

CHRONICLE OF HUMANITIES AND CULTURAL STUDIES

A BIMONTHLY REFEREED INTERNATIONAL JOURNAL

SPECIAL ISSUE

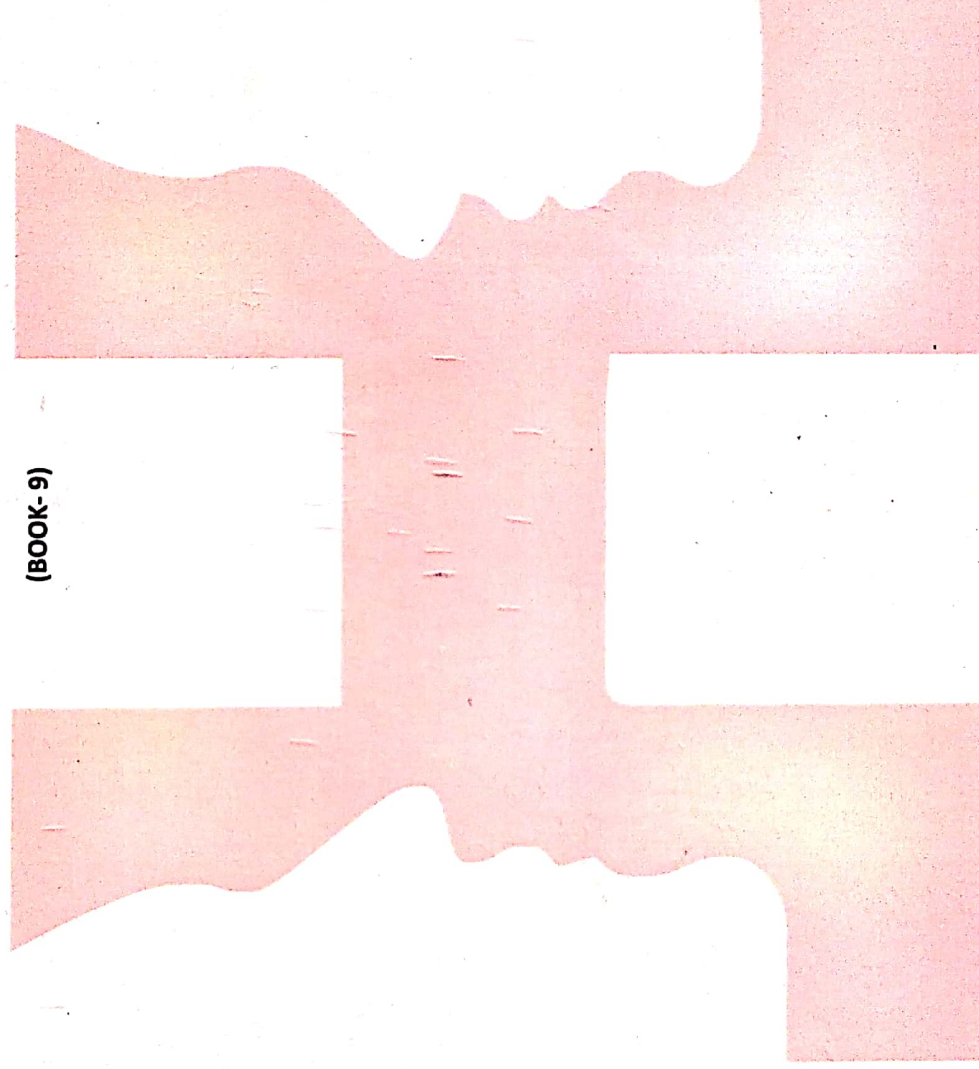
On the Occasion of One Day International Conference On

RECENT ADVANCES IN

LANGUAGES, LITERATURE AND SOCIAL SCIENCES

17th February, 2018

(BOOK-9)



