

Prof. Rohit B. Adling

Prof. Robit B. Adling, presently working as a Director of Physical Education and Sports in Dadapatil Rajale Arts. Science and Commerce College, Admathingur, Tal-Pathardi. Dist. Ahmedragar, Maharashtra affiliated to Savitribai Phule Pune University, Pune He has completed M.Ed. in Physical Education and achieved an M.Phit from SPPU, Pune. He has qualified SET and currently pursuing Plt.D. from SRTMU. Nanded, He has received Best Sports Teacher Award 2010 from Mahamsharian Mandal Gymnasium School, Pune, Best Young Faculty Award by DK International Research Foundation in 2018, Outstanding Poster Presentation Award in International Conference on "Sports Psychology and Yogic Science" held in Nagota in 2018, Vidnyamustra\* (For Book) State Level from Snehawardhan Prakashan, Pune in 2018. He has also received Research Excellence Award at International Level from Institute of Scholars in 2019. He hus also received Tantrasticlu Award from Maharustra, Raiya Sharirik Shitshan Taurrasnehi Panel. Besides, he has published 18 Research Papers out of which 11 are published at international level. He has also published 02 books and published 03 chapters in international books. He is a member and editor of various research journals. He has acted as Champerson & Resource Person at various conferences & semmars. He has developed online course in physical education for UG students. He has worked as an organizing commistee member and official in various tournaments. He was an outstanding player in the sport of Rifle Shooting in his academic life. He has represented Savitribai Phule Pune University at the University Level competitions. He has also performed duties as Coach, Manager and Member of Selection Committee at various



#### Dr. Sachin S. Chamle

Dr. Sachin Subhushrao Chamle, presently working as a Director of Physical Education & Sports in Kai. Rusika Mahavidyalaya Deoni, Tq. Deoni, Dist. Latur, Maharashtra affiliated to Swami Ramanand Teerth Marathwada University, Nanded from 2008. He has done M.P.Ed., M.Phil., NSNIS- Athletics, SET, NET with JRF, Ph.D. He has also received Best Sports Teacher Award 2012 from Maharashtran Mandal Gymnasium School, Pune. Besides, he has published 42 Research Papers out of which 20 are published at International level. He has also published one book. He is a meruber and editor of various research journals. He has also completed a minor research project on physical education and sports under SRTM University, Nandod. He is recognized as a Research Guide in Physical Education. He has worked as an Organizing Committee Member & Official in various tournaments. He has acted as Chairperson & Resource Persons at various conferences & seminars. He was an outstanding player in the sport of arthletics in his academic life. He has also performed duties as Coach, Manager and Member of Selection Committee at various level tournaments. He has coached the university's attlience team and has won gold, silver and bronze medals at the All India Inter-University Affiletics Championships and Ashwameda (Krida Mahotsav) Sports tournament. He is a member of the technical committee of the Muharashtta Athlerics Association.

> PRINCIPAL Rasika Mahavidyalaya, Deoni Tq. Deoni Dist. Latur

ISBN No. 978-81-956658-0-8

Rajarshi Publication National Publisher S.T. Colony Nalegaon Road, Udgir - 413527 Dist. Latur (M.S.) Mob 8830707388

Email: rajarshiprakashan@gmail.com



VOLUME - I

Aspects of Physical Education, Sports and Yoga

**EDITORS** 

Prof. Rohit B. Adling

Dr. Sachin S. Chamle



Ispects of Physical Education, Sports and

IQAC-COORDINATOR
Kai.Rasika Mahayidyalaya, Deoni
Tq.Deoni Dist.Latur



## © Copyright Rajarshi Publication, Udgir Dist-Latur (INDIA)

No part of this publication may be reproduced or distributed in any form or by any means, electronic, mechanical, photocopy, recording, or otherwise or stored in a database or retrieval system without the prior written permission of publishers. This edition can be exported from India only by the Publishers.

या संपादकीय ग्रंथात समाविष्ट सर्व संशोधनपर लेखांशी संपादक मंडळ सहमत असेलच असे नाही. समाविष्ट सर्व लेखांची जवाबदारी ही सर्वस्वी लेखकाची असेल.

Aspects of Physical Education, Sports and Yoga Volume - 01

Edited By

Prof. Rohit B. Adling Dr. Sachin S. Chamle,

Publisher: Jayshree Purushottam More



# Rajarshi Publication (India)

### National Publisher

Reg. Office

S.T. Colony, Nalegaon Road, Udgir-413517, Maharashtra, India.

Contact us / E-mail : raiarshiprakashan@gmail.com

Mobile No

8830707088 / 9881334870

Volume- 01 published in 25 April 2022.

ISBN: 978-81-956658-0-8

₹ Price: 500 /10

Kal.Rasika Mahayida ataya, Deoni Tq.Deoni Dist. Lettic

## Index

1	Nutrition Care to Regulate Body Weight and Immunity in Ontext of Corona Pandemic Dr. Aditya A. Kulkami	8-12
2	Importance of Sports Psychology in Physical Education and Sports Dr. Anap Uttam Damu	13-16
3	Role of Sports Medicine in Physical education  Dr. Kiran Prabhakar Aher	17-20
4	A Comparative Study on Level of Flexibility and Strength Endurance Between Yoga and Mallakhamb Trainees. Dr. Manohar S. Kalode	24-24
5	Study of Physical Ritness and Physiology of Kho-Kho Players Dr. Subhash M. Shekokar	25-28
6	Effect of Psychological Factors on the Performance of University Kabaddi Players Mr. Madhusudan Reddy	29-31
7	Role of Physical Fitness and Wellness in Physical Education Prof. Harde S.M. and Dr. Vishnu Umakant Pethkar	32-35
- 8	Importance of Stress Management in Physical Education Prof. Kadu P.A. and Prof. Dr. Kalpana Zarikas.	36-39
9	Study of Biomechanics Measurements in Archery Prof. Shyam B. Korde	40-44
1	Role of Sports Training in Development of Players of Different  Games  Prof. Ubale Rahul V.	45-48
1	Concept of Stress Management Rudreshappa Basappa Shivpulji  TQAC-Cironi Nati Kal-Rasika Mahavidyalaya, Depia	49-53 ass, been

12	Sports Training: Importance & Principles Dr. Jyotiram D. Chavan	54-57
13	Growth and Development in Physical Education in Modern Era Dr. Mohammed Ajaz Sheikh	58-60
14	The Benefits of aquatic Circuit Training for Athletes Dr Vikhe Pramod Madhavrao	61-65
15	Sport Management Prof. Lokhande Dadasaheb Murlidhar	66-68
16	Online Physical Education: New Challenges and Opportunities for Indian Universities Dr. Ajitkumar Sadashiv Kadam	69-75
17	Sports Injuries Prevention and Rehabilitation Mr. Anand, S. Chanagi	76-84
18	शारीरिक सुदृढता, शारीरिक व्यायाम व व्यायामाची तत्वे डॉ. दादामाहेब बबन ढेंगळे आणि श्रीमती. रश्मी दादासाहेब ढेंगळे,	85-92
19	योग साधनेतून समाजातील व्यक्तींचा विकास प्राकृतानी एन.सी.	93-95
20	शारीरिक शिक्षा हो, संतोष नाम्बा	96-99



IQAC CORDINATOR
Kal-Rasika Mahavidyulaya, Deour
Tq.Deoni Dist.Latur

Principal Deprisons Deprisons To Deprisons t