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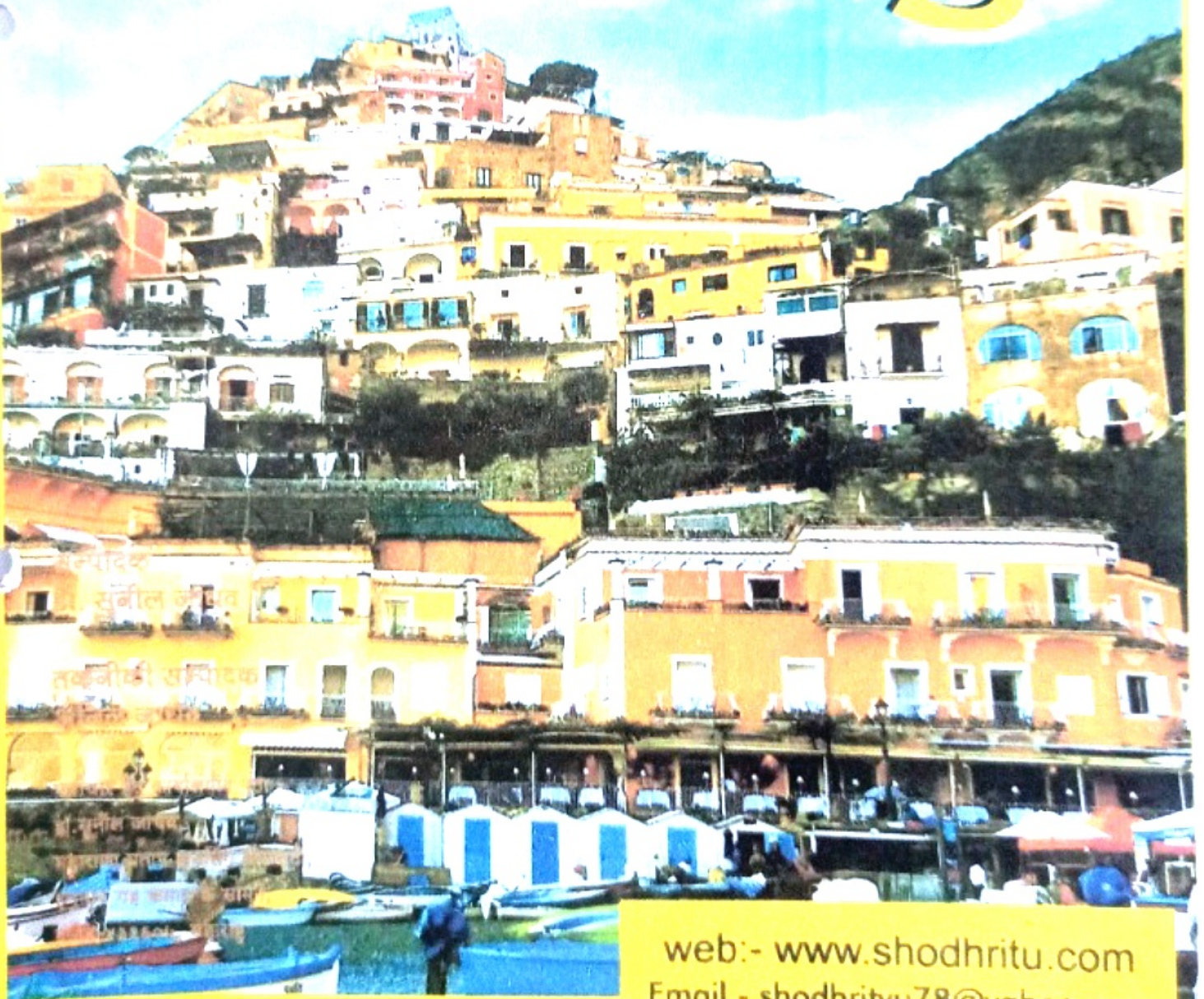
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# शोध-ऋतु



web:- [www.shodhritu.com](http://www.shodhritu.com)  
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**19.Secretes Of Sipna's (Chikhaldara) Success In Amravati University Kho-Kho-Gawande, Bonde**

