



Abstract Book
of
CGCOST SPONSORED



National Conference
on
**Advance Technique for Enhancement
of fitness, Wellness & Sports Skill
with Special Reference to Tribal Students**

08 & 09 March 2014

Organised By
Dept. of Sports, Health & Yoga
CHOUKSEY ENGINEERING COLLEGE
BILASPUR(C.G.)

Convenor
Dr. Sheikh Shahid
(Assistant Professor)
Dept. of Sports, Health & Sports

Organising Secretary
Er. Ashish Jaiswal
(Director)
Chouksey Group of College
Bilaspur (C.G)

CHOUKSEY ENGINEERING COLLEGE, BILASPUR(C.G.)

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ABOUT THE INSTITUTE

Chouksey Engineering College was established in the year 2001 under the aegis of H.K. Kalturi Education Trust, Bhopal which was formed by a group of eminent technocrats industrialists and management professionals having excellent background in the areas of industrial activities, management practices, technical education and socio-economic growth with the vision to produce best technical challenges of modern industries and organizations who would serve the country and the community. The institute is approved by the AICTE, PCI, Chhattisgarh Swami Vivekanand Technical University, Bhilai (C.G.)



ABOUT THE CONFERENCE

Conference will aware the students and teachers of technical & other institutes of Chhattisgarh State about the health, wellness, cleanliness, more over to this protect and help the community by communicable diseases with help of maintenance of the life style & balance diet.

The Conference will emphasis the use of advanced techniques in sports, which are beneficial for students & teachers in day-to-day stressful schedules.

The core objectives of this Conference are :

Physical wellness involves aspects of the life that are necessary to keep yourself in top condition.

Mental health refers to our cognitive, emotional well being.

To motivate the professional towards research in sports & health.

To synchronize the professionals from different discipline in a single platform and learn health, physical education, other science & sports.

CONFERENCE OBJECTIVE

Theme of the conference is to promote the sports excellence through sports & allied sciences in addition to assessment of status & ways and means of enhancement of health, fitness & well being of the masses.

ABOUT THE DEPARTMENT

The department of sports & health has been running in Chouksey Engineering College since 2001. Preparing our students to leadership in the field of sports, health & wellness. Preparing students for all event of universities, State & National Level.

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(Asstt. Prof.)

Mr. Mukesh Pratap Singh
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Ex. Principal, Govt. Bilasa Girls Degree College, Bilaspur (C.G.)

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Govt. College of Ambikapur (C.G.)

Dr. M.L. Chandrakar
Senior Sports Officer,
C.M.D. P.G. College, Bilaspur (C.G.)

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डॉ. रमन सिंह
मुख्यमंत्री

Dr. RAMAN SINGH
CHIEF MINISTER



DO. No. JZ.18/CM/PRO.../VIP/

DATE 25/02/2014

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MESSAGE

It is heartening to know that Chouksey Engineering College, Bilaspur is going to organize a National Conference on "Advance Technique for enhancement of fitness, wellness and sports skill special reference of tribal students".

This workshop will help our students and faculties to meet the new challenges ahead. It will also provide a platform to investigate techniques for proper utilization of Human resources available in this region.

I wish the event a grand success.

(Dr. Raman Singh)

Amar Agrawal

Minister

Govt. of Chhattisgarh
Deptt. of Commercial Taxes,
Health & Family Welfare,
Medical Education,
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No. PA/HM/2014/

Date 18-02-2014



-:: Message ::-

It gives me great pleasure to learn that Chouksey Engineering College is greatly focusing on having integrated approach to education and doing their best to train the students in fitness and sports. Everybody in the world wants to remain healthy and yet not doing enough for it. Let the steps for having a healthy body begin with self and be radiated to others. Let it spread from self to students, students to family, family to society, society to country and country to the world making it a happy and healthy place to live in. I extend my heartiest felicitations to all the members of this team for taking this effort to make our students realize the significance of health in today's busy life.

I convey my greetings to the organizers who have come forward to organize this Seminar and motivate the young tribal students.

I wish the entire team grand success.

(AMAR AGRAWAL)



Message

I am pleased to know that department of health and Sports, Chouksey Engineering College is organizing a Seminar on the theme "Advance Technique of enhancement of fitness, wellness and sports skill special reference of Tribal students" on Feb, 2014. At the beginning of a new millennium, it is wise to realize the need of harmony between sports and studies. A healthy mind sits in a healthy body. Indulgence of research in such theme is really a matter of importance. I take this opportunity to congratulate the entire team for taking the effort in building a culture of sports and activity and inculcating the spirit of balancing life and work in the young minds. I believe it will shape the students to take up new challenges to enhance the State and National competitiveness.

I believe that the efforts of the Chouksey Engineering College, Bilaspur and CGCOST would go a long way in providing access to much needed link between science, technology and society. My greetings for all participants of the seminar and best wishes to carry the message emanating from the Seminar far and wide. I appreciate the efforts of team JOHR for up gradation of research in the field through support.

A handwritten signature in blue ink, appearing to read 'M.M. Hambarde'.

Dr. M.M. Hambarde

Director General, CGCOST, Raipur, Chhattisgarh

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Managing Trustee

Message

I am extremely happy to know that Chouksey Engineering College, Bilaspur is going to organize a National Conference on "Advance Technique for Enhancement of Fitness, Wellness & Sports Skill with special reference to tribal students" and also publishing a Souvenir on this occasion.

I hope that this conference will provide a useful forum for sharing current thoughts, practices, technological research and innovations which are potentially conductive to sustainable development.

I extend my greetings to the delegates and wish for the success of the seminar

*J.N. Chouksey
Managing Trustee*

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Chairperson & Managing Trustee

Message

I am pleased to inform that Chouksey Engineering College is going to organize a national conference on "Advance Technique for Enhancement of Fitness, Wellness & Sports Skill with special reference to tribal students".

I wish this conference will reunite researchers & Scholars together on this academic platform.

I bless & convey my good wishes for the souvenir/ abstract book which is going to be published by the institution as a remarkable success in history of Chouksey Engineering College.

Poonam Chouksey

Chairperson & Managing Trustee

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Secretary

Message

It is a matter of ecstasy to know that Chouksey Engineering College, Bilaspur is organizing a Conference on "Advance Technique for Enhancement of Fitness, Wellness & Sports Skill with special reference to tribal students" during March 8-9, 2014.

I am sure that the conference would provide a space to the world of academia and industry to discuss and share current thinking and practice and promote sustainable development in the field of physical education. I wish for the grand success of the Conference.

Anupam Chouksey

Secretary

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Director

Message

It is really heartening to note that the Department of Physical Education of Chouksey Engineering College, Bilaspur is conducting a National Conference on "Advance Technique for Enhancement of Fitness, Wellness & Sports Skill with special reference to tribal students".

I am confident that this conference will really enlighten the participants, teachers and other scholars with the latest techniques and extend a great opportunity to swap their ideas to horn their skills in order to make the teaching and learning process an enjoyable and productive one.

Ashish Jaiswal

Director

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संचालक



संदेश

प्रसन्नता का विषय है कि चौकसे इंजीनियरिंग कॉलेज, बिलासपुर के शारीरिक शिक्षण, स्वास्थ्य एवं योग विभाग द्वारा “एडवांस्ड टेक्निक्स फॉर एनहान्समेंट ऑफ फिटनेस, वेलनेस एण्ड स्पोर्ट्स स्किल विथ स्पेशल रेफरेंस टू ट्रायबल स्टूडेंट्स” विषय पर नेशनल कॉन्फ्रेंस का आयोजन किया जा रहा है। इसमें शारीरिक शिक्षण के विभिन्न पहलुओं पर विचार विमर्श किया जायेगा जिसमें योग, मानसिक/शारीरिक, स्वास्थ्य इत्यादि का समावेश होगा।

इस आयोजन से शिक्षा जगत से जुड़े लोगों को लाभ मिलेगा तथा शारीरिक शिक्षा के नये आयाम खुलेंगे।

