

IMPACT OF SURYA NAMASKAR TRAINING ON SELECTED PSYCHOMOTOR VARIABLES OF COLLEGE LEVEL CRICKETERS

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ABSTRACT

The purpose of the study is to find out the impact of suryanamaskar training on psychomotor variables of college level cricketers. To achieve the purpose of this study 15 cricketers as subjects from Ramakrishna Mission Vidyalaya Maruthi college of Physical Education Coimbatore, Tamil Nadu India. At Random group design was used in this experimental study. Fifteen subjects were selected from the age group of 18-25 years. Pretest was conducted in all the selected variables and post test was conducted after 6 weeks suryanamaskar training. Pre and post tests were also be conducted in the psychomotor variables namely: Reaction time and Coordination as testing with standardized tools as visual reaction timer, mirror trashing apparatus and digital stop watch. The data was collected before and after the training programmes and statistically analyzed by using T test. These results illustrate how to develop the psychomotor variables while providing suryanamaskar training for the cricketers.

INTRODUCTION

Suryanamaskar (Sun salutation) is combination of Asanas. Its root is found in yoga philosophy of vedic traditions. The dynamic series known as Suryanamaskar (Sun salutation) is the best way to burn the calories and reduce weight. Suryanamaskar is full Yoga by itself. It tones up the whole body & has a unique influence on endocrine, circulatory, respiratory, digestive and nervous system, helping to correct metabolic imbalances that cause and perpetuate obesity. Practiced daily, it will help you in reducing weight but will bring flexibility to your spine and joints. It will rejuvenate you & bring in beauty and longevity. It is best done while the stomach is empty. In recent times, medical fraternity is attracted towards yoga. Suryanamaskar is a part of yogic practices and is believed to be an all-round exercise (Sarvesh Kumar Yadav., 2017)

METHODOLOGY

The purpose of the study is to find out the impacts of Suryanamaskar training on psychomotor variables of college level male cricketers. The experimental group underwent Suryanamaskar training for six weeks 5 days per week for 60 minute per day. The experimental design used is pre test and post test randomized group design. Psychomotor variables were assessed by using reaction timer test and mirror trashing test.

