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A Study Of Yoga And Its Benefits For Sports With Special Reference For Women

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Introduction

Yoga is the gift of nature to human life. It is most useful activity for best performance in sports. It is activity of exercise. The art of Yoga has its roots in ancient Indian tradition. Yoga is not about only exercising, but it is a physical, mental and spiritual practice. Recently Indian prime minister Narendra Modi asked to adopt this ancient Indian art during his speech in United Nations General Assembly. so it is most beneficial for body fitness. Among the various fitness activities and drills, it is crucial for cricketers around the globe to sign up for Yoga as it not only helps keeping a track of his mental and physical health, but also helps improving reflections and overall strengthening of the body. It is a known fact that a strong and well-maintained body is less prone to injuries, A woman body is exclusive, for it is clear by transition through youth, the productive time, menopause and post menopause the knowledge stage. At what time a woman can maintain balanced and pleasant-sounding reproductive scheme, it leads to greater energy and happy wellness. Be supposed to women practice yoga any differently from men? How might a woman modify her practice to be in accord with the changes her body undergoes throughout a life time? A yoga practices has the potential to support positive transformation through these natural cycles. Women have must, not only, take care of their domestic duties with efficiency and grace, but also work outside the four walls justifying their education and intellectual capabilities. Yoga is a means to achieving sanity and serenity in their trying and taxing world. With this important Therefore I choose this topic for research paper

Objectives of research

- 1) To explain Concept and procedure of yoga.
- 2) To overview on Yoga.
- 3) To study importance of Yoga and its benefits for specially women.

Research methodology

The purpose of the study of importance of Yoga and its benefits for Women is used by man, Women performers, coaches and officials to try to improve performance and human life. For the purpose of this study used social science research methodology to study the research topic Used scientifically analysis. In this method used secondary data tools. In this secondary data tool used reference books. Research articles, newspapers, journals, published and unpublished materials and also taken help of internet facilities. For this paper researcher is used descriptive research methodology and scientific analysis.

Benefits of Yoga for sports performance- specially for women

Players mind become relax and refresh by doing Yoga. Yoga helps us regulate our breath through a series of breathing exercises and pranayama Yoga can also heal people suffering from pulmonary disorders through correct and regular practice. Yoga is the perfect recovery activity for runners. Yogic stretches helps relieve soreness, heal the muscles, strengthens them, prevent stiffness which in turn helps one run better. Yoga not only helps strengthen the body, improve flexibility and agility but it is also one of the best ways to heal injuries and also prevent several aches and pains. That is the reason, yoga is meant for one and all. . Yogic kriyas and bandhas like Nauli, Agnisaar, Udyan Bandha are the best ways to detox and make the core stronger.

Several asanas like Navasana, Kumbhakasana, Vashishthasana, Adho Mukha Svanasana, etc works wonders on the core. Sleep deprivation, disturbed sleep, insomnia are very common problems faced by several people, today. Good, sound sleep is one of the most important requirements of a healthy mind and body. Lack of sleep can lead to increased risk of heart diseases, kidney problems, high blood pressure, diabetes, etc. One of the best way to deal with It's an effective method of dealing with and preventing a host of health problems. Migraine is one such common condition that many suffer from. Practise of simple yoga postures like Hastapadasana, Setu Bandhasana, Balasana, Marjarasana, etc along with Pranayama helps cure and prevent migraine.this problem is yoga. Asanas like Balasana, Uttanasana, Supta Baddha Konasana, Viprit Karni, Savasana and the bee breathing technique called Brahmari helps improve the quality of one's sleep.

We stand and sit straight due to the normal and erect spinal cords. The help of yoga exercise of Flexion, Extension, and Rotation, Side bending and axial extension. Makes you happier the yoga, exercises in their life may help them to attain inner peace. On behalf of the things, it is necessary for the women to have knowledge about such yoga exercises of Padmasana, Dansana, Gomukhasana and Sucirandhrasana. Yoga helps women in receiving pregnant as normal yoga practice increases ovulation and hormonal balance. Those women practice yoga have double the chances of getting pregnant as there is reduced stress and increased blood circulation to the reproductive organs. Few women have a bad opinion in dealing with their irregular shaped body. However, with the help of the relevant yoga practices, you can bring an evolution in your body postures. As the yoga involves in various posters, you can correct up things where you are weak at it.

Yoga benefits for women in proper metabolism functioning thus helps in maintain healthy body weight and calculating hunger. Regular yoga practice helps to achieve balance and more resourceful metabolism. Joints are the important part of human body, which helps us to stand straight. Beyond our needs, the yoga practices help you to deal things efficient. You can consider the asana mentioned for the body balance and the spine health. It may help you to know things in a regular basis. On behalf of the right ones, you should carry up the right corrective yoga measures that help you in losing your weight significantly.

We are living in the world where women are affected with diabetes. Danurasana, the means of bow pose, Paschimottanasana, the means of forward bend, Sarvangasana, the means of shoulder stand, Halasana, the means of plough pose, Bhujangasana, the means of cobra pose. You can surely keep your body sugar levels under your control. Women should learn such things probably to keep their body strong and healthy.

Yoga has all benefits inside it. Around the world, many people are suffering from the breathing problems. It may be due to the hereditary issues or it may be due to some allergic reaction in the body. In order to overcome such facts, you should be very keen in noticing down the yoga asana for better breathing. For Example Padangusthasana, Marjaryasana, Bitilasana. UttanaShishosana etc. Yoga greatly helps in handling pain due to arthritis, back pain, carpal passage disorder and various types of chronic pain. Yoga benefits for women in reducing the stress, which in turn lower your body's sensitivity to pain. The sharp memory power can help you to come under with various things. One can keep their memory power high by practicing reliable yoga forms daily.

The women powerfully practices yoga for importanttime, she may never get artificial with such deadly diseases. Meet some important information, which brings you the right overhaul to your mind. I hope you can understand the deep things further than the word Yoga. Try to learn many hidden benefits of yoga for women and men. ArdhaMatsyendrasana, BaddhaKonasana, Ustrasana, Halasana, Anuvittasana, Urdhva Dhanurasana.

Practicing yoga previous going to cot helps to relax and unwind. If you want to live a healthy and disease free life, there is nothing better than yoga. Due to the daily environment, the women may attain work pressure both inside and outside the house. Some yoga asana like Padmasana and other asana, factually helps you to keep your tension out of home. Practicing yoga forms daily, you can control your mind and keep it under disciplinary manner. Women can continue doing exercises, which may cope their health up to the normal cases. The yoga exercise also helps them to keep their digestive track healthy. The right yoga practices help you to have a healthy and glowing skin. Padmasana, AdhoMukhaSvanasana, Dhanurasana, Sarvangasana, Halasana, Shavasana. Women though held up in various everyday jobs must have awareness in their family as well as the official works. When you sit on ground, try to experience Pathmasana, which helps you in your day-to day chores too.

Conclusion

Yoga is activity of exercise. It provides positive energy to our body. By doing its we achive well body fitness.and achive success in sports. It's an effective method of dealing with and preventing a host of health problems. A woman body is exclusive, for it is clear by transition through youth, the productive time, menopause and post menopause the knowledge stage. At what time a woman can maintain balanced and pleasant-sounding reproductive scheme, it leads to greater energy and happy wellness. Be supposed to women practice yoga any differently from men? How might a woman modify her practice to be in accord with the changes her body undergoes throughout a life time? A yoga practices has the potential to support positive transformation through these natural cycles Migraine is one such common condition that many suffer from. Practise of simple yoga postures like Hastapadasana, Setu Bandhasana, Balasana, Marjarasana, etc along with Pranayama helps cure and prevent migraine.If you are looking for a way to cleanse your digestive system and eliminate toxins from your body, yoga is the way to go. Yogic kriyas like Vaman, Laghoo Shankprakshalan, Agnisaar, Nauli and asanas like Prasarita Padottanasana, Marichyasana series, Parivratta Utkatsana, etc helps massage the intestines, eliminates carbon dioxide, lactic acid, lymphatic acid from deep within and so is the perfect way to detox. so, Yoga is helpful exercise for our body fitness.

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12.

Yoga and Mental Health

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Introduction

Physical Education is very important subject in human beings life. Physical education is important for the overall development of the person. In physical education particularly Yoga is very important in our life. Yoga in Daily Life is useful for the eight levels of development in the areas like physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. It is useful to connect with loved ones and maintain socially healthy relationships. For the mental, spiritual and all round development of the human beings, physical education, sports and particularly Yoga is very important in our life.

The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of "Yoga in Daily Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Yoga and Pranayam both helps us to maintain the fitness well and also for the healthy life. Yogic techniques are known to improve one's overall performance. Let's know about the importance of the Yoga in our life for maintaining physical and mental health.

Importance of Yoga in Mental Health

- Yoga is very useful for the every person. Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities.
- As we know that Yoga in daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. Practice of Yoga also increases your life.
- Yoga gives fitness to the body and when it is physically healthy, the mind is also clear, focused and stress is under control. So Yoga is important for all types of health.
- Yoga gives the space to healthy relationships with loved ones and with society. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. It also creates positive attitude towards life.
- We know that Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It is useful for the physical and mental health of the body.
- Yoga is important to make us stress free and it avoids the burden from the mind. So it makes us free from burden and stress. It is very essential for healthy life style. It make us free from stress and anxiety.
- In some type of diseases Yoga is the effective treatment. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. It is very important for it.
- Yoga is also important for our daily happy life. It gives booster to fight fatigue and maintain our energy throughout the day. So it is necessary to do Yoga daily.

