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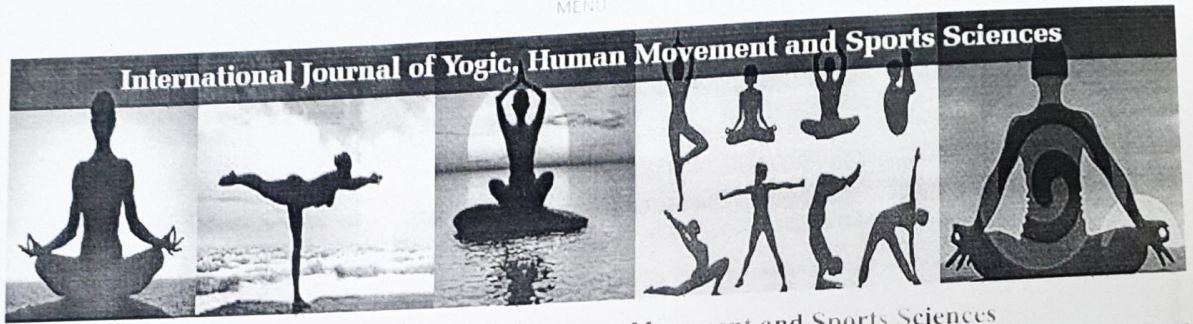
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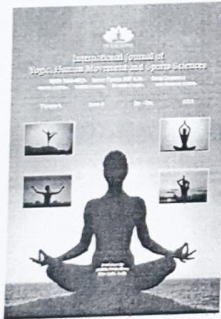
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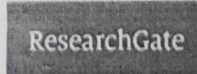
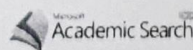
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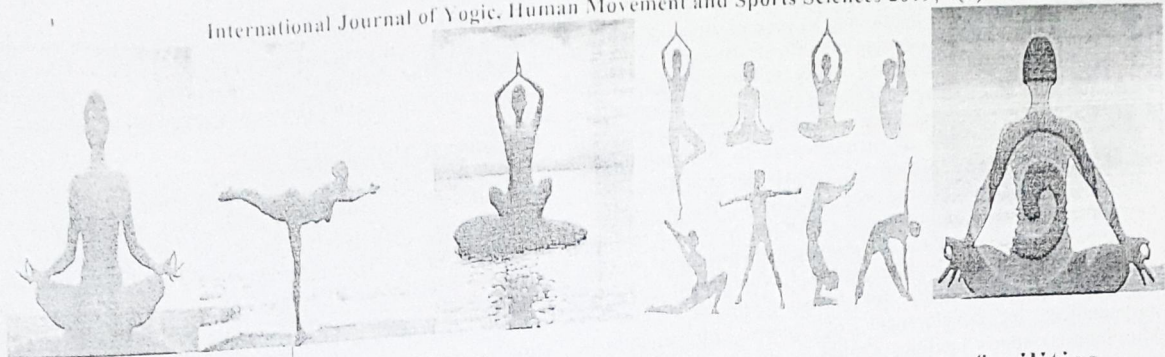
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Study on the support system & sports facilities utilization for performance enhancement

Dr. Sunita Arora and Dr. Mukesh Agarwal

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Keywords: Support system, sports facilities, performance, utility

