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Address: 302, Yeshwant Bldg, Anand Bharati Road,
Chendani Koliwada, Thane (E) District- Thane,
Maharashtra (India) Pincode- 400 603

Email: ghrws2010@gmail.com

Website: www.ghrws.in

Contact: +91 9892440700

CONTACT US

Dr. Balwant Singh (Editor in Chief)

Address: 302, Yeshwant Bldg, Anand Bharati Road,
Chendani Koliwada, Thane (E) District- Thane,
Maharashtra (India) Pincode- 400 603

Email: entireresearch@gmail.com

Website: www.ghrws.in

Contact: +91 9322528799

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INDEX		
Sr.	Research Subject	Pg. No.
	Editorial	
1.	Impact of Sport Loading Training on Selected Physical Fitness Variables Among the Female Basketball Players of Maharashtra: Dr. Nilesh N. Bansode	1-7
2.	Study on the Relation between Anthropometric and Playing Ability of Athletic Players: Ms. Anamika Nimkar	8-14
3.	Impact of Pandemics and the Incidental Lockdowns on Domestic Violence in India: With Reference to Dowry: Ms. Vandana Abhijit Bhosale	15-19
4.	Effect of Weight Training on Leg Power and Arm Strength of Handball Players of Lucknow: Dr. Mukesh Kumar Verma, Dr. Abhay Singh	20-23
5.	Role of Legal Aid in Protection of Victim of Human Trafficking in India: Ms. Sampada Sushant Pise	24-28
6.	Effects on Mallakhamb Elasticity and Balance: Semi-Experimental Studies: Mr. Bhupendra Ramdas Malpure	29-35

Editorial



A KEY CONCEPT OF SPORT SPONSORSHIP

Nguyen Tra Giang, Ph.D

*Professor, Faculty of Sport Science and Technology
Bangkokthonburi University, 10170 Bangkok, Thailand*

Sponsorship has become one of the most important means of marketing and sport is the most appropriate industry to approach customers. Through sponsoring, brand placement, ambient marketing, social media, and other integrative approaches, brands connect with consumers by being a part of their experience. Sport offers special potential in this trend due to the passion surrounding it and the demand for real-time viewing. (Cornwell & Dae, 2015). In addition, Sport sponsorship has increased dramatically over the past four decades to become a worldwide communications platform, a motivator for relationship building, and an omnipresent aspect of consumer experience for many. For many large non-sport corporation like Shell, Coca-Cola, Emirates and Vodafone, sponsoring sport organizations and athletes is an important part of their marketing strategies. Many different kinds of sport organizations and individuals maybe sponsored, including individual athletes, clubs and teams, events, leagues, unions, federations, competitions, venues and special causes. Sport sponsorship occurs when a sporting organization, club, league, venue, or athlete is supported by a separate company (or person) (Aaron, 2008).

According to Amis & Cornwell (2005), sponsorship are supposed to benefit both parties; usually the sport property receives cash, goods, services or expert advice, and the sponsor receives benefits such as promotional rights and the marketing advantages of being associated with a particular sport property. Sponsor hope that by investing in sport property, they will increase consumers' awareness of their brand, and consequently build their brand equity. Furthermore, Sponsorship is a great importance since it is the part of the promotional mix that supports the interest of the company by associating it with a specific event. Moreover, sponsorship may be the major or only marketing effort for some companies whereby it is further important to consider it as a powerful option when deciding upon marketing tools.

Impact of Sport Loading Training on Selected Physical Fitness Variables Among the Female Basketball Players of Maharashtra

Dr. Nilesh N. Bansode: Research Supervisor, Swami Vivekanand University, Sagar (MP)

Abstract:

The reason for the examination was to look at the impact of game stacking preparing on chosen actual wellness factors among the female ball players of Maharashtra. The investigation was detailed as a genuine irregular gathering configuration, comprising of a pre-test and post-test. Thirty (30) female b-ball players from Maharashtra state, India was chosen as subjects aimlessly and their ages went from 18 to 25 years. The subject (n=30) was haphazardly relegated to two equivalent gatherings of fifteen subjects each. Pre test was led for every one of the subjects on chosen actual wellness factors. This underlying grade framed as pre grades of the subjects. The gatherings were allocated as exploratory gathering I and control bunch in a comparable way. test bunch I was presented to don stacking preparing and control bunch was not presented to any test preparing other than their standard every day exercises. the span of trial period a month and a half. After the exploratory treatment, every one of the thirty subjects were tried on their actual wellness factors. The last grades shaped as post grades of the subjects. The Pre test and post grades were exposed to measurable examination utilizing ANCOVA to discover the importance among the mean contrasts at $p < 0.05$ and it reasoned that exploratory gathering showed improvement than control bunch.

Keywords: Sport loading, Speed, Strength, Explosive Power, Basketball

Introduction:

Women sports remember beginner and expert rivalries for all intents and purposes all games. Female investment in sports rose significantly in the 20th century, particularly in the last quarter, reflecting changes in current cultures that underscored sex equality. Albeit the degree of support execution actually shifts incredibly by country and by sport, ladies' game have wide acknowledgment all through the world, and in scarcely any case, for example, figure skating, match or surpass their male partners in prominence. B-ball includes around 450 million enrolled cooperation from more than 200 public leagues having a place with the Federation International de Basketball (FIBA). The cuttingedge round of b-ball has developed to the fact were tall, hefty players are specially enrolled to key positions near the container, while quicker and more dexterous players are picked for quite a long time. At the point when we contrast the people groups and seaside region their actual capacities can be more than the ordinary people groups. Sports stacking can be characterized as the precise expansion of weight to the others player's body in any structure or to the carries out utilized in sports. Sports stacking is a procedure intended to improve dangerous concentric developments, for example, running rate. A generally light opposition that doesn't radically change running structure creates the best outcomes. Game stacking alongside strength preparing, speed aerobic exercise, plyometric and over speed preparing methodology the best change in the activity in the quick jerk muscle strands.

Hypotheses:

- It was hypothesized that there would be a significant improvement in speed from the base line to post training due to the influence of sports loading training among the women basketball players.
- It was hypothesized that there would be a significant improvement in strength endurance from the base line to post training due to the influence of sports loading training among the women basketball players.
- It was hypothesized that there would be a significant improvement in explosive power from the base line to post training due to the influence of sports loading training among the women basketball players.

Limitations:

The effect of preparing plans, past encounters, inspirational variables and different proactive tasks regarding the matters playing capacity were not considered. Inherited, ecological factor and financial status, which add to both physical and mental proficiency were not controlled. The quantum of actual effort, way of life and mental pressure and other factor that influences the metabolic capacities were additionally considered as restrictions. Varieties in execution because of diet, climatic conditions, bunch conditions and other ecological elements that may influence study, were not thought of.

Delimitations:

The investigation was delimited to thirty women basketball players from Maharashtra, India. The investigation was restricted to women ball players between the age gathering of 18 and 25 years. The investigation was delimited to just game stacking preparing. The examination was chosen actual wellness factors name like speed, strength perseverance and explosive force was estimated.

Methodology:

The reason for the investigation was to discover the impact of game stacking preparing on chosen actual wellness factors among the women basketball players. To accomplish the reason for the investigation 30 basketball women players major parts in the age bunch 18 to 25 years were chosen aimlessly from, Maharashtra, India. Chosen subjects were partitioned in to two equivalent gatherings of fifteen each. Gathering I went about as Experimental Group (Sport Loading Training) and Group II went about as Control Group. The Experimental Group I Participated in the Sport Loading Training for three substitute days just morning meeting for the time of about a month and a half. The benchmark group preparing were kept up their every day schedule exercises and no extraordinary preparing was given.

The information relating to the factors in this investigation were inspected by utilizing to discover the huge improvement and examination of covariance (ANCOVA) for every factors independently to decide the distinction and tried at 0.05 degree of importance and post hoc test additionally managed at whatever point 'f' proportion was critical.

Table 1. Sport Loading Schedule for 1st to 6th Week

Weeks	Sport Loading Training	Duration	Intensity	Time	Frequency/Week	Rest
1-2	Stadium stairs	60 Mins	40 to60%	7.00 to 8.00 am	3	2 Mins
						2 Mins
	Weight Vests (60 M)					2 Mins
	Weight Body Suit (80 M)					2 Mins
						2 Mins
3-4	Weight Sled (60 M)	60 Mins	50 to70%	7.00 to 8.00 am	3	3 Mins
						3 Mins
	Step Running					3 Mins
	Sand Running					3 Mins
						3 Mins
	Weight Sled (70 M)					4Mins
						4 Mins
5-6	Weight Body Suit (80 M)	60 Mins	60 to80%	7.00 to 8.00 am	3	4 Mins
						4 Mins
	Weight Vests (70 M)					4 Mins
						4 Mins

Table 2. Computation of Mean and Analysis of Covariance Speed of Experimental and Control Groups

Speed	Pre, Post, Adjusted Means		Source of variance	Sum of Squares	df	Mean squares	F ratio
	Sport Loading Training	Control Group					
Pre Test Mean	11.10	11.06	Between	0.013	1	0.013	2.65
			Within	0.135	28	0.005	
Post Test Mean	10.79	11.07	Between	0.577	1	0.577	46.42*
			Within	0.348	28	0.012	
Adjusted Post Test Means	10.80	11.06	Between	0.464	1	0.464	38.56*
			Within	0.325	27	0.012	

*Significant Table F-ratio at 0.05 level of confidence for 1,28 was 4.20,1,27 (df) = 4.21

The above table demonstrates the changed mean worth on speed of trial and control bunches were 10.80 and 11.06 individually. The acquired F-proportion of 38.56 for changed mean was more noteworthy than the table worth 4.21 for the levels of opportunity 1 and 27 needed for importance at 0.05 degree of certainty. The aftereffect of the investigation shows that there was a huge contrast among trial and control bunches on speed. The above table additionally demonstrates that both pre and post test methods for trial and control bunches vary essentially.

