**International Conference**

**on**

**“Physical Activity & Sports for Global Peace and Development”**

**from OCTOBER 19 – 21, 2011**

**Date: 19.10.2011 schedule for scientific sessions**

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| **HALL-A VENUE: SIR SHANKAR LAL HALL, D.U.** | | | **HALL-B venue: international guest house, d. u.** | |
| **11:30a.m-1p.m. scientific session-I** | | | | |
| **Time** | **presenter** | **Title of the paper** | **presenter** | **Title of the paper** |
| **11:30-11:45** | **opening address:**  **Dr. A.K. Uppal, Sr. Director, asppss** | **target training zone and load-recovery ratio** | **dr. gurpreet singh randhawa** | contemporary issues in exercise physiology, sport science & performance |
| **11:45:12:00** | **Ikram Hussain, Arif Mohammad and Asim Khan** | Biomechanical Analysis of Successful and Unsuccessful Penalty Stroke Execution in Field Hockey | **Kamleshkumar P. Patel and Narendra Singh R. Kshatriya** | A Study of Personality Traits and Self Concept on National Level Players |
| **12:00-12:15** | **K. P. Manoj and Mol N. I. Ramya** | A Factor Structural Study on Selected Anthropometric and Physical Fitness Variables of Male Long Jumpers | **Vikas Singh and Sandeep Tiwari** | Assessment of Self Confidence among Female Volleyball Players of Different Levels |
| **12:15:12:30** | **Hiralal Yadav, Vivek Pandey, Sambhu Prasad,**  **and Sameer Yadav** | Physiological Responses of Long Distance Runners under Simulated Competition Demands | **Dhananjoy Shaw and Rekha Gupta** | A Study on the Effect of Kapalbhati Anuloma Viloma Agnisar Bhramari Om Recitation and Kumbhak on Time Domain Heart Rate Variability Variables |
| **12:30-12:40** | **Reema Kirtani** | Interventions to Attain Maximum Functional Potential in Respite for Older Adults | **Pramod Kumar Sethi, Vivek Chaudhary and Vikram Singh** | A Study of the Fitness Levels of Physical Education Teachers |
| **12:40-12:50** | **Rajshree Pandey, Inderpreet Kaur Nanda, and Sarita Tyagi** | Analysis of Prevalence of Drugs in Olympic Games | **Dharmander Kumar and Sandhya Tiwari** | A Comparative Study of General Well-being between Sports and Non-sports College Students |
| **12:50-1:00** | **Dr. Namita Saini & Dr. Manjula Saini** | Health Benefits of Suryanamashkar |  |  |
| **1:00-2:00 Lunch Break** | | | | |

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| **HALL-A VENUE: SIR SHANKAR LAL HALL, D.U.** | | | **HALL-B venue: international guest house, d. u.** | |
| **2:00p.m-3:30p.m. scientific session-II** | | | | |
| **2:00-2:15** | **Opening address:**  **dr. kanwaljit singh sandhu, director, dpess, gndu, amritsar** | The Hermeneutics of Participation of Transgender Athletes in Sports: Intensifying Third Force | **Nasiri Maryam, Minaie Mahta, and S. S. Deshpande** | A Comparative Study of Happiness among Male and Female Athlete Students in University of Medicine Science of Tehran |
| **2:15-2:30** | **A. A. Sayad and M. Pareira** | A Comparative Study of Prosocial and Antisocial Behavior in I-League and Goa League Football Players | **Kaushambi Tyagi and Lalit Sharma** | Validation of Ryff’s Psychological Well-being Scale on Delhi Population |
| **2:30-2:45** | **Roselin and Sandhya Tiwari** | Effect of Six Weeks of Pranayama Training on Selected Physiological Parameters and Performance in Shooting | **Razmi Vahideh, Soleimanifarrokh Mahdi, Hassanpour Masoumeh,**  **E. Kangane Sopan, and Zormand Gholamreza** | A Comparative Study of Anxiety Level in Athlete and Non-Athletes Female Students |
| **2:45-3:00** | **Aliakbar Mirnaderi, Masoumeh Hassanpour,**  **Mahdi Soleimanifarrokh, and Kiran Machhindra Shete** | Stretch Exercises for Chronic Low-back Pain | **L. Dibamani Singh** | Body Composition of the Affluent and Non-Affluent Meitei Boys of Barak Valley of Assam, India |
| **3:00-3:15** | **Behrooz Imeri and D. K. Dureha** | The Comparison of Bone Mineral Density in Femoral Neck between Iranian National Level Basketball Players and Non-Athlete Subjects | **Rajiv Vyas, Om Prakash Mishra, and Tarak Nath Pramanik** | Effect of Core Stability Strength Training on Flexibility of Cricket Players |
| **3:15-3:30** | **Dhananjoy Shaw and Neeru Yadav** | Development of Norms of Twelve Minute Run/Walk Test for NCT of Delhi Male Population Below Twenty Years of Age | **Upasana Pal and Samiran Chakaraborty** | The Effect of 6 Weeks Training on Penalty Stroke Performance among Hockey Players |
| **3:30-4:00 Coffee break** | | | | |