मैं इस संगोष्ठी की सफलता की कामना करता हूँ।

एस.एन. चौकसे
संचालक

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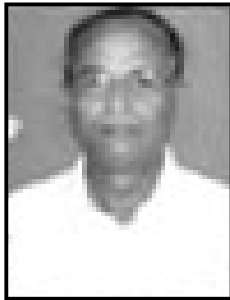
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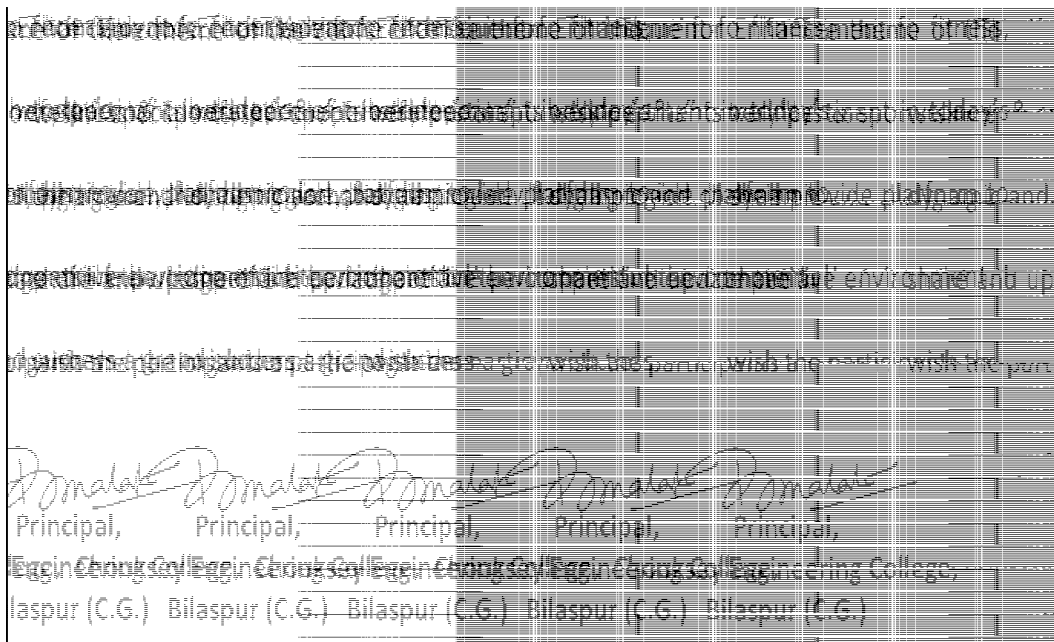
Dr. Biman Malakar
Principal

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Principal

Message



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OSD

Message

It is a matter of great pleasure that the Dept. of Sports, CEC, Bilaspur is organising a National Conference on "Advance Technique for Enhancement of Fitness, Wellness & Sports Skill with special reference to tribal students".

Such event will give new Dimension & transform the scholars & academicians into a new horizon of knowledge & wisdom.

The theme of the conference is to promote the excellence in health & sports skills in reference to tribal students.

I wish this national conference will fulfill the ascertained objectives.

Sharad Kumar Kaushik

OSD, CEC, Bilaspur (C.G.)



Message

In today's era when sports has become an industry. Injuries, drop in performance & exploring and follow new sports technique have become routine. Sportspersons, Athletes have a great deal of difficulty adjusting to injuries. Much of their self- esteem is connected to their sport. An injury can cause disruption to their usual routine, prevent the self-satisfaction & in most cases livelihood. The emergence of sport psychology, Sports Biomechanics come as a boom for restoring their carrier.

Though sports psychology is still a new concept, a tremendous amount of interest has been generated by its potential to enhance Sportspersons performance.

Sport psychology is a new & very critical field because there are two professional disciplines are involved into it. One of the disciplines is psychology and the other is sports.

I am sure the experience & knowledge shared by experts' will be benefacial for budding sportspersons of Chhattisgarh. Recently Gujarat Govt. has started a complete new university for sports Swarnim Gujarat Sports University at Gandhinagar where sports be considered as career option.

I congratulate your esteemed institute to organize such a conference first time in Chhattisgarh.

I thanks the delegates for sharing their expertise with our hope of the future & my best wishes to orgnizers for their efforts to conduct such a well thought conference.

Yogesh Shah

Joint Secretary, Chhattisgarh State Cricket Sangh

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Convenor

Message

It gives me immense pleasure to inform that Dept. of Sports & Health, CEC is organising a two days National Conference. The conference will aware the students & teachers of technical & other institutes of Chhattisgarh state about the health, wellness & cleanliness. Moreover to this protect & help the community by communicable diseases with the help of life style maintenance & balanced diet.

The core concept of conference is upliftment of sports & health conditions in tribal students. The knowledge will spread in each & every corner of society through the assemblance of the experts of the field.

We pray to God of all to bless us for the noble course

Dr. Sheikh Shahid

Convenor



Guest of Honour

Message

Education is the key indicator of development for any nation. India being an oldest civilization has been striving for providing education to all and education for tribal communities has become one of the key focuses in the planning and is considered as an integral part of socio-economic development of tribes in India.

Education is incomplete without sports. Now-a-days sports are the integral part of the education. In schools, the children are taught some sorts of games in very early stage to keep their value in life. Sports and games are the ways of enhancing mental and physical growth. Sports help in character building and provide energy and strength.

Technological inventions & advance technique in sports have brought a variety of dynamic sporting products to the marketplace that can enhance an athlete's performance. The technological innovativeness in sports has introduced a number of health devices that can help monitor and maintain the health of athletes. These technological inventions can help observe the human body in order to train athletes better and more efficiently so they can compete in their chosen field until a relatively old age.

Chouksey Engineering College's, National Conference on "Advance technique for Enhancement of fitness, wellness & sports, Skill special reference at tribal students" gives great importance to support the desired development of sport, as is the case in the rest of the country, as conferences represent a good opportunity to learn about successful experiences in all sports and allied activities and to benefit from the information received when planning to carry out the desired development.

I believe this conference will offer visions and ideas to improve all sports division corporation, create a center of attention of knowledgeable professionals to offer appropriate solutions to home realities. Reduce the gap occasion in the fields of technical and administrative, confer and expand ideas, concepts and challenges, plan and mission in professional sports & present the newest studies and research in sports field.

I congratulate Chouksey Engineering College & give my sincere best wishes to conduct this event successfully.

Atul Gaikwad

Director, Cricket Next Academy, Pune.

Certified Level 3 High Performance Coach, BCCI & Cricket Australia.

जनजातीय तथा गैर जनजातीय क्रिकेट खिलाड़ियों की खेल संवेगात्मक बुद्धि का तुलनात्मक अध्ययन

**डॉ. शारदा कश्यप
वरिष्ठ क्रीड़ाधिकारी,
शासकीय बिलासा कन्या स्नातकोत्तर महाविद्यालय, बिलासपुर छत्तीसगढ़**

सारांश

प्रस्तुत अध्ययन का उद्देश्य शहरी तथा ग्रामीण क्रिकेट खिलाड़ियों की खेल संवेगात्मक बुद्धि का तुलनात्मक अध्ययन करना है। उपरोक्त अध्ययन के लिये छत्तीसगढ़ राज्य में संचालित विभिन्न विश्वविद्यालयों में आयोजित होने वाली अर्द्धमहाविद्यालयीन क्रिकेट प्रतियोगिताओं में भाग लेने वाले 25 जनजातीय पुरुष क्रिकेट खिलाड़ियों (औसत आयु 20.23 वर्ष) एवं 25 गैर जनजातीय पुरुष क्रिकेट खिलाड़ियों (औसत आयु 19.78 वर्ष) का चयन किया गया। चयनित न्यावर्श की खेल संवेगात्मक बुद्धि का आंकलन करने के लिये आगाशे एवं हेलेडे (2007) द्वारा निर्मित पांच आयामी खेल संवेगात्मक बुद्धि परीक्षण का प्रयोग किया गया। अध्ययन से प्राप्त परिणामों के अनुसार गैर जनजातीय क्रिकेट खिलाड़ियों में खेल संवेगात्मक बुद्धि, जनजातीय क्रिकेट खिलाड़ियों की तुलना में अधिक पायी गयी। अध्ययन से यह निष्कर्षतः यह तथ्य सामने आता है कि जातीय पृष्ठभूमि क्रिकेट खिलाड़ियों की खेल संवेगात्मक बुद्धि को सार्थक स्तर पर प्रभावित करती है।

A Comparative Study of Job Satisfaction between Male and Female Physical Education Teachers of Chhattisgarh

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Abstract

Aim of the present study is to compare job satisfaction between male and female physical education teachers of Chhattisgarh. 50 male (Ave. age 31.46 yrs.) and 50 female physical education teachers (Ave. age 33.02 yrs.) working in various govt. and private schools in Chhattisgarh State were selected as sample. Job Satisfaction of the selected subjects was assessed by Job Satisfaction Scale Prepared by Singh and Sharma (1999). Results reveal no statistically significant difference in job satisfaction between male and female physical education teachers. It was concluded that gender did not influence job satisfaction among physical education teachers.