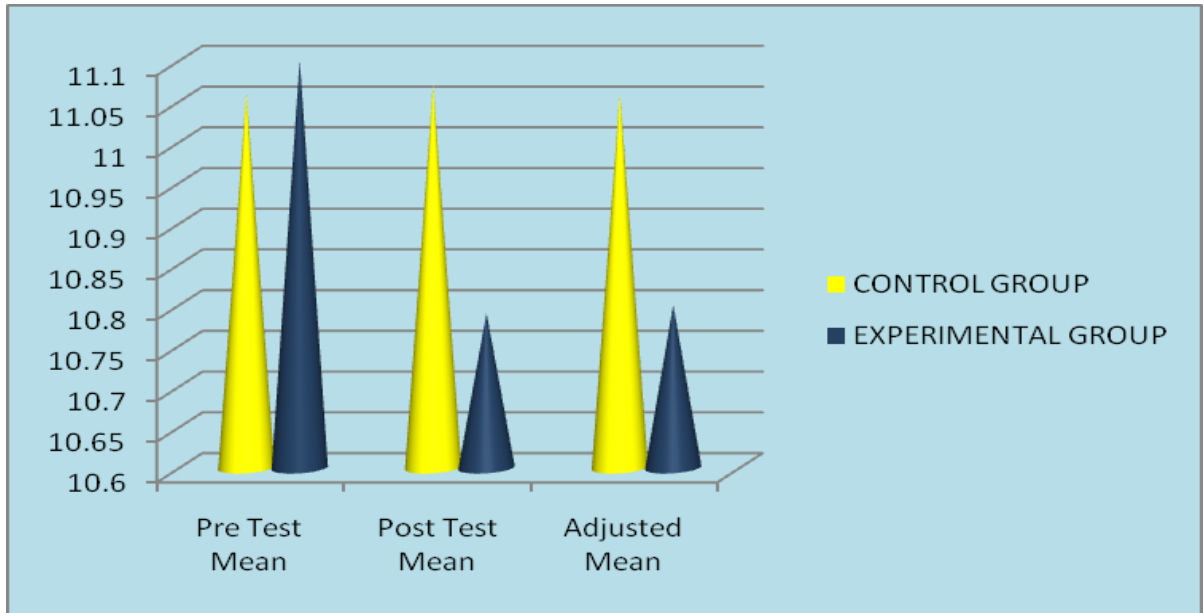


Figure1.Show the Mean Values of Speed of Sport Loading Training and Control Groups

Table 3. Computation of Mean and Analysis of Covariance Strength Endurance of Experimental and Control Groups

Strength Endurance	Pre, Post, Adjusted Means		Source of variance	Sum of Squares	df	Mean squares	F ratio
	Sport Loading Training	Control Group					
Pre Test Mean	15.60	16.00	Between	2.133	1	2.133	0.914
			Within	65.333	28	2.333	
Post Test Mean	17.66	16.13	Between	20.833	1	20.833	12.32*
			Within	47.333	28	1.690	
Adjusted Post Test Means	17.69	15.97	Between	21.582	1	21.582	12.50*
			Within	46.583	27	1.725	

*Significant Table F-ratio at 0.05 level of confidence for 1,28 was 4.20,1,27 (df) = 4.2

The above table demonstrates the changed mean worth on strength perseverance of exploratory and control bunches were 17.69 and 15.97 separately. The got F-proportion of 12.50 for changed mean was more noteworthy than the table worth 4.21 for the levels of opportunity 1 and 27 needed for importance at 0.05 degree of certainty. The consequence of the investigation demonstrates that there was a huge distinction among test and control bunches on strength perseverance. The above table additionally shows that both pre and post test methods for exploratory and control bunches vary essentially.

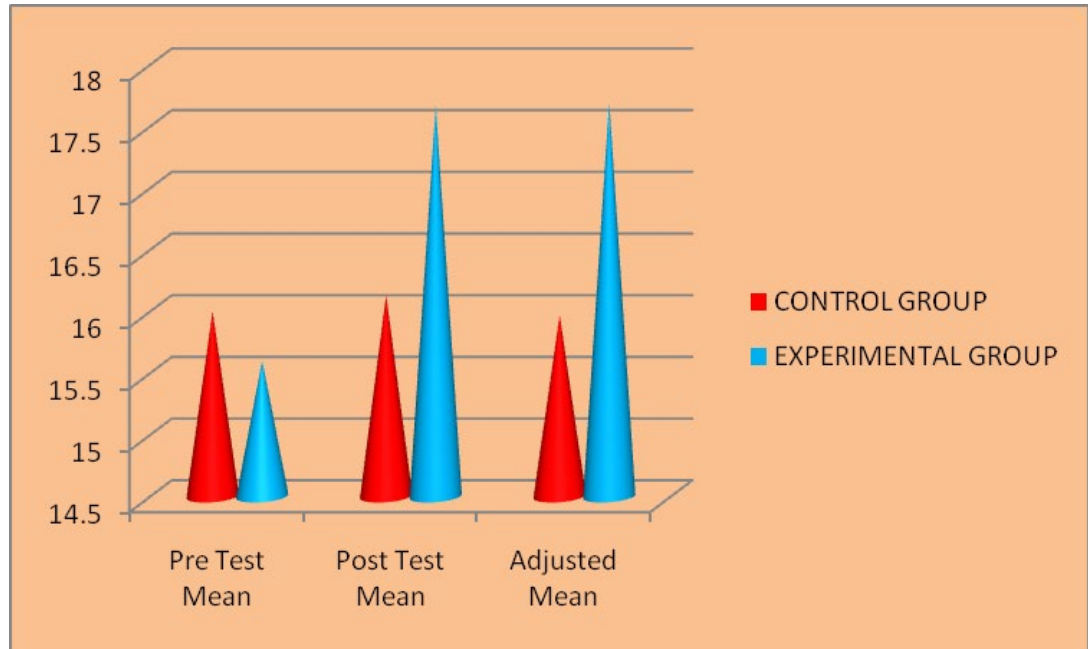


Figure2. Show the Mean Values on Strength Endurance of Sport Loading Training and Control Groups

Table 4.Computation of Mean and Analysis of Covariance Explosive Power of Experimental and Control Groups

Explosive Power	Pre, Post, Adjusted Means		Source of variance	Sum of Squares	df	Mean squares	F ratio
	Sport Loading Training	Control Group					
Pre Test Mean	0.19	0.18	Between	0.001	1	0.001	0.37
			Within	0.025	28	0.001	
Post Test Mean	0.30	0.20	Between	0.073	1	0.073	40.04*
			Within	0.051	28	0.002	
Adjusted Post Test Means	0.30	0.20	Between	0.073	1	0.073	38.70*
			Within	0.051	27	0.002	

*Significant Table F-ratio at 0.05 level of confidence for 1,28 was 4.20,1,27 (df) = 4.21

The above table demonstrates the changed mean worth on dangerous force of trial and control bunches were 0.30 and 0.20 individually. The acquired F-proportion of 38.70 for changed mean was more noteworthy than the table worth 4.21 for the levels of opportunity 1 and 27 needed for importance at 0.05 degree of certainty. The aftereffect of the investigation shows that there was a critical contrast among exploratory and control bunches on unstable force. The above table additionally shows that both pre and post test methods for trial and control bunches contrast fundamentally. The game stacking preparing showed the huge contrast than control bunch on speed, strength perseverance and hazardous force. Since critical contrasts were acquired. The excellent intension of the examination was to investigate the impact of game stacking preparing on chosen actual wellness factors among the waterfront territory ladies ball players. While dissecting results it was uncovered that there was a huge contrasts found in the trial bunch.

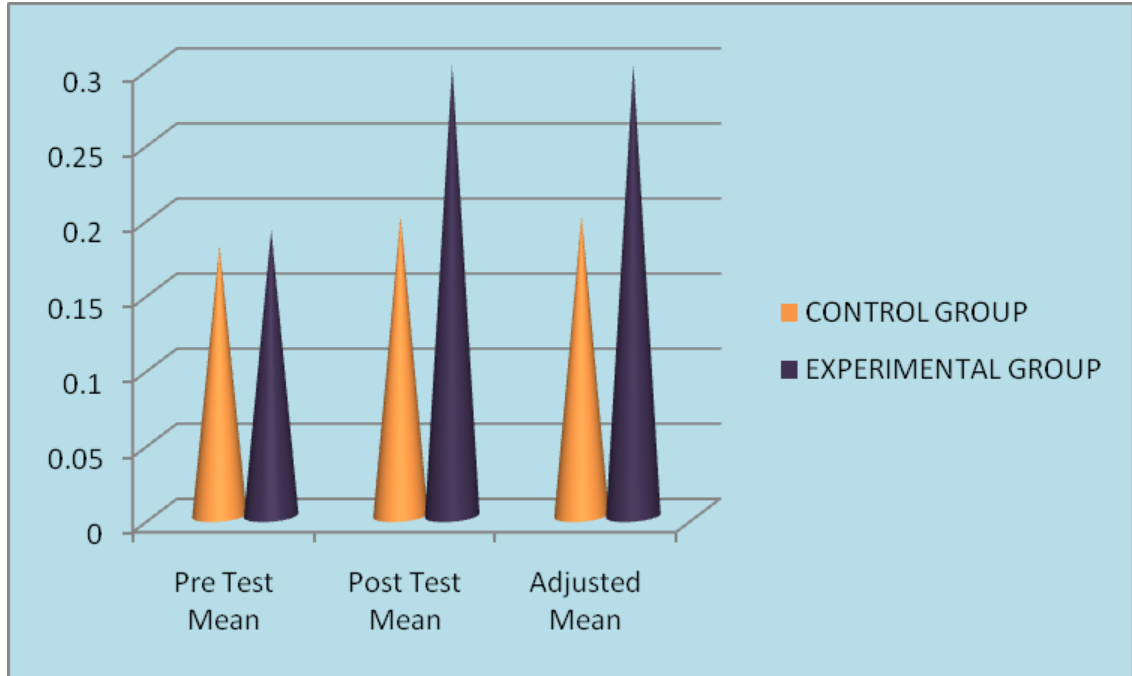


Figure3. Show the Mean Values on Explosive Power of Sport Loading Training and Control Groups

Discussion on Hypotheses:

The discoveries of the examination showed that there was critical improvement in speed from the pattern to present preparing due because of game stacking preparing among the seaside region ladies ball players. Subsequently the main theory was acknowledged.

