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This issue of the journal carries six articles.

The author of the lead article tries to find out the most valuable variables from selected anthropometric and motor skills, which predict the playing performance of Volleyball players ; and concludes that serving ability, calf-skin fold, weight, and set up ability are the prominent predictors of performance, in Volleyball.

The second article, by the Institute scientists, studies the hamstring and quadriceps strength levels of throwers. Researchers found significant difference between the strength of quadriceps and the hamstring ; and advise that there is a need to maintain balance between the strength of quardricep and hamstring muscles.

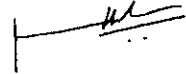
The third paper explores the effect of yogic practices, with and without counseling, on self-confidence and self-esteem, among inter-collegiate athletes. The study revealed that yogic practice, with counselling, significantly improves the self-confidence and self-esteem qualities of young athletes.

The fourth article studies the effect of physical activity programme on balance and quality of life in the elderly. Researchers conclude that 12-week physical activity

programme was safe and associated with improvements in balance and quality in older adults.

The next article lays down the Kinanthropometric approach for identification, selection and development of talent in sports ; while in the last article the author presents various facets of physical education, in the present scenario.

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



S.S.Roy
Editor-in-Chief