Guest Editors

Dr. Chatrapati Pangarkar

Dr. Sachin Bhume

ORGANIZED BY
MGEWS

**CENTRE FOR HUMANITIES AND CULTURAL STUDIES,
KALYAN, DIST. THANE &
NEW MAN INTERNATIONAL JOURNAL OF
MULTI-DISCIPLINARY STUDIES, PARBHANI**

www.newmanpublication.com

CONTENTS

1. Bollywood Notions of Gender: Disparity in Wages	Rupali B. Kulkarni	05
2. Music and Peaceful Meditation	Dr. Chatrapati B. Pangarkar Dr. Manisha V. Mankar	09
3. Folk Media and Rural Development in India	Dr. Shirish V. Kadu	11
4. Problems of Senior Citizen in Modern India....	Dr. Rajendra Gonarkar	13
5. Role of NGOs in Environmental Management	Dr. Pratibha G. Chavan Y. L. Padme	17
6. Gender Inequality Index: Calculating Analysis	K. S. Khobragade	23
7. Diasporic Communities and Social Media	Dr. Beedkar Sandhya D.	27
8. Cyber Security and Global Technology Issues ...	Mr. Santosh Kumar Banjare	31
9. Use of Social Media by Urban Indian Youth and its impact on...	Mr. Shalin Patel	34
10. Sports training	Mr. Sashikant Bhagat	35
11. Significance of Spirituality and Cultural Values in...	Hemant T. Shinde	36
12. Physical Inactivity and Health	Dr. Vandana Phatale	38
13. The Place of Rhythm in Indian Folk Music	Dr. Rajeshwar B. Deshmukh	42
14. Learning and Perspective for Sustainable Development	Dr. Shirish V. Kadu	45
15. A Critical Appreciation of Child Malnutrition	Mohd Azhar Ud Din Malik	49
16. Career in Political Science	Mohammad Amin Malik	52
17. The Role of Population Density in Rural Transformations	Bhagwan S. Manal	58
18. The Study of Changes in Sex Ratio	Nirmal Ekanath Sitaram,	62
19. A Psychological Approach of Maryam Jameelah ...	Anand P. Pandit	63
20. Role of Environmental Education	Balasaheb S. Murade	66
21. Effect of Social and cultural factors on women's health	Shinde A. Bhaskarrao	68
22. Issues of National Security in India: China Threat	Bushra Nahid Rahim Sayyed	71
23. A World Food Day 2017 "Volumetric Analysis of Food ...	Ishwar Baburao Ghorade	73
24. Women Agriculture Labour in India	Krti Sadhuraio Niralwad	75
25. Safety Laws In India: Status And Challenges	Dr. Anvita Agrawal	77
26. Governance Tools In Public Administration and ...	Dr. Shekhar B. Ashtikar	80
27. Application of RFID Technology in Libraries....	Sangharsha Baliram Sawale	84
28. Application of RFID Technology in Libraries	Dr. Nitin V. Gaikwad	85
29. Information Literacy: Concept, Category & Components	Shraddha A. Vibhute	88
30. LIB-MAN Software for Computerization of Academic	Hatkar Jalba Umaji	90
31. Academic Anxiety among High School Students	Memane S.M.	92
32. Library Automation of Shri Vyankatesh Arts Commerce	Memane S.M.	94
33. Economic Thought of Mahatma Gandhi	Mr. Kalyan D. Yadav	98
34. Application of GIS and Remote Sensing for Selection...	Dr. Sunil D. Belsare	100
35. Monetary and Fiscal Policy Reforms in India	Dr. Rajani Ramesh Senad	101
37. Urban Development Policy and Solid West Management	Dr. Umesh B. Deshmur	102
37. The Role and Functions of Educational Agencies on the ...	Kamble Krushna Shivaji	103
38. Coalition Politics in Indian Democracy- An Analysis	Lagad Santosh Jabaji	104
39. Effect of Faculty on Emotional maturity	Dr. Bhakti Mahindrakar	105
40. Social Media: It's Effect on Youth and Society	Neela Sangameshwar J.	106
41. Women Health In India	Mr. Bhimappa Rangannavar	107
42. Influence of Gender and Locale on Dowry Attitude	Dr. Sunil V. Shinde	108
43. Recent Trends in E-Commerce: An Empirical Study ...	Dr. Ramesh D. Waghmare	109
44. Role of Small Scale Entrepreneurs in Urban & Rural Development	Dr. Syed Tanvir Badruddin	110
	Dr. Surekha R. Gaikwad	111
	Neeta N. Lad	112
	Ms. Sonam R. More	113
	Dr. Vikas Choudhari	114

10.