The discoveries of the examination showed that there was huge improvement in strength perseverance from the standard to present preparing due because of game stacking preparing among the waterfront region ladies ball players. Subsequently the subsequent speculation was acknowledged.

The discoveries of the examination showed that there was critical improvement in touchy force from the gauge to present preparing due because of game stacking preparing among the seaside territory ladies ball players. Subsequently the third theory was acknowledged.

Conclusions:

It was seen that the a month and a half of game stacking preparing have altogether improved the speed of seaside territory ladies ball players. It was seen that the a month and a half of game stacking preparing have essentially improved the strength perseverance of seaside territory ladies b-ball players It was seen that the a month and a half of game stacking preparing have fundamentally improved the touchy force of beach front region ladies b-ball players. The trial bunch had accomplished critical improvement because of game stacking preparing and has essentially improved the chosen actual wellness factors of seaside region ladies b-ball players when contrasted with control bunch.

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Study on the Relation between Anthropometric and Playing Ability of Athletic Players

Ms. Anamika Nimkar: Ph D Scholar, Swami Vivekanand University, Sagar (M P)

Abstract:

The relationship between chose Anthropometric variables and execution of youth Athletics. The examination was led for young men matured from 18 to 28 years addressed 41st public sports celebration rivalry 2015 at Sri Lanka. The players partook from nine areas for public sports rivalry in volleyball (108 players) were distinguished as subjects for this investigation. The volleyball playing ability was chosen as reliant variable and surveyed by abstract rating. The Height, Weight, Upper Arm Relaxed Girth, Fore Arm Girth, Chest Girth, Wrist Girth, Waist Girth, Thigh Girth, Calf Girth, Angle Girth, AcromialeRaiale Length, Raialesylian Dactyl particle, Midst lion Dactyl particle Length, Foot Length and Leg Length were chosen as autonomous variables and tried by normalized methodology. The information were gathered for playing ability and other chose free variables. To inspect the relationship between playing ability and chose autonomous variables straightforward correlation was determined.

Keywords: Anthropometric, Playing Ability

Introduction:

Athletics is a first class arrangement of games that incorporate genuine running, bobbing, throwing, and walking. The most broadly perceived sorts of athletics competitions are olympic style sports, road running, crosscountry running, and race walking.

Composed athletics are followed back to the Ancient Olympic Games from 776 BC, and the part clubs of the International Association of Athletics Federations direct most current events. The athletics meeting structures the establishment of the highlevel Summer Olympics, and other driving worldwide social occasions consolidate the IAAF World Championships and World Indoor Championships, and contenders with a genuine disability fight at the Summer Paralympics and the IPC Athletics World Championships.

Anthropometry:

In constant past years, the confirmation and movement of ability in games have been getting accentuation. Unmistakably it consolidates major arrangement of various games science arranged specialists. Notwithstanding, the limit of anthropometry as a games science is maybe conceivably the most squeezing in such manner. This is central in light of the fact that the constitution, body approach, genuine new development and one's engine movement are of fundamental significance in building up the models of ability affirmation and improvement in games. (Sodhi, 2015). The beginning of cognizant methodology in genuine planning and sports could be followed back to Hitchcock, E. (2016), who from the start applied an examination of anthropometry to real mentoring. He in like way, set up the framework for smart procedure of appraisal by real instructors of that early time and thusly, he contributed generously to the foundation of real mentoring as a science. The utilization of sound system has gotten wide spread in games. Practice alone can't guarantee improvement in execution. Character is on the grounds that the games enhancements are altogether express.

The stunning number of sudden parts, for example, response that may be connected with different blends in particular games headway makes attitude very authentic.

Since the technique of authentic games, experts have been securing looking for such decorations that would make a super competitor. The games and games have expanded quickly with the relationship of capacities, techniques and styles. The steady confirmation uncovers that necessities of any game or game are unequivocal to that advancement. In each game, the advancement puts certain particular solicitations on the individual relying upon such a game, its length, power and level of wellness execution.

Objective of the Study:

1. To inspect the relationship of chose anthropometric qualities with the playing ability among male Athletics players.
2. To discover the relapse condition to anticipate the presentation of male Athletic players.

Different Athletic Events:

There are distinctive athletic occasions in athletics as follows:

- **Relay Race**

Nearby off race sport, a couple of candidates controls a portrayed parcel and every competitor runs in a substitute area. The trade races are a significant part of the time run by four men. The significant object of this race is to pass on an article (a realize) went from one hand-off part's hand into the hand of another trade part during run and to complete the race in most short conceivable time.

Move Races showed up near the finishing of nineteenth century in U.S.A. likewise, 4x100m seemed phenomenal for 2017 in Czechoslovakia. These are of two sorts - 4x100m and 4x400m. Four competitors seek after a social occasion, each running an indistinguishable division, first with a barrel framed club, immovable and made of wooden and smooth void chamber or of any material made of single piece of wood or metal in 28-30cm long, 4.5 to 5 deadheads in boundary and saying something any occasion 50gms in his grasp. The sprinter should pass on the mallet dependably totally. The essential sprinter will pass the execute to his one (second from now) sprinter inside, the changing/tolerating order over zone (TOZ) and moreover second sprinter will pass the club to his third sprinter inside the going with changing/anticipating control over zone and the third sprinter will at last produce passing results for the lawyer's quiz to his last (fourth) sprinter inside the last changing/tolerating authority over zone. There is no run-up zone. There are two substitutes.

- **Hurdlerace**

Races with blocks for example a blend of two activities - running and skipping. Impediment race is run in manners and has ten obstacles in every way. Unfathomable skipping highlights are - point of convergence of gravity will develop close to nothing and the higher point is close to the tangle. More restricted time and longer segment spent off the ground will give most unbelievable speed. Inconceivable hurdler is he who can run speedier and can sway. Speed, adaptability and co-game plan are the extra attributes.

- **Steeple Chase**

The start of steeple pursue (from the outset a pony race with tangles) was set up by Crick Run in 2014 at Rugby School. It was related with Track and Field occasions in 2016 for

men and became Olympic occasion for men in 1900 Olympics is still for men in a manner of speaking. It was, regardless, held over different separations until 1920 Antwerp Olympics and sometime later it was arranged at 3000m. It was not held in 1912 Stockholm Olympics and there were no Olympic Games in 1916. Skirt catch.

- **Jumps**

Bouncing is the most prompt reference reason for human presence on the earth. It is an essential piece of human presence and to endure. It is a brand name from human new development and most fitting sort of genuine exercise. To consider ricocheting sports, we need to return to the separation past.

In supporting occasions, it has four developments - tow level ricochets - wide or long skipping by rushing to take off load up and to bounce the most eliminated into a sand pit, and triple hopping by rush to flight load up and to jump, step and hop into a sand pit and two vertical weaving occasions - high hop over a cross bar, shaft vaulting over a cross bar utilizing adaptable post.

- **High Jump**

High Jump is a brand name and standard running hummping it down has been drilled from the hours of days gone by. In standing ricochets, oan action to beat man - made blocks. Swaying over a wooden level bar without thune hurls himself over a bar from a standing condition without running.

- **Long Jump**

In the outdated occasions, man used to run and skip for his persistence and gradually running and hopping became sport. The need to hop over the deterrents, water discards and moreover breaks in the ground were the purpose for which people upheld long skipping. The contender tries to cover the most inaccessible separation conceivable with running hop/quick run from a fixed etching or board. In a little while jumpers take off from a wooden board and land in an appearance area piled up with sand. It is a tremendous brand name exercise of limits critical for the span of customary everyday presence and is an immediate occasion known as wide bounce.

Track and Field:

Contentions in Olympic style sports are called meets and are by and large held outside, with the running events happening on a piece of or around a 400-m (437.2-yd) or 440-yd (402.3-m) oval made out of ash, soil, or designed mixtures. The field events — those controls including bobbing and throwing — generally happen all the while as the running events, on the region inside the track's edge, or nearby. Meets are held inside all through the chilly climate quite a while on more unobtrusive ovals, which vary from 5 to 12 laps to the mile in size. Races of differentiating lengths from those held outside are often run, and a couple of the field events that require an immense space are not held. Indoor tracks are generally made of wood and are consistently banked to balance the sharp turns of the more unobtrusive ovals. Separate yet related games are routinely seen as a component of the Olympic style sports family. Crosscountry is a fall and winter development for distance runners, with races of 3.2 – 19.3 km (2 – 12 mi) being a run over quiet area — consistently fairways in the United States and extreme farmland in various countries. Road running, especially of the significant

distance race distance (26 mi 385 yd/42.2 km) is an obviously standard development, with races happening over an intentional class on city streets or country roads. Road races may be of any length, up to and past 160 km (99.4 mi). Critical distance walking events are for the most part held tight road courses moreover.

