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STUDYING THE CHANGES THAT OCCUR TO STUDENTS BETWEEN THE AGES OF 16 AND 20 IN THE COLLEGE AS THEY UNDERGO PHYSICAL TRAINING IN THE DEFENCE FORCES.

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1) Preamble:- In the past, during the Ramayana-Mahabharata period, the defence forces have gained a lot of importance because the reason is that if we want to expand the state with the expansion of the state in a big way, then the defence forces are very important. In today's age, children are also seen to be using more and more mobiles, so their physical fitness seems to be decreasing and the rate of getting sick is also high. Since the food is not available, the children are seeing new diseases in these people, so if the students are given physical training in the defence forces when they are in the age group of 16 to 20 years, then there can be a big physical change in them.

The defence forces said that the question of self-respect arises because of the fact that country service is the biggest service presented. Today in Europe, we are seeing the beginning of the world war and in many countries, people from all walks of life are being given military training and they can be employed outside after at least two years to five years of military training, so we have been seeing strict rules in Europe that students in the age group of 16 to 20 years in our district can be employed outside. It is necessary for today's generation to create awareness about their service to the country by imparting military training as well as to improve discipline and timeliness in them as well as to make them respectable in the society. Today, in India, they see enlisting in the army as a passion, but their routine is not fixed and their type of exercise is not fixed and they are only seeing running as the main form of running, so a discipline should be instilled in them. For this, the concept is to impart this training to the students in the defence forces and instill various qualities in them.

2) Objectives of research:-

1. Imparting physical training in the defence forces in a short period of time.
2. Pay attention to how the body will look both internally and externally fit and attractive.
3. Specific exercise types and their overall development.
4. To awaken the love of the country of the students.

3) Planets:-

Students lack physical capacity and do not have regular exercise routines.

Students have less use of the exercise method in the leaflet on a daily basis.

Training students in the defence forces helps in instilling confidence in them.

4) Scope:-

The research will be conducted on students in the age group of 16 to 20 years.

Research is limited to YashwantRao Chavan Warana College Warana Nagar and TatyaSaheb Kore Engineering College Warana Nagar students.

This will be limited to the fitness factor selected for this research.

The research presented will be limited to fitness and physical and mental practice in the defence forces.

This research will be selected only after taking the fitness test of the students.

The measurement (upper test) is limited to the components and criteria as follows.

Heart strength - 16 m run.

Explosive power - long jumping. (Long Jump)

Directionality – Shuttle Run.

Flexibility - seat and rich test.

Strength in the side - Throw (short putt).

5) Type of Research:-

The survey method will be used for the research of the above topic.

6) Population :- The total population for the research presented will be the children in the age group of 16 to 20 years from the college at Warananagar in Panhala taluka of Kolhapur district.

7) Nyadarsh:- In this research, a total of 120 boys and girls in the age group of 16-20 years studying at Warana Nagar from different parts of Kolhapur district will be selected.

8) Nyadarsha Selection Method:- For this research, a total of 120 boys and girls in the age group of 16-20 years with physical fitness will be selected.

9) Statistical Tools:- Measurements as well as tools have been used in the defense forces while carrying out this research.

Sr. No.	Physical components fitness	Test	Mean
1	Strength of heart	Running 1600 meters	5.20 minutes
2	Explosive power	Long jump	5 meters
3	Orientation	Shuttle run	14.59 seconds
4	Flexibility	Set & Rich Test	9.12 inches
5	Side strength	Short Put	5 Meter

10) Analysis:- The heart strength of the students in the age group of 16 to 20 years selected for this research is 5 minutes and 20 seconds, the medium of this element of explosive force is 5 meters, the median of this element of directional orientation is 14.59 seconds, the median of this component of flexibility is 9. It is equal to 12 inches and the strength of the side is equal to 5 meters by means of this element.

Jai Hind

Reference Book:-

IMS Deradun – Drill Pressy

Ram Singh Yadav - General Duty Book

Jarde Sripal - Research in Physical Education.

NCCO T A Kamathi – Drill Presy