उच्च तथा निम्न स्तर पर खेल प्रदर्शन करने वाले कबड्डी खिलाड़ियों में विद्यमान नकारात्मक आक्रामकता का तुलनात्मक अध्ययन

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सारांश

प्रस्तुत अध्ययन का उद्देश्य उच्च तथा निम्न स्तर पर खेल प्रदर्शन करने वाले पुरुष कबड्डी खिलाड़ियों में विद्यमान नकारात्मक आक्रामकता का तुलनात्मक अध्ययन करना है। उपरोक्त अध्ययन के लिये राष्ट्रीय एवं अंतर्राष्ट्रीय प्रतियोगिता में प्रथम छह स्थानों में आने वाली कबड्डी टीम से कुल 25 कबड्डी खिलाड़ियों (औसत आयु 23.72 वर्ष) का चयन किया गया तथा इन्हें उच्च स्तर पर खेल प्रदर्शन करने वाले कबड्डी खिलाड़ियों के समूह में रखा गया। इसके अतिरिक्त जिला स्तर की कबड्डी प्रतियोगिताओं में भाग लेने 50 पुरुष कबड्डी खिलाड़ियों (औसत आयु 20.92 वर्ष) का चयन भी किया गया तथा इन्हें निम्न स्तर पर खेल प्रदर्शन करने वाले कबड्डी खिलाड़ियों के समूह के रूप में रखा गया। न्याय के नकारात्मक आक्रामकता के स्तर की जाँच सुलतानिया (2007) द्वारा निर्मित प्रश्नावली द्वारा की गयी। अध्ययन से प्राप्त परिणामों के अनुसार उच्च स्तर पर खेल प्रदर्शन करने वाले पुरुष कबड्डी खिलाड़ियों में नकारात्मक आक्रामकता, निम्न स्तर पर खेल प्रदर्शन करने वाले कबड्डी खिलाड़ियों की तुलना में सार्थक स्तर पर कम पायी गयी। अध्ययन से यह निष्कर्ष निकाला गया कि नकारात्मक आक्रामकता ऋणात्मक रूप में खेल प्रदर्शन को प्रभावित करती है।

पहाड़ी कोरवा जनजाति एवं सामान्य वर्ग के किशोर बालकों की हाथ व आँखों की समन्वयन क्षमता का तुलनात्मक अध्ययन

डॉ. बसंत अंचल
वरिष्ठ क्रीड़ाधिकारी,
शासकीय महाविद्यालय, तखतपुर छत्तीसगढ़

सारांश

प्रस्तुत अध्ययन का उद्देश्य पहाड़ी कोरवा एवं सामान्य वर्ग के बालकों की समन्वयन योग्यता का तुलनात्मक अध्ययन करना है। प्रस्तुत शोध अध्ययन हेतु छत्तीसगढ़ राज्य में निवासरत पहाड़ी कोरवा जनजाति के 10-15 वर्ष के आयु समूह के 50 बालकों का चयन किया गया। इसी प्रकार सामान्य वर्ग से 10-15 वर्ष के आयु समूह के 50 बालकों का चयन किया गया। न्याय के हाथ व आँखों की समन्वयन क्षमता का आँकलन मिरर ड्राईंग परीक्षण के माध्यम से किया गया। अध्ययन से प्राप्त परिणामों के अनुसार पहाड़ी कोरवा जनजाति के बालकों की हाथ व आँखों की समन्वयन क्षमता, सामान्य वर्ग के बालकों की तुलना में सार्थक स्तर पर अधिक पायी गयी।

“Tyrosine supplementation – an answer of many problems of players”

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Tyrosine is a nonessential amino acid the body makes from another amino acid called phenylalanine. It is a building block for several important brain chemicals called neurotransmitters, including epinephrine, norepinephrine, and dopamine. Neurotransmitters help nerve cells communicate and influence mood. Tyrosine also helps produce melanin, the pigment responsible for hair and skin color. It helps in the function of organs responsible for making and regulating hormones, including the adrenal, thyroid, and pituitary glands. It is involved in the structure of almost every protein in the body. It's rare to be deficient in tyrosine, but today's trend of avoiding cereals by players, and taking more energy drinks precipitates this condition commonly. Low levels have been associated with low blood pressure, low body temperature, and an underactive thyroid. Known as the "antidepressant" amino acid, tyrosine is most commonly used to help lift mood and mental functioning. Some individuals report it's especially effective for helping reduce stress and mental burnout. Strength athletes have also found it may help boost strength by improving the mind-body connection. Tyrosine is involved in the production of the stress hormones epinephrine and norepinephrine. Some researchers believe that, under stress, the body isn't able to make enough tyrosine from phenylalanine. Some animal and human studies suggest that tyrosine supplements may help improve memory and performance under psychological stress, but more research is needed. One study suggests that taking tyrosine may help us be more alert after sleep deprivation; this is commonly faced problem by players before pre-event. Also Tyrosine is thyroid stimulation, thus keeping body in strong anabolic condition, which helps players positively. Tyrosine can enhance Muscle Gain & Recovery potentially stimulate the secretion of growth hormone. For mental pick up Tyrosine has been shown to actually block the absorption of another amino acid called tryptophan to help "pick you up" and prevent the afternoon blahs. Theoretically, if one consumes a protein-containing food or a tyrosine supplement about 20 to 30 minutes before eating a high-carbohydrate lunch, one may be able to avoid afternoon sluggishness and increase alertness throughout the day. Supplementing with tyrosine 30 minutes before a workout may also give one a mental boost a little like caffeine but without the accompanying jitteriness. Experts theorize that tyrosine supplementation may help increase communication from the brain to the muscles, creating greater mind-body connections, which are believed to directly influence strength. Everyone experiences stress from time to time, and many of us seem to face it on a daily basis. If one sometimes feels like losing mental control from the increasing stress in your life, tyrosine may be worth considering. This is because tyrosine is the precursor to three vital neurotransmitters — epinephrine, norepinephrine (adrenaline), and dopamine. Based on above facts we designed an study for supplementing Tyrosine to athletes and players and We supplemented tyrosine 30 minutes before meals, divided into 3 daily doses. Taking vitamins B6, B9 (folate), and copper along with tyrosine helps the body convert tyrosine into important brain chemicals. So, we focused on giving of these elements also. We gave 78-133 mg per kilogram of body weight per day.

The spirometry VO_2max showed an significant increase ($p < 0.01$) – from 39.5 ± 3.54 to 68.5 ± 7.13 . BMI showed better changes- $24.2 \pm 2.9 \text{ Kg} \cdot \text{m}^{-2}$ to $32.1 \pm 7.8 \text{ Kg} \cdot \text{m}^{-2}$. Physical work capacity was determined by using bicycle ergometer, although the increase in capacity was statistically insignificant, but there was increase in general. Also the 8SQ testing suggested by Quarren and Cattle showed marked reduction in mental depression, mental fatigue and better “game focus”. The muscle endurance was tested by RM. Method developed by Kramer and Fry (1995). After supplementation the capacity was increased by 39%. Also we tested this supplementation during phases of chronic fatigue syndrome, a phased commonly experienced by players after vigorous game events. The supplementation was proved beneficial. The push ups test also showed significant positive results.

Better Quality of Life in Heart Failure Patients through exercise

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Heart failure (HF) may be defined as the inability of the heart to meet the demands of the tissues, which results in symptoms of fatigue or dyspnea on exertion progressing to dyspnea at rest. The primary means to augment cardiac output in patients with HF is by cardioacceleration. Whereas maximal heart rate is usually only mildly reduced in patients with HF, heart rate reserve (ie, the degree of heart rate augmentation above resting values) is blunted more substantially because of the elevated resting heart rate. A strong correlation exists between the degree of impairment in aerobic capacity and the reduction in maximal cardiac output. These alterations in hemodynamics parallel a low peak $\dot{V}O_2$ when compared with healthy persons, eg, 10 to 20 mL \cdot kg⁻¹ \cdot min⁻¹ in HF compared with 30 to 40 mL \cdot kg⁻¹ \cdot min⁻¹ in healthy middle-aged individuals.

The vascular endothelium releases vasoactive substances during exercise that play an important regulatory role in peripheral vasomotor tone. Vasodilating and vasoconstricting factors, including nitric oxide, endothelins, and prostaglandins derived from the endothelium, are released in response to various chemical, pharmacological, mechanical, and exercise stimuli. A pivotal role of the endothelium in coordinating tissue perfusion has now been recognized in HF during exercise. Studies demonstrate that endothelium-dependent dilation of the forearm vasculature is impaired in HF, demonstrated by a reduction in the release of nitric oxide in response to acetylcholine. The release of nitric oxide, an important mediator of flow-dependent vasodilation, is stimulated by exercise in individuals with cardiac problems. This may contribute to a reduction in peripheral vasodilation and thus tissue perfusion. Thus exercise training has been shown to improve endothelial nitric oxide formation and endothelial-dependent vasodilation of the skeletal muscle vasculature. The benefits of exercise training in patients with HF include an improvement in exercise tolerance as assessed not only by exercise duration but more importantly by peak $\dot{V}O_2$. A randomized, parallel, or crossover training studies with definitive improvements in peak $\dot{V}O_2$ is done. The exercise training program has varied by such factors as setting (supervised or home training), type of activity (treadmill or bicycle), duration (from 8 weeks to 3 months), and intensity (from low to moderate). Changes in peak $\dot{V}O_2$ have ranged from 12% to 31%. Most of the improvement occurs by week 3 but can continue up to 6 months if compliance with the training program continues. Not only is maximal exercise performance improved but also indices of submaximal exercise as measured by the 6-minute walk or the ventilatory threshold is changed positively. Changes in peak $\dot{V}O_2$ have been reported to be greater in patients with nonischemic than with ischemic cardiomyopathy. The change is reflected in decreased ventilation problems also. Exercise training has the potential to improve these abnormalities. The changes are achieved primarily through peripheral mechanisms, with little positive effect on resting LV function. Maximal sustainable ventilatory capacity increased from 48.6 to 76.9 L/min, and maximum voluntary ventilation increased from 100 to 115 L/min. Inspiratory and expiratory respiratory muscle strength was significantly increased, as was submaximal and maximal exercise capacity. Peak exercise $\dot{V}O_2$ increased from 11.4 to 13.3 mL \cdot kg⁻¹ \cdot min⁻¹. No change in peak $\dot{V}O_2$ occurred in the control group. The data suggest that selective respiratory muscle training improves ventilatory muscle endurance, decreases perceived dyspnea and increases maximal exercise capacity. These promising preliminary results should stimulate a wider clinical application of exercise training in patients with stable HF. The results of this trial, however, cannot be considered proof of a mortality reduction because it was not powered to show survival differences. Nonetheless, this positive trend should provide encouragement for investigators to design a large, randomized, prospective mortality trial.

