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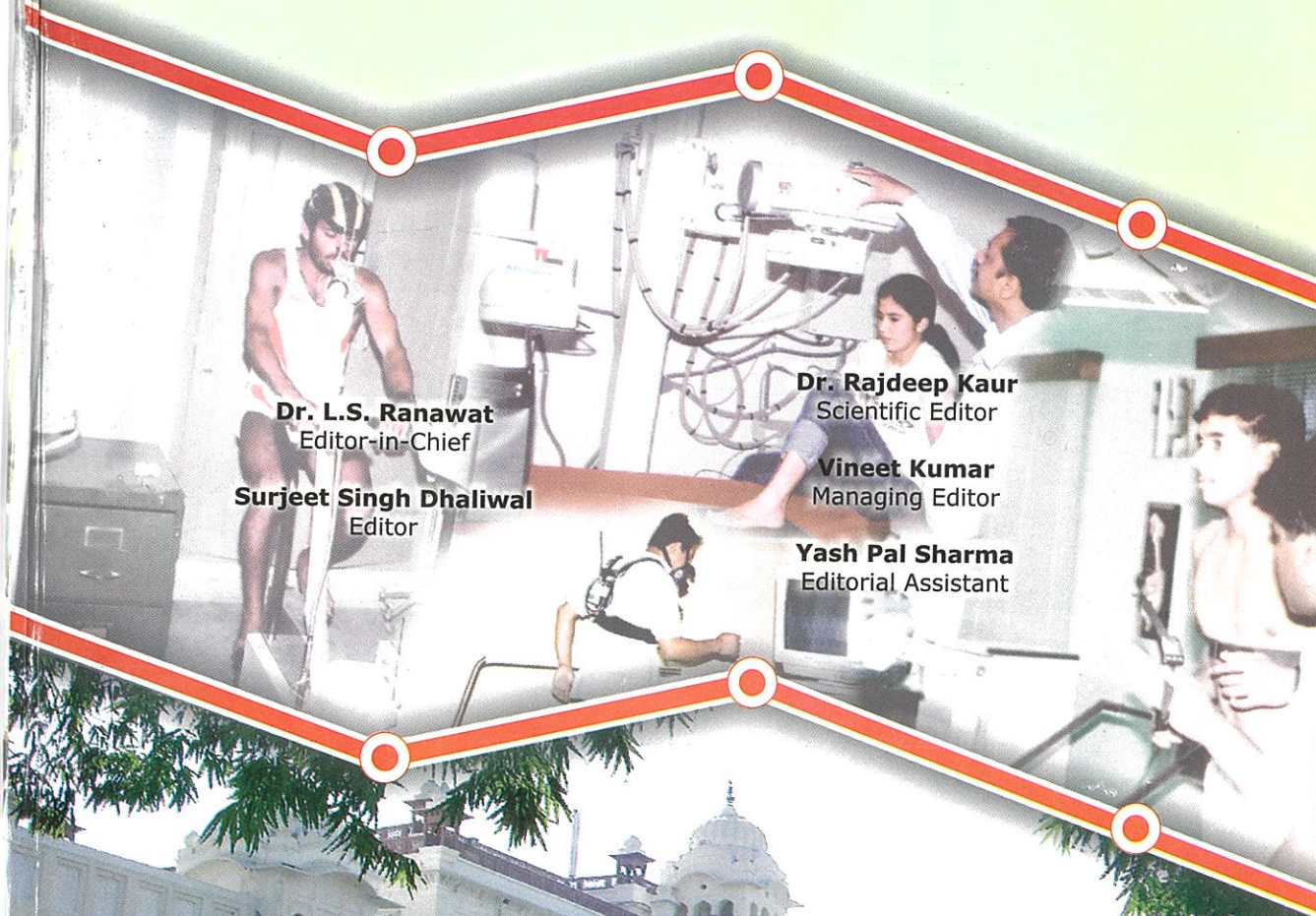
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Editorial

We have not been able to place this issue in the hands of the readers well in time because of some unavoidable reasons. We hope those circumstances would not stand in our way, in future.

This issue of the Journal carries six research and review papers. The first one pertains to the study of the significant positive influence of Lydiard Training with Tapering on selected physical and psychological variables among male race walkers while the second presentation explores the somatotypes of elite India female boxers.

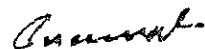
The third study tries to correlate vascular, body temperature, and cardiac circadian rhythm to sports performance capacities, so as to enable us understand and forecast the reasons for various levels of performance during different periods of the day. The researchers conclude that the body metabolism reaches the peak around 15.00 hrs. to 16.00 hrs, and this phase of the day is good for physical performance. It is a very important subject which needs further exploration.

Since the popularity of the Yoga culture is in the air these days, we are presenting the fourth paper here on the positive effects of Hatha Yoga and Aerobic Dance practice on resting heart rate and pre-exercise heart rate of adolescent girls.

The recovery from exertion of exercise is one of the prime concerns of every professional group dealing with physical exercise ; and it has also engaged the attention of our administrators, coaches and scientists engaged in the training of elite Indian sportspersons for international competitions. The fifth paper reviews various procedures for speeding up of the recovery process, following exhaustive exercise / training.

There is hardly any doubt that psychology plays an important role in achievement of excellence in sports ; and self-concept plays an important role in enhancement of performance. The last presentation compares the phenomenon of self-concept of male and female athletes. The researchers conclude that there was significant difference between male and female athletes in four of the seven dimensions of self-concept variables.

We hope you would find these presentations quite interesting and useful.



*Dr. L.S. Ranawat
Editor-in-Chief*