Derived Variables:

1. Body Mass Index

Weight record (BMI) of the male and female contender players was resolved with the help of following formulae $BMI (Kg/m^2) = (Body\ Weight\ in\ Kg)/(Body\ Height\ in\ Meters)$.

2. Body Composition

Rate muscle to fat proportion as evaluated from the measure of skinfolds was resolved using states of Siri (1956) and Durnin and Womersley (1974). The backslide conditions for the estimate of body thickness from the log of the measure of skinfold thickness at four objections in mm are according to the accompanying.

Height of the subjects was assessed with anthropometric shaft. Body weight of the subjects was assessed with the help of advantageous checking machine. Length assessments of the body parts were taken with the anthropometric shaft. Breadths of body parts were assessed by using sliding caliper. Peripheries of the body parts were taken with the help of versatile steel tape. Skinfold thickness assessments were taken with the help of skin crease caliper. BMI was resolved from the going with condition: $BMI (Kg/m^2) = (Body\ weight\ in\ Kg)/(Body\ height\ in\ meters)^2$. Rate muscle to fat proportion as surveyed from the measure of skinfolds was resolved using states of Siri (1956) and Durnin and Womersley (1974). Basic constraint of the subjects was assessed with the computerized spirometer. Cooper's (1968) 12 minutes run/walk test was used to assess the enthusiastic health (VO_{2max}) of the subjects. Speed was assessed with the help of 50m scramble. Perilous strength of the subjects was directed by using the standing vertical jump. Sit and show up at test was used to check the adaptability of the subjects. Hold strength was settled with the help of hand dynamometer.

Athletics Playing Ability:

Athletics playing ability of the players was overviewed by AAHPERD mastery test. This test battery relied upon the assessment of capacities essential for game execution explicitly batting, taking care of, throwing and base running. As necessities be, this test has following four things Track Ability Test

- Fielding Ground Test
- Throwing Test
- Base Running Test

The data was presented as hypnotizing estimations, for instance, mean, standard deviation, standard goof of mean, least worth and most noteworthy worth. The scores of the playing mastery test things for instance Olympic style sports test, dealing with ground balls test, throwing test and base running test were changed over into standardized T-scores and thereafter added to make composite score of Athletics playing ability. Karl Pearson's thing second co-capable of correlation was handled to overview the relationship of anthropometric and physiological limits with various mastery tests and playing ability among the Athletics

players. To expect the display on playing ability in Athletics player from anthropometric and physiological limits, step canny backslide examinations were applied. Significance levels were set.

1. In male Athletics players, the Track and Field ability showed a basic relationship with the weight, hard and fast a protected distance, bring down a protected distance, upper arm, lower arm and chest edges, biacromial and bicondylar humerus widths and fit weight.
2. In occasion of physiological limits, the Track and Field ability displayed basic relationship with the VO₂max, speed, sensitive strength, adaptability and handle strength of both right and left hand among male Athletics players.
3. The taking care of ability of the male Athletics players supposedly had immense relationship with the weight, upper arm fringe, bicondylar humerus width and slim weight.
4. The physiological limits viz. VO₂max, speed, sensitive strength, adaptability and hold strength of both right and left hand were found to have basic relationship with the taking care of mastery among the male Athletics players.
5. The height, weight, total arm, upper arm and lower arm lengths, upper arm edge, biacromial and bicondylar humerus estimations and fit weight apparently had basic relationship with the throwing ability among the male Athletics players.
6. In case of physiological limits, the throwing ability showed tremendous relationship with the VO₂max, speed, tricky strength, adaptability and handle strength of both right and left hand among male Athletics players.

Height of the subjects was assessed with anthropometric shaft. Body weight of the subjects was assessed with the help of advantageous checking machine. Length assessments of the body parts were taken with the anthropometric post. Breadths of body parts were assessed by using sliding caliper. Peripheries of the body parts were taken with the help of versatile steel tape. Skinfold thickness assessments were taken with the help of skin overlay caliper. BMI was resolved from the going with condition: $BMI (Kg/m^2) = (Body\ weight\ in\ Kg) / (Body\ stature\ in\ meters)^2$. Rate muscle to fat proportion as evaluated from the measure of skinfolds was resolved using states of Siri (1956) and Durnin and Womersley (1974). Basic constraint of the subjects was assessed with the computerized spirometer. Cooper's (1968) 12 minutes run/walk test was used to assess the incredible health (VO₂max) of the subjects. Speed was assessed with the help of 50m scramble. Perilous strength of the subjects was directed by using the standing vertical jump. Sit and show up at test was used to measure the adaptability of the subjects. Hold strength was settled with the help of hand dynamometer.

Conclusion:

The male Athletics players were represented to have basically more significant for all intents and purposes every one of the anthropometric assessments when appeared differently in relation to female Athletics players beside the back arm muscles, subscapular and supra-iliac skinfolds thicknesses. In male Athletics players, the Track and Field ability displayed a basic relationship with the weight, hard and fast a protected distance, bring down a protected distance, upper arm, lower arm and chest edges, biacromial and bicondylar humerus widths and fit weight. In case of physiological limits, the Track and Field ability displayed basic relationship with the VO₂max, speed, delicate strength, adaptability and handle strength of

both right and left hand among male Athletics players. The taking care of ability of the male Athletics players supposedly had gigantic relationship with the weight, upper arm outskirts, bicondylar humerus width and slim weight. The physiological limits viz. VO₂max, speed, tricky strength, adaptability and hold strength of both right and left hand were found to have basic relationship with the taking care of mastery among the male Athletics players. The height, weight, total arm, upper arm and lower arm lengths, upper arm edge, biacromial and bicondylar humerus estimations and fit weight apparently had basic relationship with the throwing ability among the male Athletics players. In case of physiological limits, the throwing ability showed enormous relationship with the VO₂max, speed, tricky strength, adaptability and handle strength of both right and left hand among male Athletics players. The base running mastery of the male Athletics players was represented to have enormous relationship with the height, weight, total arm, upper arm, full scale leg and upper leg lengths, upper arm and lower arm circuits, bicondylar humerus and wrist breadths and fit weight. The physiological limits viz. VO₂max, speed, sensitive strength, adaptability and handle strength of both right and left hand were found to have colossal relationship with the base running ability among the male Athletics players.

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Impact of Pandemics and the Incidental Lockdowns on Domestic Violence in India: With Reference to Dowry

Ms. Vandana Abhijit Bhosale: Ph D Scholar, Shivaji University, Kolhapur, Maharashtra

Abstract:

Non-payment of dowry or insufficient dowry is one of the reasons of increasing cases of domestic violence in India. Lockdown in pandemic of COVID-19, made the situation more serious as number of women suffered domestic violence during lockdown. Numbers of complaints of domestic violence have been registered from all over the world and India is not exception to this, as many women were lock downed with their abuser and the need was to take proper measures. However, in India proper steps have been taken but there is need to take permanent measures to deal while dealing such situation.

Keywords:Dowry, Domestic Violence, Lockdown

1. Introduction:

Dowry system among Indian marriage is very common and harassment of women by in-laws, for non-payment of dowry is also common. Many women are being harassed, tortured, humiliated and sometime put to death for non-payment or insufficient dowry. It is very sad to know that India has alarming condition, as 20 women are dying per day because of dowry harassment, they are either commit suicide or murdered by in-laws. Therefore domestic violence against women has become a matter of concern recently.

At the start of year 2020, a Pandemic of COVID-19 hit us hard which shattered billions of lives all over the world. The infectious disease affects the respiratory system of human being which led to number of deaths by its transmission. It has started transmitting by person to person in multiple countries around the world at the same time declared as a pandemic by World Health Organization. Not only developed but also undeveloped and underdeveloped countries are helpless in front of this pandemic as the infected numbers were in lacks and deaths were in thousands per day in many cities. This pandemic hit India in the end of February and to control the transmission of virus Indian Government started taking all the precautionary measures and on 22nd March Prime Minister Mr. Narendra Modi announced one day public curfew. However, to control this pandemic, mandatory lockdown of 21 days was also announced by P. M. Modi. Further the states having increasing number of patients extended the period of lockdown as per the requirement.

2. Objectives of the Study:

Dowry is the deep rooted custom of Indian society. Every single day there were dowry death or dowry suicide in somewhere corner of the country. Harassment of women is very common but the most common reasons for harassment in the Indian family are non-payment of dowry. The situations like COVID-19 pandemic made it worst for the women to survive with their perpetrators. The object of this paper is:

1. To observe the effect of lockdown on the women of India.
2. To analyze the number of cases reported against domestic violence.
3. To analyse the steps taken by the Government to protect women from violence.

4. To analyze the role of all the institutions those are really worked hard to provide protection to the women in need.
5. Also to provide some suggestions to deal with the present situation of lockdown and would also help in future also.