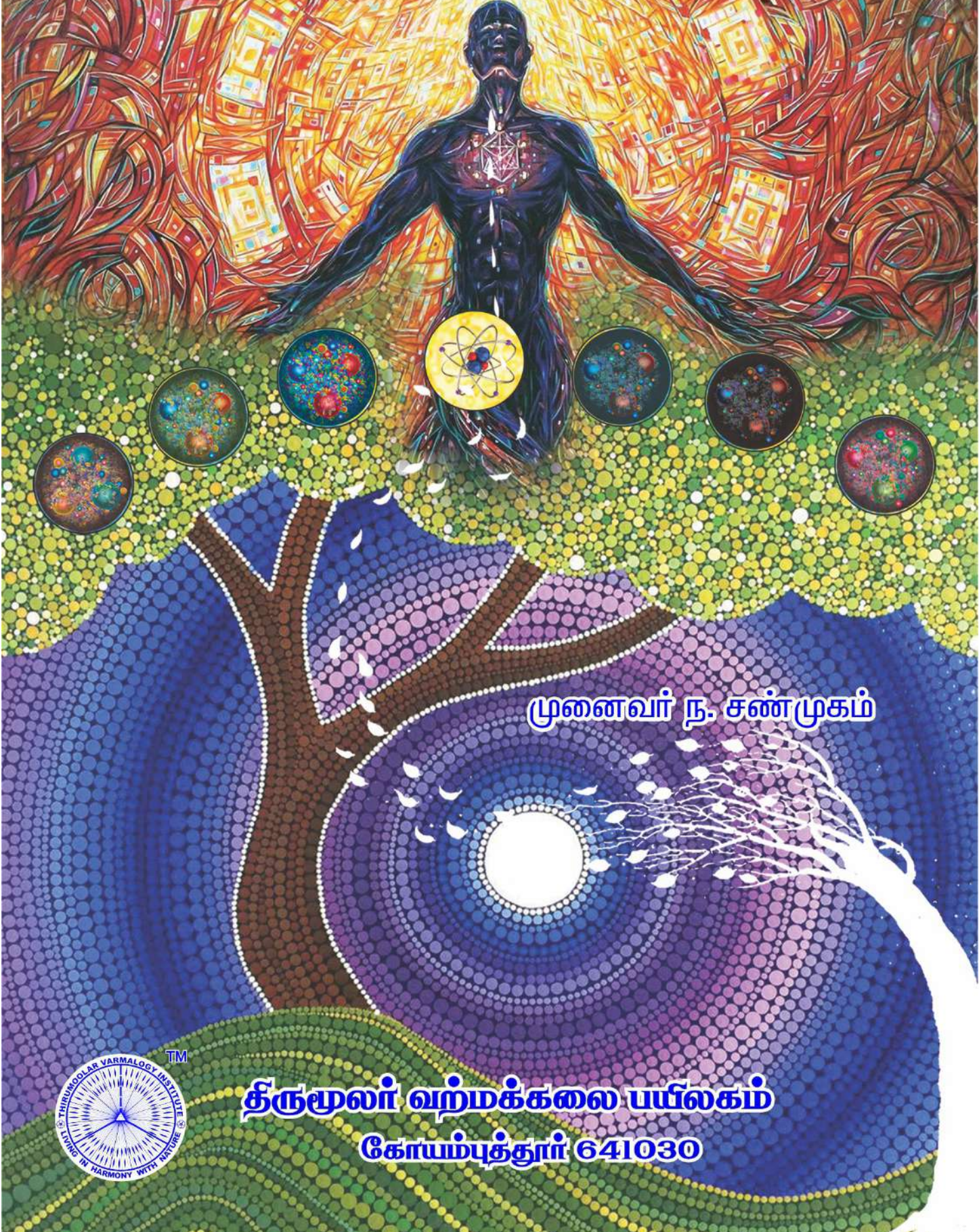
SELECTION OF SUBJECTS

To achieve this purpose a total number of 15 college level cricketers in the age group of 18 – 25 years were randomly selected from Ramakrishna Mission Vidyalaya Maruthi college of Physical Education Coimbatore, Tamil Nadu India. Among the selected subjects, 15 were experimental group.

வேதசத்தி நூல் வரிசை 01

வேதசத்தி அங்காங்கிப் பயிற்சி சப்ததாது

பாகம் 1



முனைவர் ந. சண்முகம்



திருமூலர் வறமக்கலை பயிலகம்
கோயம்புத்தூர் 641030

வேதசக்தி அங்காங்கிப் பயிற்சி

சப்ததாது
(பாகம் 1)

முனைவர் ந. சண்முகம்

தமிழ்த்துறைத் தலைவர்

ஸ்ரீ ராமகிருஷ்ண மிஷன் வித்தியாலய கலை அறிவியற் கல்லூரி
கோவை 641 020



தருமலர் வறமக்கலை பயிலகம்
கோயம்புத்தூர் 641030

தலைப்பு : வேதசத்தி அங்காங்கிப் பயிற்சி சப்ததாது
பொருள் : மருத்துவம் - உடல் நலம்
ஆசிரியர் : முனைவர் ந.சண்முகம்
உரிமை : ஆசிரியருக்கு
முதல் பதிப்பு : அக்டோபர் 2021
வெளியீடு : திருமூலர் வற்றமக்கலை பயிலகம்

22, சரவணா நகர்
கவுண்டம்பாளையம்
கோவை 641030

நூலின் அளவு : டெம்மி 1/8
பக்கங்கள் : 64
தூள் : என்.எஸ்.மேப்லித்தோ 70 ஜி.எஸ்.எம்.
அச்சாக்கம் : பிரியதர்ஷினி பிரிண்டோகிராஃப்
21-D/1, கருப்பண்ணன் தெரு
சிவகாசி 626123

Title : Vethasatthi Angaangi
Payirchi Saptadhatu
Subject : Medicine - Health
Author : Dr. N.Shunmugom
Copyright : Author
First Edition : October 2021
Published by :

Thirumoolar Varmalogy
Institute
22, Saravana Nagar
Kavundampalayam
Coimbatore 641030

Book Size : Demmy 1/8
Pages : 64
Paper : NS Maplitho 70 GSM
Printed at : Priyadarshini Printograph
21-D/1, Karuppannan Street
Sivakasi 626123

ISBN : 978-81-954814-0-8

Price: Rs.300/-

Proceeding of the
International Virtual Conference on
Innovations in Science and Technology

on 31st May 2021

IVCIST-2021

Jointly Organize by

**Department of Electronics, Computer Science,
Computer Applications & Information Technology**

Sponsored by

**DBT- Ministry of Science and Technology
Government of India**

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This edition has been published by Nehru e-Journal as Special Issue of IVCIST 2021

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ISSN: 2349-9052

ISSN: 2349-9052

This e-Book is published in Special Issue of IVCIST 2021

Nehru e-Journal

Nehru Gardens, Thirumalayampalayam,
Coimbatore - 641 105, Tamil Nadu, India.