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| **4:00p.m-5:30p.m. scientific session-III** | | | | |
| **4:00-4:15** | **opening address: Dr. nayana nimkar.** | Physical Literacy | **Harpreet Kaur, Deepika Sharma, and Lalit Sharma** | An Assessment of Athletic Intelligence of Team Game Players |
| **4:15-4:30** | **H. Soltani, S. S. Hojati, Z. Hojati, and S. R. Attarzadeh Hosseini** | Comparison of Acute Effect of an Intensive Short Term Exercise Session on Some Blood Coagulation Parameters and Fibrinolysis between Active and Non-Active Male Students | **Neeru Yadav and Dhananjoy Shaw** | Development of Norms of Cooper’s Twelve Minute Run/Walk Test for NCT-Delhi Male Age Ranging from Twenty to Thirty Years |
| **4:30-4:45** | **Kewal Krishan, Arun Khatri and Surinder Singh** | Effect of Kapalbhati on Abdominal Muscle Strength and Endurance of Sports Persons | **Ranjan Chakravarty and Ajay Singh Ruhal** | Relationship of Selected Kinematic Variables with the Performance of National Level Basketball Players in Lay Up Shot |
| **4:45-5:00** | **Masoumeh Hassanpour and Lena Motallebi** | Comparing the Effect of Selected Hydrotherapy Exercises and Yoga Practices on Chronic Back Pain | **Uday Bhanu Kundu, Tarak Nath Pramanik, and L. N. Sarkar** | Relationship of Selected Blood Variables to Health Related Physical Fitness of College Men |
| **5:00-5:15** | **Minaei Mahta, Nasiri Maryam, and Sopan-e-Kangane** | Relations of Total Physical Activity and Intensity to Fitness and Fatness in Children 9 to 10 Years Old in Tehran and Karaj City of Iran | **Vishal Thakur** | Comparative Study of Physical Fitness Components of Senior Secondary School Kabaddi Players of Patiala and Mohali Districts from Punjab |
| **5:15-5:30** | **P. B. Thumar** | Sport: Universal Instrument for Development and Peace Building | **Shrikrishan Patel and Y.K. Singh** | Comparison of the Effect of Diurnal Variation on VO2 Max & Cardiovascular Efficiency among Individual and Team Game Players |
| **Gala Dinner at Hindu College, University of Delhi : 7:30 P.M. Onwards** | | | | |