Introduction

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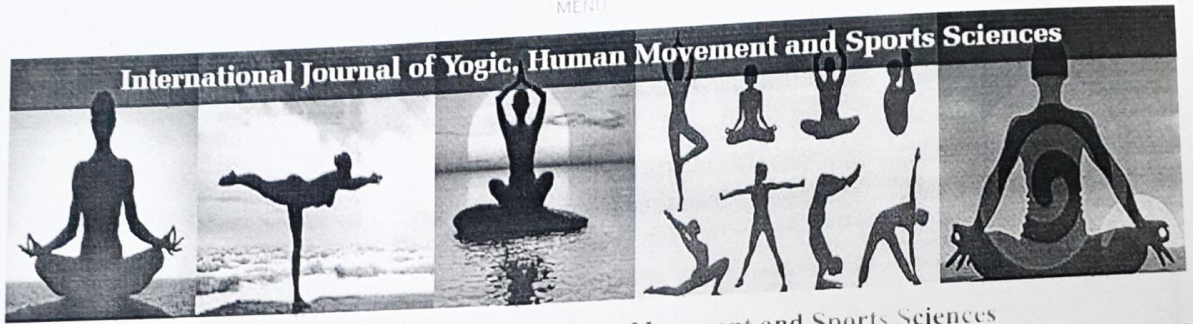
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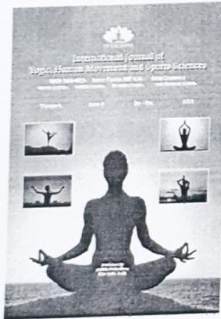
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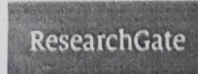
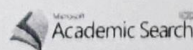
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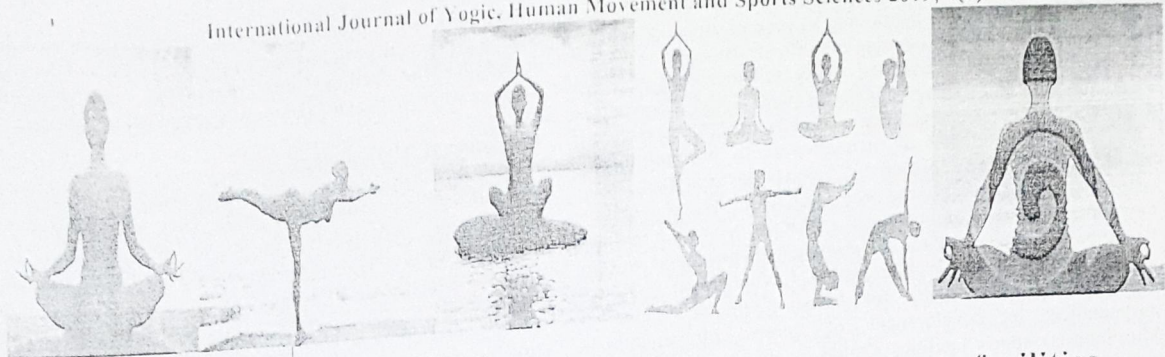
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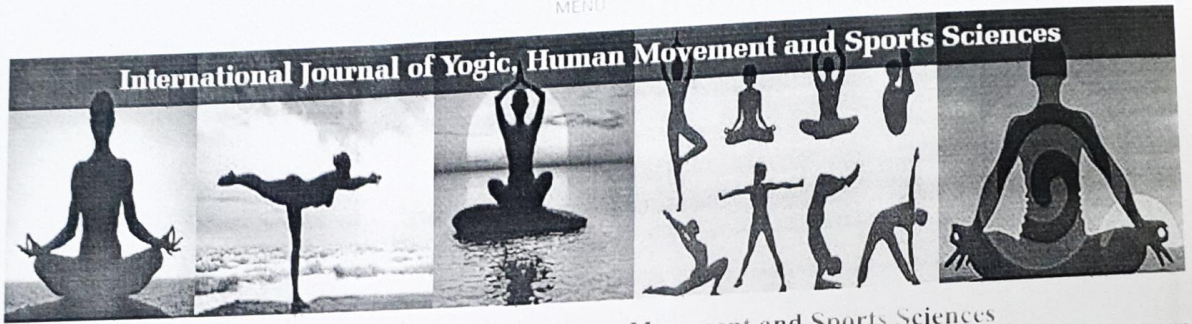
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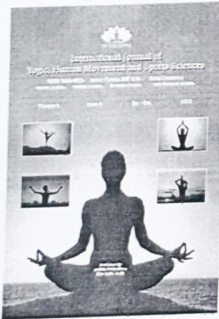
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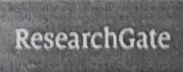
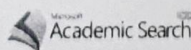
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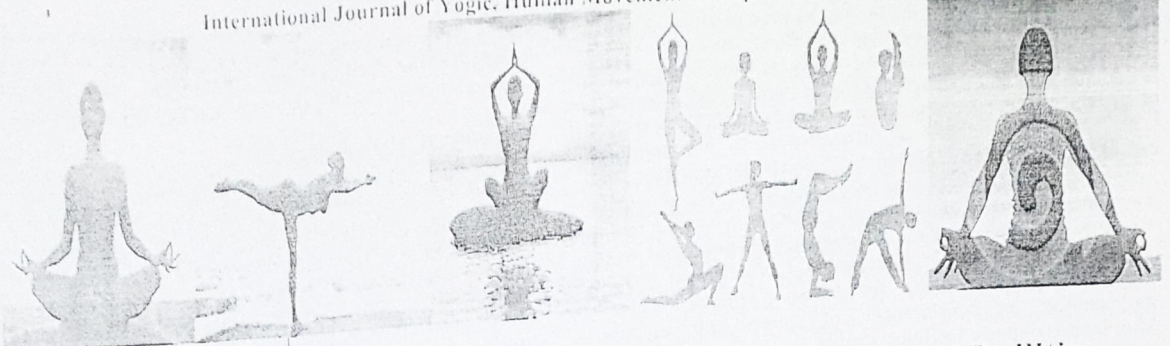
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विक्रमी संख्या: 2076 (जनवरी-मार्च 2019)

