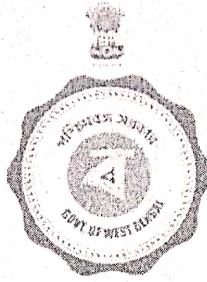


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Proceedings of One Day National Seminar on  
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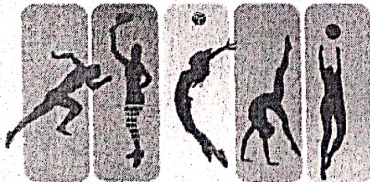
13th January 2020  
157th Birth Anniversary of Swami Vivekananda



Editor  
Dr. Biplob Chowdhury

Organised by  
Govt. Physical Education College for Women,  
Rice Research Station, Chinsurah, Hooghly- 712102

Under the Auspices of the  
Higher Education Department  
Govt. of West Bengal



*Handwritten signature and date: 08/12/2022*

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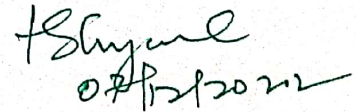
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## FOREWORD


The greatest challenge of the educators is to match evaluation with knowledge acquired in a manner that fosters a love for learning, a curiosity for learning. The ever-changing scope and rapid development of Physical Education, Sports Science and Health Science create new problems and questions, resulting in the real needs for sharing brilliant ideas and stimulating good awareness of this important field of research. We promise to produce a bright picture and charming landscape for experts, researchers and practitioners while the support received and the enthusiasm witnessed have truly exceeded our expectations. The responses to the call-for-papers had been overwhelming. Unfortunately, many manuscripts from prestigious institutions could not be considered due to screening of the papers by experts to maintain standard and time constraints of the national seminar.



We would like to express our gratitude and appreciation for all the reviewers who helped us to maintain the high quality of manuscripts included in the proceedings published. We are very grateful to the International/National advisory committee, Session chairs, students' volunteers, and administrative assistants who selflessly contributed to the success of this Conference. We also thank to all the authors who submitted papers, because of them the conference became a story of success. We would like to extend our thanks to the members of the organizing team for their hard work to reach to its goal. Now, we are delighted to present the proceedings of The National Seminar 2020 to the authors and delegates of the event with a high level of satisfaction and aspiration. We hope that you will find it useful, exciting and inspiring. We are now optimistic and full of hope about getting the proceedings. It is heartening to note that our College has organized a National Seminar on '**Expediency of Physical Education Sports Wellness Fitness and Positive Health in Modern Mechanised World**'. Here it is to be noted that the three Honourable Vice-Chancellors namely Professor (Dr.) S. S. Sarkar, NSOU, Kolkata, Maj. Gen. S. N. Mukherjee (Retd.), LNIFE, Gwalior and Professor (Dr.) A. K. Banerjee (Retd.), K. U, Kalyani were attended the said National Seminar along with other renowned experts in the field of physical education and sports as a part of **Celebration of Swami Vivekananda's 157<sup>th</sup> Birth Anniversary**. Special feature of the seminar was to award **Best Paper Presenter** of the seminar to a young aspirant researcher by the organising committee. I look forward to see this academic endeavour as a concrete step towards identifying innovative and effective strategies for bringing out changes in the present society. The programme is being conducted with financial assistance from Higher Education Department, Govt. of West Bengal. I extend sincere thanks and appreciation to the Editor for taking great efforts in publishing the proceedings and making it a grand success even under the unprecedented COVID-19 pandemic situation which may be the cause of delay in publishing the seminar proceedings.

With best regards to all the participants

Dr. Shyamal Mazumder,  
Chairman, Organizing Committee &  
Principal,  
Govt. Physical Education College for Women,  
Chinsurah, Hooghly

