

M.M.'s Chandrashekhar Agashe College of Physical Education, Pune

# Journal of Sports, Health & Physical Education (JOSH-PE)

*An International online Bi-annual Journal*

Vol. V, Special Issue BC2AD

2025

ISSN : 2583-6307 (Online)

***Editor in Chief:***

**PROF. DR. SOPAN KANGANE**

Principal, M.M.'s CACPE, Pune

***Executive Editor:***

**PROF. DR. MAHESH DESHPANDE**

Research Coordinator, M.M.'s CACPE, Pune

***Editorial Board:***

**PROF. DR. BALAJI POTE,**

Professor, M.M.'s CACPE, Pune

**PROF. DR. UJWALA RAJE,**

Associate Professor, M.M.'s CACPE, Pune

**PROF. DR. SHRIKANT MAHADIK,**

Assistant Professor, M.M.'s CACPE, Pune

**PROF. DR. YOGESH BODKE,**

Assistant Professor, M.M.'s CACPE, Pune

The editors and editorial board is happy to place before the readers the first issue of first volume of this international e-journal 'Journal of Sports, Health and Physical Education'

The research Contributions by the participants have made the journal enrich with resources. The timely publication of journal was the consistent efforts of our editors, editorial board and the technical staff members. The journal has covered diverse area within its ambit which gives maximum option for the research scholars. We are very much thankful to all the authors and editors for their contribution. We expect from everyone in the field to continued their contribution for this journal.

**Disclaimer:**

The author of article or paper will be solely responsible for the views, information and the content published in this journal. It is not the responsibility of any editor, member of advisory board, the management, the publisher or the printer. The views and the content does not reflect the official opinion of Editorial board, Advisory committee, the owner, the publisher, or printer. They will not be responsible for any damage or loss to any person for the result of any action taken on the basis of the work. In any condition or due to any reason(s), the Editor, Publisher or the Management will not be responsible if any Educational or Research Institution(s) disagree to accept the research paper published by this Journals.

Research papers and the articles published in this journal are subject to copyright of the publisher. It is strictly prohibited to copy or reproduce any part of the publication without the permission of the publisher.

All the legal disputes related to JOSH-PE Journals are subject to Pune Jurisdiction only.

Cover Page	: Dr. Yogesh Bodake
Published by	: M.M.'s Chandrashekhar Agashe College of Physical Education, Pune
Printed by	: Poonam Printing Press 427/46, Gultekdi Industrial Estate, Pune 411 037. Tel. : 24269134
Address for Correspondence	: Dr. Mahesh Deshpande (Executive Editor), M.M.'s Chandrashekhar Agashe College of Physical Education, Veer Sawarkar Nagar, Gultekadi, Pune 411037
Contact No.	: 020-24261872
E-mail	: joshpe@agashecollege.org
Website	: <a href="https://www.agashecollege.org/">https://www.agashecollege.org/</a>

# Contents

1	Stress, Health, and Work-life Balance: A Study of Married Women Teachers	Abdul Ansar Abdul Sattar Dr. Sinku Kumar Sing	9-12
2	AI-Driven Innovations in Para-Swimming: Enhancing Performance, Training, and Accessibility for Athletes with Disabilities in Maharashtra, India	Abhijeet Garg	13-19
3	Artificial Intelligence in Education and Sports: Current Applications, Challenges, and Future Directions	Mr. Aditya Gajendra Girme, Dr. Parse Abhijit Venkat	20-31
4	Social And Cultural Factors Contributing To Red-S In Female Football Players	Ms. Aishwarya Pawar, Dr. Shobha Shinde	32-36
5	Adaptive AI Teaching Platforms: Transforming Education through Real-Time Personalized Learning	Mr. Ajay Laxman Dethe, Dr. Tushar Anil Gujar	37-47
6	A Comprehensive Analysis of the Body Composition and Dimensions of Competitive Swimmers in Pune City	Shri. Akshay Gopal Salekar, Prof. (Dr.) Asha Vijay Bengale	48-53
7	Current Physical Education Trends And Future Paths In Connection With Personal Health	Mr. Amit R. Parbat Mr. Abhijit D. Patil	54-59
8	The Wellness Spectrum: Comparing Health And Well-Being Across Professional Courses In Savitribai Phule Pune University	Ms. Amruta Tribhuvan	60-64
9	Use of AI for Skill Development in Fast Pitch Softball	Mr. Anirudha Sharma, Prof. Dr. Vishal Deshpande	65-70
10	Effect of Circuit Training on Hand Strength Among male Floorball Players	Dr. Aniket Anil Ambekar Dr. Rajani Janardan Murkute	71-76