Importance of Pranayama

Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts. Those who knew it used to be very reluctant to share their knowledge and experience with anyone, unless a student proved by tests that he was ready to receive it.

“Tasmin sati swaspraswas yogartivich Pranayama”

This having been (accomplished) “Pranayama” which is control of inspiration and expiration¹ the inspiration of prana-vayuisshwasa and expiration is prashwasa² and the cessation of both is characteristic of Pranayama. Patanjali in his Yoga Sutra describes – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi as eight angas(parts) of Yoga. Amongst them, in the present materialistic world, the third and fourth part, Pranayama and Asana (Postures) are considered as very important part and prescribed by modern medicine too. The beneficial effects of different Pranayama are well reported and has sound scientific basis. 2- 3 There is reported evidences of Pranayama that it increases chest wall expansion and lung volumes.

The ancient sages also discovered that among the thousands of nadis there are three which are the most powerful energy channels and, when purified enough, these can promote the development of the human being in all three planes: physical, mental and spiritual, allowing us to reach higher levels of consciousness. These channels are called IDA, PINGALA and SHUSHUMNA nadis. Pranayama techniques act to purify the nadis including these three main energy channels. Yogis discovered a long time ago that breathing.

Through the left nostril stimulates the IDA nadi or the “moon channel” (connected with the parasympathetic nervous system) and breathing through the right nostril stimulates the PINGALA nadi or the “sun channel” (connected with sympathetic nervous system). By balancing the functioning of both nadis (that is, both aspects of the autonomic nervous system) we can stimulate the

main energy channel called SHUSHUMNA and harmonize the activity of the nervous system as a whole.

The main goals of “Yoga in Daily Life” are:

- Maintaining proper Physical Health
- Maintaining Mental Health
- Ability of Self- Realization

According to the above goals of the Yoga, it works effectively on these areas. How it is possible let's study it. Before it we must think about the two important factors like we must have pure thoughts and positive lifestyle and second one is that we must keep doing Physical, mental and spiritual practices

Yoga for Physical Health

The main aim of Yoga is to maintaining the physical fitness. The health of the body is of fundamental importance in life. As the Swiss-born Physician, Paracelsus, very correctly said, “Health isn't everything, but without health everything is nothing”. So to maintain the fitness one must practice of Yoga. And also to preserve and restore health there are physical exercises (Asanas), breath exercises (Pranayama) and relaxation techniques which we have to follow in our daily life..

We know that “Yoga in Daily Life” the classic Asanas and Pranayamas are divided into an eight-level system, beginning with “SarvaHitaAsanas” (meaning, “Exercises that are good for everyone”). Seven other parts follow this preparatory level and lead progressively through the practice of Asanas and Pranayamas. Several special programs have been developed from the basic exercises: We know that Yoga has different importance in our life It is important for the following reasons “Yoga for Back Pain”, “Yoga for Joints”, “Yoga for Seniors”, “Yoga for Managers” and “Yoga for Children”. These are some points related to the Yoga and it's importance for Physical fitness.

Due to these reasons and to maintain good health, other valuable exercises within “Yoga in Daily Life” are the

purification techniques of Hatha Yoga. These involve Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) as well as Mudras and Bandhas (special Yoga techniques). Such types of Yoga can make your body fit to fight against the illness.

Another important factor for the maintenance of good health is the food we eat. We must eat healthy food. It has great effect on our body. Eating habits must be good. What we eat is very important for our fitness. It is supportive to the Yoga and its effect. Food is the source of our physical energy and vitality. We must follow the balanced diet and we must know about it. Balanced and healthy foods include: grains, vegetables, pulses, fruit, nuts, milk and milk products, as well as honey, sprouts, salads, seeds, herbs and spices - either raw or freshly cooked. We must not ignore to avoid few types of foods. Foods to be avoided are old, reheated or denatured foods, meat (including all meat products and fish) and eggs. It is also best to avoid alcohol, nicotine and drugs as these rapidly destroy our health. This type of information must have to keep in our daily routine to make our body fit.

Yoga for Mental Health

For the mental health, we must maintain our body fit. In a sound body there is a sound mind. We follow our mind and senses and for mental health we should have to keep them under our control. To gain control of the mind, we must first place it under inner analysis and purify it. We must avoid negative thoughts which have great effect on maintaining the proper physical fitness. We also keep in mind that fears create an imbalance in our nervous system and through this our physical function. So we also avoid it. As we know that fear and negative thoughts are the cause of many illnesses and sorrows.

Yoga can make and helps us for making clarity of thought; inner Freedom, contentment and a healthy self-

confidence are the basis for mental wellbeing. Yoga can make it possible.

“Yoga in daily life can offer numerous methods and strategies to attain mental health and wellbeing: Mantra practice, the observance of ethical principles, the keeping of good company and the study of inspiring texts to purify and free the mind. These are some of the methods of attaining the mental health. We must follow these instructions to maintain the mental health.

Meditation is an important tool to attain the mental health. Meditation technique is to do. It is very important tool for self-investigation. self-knowledge is the technique of “Self-Inquiry Meditation”, a step-by-step meditation technique of Self-Analysis. Meditation technique is very important to make contact with our subconscious; we know that subconscious which is the source of our desires, complexes, behavioral patterns and prejudices. Yoga can make it possible. It helps for pure meditation. It is also important for self realization and it is also important to fight against our daily problems with more confidence. .

Yoga for Self-Realization

Due to the yoga practice one can develop the power of self realization It can. Cultivate indomitable will.

Self realization can develop the habit of self-control and self-mastery. Yogic practice can make this possible.

It can also build up our self-confidence capacity. It can also develop independent judgment.

Practice of Yoga and Pranayam can help us to lead a successful life. It helps us self realization and self esteem. It is the best way to go near the God realization. It can definitely gives us mental health.

Conclusions

According to the above information about Yoga and Pranayam, it is clear that how much importance should be given to the Yoga and Pranayam in our life. Yoga and Pranayam gives

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us religious freedom. It is true that Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga helps us to transcend religious boundaries and reveals the way to unity. It is the symbol of spirit and unity. Yoga in daily life helps us to make proper decisions because of mental health. Decisions regarding your health and Wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain. Daily practice of Yoga and Pranayam can give you better results about Physical, mental and spiritual health.

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A study of Women's sports participation and performances in Olympic games

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Abstract:

Women's participation and popularity in sports increased in the 20th century, especially in the last quarter-century, reflecting changes in modern societies that emphasize gender parity. Although the level of participation and performance still varies greatly by country and by sport, women's sports are generally accepted throughout the world today. Future studies should immerse participants into the live action of women's sports rather than highlight footage. The rate of participation of women in the Olympics has been increasing since their first participation in 1900. For this research paper I choose objectives as To overview on Women's sports, To study of Women's sports participation, To study of Women's sports performances in Olympic games. For the purpose of this study used physical science research methodology to study the research topic Used scientifically analysis. The first Olympic Games to feature female athletes was the 1900 Games in Paris. Hélène de Pourtalès of Switzerland became the first woman to compete at the Olympic Games and became the first female Olympic champion.

Key words: Women's sports participation, Women's performances in Olympic games

Introduction

Women's participation and popularity in sports increased in the 20th century, especially in the last quarter-century, reflecting changes in modern societies that emphasize gender parity. Although the level of participation and performance still varies greatly by country and by sport, women's sports are generally accepted throughout the world today. Simultaneously, women's sports, compared to men's sports, are rarely broadcasted in the media. Therefore, could the media be making sports fans believe that women's sports are less desirable by giving them less coverage? Using the Agenda-Setting Theory, Framing Theory, and Mere Exposure Effect, an intervention was developed to promote women's sports to sports fans. Half of the participants received watched highlight films of women's sports each week for 4 weeks. Results indicate that the intervention decreased prejudice towards female athletes after 3 weeks but had no effect on interest towards women's sports. Future studies should immerse participants into the live action of women's sports rather than highlight footage. The rate of participation of women in the Olympics has been increasing since their first participation in 1900. Some sports are uniquely for women, others are contested by both sexes, while some older sports remain for men only. Studies of media coverage of the Olympics consistently show differences in the ways in which women and men are described and the ways in which their performances are discussed. The representation of women on the International Olympic Committee has run well behind the rate of female participation, therefore I choose this topic for research paper.

Objectives of research

- 1) To overview on Women's sports.
- 2) To study of Women's sports participation.
- 3) To study of Women's sports performances in Olympic games.

Research Methodology:

For the purpose of this study used physical science research methodology to study the research topic Used scientifically analysis. In this method used secondary data tools. In this secondary data tool used reference books. Research articles, newspapers, journals, published and unpublished materials and also taken help of internet facilities.

