर के शहरी और ग्रामिण खो-खो खिलाडियां की गाम क्षमता का तुलनात्मक अध्ययन	Dr.S.R.Titwalkar	Accepted	---
16	Prabhat Rana S/o. Pawan Kumar Singh	बॉल बेंडमिन्टन खिलाडियों के चयनित मानवमितीय मापन का विस्फोटक शक्ती के साथ सहसम्बन्ध काय अध्ययन.	Dr.S.R.Titwalkar	Accepted	---
17	Rahul Kumar S/o. Raj Kishor Sah		Dr.S.R.Titwalkar	Accepted	---
18	Rahul Kumar Singh S/o. NK Singh	फुटबॉल खेल के अग्रिम तथा रक्षा पंक्ती खिलाडियों के चुने हुए शारीरिक क्षमता का तुलनात्मक अध्ययन	Dr.S.R.Titwalkar	Accepted	---
19	Shahnawaz Ahmad Lone S/o. Gh. Ahmad Lone		Dr. V.R.Talreja	Accepted	---
20	Shubham Srivastava S/o. Sudhir Lal	Changes in recreation time and agility of athletes and non athletes after exercise.	Dr.V.R.Talreja	Accepted	---
21	Sushant Gupta S/o. Rajinder Lal	A comparative study of physical fitness variables of school level rural and urban football players	Dr.V.R.Talreja	Accepted	---

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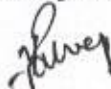
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22	Sushant Sharan S/o. Shambhu Sharan	प्राणायाम तथा चुने हुए आसनों का वरिष्ठ नागरीकों के ऑक्सीजन स्तर तथा रक्तचाप पर होनेवाले प्रभाव का अध्ययन.	Dr.V.R.Talreja	Accepted	---
23	Tapan Sadhak S/o. Abani Sadhak	Effect of circuit training on cardio-vascular endurance, shoulder strength, leg strength and speed of badminton players.	Dr.V.R.Talreja	Accepted	---
24	Upendra Kumar S/o. Baleswar Prasad	Comparative study of selected coordinative abilities among handball and volleyball players.	Dr.V.R.Talreja	Accepted	---
25	Vijay Kumar S/o. Upendra Sah	प्लायोमेट्रिक प्रशिक्षण का फुटबॉल खिलाड़ियों के खेल कौशल तथा पैरों की विस्फोटक शक्ति पर होनेवाले प्रभाव का अध्ययन.	Dr.V.R.Talreja	Accepted	---
26	Vijaya Laxmi D/o. Jwala Prasad	टेबल टेनिस और लॉन टेनिस खिलाड़ियों की चपलता, कलाई ताकत, कंधों की ताकत, और पैरों की विस्फोटक शक्ति का तुलनात्मक अध्ययन.	Dr.V.R.Talreja	Accepted	---
27	Vivek Kumar Singh S/o. Gopal Singh	Comparative study of strength and power of hammer throw and shot put players.	Dr.V.R.Talreja	Accepted	---

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[Ex-Student] DRC Dissertation Acceptance / Rejection / Re-submission Report 2022-2023

Sr. No.	Name of Student	Name of Subject	Guide Internal Examiner	Acceptance / Rejection / Re-submission	Corrections / Suggestion
1	Sonamoti Kumari	ऑमकार (लेटकर) तथा शवासन द्वारा नाडिगति पर होने वाले परिणाम का तुलनात्मक अध्ययन.	Dr.S.R.Tiwalkar	Accepted	---
2	Deepak KChoudhary	Effect of Circuit training on catcher of softball players	Dr.S.R.Tiwalkar	Accepted	---

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Research Project Acceptance / Rejection / Re-submission Report 2023-2024

