



**Report on International Multidisciplinary Conference on  
“Contemporary approaches and application in Physical  
Education and Sports Sciences” on March 26, 27 March 2021**

On March 26, 27 March 2021, International Multidisciplinary Conference on “Contemporary approaches and application in Physical Education and Sports Sciences” was organized by Rashtrasant Tukdoji Maharaj Narpur University Physical education Teachers Association in Association with Department of Physical education And Sports R.S.Mundle Dharampeth Arts and Commerce College and 6 other colleges.

Imminent Guest and speakers from India and Abroad were present online mode. Imminent speakers were Dr. Bareek Bhattacharya from U.K. as Key Note Speaker, Dr. Nupur Tiwari from Japan Dr. Arvind Jha from USA & Dr. Jayshree Acharya from LNIPE Gwalior. 480 Participants registered and participated for this conference. Research Papers were received from participants which were published in Peer reviewed, 1 Multidisciplinary International referred index Journal B.Adhar with impact factor 7.675

  
Principal  
R.S. Mundle Dharampeth Arts  
& Commerce College, Nagpur-10

  
Head of the Department  
Physical Education & Sports  
R.S. Mundle Dharampeth Arts &  
Commerce College, Nagpur

**R.S.MUNDLE DHARAMPETH ARTS AND COMMERCE  
COLLEGE NAGPUR**

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

**INTERNATIONAL MULTIDISCIPLINARY CONFERENCE ON  
CONTEMPORARY APPROACHES AND APPLICATION IN PHYSICAL  
EDUCATION AND SPORTS SCIENCES**

**DATE: MARCH 26-27-2021**



**International Multidisciplinary Conference on  
Contemporary Approaches and Application  
in Physical Education & Sports Sciences  
March 26-27, 2021**



Organised by  
**Rashttrasant Tukadoji Maharaj  
Nagpur University  
Physical Education Teachers' Association**

in association with  
**Department of Physical Education and Sports of**

**Ambedkar College, Dikshabhoomi, Nagpur**

**Annasaheb Gundewar College, Nagpur**

**R. S. Mundle Dharampeth Arts & Commerce College, Nagpur**

**Renuka College, Besa, Nagpur**

**Jyotiba College of Physical Education, Nagpur**

**Taywade College, Koradi**

**Arvindbabu Deshmukh Mahavidyalaya, Bharsingi**



**Sub Theme :**

- Impact of Covid-19 on global Sports
- Sports specific fitness
- Yoga for health in modern era
- Aerobics in modern life
- Sports injuries and rehabilitation
- Sports Engineering
- Sociological Aspects of Sports
- Other subsequent subject related to the Topic
- Health related fitness
- Sports psychology
- Sports Biomechanics
- Sports Management
- Women centric sports
- Sports Nutrition
- Sports economics

Nagpur University Physical Education Teachers Association is going to organize two days International Multidisciplinary conference on 'Contemporary Approaches and Applications in Physical Education & Sports Sciences' on **26-27 March 2021**, this conference will be organized online, participants are requested to register their names through this google form, we are also inviting research papers for publication and also inviting papers for presentation during the conference. **Paper will be published in B.AADHAR - Peer reviewed multidisciplinary international refereed indexed Journal, Impact Factor-7.675 (SJIF).** Participant should submit the Research Paper in Times New Roman, Font size 11 for English and Marathi & Hindi ISM-DVB-TT-Surekh / Krutidev 055, font size 14. Participants will get an e-certificate on their registered mail-ID after successfully participating in this conference.

**Important Dates :** Registration Start From March 8, 2021  
Submission of Abstract March 15, 2021  
Submission of Full Paper March 20, 2021

**Email id for Paper Submission -**

amittermbhurne83@gmail.com | choudharisanjay973@gmail.com

**Fees for this Seminar would be**

Participation	₹ 250/-
Participation with paper presentation	₹ 500/-
Participation with Paper Publication (Single Author)	₹ 1000/-
Participation with Paper Publication (Double Author)	₹ 1500/-



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- Dr. Amit Kanwar • Dr. Sudhir Sahare • Mr. Apurba Pal

### Programme

#### March 26, 2021

Inauguration	11.00 am-11.30 pm
Keynote Address	11.30 am - 12.00 pm
1st Technical Session	12.00 pm - 12.45 pm
Paper Presentation	12.45 pm - 1.30 pm
2nd Technical Session	1.30 pm - 2.15 pm

#### March 27, 2021

3rd Technical Session	11.00 am - 11.45 pm
Paper Presentation	11.45 pm - 12.30 pm
4th Technical Session	12.30 pm - 1.15 pm
Paper Presentation	1.15 pm - 2.00 pm
Closing Ceremony	2.00 pm - 2.15 pm

### Resource Person



#### **Dr. Barid Bhattacharya (MBBS, MD, Ph.D.)**

Fellow of the Faculty of Sports & Exercise Medicine, Ireland, 2003  
Member of the Faculty of Sport & Exercise Medicine, UK, 2007 Sports  
Psychologist, Sports Authority of India, 1988-1992. Worked as  
Consultant Psychiatrist in India, Australia and UK. Retired from Oxford  
Health NHS Foundation Trust, UK in 2016.



