

**UNIVERSITY GRANTS COMMISSION
BAHADUR SHAH ZAFAR MARG
NEW DELHI - 110 002**

**PROFORMA FOR SUBMISSION OF INFORMATION AT THE TIME OF SENDING THE
FINAL REPORT OF THE WORK DONE ON THE PROJECT**

1. Title of the Project “THE STUDY OF IMPACTS OF VITALITY UPON
GAME PERFORMANCE OF PLAYERS”
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4. UGC APPROVAL LETTER NO. AND DATE 23-2642/11(WRO), DT. 11/01/2012
5. DATE OF IMPLEMENTATION 01/05/2012
6. TENURE OF THE PROJECT TWO YEAR
7. TOTAL GRANT ALLOCATED 95,000
8. TOTAL GRANT RECEIVED 77.500
9. FINAL EXPENDITURE 95,000
10. TITLE OF THE PROJECT “THE STUDY OF IMPACTS OF VITALITY UPON
GAME PERFORMANCE OF PLAYERS”

11. OBJECTIVES OF THE PROJECT

Human body is a wonderful machine and great creation by God. It is not only an inanimate idol but an animate and thinking animal. Only the science of physics cannot be sufficient in its overall development. It does need the science of spirituality. The science of spirituality and physics should work together. The promoters of both the branches of science should strive together for the rising of mankind. Besides, none (Researcher) has ever attempted to find out the impact of vital energy upon the performance of the players. This research project has been prepared with a view to carrying out the relevant research to study the impact of vital energy upon the performance of the players.

12. WHETHER OBJECTIVES WERE ACHIEVED

The main objective of this research was to study the Impacts of Vitality upon Game performance of players.

The following method was applied to study the Impacts of Vitality upon Game performance of players.

In this chapter, selection of sample/topics for study, standards of measurement, reliability of data, reliability of means, plan of study, management of training programme and description of statistical method had been exercised for data analysis

Sample Selection :

Sixty players between the age group of 12 to 18, coming from different areas of Saurashtra and studying in hostel had been selected. Their age had been checked and verified from school record.

The players under search (in the sample) had been medically examined. All of them had been found physically fit. The purpose of medical examination was to suffice research necessity in them and find them fit to participate in the training programme with good response.

All the players had primarily agreed to for research study.

Pre-stage firmness and the whole picture of training programme had been explained to avoid any circumstantial causes that might arise during the procedure of research study, exercise and training programme, so that they might cooperate and attend the research programme successfully.

All the players had been under a pre-course for a week before appearing for the test, training and exercise programme, in order that the players and the researcher might be acquainted with each other. In addition, the players may completely understand the research procedure so that they might appear properly at their response test and training.

Randomly selected players had been divided in Two groups : A as Experimental Group and Group B as controlled group.

Standard of Measure :

- (1) A pre-test will be conducted thrice in 100 meter running, 400 meter running, long jump and shot put.
- (2) The score in 100 meters running and in 400 meter running will be measured in seconds and the score in long jump and shot put will be measured in meter.
- (3) A mean will be calculated from three attempts in pre-test.
- (4) The players with equal scores will be selected in 100 meter running, 400 meter running, long jump and shot put.

Reliability of Data :

Reliable data was collected with the help of the standardized test, the ability of examiner and the use of standardized means for reliability of data.

Reliability of Tools :

The following tools were applied for study.

Stop-watch, Steel-tape, Yoga-Met, 5.45kg. shotput, Long Jump Board, 400 m. track

The above-mentioned tools had been found with a standard and govt. approved supplier.

Reliability of the Test and Competency of the Researcher :

The researcher and others should be familiar with characteristics of the test to administer it. The test was conducted under the guidance of the experts in physical Education and the experts in Yoga education. In the beginning, the trainees appeared in practical test and the first test was held on the same day to keep up the accomplishment of the topic under research. The same test was held, the second day in the same atmosphere. It was compared with the first and the second test and its correlation had been checked.

Plan of study and Data collection :

After the minor Research Project is permitted, during the first year, the work will be conducted as under.