Historical background

The first games were held in 1896 without them, to their great discontent. Despite the misogynous opposition of its founder, which was widespread throughout Europe, the 1900 Paris Games included 22 women (French, Belgian, Italian, Russian, etc.) out of 997 participants, with each gender competing separately. The British tennis player Charlotte Cooper (1870-1966) was the first woman to win a gold medal. Participation was nonetheless limited to so-called feminine sports, the former leisure activities of the aristocracy (tennis, sailing, croquet, horseriding, figure skating); these protected femininity and fertility, but also respected decency and

avoided any kind of strenuous or sustained effort, a requirement that was incompatible with high-level sports. The world champion for figure skating, the Briton Madge Syers (1881-1917), was thus wearing a skirt that ran to her mid-calf when she was awarded the individual gold medal and the bronze couples medal (with her husband) in London in 1908. Her compatriots also distinguished themselves, notably the archer Queenie Newall (1854-1929), who finished first among 25 participants from Britain, France, and the United States. Despite popular fervour, the organizers of the Olympic games still limited feminine presence. In 1917 this injustice became the struggle of Alice Milliat (1899-1938), the pioneering rower who was the president of the women's sports centre Femina sport (1912), as well as treasurer of the Fédération française du sport féminin (1917). She called for the admittance of female athletes to all Olympic sports, pointing out that the role played by women during World War One invalidated the argument of "natural fragility" advanced by their opponents. In 1919, the International Olympic Committee (IOC), which consisted entirely of men, refused the feminization of the showpiece events of track and field during the Antwerp games.

Women's performances in Olympic games

The number of women and girls participating in sports over the past 40 years. As women and girls are increasing their sport participation, sports fans are becoming more interested in women's sports. While more women and girls are participating in sports than ever before and sports fans are becoming more interested in women's sports, many sports fans and critics argue that women's sports are just boring; they complain that women's sports are not nearly as exciting as men's sports. Sports fans are not interested in women's sports because they are covered significantly less than men's sports, indicating that they are less important and less interesting than men's sports and other topics that are covered more frequently in the media, some researchers hypothesized. Using theoretical frameworks from Agenda Setting Theory, Framing Theory, and the Mere Exposure Effect, we hypothesized that increased awareness and exposure to coverage of women's sports will increase interest in and decrease prejudice towards women's sports and female athletes. Increased coverage of women's sports should arguably create an impression that women's sports are important. Additionally, this increased coverage should lead to increased exposure to women's sports. Because the more someone is exposed to a stimulus, the more favorable reactions they have to it, the more someone is exposed to women's sports, the more favorable attitudes they should have towards women's sports and female athletes. Despite these theoretical conceptions, our hypotheses were not supported with our intervention. Prejudice towards female athletes, however, did significantly decrease after 3 weeks, but did not decrease after 4 weeks, when exposed to increased coverage of women's sports. Therefore, increased coverage of women's sports does improve favorable attitudes towards women's sports and female athletes but does not necessarily increase interest towards women's sports. Perhaps, prejudice was not decreased after 4 weeks of the intervention because of the lack of interest and motivation to continue participating in the study considering 31 participants dropped out of the study.

Furthermore, interest may not have been affected because participants did not have an emotional attachment to the women's sports or female athletes that they were watching. After all, identification with a sports team is highly associated with intense emotional responses to the respective team competing. Therefore, because sports fans most easily develop emotional attachments to local and regional teams, interest towards women's sports may increase if sports fans can more easily identify and access local teams and athletes. The emotional attachment to such a team and/or athlete will increase interest in watching the team or player and increase investment in women's sports.

In addition, prejudice towards female athletes consistently decreased regardless of whether or not participants were exposed to increased coverage of women's sports. Participants may have become self-aware of their negative attitudes towards female athletes by being regularly questioned on them. Because self-awareness of negative attitudes decreases prejudice, enhanced self-awareness from responding to the survey likely motivated participants to try to understand and evaluate their own reasons for having negative thoughts and feelings leading to the decrease in prejudice towards female athlete

Paris Olympic

The first Olympic Games to feature female athletes was the 1900 Games in Paris. Hélène de Pourtalès of Switzerland became the first woman to compete at the Olympic Games and became the first female Olympic champion, as a member of the winning team in the first 1 to 2 ton sailing event on May 22, 1900. Briton Charlotte Cooper became the first female individual champion by winning the women's singles tennis competition on July 11. Tennis and golf were the only sports where women could compete in individual disciplines. 22 women competed at the 1900 Games, 2.2% of all the competitors. Alongside sailing, golf and tennis, women also competed in croquet. There were several firsts in the women's golf. This was the first time

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ever that women competed in the Olympic Games. The women's division was won by Margaret Abbott of Chicago Golf Club. Abbott shot a 47 to win and became the first ever American female to win a gold medal in the Olympic Games, though she received a gilded porcelain bowl as a prize instead of a medal. She is also the second overall American woman to receive an Olympic medal. Abbott's mother, Mary Abbott, also competed in this Olympic event and finished tied for seventh, shooting a 65. They were the first and only mother and daughter that have ever competed in the same Olympic event at the same time. Margaret never knew that they were competing in the Olympics; she thought it was a normal golf tournament and died not knowing. Her historic victory was not known until University of Florida professor Paula Welch began to do research into the history of the Olympics and discovered that Margaret Abbott had placed first. Over the course of ten years, she contacted Abbott's children and informed them of their mother's victory.

Olympic games of 1904–1916

In 1904, the women's archery event was added. London 1908 had 37 female athletes who competed in archery, tennis and figure skating. Stockholm 1912 featured 47 women and saw the addition of swimming and diving, as well as the removal of figure skating and archery. The 1916 Summer Olympics were due to be held in Berlin but were cancelled due to the outbreak of World War I.

Olympic games of 1920–1928

In 1920, 65 women competed at the Games. Archery was added back to the programme. Paris 1924 saw a record 135 female athletes. Fencing was added to the programme, but archery was removed. 1924 saw the inception of the Winter Olympics where women competed only in the figure skating. Herma Szabo became the first ever female Winter Olympic champion when she won the ladies' singles competition. At the 1924 Summer Olympics held the same year in Paris, women's fencing made its debut with Dane, Ellen Osiier winning the inaugural gold. At the 1928 Winter Olympics in St Moritz, no changes were made to any female events. Fifteen-year-old Sonja Henie won her inaugural of three Olympic gold medals. Consequently the IOC decided to drop the 800 metres from the programme; it was not reinstated until 1960. Halina Konopacka of Poland became the first female Olympic champion in athletics by winning the discus throw. At the gymnastics competition, the host Dutch team won the first gold medal for women in the sport. Tennis was removed from the program.

Olympic games of 1932–1936

For the 1932 Summer Olympics, held in Los Angeles, the javelin throw was added. At the 1936 Winter Games in Garmisch-Partenkirchen, women competed in the alpine skiing combined event for the first time, with German Christl Cranz winning the gold medal. At the 1936 Summer Olympics held in Berlin, gymnastics returned to the programme for women.

Olympic games of 1940–1944

The 1940 Winter Olympics due to be held in Sapporo, 1940 Summer Olympics due to be held in Tokyo, 1944 Winter Olympics due to be held in Cortina d'Ampezzo and the 1944 Summer Olympics due to be held in London were all cancelled due to the outbreak of World War II. Six female Olympic athletes died due to World War II: Austrian alpine skier Erika Mahringer competing in the downhill at the 1948 Games in St. Moritz. At the 1948 Winter Olympics in St. Moritz, women made their debut in the downhill and slalom disciplines, having only competed in the combined event in 1936. In 1948, women competed in all of the same alpine skiing disciplines as the men. At the 1952 Winter Olympics held in Oslo, women competed in cross-country skiing for the first time. They competed in the 10 kilometre distance. At the 1952 Summer Olympics held in Helsinki, women were allowed to compete in equestrian for the first time. They competed in the dressage event which was co-ed with the men. Danish equestrian Lis Hartel of Denmark won the silver medal in the individual competition alongside men. At the 1956 Winter Olympics held in Cortina d'Ampezzo, the 3 × 5 kilometre relay cross country event was added to the program. The 1956 Summer Olympics held in Melbourne, had a programme identical to that of the prior Olympiad.

Olympic games of 1960–1968

Helga Haase - The 1960 Winter Olympics held in Squaw Valley saw the debut of speed skating for women. Helga Haase, representing the United Team of Germany won the inaugural gold medal for women in the competition after winning the 500 metres event. The programme remained the same for the 1960 Summer Olympics held in Rome. At the 1964 Winter Olympics in Innsbruck, the women's 5km cross-country skiing event debuted. At the 1964 Summer Olympics held in Tokyo, Volleyball made its debut with the host Japanese taking the gold. At the 1968 Winter Olympics held in Grenoble, women's luge appeared for the first time. Erika Lechner of Italy won the gold after East German racers Ortrun Enderlein, Anna-Maria Müller and Angela

Knösel allegedly heated the runners on their sleds and were disqualified. At the 1968 Summer Olympics in Mexico City, women competed in shooting for the first time. The women competed in mixed events with the men and were allowed to compete in all seven disciplines.