Sr. No.	Name of Student	Name of Subject	Guide Internal Examiner	Acceptance / Rejection / Re-submission	Corrections / Suggestion
1	Mamta Kumari D/o Mahendra Prasad Agrawal	COMPARISON OF TWO WAYS OF MEASURING CARDIOVASCULAR ENDURANCE OF FOOTBALL MALE STUDENTS OF SNT GADGEBABA AMRAVATI UNI. AMRAVATI	Dr.V.R.Talreja	Subject accepted	---
2	Jayant Raj Patel S/o Sudhir Kumar	वेट रनिंग ट्रेनिंग का लॉग जंप खिलाडियों के खेल प्रदर्शन पैरों कि विस्फोटक शक्ति, हृदय श्वसन क्षमता पर होनेवाले प्रभाव का अध्ययन	Dr.V.R.Talreja	Accepted	---
3	Kanchan Priya D/o Girdharilal	COMPARATIVE STUDY OF FLEXIBILITY AGILITY AND BODY MASS INDEX OF KABADDI AND KHO-KHO PLAYERS.	Dr.V.R.Talreja	Accepted	---
4	Kasturi Dilip Pinjarkar	COMPARATIVE STUDY OF BREADTH HOLDING CAPACITY, CARDIOVASCULAR ENDURANCE AND VITAL CAPACITY OF SWIMMER AND ATHLETICS	Dr.V.R.Talreja	Accepted	---
5	Mohammad Saleem S/o Nisar Ahmad	RELATIONSHIP BETWEEN INTROVERT, EXTROVERT AND AMBIENT PERSONALITY TRAITS OF SPORTS PERSON WITH CREATIVITY	Dr.V.R.Talreja	Accepted	---
6	Muskan Rakshak D/o Vijay Kumar Rakshak	शारीरिक फिटनेस कार्यक्रम काय चयनित ट्रेक में और फिल्ड इव्हेंट पर प्रदर्शन का प्रभाव.	Dr.V.R.Talreja	Accepted	---

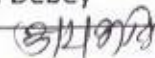

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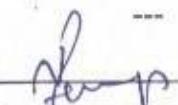

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7	Kritika Ranjan D/o Rajesh Ranjan	ऑरोबीक व्यायाम का वॉलीबॉल खिलाडीयो के प्रशिक्षण पूर्व और प्रशिक्षण पश्चात रक्तचाप और नाडीगति पर होनेवाले परिणामों का अध्ययन ।	Dr.V.R.Talreja	Accepted	---
8	Manish Kumar Singh S/o Upendra Singh	COMPARATIVE STUDY OF SELECTED MOTOR FITNESS COMPONENTS OF CLUB AND SCHOOL ATHLETICS	Dr.V.R.Talreja	Accepted	---
9	Alisha Kumari D/o Ashok Kumar	EFFECT OF SELECTED SKILL TRAINING ON VOLLEYBALL PLAYERS	Dr.S.R.Tiwalkar	Accepted	---
10	Amit Kumar S/o Sunder Sahani	वॉलीबॉल खिलाडीयोके हृदय श्वसन क्षमता और मांसपेशीय सहनशीलता पर एरोबिक प्रशिक्षण के प्रभाव का अध्ययन.	Dr.S.R.Tiwalkar	Accepted	---
11	Avnish Kumar S/o Sunil Kumar Bagesh	बैंडमिंटन खिलाडीयो के लचीलेपन और समन्वय पर चयनित अभ्यासों का प्रभाव	Dr.S.R.Tiwalkar	Accepted	---
12	Divyendu S/o Kumar ravindra Sharma	यवतमाल शहर के माध्यमिक विद्यालय के खो-खो खिलाडीयो की शारीरिक क्षमता पर उपलब्ध होनेवाली सुविधाओं का अध्ययन	Dr.S.R.Tiwalkar	Accepted	---
13	Shoshindra Kumar S/o Birendra Mahto	ऐरोबिक और वेट रनिंग प्रशिक्षण का लंबी दूरी के धावकों के ऐरोबिक क्षमता, पैरो कि विस्फोटक शक्ती, जैवधारीता गति पर होनेवाले प्रभाव का अध्ययन.	DR.S.R.Tiwalkar	Accepted	---
14	Abhishek Kumar Jha s/o Dharam Nath Jha	EFFECT OF INTERVAL TRAINING OF AEROBIC CAPACITY, STABILITY, SPEED, MOBILITY OF ATHLETICS	Dr.S.R.Tiwalkar	Accepted	---
15	Anamika Sonu D/o Krishna Prasad	प्लायोमेट्रीक प्रशिक्षण का तायकॉडो खिलाडीयो के कन्धों और पैरो की ताकत, हृदय श्वसन क्षमता, चपलता और गति पर होनेवाले प्रभाव का अध्ययन	Dr.S.R.Tiwalkar	Accepted	---
16	Sarvesh Shekhar Bhardwaj S/o Sachindra Debey	COMPARISON OF DIFFERENT STRENGTH ABILITIES OF DISCUSS THROW AND JAVELIN SHOW PLAYERS	Dr.S.R.Tiwalkar	Accepted	---