- (1) During 1st week to 36th week, work will be conducted as under.
 - (a) Material in printed matters, articles, publications and audio-visual publications, on various training methods in vital energy will be collected.
 - (b) A tour programme will be conducted to different places to study different methods of vital energy and relevant information will be collected.
 - (c) Experts persons in the relevant field will be visited in person and standardized information will be collected
 - (d) The collected material will be studied through various points of view.
- (2) During 37th week to 54th week, work will be conducted as under.
 - (a) A training programme will be constituted pertaining to the informations and suggestions provided by the experts chiefly focussing on the vitality and other varied Training methods and latest authentic informations received from the resourceful persons to this particular field of training.
 - (b) The training in vital energy will be imparted for 18 weeks in an evening session.

- (c) All the players will undergo a medical checkup for primary health and only those players will be selected, found fit.
- (d) The training will be imparted through audio-visual equipments and still photography.
- (e) The student players, studying in boys' hostels in various areas of Saurashtra, will be selected for the training.
- (f) A pre-test will be conducted thrice in 100 meter running, 400 meter running, long jump and shot put.
- (g) The score in 100 meters running and in 400 meter running will be measured in seconds and the score in long jump and shot put will be measured in meter.
- (h) A mean will be calculated from three attempts in pre-test.
- (i) The players with equal scores will be selected in 100 meter running, 400 meter running, long jump and shot put.
- (j) The selected players will be divided at random in two groups.
- (k) One of the groups will be trained through various methods of vital energy and the other group will be 'a controlled one'.

The following activities will be undertaken after the completion of the 1st year.

- (1) The training group will be given training from 1st week to 18th week as per training programme.
- (2) The following will be worked out from 19th week till the completion of minor Research project.
 - (a) At the end of the training programme, the scores of both the groups will be collected in 100 meter running, 400 meter running, long jump and shot put.
 - (b) The scores of pre-training and the scores of post-training will be analyzed.
 - (c) Different methods of vital force will be examined in the light of the difference found in statistical analysis.
 - (d) At the end of the entire research project, a dissertation will be prepared and one of its copies will be forwarded to UGC.
 - (e) The entire research project material will be published in the form of a book.

Administration of the Physical Adjustment Programme for Experiment Group PRE COURSE

- * Stretching exercises: Forward, Backward and Both sides
- * Rotation exercises to both sides (Neck, Shoulder, Wrist, Waist, and Ankle)
- * Each experimental group was made familiar with related activities according to its training programme.

- * Suryanamskar with explanation with five repetitions
- * Anulom-Vilom Prānāyam with explanation with five repetitions.
- * AUMKAR Prānāyam with explanation with five repetitions.
- * Explanation of Dhyān with five minute-dhyān.

Physical Adjustment programme was held for one week and then 18 week; training programme was applied. Training was imparted in evening session.

Group 'A' under experiment was given training into Prānāyam and Dhyān. This training was imparted to student-player studying at Boys' Hostel-Pedhla (Jetpur)

FIRSTWEEK TRAINING

- * Warming up exercise, stretching exercise and rotation exercise (neck, shoulder, wrist, waist and ankle) on both sides for 10 minutes.
- * Six repetitions of Suryanamaskar
- * One set of Anulom Vilom Prānāyam with five repetitions.
- * One set of AUMKAR Prānāyam with five repetitions.
- * Dhyān for five minutes.
- * Rest.
- * Sunday - Complete rest

Successive increase was carried out in the workload as under.

1. In the 2nd to 4th week, the training was imparted as given in the first week.
2. During the 5th to 8th week, the training of 12 repetitions of Suryanamaskar and Anulom-Vilom and AUMKAR Prānāyam of 10 repetitions were given. There was rest for a minute between Dhyān. There was Dhyān for 10 minutes.
3. During the 9th to 12th week, the training of 18 repetitions of Suryanamaskar and Anulom-Vilom and AUMKAR Prānāyam of 15 repetitions were given. There was rest for a minute between Dhyān. There was Dhyān for 15 minutes.
4. During the 13th to 18th week, the training of 24 repetitions of Suryanamaskar and Anulom-Vilom and AUMKAR Prānāyam of 20 repetitions were given. There was rest for a minute between Dhyān. There was Dhyān for 20 minutes.
5. No change was made in warming up exercises and time for rest.
- * Sunday - Complete rest

Group 'B' under experiment was treated as controlled group, that would consist of student-players, studying at Boys' Hostel Pedhla (Jetpur). During training period, it would be managed as under.