**Dr.Prashant Gawande**

Director of Physical Education and Sports, Arts, Science and Commerce College,Chikhaldara

**Dr.Ajay S. Bonde,**

Director of Physical Education and Sports,Arts and commerce college, Bori Arab, Dist. Yawatmal

**Introduction:** Sant Gadge Baba Amravati University Amravati inter-collegiate Kho-Kho is where about 600 Kho-Kho players from about 350 different colleges will compete for glory. But when we comes to Kho-Kho it's likely that, Most of times for decades the finals was dominated by Kho-Kho players from Sipna Arts, science and commerce college, Chikhaldara, District Amravati,(total 14 titles). Payers are also dominant on the School competition circuit and Vidarbha State events. A pivotal point for Chikhaldara hill station today in university Kho-Kho was their consistently winning Inter collegiate competitions. Not only did college break the university Intercollegiate Kho-Kho record for the event and become the first college to win title



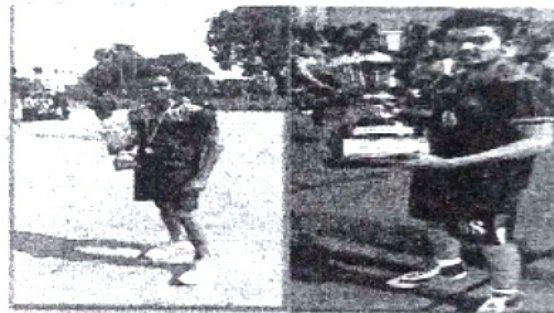
a decade.

**Sipnas: Training sessions of the Kho-Kho players at local places is seen in picture**

Chikhaldara amidst rolling farmlands on the green hills of Melghat, Chikhaldara in Satpuda hillock, elevation 1,188m (3898 ft) is a sleepy town of less than 5000 people, most of whom are farmers and herders. But apart from the wheat, Kharif jowar and Soyabean growing on Chikhaldara fertile soil, this

small town a few hours North from Vidarbha's second capital Amravati is also the breeding ground for some of the best sports person in various games in university arena as well as at international level. Chikhaldara has produced a string of university champions and national-beating Kho-Kho players, including multiple Khelo India participants Vivek Koudele and Roshan Pival.

**Extraordinary Achievements of Kho-Kho players from Chikhaldara-** For some perspective: Kho-Kho players from this tiny town of 5000, which constitute very less % of the Amravati District population, have hauled in more titles than other colleges from Amravati university (colleges 350) has won in all intercollegiate completions in male group from last decade. Nearly 200 color coats produced by the college from last two decades.Including university color coats, National Color coats, Khelo India and Inter-national level



player.

**Sipnas: Vivek Koudele And Roshan Pival, Khelo India selection**As many as 19 Kho-Kho Inter collegiate tournaments organized by this college.



which a record of university of most conduct. **Sipnas: Nitesh Pardhe (Red Jersey)** in selected 110 players throughout India for ultimate Kho-Kho National camp, New DelhiFrom this assertion without going into detail, one can be safe to say that

Sipna's Arts science and commerce college Kho-Kho players dominance have been on the shoulder of Chikhaldara famous sons in the last 20 years.

The year 2017-18 saw the birth of a college superstar: Vivek Koudele. His achievements hardly need stating here and Vivek Koudele has of course regularly featured among the list of "greatest" Kho-Kho players of all time at Amravati university level and off course at Vidarbha State level. To summarize: 06 Junior national color coats, 135 inter university color coats, four all India color coats; 30 Senior nationals; Two Khelo India Players, and one international players the most decorated players in the history of Sipna college Chikhaldara in Sipnas kitty.

#### Major and Possible Factors

The possible factors, which are commonly cited as reasons for Vivek Koudele's, Nitesh Pardhe, Lokesh Rangari, Roshan Pival, Nitin nadurkar, Purushottam Madavi and other Kho-Kho dominance: genetic predisposition, diet, environment, metabolic efficiency, motivation, and social development.