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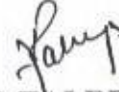

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17	Durgesh Kumar S/o Ashok kumar Choubey	क्रिकेट के गेदबाज और बल्लेबाज के गति, कलाई की ताकत, मॉसपेशिय ताकत का तुलनात्मक अध्ययन	Dr.A.P.Kolarkar	Accepted	---
18	Gupta Giriraj Ganesh	EFFECT OF WARM-UP ON EYE-HAND COORDINATION, WRIST STRENGTH, SHOULDER STRENGTH AND AGILITY OF SOFT TENNIS BALL PLAYERS	Dr.A.P.Kolarkar	Accepted	---
19	Rajan Kumar S/o Rajesh Kumar	भार प्रशिक्षण का माध्यमिक विद्यालयीन फुटबॉल खिलाड़ीयों के थ्रोइंग कौशल्य पर होनेवाले परिणामों का अध्ययन	Dr.A.P.Kolarkar	Accepted	---
20	Ram Kumar S/o Umesh Sahani	ग्रामीण और शहरी स्कूल स्तर के कबड्डी खिलाड़ियों के शारीरिक फिटनेस चर का तुलनात्मक अध्ययन.	Dr.A.P.Kolarkar	Accepted	---
21	Rinku Jaiprakash Chhkikara	COMPARATIVE EFFECT OF ACCELERATION RUNNING AND SAND RUNNING ON SPEED, EXPLOSIVE LEG STRENGTH AND AGILITY OF SPRINTERS	Dr.A.P.Kolarkar	Accepted	---
22	Saumitra Choudhary S/o Sukumar Choudhary	A STUDY OF IMPLEMENTATION OF PHYSICAL EDUCATION PROGRAMMES IN ENGLISH MEDIUM SCHOOLS OF YAVATMAL CITY.	Dr.A.P.Kolarkar	Accepted	---
23	Suchitra Nath D/o AjitKumar Nath	EFFECT OF AEROBIC TRAINING ON THE PHYSICAL FITNESS AND PHYSIOLOGICAL VARIABLES OF FEMALE BADMINTON PLAYERS	Dr.A.P.Kolarkar	Accepted	---
24	Raju Kumar S/o satish Kumar	RELATIONSHIP BETWEEN STRESS ANXIETY AND PERFORMANCE AMONG VOLLEYBALL PLAYERS	Dr.A.P.Kolarkar	Accepted	---
25	Vikas Kawalia S/o Umed Singh	EFFECT OF PLYMETRICS EXERCISES ON CARDIO-VASCULAR ENDURANCE AND PLAYING ABILITY OF JUNIOR CRICKET PLAYERS.	Prof. A.Y.Bhishma	Accepted	---
26	Vikash Kumar S/o Channuram	यवतमाल शहर के अधिकतम वजनवाले पुरुष पर योगिक प्रशिक्षण का प्रभाव	Prof. P.A.Rampurkar	Accepted	---

27	Vishal Verma S/o Natu Ram Verma	इंटर युनिवर्सिटी कबड्डी खिलाडियों के कार्डियोवैस्कुलर एडयोरिस के साथ एथ्रोपोमेट्रिक के बीच संबंध का अध्ययन	Prof. P.A.Rampurkar	Accepted	---
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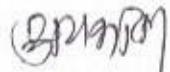


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COLLEGE OF PHYSICAL EDUCATION
LOHARA, YAVATMAL



PROJECT REPORT
ON
BADMINTON



SUBMITTED BY
KRIKA RANJAN
Class: M.P.Ed. Sem-III
Roll No. : 26
Session: III

SUBMITTED TO

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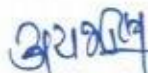
ACKNOWLEDGMENT

I would like to express my gratitude and appreciation to all those who gave me the possibility to complete this report. Special thanks to my supervisor Dr. V. R. Talreja.....whose help, stimulating suggestions and encouragement helped me in all time of fabrication process and in writing this report. I also sincerely thanks for the time spent proofreading and correcting my many mistakes.