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| **HALL-A VENUE: SIR SHANKAR LAL HALL, D.U.** | | | **HALL-B venue: international guest house, d. u.** | | |
| **9:30a.m-11:00a.m. scientific session-IV** | | | | | |
| **Time** | **presenter** | **Title of the paper** | | **presenter** | **Title of the paper** |
| **9:30-9:45** | **opening address:**  **dr. Dilip dureha** |  | | **Nupur Gautam, Nikhil Thakur and Sarita Tyagi** | A Study on Sources of Stress among Players in Relation to Gender and Sports |
| **9:45-10:00** | **S. R. Kanekar and V. U. Pethkar** | Fitness Assessment of School Students: A Three Year Longitudinal Study | | **Anupam Linus Parmar** | A Comparative Study of Self-Concept between School Going Obese Boys and Girls Aged 14 to 16 Years |
| **10:00-10:15** | **Srinivas Nallella** | A Critical Analysis of Physical Fitness on Volley Ball Players in Telangana Universities | | **Malika Sharma and Lalit Sharma** | Psychological Skills and Performance of Indian Gymnasts |
| **10:15-10:30** | **Pardeep Kumar and Shardha Dhiwal** | Stress Management through Counselling and Selected Intervention Skills | | **Deepti Arya, Dr. S.J. Basumatary and Vinita Baloni** | A Comparative Study of Self Esteem, Body Image among Physically Active and Non-active Women |
| **10:30-10:45** | **Meenakshi, Ajit Kumar, and Vikas Kumar** | Task and Ego Orientation as Criteria of Success among Different Sports Persons: An Assessment | | **Fareeda Ashraf** | Person Comportment among Sportsperson: A Comparative Study |
| **10:45-11:00** | **Ajit Kumar, Meenakshi, and Kalpana Sharma** | Commonwealth Games-2010: Contemporary Perspective | | **Neelam Vats and B. P. Gaur** | The Effect of Preksha Meditation on Academic Anxiety and Adjustment of Metro City Teenager Students |
| **11:00-11:30 Coffee Break** | | | | | |

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| **11:30a.m-1:00p.m. scientific session-V** | | | | | |
| **11:30-11:45** | **Razmi Vahideh, Soleimanifarrokh Mahdi,**  **and E. Kangane Sopan** | The Effect of Surya Namaskara on Flexibility, Body Mass Index, Resting Heart Rate, Systolic and Diastolic Blood Pressure and Perceive well-Being in Iranian Male Kick Boxers | | **Jaspal Singh, Sukhbir Singh, and Kirpal Singh** | Study of Achievement Motivation and Competitive Anxiety among Football Players |
| **11:45-12:00** | **K. M. Valsaraj** | Variation in Speed and Agility among University Players at Different Times of the Day | | **Amit Vishwakarma, Sudip Das, and Uma Datta** | An Investigation of Causal Factors of Injuries in Judo |
| **12:00-12:15** | **Ikram Hussain, Asim Khan, and Arif Mohammad** | Biomechanical Analysis of Long Jumpers | | **Gautam Chaudhary, Dhirender Kaim, and Rakesh Gupta** | A Study of Acceleration Ability and Balance Ability Components in Relation to Sprinting Ability of Under Graduate Physical Education Male Students from University of Delhi |
| **12:15-12.30** | **Dr. Manjula Saini & Dr. Namita Saini** | Effects of Altitude on Human Physiology & Performance : A Review | | **Sambhu Prasad, Awadhesh Pratap Singh,**  **Hiralal Yadav, and Gaurav Pant** | Relationship of Hamstring Group of Muscles with the Performance in Long Jump |
| **12:30-12.40** | **Rajesh Sahu and Vandana Yadav** | Recreational Sport Participation of Women in Gwalior Constraints Related with Women’s Physical Activity | | **Riyaj Uddin, Syed Tariq Murtaza and Mohd. Imran** | A Study on Preference and Achievements of Sports in Mandal Prison, Gonda (India) |
| **12:40-12:50** | **Rashmi Gupta and G. D. Ghai** | Enriching Health and Physical Education Curriculum of Pre-Service Teacher Education Programme | | **Sangram Bhattacharjee, Debnath Manika and Badal Kr. Jana** | Comparative Study of Imagery Use by Athletes Belonging to Different Sports |
| **12:50-1:00** | **Inderpreet Kaur Nanda, Rajshree Pandey, and Sarita Tyagi** | Comparative Study on Conflict Resolution between Athletes and Non-Athletes of Delhi University | |  |  |
| **1:00-2:00 Lunch Break** | | | | | |

