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Core Exercise — Dr. Aditya Kumar Das

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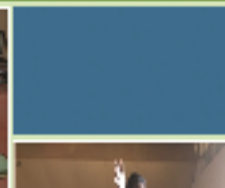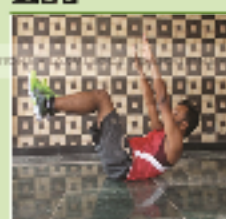
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Comparative Analysis Of Agility And Flexibility Among University Kabaddi And Kho-Kho Players

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Abstract
The present study was undertaken to compare agility and flexibility among university kabaddi and kho-kho players. The investigator has selected 15 kabaddi players and 15 Kho-Kho players were selected as subjects from Pondicherry University age ranged between 18-25 years. To measure the agility (Shuttle run) and flexibility (Sit and reach test) because of their simplicity and availability of necessary facilities, instruments and equipments. The subjects were tested on the agility and flexibility was analyzed statistically by using t-ratio to find out the significant differences. In all cases 0.05 level of confidence was fixed. The result of the study indicated that the Kho-Kho players have better performance than the kabaddi players on flexibility. Therefore it also observed that there was no significant differences between Kho-Kho and Kabaddi players on agility.
Keywords:Flexibility, Agility, Kabaddi and Kho-Kho

Introduction
The physical fitness is appropriately related to the type of activity being considered. A physical characteristic of weight lifters is wholly different than for long distance runners. Agility in general ability to change the direction quickly and effectively while moving as nearly as possible at full speed. It is depended primarily on strength, reaction time, speed of movement and specific muscle coordination. Flexibility is the range of movement in a joint.

Statement of the Problems
The purpose of the study was to compare agility and flexibility among university kabaddi and kho-kho players.

Hypotheses
It was hypotheses that kho-kho players may have better agility than kabaddi players.
It was hypotheses that kho-kho players may have better flexibility than kabaddi players.

Methodology
The purpose of the study was to compare agility and flexibility between kabaddi and kho-kho players. To achieve the purpose of the study 15 kabaddi players and 15 Kho-Kho players were selected as subjects from Pondicherry University age ranged between 18-25 years. To measure the agility (Shuttle run) and flexibility (Sit and reach test) because of their simplicity and availability of necessary facilities, instruments and equipments. The subjects were tested on the agility and flexibility was analyzed statistically by using t-ratio to find out the significant differences. In all cases 0.05 level of confidence was fixed.

Table: 1 The mean, standard deviation and 't' ratio values on agility of kabaddi and kho-kho plyaers

Groups	Mean	SD	'T' ratio
KABADDI	9.90	0.35	5.80
KHO-KHO	10.75	0.40	

'significant at 0.05 level
(Table value required for significance at 0.0 5level with df 1 and 28 was at 2.02)
Table : 1 Showed that mean values of Pondicherry University Kabaddi and Kho-Kho players on agility were 9.90 and 10.75 respectively. The obtained 't' ratio value of 5.80 was lesser than required table value 2.02 for significance at 0.05 level of confidence with df 1, 28. The result of the study showed that there were no significant differences between Pondicherry University Kabaddi and Kho-Kho players on agility.
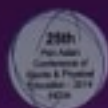
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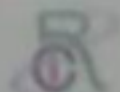
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Rethink Science Education for Sustainable Development: Problems and Prospects in Responding to the Environmental Policy and Practice

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Abstract—*Science has come to relieve mankind from sufferings, ignorance and to control nature and defined as a systematized body of wisdom and knowledge which can give rise to greater and greater ideas. Education for sustainable development is an approach to teaching and learning based on the ideals and principles that underlie sustainability - human rights, sustainable livelihoods, environmental protection, democracy, Natural and social sciences, Culture, Communication etc. Higher education is closely related to secondary and primary education. Until and unless there is good primary and secondary education we can't have a good higher education. Rich students can easily get higher education in India or abroad, but poor students are unable to get primary, secondary or higher education easily. The purpose of higher education is to provide social leadership. But our education system is unable provide quality education due to the lack of well educated and trained teachers in the country. One thing that seems to make sense is that more education a better society but that's not always the case if the jobs aren't there for when the people graduate. They may just end up back on the farm or in low income jobs. Livelihoods approaches provide ways for people in communities, as well as their external supporters, to share understanding and develop approaches to get out of poverty that are adapted to local social and natural conditions and to try to make beneficial changes now and for future generations.*

Keywords: *Knowledge, sustainable livelihoods, sphere of our daily life, communication, social leadership, environmental protection.*

INTRODUCTION

The worldwide global change has created enormous challenges for humanity. The world's population is increasing day by day. Global energy requirements will continue to increase. The newly industrialized countries of the world are going with a very rapid economic growth that is bringing modern society's environmental problems, including air, water, soil pollutions and waste problems all-around the globe. The ecological problems caused by human economic activity are worsening day in and day out. Climate change, ozone-layer depletion, and loss of soil surface are important examples. At the same time, social conditions continue to worsen in many developing countries. It is estimated that more than 1 billion people now live in poverty without sufficient food, adequate educational opportunities, or any possibility of political participation. Although financial and economic markets are becoming more and more interconnected, our efforts to ensure environmental protection and all round development of the common mass as the common task and responsibility of all countries have just begun. The key aim for the 21st century is "sustainable development," Sustainable development seeks to reconcile environmental protection and development; it refers to the three 'R'- Reduce, recycle and reuse. It means using resources no faster than they can regenerate themselves and releasing pollutants to no greater extent than natural resources can assimilate them. If we are to move toward sustainable development, the industrialized

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Dynamics of E-Resources and Usage Trends in Digital Era

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The library and information centres these days have undergone for drastic changes owing to the emergence of information and communication technologies giving rise to wonderful evolution of electronic information products and services. Therefore there has been a shift form conventional library services to a new model of electronic information services all around. The users demand for electronic services is growing at a faster pace which has in turn compelled the library and information professionals to redesign and revamp the existing services by dismantling their conventional practices. This book speaks volumes about contextual monitoring of electronic resources and services in various parts of India. Moreover, this book is concrete amalgamation of perception, experiences and expertise of information professionals in handling and using e-resources in favour of multifarious needs of students, teachers and practicing librarians in real life situations. (Jacket)