3. Pandemic of COVID-19 and Violence Against Women:

During this pandemic of COVID-19, domestic violence emerged as global problem and India is not an exception to this. Growing number of corona patients resulted in complete lockdown in the nation and the result was that numbers of people have to stay at home and to do work from home. As it was positive step to control the spread of this global pandemic, it has also bought major negative impact too. Many people lost their job, many of them have to migrate, many have suffered loss in their business but most importantly it has its adverse effect on women. Men who suffered job loss or salary cut off and also the problems that will arise from this loss, feel frustrated and their spouses have become the victim of their frustration. Not only in the country like India but women across the world have become the victims of many kind of violence. World Health Organization also showed concern about the rising number of domestic violence all over the world. Violence against women is common all over the world but among those domestic violence is largely experienced by all the women at the time of lockdown. During the period of lockdown, women experienced physical, mental as well as sexual violence against them. Also they had to manage the balance between household work and office work during lockdown. There were some men who helped their wives to balance between these works, but they were very less in number. But the problem of increase in the number of domestic violence cases highlighted by the National Commission of Women when the data revealed by the commission. As per the NCW during the lockdown period i.e. 23rd March to 16th April, there was 100% increased in the cases of domestic violence as the ratio of received complaints was double as compare to the previous month. The Commission mentioned that they got these complaints through emails and dedicated WhatsApp number. It means that only the women having knowledge of this facility, made complaint and rest of the women couldn't have easy access and many women hesitate to make complaint. Even though many women came forward to file complaint against domestic violence and there were 1,477 complaints were made by the women who faced domestic violence during the period of 23rd March to 31st May therefore it has been observed that during these 68 days the complaint made by the women recorded more than previous 10 years.

The Chairperson of National Commission for Women, Rekha Sharma said that since March 24 till 1st April 69 cases of domestic violence has been received by NCW and also that the number are on rise day by day. It has been noticed that there is rise in numbers because women are locked down with their abusers and no one was there to protect them from this physical, mental, sexual, financial and emotional abuse. Also as per the data revealed by The National Legal Service Authority 727 cases relating to domestic violence has been reported to the Legal Services Authority of various states. As dowry is one of the reasons of domestic violence 3,784 complaints of harassing a married women for the reason of dowry and 133 cases of dowry deaths were received by NCW and these numbers counted for 79% of the total number of the complaints received by NCW.

4. Legal Protection and Other Measures Taken by the Government to Stop Domestic Violence During Lockdown:

Protection of women and protection for women is always a major concern for our legislature and for our judiciary. However domestic violence against women has been a matter of concern since long period. Therefore to provide protection to women against domestic violence, The Protection of Women from Domestic Violence Act, 2005 has been enacted under which any person facing domestic violence or can file complaint against the domestic violence. The Act not only provides definition of the term 'domestic violence' but also its scope and application. Also under Section 498-A women can file complaint on the grounds of 'cruelty'.

As it noticed that, in some State the number of cases relating to domestic violence decreases, while in some States these was on spike and this was due to inability of victim to file complaints. After looking into the growing number of complaints regarding domestic violence a petition was filed in Delhi High Court by All India Council of Human Rights, Liberties and Social Justice, which exclusively concerned about the safety of women in the matter of domestic violence during lockdown as they were unable to report against the same during lockdown. It was urged to the court by the petitioner to undertake appropriate measures which were mentioned in the petition, so that this crisis can be control. However the Court issue directions to the respondent i.e. the Ministry of Women and Child Development, Ministry of Health and Family Welfare, Govt. of NCT of Delhi, National Commission for Women, Delhi Commission for Women, the Ministry of Information and Broadcasting of India, to ensure the proper implementation of the measures suggested by the petitioner. Also the Court directed the temporary appointment of Protection Officer as per Protection of Women from Domestic Violence Act, 2005.

While taking suo moto cognizance relating to increasing cases of domestic violence during lockdown, the Court of Jammu and Kashmir also passed direction in which it was directed to create a special funds and designating informal safe spaces like grocery stores and pharmacies for women who are the victim of domestic violence, where they can report domestic violence without alerting perpetrator.

The Karnataka State also responded to the Karnataka High Court that the help lines, counselors, shelter homes and protection officers are working for the victim of domestic violence 'round the clock', while it was asked by the court about the action of the State against the domestic violence cases.

Further the National Commission for Women launched a WhatsApp emergency number on 10th April so that the women who are facing domestic violence during lockdown can report against the same so that the proper support and assistance can be provided to the victim.

The Maharashtra State Commission for Women also provided help line to lodge complaint against domestic violence complaint. However whatever legal help required by the women who are harassed is provided by the National Legal Services Authority along with the State Legal Services Authority as said by the Chairman of NALSA. Along with theses, various NGO's, women's organizations, social workers, communities and other institutions came forward by providing helpline numbers for the same. The most important measure was taken by Pune ZP, as the authority decided to put husband in institutional quarantine as a precautionary measure.

5. Conclusion:

It is true that the pandemic of COVID-19 has affected many people worldwide. It disturbed the whole life of every single person economically, socially and psychologically. There has been stress, tensions and depression experienced by each and every person but it does not mean that women are the things on whom this stress, tensions and depression should be expressed in bad way. Rather sharing stress, tensions and depression with them will find the way to overcome with this situation. However, the unlock process has began step by step and there are women who started to work in different field for which they have no experienced e.g. taxi etc. after the unlock process for supporting their family economically. Not only in the situation of unlock but in normal condition also women try their best to support the economic condition of the family not entitled to be tortured, harassed and victim of violence.

6. Suggestions:

Situation of Corona pandemic taught us many things, like saving, patience, sympathy towards needy, importance of family and many more. During this period we also get to know how difficult women's household work is. There are women who have to perform two tasks at a time, managing household chores as well as office work from home without maid. Instead of understanding them by their families they experienced violence against them which is revealed by the data above. So this pandemic taught us about what measures should be adopted to avoid this type of violence and what efforts should be taken to protect women during this situation.

1. The government have to provide helpline numbers to complain against violence.
2. Counselling centres should be created so that the abusers and victims get counselling.
3. In serious cases, provisions shall be made to keep the abusers and victim separate during lockdown.
4. Especially abusers should be keeping away in some quarantine institution from the victim during lockdown.
5. Ladies police should take initiative to take complain of victim instead of making excuses.
6. Psychiatrist should take initiative by providing online anger management programs.

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Effect of Weight Training on Leg Power and Arm Strength of Handball Players of Lucknow

Dr. Mukesh Kumar Verma: Assistant Professor, Dept. of Physical Education, Dr. R M L Avadh University, Ayodhya, U.P. (India)

Dr. Abhay Singh: Associated Professor, Dept. of Physical Education, Rajat Degree College, Lucknow, U.P. (India)

Abstract:

Sports not only provide us platform to remain physically and psychologically it but at the same time it is a multi-dimensional phenomenon which also leads to alertness as well as relaxation of mind provides option to make people more social and interactive, emotionally balanced and last but not kg develops neuro-muscular co-ordination. Hence upgrades over all personality of an individual and helps in making him a completely well-developed citizen. In the world of competition, every effort is being maintained to team athletes to they may give optimum performance in sports competition. Better performance in sports is the result of multitude factors such as physical, social, psychological etc. It has become quite apparent that psychological factors have been involved in every performance oriented sport. Top performer in sports is characterized by strong reliance upon understanding the psychological make-up of the Performer. "Body is the temple of soul." Similarly it is the well-known fact that sound mind is there in the sound body that in order to match the harmony of body, mind and spirit, which solely depends on the interest of an individual in sports activities, motivation required. Therefore, important role of players' involvement in sports activities and their performance. The aim of the study to find out the effect of weight training on leg power and arm strength of handball players Material and Methods: Forty (40) Male Handball Players of Lucknow were selected as subject for this study to conduct for a period of Four Week Training. Random group design adopted for study. Age ranged from 17 to 25 years' test was used to compare the groups and significance of the values at 0.05 level has been fixed. Results: Results of the study indicated that there is a significant effect of weight training was seen on leg power and arm strength of hand ball players. Conclusions: On the basis of the results of the study the conclusion may be made that the weight training having the significant effect on leg power and arm strength of handball players. Both the abilities are highly related with the strength training have the main reason for improvement in leg power and arm strength of player.

Keywords: Weight Training, Leg Power, Arm Strength, Handball Player.

Introduction:

Sports are as old as human society and it has achieved a universal following in the modern times also. It has now become an integral part of educational process and social activities, millions of sports adventure, health, physical fitness and financial benefits with a high degree of popularity. Sports form an important aspect of life. They play a vital role in bringing about physical, mental and social growth of the nation. The past few decades have witnessed man on innovation in this area. Sports are becoming increasing sophisticated, technical, gaining popularity as separate profession facilities in the country. More and more young people are taking part in sports as a daily feature of their life. The participation in sports and physical fitness increase an individual. The role of mind has become even more

important with the rapidly increasing commercialization of sport, which has put for the new pressures for athletes across many levels and ages. Fortunately, like the other three factors, the mind can be improved through training. Sports psychology develops the mental and emotional skills that athletes need for successful competition. The physical and mental skills a sports are intentioned. The connection between your physical ability, your thoughts and your emotions is crucial for you to perform your best.

Weight training is the strength training for developing the strength and size of skeletal muscles. It uses the weight force to oppose the force generated by muscle through concentric or eccentric contraction. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

Motor abilities are an inseparable part of sports performance and achievement. The term "Motor Abilities" has been synonymously used with "Physical Fitness" however it defers from physical fitness, since the modern definition on the physical fitness takes into its account not only motor fitness component but also health fitness components. Motor abilities are directly related to physical fitness and also help in achieving total fitness.

The present game of handball is highly skillful interesting and demands high level fitness, and psychological characteristics. The game handball requires concentration, quick thinking and a great deal of moment. The speed of a game means that the players must be thinking for a moment about attack and the next about defense. They must be concentrating all the time if there are to keep up with play. Handball is an action packed game with none of the players acting as involuntary spectators for part of the game as in other team games.