#### **Nupur Tewari**

Internationally acclaimed inner transformation and mindfulness  
coach. Motivational speaker, expert on Japanese productivity  
management, yoga consultant and philanthropist, Tokyo, Japan




#### **Prof. Jayashree Acharya**

Professor, Dept of Sports Psychology, DIRECTOR IQAC/NIPE, Gwalior  
Former 1st Dean, Board of Governors member & Founder member  
1st National Sports University, Manipal, India ( Central Univ ) from  
January 2018 to October 2020






# PERFORMANCE OF INDIAN BOWLER'S IN ONEDAY INTERNATIONAL CRICKET – AN ANALYTICAL STUDY



Presented by:

**DR. SUSHILS CHAUHAN**

Director of Physical Education and Sports  
Shrikrishnadas Jajoo Grameen Seva Mahavidyalaya, Pipri, Wardha (MS),  
[sushilgchauhan@gmail.com](mailto:sushilgchauhan@gmail.com)





## Introduction:



The first limited overs international or one day international match was played in Melbourne in 1971 and the quadrennial cricket World cup began in 1975. India started to play its first one day international in 1974. The match was played between India vs. England at Leeds grounds, England and India lose the match by 4 wickets. Indian team played his first ODI inside the country in 15<sup>th</sup> feb 1981.



**EFFECT OF PLYOMETRIC TRAINING ON MUSCULAR  
ENDURANCE OF FOOTBALL PLAYERS**

**PRESENTED BY**

**KUKUMONI PATIR  
RESEARCH SCHOLAR  
DEPARTMENT OF PHYSICAL EDUCATION  
AND SPORTS SCIENCE  
MANIPUR UNIVERSITY  
CANCHIPUR, IMPHAL**

Slide 1 of 12 "Office Theme" English (United States) 57%

Slide 9 of 14 English (United Kingdom)

## Results of Postural Deformities Variables

Table- 2  
Percentage of Selected Postural Deformities in Govt Ashram School Girls District

S.no	Postural Deformities	Frequency (150)	Percentage
1.	Kyphosis	38	25.2%
2.	Lordosis	27	18.1%
3.	Scoliosis	27	18.0%
4.	Knock knee	20	13.3%
5.	Bow legs	13	8.7%
6.	Flat foot	25	16.7%

## During Isolation and Quarantine Period

### Constraint Activity



- Quarantine separate and restricts oneself from the unaffected person.
- restrictions to go out in the gym or practice outdoor. social distancing norms
- health professional should be consulted

### Diagnosed with positive test

- Isolation either in hospital or home quarantined.
- Patient who is isolated in one room are
- suggested to provide a separate
- clean chit by a healthcare provider to

### Timeline to join

- The Timeline depends on the severity of the infection.
- mild, moderate or severe of the case.
- ten days minimum after tested negative Additional test including ECG's, heart imaging or blood test.
- After a green signal from the doctor the slowly and steady Meditation and stretching will help to break the sedentary lifestyle.



## OBJECTIVE OF THE STUDY

1. To measure the performance and anxiety of the athletes i.e. Cognitive Anxiety, Somatic Anxiety and Self- Confidence.
2. Investigate the relationship between athlete's performance and anxiety. i.e. Cognitive Anxiety, Somatic Anxiety, and Self- Confidence.

### *Performance Analysis of the Handball Player Performance*

Test	Excellent	Good	Average	Fair	Poor
12m R/W	2451 above	2450 to 2281	2280 to 2061	2060 to 1837	1836 below
Percent	25	25	24	21	5
50 meter Dash	6.69 below	6.70 to 7.04	7.05 to 7.39	7.40 to 7.86	7.87 Above
Percent	28	26	25	19	2
Shuttle Run	10.05 below	10.06 to 10.82	10.83 to 11.44	11.45 to 12.12	12.13 above
Percent	29	25	24	19	3
Vertical Jump	53 above	52 to 46	45 to 41	40 to 34	33 below
Percent	24	23	27	20	6
Standing Broad Jump	2.04	2.03 to 1.86	1.85 to 1.70	1.69 to 1.55	1.54 below
Percent	24	26	25	20	5
Sit and Rich	41 above	40 to 35	34 to 28	27 to 22	21 below
Percent	25	23	23	23	5
Sit Ups	45 above	44 to 36	35 to 30	29 to 24	23 below
Percent	25	24	26	19	6
Push Ups	44 above	43 to 38	37 to 33	32 to 27	25 below
Percent	24	26	25	20	5
Hand Grip Strength	52 above	51 to 46	45 to 42	41 to 37	36 below
Percent	24	22	25	24	5







## Objective of the Study:



1. To find out the performance of Indian fast bowlers in the one day international matches played by Indian team from 1980 to 1990.