Women in Sports

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ABSTRACT :

Over two decades have passed since the enactment of Title IX, a federal law prohibiting sex discrimination in federally-funded education, including athletics.

As a result of Title IX, women and girls have benefited from more athletic participation opportunities and more equitable facilities. Because of Title IX, more women have received athletic scholarships and thus opportunities for higher education that some may not have been able to afford otherwise. In addition, because of Title IX the salaries of coaches for women's teams increased. But women and girl athletes have yet to reach parity with men. Women are still only about one-third of interscholastic and intercollegiate athletes. In addition, women college athletes receive less than 26% of college sports' operating budgets, and less than 28% of college recruiting money (Women's Sports Foundation, 1101).

"COMPARITIVE STUDY OF FITNESS FOR TRIBAL AND URBAN PEOPLE"

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ABSTRACT :

In India various tribal communities are in different stage of development but they are still backward in comparision to those who are so called civilized people. A tribe is a collection of families bearing a common name ,members of which occupies the same language and observe certain taboos. There are a lot of differences between tribal and non-tribal students in every aspect of their life. i.e. customs, rituals, culture & style of living. The expert committee of the World Health Organization (1981) described physical fitness as "the ability to undertake muscular work satisfactorily." Physical fitness is the capacity to early out, reasonably well, various forms of physical activities, without being unduly tired and includes qualities important to the individual's health and well-being. The purpose of this study was to compare the rural and urban female students and to find out which of these two categories is more physically fit. In conclusion Rural female students are superior to urban female students in Strength, Endurance and Speed whereas urban female students are superior to rural female students in Agility and Flexibility.

KEYWORDS : Purposive instruction in P.E, physical exertion, motor fitness

CURVILINEAR MOTION OF THE CRICKET BALL: SWING & REVERSE SWING

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ABSTRACT :

Fluid dynamics, the study of the forces gases and liquids create on a body, has a major impact on sports equipment and athletic performance. From the pattern design of dimples on a golf ball, the latest swimsuits, the curved flight path of a tennis, cricket or baseball, to the planing of a surfboard through water, fluid dynamics affects speed, motion (position and placement) and ultimately athletic performance.

The basic aerodynamic and hydrodynamic principles that govern most sports are identified. In turn, each concept is applied to a wide variety of individual sports, demonstrating how surface textures, form and shape of the equipment or athlete govern speed and motion and how performance can be enhanced. The effects of these specific mechanisms on the behaviour and performance of sports equipment are demonstrated. The aerodynamics and hydrodynamics of several different sports are discussed with the help of recent wind tunnel measurements and theoretical analyses. Aerodynamics plays a prominent role in defining the flight of a ball that is struck or thrown through the air in almost all ball sports. The main interest is in the fact that the ball can be made to deviate from its initial straight path, resulting in a curved, or sometimes an unpredictable, flight path. Lateral deflection in flight, commonly known as swing, swerve or curve, is well recognized in baseball, cricket, golf, tennis, volleyball and soccer. In most of these sports, the lateral deflection is produced by spinning the ball about an axis perpendicular to the line of flight. In the late 19th century, Lord Rayleigh credited the German scientist, Gustav Magnus, with the first true explanation of this effect and it has since been universally known as the Magnus effect. This was all before the introduction of the boundary layer concept by Ludwig Prandtl in 1904. It was soon recognized that the aerodynamics of sports balls was strongly dependent on the detailed development and behaviour of the boundary layer on the ball's surface.

Effect of Yoga and Sport Practices on Different Systems of Human Body

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Abstract:

The term "yoga" and the English word "yoke" are derived from Samskrit root "yuj" which means union. Yoga and sports are the psycho-somatic-spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of our individual consciousness with the Universal consciousness. Yoga and sport are mind body technique which involves relaxation, meditation and a set of physical exercises performed in sync with breathing. Being holistic, it is the best means for achieving physical, mental, social and spiritual wellbeing of the practitioners. This can be achieved by systematic and disciplined practice of ashtang (eight-limbed) yoga described by sage Patanjali. The first two limbs of ashtang yoga are yam and niyam which are ethical code and personal discipline for the development of our moral, spiritual and social aspects. 3rd and 4th limbs are asan and pranayama which help in our physical development and improvement of physiological functions. 5th and 6th limbs are pratyahar and dharna for controlling our senses and making our mind one-pointed, calm and alert. The final two limbs of dhyana and samadhi result in inner peace, ecstasy, higher level of consciousness and the ultimate union of our individual consciousness with the Universal Consciousness, resulting in God realization. The result is unfoldment of a unique spiritual personality that is a blessing for the whole humanity. Yoga and sport helps in developing our total personality in an integrated and holistic manner.

Keywords: Dhyana and Samadhi; Human Body; Patanjali; Sports; Yoga.

Enhancement of Breathing Ability Components through Yogic Practices among Cricket, Players at University Level

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Keywords : Motor ability, cardio respiratory endurance, Muscular endurance and Flexibility

ABSTRACT :

The purpose of the study was find out the effect of yogic practice on selected Motor Ability components among university level Cricket, Soccer and Basketball Players. Fifty university level players from the above games were selected randomly as subjects. The age of the subjects ranged from 21 to 25 years. The selected subjects were divided into two groups namely Group A (yoga practice) and Group B (control without any training). The Group A was subjected to yoga training for three days per week for six weeks. The dependent variables namely cardio respiratory endurance measured by 12 min cooper's Run/Walk Test, Muscular Endurance Measured by Bent-knee sit ups, and Flexibility Measured by Sit and reach test. Fitness is for living, be in the home, on the office, in the factory, or in military service implies freedom disease, enough strength, agility, endurance and skill to meet the demands of daily living, sufficient to with stand ordinary stresses without harmful strain, and mental development and emotional ajustment appropriate to the maturity of the individual. Physical fitness is the basic fitness of all other fitness. Physical fitness is not only the most important ways to a healthy body but it is also the basis of dynamic and creative activity. Physical fitness is the combination of strength, speed, flexibility, agility and endurance. It is the ability to enjoy our lives and achieve our goals without undue fatigue or stress. Physical fitness varies from person to person and different type of fitness and needed for different types of profession. Yoga is a form of exercise based on the belief that the body and breath intimately connected with the mind. By controlling the breath and holding the body in steady poses, or asana, yoga creates harmony.

Heat stress in sport--Facts and fictions

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The past century has witnessed a remarkable growth in our understanding of the physiological changes that occur when men exercise the heat .because of that sometimes pathological consequences are being felt. The gold mining industry in South Africa, conducted excavation as much as 4 km below the earth's surface, where the temperature at the rock face exceeds 50°C. This shows people involved in mining industries of such kind are well acquainted with the surrounding of adverse nature for carrying out the job. Nor would it be promising for the intellectuals to conduct war in the desert but for the studies initiated by the British military in India and Mesopotamia, now in Iraq, before and during the First World War. These papers make an important contribution further to advance our admiration of the remarkable human capacity safely to exercise in uncomfortably hot conditions and of the complexity of the controls that allow this to happen.

Role of Meditation in events of Archery

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Abstract:- Performance in sports is a result of physical, physiological, and psychological training, although other factors, such as equipment and environment, may affect the performance. Training of a sport generally begins with physical or biomechanical factors. It covers basic posture, body movements, and motions. Second stage of training covers physiological factors, including endurance, power, and fatigue control methods. Coaches are mainly involved in the physical and physiological training. It is well known that high performance athletes have strong mentality in addition to their pertinent skills and physiological capabilities. This strong mentality is associated with motivation, mental concentration on the game, stress and anxiety management, self-confidence, and emotion control (Young and Pain3). Although mental strength is an essential factor for elite athletes, there are few training methods for developing it. Instead, there are many general guidelines. Coaches are generally not involved in mental training. Mental training is considered what athletes should do by themselves or what shall be included in physical and physiological training. It is hard to develop a mental training method for a sport since mental state is invisible, different in individuals, subjective, and difficult to evaluate in training results

Preventive Medicine, Integrative Medicine & the Health of the Public

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Abstract:- The fields of preventive medicine and public health share the objectives of promoting general health, preventing specific diseases, and applying the concepts and techniques of epidemiology toward these goals. The purview of preventive medicine as a discipline has traditionally been described to encompass primary, secondary, and tertiary prevention levels. This paper explores the overlap and potential synergies of integrative medicine and preventive medicine in the context of these levels of prevention, acknowledging the relative deficiency of research on the effectiveness of practice-based integrative care.