1. Pre-test for group 'B' was held along with experimental groups 'A'.
2. The controlled group was entirely made free from training programme.
3. Post-test for group 'B' was held along with experimental groups 'A' as soon as the period for training was over.

Statistical procedure:

The following statistical procedure was applied to test the impacts of vitality upon game performance of players. Analysis 't' scale ratio was applied to find out the real difference between Mean and expected Mean of the Pre-test and Post- test.

13. ACHIEVEMENTS FROM THE PROJECT

So many mysteries of nature are hidden in this human body that modern science has not been able to recognize. There are so many mysteries; unravelled in human body. An attempt has been made here to solve them.

Indian culture is the most ancient of all cultures in the world according to Indian Purānas and scriptures. This culture had developed in such a well-arranged way that powers and mysteries of human body could be recognized well. Its instances are found in our scriptures.

But with the passage of time this knowledge was lost. In the present our knowledge regarding human body is limited up to anatomy and organs. In such time we should know about its strength and power with the help of Indian System of Exercise which is still under veil of knowledge.

The science of Prānāyam and Dhyān (meditation) is one of the ancient branches of, well developed in Indian Culture. It has been accepted as an invaluable gift to the world from India. It becomes very much necessary to know its impact upon subtle and static human body. It could lead us to recognize, diagnose and cure diseases.

On the other hand, there is one more thing before eyes that athletes have been creating more and more new world records all over the world and then it has become impossible for us to find out extract of human energy. He has turned impossible things into possible.

Research projects regarding testing the impacts of upon game performance of players have been carried out in the least number. Whatever the researches have been carried out, are also partial to some extent. Therefore the researcher felt a sharp necessity to carry out such research.

Thus, with a view to meet with the above mentioned matter, the researcher had studied his problem; keeping before eyes, scientific matters, principles, tech

niques, apparatus etc. The researcher had selected 60 boys at random, from age group 12 to 18 from different areas of Saurashtra and studying in boys' hostel. The sample had been divided into two groups as Group 'A'-30, Group 'B'-30.

The chief objective of this study was to study the impacts of vitality upon game performance of players.

A training programme of 18 weeks had been planned out for this study. Group 'A' was trained Vital energy Group 'B' had been treated as the 'Controlled Group'. The groups were trained at fixed time in the evening for six days a week. There was total rest on Sunday.

Pre-test had been arranged before the beginning of the training and Post-test had been held after the completion of the training for 18 weeks.

The statistical analysis shows that, the 'T' ratio regarding group 'A' and group 'B' achieved in Pre-test (100m running 0.73, 400m running 0.80, Long Jump 0.67, Shot-put 0.75) is not achievable at 0.05 level. This proves the selection of the sample at random. The 'T' ratio regarding 100m. running group 'A' and group 'B' achieved in the Post test [100m. running 6.54, 400m. running 2.99, Long jump 3.08, shotput 7.45] was found achievable at 0.05 level.

14. SUMMARY OF THE FINDINGS

1. Remarkable changes were found in performance of various aspects 100m. running, 400m. running, Long Jump, Shot-put such as : in the sample during the '18 Week Training Programme'. While no achievable change was found in the performance of 100m. running, 400m. running, Long jump and Shot-put.
2. The most changes in 100m. running and Shot-put. were found in the training programme imparted to groups 'A'.
3. The impact of the training imparted to groups 'A' was as: Shot-put stood at the 1st place, 100m. running. stood at the 2nd place and Long Jump stood at the 3rd place and 400m running, stood at the 4th place.
4. No change was found in various aspects in the performance of the controlled group 'B'.

15. CONTRIBUTION TO THE SOCIETY

Human problems regarding body, physical health, obtaining the highest scores in sports; especially among players has been increasing day by day. Therefore as an attempt to take human vigour and health to the climax, this research is felt utmost necessary. The researchers will find a new way through this research. The entire society will have assistance in maintenance of health and physical. The players will also be able to improve their performance and reach to the highest scoring which will be of great significance for our nation.

16. WHETHER ANY PH.D. ENROLLED/PRODUCED OUT OF THE PROJECT. _____ - _____
17. NO. OF PUBLICATIONS OUT OF THE PROJECT _____ - _____

(PRINCIPAL INVESTIGATOR)

PRINCIPAL
(Seal)