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| **2:00p.m-3:30p.m. scientific session-VI** | | | | | |
| **2:00-2:15** | **Nishan Singh Deol and Lalit Mohan Tiwari** | Effect of Three Months Yogic Practices on Selected Physical Fitness Parameters | | **T. Onima Reddy, Vikram Singh and Neeraj Dabas** | Self-Esteem among Sports Achievers, Non-Achievers and Non-Participants Female Tribal |
| **2:15-2:30** | **Zafar Ali and Y. P. Sharma** | A Survey of Female Specific Problems of Indian Sportswomen Participated in Commonwealth Games 2010 | | **Alka Karanwal** | Promoting and Maintaining Lesson Climate in Physical Education |
| **2:30-2:45** | **K.K. Debnath and Alka Karanwal** | Exploring Potentiality of ICT in Promoting Lesson in Physical Education and Sports | | **Dhirender Kaim, Ashok Singh, and Rajeev Kumar** | The Role of Selected Clubs in Promotion of Cricket Game in Delhi State: A Status Report |
| **2:45-3:00** | **D.K. Kansal and Amrita** | A Study of Physical Education and Sports Participation in All University Located in Delhi | | **Amita Handa and Amrendra Singh** | A Study of Intra-Item Relationship between Physical Fitness Test |
| **3:00-3:15** | **Anindita Das, Vandana Yadav, and Yasmeen** | Effect of Treadmill, Elliptical Trainer and Sauna Bath on Body Composition and Fat Distribution among Obese People of Gwalior | | **Ompati Chaudhry and J.P. Sharma** | Women Empowerment through Sports |
| **3:15-3:30** | **Anirudha Dhariwal and Atul Kumar Malik** | A Comparative Effect of Circadian Rhythm on Selected Physiological Variables on Male Physical Education Trainees | | **Vasant Gajaba Zende** | To Study the Implication of Information and Communication  Technologies in the field of Physical Education and Sports by Physical Educators in Maharashtra |
| **3:30-4:00 Coffee break** | | | | | |

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| **4:00p.m-5:30p.m. scientific session-vii** | | | | | |
| **4:00-4:15** | **Deepak T. Shendkar** | Effects of Traditional Teaching and Co-Operative Learning Methods on Long Jump Performance | | **Kanika Rawat and Birendra Jhanjharia** | A Comparative Study of Body Image among the Athletes and Sedentary Women |
| **4:15-4:30** | **Deepak Mehra and Sandhya Tiwari** | Establishing Reliability of Yo-Yo IR2 Test on Indian Intercollegiate Male Soccer Players | | **Atul Kumar Malik and Anirudha Dhariwal** | An Analysis of Selected Physiological Variables on  Physical Education Students of B.H.U. |
| **4:30-4:45** | **Sachin Kumar, Sandhya Tiwari, Sandeep Tiwari** | A Study on Relationship of Selected Anthropometric Measurements in School Going Boys of West Delhi Age 6 through 9 Years | | **Neeta Kumari, Aruna Gulati,** **Harpreet Kaur** **and Poonam Chauhan** | Effect of Weight Reduction on Selected Physiological Parameters among Male Junior National Boxing Campers |
| **4:45-5:00** | **Surjeet Singh, Kanchan, and Hartej Singh** | Effect of Aerobic Exercise on Systolic and Diastolic Blood Pressure of Old Age men | | **Arvind Bahadur Singh** | A Comparative Study of Personality Traits of Semi-Contact Game Players and Contact Game Players |
| **5:00-5:15** | **Sushil Lega** | Effect of FIFA Recommended Exercises on Kicking Ability of Soccer Players of 15-16 Years | | **Rakesh Kumar, Gurpreet Makker, and Rajbir Singh** | A Comparative Study of Self-Esteem, Level of Stress and Body Shape Satisfaction among Private and Government Sector Employees |
| **5:15-5:30** | **T. R. Meena and R. Choudhary** | Estimation of Lean Body Mass on the Basis of Vertical Jump, Weight, Vital Capacity, In-Breath Chest Circumference and Out-Breath Chest Circumference | | **Renu Chaudhary, A. K. Vanaik, and R. K. Rana** | An Analysis of Coping Skill Used by Different Athletes among Open Skill Games |
| **Cultural Programme followed by dinner at sir shankar lal hall : 6:30 p.m.** | | | | | |