2. To find out the performance of Indian Spin bowlers in the one day international matches played by Indian team from 1980 to 1990.



### A Case Study

- On May 12, 2020, 20 years old
- She was detected COVID positive.
- During : lockdown
- got infected - her family member
- quarantined in salvation COVID Center at Shivaji Park, Mumbai for 10 days after her test showed positive.
- After discharge she was prescribed Vitamin C tablets and home quarantined for 10 days with no restriction in food intake.
- She stayed home for two weeks.
- During this period negative thought were pondering.
- Fear and stress level had increased.
- Initial stage of practice wasn't easy, as she got tired with easy jogging activity also.
- More than two months - her fear and stress level had gone down after resuming the practice
- vaccinated
- Fear factor is still prevailing back of the mind or can be considered unaware about the vaccine side effects last for two to three days.





# International Multidisciplinary Conference on Contemporary Approaches and Application in Physical Education & Sports Sciences

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**Registration Link - <https://forms.gle/rm3VDhwAtSkMKw5C6>**





### Sub Theme :

- Impact of Covid-19 on global Sports
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Participation with Paper Publication (Double Author)	₹ 1500/-

### Bank Details :

- Bank Name : Central Bank of India, Branch - DNC, Nagpur
- A/c No. : 3044543876
- IFSC No. : CBIN0283465
- Google Pay : 9422087889, 9420897889

### For More Details Please Contact :

Dr. D. C. Wankhade (9422087889) Dr. Amit Tembhurne (8055446177)  
Dr. Bablu Shrigiriwar (9822226831) Dr. Parvin Kumar (9860367551)

**Link for Joining our Telegram Group- <https://t.me/joinchat/G5I27OeMfwFR30jL>**

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Internationally acclaimed inner transformation and mindfulness coach. Motivational speaker, expert on Japanese productivity management, yoga consultant and philanthropist, Tokyo, Japan



### **Prof. Jayashree Acharya**

Professor, Dept of Sports Psychology, DIRECTOR IQACLNPIE, Gwalior Former 1st Dean, Board of Governors member & Founder member 1st National Sports University, Manipur, India ( Central Univ ) from January 2018 to October 2020



### **Colonel Arvind Jha**

48 years, have been serving in Army for last 26 years. A keen sports person since childhood has represented his state and India at various levels in 400 mts race. He has done MSc and PhD in sports Psychology from USA. He is also a Sports Lawyer. He has been imparting psychological training to sports persons from Army, Navy and Air force. He was with Indian Contingent as Sports Psychologist in Rio Olympics 2016. Presently his triathlete Sandeep Kumar has qualified for Tokyo Olympics 2021 in 20 kms walk. He believes that, the more you help others the more satisfied you become in life.

## Annasaheb Gundewar College, Nagpur



**Dr. Gajanan Patil**  
Principal

Founded by Karmveer Dadasaheb Kannamwar, the Ex-Chief Minister of Maharashtra and Loknete Annasaheb Gundewar In 1984 with a noble cause of imparting qualitative education to the under privileged and meritorious students of rural areas to transform the student's overall personality to face all challenges of today's world. The college is imparting education in various streams like Arts, Commerce and Management [B.A., B.Com, BBA, BCCA, M.Com.(Prof)] including YCMOU Study Center, catering academic needs of students. The college is accredited by NAAC, possesses one of the best units providing unique sports facilities in the vicinity of the area.

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## R. S. Mundle Dharampeth Arts & Commerce College, Nagpur



**Dr. Tanuja Nafde**  
Principal

For the last eight and a half decades, upholding the Motto 'Tamaso Maa Jyotirgamaya' Dharampeth Education Society has been successfully spearheading value based education in the Vidarbha region managing institutions from K.G. to P.G. R.S. Mundle Arts & Commerce College was established in 1960. The College is pursuing its objective of not only churning out achievers and professionals but moulding responsible and committed individuals with inherent cultural and humane values, who would eventually be assets to the family, society, nation and the world at large. Our mission is pristinely translated in Swami Vivekananda's observation that 'Education is the manifestation of perfection already in man.'

The College has been accredited with 'A' Grade by NAAC in the 3rd cycle. The College offers various programmes in the faculties of Arts, Commerce & BBA/BCCA. The college is a renowned place for higher learning and Research in Commerce, English and Sociology.