Contemplation to Combat Technological Abuses

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Dr Sunita Arora
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Abstract

Technology has made the inventions for the benefits of mankind. These innovations and inventions bring drastic changes in the life of the people. The new generation is so much influenced with these technological devices and became lethargic enough to make the technology as a health hazard and a long time threat to the fitness of the people. Individuals are reluctant and have lack of knowledge to understand the concept of real fitness. This reluctance resists them to consider the requirement of change. Also they have plenty of reasons to resist the changes in their existing lifestyle. With the help of the five stages of the model i.e. a) pre-contemplation, b) contemplation, c) preparation, d) action, e) maintenance and physical educationist the individual/athlete become willing to consider the problem and thinking for the change. In the close supervision of the physical educationists they are implementing the strategies, which bring required changes in their behaviour and lifestyles. The continuous support of the family, friends, teachers, mentors help them to maintain the fitness and eradicate the evil of doping from sports.

Key-Words: Fitness, Pre-contemplation, Change, Doping.

Introduction:

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These challenges should be combat with proper strategies and handling of the individual/athletes to make them understand about the real fruit of sweat induced fitness. The physical educationists have the responsibility to make the athletes/individuals understand to bring the change in their mindsets. He/she should have the readiness to bring change and get motivated for the actual fitness and eradicate doping from their sporting activities. The use of five stage model can bring the desired changes and achieve the goal.



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Energy Transformation of Youth and Physical Activities

Dr Sunita Arora
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Abstract

The youth of today could not compete with the challenges of the new technology and surrendered themselves to it and lost their good health and healthy life. The advance technology and new inventions have changed the lifestyle of the people especially the youth. Youth is heading towards the sedentary lifestyle due to acceptance of this technology. It is a need of time to aware and makes them indulge all the youth into physical activities to make them fit and healthy. The youth is the future of any nation/ country and healthy youth leads to a healthy nation. Youth of today is the future leaders of the nation and need proper guidance of the experts. The importance and benefits of physical activities should be preached in schools and higher institutions, colleges through the eminent personalities and leaders to make it more effective. The schools, colleges or higher institutions should include physical education or sports as compulsory activity in their curriculum. It should be mandatory for each and every child to participate in the physical activities so that they can lift the benefits of physical activities and live a healthy and successful life.

Key Words: Youth, Energy, Physical Activity, Technology.

Introduction

Youth is full of energy and sprit. They need to handle carefully to put them on right track and healthy life. Now days the lifestyle of the youth has been completely changed. They are surrounded with malnutrition, junk food, unhealthy diet, consuming of drugs, alcohol and many other harmful substances leading to poor lifestyle. The youth of today could not compete with the challenges of the new technology and surrendered themselves to it and lost their good health and healthy life. The advance technology and new inventions have changed the lifestyle of the people especially the youth. Youth is heading towards the sedentary lifestyle due to acceptance of this technology. Continuous sitting for hours in the office, working with computer for hours and hours, passing maximum time on mobile phones or new electronic gadgets is reducing the physically active lifestyle into inactive lifestyle. And this physically inactive lifestyle leads to the life of diseases. Although the new inventions are good to live a luxurious life but it has converted the hard physical work to sedentary lifestyle and poor health. More intakes and less energy

237