Olympic games of 1972–1980

The 1972 Winter Olympics held in Sapporo saw no additions or subtractions of events for women. At the 1972 Summer Olympics held in Munich, archery was held for the first time since 1920. At the 1976 Winter Olympics in Innsbruck, ice dancing was added to the programme. Women competed in three new events at the 1976 Summer Olympics held in Montreal. Women debuted in basketball and handball. Women also competed for the first time in rowing, participating in six of the eight disciplines. At the 1980 Summer Olympics held in Moscow, women's field hockey debuted. The underdog Zimbabwean team pulled off a major upset, winning the gold, the nation's first ever Olympic medal. However, these Olympics were marred by the US-led boycott of the games due to the Soviet invasion of Afghanistan.

Olympic games of 1984–1992

The United States competing against South Korea in handball at the 1988 Summer Olympics in Seoul. The women's 20-kilometre cross-country skiing event was added to the programme for the 1984 Winter Games in Sarajevo. Marja-Liisa Hämäläinen of Finland dominated the cross-country events, winning gold in all three distances. Multiple new events for women were competed in at the 1984 Summer Olympics in Los Angeles. Synchronized swimming made its debut, with only women competing in the competition. The host Americans won gold in both the solo and duet events. Women also made their debut in cycling, competing in the road race. At the 1988 Summer Olympics in Seoul, table tennis appeared for the first time for both men and women. They competed in the singles and doubles disciplines. Also, a female specific sailing event debuted at these Games, the women's 470 discipline. For the first time women competed in a track cycling event, the sprint. In 1991, the IOC made it mandatory for all new sports applying for Olympic recognition to have female competitors. However, this rule only applied to new sports applying for Olympic recognition. This meant that any sports that were included in the Olympic programme prior to 1991 could continue to exclude female participants at the discretion of the sport's federation. At the 1992 Winter Olympics in Albertville, women competed in biathlon for the first time. The athletes competed in the individual, sprint and relay disciplines. Freestyle skiing also debuted at the 1992 Games, where women competed in the moguls discipline. Short track speed skating first appeared at these Games. Women competed in the 500 metres and the 3000 metre relay. At the 1992 Summer Olympics held in Barcelona, badminton appeared on the programme for the first time. Women competed in the singles and doubles competition. Women also competed in the sport of judo for the first time at these Games. 35 nations still sent all-male delegations to these Games.

Olympic games of 1994–2002

Sweden playing the United States in ice hockey at the 2002 Winter Olympics in Salt Lake City. At the 1994 Winter Olympics in Lillehammer, the aerials discipline of freestyle skiing officially debuted. Lina Cheryazova of Uzbekistan won the gold medal, which is to date her nation's sole medal at an Olympic Winter Games. Women's soccer and softball made their first appearances at the 1996 Games in Atlanta, where the hosts won gold in both. At the 1998 Winter Olympics in Nagano, ice hockey (with the United States winning gold) and curling debuted for women. Numerous new events made their premieres at the 2000 Summer Olympics in Sydney. Weightlifting, modern pentathlon, taekwondo, triathlon and trampoline all debuted in Australia. At the 2002 Winter Olympics in Salt Lake City, women's bobsleigh made its first appearance. Jill Bakken and Vonetta Flowers of the USA won the two-woman competition, the sole bobsleigh event for women at the 2002 Games.

Olympic games of 2004–2012

Nicola Adams of Great Britain fighting Cancan Ren of China in boxing at the 2012 Summer Olympics in London. At the 2004 Summer Olympics in Athens, women appeared in wrestling for the first time competing in the freestyle weight classes of 48 kg, 55 kg, 63 kg and 72 kg. Women also competed in the sabre discipline of fencing for the first time, with Mariel Zagunis of the USA winning gold. In 2004, women from Afghanistan competed at the Olympics for the first time in their history after the nation was banned from Sydney 2000 by the IOC due to the Taliban government's opposition to women in sports. At the 2006 Winter Olympics in Turin, the programme remained unchanged. At the 2008 Summer Olympics in Beijing, a few new events were added. BMX cycling was held for the first time in 2008, debuting with the men's event. Women also competed in the 3000 m steeplechase and the 10 kilometre marathon swim for the first time. At the 2010 Winter Olympics in Vancouver, ski cross debuted for both women and men. Ashleigh McIvor of Canada won the inaugural gold for

women in the sport. The 2012 Summer Olympics saw women's boxing make its debut. This, combined with the decision by the IOC to drop baseball from the programme for 2012, meant that women competed in every sport at a Summer Games for the first time. London 2012 also marked the first time that all national Olympic committees sent a female athlete to the Games.

Olympic games of 2014–2018

Athletes competing in the triathlon event during the 2016 Summer Olympics in Rio de Janeiro. At the 2014 Winter Olympics in Sochi, women's ski jumping made its first appearance. Carina Vogt of Germany won the first gold medal for women in the sport. The 2016 Summer Olympics in Rio de Janeiro saw the first rugby sevens competition. The tournament was won by the Australian team. The 2018 Winter Olympics in PyeongChang saw the addition of big air snowboarding, mixed doubles curling, mass start speed skating.

Conclusion

The rate of participation of women in the Olympics has been increasing since their first participation in 1900. Some sports are uniquely for women, others are contested by both sexes, while some older sports remain for men only. Studies of media coverage of the Olympics consistently show differences in the ways in which women and men are described and the ways in which their performances are discussed. The representation of women on the International Olympic Committee has run well behind the rate of female participation. The first Olympic Games to feature female athletes was the 1900 Games in Paris. Hélène de Pourtalès of Switzerland became the first woman to compete at the Olympic Games and became the first female Olympic champion. At the 1992 Summer Olympics held in Barcelona, badminton appeared on the programme for the first time. Women competed in the singles and doubles competition. Women also competed in the sport of judo for the first time at these Games. At the 2014 Winter Olympics in Sochi, women's ski jumping made its first appearance. Carina Vogt of Germany won the first gold medal for women in the sport.

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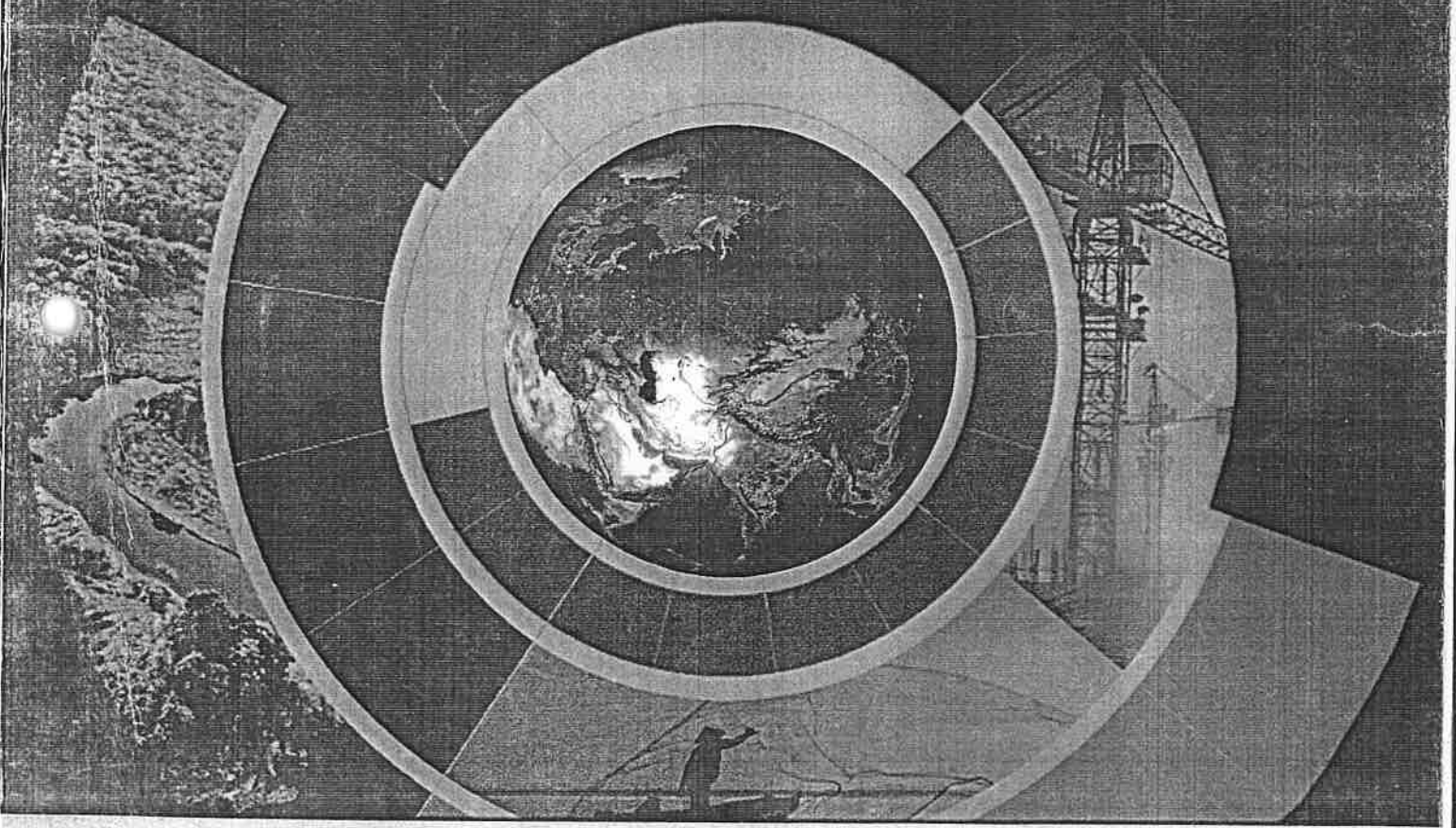
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A Study of the Effect of Yoga on Students Physical Fitness

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Introduction

In the history of Yoga and physical education, Yoga has the most important place. According to Swami Rama, "Yoga is sanskrit word. It is derived from the root 'Yuj' which means union. In Yoga the embodied spirit is made to become one with atman by certain methods. Yoga means union with the universal spirit Yogasanas not only work to bring fitness and vigour to physical body, but also harness our will and emotions to improve our power of analysis, insight and vision. They calm the mind and steady the emotions, still not losing the sharpness of intellect, which is the key of human progress. The science of yoga is dedicated to helping people to change their personalities and lifestyles.