Paper ID: IVCIST-109

Solar Panel Sun Position Tracking using Embedded System

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Abstract

Solar powered lighting systems are already available in rural as well as urban areas. These include solar lanterns, solar home lightning system, solar street lights, solar garden lights and solar power packs. All of them consist of four components solar photovoltaic module, rechargeable battery, solar charge controller and load. In this worst challenging condition there is no other way than to find for renewable energy resource. The sun is the natural power source that will keep on sharing its energy and most unlikely to vanish. It is a renewable resource that is clean and economical. The main objective of this paper is to improve the power gain by accurate tracking of the sun. To develop this tracking system light dependent resistor (LDR) is used as sensor. The resistance of LDR decreases with increasing light intensity. Two Op-amps are used as comparator for comparing the light intensity in different axes. Again diodes are used for neglecting the negative voltages coming from the comparators. Microcontroller generates the suitable control signals to move the motors in the proper direction. A solar tracker is a sensory device built with the solar panel which tracks the motion of the sun across the sky and moves the solar panel according to that motion of the sun, ensuring that the maximum amount of sunlight strikes the panels throughout the day

Keywords:Microcontroller, C Program, LDR, Solar Panel

Proceeding of the
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ISSN: 2349-9052

ISSN: 2349-9052

This e-Book is published in Special Issue of IVCIST 2021

Nehru e-Journal

Nehru Gardens, Thirumalayampalayam,
Coimbatore - 641 105, Tamil Nadu, India.

Paper ID: IVCIST-48

Implementation of Doppler Radar Sensor in Street Lighting Automation System Using Microcontroller

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Abstract

Nowadays, street lighting is essential for all areas whether urban or rural since people know that street light is an alternative during the day night in order to keep the safety of the road users. Street lights management control is quite simple, yet as the urbanization, the number of streets increased rapidly. The traditional lighting street lamp on-off control is based on chronological time, which may inefficient and inflexible. This paper presents a smart street lighting system which provides a safe night time environment for all road users and pedestrian. The main objectives are to build an automation system of street lighting using a low-cost microcontroller which is Arduino and to achieve energy-saving. Light Emitting Diode (LED) is represented as the light module. This system is controlled according to the specific mode. These modes are controlled by two sensors which are Light Dependent Resistor (LDR) and Doppler Microwave Sensor allowed to sense motion, either vehicle or human in or out of the sensor range. This sensor is quite small, inexpensive, easy to use, low power and easy to interface with sensor. This system can automatically turn on and off the lights according to traffic flow. This system operates during the night and the focus is only for the one-way road at a junction. Street light will be on when only there is road user otherwise, it will turn off. This design can save a great amount of electricity or energy consumption compared to conventional street lights that keep alight during nights. Moreover, the maintenance cost can be reduced and lifespan of the system will increase. As the result, the system has been successfully designed and implemented as a model system.

Keywords: arduino, Doppler Microwave Sensor, LDR sensor, light emitting diode, energy-saving.

Proceedings of
*National Conference on Innovation
in Science and Technology*
(NCIST -2021)

on

08-09, July 2021

organized by



Department of Humanities and Sciences
**Sri Venkateswara College of Engineering
and Technology (Autonomous)**
Chittoor-517 127, Andhra Pradesh.

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Published by



JPS Scientific Publications, Tamil Nadu, India.

E.mail: jpsscscientificpublications@gmail.com

Website: www.jpsscscientificpublications.com

Editor E-mail: saranrajasj@gmail.com

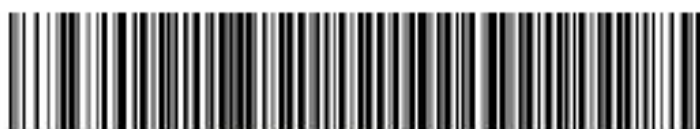
Published in India.