The holistic approach of integrative medicine overcomes the traditional wall of silence between complementary and alternative medicine (CAM) and conventional practice, reducing the risk of adverse interactions or gaps in care. At the level of primary prevention, an array of integrative modalities can be effective in health promotion, including lifestyle counseling, dietary guidance, stress mitigation techniques, interventions to improve sleep quality, and use of nutraceuticals and herbal supplements for health promotion. At the level of secondary prevention, stress management and nutritional supplementation can reduce risk factors for chronic disease. At the level of tertiary prevention, the full range of CAM modalities pertains to such goals as pain management, symptom control, stress relief, disease management, and risk reduction. Integrative medicine offers knowledgeable guidance to tailored therapies across the full spectrum of both conventional and CAM practice, thereby providing any given patient more options- and more opportunities for success- in the pursuit of personal health. This must be weighed against the inherent risks in making use of therapeutic practices for which the scientific evidence base is often at best incomplete.

The goal of integrative medicine should be to make the widest array of appropriate options available to patients, ultimately blurring the boundaries between conventional care and CAM. Both disciplines should be subject to rigorous scientific inquiry so that interventions that work are systematically distinguished from those that do not. The case is made that responsible use of science and responsiveness to the needs of patients that persist when the data from randomized controlled trials have been exhausted can be reconciled. Integrative medicine is a framework for this reconciliation, and practiced judiciously, offers the promise of better patient outcomes.

Key Word:- Health, Preventive Medicine, Integrative Medicine.

Education and Its Role in Enhancing the Sports Value

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This study probes upon how Education plays a significant role in enhancing the sports values among students. In the context of life philosophy the aim of education is to create a harmonious balance between body, will and mind. Education means at making an individual physically fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted. Education inculcates three main values among students which form their sports values base which are excellence, friendship and respect. Excellence refers to giving one's best, on the field of play or in life, without over emphasizing comparative performance yet still being determined to reach one's personal objectives; friendship refers to building a peaceful and better world through solidarity, team spirit, joy and optimism in sports and respect for oneself and one's body, respect for one another, for the rules as well as for the environment. So the role of education is to enhance the athlete's productivity, skills and empower them. It also improves the player's concentration, commitment and raises their self esteem. Therefore, in this paper the researcher has tried to find out the inputs which the education has in inculcating sport's value.

Keywords: Sports value, Education

Motor Coordinative Ability of Male Kabaddi Players on Clay and Mat Playing Surface

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ABSTRACT

The present study assessed the motor coordinative ability of male kabaddi players on different playing surfaces i.e. clay and mat. To conduct the study, 50 male kabaddi players who took part in any national level kabaddi tournaments were selected randomly. The age range of the subjects was 18-25 years. The selection of subjects was done from players of such teams who stood in top four places of national tournament. To assess motor coordinative ability i.e. agility of the selected male kabaddi players, Shuttle Run test item of Cooper's JCR test (1974) was used. This test is performed twice by a subject i.e. on clay and mat surface respectively. Paired sample 't' test reveals that shuttle run timings of selected subjects was significantly less on clay surface as compared to mat. It was concluded that playing surface affects motor coordinative ability of male kabaddi players.

Sports and Games of Tribal and Non Tribal Student

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In our country, the active life with lot of physical activity to earn their daily bread and butter is contributory to their physical development. The genetical potentiality in performing vigorous physical activity can be useful to excel in certain sports and games. It is a matter of common knowledge that tribal lads are brought up in the lap of open natural space and out door setting of vigorous life, because of this conducive environment, their physical capabilities in running, jumping, throwing and such other natural activities are tremendous development.

In this paper, we analyse the lot of difference between tribal and non-tribal student in every aspect of their life i.e. Customs, rituals, eating habits, cultural style of living etc. Therefore, it is possible that there may be greater difference in body composition, hemoglobin content and endurance between tribal and non-tribal students.

"PHYSICAL FITNESS OF TRIBAL STUDENTS"

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"ABSTRACT"

Traditional definitions of physical fitness have employed language that, when operationalized, encompasses a broad range of functional capacities. However, these definitions have not referred directly to the health outcomes of physical activity. It is proposed that the physical education profession's primary concern should be for promotion of health related physical fitness, defined as a state characterized by (a) an ability to perform daily activities with vigor, and (b) demonstration of traits and capacities that are associated with low risk of premature development of the hypokinetic diseases. The term physical fitness is familiar and noncontroversial. The concept it represents is the word fitness- "the state or quality of being in good physical condition or excellent trim; healthy". The purposes of this paper are to concisely describe the shortcomings of traditional definitions of physical fitness, and to advance some recommendations concerning various terms related to physical fitness and how they might be used in the professional context.

In conclusion I believe our profession should strive to build a consensus around a new definition of physical fitness.

Keywords- Demonstration of traits, gross motor activity

THE ROLE OF TRAINING IN PREVENTING INJURIES IN SPORTS/GAMES: AN OVER VIEW

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Abstract: This paper is intended to explain the importance of training in the performance of athletes. The significance of sports/games is recognized all over the world, as they make the individuals physically and psychologically fit, and release the stress and strain and keep them healthy. Many studies reveal that stress and strain and sedentary life are the root cause for many diseases. Hence sports/games must be included in every one's life. Unless these sports/games are practiced under the supervision of trained professionals, the players may become victims of injuries. Certain injuries may even cause serious damages which are irreversible, and spoil the sports career of an athlete. Sometimes the damage may be so serious that it may cause physical disability also. Hence it is highly essential for every sports person to be trained to start an event.

Keywords: Performance, athlete, training, stress.

ADVANCE TECHNIQUES FOR ENHANCEMENT OF FITNESS AND WELLNESS SKILL ; A CRITICAL STUDY

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Exercise and fitness have become paramount for everyone . Sports and Recreation courses compliment many of the campus health curriculum's. They also address some of the serious health concerns of the community by providing the knowledge and teaching the discipline required for the health life style. We are in the 21th century, one of the greatest accomplishments to be celebrated is the continuous pursuit of fitness since the beginning of man's existence from the beginning, man's quest for fitness has been driven by a desire to survive through humanity and gathering. In modern time, though it is no longer that requirement but fitness/wellness remains a paramount to health and wellness.

The history of fitness portrays some fascination themes that relate closely to the 21 st century . The common this is the strong association of military and political strength with physical fitness throughout mankind's advancement. In many ways this shows how impacting our world leaders can be on health and fitness.

The mind body concept has had a tenuous development. So it is said that a sound mind can only be found in a healthy body . Another interesting development from history is the concept of exercise for the body and music for the soul . Present day fitness programs have evolved this concept harmoniously, with music being a distinctive component to the exercise experience . As technology has with man, the levels of physical fitness have decreased. This paper highlights historical events and tries to present the change of techniques for fitness / wellness of human being /individuals beginning with primitive man up to the foundation of fitness movement

Impact of Hawk-Eye Technology in International Cricket & Court Games.

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In international cricket, the third umpire has been used, one sitting off the bottom with access to TV replays of bound things (such as controversial catches and boundaries) to advise the central umpires. The umpires out on the sphere are in communication via wireless technology with the opposite umpire. The third umpire is additionally asked to adjudicate on run out choices, that he makes while not consultation with the 2 central umpires. One sport that has resisted the employment of advanced help is soccer/football. Replays can be accustomed decide off-side choices, whether or not a ball passes over the line, and clarify penalty choices.

Hawk-eye is that the name of a pc and camera system that traces a ball's flight. it's getting used in international cricket and court game, and lots of different sports also are observing creating use of this technology. The system is additionally being trialled in association football as a part of the line assessment. The Premier League of soccer within the Great Britain has united to the introduction of goal-line sensors when being given approval by football's rule-makers. The system being developed by the united kingdom company Hawk-Eye, would provides a definitive call on whether or not the ball had crossed the road. The Hawk Eye uses a camera taking 600 frames a second on the goal-line, with the data is analyzed by pc and sent to the referee's receiver or a tool on his gliding joint.

Key words: Hawk-Eye, soccer, Technology, sensors.

YOGA & MEDITATION FOR WELLNESS & FITNESS

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ABSTRACT :

Yoga is a system of physical and mental discipline which originated in India long ago. The word is linked to meditative practices in both Buddhism and Hinduism. In the latter, it also refers to an orthodox school of philosophy.