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## Renuka College, Besa, Nagpur



**Dr. Jyoti Patil**  
Principal

With the well cherished MOTTO of "Atta Deep Bhava" to get enlightened, the prestigious and well-known, Renuka College was established in 2001 by our beloved late Founder President of Renuka Shikshan Prasarak Mandal, Nagpur, Late. Shri Eknath Gedam, who was a well-known academician and excellent administrator popular among the University elite circles. The college runs Art, Commerce and Junior college. Now the college is permanently affiliated to RTM Nagpur University, with 2 (f) and 12 (B) status of UGC Act 1956 with UGC grants for various add-on courses, research projects and general development. The college got 'B' grade accreditation in 2017 by NAAC. Web : [www.renukacollege.org](http://www.renukacollege.org) | Email: [renukamv.ngp@gmail.com](mailto:renukamv.ngp@gmail.com)

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## Taywade College, Koradi, Nagpur



**Dr. Sharyou Taywade**  
Principal

TAYWADE COLLEGE, Koradi is one of the premier and leading educational institution in rural area. It runs Graduate and Post Graduate courses in Arts, Commerce and Science faculty and also runs Post Graduate course in Computer Science.

The College has successfully completed 26 years of its services in rural area. The College has all infrastructure facilities such as a very specious towering building with well equipped laboratories and library, qualified staff and extensive play ground with adequate facilities for all the games/sports recommended by Physical Education Dept. of R.T.M. Nagpur University, Nagpur.

"Commitment to quality education for upliftment of students from backward class in rural area and to inculcate amongst them, a sense of self discipline, moral values and social responsibility with national integrity as so to make them responsible citizen."



## Arvindbabu Deshmukh Mahavidyalaya, Bharsingi



**Dr. Vijay Dhote**  
Principal

The Mahavidyalaya, providing education from last 33 years in rural area of Grampanchayat Bharsingi, Tah. Narkhed, Dist. Nagpur under the guidance of Chairman and Ex-Minister of Maharashtra, Hon'ble Ranjitbabu Deshmukh, Acting president and Ex-MLA Hon'ble Dr. Ashishbabu Deshmukh and Secretary Hon'ble Yuvrajaji Chalkhor. College in 2017 Reaccredited by the NAAC with B<sup>++</sup> grade with CGPA 2.81. Our Mission is to become Center of quality education by promoting high academic and social pursuits and competencies of student of rural region for all round development.

College provide education to students from Jr. college, UG courses Arts, Commerce and Science and one PG course M.A. (Marathi) nearly 1500 students are taking education in college. Along with this college having YCMOU unit through which nearly 1600 students. College also run certain self-funded certificate courses for skill development and financial assistance for the students. College having units such as NSS of 250 students. College awarded with Best College for NSS by R.T.M.N.U. College having very active sports department, every year students are perform at National, State, University level and received Gold, Silver, Bronze medal.

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## Jyotiba College of Physical Education



**Dr. V.B. Datarkar**  
Principal

Considering the need of producing competent teachers in the field of Physical Education, Recreation & Sports Sciences, Lokmanya Tilak Jankalyan Shikshan Sanstha a premier education society in Maharashtra established Jyotiba College of Physical Education in year the 1991. The College has rapidly attained the maturity of adulthood passing though the infancy stage of progress with its big strides of success. At present our college has a compact and well maintained campus & its infrastructure resources are being optimally utilized through out the year. Our College is situated in the outskirts of Nagpur city and enjoy enviable reputation in this region and this is primarily because of its ambience and also because of its insistence on developing positive attitude towards learners especially the marginalized. Our College is recognized by Govt. of Maharashtra and NCTE, WRC, Delhi, Permanently Affiliated to R.T.M. Nagpur University, Nagpur and NAAC Accredited with B Grade.

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## Dr. Ambedkar College of Arts, Commerce, Science and Law



**Dr. Mrs. B. A. Mehre**  
Principal

Dr. Ambedkar College of Arts, Commerce, Science and Law is a Premier Educational Institution in the city of Nagpur. The college established in the year 1964, is run under the aegis of 'Param Poojya Dr. Babasaheb Ambedkar Smarak Samiti', Deekshabhoomi, Nagpur. The college has the privilege of being situated at the holy 'Deekshabhoomi', where 'Dharmachakra', an emblem of our national aspiration and the symbol of the best in human being was set in motion on 14<sup>th</sup> Oct. 1956. The entire campus of Dr. Ambedkar College is beautifully designed and constructed with an area of 12 acres of lush green land. Lord Buddha's stupa of architectural excellence is erected in the center which is a symbol of purity, prosperity and peace. This giant, beautiful stupa is known as the eighth wonder of the world, standing tall and fearless in the open sky. The arduous efforts of the institution toward excellence have earned it a notable reaccreditation of 'A', conferred upon it by NAAC. The college has also earned a national distinction to have its own Sports Academy.

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