The present study may help to handball player regarding weight training for improvement of leg power and arm strength is concerned. The result of the study may provide useful information and guidance to handball coaches, physical education teachers and athletes regarding the Effect of weight training on leg power & arm strength of handball players of Lucknow. And may be instrumental in effective strength training parameters of athletes so that the players perform better in field.

Procedure:

In this study the selection of subject's criterion, measures collection of data and design.

Selection of Subjects:

Forty male handball players of Lucknow was Selected as subjects as random. Age ranged from 17 to 25 years. The age of the above selected male players was verified from their respective High school Mark sheet records.

Selection of Variable:

Leg power and arm strength were select as a variable for investigation of present study.

Design: Random group design adopted for this study.

Criterion Measure: Leg press was used for leg power and push-up was used for arm strength.

Collection of Data:

The data for the purpose of this study was collected at the field of chowk stadium, Lucknow by administering the leg power and arm strength.

Experimental Procedure:

The study was conducted for a period of four weeks in the month of June, there were two groups, Group "A" was experimental group and Group "B" was control group.

Statistical Procedure:

To find out the effects of weight training selected motor abilities on handball players. The t-test was used as the statistical treatment.

Table 1. Experimental Group

Variables		Experimental group		t-value
		Pre test	Post test	
Leg power	Mean	74.12	84.22	2.72
	SD	3.88	4.55	
Arm power	Mean	5.12	7.12	5.14
	SD	1.00	1.33	

Significant at 0.05 level.

Table 2. Control Group

Variables		Control group		t-value
		Pre test	Post test	
Leg power	Mean	73.13	74.12	1.13
	SD	3.79	3.88	
Arm power	Mean	4.98	5.00	2.00
	SD	0.58	0.58	

Significant at 0.05 level.

Discussion on Finding:

The finding of the study the positive and significant effect of weight training was seen on leg power and arm strength of handball players. Both the abilities are highly related with the strength training have the main reason for improvement in leg power and arm strength of the handball players.

Conclusion:

On the basis of the results of the study the conclusion may be made that positive and significant effect of weight training was seen on leg power and arm strength of handball players. Leg power and arm strength is a very important factor for the performance of a handball player.

Recommendation:

It is recommended that such type of studies may be conducted on larger sample on different game players and gender for better results. The result of the study may provide useful information and guidance to handball coaches, physical education teachers and players.

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Role of Legal Aid in Protection of Victim of Human Trafficking in India

Ms. Sampada Sushant Pise: Ph D Scholar, Department of Law, Shivaji University, Kolhapur, Maharashtra

Abstract:

In present scenario Human Trafficking is considered as modern day slavery because of various kinds of exploitation included in it. In human trafficking majority of humans are being trafficked all over the world for the purpose of forced labour, sexual exploitation for prostitution, domestic servitude, forced marriage, child pornography, begging, drug peddling, removal of organs, etc. Thus the human who are the victim of trafficking are always in need of legal assistance after their rescue mission. Our Constitution of India made provision of equal justice and free legal aid under Article 39(A) to all those person who are unable to approach to the court by reason of illiteracy, poverty etc. The Legal Services Authority Act, has also been enacted to provide free and competent legal services, so that everyone can easily access to the court and to ensure that opportunity to secure justice are not denied to any citizen by reason of economic or other disabilities. Under this act various authorities work to implement legal services programs at all level, to provide free legal aid to all those who are in need of free legal aid, including victims of Human Trafficking. Thus the present study is an attempt to study and analyze the problems faced by victim of human trafficking and also to analyze the role of Free Legal Aid in process of protection of rights of the victims of human trafficking.

Keywords: Victim, Human Trafficking, Legal Aid

1. Introduction:

In present scenario, Human Trafficking is considered as modern day slavery because various kinds of exploitation included in it. In human trafficking majority of human are being trafficked all over the world for the purpose of forced labour, sexual exploitation for prostitution, domestic servitude, forced marriage, child pornography, begging, drug peddling, removal of organs, etc. Traffickers use different ways like force, fraud and coercion as a mean for human trafficking. Sometime traffickers are the close relatives, friends, well wishers who gave the victim false promises of a better life. On the other side the force and coercion like threats of harm to the victim or victim's family, threat of shame to the family of victim in the community etc. are also used to involve them in trafficking and because of these threats human become the victim of trafficking. At this stage victims become alone and thus are in need of legal assistance to get justice. The simple, accessible and timely legal help or advice is needed to be available for them.

According to the data, of NCRB (National Crime Records Bureau), India has reported maximum number of cases of human trafficking as compared to Sri Lanka, Nepal, and Bangladesh. The cases registered for human trafficking in the year 2017, 2018, and 2019 are 2854, 2278, and 2260 respectively. As per the observation of available statistic there are three states are at the top for human trafficking in India and these are Jharkhand, West Bengal, and Telangana respectively. Also the rescued number of the victims released by NCRB are in 2017, is for Male 2287, and for Female is 3502, in 2018 for Male it is 1869 and for

Female 3395, in 2019 for Male is 2513 and for Female 4058. Further it has been revealed that Maharashtra reported highest human trafficking cases in 2019. According to this report, 1,020 human trafficking victims rescued last year in Maharashtra, over 946 people were trafficked for prostitution, 13 for forced marriage, 15 for forced labour and 39 for other reasons. According to the data, among those trafficking victims rescued, 978 were women. Therefore it has been seen from above data that human trafficking has become a serious problem and it is observed that women are easy prey of this crime.

The Constitution of India has made special provision to prevent human trafficking under article 23(1) and according to which the offence of human trafficking, beggar and forced labour are prohibited and punishable under law. The protection of these Article is available to the citizens as well as non-citizens. The preamble of our Constitution speaks about equality before law and equal protection of law to all the citizens of India so that victim of human trafficking's are not exception of it. Therefore the provision of Equal Justice and Free Legal Aid is available under Article 39 (A) of the Constitution to the poor and weaker section of the society hence, available to the victim of trafficking.

2. Objective of the Study:

Now a day human trafficking is become a major problem across the world. The numbers of victim of human trafficking are increasing day by day even though number of legislative provisions are in existence to prevent it. Hence there is need to strengthen the legal provisions relating to human trafficking. The object of this paper is:

1. To observe the number of cases reported under human trafficking.
2. To analyse problem faced by victim of human trafficking.
3. To analyse the constitutional and legislative provision relating to legal aid and human trafficking.
4. To analyse the role played by Legal Services Authority Act.
5. To give some suggestions to deal with the problem of human trafficking.

3. Problems Faced by Victim of Human Trafficking:

Human trafficking is a widespread problem in which people who are facing poverty and who want to improve their lives are trapped by the traffickers. Women and children are easy prey for such because they belong to vulnerable community. As human trafficking is hidden crime it is not easy to get accurate data, researcher estimate that more than 80% of trafficking victims are female. Over 50% of human trafficking victims are children. It has been seen from the above data the ratio of rescued victims of trafficking of women is higher than men as a result most of the victims faced trouble after rescue mission. The main problem faced by these victims is social stigma. As women and girls are trafficked for sex purpose it is hard for them to spend normal life. The societal approach towards them has changed because they were indulged in sex work and hence go through trauma and stress. Also it is impossible for them to integrate with their family however boys can be accepted by their families but it is difficult for the girls and women to reunite with their families. Thus they have to take shelter in shelter homes run by the government. Some get adapted to the environment of the shelter homes but due to the issue of livelihood and societal approach some select to go back to that way again. This is because organizations cannot fulfill their long term needs e.g. education, career development etc. Similarly they are unaware about the government facilities provided especially to them so they cannot get benefit of the scheme available to them.

4. Role of Legal Aid in Protection of Victim of Human Trafficking:

Generally, Human Trafficking is unlawful transportation of human being by means of fraud or coercion for the purpose of forced labour or sexual exploitation. So apart from the provision of constitution wide range of laws have been enacted by the parliament as well as state legislature. Most of the time the rescued victims of trafficking are poor, helpless and in need of legal aid, assistance and advice therefore, the statutory provisions are also made for the victim of trafficking to get free legal aid. Thus the Legal Services Authority Act enacted to provide free and competent legal services to the weaker section of the society.

According to P.N.Bhagvati, legal aid means providing an arrangement in the society so that the machinery of administration of justice becomes easily accessible and is not out of reach of those who have to resort to it for enforcement of it's given to them by law. Thus Free legal aid is a legal option available to the victims of human trafficking by which free legal assistance and advice on any legal matter is available to them to get justice by skilled lawyers.

Under Section 2 (1) (c) of Legal Services Authority Act, "Legal Service" includes the rendering of any service in the conduct of any case or other legal proceeding before any court or other authority or tribunal and the giving of advice on any legal matter. The free legal services include all the incidental expenses which are required to file case e.g. court fee, providing lawyer, document in legal proceedings, preparation of appeal, special leave petition, drafting fee, printing, translation of document etc.

The beneficiaries of the legal aid are entitled to get free legal aid, legal advice or free legal services. The nationwide uniform network of the free legal services has been established under Legal Services Authority Act for these weaker sections of the society through which they can easily access to the court to get justice. Under this Act various authorities such as, National Legal services Authorities, State Legal Services Authorities, District Legal Services Authorities and Taluka Legal Services committees work to implement legal services programs and to give effect to the policies and direction of National Legal Services Authority, at each level respectively and it also work to provide free legal aid to victim of trafficking.