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| **9:30a.m-11:00a.m. scientific session-VIII** | | | | |
| **Time** | **presenter** | **Title of the paper** | **Free Session** | |
| **9:30-9:45** | **Gurmeet Singh, Yogesh, and Vipan** | A Study of Job Stress, Satisfaction and Adjustment Among Coaches |
| **9:45-10:00** | **Birendra Jhajharia, Rohit P. Shrivastava, and Kanika Rawat** | Effect of Prandharana and Tratak on Selected Coordinative Abilities on Cricketers |
| **10:00-10:15** | **Lena Motallebi and Masoumeh Hassanpour** | Low-back Pain: Stretching Exercise versus Aerobic Exercises |
| **10:15-10:30** | **Pardeep Kumar and Ashwani K. Chhikara** | Specific Goal Imagery Training for Enhancing the Performance of Penalty Shooting in Football |
| **10:30-10:45** | **Dr. Vikram Singh, Dr. Sanjeev P. Sahni & Dr. Pramod Kumar Sethi** | Effect of Progressive Muscle Relaxation Training on the Psycho-Physiological Variables of Wrestlers |
| **10:45-11:00** | **Jyoti Solanki and Sandeep Tiwari** | A Comparative Study of Mental Toughness between Sportsmen and Non-Sportsmen |
| **11:00-11:30 Coffee Break** | | | | |

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| **11:00a.m-12:00p.m. scientific session-IX** | | |
| **poster presentation** | | |
|  | **Reddy T. Onima and Bharati Vijay** | Sports Unique Value as Tool for Development and Peace: Development and Peace Benefits Achievable Through Sports |
|  | **T. Pushpa Reddy and Sangeeta Singh** | Realizing the Potential of Sport as a Tool for Development and Peace |
|  | **M. Nodiyachand Singh and J. P. Sharma** | Sport, Policy and Politics |
|  | **Yuvraj Singh, Dravin, and Deepak Bangari** | Nanotechnology: New Era of Sports Beacon |
|  | **Mukesh Kumar Upadhyay** | Information and Telecommunication Technology in Physical Education and Sports |
|  | **N. D. Virupaksha** | Aggressiveness of Football and Hockey Men Players |
|  | **P. M. Harish and Siddalinga Murthy** | Motivation among Kabaddi and Kho Kho Men Players |
|  | **Yogesh Chander, Sushil Kumar, and Shikha Sharma** | Allied Sciences and Its Role in Sports |
|  | **Gurpreet Makker, Rakesh Kumar, and Ashok Kr. Singh** | Health Benefits of Pranayama |
|  | **N. P. Giri** | Yoga, Sports and Health |
|  | **Satpal Kaur, Ripudaman Singh and Jaspreet Singh** | Raja Yoga for Mental Health and Global Peace |
|  | **Ajay Kumar Singh and Uday Bhanu Kundu & Binod Chowdhary** | Effects of Exercise on Cardiac Fitness Level of Sedentary Peoples |
|  | **Jaowad Ali and Abdul Rahaman** | A Comparative Study of Sports Competition Anxiety between Male and Female Archers of Manipur |
|  | **Dalwinder Singh, Th. Nandalal Singh, and Sonia Saini** | Physical Activity and Sports for Health, Global Peace and Development |
|  | **Sushil Kumar and Shikha Sharma** | Role of Information and Communication Technology in Physical Education: An Overview |
|  | **A. Paul and A. Mukherjee** | The Comparative Study of Print Media Coverage of Various Sport Events |
|  | **Marzieh Shafiei Zargar** | The Preventive Ways of Knee Injuries and its Treatments |
|  | **Ram Krishan** | Effects of Different Packages of Plyometric Training on Blood Pressure of College Male Players |

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**Date: 21.10.2011 VENUE: SIR SHANKAR LAL HALL, D.U.**

**Time: 12:00p.m-1:30p.m.**

**scientific session-X HALL-A**

**Panel discussion**

**Theme:**

**sports: universal instrument for global peace and development**

**1:30-2:30 lunch**

**3:00-4:30 valedictory function**