Sipnas; Nitin Nadurkar, National Camp, New Delhi, while taking best player

Award at Vidarbha state level competition

**Genetics:** Many physiological and anatomical factors have been proposed to explain Sipnas dominance. Why do Kho-Kho players from this one region of the university tend to have such extraordinary success in one sport? It's often suggested that it must be down to genetic factors. This would seem a logical assumption, based on the number of university championships won by Sipna college from a relatively localized geographical area with relatively limited resources to spend on training.

There is some evidence that the typical body type of kho-kho players with strong physique may contribute to an increased efficiency in the players, particularly at physical capacity. Yet the overall findings of these research studies have not identified genetic traits that could conclusively explain the success of Chikhaldara kho-Kho players. If genetic research alone cannot explain the dominance of Chikhaldara kho-Kho players, then what other factors might be behind their success? **Great heights/Altitude-**What about altitude? Many of the elite Melghat and Chikhaldara Kho-Kho players were born and raised at altitudes of around 3,500-3,800 feet. This may lead to superior levels of hemoglobin (a protein in red blood cells that carries oxygen throughout the body) and hematocrit (the volume of red blood cells in the blood). In turn, this leads to an increased ability to transport oxygen to the working muscles.

While just living at such altitudes may not alone explain the success, it appears that Chikhaldara Kho-Kho players also have the ability to train at high intensity while at altitude. This is something that players without continual altitude exposure would find difficult to replicate. So it seems logical to assume that prolonged altitude exposure and the ability to train at a high-intensity while at altitude may contribute in part to the success of Chikhaldara Kho-Kho players. The other reason often suggested for the Sipna, Chikhaldara's dominance of Kho-Kho championship is the motivation to achieve economic success. In relatively poor Districts, success in lucrative Kho-Kho events can considerably advance Kho-Kho players position in society.

**Social Development** Traditional social and cultural factors have often been described as advantages and, although these factors' contribution have not yet answered; thought to be as proposed factors for Chikhaldara players' dominancy. In line with this there is even one school in Chikhaldara, which has produced many champions. This could be as the result of running to and from school as children and adolescents, early acquaintance contribute to the development of Kho-Kho players ability in later life. On the other hand, there is still handful of successful kho-Kho players those who had never been required to run to school, even in Chikhaldara.

One factor often suggested is the extensive walking and running these Kho-Kho players undertake from an early age, a total distance run to and from school is often cited at between 3km and 10km. However, this early introduction to endurance training does not appear to result in a higher maximal aerobic capacity (a key determinant of endurance performance) than that seen in elite university Kho-Kho players.

**Motivation** Almost half of the Melghat population and lots of Chikhaldara taaluka citizens live below the poverty line. Success in sports can translate into economic and social advancement not only for the players but also for his or her immediate and extended family, for the rest of their lives; this fosters an attitude for hard work and mental toughness. In this regard, among Chikhaldara's elite Kho-Kho players, many % indicated that economic success was the primary reason they trained and competed. Further fueling this motivation is the great tradition of excellence that connects today's outstanding melghat and Chikhaldara Kho-Kho players to their legendary predecessors. In Chikhaldara, this tradition of excellence began with Vivek Koudele's good performance in the Khelo India Kho-Kho competition.. Similarly, Roshan Pival getting scholarship from government of India for his excellence performance. This motivation for economic success aligned with a deep tradition of excellence should not be discounted as an important factor behind the success of the Melghat and Chikhaldara Kho-Kho players. However, it should not have to be credited as the only decisive factor for Kho-Kho players 'success, since there is a lack of clarity about exactly what constitutes the incomparable successful history of Chikhaldara Kho-Kho players.

**Hard work** -Don't underestimate the importance of this level of belief, for while it is clear that only a small proportion of the Chikhaldara players will ever get the chance to compete for one of the big Vidarbha clubs in state level competition, Imagine if you were a young player in a small town of just 5,000 inhabitants and your town had produced a plethora of Kho-Kho champions and university record-holders. One of the authors of book argues that self-belief is a key factor in the success of a player. While focusing specifically on Chikhaldara Kho-Kho players, the principle is true of university Kho-Kho players, too, particularly so in

Chikhaldara. Their success is certainly not down to revolutionary training methods, nor cutting-edge technology and sports science. You won't find a physio, nutritionist nor a sports psychologist in the town.