It can also include 'pranayama', a set of breathing exercises. Yoga is an important system of complementary or alternative therapy. Yoga teachers prescribe specific asanas and breathing exercises for specific diseases. Yoga has beneficial results in treating many diseases like diabetes, asthma, hypertension, obesity, etc.

Yoga also helps maintain one's youth and vitality. Yoga exercises help to control, purify and coordinate the nervous system. Doing yoga regularly rids the body of toxins, thereby improving general health. It also rids the mind of impure impulses leading to contentment and inner peace. Meditation is a mental discipline by which one tries to attain a deeper state of relaxation or awareness. It involves focusing one's attention on a single point of reference. It is an important part of many religions and it is practiced outside religion as well. Meditation may be used for different purposes. They may include achieving a higher state of consciousness, greater focus, creativity or self-awareness or simple relaxation. Magsaysay award winner and former top police officer, Kiran Bedi, during her stint as IG of Prisons, Tihar jail, introduced classes in transcendental meditation (TM) for prisoners.

EFFECT OF STRENGTH TRAINING EXERCISES FOR DEVELOPMENT OF SPEED AMONG FREE STYLE EVENT IN SWIMMING

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Abstract:

The purpose of the present study to find out the effect of strength exercises for the development of speed in Freestyle swimming. The sample for the present study consists of 20 Male Swimmers, aged 21 ± 2 , of Lakshmibai National Institute of Physical Education, Gwalior, out of which 10 are in experimental group and 10 are in controlled group. Strength exercises such as biceps curls, bench press, front press, back press etc. were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for eight weeks. Pre Test and Post Test was conducted 50 M Free Style swimming to assess the speed. To see the effects of Strength Training Exercises for Development of Speed among Free Style Event in Swimming, the dependent t-test was employed and found significant difference at 0.05 level of significance, in speed of free style event swimmers. This study shows that due to the strength training there is an improvement of experimental group in the 50 M free style swimming compare to the controlled group. Strength training is essential for elite swimming performance. To optimize the benefit of land-based training, you must select exercises with mechanical relevance to the swimming action, particularly those movements which propel the swimmer through the water, such as the arm pull and leg kick

Key words: Strength Training, free style swimming etc.

HAWK EYE TECHNOLOGY IN SPORTS

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ABSTRACT

Hawk-eye is the name of a computer and camera system which traces a ball's trajectory. It is being used in international cricket and tennis, and many other sports are also looking at making use of this technology. The system is also being trialled in soccer as part of the goal line assessment. The Premier League of Football in the UK has agreed to the introduction of goal-line sensors after being given approval by football's rule-makers. The system being developed by the UK Company Hawk-Eye, would give a definitive decision on whether the ball had crossed the line. The Hawk Eye uses a camera taking 600 frames a second on the goal-line, with the information is analyzed by computer and sent to the referee's headset or a device on his wrist.

KEYWORDS : AFL, Team beep test, Body byte.

A Study on Benefits of Physical Activity for Health and Well-being with special reference to Fitness Centres at Bilaspur City.

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ABSTRACT:

Government initiatives, public funding, career progression and concerns regarding the health of the population at large have driven the importance of physical activity to the forefront of most preventative, treatment and rehabilitative health strategies in recent years.

The need to value the benefits of physical activity on physical and mental health throughout the age is on top priority. Physically active plays an essential role in ensuring health and well-being, and there is a large body of research investigating the benefits of exercise.

Increasingly, high status communities are developing Wellness Centres (e.g., fitness centres, recreation centres, etc.) as one way to attract new residents and improve the health and quality of life for current residents. Despite their recent growth, little is known about the use of Wellness Centres or the benefits they provide.

This research evaluates Talwarkar and other fitness firms at Bilaspur city specializes in satisfaction and quality of life surveys, focused on measuring members satisfaction for Wellness Centres. The Wellness Centre Satisfaction Survey includes questions about the following:

- Demographic information about the members (e.g., gender, age)
- Frequency of Wellness Centre use.
- Previous experience with fitness
- Attitudes about health.
- Changes in physical and emotional health since using the Wellness Centre
- Satisfaction with Wellness Centre facilities, services, and staff.

Keywords: Physical activity, mental health, members satisfaction.

Psychological Training for Performance in Sports

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ABSTRACT

Psychological training has attracted many researchers, rather it has become a burning issue over the past few years in order to improve different skills of sports. Psychological training is about improving one's attitude and mental skills to help them to perform their core skills such as concentration, anxiety control, goal setting, motivation, relaxation techniques, imagery, and self-confidence about their events. Mental skills, just like the physical skills, need repetition, practice and game time application which has to be developed. Helping athletes and coaches understanding the Psychological barriers that limit performance is a critical step in the mental training process. Mental barriers include high expectations, performance, fear of failure, lack of emotional control and attention focus. Athletes can overcome these barriers through psychological training of mental skills intervention that aim to enhance confidence, focus composure, trust and mental preparation.

A STUDY ON EFFECT OF SPORTS ACTIVITIES ON PSYCHOLOGY OF EMPLOYEES

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ABSTRACT:

It is well said that a healthy mind develops in a healthy body. Psychology is the study of mind employees. Employee psychology is the study of the mind and behavior of jobholders. It deals with why an employee behaves in a particular way on the job. It's important to know the relation between sports activities and psychology of employees. Employee psychology is very beneficial to the organization, It gives employers insights into dealing with different employee personalities. Today's psychologists acknowledge a conflict between an individual's needs and those of the organization. Through employee psychology, it is possible to classify employee behavior into predictable patterns from which organizations can identify the best ways of dealing with individual employees. This study aims to study the psychological factors of employees and effect of sports activities on it.

KEYWORDS: Employee psychology, Sports activities, Organization

ADVANCE TECHNIQUES FOR ENHANCEMENT OF FITNESS

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ABSTRACT :

The word "tribe" is one such label, and the term fits a wide diversity of people, most of who never regarded themselves as being a member of a "tribe."

Students will acquire knowledge and skills and, will develop the abilities to apply theoretical information in practical real-life situations. Emphasis must be given on understanding of the human body, health behaviour, personal health, lifetime fitness principles and training techniques, nutrition, weight control, stress management, and other related healthy lifestyle topics. Students will learn to assess the different components of health and fitness, and they will acquire skills in the design, implementation, and supervision of healthier lifestyle programs for groups and individuals.

Emphasis on Health Fitness will prepare students for fitness certifications

Fitness is the backbone of the academic success. In the academic world the goal of the education cannot be completed, without retaining the knowledge of mental structure and functions. So every student should have sound knowledge of fitness and mental elements. Similarly fitness is an integral part of education. For a good health physical exercise is essential. It increases and develops the power of thinking.

All developmental programmes initiated especially by the Government agencies have adopted a top-down approach, i.e., planning, distribution, and resources in-flow and perceptions flow from top to down. This trend has been recently reversed with growing realization that for any successful implementation of planned programme, people's participation becomes imperative.

Keywords: Health behaviour, lifestyle

"Effect of Diet Nutrition on Sports Player's Performance"

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ABSTRACT :

Diet and Nutrition plays a vital role in the performance of the sports players. A good diet leads to a good performance. Good diet and nutrition can enhance sporting performance. Carbohydrates should form the basis of the sportsperson's diet. For most athletes, a varied healthy diet will provide vitamins and minerals, as well as protein, to promote growth and repair of muscle tissues. Adequate fluid intake is essential to help performance and prevent dehydration. During the past 20 years there have been great developments in the scientific understanding of the role of nutrition in health and physical performance. Eating a good diet with enough fluids can help provide the energy you need for your sports. However, the amount of each food group you need depends on the type of sport, the amount of training and the time you spend in the activity or exercise. This study will help us to know about the effectiveness of nutrition and diet in the performance of players.

"Impact of Physical Activities on Mental Health: A Contemporary Qualitative Research"

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ABSTRACT :

There is a known positive relationship between physical activity and mental health, and in the treatment and maintenance of mental illness. Despite this relationship however, there still remains a lack of consensus on the mechanism responsible for the relationship. This paper explores the physical activity and mental health relationship by reviewing and critiquing the biochemical, physiological and psychological mechanisms proposed to explain this phenomenon.

In an attempt to understand further the complexities of the relationship the paper presents findings from qualitative research that investigated the relationship from the perspectives of people that experience mental health benefits from exercise. The paper concludes that qualitative methodologies which explore people experiences, and what helps to facilitate them, provide further insight into the interrelated nature of the physical activity and mental health relationship.

Keyword : Physical activity, mental health relationship, qualitative research.

Computer Software: Its Role and Function in Fitness & Athletic Training

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ABSTRACT :

Every athlete, coach and aspiring weekend warrior faces the challenge of improving his or her training, athletic performance and competitive techniques. Even many non-athletic people possess simple health and fitness goals. In the past, performance improvements in sports and fitness have been identified by trial and error and, occasionally, by scientific method. The idea of using a computer to identify trends for the purpose of optimizing outcomes is commonplace in many fields, but the recent introduction of the use of computer software to advance the state of the art of fitness and athletic training promises to push athletic performance to dizzying new heights in the millennium.