I would also like to acknowledge with much appreciation the crucial role of all the staff, who gave me a permission to use the lab equipment and giving a permission to use all the necessary tools.



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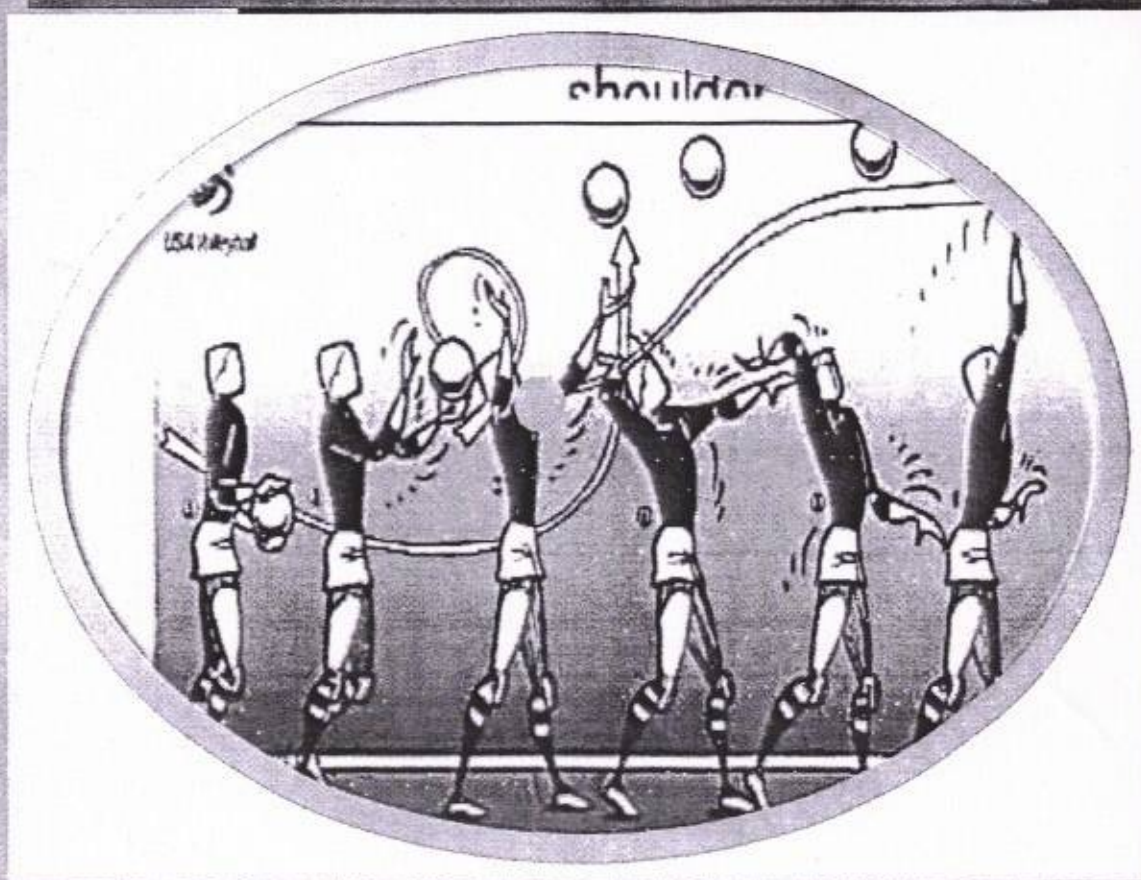
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MANDAL'S, PHYSICAL EDUCATION
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**PROJECT REPORT
VOLLEYBALL**



M.P.ED. I SEM

• NAME OF STUDENT

Suchitra N. 15

ROLL NO.

