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on
Role of Yoga for
Health and Lifestyle Management**

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Celebration of 125th Anniversary of Swami Vivekananda's Historic Speech at the World Parliament of Religions in Chicago



Dr. Ch. VST. SAIKUMAR

Dr. E. AMUDHAN



**Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education**

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‘NATIONAL CONFERENCE ON YOGA FOR WORLD PEACE’

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EFFECTS OF KALARIPAYATTU TRAINING ON COORDINATIVE ABILITIES AMONG INTER COLLEGIATE CRICKET PLAYERS

P. Senthil kumar*

ABSTRACT

The purpose of the study was to find out the effects of kalaripayattu training on coordinative abilities among inter collegiate cricket players. To achieve the purpose of this study 30 cricket players from Maruthi College of physical education Coimbatore, Tamilnadu. The 30 subjects' age ranged from 18 to 25 years. They were divided into two groups namely control group and experimental group. Fifteen were experimental group and fifteen were control group. The control group was not given any specific training and the experimental group underwent eight weeks of kalari activities for 5 days per week for 30 minute per day. The pre tests and post tests after eight weeks of training in the kalari payattu were conducted in all the selected co-coordinative ability of college level cricket players. The collected data were analysed using t ratio to find out the significant improvement in the selected variables by experimental group. The statistical analysis showed that the cricket players of experimental group had significantly improved in all the selected coordinative ability namely Space orientation ability and Complex reaction ability There is no significant difference in the control group in all the selected coordinative ability namely Space orientation ability and Complex reaction ability.

INTRODUCTION

The game of cricket has a known history spanning from the 16th century to the present day, with international matches played since 1844, although the official history of international Test cricket began in 1877. During this time, the game developed from its origins in England into a game which is now played professionally in most of the Commonwealth of Nations. Cricket is one of the oldest games in the world and it continues to thrive today. The game is said to have originated in the 16th century with international matches being played since 1844. There is really no official documentation as to when Cricket started or even where it started. Much of the information that has been pieced together has state that Cricket was a game that was thought up in the Saxon or Norman times by children living in the Weal, this is a thick area of woos an clearings in the South East area of England that is across Kent an Sussex. Cricket started out as a child's game but the adult version of the game was said to have started in the 17th century. Some speculate that Cricket is a take off of a games called Bowls or lawn bowling with the slight variation that a bat is use to keep the ball from reaching the target almost similar to cricket.

METHODOLOGY

The purpose of the study is to find out the effects of kalaripayattu training on Physical fitness variables among inter collegiate cricket players. The experimental group underwent kalaripayattu training for eight weeks 5 days per week for 30 minute per day. The control group was not given any specific training programme. The experimental design used is pre test and post test randomized group design. Coordinative ability was assessed by using Numbered Medicine Ball Run Test for Space orientation and Ball Rolling Test for Complex reaction ability.

SELECTION OF SUBJECTS

To achieve this purpose a total number of 30 college level cricket players in the age group of 18 – 25 years were randomly selected from Maruthi College of physical education Coimbatore



Dr. Ch. VST. Saikumar has been working as a Principal and Secretary of Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education for the past seven years and is having 30 years of teaching experience in the same institution. He was graduated from Nagarjuna University, Guntur, Andhra Pradesh, did his B.P.Ed. from Andhra University and M.P.Ed. from Bharathiar University and secured Gold medal in both B.P.Ed. and M.P.Ed. He got his M.Phil. from Annamalai University and Ph.D. from Bharathiar University and NIS Diploma in Cricket from NSNIS South Centre, Bangalore. He has published 5 books in physical education. He also published more than 30 research articles in reputed journals and published more than 35 research papers in national and international seminars and conferences. He has guided more than 42 M.Phil. and 18 Ph.D. scholars and at present guiding 5 Ph.D. research scholars.