The effectiveness of yoga training to improve health and fitness greatly depends on the population who undergoes the yoga training considering its frequency and duration of the yoga training. Although there are numerous studies conducted in various populations to see the effect of yoga but very few studies have been conducted so far to see its effectiveness on health related physical fitness in school children particularly higher secondary level. The present research paper is focused on the study of the effect of Yoga on the higher secondary students' physical fitness.

Objectives of the research

- i. To prepare the Yoga program for the Higher secondary students.
- ii. To determine the effect of Yoga on Physical Fitness of the Higher secondary students
- iii. To determine the effect of Yoga on health status of the Higher secondary students.

Assumptions:

- i. It was assumed that the Physical Fitness of the students is not up to the mark as per requirement.
- ii. It was assumed that they will accept the simplest technique of Yoga for this experiment.
- iii. It was assumed that they give proper response for this experiment.
- iv. It was assumed that the physical fitness of students will be improved through this experiment.

Scope and limitations:

1. The study was delimited to only Higher secondary students of Art Faculty
2. The study was delimited to the 100 students of age group from 16-18 years of the higher secondary level.
3. The study was delimited to Yoga treatment like Asanas, Pranayama for two weeks duration only.
4. The study was delimited to students of Ardhanari Nateshwar mahavidyalaya, Velapur.
5. The study was delimited for 6 days in a week.
6. The study was delimited the treatment of Yoga which will be applied in the morning time 6.00 to 8.00 am.
7. The study was limited to diet of students of higher secondary level.

Hypotheses of the study

Research Hypotheses : There is significant difference between the performance of the students in Physical fitness from control and experimental group in post-test.

Null hypothesis : There is no significant difference between the performance of the students in Physical fitness from control and experimental group in **The three Minute Step Test**

Graph – 2: Graphical Depiction of the post test Scores of The three Minute Step Test of control and experimental group.**Null hypothesis 01:**

There is no significant difference between the performance of the students in Physical fitness from control and experimental group in the three Minute Step Test [post-test].

Conclusion 1:

There is significant difference between the performance of the students from control and experimental group in the three Minute Step Test [post test]. The developed Yoga program proved better to the experimental group than the control group.

Research Findings

1. The analysis and interpretation of the data obtained in the three Minute Step Test pre testing indicate that the students from control group are equally good in the performance of pre test in the three Minute Step Test
2. When the mean performance of post test in the three Minute Step Test of the students from control group was compared with students from experimental group the students from experimental group significantly achieved more. (Table 1). When the mean performance in The three Minute Step Test in post test of the total 50 students from control group was compared with the performance of the total 50 students from experimental group, the experimental group significantly achieved more. (Table IV.1).
3. The differences between the S.D.s were found to be significant which mean that the treatments affected the performance in terms of S.D.s (Table.1).
4. From the above results, the null hypothesis $H_0.1$ is rejected. This means that the Developed Yoga program helped the 50 workers in performing better than the students from control group.

Conclusion

According to the above analysis and interpretation of the data, it is clear that Yoga program can be prepared for the development of the students' physical fitness.

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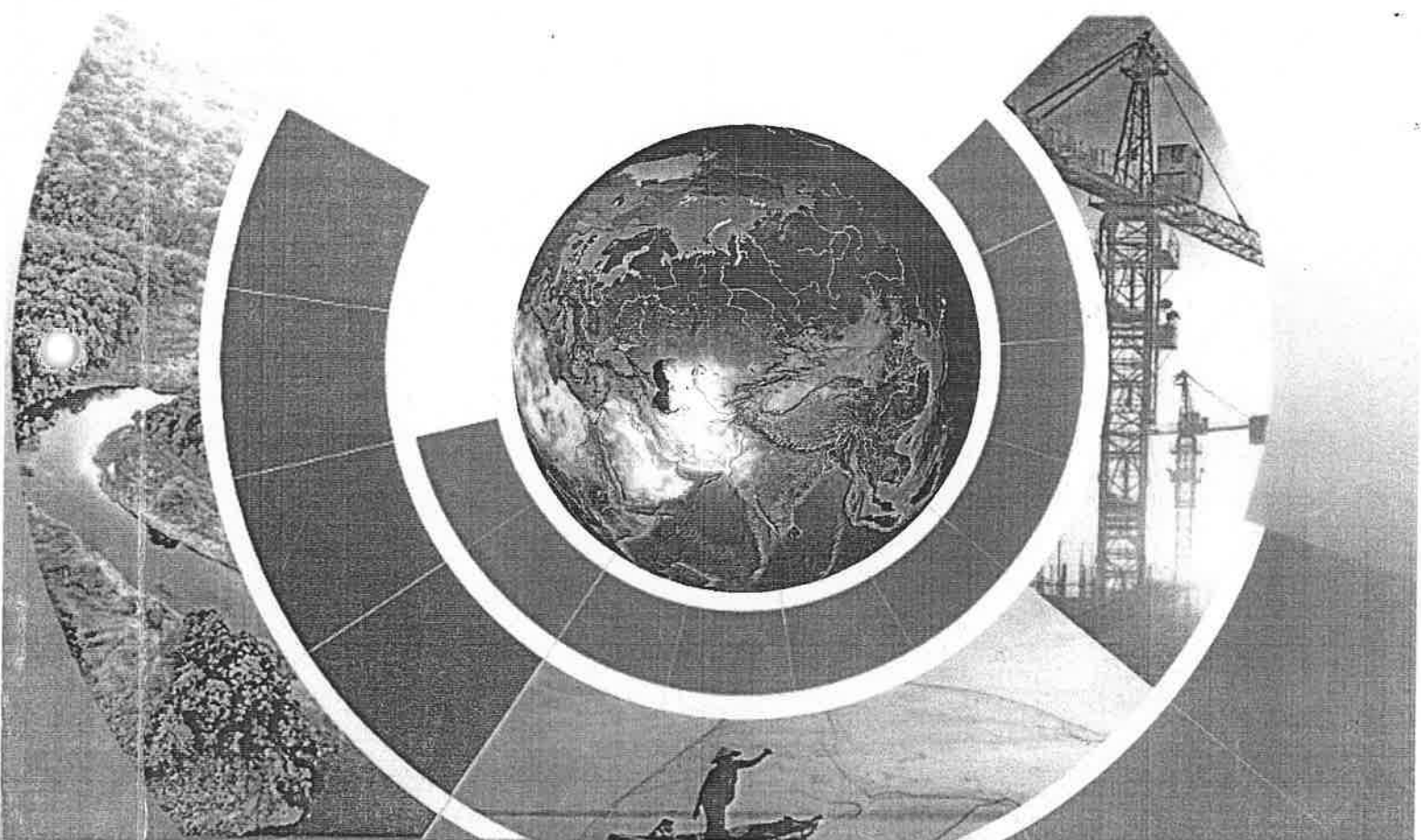
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A Study of The Effect of Pranayam on Girl's Physical Fitness in between 15 to 18 ages

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Introduction

The present research paper is focused on the study of the effect of Pranayam on physical fitness of the Girls having ages in between 15 to 18. Now days every family, school and colleges should give more importance about the good health of girls particularly having ages in between 15 to 18. This stage of girls is very important in consideration of all aspects. Proper researches should be done on health related issues of the girls. The present research paper focused on this issue. In this paper researcher tried to focus on some issues related to the girls health problem. Researcher prepared pranayam program for the Girls and asked them to do at home. After that researcher collected the data through some tests of physical fitness and pointed out some conclusions about the effectiveness of Pranayam program. Here are the detail information about the research work.

Objectives of the research

- i. To prepare the pranayama program for the Girls having ages in between 15 to 18.
- ii. To determine the effect of pranayama on Physical Fitness of the Girls having ages in between 15 to 18
- iii. To determine the effect of pranayama on health status of the Girls having ages in between 15 to 18.

Assumptions:

- i. It was assumed that the Physical Fitness of the Girls having ages in between 15 to 18 is not up to the mark as per requirement.
- ii. It was assumed that they will accept the simplest technique of pranayama for this experiment.
- iii. It was assumed that they give proper response for this experiment.
- iv. It was assumed that the physical fitness of the Girls having ages in between 15 to 18 will be improved through this experiment.