International Standard Book Number (ISBN): 978-93-91342-13-5

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ISBN: 978-93-91342-13-5

Preparation and Characterization of Aluminium Doped ZNO Thin films by Silar

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Zinc Oxide (ZnO) and Aluminium (Al) doped ZnO thin films were prepared by two step SILAR technique. The structural, morphology and optical properties were analyzed for pure ZnO and Al (1%, 3%, 5%) doped ZnO thin films. Prepared films show the entire diffraction peak indexed to hexagonal wurtzite type structure. The crystallite size, lattice parameters, dislocation density and microstrain were calculated for the prepared thin films. Morphology study using FESEM shows spherical shaped and hexagonal faced rod like structure for pure and Al doped ZnO thin films respectively. UV-Vis absorption spectra for the thin films were also studied. The bandgap decreases as the doping ratio of Al increases from 1% to 5%. Photoluminescence (PL) studies confirm the presence of oxygen ion vacancy and interstitial Zn⁺ ion..

Keywords: Al doped ZnO; XRD; Hexagonal Wurtzite Structure; FESEM; UV-Vis.

BOOK DETAILS

- Book Name : **A study on online purchasing behaviours of the consumers with special reference to coimbatore city**
- Author : **Dr. P. Kuppuraj**
- Edition : **JANUARY 2021**
- Pages : **206**
- Book Size : **Demmy**
- Price : **Rs.130/-**
- Printed by : **TODAY GRAPHICS**
192, Bells Road
Chepauk, Chennai-5
Cell: 98400 83738
- ISBN : **978-93-81992-51-7**

EFFECT OF YOGA WITH CRICKET SKILL TRAINING ON SELECTED PHYSICAL FITNESS VARIABLES OF DISTRICT LEVEL CRICKETERS

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ABSTRACT

The purpose of the study is to find out the Effect of Yoga with Cricket skill training on Selected Physical fitness Variables of district level cricketers. To achieve the purpose of this study 30 cricketers as a subjects from erode district, Tamil Nadu India. At Random group design was used in this experimental study. Thirty subjects were selected from the age group of 18-28 years. In each category 15 was experimental group and 15 was Control group. Pretest was conducted in all the selected variables and post test was conducted after 6 weeks training. Pretest was conducted in all the selected physical fitness variables and post test was conducted after 6 weeks yoga asana with cricket skill training. Pre and post tests were also be conducted in the physical fitness variables namely: Agility and flexibility as testing with standardized tools as sit and reach box and digital stop watch. The data was collected before and after the training programmes and statistically analyzed by using dependent 'T' test. These results illustrate how to develop the physical fitness variables while providing yoga asana with cricket skill training for the Cricketers.

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 woods and clearings in the South East area of England that is across Kent and 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 takeoff 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 (**Senthil Kumar 2018**).

METHODOLOGY

The purpose of the study is to find out the effect of yoga asana with cricket skill training on physical fitness variables of district level Cricketers. The experimental group underwent yoga asana with cricket skill training for six weeks 5 days per week for 60 minute per day and the control group is not given any specific training. After six weeks of training. The experimental design used is pre test and post test randomized group design. Physical fitness variables were assessed by using 10x4 shuttle run test and sit and reach test.

INTERNATIONAL E-CONFERENCE ON Synthesis of Traditional Yoga and Modern Science: Solution for the current Pandemic

Date: 20 & 21 June, 2021

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

(An Autonomous College Re-accredited by NAAC,
Affiliated to the Tamil Nadu Physical Education & Sports University, Chennai)
Coimbatore - 641 020

International E-conference on Synthesis of Traditional Yoga and Modern Science: Solution for the current Pandemic

Edited By

Dr. Ch. VST Saikumar

Principal & Secretary, SRMV Maruthi College of Physical Education

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**SRI RAMAKRISHNA MISSION VIDYALAYA
MARUTHI COLLEGE OF PHYSICAL EDUCATION**

An Autonomous College Re-accredited by NAAC

(Affiliated to the Tamil Nadu Physical Education & Sports University)