11	The Future of Indian Sports: AI and Data Science for Performance and Engagement	Prof. Anil Rama Parmar	77-88
12	Connecting Children With Indian Culture Through Traditional Games Of India	Dr. Archana Shete	89-93
13	A Study Of Effect Of Yogic Practices On Pulse Rate And Aerobic Capacity Of State Level Kho Kho Players	Mrs. Asha Narendra Kunder, Dr. Vasant G. Zende	94-103
14	Study The Impact Of Circuit Training Program On The Physical Performance Of Kabaddi Players	Mr. Avhad Yogesh Kailas, Dr. Balaji Pote	104-111
15	Bridging the Gap: Strategies for Achieving Muscle Symmetry in Bodybuilding	Mr. Avinash Ramdas Rasge Dr. Suhas Bhairat	112-119
16	Impact of Training Surface on Body Alignment of Adolescent Football Players : An AI Based Postural Evaluation	Mr. Chinmay Pratap Jalmi, Dr. Suman Pandey Mahadevan	120-125
17	A Study of Effect OF Mixed Cross Training On Speed On Selected Motor Fitness Components of Junior Level School Male Sprinter	Dr. Deepak Bhagwan Jundre Dr. Sangita Namdev Gade	126-131
18	AI in Sports: Understanding Its Types, Applications, and Advantages for Athletic Performance	Dr. Deokate Rajendrakumar Sukhdeo	132-144
19	Wellness for Life: Enhancing Quality, One Habit at a Time	Ms. Divya H. Salgaonkar	145-149
20	Boosting Lung Capacity: The Role of Pranayama in Respiratory Health	Dullayya, Dr. Shashidhara Kellur	150-157

21	Impact of An Adventure Sports Course on Physical, Mental, Social, and Emotional Well-Being Among College-Going Girls	Dr. Ekta Jadhav Dr. Anand Lunkad	158-166
22	Unregulated Social Media Fitness Content and It's Influence on Youth – A cause of Concern	Fernandes C., Chodankar S. G. Pednekar A. G.	167-171
23	Comparing the Effect of Artificial Intelligence on the Problem-Solving Ability of Senior and Junior Engineering Students	Dr. Gauri Gajanan Patil Priti Gnapat Daware	172-178
24	Volleyball's Future: Integrating AI & Wearables in Training	Ghogare Vilas Ranganath, Dr. Surekha S. Daptare	179-188
25	Effect Of Aerobics Gymnastic Movement Pattern On Cardiovascular Endurance Ability Among Primary School Children	Harshal Purushottam Mogre Dr. Vishal Deshpande	189-193
26	The Role of Artificial Intelligence in Enhancing Performance and Accessibility for Special Athletes	Sakshi Sopan Kangane, Sarthak Sopan Kangane, Dr. Sopan Kangane	194-202
27	Study of Relationship between Nutritional Knowledge and Dietary Habits among Goan Adolescent Sportspersons and Non- sportspersons	Kritik Raju Kankonker	203-209
28	Artificial Intelligence In Physical Education: Enhancing Learning Through Innovative Technologies”	Dr. Lahanu Vitthal Jadhav	210-214
29	An Investigation on Challenges Faced by Female Student-Athletes from Nashik City	Lokesh Mahadev Galadge, Dr. Patil Vinod Lotan	215-221
30	Artificial Intelligence (AI) is Transforming Precision, Reliability, and Dependability in Sports	Dr. Mahesh Deshpande	222-232

31	Performance Variation of in Throwing and Jumping Events of Middle School and Junior College Athletes	Dr. Mangesh M. Parab	233-241
32	Environmental Ethics and Responsible Mountaineering: Evaluating Practices from Maharashtra's Everest Climbers	Dr. Manisha Jaykrishan Waghmare	242-246
33	Effects Of Structured Background Music On Walking Skill Development Of Grade-1 Children	Manjushri K Ugale, Dr. Kalpana Zarikar	247-255
34	Development and Validation of a New 15 Metre Dribbling Skill Test of Field Hockey: A Practical Tool for Assessing Ball Control	Mayur S. Rayate Dr. Sharad Aher	256-261
35	Physical Activity Habits Among College Students in North Goa: A Preliminary Analysis	Naik Pandurang Dr. Shraddha Naik	262-271
36	A Survey Study of Various Exercise Methods Adopted by Young Fitness Enthusiasts in Pune City	Dr. Namdev R. Banne	272-277
37	Empowering Health: A Study on BMI Assessment Among College Girls on Women's Day	Dr. Nitin Martand Walunj Dr. Sunil Baburao Kute	278-282
38	Seeing Knowledge Through the Lens: Exploring Pre-Service Teachers' Perceptions of Content Knowledge in PETE Programs Using Photovoice	Dr. Nitin Martand Walunj Dr. Shraddha A. Naik	283-286
39	Enhancing Self-Confidence Through Positive Self-Talk	Prof. Dr. P. K. Lohote	287-291
40	Rehabilitation Of Sports Injuries (Sciatic Pain) Using Yoga Postures	Dr. Rupesh Ramchandra Thopate	292-298