Scope and limitations :

1. The study was delimited to only the Girls having ages in between 15 to 18 of Art Faculty
2. The study was delimited to only the Girls having ages in between 15 to 18.
3. The study was delimited to the 20 students of the Girls having ages in between 15 to 18
4. The study was delimited to pranayama like Anulome – Velome , Sheetli, Sheetkary etc. treatment for two weeks duration only.
5. The study was delimited to students of Ardhnari natashwar J. College, Velapur.
6. The study was delimited for 6 days in a week.
7. The study was delimited the treatment of pranayama which will be applied in the morning time 6.00 to 8.00 am.
8. The study was limited to diet of the Girls having ages in between 15 to 18.

Hypotheses of the study

Research Hypotheses - There is significant difference between the performance of the Girls having ages in between 15 to 18 in Physical fitness from control and experimental group in post-test.

Null hypothesis: There is no significant difference between the performance of the Girls having ages in between 15 to 18 in Physical fitness from control and experimental group in Cooper's 12 Minute Run and walk post-test.

Research methodology

A) Research Method - According to the objectives of the research, researcher has used Experimental method for the present research and Two Equivalent group post test design is used for the present research.

B] Sampling - Researcher has selected 40 Girls having ages in between 15 to 18 with random sampling method of the sampling.

C] Tools - For the present research researcher used Cooper's 12 Minute Run and walk post-test.

D] Statistical Tools - After collection of the data, researcher used mean, SD, and 't' to test the hypothesis and interpretation of the data to convert it into the research findings.

Analysis and Interpretation of the data

After collection of the data from standardized test, researcher analyzed it and interpreted it. Analysis and interpretation is given as follows.

Analysis and Interpretation of the data -

Table - 1

Comparison between the Mean of Control Group and Experimental Group On The Basis Of 'T' Ratio for Coopers 12 Minute Run And Walk Post Test

	M_1	M_2	d	SE	't' Ratio	Required 't' Ratio
Coopers 12 Minute Run And Walk	1245.41	1618.15		2.6	4.75	4.14

*Significant at 0.05 level of confidence.

M_1 = Means of Control group. M_2 = Means of Experimental group.

Table - 1 - reveals that the mean Coopers 12 Minute Run and Walk of control and experimental group are 1245.41 and 1618.15. Similarly an examination of Table - 2 reveals that there is significant difference in the mean Coopers 12 Minute Run And Walk of control and experimental group as the obtained value of 't' 4.75 is greater than the required 't' Ratio value 2.02 at 0.05 level of confidence.

Research Findings

Conclusions after Post test

When the mean performance in The Harvard step posttest of the total 20 Girls having ages in between 15 to 18 from control group was compared with the performance of the total 20 Girls having ages in between 15 to 18 from experimental group, the experimental group significantly achieved more. (Table IV.1). The differences between the S.D.s were found to be significant which mean that the treatments affected the performance in terms of S.D.s. From the above results, the null hypothesis H_0 is rejected.

Null hypothesis 01 : There is no significant difference between the performance of the Girls having ages in between 15 to 18 in Physical fitness from control and experimental group in The Harvard step post-test.

Conclusion 1 : There is significant difference between the performance of the Girls having ages in between 15 to 18 from control and experimental group in The Harvard step post test. The developed Pranayam program proved better to the experimental group than the control group.

Summing up - According to the above research findings, it is clear that there is significant difference between the performance of the Girls having ages in between 15 to 18 from control and experimental group in post test. The developed Pranayam program proved better to the experimental group than the control group.

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भारतीय प्रजासत्ताक दिनानिमित्त...

संशोधन पद्धती

Research Methodology

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"संशोधन पद्धती" (Research Methodology)

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ज्ञानपीठ प्रतिष्ठान, नंदुरबार

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सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडूंच्या शारीरिक क्षमतांचा चिकित्सक अभ्यास

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प्रस्तावना -

जिवनामध्ये खेळाला खूप महत्त्व आहे. खेळामुळे शरीराची हालचाल होते आणि त्यामुळे आपले आरोग्य चांगले राहते. तसेच खेळाडूंचा शारीरिक, मानसिक, सामाजिक, बौद्धिक विकास होतो. क्रीडा क्षेत्रात यश प्राप्त करण्यासाठी स्पर्धा ही अत्यंत महत्त्वाची असते. खेळातील सहभागातूनच यश, अपयश व प्राविण्य प्राप्त होते. विद्यार्थीनी क्रीडा स्पर्धेत सहभाग घेतल्यामुळे त्यांच्या हृदयाचा व श्वासनाचा दमदारपणा विकास होतो.

अॅथलेटिक्स हे नाव धावणे, फेकणे, उड्या मारणे यांच्या शर्यती व चढा-ओढी यांच्याशिवाय इतर विषयासही लावता येईल. अॅथलेटिक्स याचा अर्थ स्नायूंची शक्ती वाढविणारे शारीरिक व्यायाम, अॅथलेटिक्स म्हणजे मानवाच्या नैसर्गिक शारीरिक हालचालींचे स्पर्धात्मक रूप. या मूलभूत तत्त्वावरच अॅथलेटिक्स आधारित आहे. अॅथलेटिक्स या शब्दाचा अर्थ व्यायामाचा शिक्षणाने शरीर सामर्थ्य संपादन करून त्याचे प्रदर्शन करणारा खेळाडू प्राचीन ग्रीक व रोमन लोकांच्या खेळांच्या सामन्यात भाग घेणाऱ्या खेळाडूंस अॅथलेटिक्स म्हणण्याचा प्रघात होता. ज्या क्रीडा प्रकारात फेकणे, उड्या मारणे, धावणे या बाबी येतात तो खेळ म्हणजे अॅथलेटिक्स होय.

जागतिक स्तरावर अॅथलेटिक्स हा खेळ जास्त प्रचलित आहे. आधुनिक विज्ञानानुसार संपूर्ण विश्व शक्तीशाली हालचालींनी निर्माण झाले आहे. या शक्तीशाली हालचालींनी आपण सौरमंडळाची निर्मिती करतो. काही तरी हालचाल असल्याशिवाय जीवन असूच शकत नाही. शारीरिक शिक्षणात हालचालींना अत्यंत महत्त्वाचे स्थान आहे. उच्च शारीरिक क्षमता हा शारीरिक शिक्षणाचा महत्त्वाचा घटक आहे. शारीरिक क्षमता ही प्रमाणबद्ध हालचालींनी प्राप्त करता येतात. व्यक्तीमध्ये शारीरिक व्यक्तिमत्त्व निर्माण न करता त्याच्या मानसिक भावनात्मक व सामाजिक गुणांचा विकास करणे हे शारीरिक शिक्षणाचे ध्येय होय.

खेळाडूंच्या व्यक्तिमत्त्वाचा विकास कोणकोणत्या साधनांमुळे होतो. खेळाडूने खेळात सतत सहभाग घेत राहिल्याने त्याच्या शरीराची आणि मानसिकतेची वाढ होते. खेळामुळे सर्वांगीण विकास होतो. शरीरातील स्नायु संस्था, रक्ताभिसरण संस्था, चिकाटी, सहनशीलता इत्यादी गुणांचा विकास होऊन त्यातूनच खेळाडूंचे व्यक्तिमत्त्व घडते. प्राचीन काळातील खेळाडू अॅथलेटिक्स प्रतिभेचे धनी होते. पूर्वी ते हौसेसाठी खेळत होते, त्यांना नाममात्र मानधन मिळत होते. पूर्वी सुविधांचा व प्रशिक्षणाचा अभाव होता. त्यानंतर खेळांचे व्यावसायीकरण होत गेले, चांगल्या खेळाडूंना नोकऱ्यांमध्ये प्राधान्य देण्यात आले.

समस्या विधान - सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडूंच्या शारीरिक क्षमतांचा चिकित्सक अभ्यास संशोधनाची उद्दिष्टे -

१. सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडूंच्या शारीरिक क्षमतांचा अभ्यास.
२. सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडूंच्या शारीरिक क्षमतांशी निगडित बाबींचा अभ्यास.
३. सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडूंवर शारीरिक क्षमता व इतर बाबींचा परिणाम होऊन त्याच्या क्रीडा कामगिरीवर होणाऱ्या परिणामांचा अभ्यास.

संशोधनाची व्याप्ती - प्रस्तुत संशोधन हे फक्त सोलापूर विद्यापीठातील मान्यताप्राप्त महाविद्यालयातील २० अॅथलेटिक्स खेळाडूंचा समावेश होता.

संशोधनाच्या मर्यादा

- १) प्रस्तुत संशोधनासाठी सोलापूर विद्यापीठातील मान्यताप्राप्त महाविद्यालयातील फक्त खेळाडू मुलांचाच विचार केला आहे.
- २) सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडू मुलांचाच विचार केला आहे.
- ३) सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडू मुलांचाच शारीरिक क्षमतांचाच अभ्यास केला आहे.
- ४) शारीरिक क्षमतांमध्ये लवचिकता, ताकद, वेग, सहन शक्ती, शक्ती इत्यादी घटकांचाच अभ्यास केला आहे.
- ५) शैक्षणिक वर्ष २०१७-२०१८ पर्यंतच्या खेळाडू पुरतेच मर्यादित आहे.