The skilled assistance has been provided to the victim of trafficking by the lawyers, counsellors who are interested in working under Legal Services Authority Act. The police and NGOs also play an important role as they assist them in reaching out to lawyers.

5. Role of Legal Services Authority Act in Protection of Victim of Human Trafficking:

Human trafficking is deeply rooted in our society from the ancient time so it is difficult to remove its root from society. The protection to the victims of human trafficking is made available not only by Constitution but by the suitable legislation and statutory provision also. The Constitution of India provide, equal justice and free legal aid under Article 39(A) to all those person who are unable to approach to court by reason of illiteracy, poverty etc. Thus this Article ensures that opportunity for justice are not denied to any citizen by reason of economic or other disability.

The Legal Services Authority Act has been enacted in 1987 on the basis of Article 39(A) of the Constitution. The object behind this Act is to constitute legal services authorities to ensure justice to the door- step of the poor and the needy and make justice quicker and less expensive, hence no one should denied justice just because of economic or other disability. The National Legal Services Authority is the Central Authority working under the Act. The Act provides the list of persons who are entitled for getting legal services under section 12 and as per Section 12 (b) of the Legal Services Authority Act, victim of trafficking in human

being or beggar are entitled to get legal services. The Central Authority is under an obligation to perform the functions that are provided under Section 4 (b) of the act which include framing of effective and economical scheme for the benefit of those who are entitled to get legal services under Section 12 of the Act.

However the victim of trafficking are mostly women and children just because they are from most vulnerable group and are unable to fight for themselves. Women and girls are mostly trafficked for the purpose of commercial sexual exploitation or illegal prostitution and boys are mainly trafficked for begging, labour, drug smuggling and also for commercial sexual exploitation. Thus after the rescue mission it is important to provide them legal aid for their betterment.

After the writ petition filed by PRAJWALA in Supreme Court in 2004, the NALSA believes that it is necessary to draw up a scheme to give a framework for the legal services authorities at different level to put in to action the undertaking to the Supreme Court. Keeping in mind the NALSA has drawn a Scheme viz. "NALSA (Victims of Trafficking and Commercial Sexual Exploitation) Scheme, 2015 which aim to provide legal services to the victim of trafficking including women of all age group and at every stage i.e prevention, rescue and rehabilitation at all level by the authorities under the Act. This scheme is introduced for making the victims of trafficking beneficiaries to a set of government programmes.

The District Legal Services Authority Thane opened legal aid clinic in Thane, Maharashtra in the pursuance of notification issued by the Maharashtra State Legal Services Authority to all the DLSAs. It is the India's first clinic especially for the victims of trafficking that offers assistance to the victims of trafficking. The clinic is to inform the victims of their rights after liberation from the sex trade. The clinic is established to provide help in court cases; police support when required and provide guidance about the schemes that are introduced by the central and state government. The NGOs and Police inspectors not only encourage them to file their complaints but also reach out them to lawyers and to seek legal aid for their infringed right. The clinic provides legal support to victim in the legal cases through the lawyer working in clinic.

6. Suggestions:

It is to be concluded that trafficking in human being is serious criminal offence. The legal status of trafficking victim is uncertain thus legal assistance is necessary in the administration of justice. Because of their status, victim of human trafficking discourage from reporting their experiences to the police. In such situation long term protection and rehabilitation services are needed to be accessible to them. As the legal aid plays an important role for welfare of all the people there is lack of awareness among the trafficking victim about the schemes related to them. However the legal aid to the victim of human trafficking should be commence from the time of rescue to the conclusion of trial because when the victim of human trafficking release from rehabilitation center the legal assistance must also be provided at that time, because the risk of re-trafficking is there. It is irony that number of human trafficking victims is rescued in India every year but there is only one legal aid clinic established in India at Thane Maharashtra.

- Awareness through various means such as social media, radio, TV, newspaper of local language.

- Guarantee all type of medical help such as primary medical care, mental health support, physical examination, vaccinations for child, HIV testing and treatment, hormonal changes testing and prescriptions, other laboratory testing and monitoring, referrals to specialists and surgeons, contact number or helpline number of health center.
- Mostly the youth become the victim of human trafficking for forced labor or services or for commercial sex act hence there is need to provide education of their choice.
- Create awareness in the schools as preventive measure because most of the children are trafficked for the purpose of child labour, begging and prostitution
- Appoint a panel of lawyer especially for the victim of trafficking.
- The legal aid clinic should be established especially for the victim of human trafficking, in the state having large number of rescued victims.

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Effects on MallakhambElasticity and Balance: Semi-Experimental Studies

Mr. Bhupendra Ramdas Malpure: Director, Department of Sports, J. R.CityJunior College, Dhule (Maharashtra, India)

Abstract:

Despite the many health benefits, Mallakhamb also has a proven role to play in enhancing efficiency. Thrills that drive specific elements of fitness. Our aim was to study the elasticity resulting from Mallakhamb and its study.

J.R.city sports academy, Dhule. There is a balance among the trainees practicing Mallakhamb at J. R City Sports Academy. A semi-experimental study was performed.

A total of 20 players took part in the Mallakhamb training of the trainees. We had 10 participants in each group (10 in the mallakhamb group and the other 10 in the non-Mallakhamb group). Regular mallakhamb sessions are conducted in the morning. Over a period of two weeks to six weeks. All participants were allowed to attend regular training sessions.

Only the Mallakhamba group participated in the additional Mallakhamba session. Including flexibility and balance measurement. Seat and Reach (SR) test and Stork Stand (SR) test were conducted before and after mallakhamb and training.

Period Independent T-test and combined T-test were performed to determine the significant effect of Mallakhamba inside and outside Mallakhamba. Between groups before and after Mallakhamba training. Our participants were men. Age of participant It was between 12-1-17 years. All of these had normal levels of BMI. Showed significant improvement in Mallakhamb group for elasticity (SR, $P = 0.017$) and balance (SS, $P = 0.044$) relative to the group. No.

Significant improvements in flexibility and balance were observed in the non-Mallakhamb-non-group. Between groups Comparison (Mallakhamb and non-Mallakhamb) also has flexibility (SR, $P = 0.018$) and Balance (SS, $P = 0.021$). Our findings help us to conclude that regular.

Mallakhamb training can improve balance. And in the short term (weeks) the flexibility of shooting Mallakhambathelit can also improve atheletic.

Performance demanding high flexibility and balance.

Keywords:Mallakhamba, Flexibility balance players;Shootinggame

1. Introduction:

Regular practice of Mallakhamb has numerous health benefits (Wolf et al., 2011; Pal et al., 2011; McDermott et al.,2011 ;; Parikh etc., 2011). Mallakhamb has also brought about positive changes in physical functioning and well-being.

Improved flexibility and balance and practiced regularly (Akhtar et al., Ross and Thomas, 2010) (Bohede Etc. 2005) as well as cardiovascular functions (Bera and Rajapurkar, 1993). Moreover, Mallakhamb can be direct.

Link to improve general components of athletic performance (Harrelson and Swann, 2003). This is also clear Mallakhamb can be an important component of a regular exercise

routine or training program Can even replace that (Broad, 2012). Increased flexibility increases rapidly due to regular mallakhambabhasya. The process involves stretched muscle and connective tissue around the joints (Woodyard, 2011).

Mallakhamb also has a profound effect on balance, muscle strength, endurance and coordination Structural activity and participation (Carico, 1997).

Mallakhamb differs from other specialized types of exercise training in that it requires multi-structural participation which a Suitable for the body in various ways (Gulati and Sharma, 2011; Kaminoff and Matthews, 2007)

Mallakhamb in position increases the ability of movement and reduces the limit of movement, thereby improving the body Working in each other's thighs helps maintain constant and steady breathing through a series of seats (Stable consecration) requires muscle groups under stress. The respiratory system communicates to a stressed person.

The musculoskeletal system causes extensive changes throughout the body while doing those Mallakhamb elements (Coulter, 2010).

Traditional exercise focuses on improving specific fitness for the availability of a given sport (Bryant et al.Green, 2006) Although specific fitness components are increasing, it is difficult to use them to achieve optimal. Athletic Performance (Aberg, 2002) On the other hand, regular Mallakhamb poses improve many features.

Fitness factors (e.g. increasing alignment, increasing range of motion, and increasing muscle fiber Recruitment) Increases flexibility and reduces muscle tension thus allowing new movements to occur and Help move joints freely (Clark and Powers, 2012) thus improving sports skills.

Balance thrills in Mallakhamb games require their balance and flexibility for long periods of time and beyond. According to the above evidence, Mallakhamb helps to strengthen and refine connective muscle tissues and A really good practice on some really small muscles that are responsible for balance and stability.

Mallakhamb help a lot in this regard.

Therefore, the main purpose of this paper was to examine the effect of Mallakhamba on specific components. Fitness especially the balance associated with flexibility and balance theatrical performance. Thus, through an improvement. The specific fitness factor, the core capacity of the athletic performance should be increased. To apply our results to this In competitive conditions, we conducted our experiments on trainee athletes who regularly participated.

Training in Dhule J.R City Sports Academy (Dhule) Maharashtra, India Mallakhamb Department for their athletics Program.

2. Materials and Methods:

The study uses the following methods: Data analysis and synthesis; interview; medical examination; blood tests (hemato-biochemical tests), and mathematical statistics.

The semi-experimental study was conducted for a period of 7 weeks (measurement days and Mallakhamb training Session) To evaluate the effect of Mallakhamb on specific aspects of athletic fitness in appropriate athletes. Participating in regular Mallakhamb training at J.R. City sports academy, Dhule, Maharashtra, India. The study was conducted in the measurement section Physiology Exercise and mallakhmb Training Sessions were conducted at Institute of Sports Science, J.R. City sports academy.