Sophisticated computer technology, once limited to large corporations and the military, is now widely available on the desktop environment. Prior to the Cold War, coaches in Eastern Block countries were tracking workout aspects, trending the numbers, and mathematically peaking performance to produce amazing results. These sophisticated methods helped produce Olympic and world championship performances. Although some of the records may have been achieved with the aid of anabolic steroid supplements, there is evidence to show that their success was directly related to a scientific approach to training, including use of computer technology. The use of their computer programs in athletic training was not recognized until the mid-1980s.

Artificial intelligence technology and fuzzy-logic expert systems are not new, but their use has been limited, e.g. "Smart Weapons" used in the Gulf War. Use of these technologies allows performance analysis to remain goal focused and incorporate physiologic and training factors. Even after only a few workout days, the amount of accumulated data could be enormous. In order to make sense of these factors, this "data dilemma" must be dealt with. The human mind simply cannot manage the barrage of observations, calculations and factors, both negative and positive, that affect training. An interactive trend analyzer is required to deal with the resulting combinations and permutations. A simple example shorter distance goal event training leans more heavily on anaerobic data; long distance training, with a greater risk of overtraining and injury, requires emphasis on other areas of the workout database. Individual training schemes incorporate different mixes of distance, speed work, heart rate criteria, etc. The training algorithms for different sports create a complicated inter-relationship that is an "ideal dilemma" for computer software to solve.

Key Words: Artificial Intelligence, Fuzzy Logic, Expert System, Information Technology.

EFFECT OF SPEED OF INFORMATION PROCESSING UPON DRIBBLING SKILLS OF FEMALE BASKETBALL PLAYERS

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ABSTRACT :

The impact of speed of information processing i.e. reasoning ability was assessed upon dribbling skills of female basketball players. The sample consists of 100 female intercollegiate basketball players (Ave. age = 21.05 yrs.). Johnson Dribbling Test was used to assess dribbling skills of selected subjects. Reasoning ability of the selected subjects was assessed by MGTI prepared by Mehrotra (1984). Results reveal that dribbling skills of female basketball players exhibiting superior reasoning ability was found to be significantly better as compared to dribbling skills of female basketball players with low level of reasoning ability. It was concluded that dribbling skills of female basketball players is influenced by their ability to process information speedily.

‘Professional’ Sport Management Education and Practice in India

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Abstract: Despite the assumption that students are being prepared as ‘professionals’, little debate has been undertaken concerning the composition of ‘professional’ sport management education in India. This paper comments upon this absence of serious debate and seeks first of all, to review accepted perspectives of professions and professionals, and secondly, to consider the changes that may need to be applied in the contemporary setting, and finally, to reflect upon the implications of this definition for sport management education in India. The paper concludes that a definition which encompasses occupation, competency and behavior also reveals several weaknesses in the conventional Indian curriculum, including limited common standards and an almost complete absence of ethical codes.

Keywords: profession, professional, sport management, India

Use of Artificial Surface for Enhancement of Hockey Practice

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ABSTRACT :

Artificial turf is a surface of synthetic fibers made to look like natural grass. It is most often used in arenas for sports that were originally or are normally played on grass. However, it is now being used on residential lawns and commercial applications as well. The main reason is maintenance-artificial turf stands up to heavy use, such as in sports, and requires no rigationir or trimming. Domed, covered, and partially covered stadiums may require artificial turf because of the difficulty of getting grass enough sunlight to stay healthy. But artificial turf does have its downside: limited life, periodic cleaning requirements, petroleum use, toxic chemicals from infill, and some heightened health and safety concerns.

Artificial turf can be a better solution when the environment is particularly hostile to natural grass. An arid environment or one where there is little natural light are examples.

- Artificial turf can withstand significantly more use than natural grass and can therefore be used much more frequently. This allows sports ground owners to generate more income from their facilities.
- Ideal for holiday homes when maintenance of lawns is not practical. It is also a solution for elderly home-owners who find the upkeep of lawns too much hard work. Artificial turf can be vacuumed, broom cleaned or hosed over.
- Suitable for roof gardens and swimming pool surrounds.
- Some artificial turf systems allow for the integration of fiber-optic fibers into the turf. This would allow for lighting or advertisements to be directly embedded in a playing surface, or runway lighting to be embedded in artificial landing surfaces for aircraft.

eco-efficiency analysis is a life cycle assessment that evaluates a broad range of environmental impacts during the production, use, and disposal of a product or process in the areas of energy and resource consumption, emissions (air, water, solid waste), toxicity and risk potential, and land uses," said Bruce Uhlman, Senior Sustainability Specialist for BASF's Environment, Health and Safety Product Regulatory/Stewardship team in North America. "It also evaluates the life cycle costs by calculating the costs related to, at a minimum, materials, labor, manufacturing, waste disposal, and energy."

In 11 environmental categories, AstroTurf® had a lower environmental footprint than natural grass. Factors contributing to this include reduced maintenance and mowing, which causes a variety of emissions. From an economic standpoint, over 20 years, AstroTurf® fields are 15% less expensive than natural grass fields, even when the cost of turf replacement is considered.

Keywords: AstroTurf® , hard surface, natural grass,

A study of engineering science on basketball sports to reduce fatigue and fracture

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Abstract :

Many sports engineering is a background in a traditional academic discipline such as mechanical engineering. The study in an area such as this provides a solid platform to develop the specialist expertise required sports. Mechanical Engineering is the form of sports engineering there parts are physiology, bio-mechanical science and sports sciences. In this study concentrated on physical stress and strain on human body during play basketball. The meaning of mechanical engineering and the uses of this type of engineering in sports will give lots of resistance to avoid fatigue and fracture during play basketball.

Key word:- Basketball, Engineering, Fatigue, Fracture.

SPORTS AND CREATIVE ART

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Abstract: Some necessary specific strategic objectives for sport to contribute to a healthy nation by increasing the number of participants, Provide and facilitate access and opportunities in the delivery of sport and recreation pro-programmes. Facilitate education and training opportunities for athletes and sportsadministrators, coaches and technical officials, Develop and sustain infrastructure for the delivery of sport and recreation, Enhance sport development and transformation at all levels of participation, Ensure that talent identification and development pro-programmes are in place and well coordinated, Contribute to the economic growth of the country, Ensure effective pro-programme implementation through monitoring andevaluation. Worldwide there is an increasing acknowledgement that sport and creative art has the potential to promote social interaction, prevent conflict, and to enhance peace within and among nations.

MANAGEMENT OF SCHOLARS IN SPORT

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Abstract

Sport management scholars have called for examination of the literature in sport management to explore its state in relation to its representation of the field of study and the industry. The purpose of this study was to examine the Journal of Sport Management (JSM). Content analysis methodology was used. Findings reveal that the 52 issues examined in this study contain 233 peer reviewed empirical research articles authored by 435 authors. The field of study, as measured against sport management curriculum standards content areas, was found to have unequal coverage with a high level of content in Management and Organizational Skills, Sport Marketing, and Sport Business in the Social Context. Additionally, the sport business industry is inequitably represented with a majority of research involving intercollegiate athletics (40%).

keywords- *Management and Organizational Skills, Sport Marketing, and Sport Business*

A REVIEW ON EXERCISE AND TREATMENT OF DEPRESSION

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Abstract - There is growing interest in the use of exercise in the treatment of depression. Exercise appears most effective for depressive disorders and may also improve mental well-being and physical health in individuals with serious mental disorders. Mental disorders are common, and they are a significant contributor to disability in the community. It is recommended that exercise dose should meet minimum public health guidelines for maintaining health. Higher doses may have stronger effects on mental health, but may be more difficult to implement in practice. In terms of the relationship between physical activity and mental health problems, the majority of the evidence exists with regard to depression and anxiety related disorders. This paper presents a review on exercises and its benefits for treatment for depression.

Keywords - Depression, Anxiety, Anxiety disorder, Physical activity, Exercise, Mental disorders.

A BALANCED DIET CAN IMPROVE SPORTING PERFORMANCE.

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A balanced diet can improve your sporting performance. Eating right calories helps you recover after physical exercise and improve your performance. The body needs a variable but balanced diet which may involve carbohydrates, protein, fat, vitamins, minerals and water for adequate supply of calories. A balanced diet can provides energy for a whole day during training or performance periods. Vigorous activity can cause a sudden damage of body tissues. Oxidative damage of tissues and muscle happens during running so sports persons need to eat healthy foods rich in protein in order to repair body tissues. According to guidelines of balanced diet of a sports man it is concluded that a balanced diet can be calculated on the basis of age, sex, sporting activities etc.

Key words: sporting performance, balanced diet, protein.

ROLE AND UTILIZATION OF ENGINEERING INSTRUMENT FOR IMPROVEMENT OF SPORTS

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Abstract-

Engineers play an important role in sports, especially in the design of sporting equipment. From tennis racquets to swimsuits, engineers design with the goal of creating lighter, faster and stronger equipment. High-tech, well-designed gear helps athletes perform to their highest ability while also staying safe. Sports engineering is a field of engineering that involves the design, development and testing of sports equipment. Measurements for real-time intelligent technologies and monitoring and analysis in sport project involves research in and development of technologies that provide real-time data and are typically lightweight, un-intrusive, ubiquitous, embedded and wireless.