संशोधनाची गृहितके -

१. प्रस्तुत संशोधनामुळे सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडूंच्या शारीरिक क्षमतांचा गुणात्मक अभ्यास केला.
२. सोलापूर विद्यापीठातील अॅथलेटिक्स खेळाडूंवर आर्थिक, सामाजिक व भौगोलिक परिस्थितीचा परिणाम त्यांच्या क्रीडा कामगिरीवर होतो ही दिसून येईल.
३. विद्यापीठ स्तरावर अॅथलेटिक्स खेळाडूंच्या शारीरिक क्षमतेकडे गांभीर्याने लक्ष दिले जात नसल्यामुळे आंतर विद्यापीठ स्पर्धांतील कामगिरी व्यवस्थित होत नाही.

संशोधनाचे महत्त्व -

अॅथलेटिक्स खेळाडूंची शारीरिक सुदृढता, खेळातील दर्जा, कौशल्याचा विकास इत्यादी सर्व वेगवेगळ्या कसोट्या किंवा चाचण्या घेऊन मापन करतो. अशा पध्दतीचा वापर करून खेळाडूंची आंतर महाविद्यालयीन आंतर विद्यापीठ स्पर्धांतील कामगिरी, त्यांची शारीरिक सुदृढता पाहण्यासाठी प्रस्तुत संशोधनाची गरज आहे.

आधुनिक तंत्राचा वापर करून अॅथलेटिक्स या खेळास विकसित करण्याचा प्रयत्न केला जात आहे. या तंत्राचा उपयोग केल्यामुळे खेळाडूंची खेळातील क्षमता वाढते. त्यामुळे खेळाडू आपले कौशल्ये मैदानावर दाखवू शकतात. त्यामुळे आंतर विद्यापीठ स्तरावर अॅथलेटिक्स खेळाडूंची क्षमता संवर्धनासाठी हे संशोधन उपयुक्त ठरू शकेल.

संशोधन कार्यपध्दती -

१. संशोधन पध्दती - सदरचे संशोधन वर्तमान काळाशी निगडित असल्याने वर्णनात्मक संशोधन पध्दतीतील निरीक्षण अभ्यास प्रकारातील अलीप्त निरीक्षण यामधील प्रकृतिवादी निरीक्षण पध्दतीचा वापर करण्यात आलेला आहे.
२. संशोधनाची साधने - सदरच्या संशोधनासाठी संशोधकाने मुलाखतीचा वापर केला आहे.
३. संख्याशास्त्रीय साधने - प्रस्तुत संशोधनासाठी संकलित केलेल्या सामुग्रीचे विश्लेषण करण्यासाठी शेकडेवारी व आलेखाचा वापर केला आहे.
४. नमुना निवड - प्रस्तुत संशोधनासाठी सोलापूर विद्यापीठातील मान्यताप्राप्त महाविद्यालयातील फक्त खेळाडू मुलांचाच विचार सहेतुक नमुना पध्दतीने निवड केली आहे.

माहितीचे विश्लेषण व अर्थनिर्वचन -

संशोधकाने संशोधन करताना प्राप्त माहितीचे संकलन करून निवड साधनांद्वारे अर्थनिर्वचन केले आहे.

संशोधनाचे निष्कर्ष -

- १) विद्यापीठाकडून सरावामुळे खेळाडूंना चालना मिळून त्यांच्या गुणवत्तेत वाढ होते.कीट, प्रवासभक्ता, दैनिक भक्ता दिल्यामुळे खेळाडूंना प्रोत्साहन मिळते त्यामुळे खेळाकडे लक्ष केंद्रीत करून खेळ खेळतात.
- २) अॅथलेटिक्स या क्रीडा प्रकारासाठी अत्यंत महत्त्व हे मार्गदर्शकाचे असते, विद्यार्थ्यांमधील चुकांची दुरुस्ती होऊन त्यांना अचूक मार्गदर्शन करण्यास मार्गदर्शक आवश्यक असतो.
- ३) आधुनिक क्रीडा साहित्याची विद्यापीठामध्ये मुबलक प्रमाणांमध्ये उपलब्ध आहेत व त्याचा वापर आहे.

- ४] अॅथलेटिक्स क्रीडा प्रकारात नियमित सराव करुन घेणे हे मार्गदर्शकाचे कौशल्य असते. त्यामुळे खेळाडूंच्या खेळामध्ये सुधारणा होत जाते.
- ५] उत्तम प्रकारे खेळाडूंच्या अंतर्गत गुणांना वाव देणे हे मार्गदर्शकाचे काम असते त्यामुळे उत्तम कार्यकरणे हे मार्गदर्शकाची जबाबदारी असते.
- ६] स्पॅरस जाताना मार्गदर्शकाची संघ भावनेने कुटूंबाची जबाबदारी पार पाडण्याची मुख्य काम असते. त्यामुळे खेळाडूंची विश्वास क्षमता वाढून त्यांच्या कार्यक्षमतेत वाढ होते.
- ७] स्पर्धा व सराव शिबीरामध्ये गंभीर दुखापत झाल्यास वैद्यकीय खर्च विद्यापीठाने केल्यास त्या विद्यार्थ्यांना आर्थिक मदत अथवा वैद्यकीय खर्च केल्यास खेळाडूंना त्यांच्या खेळामध्ये नविन उभारी येऊन आणखीन चांगले यश संपादन करतात.
- समारोप -

अशाप्रकारे प्रस्तुत संशोधना मध्ये संशोधन समस्या, समस्या विधानातील पारिभाषिक शब्दांच्या कार्यात्मक व्याख्या, संशोधनाची उद्दिष्टे, संशोधनाची गृहीतके, संशोधनाची व्याप्ती, संशोधनाच्या मर्यादा, संशोधनाचे महत्व, संशोधन पध्दती, नमुना निवड, संशोधनाची साधने, संख्याशास्त्रीय साधने, माहितीचे विश्लेषण व अर्थनिर्वचन या मुद्द्यांचा आढावा घेतलेला आहे. तसेच संशोधन कार्याच्या उद्दिष्टानुसार निष्कर्ष, याचा ही आढावा घेतलेला आहे.

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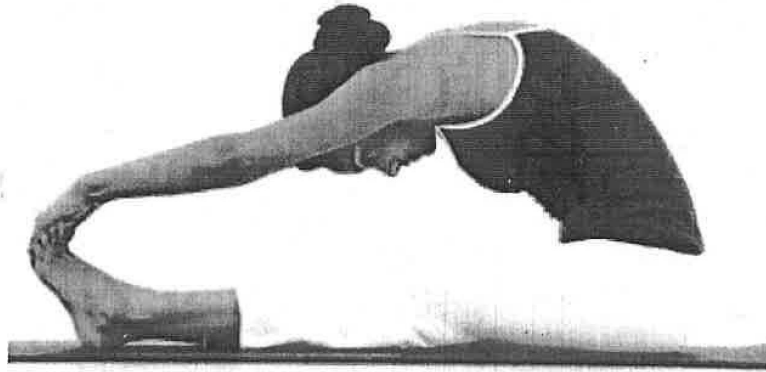
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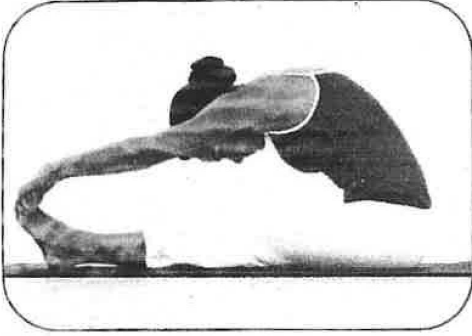
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कनिष्ठ महाविद्यालयातील विद्यार्थ्यांच्या बॅट नी सिट अप्स या शारीरिक क्षमतेवरती योगाचा होणारा परिणाम

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प्रस्तावना

निरोगी आणि समाधानी जीवन जगत असणारे लोकांच्या मुखावर नेहमी प्रसन्नता व तेज आढळू शकते. मनुष्याने आध्यात्मिक पातळीवरून कितीही उच्च विचार केला तरी शेवटी शरीरस्वास्थ्य हे प्रमुखाचे आवश्यक असते. शारीरिक अस्वास्थ्य हे विंचू दंशाप्रमाणे असते. अस्वास्थाचे विष एकदा अंगात शिरले की ते उतरणे कठीण असते. तेंव्हा आसन प्राणायाम हे दोन्ही रोग अशक्तात व दुर्बलता यांचा नाईनाट करायचा असेल तर योगाभ्यासाची नितांत गरज आहे. शरीर शक्ती मनशक्ती, बुद्धीशक्ती यांचा योग्य ताळमेळ करायचा असेल तर योगाभ्यासाची आवश्यकता आहे.