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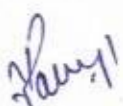

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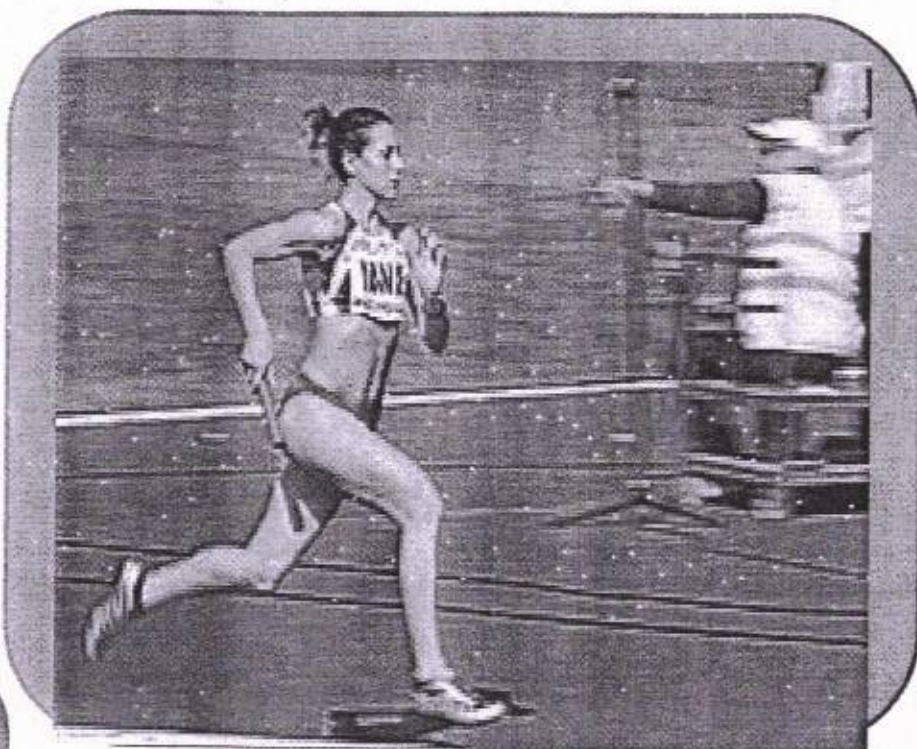
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4.	FUNDAMENTAL SKILL
5.	TECHNIQUES AND TACTICS
6.	LEAD UP GAMES
7.	VOLLEYBALL TACHNIQUES& TACTICS
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9.	OFFICIALS & THEIR SIGNALS
10.	TREND OF MODERN VOLLEYBALL
11.	ARJUN AWARDEES LIST
12.	OLYMPICS RECORD


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H.V.S.K.M.PHYSICAL EDUCATION, COLLEGE LOHARA

TRACK AND FIELD RUNNING EVENT



SESSION -2024

M.P.ED.I SEM

*NAME OF STUDENT:

Mehul Mann

ROLL NO: 10

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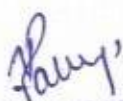


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RUNNING

Types Track

A man running with a baton during a relay race.

Track running events are individual or relay events with athletes racing over specified distances on an oval running track. The events are categorized as sprints, middle and long-distance, and hurdling.

Road

Road running takes place on a measured course over an established road (as opposed to track and cross country running). These events normally range from distances of 5 kilometers to longer distances such as half marathons and marathons, and they may involve scores of runners or wheelchair entrants.

Cross-country

Cross country running takes place over the open or rough terrain. The courses used for these events may include grass, mud, woodlands, hills, flat ground and water. It is a popular participatory sport and is one of the events which, along with track and field, road running, and racewalking, makes up the umbrella sport of athletics.

Vertical

The majority of popular races do not incorporate a significant change in elevation as a key component of a course. There are several, disparate variations that feature significant inclines or declines. These fall into two main groups.

The naturalistic group is based on outdoor racing over geographical features. Among these are the cross country-related sports of fell running (a tradition associated with Northern Europe) and trail running (mainly ultramarathon distances), the running/climbing combination of skyrunning (organised by the International Skyrunning Federation with races across North America, Europe and East Asia) and the mainly trail- and road-centred mountain running (governed by the World Mountain Running Association and based mainly in Europe).

The second variety of vertical running is based on human structures, such as stairs and man-made slopes. The foremost type of this is tower running, which sees athletes compete indoors, running up steps within very tall structures such as the Eiffel Tower or Empire State Building.