  
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Content	Page No.
1. Effect of Exercise on Low Level Lipoprotein (LDL) <i>Dr. Alok Sen Barman</i>	1-4
2. Yogic Practices and Obese Women <i>Sri Amal Patra, Sri Debabrata Biswas, Sri Abhijit Kar, Dr. Malay Kumar Mukhopadhyay</i>	5-11
3. A Study on the Revenue Generation and Distribution System through Stadium and Spectator facilities of Indian Premier League. <i>Dr. Asish Paul</i>	12-17
4. Effect of Environmental Air pollutants on Sports Performance-A Review. <i>Babita Biswas</i>	18-27
5. Physiological Wellness of Aged Women <i>Bebinur Begum, Dr. Atanu Das</i>	28-36
6. Comparison of Angular Kinematics Variables Associated with the Performance in the Glide Technique of Shot Put Between Male and Female Athletes <i>Biswajit Acharyya, Dr. Sumanta Kumar Mondal</i>	37-40
7. Investigating Social Well-Being of College Girls in Defferent Category <i>Dr. Deboshree Koner</i>	41-44
8. Analysis of Elite Race Walking Performance on Selected Kinematic and Physiologic Variables <i>Mr. Dibendu Kr. Bej<sup>1</sup>, Prof. Brajanath Kundu<sup>2</sup></i>	45-54
9. A Study on Technique Analysis of Pace Bowling Action in Cricket <i>Ms. Dibyangana Banerjee, Dr. Abhijit Thander</i>	55-60
10. Kinesthetic Perception and Basketball Shooting Performance <i>Dr. Papan Mondal, Shubhankar Dhank, Arpan Adak,</i>	61-65
11. Effect of High Intensity Interval Training and Speed Endurance Training Programmes on Leg Explosive Strength of Football players <i>Gopal Mondal, Dr. Sentu Mitra</i>	66-71

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12. Kapalbhati the Detoxifying Process of Physical, Physiological and Emotional Systems  
*Dr. Lakshmi Narayan Kaibarta* 72-
13. Elements Of Play And Their Impact On Learning In The Classroom: A Review  
*Dr. Mahesh Sawata Khetmalis* 78-
14. A Comparative Study of Muscular Strength between Karate Practitioners and Active Controls  
*Ms. Puneet Bhattacharya, Dr. Sridip Chatterjee* 87-
15. A Study on Socio-Economic Status in Relation to Growth Status among Adolescent School Student  
*Rajkumar Maji, Dr. Sudarsan Biswas* 93-
16. Effect of Aqua-Based Plyometric Training on Locomotor Ability of Young Athletes  
*Mr. Raju Biswas Dr. Sandip Sankar Ghosh* 98-1
17. A Study on Anthropometric Profile and Somatotype of Junior Kabaddi Players of West Bengal  
*Dr. Sandip Sankar Ghosh, Miss. Sampa Bhowmick, Mr. Raju Biswas, Sayanti Banerjee* 107-
18. Comparative Effect of Interval and Continuous Training on Cardio-Respiratory Fitness of Young Athlete  
*Dr. Sandip Sankar Ghosh Mr. Raju Biswas* 117-
19. Effect of selected exercises on Explosive Strength of rural and urban BA General Physical Education Girls.  
*Dr. Sanjoy Mitra* 125-
20. Ibrahim Hamadtou Armless Wonder of World Paratable Tennis- A Case Study  
*Dr. Somshankar Chatterjee* 130-1
21. A Comparative Study of Ego-Oriented and Task-Oriented of Athletes  
*Dr. Subhabrata Kar* 133-1
22. A Comparative Study on Selected Physiological and Physical Parameter between Kabaddi and Kho-Kho Playerrs of West Bengal  
*Mr. Subrata Nandi* 138-1

*Subrata Nandi*  
07/12/2022  
Principal  
Govt. Phy. Edu. College for Women  
Hooghly

23. Overuse of Internet Technology is the Critical Health and Fitness Hazard on Mankind: Few Life Style Remedies  
*Swarup Mukherjee, Dr. Sumalya Roy* 144-150
24. Study on Defensive Skill Performing Ability in Kho-Kho  
*Dr. Tannoy Saha Dr. Sandip Sankar Ghosh* 151-158
25. Relationship of Selected Blood Variables to Health Related Physical Fitness of Male Racquet Sports players.  
*Mukherjee A, prof. Sarkar L.N.* 159-163
26. Kicking for accuracy with the Preferred and Non preferred leg of U-18 soccer players  
*Mesanguto Meru, Prof. Sumanta Kumar Mondal* 164-165
27. Brati Balak: A Tagorian Approach to Ideal Life  
*Kallol Chatterjee <sup>1</sup> and Sujit Kumar Paul <sup>2</sup>* 166-169

*H. Sanyal*  
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