अशा प्रकारचे संशोधन विद्यार्थ्यांची शारीरिक क्षमता पाहण्यासाठी उपयुक्त ठरेल. योग प्रशिक्षणामुळे विद्यार्थ्यांच्या शारीरिक क्षमतेत चांगला परिणाम झाल तर "कनिष्ठ महाविद्यालयातील विद्यार्थ्यांच्यामध्ये योगाचे प्रशिक्षण राबविण्यास व मानसिकतेवर चांगला परिणाम झाल्यानंतर त्यांचे शारीरिक व मानसिक आरोग्य चांगले राहिले व अत्यंत चांगल्या पध्दतीने अध्ययन करतील. आज आपण विज्ञान युगामध्ये असून आपण स्वास्थ्यसुख हववू बसलो आहोत. मानवाचे शरीरस्वास्थ्य व मन एकाग्र ठेवण्यासाठी योगासारखे दूसरे शास्त्र नाही. म्हणून अशा प्रकारच्या संशोधनाची गरज आहे.

समस्या विधान :
 कनिष्ठ महाविद्यालयातील विद्यार्थ्यांच्या बॅट नी सिट अप्स या शारीरिक क्षमतेवरती योगाचा होणारा

परिणामकार्यात्मक व्याख्या :

निष्ठ महाविद्यालय :

इयत्ता १० वी नंतर जेथे दोन वर्षांचे शिक्षण दिले जाते त्यास कनिष्ठ महाविद्यालय असे म्हणतात.

विद्यार्थी :

विद्यार्जन करणारा, विद्येची इच्छा बाळगणारा म्हणजे विद्यार्थी होय.

शारीरिक क्षमता :

जिच्या माध्यमातून व्यक्ती आपले कार्य दक्षतापूर्वक न दमता पूर्ण करते तसेच केलेल्या कार्यातून आनंद मिळवून आपल्याजवळ उर्जाशक्ती संचित करते अशा क्षमतेला शारीरिक क्षमता असे म्हणतात.

योग :

मानवाच्या चंचल मनावर नियंत्रण मिळविणे म्हणजे योग होय.

परिणाम :

विद्यार्थ्यांची सद्य स्थिती जाणून घेण्यास पूर्वचाचणी देणे, त्याच्याकडून योग प्रशिक्षणाचा

सराव करून घेऊन, नंतर त्याची चाचणी होऊन तुलनात्मक फरक अजमावणे म्हणजे परिणाम होय.

संशोधनाची व्याप्ती व मर्यादा :

१. सदर संशोधन अभ्यास हा सोलापूर जिल्ह्यातील कनिष्ठ महाविद्यालयात प्रवेश घेतलेल्या विद्यार्थ्यांचा आहे.

२. योगशास्त्रातील अष्टांगयोगापैकी म्हणजे आठ योगापैकी फक्त चार योगांचा अभ्यास करणार आहे.

१) यम, २) नियम ३) आसने ४) प्राणायाम

३. हृदयाचे रोग असणाऱ्या विद्यार्थ्यांना या योगाच्या प्रशिक्षणामध्ये सहभागी करून घेतले नाही. उदा : दमा.

संशोधनाची गृहितके

१. योगामुळे विद्यार्थ्यांची शारीरिक क्षमता वाढते.

२. योग शिक्षणाचे महत्त्व सर्व मान्य आहे.

३. अद्यापकांना योगा बदलची माहिती असणे गजरेचे आहे. याबाबत दुमत नाही.

संशोधनाची उद्दिष्ट्ये :

१. योग प्रशिक्षणामुळे विद्यार्थ्यांच्या पायातील स्फोटक ताकद आजमावणे.
२. योग प्रशिक्षणामुळे विद्यार्थ्यांना गतिमान स्थितीतून चटकन दिशा बदलता येते का ते आजमावणे.
३. योग प्रशिक्षणामुळे विद्यार्थ्यांना वेगात धावता येते का ते आजमावणे.

संशोधन पध्दती :

प्रस्तुत संशोधनासाठी प्रायोगिक पध्दत वापरण्यात आली आहे.

नमुना निवड :

प्रस्तुत संशोधनासाठी "कनिष्ठ महाविद्यालयातील विद्यार्थ्यां मधील एकूण ५० विद्यार्थ्यांपैकी २५ विद्यार्थ्यांची निवड सुगम यादृच्छिककरणाने करण्यात आली.

माहिती संकलनाची साधने :

निवडलेल्या नमुन्यातील विद्यार्थ्यांची बॅट नी सिट अप्स शारीरिक क्षमता चाचणी घेण्यात आली.

अभिकल्प : 1 गट पूर्वोत्तर प्रशिक्षण गट / पूर्वचाचणी : अंतिम चाचणी

संशोधनाची शून्य परिकल्पना :

शून्य परिकल्पना : प्रायोगिक गटातील बॅट नी सिट अप्स या चाचणीतील विद्यार्थ्यांना मिळालेल्या पूर्व व उत्तर चाचणीतील गुणात तफावत जाणवत नाही.

शून्य परिकल्पना - प्रायोगिक गटातील पूर्व-उत्तर चाचणी : :

- १ प्रायोगिक गटातील बॅट नी सिट अप्स या चाचणीत विद्यार्थ्यांना मिळालेले पूर्व-उत्तर चाचणीतील गुणात तफावत जाणवत नाही.
- २ प्रायोगिक गटातील बॅट नी सिट अप्स या चाचणीत मुलांना मिळालेले पूर्व-उत्तर चाचणीतील गुणात तफावत जाणवत नाही.
- ३ प्रायोगिक गटातील बॅट नी सिट अप्स या चाचणीत मुलांना मिळालेले पूर्व-उत्तर चाचणीतील गुणात तफावत जाणवत नाही.

संशोधनाची कार्यपध्दती

निष्ठ महाविद्यालयातील मुलांच्या बॅट नी सिट अप्स शारीरिक क्षमतेवर योगाचा होणारा परिणाम हा संशोधनाचा विषय आहे. कनिष्ठ महाविद्यालयातील मुलांवर हे संशोधन केले आहे. या संशोधनासाठी प्रायोगिक संशोधन पध्दतीचा उपयोग केला आहे. मुलांची पूर्व चाचणी व उत्तर चाचणी घेण्यासाठी तज्ञानी तयार केलेल्या शारीरिक क्षमता घटकांच्या चाचणीचा उपयोग केला आहे. व सांख्यिकी माहिती संकलित केली.

प्रायोगिक गटाला १० दिवस योग प्रशिक्षण उपचार म्हणून दिले आणि १० दिवसानंतर उत्तरचाचणी घेतली व संशोधनासाठी लागणारी सांख्यिकीय माहिती गोळा केली. या माहितीवरून परिकल्पनाची फलश्रुती खाली प्रमाणे मिळाली.

प्रायोगिक गटातील विद्यार्थ्यांना पूर्व चाचणी व उत्तर चाचणीत मिळालेल्या गुणांचे विश्लेषण व अर्थनिर्वचन खालील प्रमाणे दिले आहे.

प्रायोगिक गटातील विद्यार्थ्यांना बॅट नी सिट अप्स या पूर्व व उत्तर चाचणीत मिळालेल्या गुणांचा तपशिल
प्रायोगिक गटाची पूर्व चाचणी व उत्तर चाचणीचा माहिती देणारा तक्ता

अ. क्र.	चाचणीचे नांव	पूर्व चाचणी प्रायोगिक गट		उत्तर चाचणी प्रायोगिक गट		मध्या-तील फरक	प्रमाण नुटी	टी चे मूल्य	स्वाधीनता मात्रा २० साठीचे स्थित कोष्टक टी मूल्य	सार्थकता स्तर (०.०५)	सार्थकता कारण
		मध्य मान	प्रमाण विचलन	मध्य मान	प्रमाण विचलन						
१	बॅट नी सिट अप्स	६.१२	०.३०	५.७६	०.३८	०.१२	०.०५	६.१३	२.१०	सार्थक आहे.	५.७६ > २.१०

बॅट नी सिट अप्स : या चाचणीद्वारे मुलांची गति या शारीरिक क्षमता घटकाचा अभ्यास केला यामध्ये याची तुलना केली असता असे दिसून आले की, पूर्व चाचणीपेक्षा उत्तर चाचणीस म्हणजेच मुलांच्या गति या शारीरिक क्षमता घटकात वाढ झाली असे दिसून आली. म्हणून वरील शून्य परिकल्पना : प्रायोगिक गटातील बॅट नी सिट अप्स या चाचणीतील विद्यार्थ्यांना मिळालेल्या पूर्व व उत्तर चाचणीतील गुणात तफावत जाणवत नाही ताज्य आहे.

निष्कर्ष

- नियंत्रित व प्रायोगिक गटातील बॅट नी सिट अप्स या उत्तर चाचणीतील गुणात संख्याशास्त्रीय दृष्टीकोणानातून फरक जाणवतो म्हणून शून्य परिकल्पना त्याज्य आहे. याचाच अर्थ असा की, योग प्रशिक्षणाचा परिणाम प्रायोगिक गटावर धन स्वरूपाचा झालेला आहे. योग प्रशिक्षणामुळे विद्यार्थ्यांच्या पायातील स्फोटक ताकद वाढते.
- योग प्रशिक्षणामुळे विद्यार्थ्यांना गतिमान स्थितीतून चटकन दिशा बदलता येते

संदर्भ ग्रंथ सूची

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