41	Obesity control through Artificial Intelligence & Technology: A Review	Mr. Sachin Shinde, Dr. Sachin Shivajirao Deshmukh	299-303
42	Tech-Enhanced Workouts: Analyzing The Benefits And Barriers Of Fitness Apps Usage Among College Youth	Mr. Saket Nikalje, Ms. Amruta Tribhuvan, Mr. Shubham Shinde	304-309
43	Preparation And Recovery: Investigating Warm-Up And Cool-Down Trends In Football	Saket R. Nikalje Dr. Amit Prabhu	310-316
44	Evolving Needs in PETE Programs: An Analysis of Practical Utility and Curriculum Gaps	Sharad Aher	317-330
45	Ancient Literature Texts And Their Application In Contemporary Yoga Therapies	Sharad D Shingote	331-335
46	Study Of Physical Activity Levels Of Students During School Hours	Sheetal Laxman Yadav	336-347
47	A Comparative Analysis of Teacher Behavior during Planned and Unplanned Physical Activity	Dr. Shraddha Naik, Mr. Samatosh Khatpe	348-359
48	Exploring the Role of Repetitive Task Training in Improving Motor Function in Individuals with Cerebral Palsy	Prof. Shraddha Naik, Mr. Samatosh Khatpe	360-368
49	Integrating Artificial Intelligence with Yoga A Systematic Literature Review for ZenKraft	Shravan S. Chandrachud, Om Rajesh Pawar, Tanaya Rajendra Shinde, Aakash Amit Joshi	369-374
50	The Effect of Active Brain Breaks Programme on Attention of Elementary School children: a Pilot exploratory study	Ms. Shridevi S. Jagdale, Dr. Sheetal Laxman Shendkar	375-382

51	To Study The Effect Of Traditional Exercise Training Program On Power Of Adolescent Male Kabaddi Athletes Of Mumbai City	Shrikant Shankar Pinjari, Dr. Sheetal Shendkar	383-404
52	Enhancing Performance of Grassroots Football Players in Goa: A 12-Week Training Program	Shubham T. Shetgaonkar	405-410
53	A Comprehensive (Descriptive) Analysis of Senior State Volleyball Players' Smashing Skill	Mr. Suraj Dattatray Zite, Dr.Ravindra Baliram Khandare	411-417
54	A Comprehensive (Descriptive) Study of Senior State Volleyball Players' Blocking Skill	Mr. Suraj Dattatray Zite, Dr.Ravindra Baliram Khandare	418-423
55	The Impact Of Field Training With Cognitive Strategies On Physiological And Performance Variables In Young Athletes Of Pune	Dr. Sushma Tayde Dr. Asha V. Bengle	424-433
56	Artificial Intelligence in Sports and Fitness: A Comprehensive Review of Performance Analytics, Injury Prevention, Training, and Fan Engagement	Dr. Umesh Arun Bibave, Mr.Ajay Laxman Dethe	434-446
57	Role-Based Comparison of Visual and Auditory Whole-Body Reaction Times Among Kabaddi Players	Dr. Vidya D. Pathare Dr. Shobha P. Shinde	447-452
58	Technologies In Developing Era: Innovations And Trends Over Sports Events	Dr. Vijay Laxman Mhaske	453-458
59	"Exploring the role of Artificial Intelligence in Physical Fitness : Can AI replace Human Experts? A Literature Review	Dr. Vivek D Bhosale	459-477



60	Comparative Study Of Readiness & Support For Physical Activity Among Children's Based On Type Of School	Yashwant Baban Sawal Desai	478-483
61	नियम बदलून तयार केलेल्या अल्टीमेट खो-खो खेळाच्या स्वरूपावर झालेल्या परिणामाचा अभ्यास	अमोल नानाराव चव्हाण, डॉ. अमीत प्रभू	484-492
62	ग्रामीण भागांतील मुलांचा बॉक्सिंग खेळात कमी असणारा सहभाग	भरत रविंद्र कोळी	493-495
63	पुणे आंतरराष्ट्रीय मॅरेथॉन मधील परदेशी व भारतीय धावपटूंच्या कामगिरीचा आढावा	हर्षल सुभाष निकम	496-501
64	शारीरिक शिक्षणात एआय तंत्रज्ञानाच्या अंमलबजावणीतील आव्हाने: एक चिकित्सक अभ्यास	श्री हेमंत वैजनाथ कदम	502-506
65	पुणे जिल्ह्यातील वुशू मधील ताओलु आणि सांडा या प्रकारातील खेळाडूंच्या निवडक तंदुरुस्ती घटकांचा विश्लेषणात्मक अभ्यास	ज्ञानेश्वर मारोतराव बनसोडे, डॉ. अमीत प्रभू	507-511
66	मुकबधीर विद्यार्थ्यांच्या अत्याधुनिक तंत्रज्ञान शिक्षणा बाबतचा दृष्टिकोन, आव्हाने आणि यशाचा अभ्यास	प्रा.प्रतिभा वसंत सकट डॉ.रविंद्र बी.खंदारे	512-517
67	शारीरिक सुदृढता आणि स्व:आदर : पुणे विद्यापीठातील व्यावसायिक व अव्यावसायिक अभ्यासक्रमातील विद्यार्थ्यांचा तुलनात्मक अभ्यास	शुभम नामदेव शिंदे	518-523
68	कार्यात्मक हालचालींवर तिर्यक आसनांचा परिणामांचा अभ्यास	सुभाष ज्ञानदेव केदारी, डॉ. राजेंद्र रामचंद्र वामन	524-531