Distances Sprints



International-level women athletes competing in 100 m sprint race at ISTAF Berlin, 2006

Sprints are short running events in athletics and track and field. Races over short distances are among the oldest running competitions. The first 13 editions of the Ancient Olympic Games featured only one event – the stadion race, which was a race from one end of the stadium

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B.P.ED.IV SEM

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ROLL NO: 45

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SESSION: 2023-24

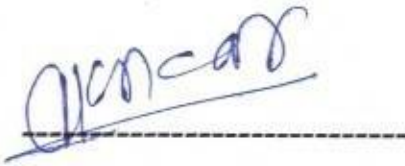
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प्रमाणपत्र

यह प्रमाणित किया जाता है कि PAPPU KUMAR

रोल नंबर .. 45 वर्ष 2023-2024 में अध्ययनरत है हनुमान

व्यायाम शाला क्रीडा मंडल शारीरिक शिक्षण महाविद्यालय के छात्रों ने पाठ्यक्रम के आधार पर प्रायोगिक पाठ्यक्रम पूरा कर लिया है तथा परियोजना कार्य के रिकार्ड सहित इस पुस्तक में उसका संतोषजनक विवरण दिया है।



हस्ताक्षर



हस्ताक्षर


Co.ordinator
IQAC
HVKM Phy.Edu.College
Yavatmal


Chairperson
IQAC
HVKM Phy.Edu.College
Yavatmal

क्रिकेट का इतिहास

क्रिकेट के खेल का इतिहास 16वीं शताब्दी से लेकर आज तक फैला हुआ है, जिसमें 1844 से अंतर्राष्ट्रीय मैच खेले जा रहे हैं, हालांकि अंतर्राष्ट्रीय टेस्ट क्रिकेट का आधिकारिक इतिहास 1877 में शुरू हुआ। इस समय के दौरान, खेल इंग्लैंड में अपने उद्गम से विकसित होकर एक ऐसे खेल के रूप में विकसित हुआ जो अब राष्ट्रमंडल के अधिकांश देशों में पेशेवर रूप से खेला जाता है।

प्रारंभिक क्रिकेट

मूल

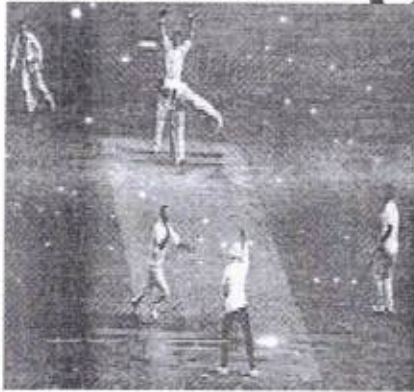
कोई नहीं जानता कि क्रिकेट की शुरुआत कब और कहां हुई, लेकिन ऐसे कई साक्ष्य हैं, जिनमें से अधिकांश परिस्थितिजन्य हैं, जो दृढ़ता से बताते हैं कि इस खेल की शुरुआत सैक्सन या नॉर्मन काल के दौरान वील्ड में रहने वाले बच्चों द्वारा की गई थी, जो दक्षिण-पूर्व इंग्लैंड में घने जंगलों और साफ सफाई का क्षेत्र है जो केंट और ससेक्स में फैला हुआ है। मध्यकालीन समय में, वील्ड में छोट-छोटे खेल और धातु-कार्य करने वाले समुदाय रहते थे। आम तौर पर यह माना जाता है कि क्रिकेट कई शताब्दियों तक बच्चों के खेल के रूप में जीवित रहा, इससे पहले कि 17वीं शताब्दी की शुरुआत में बच्चों ने इसे तेजी से अपनाया।

"क्रिकेट" नाम की व्युत्पत्ति

"क्रिकेट" शब्द के लिए कई शब्दों को संभावित स्रोत माना जाता है। 1598 में खेल के सबसे पहले ज्ञात संदर्भ में (नीचे देखें), इसे *क्रेकेट* कहा जाता है। यह नाम संभवतः मध्य डच से लिया गया है *क्रिक* (-ई), जिसका अर्थ है छड़ी; या पुरानी अंग्रेजी *क्रिक* या *क्राइस* का अर्थ है बैसाखी या कर्मचारी।^[2] एक अन्य संभावित स्रोत मध्य डच शब्द *क्रिकस्टोएट* है, जिसका अर्थ है चर्च में घुटने टेकने के लिए इस्तेमाल किया जाने वाला लंबा निचला स्टूल और जो शुरुआती क्रिकेट में इस्तेमाल किए जाने वाले दो स्टंप वाले लंबे निचले विकेट जैसा दिखता था।