Dr. E. Amudhan has been working as an Assistant Professor in the Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education since 2010. He has professional college experience more than 19 years as lecturer, reader, head of the department and Assistant Professor in various physical education institutions viz., Zion College of Physical Education, Cuddapah, Andhra Pradesh, Ramakrishnan Chandra College of Physical Education, K.G. Patti, Cumbum and Ramakrishna Mission Vivekananda University Faculty of General & Adapted Physical Education and Yoga, Periyanaickenpalayam, Coimbatore. He was graduated from A.V.V.M. Sri Pushpam College, Poondi, did his B.P.Ed. from YMCA College of Physical Education, Nandanam, Chennai, M.P.Ed. from Madurai Kamaraj University, Madurai, M.Phil. from Alagappa University, Karaikudi and Ph.D. from Bharathidasan University, Trichy. He has got his additional qualifications viz., M.A., M.Sc., TTCY., NIS (Cert.), DCA., PGDSM, PGDY, PGDSO from several institutions of South India. He has published 7 books in the field of Physical Education. He also published more than 25 research articles in reputed journals, and 40 research papers in National and International seminars and conferences. He has guided 14 M.Phil. & 5 Ph.D. scholars and at present guiding 1 M.Phil. and 3 Ph.D. research scholars.

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சனாதன தர்மம் (மனிதம் வளர்க்கும் அறவியல்)



தமிழ்த்துறை

ஸ்ரீராமகிருஷ்ண மிஷன் வித்யாலய
கலை அறிவியல் கல்லூரி (தன்னாட்சி)

தேசிய மீன்தர மதிப்பீட்டுக் குழுவால் 'A' தரச்சான்று பெற்றது

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*முனைவர் த. பாலமுருகன்

முன்னுரை

உலகில் இறை வழிபாடும் இறைக்கொள்கையும் இயற்கையை தொட்டே தொடங்கியது எனலாம். இயற்கையோடு பின்னிபிணைந்து உறவாடி வாழ்ந்து வந்த மனிதன் அதன் மீது கொண்ட பற்றே பிற்காலத்தில் வழிபாடாக தோன்றியது என்பர். மனிதஇனம்எதற்கெல்லாம் அச்சம் கொண்டதோ அவற்றை எல்லாம் தனக்குத் துணையாக்கிக்கொள்ள முற்பட்டது. அவ்வகையில் சூரிய வழிபாடு என்பது அதன் இயக்க நிலையை இயற்கையாகவும் இறையாகவும் வைத்து எண்ணி வழிபாடு நடத்தி வந்த நிலையில் ஒரு கொள்கையாகவும் கோட்பாடாகவும் பிற்காலத்தில் நிலைத்து விட்டது. அச்சூரிய வழிபாடு எவ்வாறு இறையோடு இயைந்து வழிபாடாக வழங்கி வருகிறது என்பதை திருமந்திரம் கூறுகிறது. அவற்றைப் பற்றி ஆய்ந்து வெளிக்கொணர்வது இக்கட்டுரையின் நோக்கமாகும்.

அண்பாதித்தன்

இறைவனை சூரியனாக வைத்து வழிபடுதல் சிவநெறி. அச்சூரியனது சிறப்பினை ஆதித்தநிலை என்று எடுத்துக்கொண்டு அதனை நான்கு பகுதியாகப் பகுத்து இயற்கையினுடே இறைநெறியை தமிழ்ச் சமூகம் மேற்கொண்டு ஒழுகுகிறது என்பது வெளிப்படை. ஆதித்தன் - 'சூரியன்' அதிதியின் மகன் எனப் பொருள் தருவதாகிய ஆதித்தியன் என்னும் பெயர் ஆதித்தன் என வழங்கிவருகிறது. தேவர் பலரும் காசிப முனிவர் தம் பத்தினியர்