The study period of J.R.City sports academy Mallakhamb Complex was from Jan, 2019 to February, 2019. Mallakhamb was trained Twice a week over a 6-week period. We have selected 20 participants according to them. The availability and usefulness guided by instructors allows researchers to collect data on their athletes.

Participants (n = 20) were trainee players in both the male and female Mallakhamb divisions. Were the subjects Divided into Mallakhamb group (n = 10) and non-Mallakhamb group (n = 10). Participants had no previous experience

Mallakhamb and free from injury. It was also asked before including the history of any existing medical condition Them in this study. J.R.City sports academy, Dhule, Maharashtra, India. consisted of students who had passed at least one year of training. There were new students Excluding study without specific sports training predicts your study.

2.1. Process:

The Mallakhamb group and the non-mallakhamb group consisted of mallakhamb trainees. During mallakhamb. In sessions for weeks, members of both groups have also regularly participated in pre-scheduled game specific Training. General training includes static stretching exercises, weight and endurance training, and walking for it. In addition to their regular training, both groups participated in early morning mallakhamb sessions on Mallakhamb subjects (Monday and Thursday) each week before any other physical activity. Professionals held sessions Mallakhamb expert. The Mallakhamb expert demonstrated various types of mallakhamb poses (asanas) followed by participants. And imitated those poses. Each session lasted one hour. Flexibility and balance measures were taken 6 weeks before and shortly after the Mallakhamb session.

The assessment of each group was completed separately. One day before the start of the first Mallakhamb session Measurements were taken with the same test protocol from group members without mallakhamb and mallakhamb. Similarly, at the end of the 6-week Mallakhamb training session, one day later, the test protocol was repeated.

Mallakhamb group and Mallakhamb-non-Mallakhamb group respectively. Without any practice sessions, the following assessment Protocol completed: (1) Sit-Reach (SR) test and (2) Stork Stand (SS) test. Flexibility was the solution Is determined by the SR test (Bachale, 2008), while the balance test was taken by the stork stand (SS) test. (Coulson and Archer, 2011) We've recorded the best of the three.

2.2. Statistical Analysis:

Critical descriptive statistics (i.e. standard deviations) were directly measured and derived Let's go. All computable values were calculated before comparing instruments. Pair T-test was used Comparison of different characteristic variables between the two groups. Data were analyses using SPSS (Statistics Package for Social Science) Version 22.0. A 5% level probability was used to show the statistics Importance.

3. Results

A total of 20 participants (10 from each group, i.e. Mallakhamb and Mallakhamb-non-group) were included Practice. Participants were both male and female trainees of Mallakhamb Game in J.R. city sports academy, Dhule, Maharashtra, India. Of middle age Participants for the Mallakhamb group in the age group of 14 to 17 years 13.70. Was 1.33 (SD). Age without Mallakhamb. The members of the group were 13.60 12 0.97 (SD) in the

age group of 12. 17 years. Sixty percent were men and forty percent There were women in both the groups. The mean (\pm SD)height was slightly higher in the non-SD group. There was no significant difference I.e. the weight of our participants in the two groups. All participants had BMI (Body Mass Index) inside General category. Participants in the Mallakhamb group had slightly higher BMI levels. It is from the table below Mallakhamb is clearly visible in all aspects of the selected anthropological variables.

The non-Mallakhamb group is a tool and standard deviation of the anthropological variables in the two groups Given below (Table 1). The difference in resilience test scores was observed in the Mallakhamb group as compared to the non-Mallakhamb-non-Mallakhamb group. In the Mallakhamb group, according to the tests performed before and after the Mallakhamb training, significant differences ($P = 0.017$) were found.

The score and average difference was -2.00. This means that an average of 2 inches of elasticity is increased Participants in Mallakhamb Group after training. On the other hand, there is no difference in mean scores Flexibility testing was observed in participants in non-Mallakhamb groups (Table 2).

The Mallakhamb training session studied balance improvements in the Mallakhamb group over a period of weeks.

ST test performance increased from 24.10 seconds (standard deviation [SD] = 16.33) to 26.30. Seconds (standard deviation [SD] = 17.33) which was statistically significant ($p = 0.004$). But not significant a difference was found in the non-Mallakhamb group who underwent the same test as those who were trained regularly(Table 3).

In addition, comparisons between groups (Mallakhamb and Non-Mallakhamb) also showed that there were also significantSR test for flexibility ($P = 0.1$ and 1 weeks) and ST test (at.021) after balance ($P = 0.021$) weeks.

Table 1. Descriptive Statistics of Selected Anthropometric Variables.

Variables	Malkhamb Group (n=10)		Non-Malkhamb Group(n=10)	
	Mean	SD	Mean	SD
Height (Cm)	153.16	24.50	163.79	6.76
Weight (Kg)	51.80	12.96	53.30	6.05
BMI (BodyMass Index)	22.23	3.61	19.88	1.98

SD = Standard deviation, n = number of participants

Table 2. Anylytical Statistics for Mallkhamb and Non-MallkhambTraditional Measures for Flexibility.

Measures	Sit Reach (SR) Test (Inches)		
	MallkhambGroup	Non-Mallkhamb Group	Mallkhamb-Non Mallkhamb Group
Mean \pm SD (before)	35.50 \pm 5.33	37.20 \pm 5.03	36.85 \pm 5.05
Mean \pm SD (after)	38.50 \pm 6.62	37.30 \pm 4.95	37.90 \pm 5.72
Mean difERENCE	-2.00	-0.10	-1.05
Standard error of mean	0.68	0.18	1.82
T statistics	-2.93	-0.56	-2.58
P Value	0.017	0.591	0.018

Table 3. Anylytical Statistics for Mallkhamb and Non-Mallkhamb Traditional Measures for Balance.

Measures	Sit Reach (SR) Test (Inches)		
	Mallkhamb Group	Non-Mallkhamb Group	Mallkhamb-Non Mallkhamb Group
Mean \pm SD (before)	24.10 \pm 16.33	16.50 \pm 4.71	20.30 \pm 12.33
Mean \pm SD (after)	26.30 \pm 17.73	16.30 \pm 4.52	21.30 \pm 13.60
Mean diference	-2.20	0.20	-1.0
Standard error of mean	0.57	0.13	0.40
T statistics	-3.84	1.50	-2.52
P Value	0.004	0.168	0.021

Significant level < 0.05. SD = Standard Deviation

Discussion:

Flexibility and balance are important factors in the fitness of any player in any important role On their performance. In this particular study, our main focus was on determining whether Mallakhamb had any additional effects.

Flexibility and balance in mallakhamb game athletes despite the regular type of training. Players from Both groups participated in their regular training programs. Warm up exercises in regular training sessions, Strength and endurance training, sports specific skills training and regularly participating in their sport. Mallakhamb only.

The group was given additional Mallakhamb training. Evidence has shown that flexibility enhances training and wrestling Range of joint movements (McHugh and Cosgrave, (2010; Amin and Goodman, 2011) Untrained. Therefore, we assumed that both groups would show improvement in the resilience test because all.

Among them participated in regular practice sessions.

Our findings show that in addition to regular training sessions, mallakhamb training significantly increases Flexibility measures. Conversely, the non-mallakhamb group showed no improvement in flexibility Remedy. In addition, the participants in the Mallakhamb group are also Mallakhamb.

There was more flexibility than non-participation.

Thus, practicing Mallakhamb helped to improve flexibility measures in athletes with active training. Do not stretch until warm. We have also estimated that both groups (Mallakhamb and Non-Mallakhamb) will improve in the balance test.

Participate regularly in strength and endurance training, especially skills specific to Mallakhamb games Stimulates stability and balance (Zach et al., 2010) In addition, the practice of regularity is like increasing. Balance (Zach et al., 2010; Bohede et al., 2005), we expected additional Mallakhamba training to improve as well.

Balance According to us, there was a significant improvement in the balance measures in the Mallakhamb group Expectation. However, Mallakhamb vs. Mallakhamb- Mallakhamb group emerged with a significantly higher balance. According to the findings Above, we can re-establish the fact that additional Mallakhamb training has a positive effect on the traditional balance Training in a very short period of time.

Our study also bears a resemblance to other studies. In a study of college players for about 10 weeks coincidentally setting the weeks the same way. Significant improvements were seen in both flexibility and balance.

Among the participants who belonged to the Mallakhamba group, in their performance after tests taken for measurements (Polgrove et al., 2011). This proof too supports our search. Mallakhamb can really increase flexibility and balance with athletes.

Traditional Training:

A second study of Olympic weightlifters found that 6 weeks of Mallakhamb training showed no significant differences between groups on resilience measures (Ernst & Jensen, 2011). The results though in contrast to our results, several other studies have shown a positive effect of mallakhamb on flexibility.

Therefore, with the exception of just one piece of evidence, we can recommend including them in a regular Mallakhamb session.

Training in Athletes:

Studying Mallakhamb up to 6 weeks has shown an improvement in both flexibility and balance. From our findings we can expect that Mallakhamb group athletes increase the number of flexible and balance non-mallakhamb group athletes frequently. Participate in additional training with multiple focus fitness factors, flexibility and balance for the Mallakhamb group can explain the improved measures. Players.

Following the above quote and the advice of many others, the investigator came forward with confidence. Conclusions that the trainees participating in the yoga session increased flexibility and balance. It would be beneficial to have a professional, rather than just another group participating in regular training. A mallakhamb expert can be added to the coaching team to provide regular training for overall improvement. McHugh MP and CH Cosgrave, 2010.

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