20वीं सदी का क्रिकेट

टेस्ट क्रिकेट का विकास



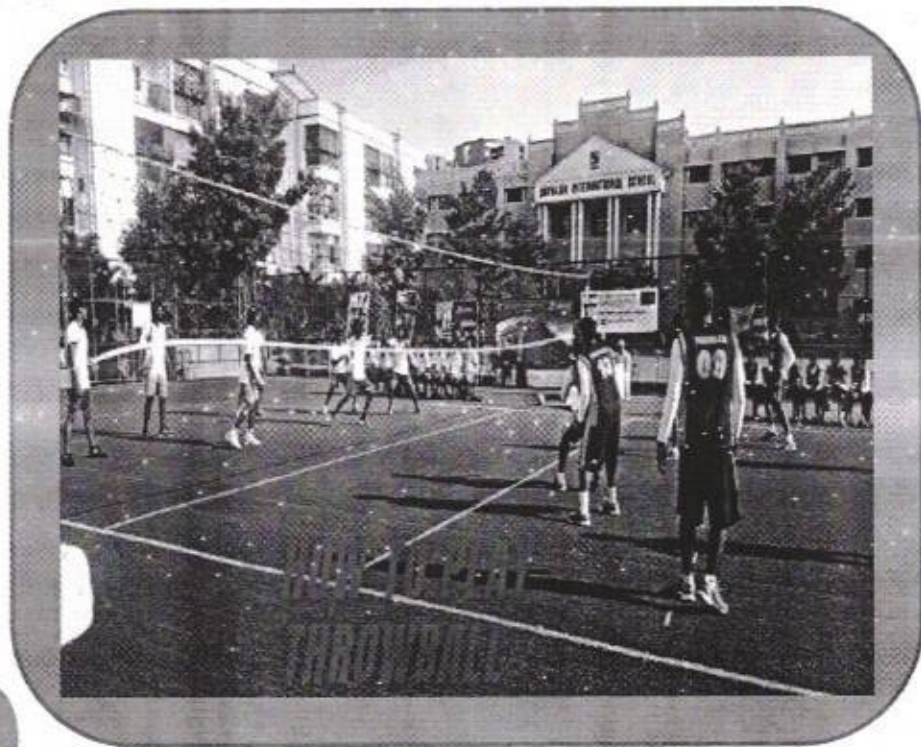
सिड बार्न्स ने 1948 में एमसीजी में ऑस्ट्रेलिया और भारत के बीच पहले आधिकारिक टेस्ट में लाला अमरनाथ को एलबीडब्लू आउट किया।

जब 1909 में इंपीरियल क्रिकेट कॉन्फ्रेंस (जैसा कि इसे मूल रूप से कहा जाता था) की स्थापना की गई थी, तब केवल इंग्लैंड, ऑस्ट्रेलिया और दक्षिण अफ्रीका ही इसके सदस्य थे। भारत, वेस्टइंडीज और न्यूजीलैंड द्वितीय विश्व युद्ध से पहले टेस्ट राष्ट्र बन गए और उसके तुरंत बाद पाकिस्तान भी। कई "संबद्ध राष्ट्रों" के शामिल होने से अंतर्राष्ट्रीय खेल का विकास हुआ और 20वीं सदी के अंतिम वर्षों में, उनमें से तीन टेस्ट राष्ट्र भी बन गए: श्रीलंका, जिम्बाब्वे और बांग्लादेश।

**HANUMAN VYAM SHALA KRIDA
MANDAL'S, PHYSICAL EDUCATION
COLLEGE, LOHARA, YAVATMAL**



**PROJECT REPORT
THROW BALL**



B.P.E.VIth SEM

NAME OF STUDENT : *Saqib Kamij Zehal*

ROLL NO: 04

SESSION: 2023-24

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CERTIFICATE

This is to certify that Mr. Sagun Hansel Zabel Under
Roll No:- 64 is studying in B.P.Ed Sem-VI, Session 2023-2024 , is
a bonified student of H.V.S.K.M.Physical Education College, Yavatmal,
Lohara and has completed practical project Throw ball in this subject.

Teacher in charge



Place: Yavatmal

Date : / /2024

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