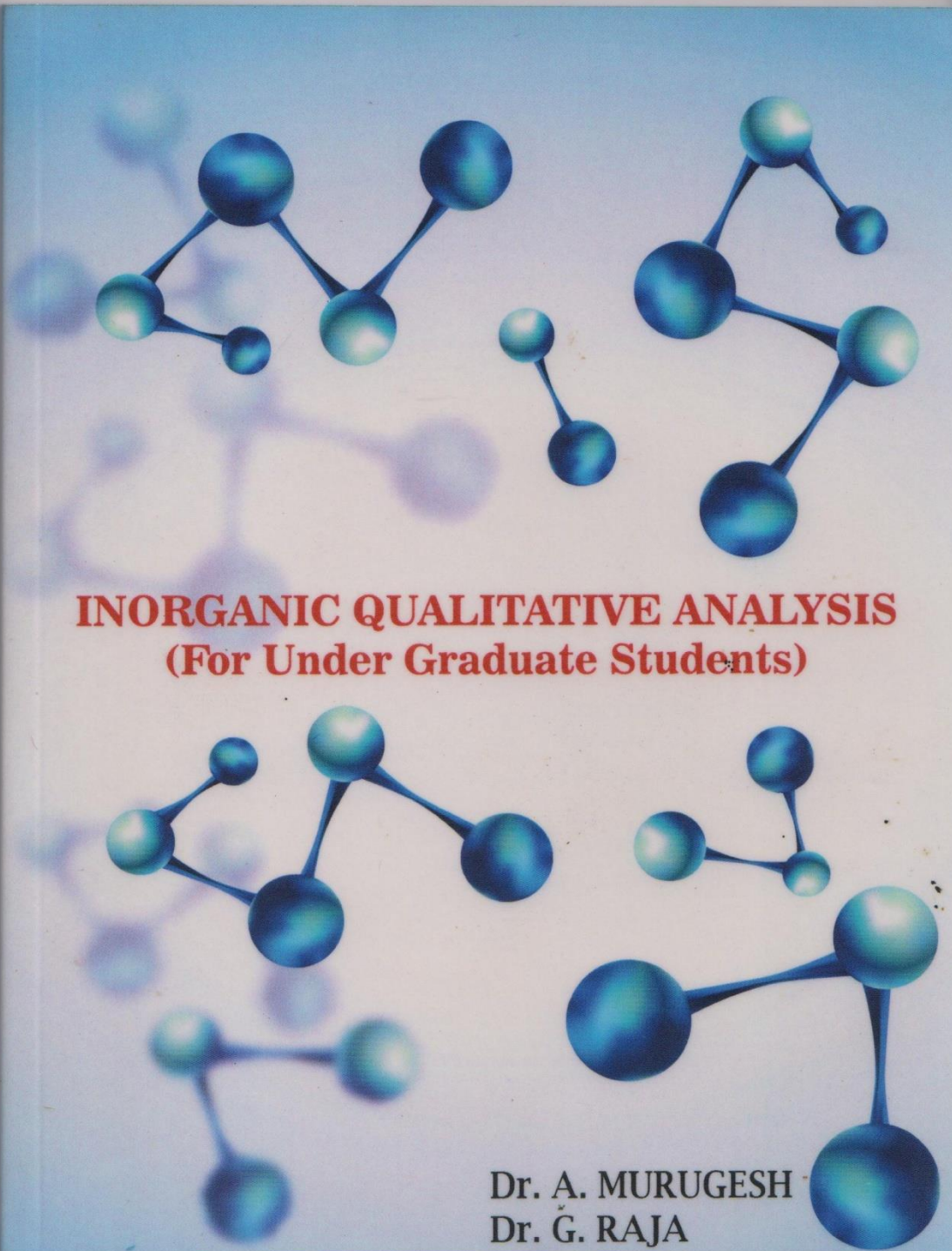
* உதவிப்பேராசிரியர், தமிழ்த்துறை,
ஸ்ரீராமகிருஷ்ண மிஷன் வித்யாலய கலை அறிவியல் கல்லூரி, கோயம்புத்தூர்

ஒவ்வொரு ஆண்டும் உள்ளடங்கிய தெய்வீகம் நிறைந்தது. கிரியைகள், வழிபாடுகள், பிராணாயாமம், தீர்த்தவ ஆராய்ச்சி இவற்றுள் ஒன்றையோ, பலவற்றையோ எல்லாவற்றையுமோ செய்யு சந்திந்திரனாக இரு! மனிதனைப் படிப்படியாக உயர்த்திச் செல்வதே சனாதன தர்மம். ஹ்ருக் கொள்ளுதல், பிரபஞ்சத்தை ஒன்றாகக் காணும் நிலை, தவம், தியாகம், வாய்மை - இவற்றால் மட்டுமே தனி மனிதனும், நாடும், மதமும் உயர்வு பெறும் என்ற உறுதியான கொள்கை போன்றவை சனாதன தர்மத்தின் அடிப்படை.

— சுவாமி விவேகானந்தர்

சுவாமி விவேகானந்தர்
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