EFFECT OF YOGA AND SPORT PRACTICES ON DIFFERENT SYSTEMS OF HUMAN BODY

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Abstract:

The term "yoga" and the English word "yoke" are derived from Samskrit root "yuj" which means union. Yoga and sports are the psycho-somatic-spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of our individual consciousness with the Universal consciousness. Yoga and sport are mind body technique which involves relaxation, meditation and a set of physical exercises performed in sync with breathing. Being holistic, it is the best means for achieving physical, mental, social and spiritual wellbeing of the practitioners. This can be achieved by systematic and disciplined practice of ashtang (eight-limbed) yoga described by sage Patanjali. The first two limbs of ashtang yoga are yam and niyam which are ethical code and personal discipline for the development of our moral, spiritual and social aspects. 3rd and 4th limbs are asan and pranayama which help in our physical development and improvement of physiological functions. 5th and 6th limbs are pratyahar and dharna for controlling our senses and making our mind one-pointed, calm and alert. The final two limbs of dhyana and samadhi result in inner peace, ecstasy, higher level of consciousness and the ultimate union of our individual consciousness with the Universal Consciousness, resulting in God realization. The result is unfoldment of a unique spiritual personality that is a blessing for the whole humanity. Yoga and sport helps in developing our total personality in an integrated and holistic manner.

Keywords: Dhyana and Samadhi; Human Body; Patanjali; Sports; Yoga.

Impact of Mathematics in the Sports

The first areas where people think about mathematics being applied are in the sciences and engineering. Yet mathematics plays a large role in the efficiency of sports. Coaches constantly try to find ways to get the most out of their athletes, and sometimes they turn to mathematics for help. This help may include the best batting order for a team to maximize the number of runs it can score or the putting together of a program for an Olympic skater so that the jumps the skater makes take advantage of the scoring bonus when these jumps are performed later in a program when tiredness starts to set in. There are also mathematical issues involved in scoring systems for some of the complex and subjective aspects of scoring sports events.

The aim of this paper is to enhance practical approaches and uses of mathematics in the field of sports.

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Medicinal Plants for Liver Disorder

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Abstract :

The liver, because of its strategic anatomical location, is exposed to all kinds of therapeutic agents. Moreover, the rapidly increasing morbidity and mortality rates from liver diseases are largely attributable to the repeated chemical insult either from drug abuse or from environmental pollution. Unfortunately so far, in the modern era of medicine, there is no specific treatment to counter the life threatening impact of these dreaded conditions. Today, with the extensive use of hepatotoxicants in daily routine life, it has become imperative to safeguard human populations inhabiting poverty against liver cirrhosis because mammalian liver is a highly toxicity sensitive organ and responsible for drug metabolism, mainly detoxifies damaging electrophiles generated during oxidative stress and rich in endogenous antioxidants and related enzymes. For hepatologists worldwide, there have never been more challenges faced, yet never more tools available to overcome them. But, stemming the rising tide of global ill health from liver disorders will require the harnessing of resources. And answer is the alternative herbal medicine. In almost all the traditional medicine, the medicinal plant plays a major role and constitutes the backbone of traditional as well as modern medicine. In the present scenario, the demand for the herbal products is growing exponentially throughout the world.

PHYSICAL HEALTH PROBLEMS OF SPORTSPERSON AND ITS REMEDIES THROUGH EXERCISES

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Several health problems reduce the performance of sportsperson. A sportsperson tries to improve his performance through regular practices and wants to develop himself for effective presentation. Every sports person wishes to play impressive game but generally they ignore to maintain the flexibility and strength of their body parts according to the nature of game. If a sports person does the stretching exercise then he will improve the performance. Sports person can improve his performance with the knowledge of his body structure and reshaping his body figure for the particular game. Exercise is the best way to reshape and increase the ability without taking strain in muscles. Some particular exercises are practised by the sports persons of different games. It is necessary to know how muscles can be released for a particular game. And according to a particular game, particular exercise should be done. Particular exercises have special effects on some parts of the body which improve flexibility and strength on a particular part.

Key words:- Flexibility, impressive, performance, effective game.

Use of Video Analysis for better result in sports & Health

Ashutosh Pande (M-Tech Scholar, All Saints' College of Technology, Bhopal)

Ashish Shukla (Assistant Professor, Chouksey Engineering college, Bilaspur C.G.)

Video has many applications in sports and science. Coaches and athletes are using the medium more and more to measure and correct technique, and to analyze team and individual performances. Video analysis software can also be used for gait analysis and biomechanics research, and in injury rehabilitation.

Team Performance Analysis

With the correct software, video of match play can become much more useful than simply re-watching the game. First it requires a technician to mark the video (in real time or after the game) with your chosen key points such as goals, errors, and specific plays, and also mark the involvement of each player. The coach or player then has ability to filter and see their chosen aspect of the game, such as all goals by a specific player, or errors by the opposing team. Game highlights can be quickly generated, and you have instant access to many aspects of performance.

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Technique Analysis

Video analysis of technique is very useful for identifying and correcting problems with an athlete's technique. Things that can be measured and identified using video analysis include the following:

- " angle of release of thrown implements
- " ball release velocity and the arc of travel of the thrown implement.
- " head and body position during technique performance.
- " joint and segment angles and velocities.

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THE DEVELOPMENT OF MORAL VALUES AND POSITIVE CHARACTER THROUGH SPORTS

VEENA ADIL

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Sportsmanship and the development of moral values and positive character have long been explicit goals of sports. A strong belief exists that sport programs have the power to promote the development of "Sportsmanlike behaviors, ethical decision-making skills and a total curriculum for moral character development" and provide a social environment to acquire personal and social values and behaviors contributing to good character and good citizenship. The arena of sport can provide one of "the greatest opportunities for a youngster to learn honesty, integrity... and ethical behavior" or it can provide "one of the greatest opportunities in college for a youngster to learn how to be dishonest...or how to be hypocritical". Little empirical research exists supporting that mere participation in and of itself leads to the development of moral character. Studies on sports participation have found that sports have both positive and negative influence on character buildings. While the causal linkages and mechanistic connections between sport participation and character-building are difficult to create and sustain, theories have been put forth (supported in some cases by evidence-based research) to support the notion that participation in sport and physical activity builds character in children and youth. In brief, based on sample survey and study, we can say that sport offers a "dynamic domain" for moral and character development and expression among youth, particularly in terms of positive values such as hard work, team work, leadership, fair play and an orientation to succeed, and behavior and social relations.

Herbal Medicine and Reverse Pharmacology

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Abstract :

Most of the traditional knowledge about medicinal plants was in the form of oral knowledge that had been lost with persistent invasions and cultural adaptations. There was no uniform or standard procedure for maintaining the inventory of this knowledge and about their medicinal properties. There is a prevalence of using plants and plant based products in various contemporary and traditional system of medicine, without any written documentation or regulation. Therefore it is essential that such uses of natural products be documented and studied for systemic regulation and wide spread application. Reverse pharmacology integrates documented serendipitous clinical and experimental outcomes into leads that are further developed into drug products or formulations through more systematic and precisely designed preclinical and clinical research. A salient feature of this approach is the combination of knowledge learned from traditional or folk medicine and the modern technology to provide better and safer products.

Revelation of yoga through the system of evenness of failure and success

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Abstract:

It is revealed in various scriptures that performing the action, established in yoga, renouncing attachment and even tempered in success and failure, whereas evenness of temper is called "yoga". Cosmic light is the basis of all beauty and diversity in the universe, as well as of all biodiversity and life on earth. Each form of life is unique, thank to light. Human beings, the most evolved form of life, are most capable owing to an especially evolved mind that controls the human phenomenon of being in unison with cosmic power, of being an ally of the cosmos in its designs of unfolding itself, of creating new highs of creativity. All of us are alike in terms of our anatomy, physiology and in terms of the feeling we cultivate. Further, we enjoy common evolution. There is enormous diversity-cultural, linguistic, morphological diversity and more, among us. Yet, we are one. Universal evolution has composed a different story for evolution of the human species for we have a different story of evolution, entirely distinctive from that of all other life forms- not only in terms of our intellectual capabilities, but also in terms of a distinctive trait that each individual has, deep- rooted in mind. Every individual has a distinctive trait, a trait which no one has ever had nor will ever have.

This unique light of the universe glittering within you is, and should be, the basis of your participation in universal dialogue. This specific energy activating your mind and empowering you with distinctiveness, when it transforms into universal dialogue, it ought to add glitter to the art of universal dialogue and universalism itself. It ought to add sparkle to a discussion that could help the world usher in a new era of human creativity.

Keywords: Cosmic light; Human life; Human creativity; Human phenomenon; Yoga;

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