

GOVT. OF INDIA RNI NO.: UPBIL/2015/62096

UGC Approved Care Listed Journal

ISSN  
2229-3620

PIS



# SHODH SANCHAR

## Bulletin

An International  
Multidisciplinary  
Quarterly Bilingual  
Peer Reviewed  
Refereed  
Research Journal

Vol. 10

Issue 40

October to December 2020

Editor in Chief

**Dr. Vinay Kumar Sharma**

D. Litt. - Gold Medalist



**sanchar**  
Educational & Research Foundation

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# PERFORMANCE ANALYSIS OF INDIAN BOWLER'S IN TWENTY 20 CRICKET WORLD CUP 2007 TO 2016.

Dr. Sushil S Chauhan\*

## ABSTRACT

The Cricket game in India is very famous. Twenty 20 Cricket also known as limited overs cricket it become the most popular format of cricket it is the shortest form of cricket. It also Known As T20 cricket (twenty - twenty) in this format match mostly ends in 04 to 05 hours.

The present study entitled, "Performance Analysis of Indian Bowler's in Twenty 20 cricket World Cup 2007 to 2016". The main object of the study is to know. 1) How Indian fast bowlers performed in T20 World cup matches. 2) and how Indian Spin bowlers performed in T20 World cup matches.

As a methodology survey method was adopted to conduct this study. The data was collected from different websites. The profile and performance of bowlers played for India in T20 world cup was collected. The performance of fast bowler and spin bowler is analysed for each T20 world cup cricket match played by Indian Team. Bowling average, Economy and Strike rate of Indian Bowler collected for each match and year.

**Conclusion;** After analysing interpreting the data related to the performance of Indian bowlers It is conclude that Indian Spin bowlers performed the best in World Cup T20 Cricket from 2007 to 2016 Indian Spin bowlers dominate the performance in 18 (56.25%) matches and Indian Fast bowlers performed best in 14 (43.75%) matches out of 32 matches Indian team played.

**Keywords:** Twenty20 (T20), Performance, Indian spin bowler & Indian fast bowler, International council of Cricket (ICC)

### Introduction:

The Cricket game in India is very famous. Twenty 20 Cricket also known as limited overs cricket it become the most popular format of cricket it is the shortest form of cricket. It also Known As T20 cricket (twenty - twenty) in this format match mostly ends in 03 to 04 hours. In twenty 20 cricket, each team gets to play an inning of 20 overs and each team tries to score as many runs as possible during his twenty over (120 balls).

The first men's international 20-20 match was played between Australia and New Zealand in

2005. Official rule of T20 were formed by England and Wales cricket board and first official 20-20 match was played by teams of English Country. Indian men's team played their first 20-20 International match in 1<sup>st</sup> December 2006 against South Africa at Johannesburg an India won the match by 6 wickets and it was the only T20 match played by the Sachin Tendulkar.

### ICC World Twenty 20

The first edition of Twenty 20 world cup was held in South Africa in 2007 where India won the Final by defeating Pakistan. Every two years an ICC

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GOVT. OF INDIA- RNI NO. UPBIL/2014/56766

ISSN 2348-2397

UGC Approved Care Listed Journal

OIS

# Shodh Sarita

An International Multidisciplinary Quarterly  
Bilingual Peer Reviewed Refereed Research Journal

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# EFFECT OF YOGA ASANAS ON FLEXIBILITY OF COLLEGE STUDENTS

Dr. Sushil S Chauhan\*

## ABSTRACT

The purpose of the study was find out the effect of Yoga Asanas on the Flexibility of College Students. Both male and female students of Shrikrishnadas Jajoo Grameen Seva Mahavidyalaya Pipri, Wardha of Maharashtra State ranged between the age group of 18 to 25 Years were selected purposively for the study. A total number of 60 samples were selected. The study was conducted by Experimental Method. The selected Variable for study was Flexibility. The criterion measure Flexibility, was measured by Sit and Reach Test. For the present study single group pretest-posttest design was used. A group of research participants were measured on the dependent variable, prior to administration of treatment condition. The independent variable was then administrated, and the dependent variable, was again measured. Scores on flexibility were obtained before and after the experimental period of 4 weeks. For testing the statistical significant difference among the pretest and posttest, the data was analyzed by Descriptive statistics and paired samples 't-test'. The level of significance was kept 0.05 in order to test the Hypothesis. It was also observed from the findings that there was significant difference between Pretest and Post Test of flexibility. This indicated that Yoga Asanas training program had positive effect on flexibility of Students. From the result of the study, it can be concluded that Yoga asana training for the period of 4 weeks was over all effective to increase the flexibility of College Students.

**Keywords:** Yoga Asanas, Flexibility, College Students.

### Introduction

The Yoga is widely known as a broad term for a physical, mental, and spiritual discipline originating from Hinduism, Buddhism, Jainism and Sikhism in ancient India. The word *yoga* has been derived from a root *yuj* meaning 'to join', 'to unite', or 'to attach'. The overall psychological and emotional well-being of an individual is referred to as mental health and is about the social, physical, spiritual and emotional balance in life. The purpose of the study was find out the effect of Yoga Asanas on the Flexibility of College Students.

Yoga is commonly known as a generic term for a physical, mental, and spiritual discipline originating in ancient India and found in Hinduism, Buddhism, Jainism and Sikhism. Specifically, Yoga is also one of the six orthodox schools in Hindu philosophy. It is based on the *Yoga Sutras* of

Patanjali and aims to use meditation to attain spiritual insight and tranquility.

The Sanskrit word *yoga* has the literal meaning of "yoke", from a root *yuj* meaning 'to join', 'to unite', or 'to attach'. As a term for a system of abstract meditation or mental abstraction it was introduced by Patañjali in the 2nd century BC. Someone who practices yoga or follows the yoga philosophy with a high level of commitment is called a *yogi* or *yogini*.

Within Hindu philosophy, the word *yoga* is used to refer to one of the six orthodox (*āstika*) schools of Hindu philosophy. Yoga in this sense is based on the *Yoga Sutras* of Patanjali, and is also known as *Rāja Yoga* to distinguish it from later schools. Patanjali's system is discussed and elaborated upon in many classical Hindu texts, and has also been influential in Buddhism and Jainism.