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# SPORTS RESEARCH

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**CONTENTS****Axiological Attributes of Elite Indian Men Volleyball Players****Mohan Nargeta<sup>1</sup>, Dr. Yogesh Chander<sup>2</sup>, Daljeet Singh<sup>3</sup>, Dr. Rajdeep Kaur<sup>4</sup>****05****Effect of Mindfulness Training on Emotional Regulation and Mindfulness of Student Coaches of Rowing****Usha Sujith Nair<sup>1</sup>, Najibul Hoque<sup>2</sup>****13****Relationship of Selected Track and Field Tests with Performance of 100 m Female Sprinters****Jasmal Singh<sup>1</sup>, Simarjeet Singh<sup>2</sup>, Krishnaswamy<sup>3</sup>****26****Combined Effect of Yogasanas and Relaxation Training on Selected Psychological Variables among Tennis Players****Dr.P.Gopinathan\*****31****Muscle Enzyme Markers, Renal and Liver Function Tests During Preparatory and Precompetition Phase of Male Hockey Player****Sandeep Kumar<sup>1</sup>, Dr.Sunil Purohit<sup>2</sup>, Sukhdeep Singh Kang<sup>3</sup>****36**

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## **Editorial**

*This issue of the Journal carries five research article.*

*The first study on the axiological attributes of elite Indian men Volleyball players concludes that body measurement and overall body composition has a positive role in enhancing the sports performance ; and play an important role in determining the competition performance.*

*The second article studies the effect of mindfulness training on emotional regulation and mindfulness of students of Diploma programme in Rowing, at SAI LNCPE, Thiruvananthapuram. The researchers found that the mindfulness training resulted in significant increase in state of mindfulness as well as significant decrease in aspects of depression, anxiety and stress.*

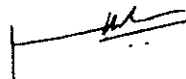
*The third article studies the relationship of various fitness tests with the performance of 100 m female sprinters. The study reveals that the results of these tests have direct bearing on the results of 100 m sprinting performance.*

*The next presentation about the combined effect of yogasanas and relation training on selected psychological variables among Tennis players lays down that there was considerable improvement in mental toughness and decrease in stress and sports competition anxiety.*

*The last presentation evaluates the level of serum muscle enzyme markers, renal and liver function tests, during preparatory and pre-competition phases of sports training of male Hockey players. The researchers found that there were significant differences in serum creatine kinase, lactate*

*dehydrogenase, creatinine and blood urea nitrogen levels; whereas, non-significant differences in the alanine transaminase, aspartate transaminase and uric acid, between preparatory and pre-competition phases of the training cycle.*

*We hope you will find these research presentations interesting and useful.*

A handwritten signature in black ink, appearing to read 'S.S. Roy', is written over a horizontal line.

**S.S.Roy**  
**Editor-in-Chief**