Sports training**Hemant Trimbakrao Shinde**

Toshniwal Arts, Commerce and Science college, Tq. Sengaoon Dist. Hingoli (M.S.)

Introduction The word training has been a part of human language since ancient time. It denotes the process of preparation for some task. This process invariably extends to a number of days and even months and year. The term training is widely used in sports. There is, however, some disagreement among sports coach and also among sports scientists regarding the except meaning of this word. Some experts, especially to sports medicine understand sports training as basically doing physical exercise. Several terms used in training e.g. strength training, interval training, technical and tactical training reflect this line of thinking.

In sports word "Training is generally understood to be a synonym of doing physical exercise for the improvement of performance. Training is identified according to need of the components to be developed. The word training has been a part of human language since ancient time it denotes preparation for some tasks. This process invariably extends to a number of days and year. The term training is widely used in sports. There is, however, some disagreement sports coach and also among sports scientists regarding the except meaning of this experts, especially to sports medicine understand sports training as basically doing exercise.

Characteristics of sports training

- 1) **A balanced plan and systematicness:** Sport training has balanced plan process which touches all the dimensions of individual's personality. Sports training has also a systematically process which victory of winning can be achieved.
- 2) **Adopt a particular pattern:** Sports training adopt a particular pattern which is constantly improved, modified the personality of sportsman.
- 3) **Controlled daily routine :** Through sports training a one person can adjust his other activities. Therefore sports person possess a high sense of self discipline. Self discipline quality becomes essential for all champions.
- 4) **It is individualistic :** Sports training should be contain with individualistic ability and individualistic performance.
- 5) **Process of perfection:** Implementation is major part of sports training. Sports training therefore is a continuous process of perfection.
- 6) **It is based on educational process:** Overall development of person can be formulated with the help of sports training. So education process goes on during training.
- 7) **Develops hidden qualities:** The sports training aims to find out hidden qualities of sports person and to become aware about one's physical fitness.
- 8) **Helps in confidence building :** The basic of sports training is to believe one can win. The most useful tool in building the perfect attitude is practice. It is

said that "Practice make man perfect" So through practice sportsman builds his confidence.

Principles of sports training

- 1) Adaptation
- 2) Overload
- 3) Progression
- 4) Specificity
- 5) Use and disuse
- 6) Continuity of training
- 7) Planned and systematic training
- 8) Constitution

Effect of training on physical education and sports

- 1) Improve physical fitness
- 2) Improve confidence through learning skills and success
- 3) Help children to learn to control their impulses this is necessary for success in short as well as social relationship.
- 4) Help children learn about rules and fair play
- 5) Help children do better at school work.

14-16 years and over

- 1) children and young people can enjoy the competition and still be learning skills.
- 2) Some children at this age are showing special talent at and interest in a particular sport and can benefit from individual coaching.
- 3) Training at this stage can involve trips away with a team and opportunities for team leadership.
- 4) It is important not to push any young people beyond what they are physically ready for and to find out about what is appropriate in relation to their age and the sport they are playing.

Conclusion: Sports training are science of teaching process which is based on scientific principles and aims at preparing sportsman for higher performance in sports competition. Sports training works for physical exercise and improve their confidence. Physical fitness of human being is the main object of physical education as well as sports training. So the role of sports training in physical education is very important.

Literature cited:

- Atkinson, J and W. Raynor Personality motivation and achievement prentice health W.S.A. 1980.
- Dilip, K. D. (1987). *Comparison of personality characteristics of sportsmen and non sportsmen*. NIPES J. 10(1 & 2) : 26-29.
- Ganguli S. K. (1981). *Effect of short term yogic training programme on cardio vascular endurance*, SNIPS Journal 1(2) : 45-51.

□□□