SRKV Post, Periyanaickenpalayam, Coimbatore 641 020, Tamil Nadu, India

Phone: (0422) 2692443, Cell: (0) 96774 68946, E-mail: mmcpe@gmail.com, Web: www.srkvmcpe.org

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EFFECT OF SAQ WITH YOGA TRAINING ON SELECTED COORDINATIVE ABILITY OF COLLEGE LEVEL CRICKETERS

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ABSTRACT

The purpose of the study is to find out the effect of SAQ with yoga training on selected coordinative ability of college level cricketer. To achieve the purpose of this study 30 cricketers as a subjects from SRMV Maruthi College of Physical Education Coimbatore, Tamil Nadu. At Random group design was used in this experimental study. Thirty subjects were selected from the age group of 18-28 years. In each category 15 was experimental group and 15 was Control group. Pretest was conducted in all the selected variables and post test was conducted after 6 weeks training. Pretest was conducted in all the selected coordinative abilities and post test was conducted after 6 weeks yoga asana with cricket skill training. Pre and post tests were also conducted in the coordinative abilities namely: Space orientation ability and Complex reaction ability as testing with standardized tools as Space orientation ability set, Complex reaction ability set and digital stop watch. The data was collected before and after the training programmes and statistically analyzed by using dependent 't' test. These results illustrate how to develop the coordinative abilities while providing SAQ and yoga training for the Cricketers.

INTRODUCTION

Speed, agility, and quickness are some of the most significant, and visible components of athletic success. An improvement in the ability to react quickly, apply significant force rapidly in the appropriate direction, and to redirect that force if needed is the ultimate goal of a program to improve speed, agility, and quickness. A carefully designed program that addresses these factors of athleticism significantly improves overall performance and reduces the risk of injury. Speed, agility, and quickness all involve learned motor skills. Although the magnitude of proficiency will vary with each individual, learning the efficient and effective execution of these skills can improve overall athletic ability (Brown, Ferrigno & Santana, 2000).

METHODOLOGY

The purpose of the study is to find out the Effect of SAQ with yoga Training on Selected coordinative ability of college level cricketers. The experimental group underwent SAQ and yoga skill training for six weeks 5 days per week for 60 minute per day and the control group is not given any specific training. After six weeks of training the experimental design used is pre test and post test randomized group design. Coordinative abilities were assessed by using Numbered Medicine Ball Run test and Ball Rolling reaction test.

SELECTION OF SUBJECTS

To achieve this purpose a total number of 30 college level cricketers in the age group of 18 – 28 years were randomly selected from Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Coimbatore, Tamil Nadu. Among the selected subjects, 15 were experimental group and 15 were control group.



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 32 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 7 books in physical education. He also published more than 35 research articles in reputed journals and published more than 40 research papers in national and international seminars and conferences. He has guided more than 50 M.Phil. and 24 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 21 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.



Dr. T. Thangamani is a multi-talented in the field of physical education. No one can separate physical education from his life. He has dedicated his whole life for the development of sports and games. He was graduated from Sacred Heart College, Tirupathur District, Tamil Nadu, did his H.P.Ed., B.P.Ed., M.P.Ed., M.Phil., Ph.D., from Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore. He has got his additional qualifications viz., M.Com., M.Sc.(Yoga), M.Sc.(Psychology), PG Diploma in Yoga, from several institutions of South India. He dedicated himself as a physical director in Ramakrishna Mission Vidyalaya Gandhi Teacher Training Institute for 7 years. Another two years as a physical director in Ponnusamy Gounder Teacher Training Institute, Salem. He also worked as a physical director for about 8 years in C.D.Nayagam T.Nagar, Hr. Sec. School. He has been instructing yoga practice for all category of people for about 20 years. In this regard he has organized national and international conferences and seminars. At present, he is working as an Assistant Professor in Sri Ramakrishna Mission Vidyalaya Maruthi College of physical education in Coimbatore. He is the key person in bring out a distinct text book for physical education in school education under Tamil Nadu Text book Corporation. Besides that, he has authorized many books regarding Physical Education. He has published 20 books in the field of Physical Education. He also published more than 15 research articles in reputed journals, and 10 research papers in National and International seminars and conferences.



Still he has long way to go.....

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SRKV Post, Periyanaickenpalayam, Coimbatore 641 020, Tamil Nadu
Phone: (0422) 2692443, Cell: (0) 96774 68946
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