**Roshan Pival selected for Khelo India National Camp at Gandhi Nagar, Also Getting Govt. of India's scholarship from last two Years & Lokesh Rangari International player selected for Nepal-India test series** Sheer Management Support-A birth place of human kind Chikhaldara putted her flag in the university Kho-Kho sky by proud by her Kho-Kho hero's. Behind Sipna's success in university Kho-Kho there is a sheer support of Sipna institution Management, college Principal. It motivates the staff to work day in and day out in the society, which brings fruitful results like the one college achieved in Kho-Kho game.

**A devoted coaching man**-It seems clear another major factor is down to one man: college Director of physical education. As a young man, he moved from the Amravati region in Vidarbha to the small town of Chikhaldara, a distant outpost where he intended to begin his career as a Director of physical education and sports, coach. With just 5,000 residents and few connections to the outside state, this little town's fortunes were about to change with the discovery of a rare and exceptional talent from within their midst. He dedicated himself to nurturing all the talent and duly prepared players for the next level. Meanwhile, Roshan Pival and Vivek Koudele also breaking new ground by becoming the Khelo India player to participate in national Kho-Kho camps, Nitesh Pardhe and Nitin Nandurkar were born and raised in the small town of Paratwada nearby to Chikhaldara hill station. They too were

coached and nurtured by DOPE and sports. This, however, was just the beginning. However, no alchemy in the process, more a gift for talent-spotting and a dedication to developing and nurturing talent. Coach has detailed records and data on each and every one of his players no matter their age, no matter their talent.

**Aura-**Traditional social and cultural factors have often been described as "advantageous", and, although these factors may be to a greater or lesser extent involved in the Sipnas dominance, it is probable that both the Melghat and Chikhaldara psychology or "mindset" are now additional important factors in maintaining that dominance. the Chikhaldara Players have developed an aura of invincibility, both in their own minds and the minds of their opponents.

**Diet-**Melghat, Chikhaldara food made from different things commonly from local cultivation. Again the unique thing here in Melghat, Chikhaldara is Kutaki, Mint, Jawar, Massor dal were made commonly from Melghat forest. And the most important thing again is the fruit strawberry and milk product which enable Kho-Kho players to replenish the exhausted energy.

**Summary-**We still can't say conclusively what is behind the phenomenal success of the Chikhaldara Kho-Kho players. But research suggests it is unlikely that there is a single genetic factor that can explain their success. But an optimal strong body type leading to excellent biomechanical efficiency may well play a part alongside the players' prolonged exposure to altitude, College principal/ institution management whole hearted support, psychological motivation to succeed and the kind of coaching they are having at their respective place.

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## 20. The social media misinformation and disinformation travel faster than the COVID-19 virus-Shivam Rastogi

Research Scholar, Department of Mass Communication and Media Central University of South Bihar, Gaya, Bihar

The overabundance of data and information is the characteristic of an information society. Power no longer resides in having the access to information but in managing it. The emergence of the COVID-19 virus has not just brought misery to humankind but it has also led to the spread of misleading rumours and false information. The COVID-19 pandemic has been accompanied by a so-called "infodemic"- a worldwide spread of false information and facts regarding COVID-19. Ever since the emergence of the COVID-19 virus in china the spread of rumours, misleading information, and global conspiracy theories regarding the origin of the virus circulating around the world with fearmongering, racism, and mass purchase of masks, sanitizers, and daily goods fearing large scale lockdown. Within the weeks of the outbreak of the novel coronavirus also known as COVID-19 lots of fake facts and information started circulating on various social media platforms. The world has not only to fight with COVID-19 but, also with the infodemic on social media platforms that come along with the virus. A digital outbreak of overabundance of misinformation regarding COVID-19 both online and offline is often referred to as infodemic. The long duration of exposure to social media is associated with misperceptions regarding the basic facts about COVID-19 virus while the inverse is true for news media. A global spread of misinformation poses a serious problem for public health. Infodemics has the potential to change the pattern of transmission of the virus. Spending most of the time at home people are left with only a few options to get information. People are relying on many electronic media and social media tools to get access to any viable piece of information which would help in uplifting their spirits and would continue to instill them with courage, more than ever. In such conditions, people are consuming information from whichever source available to them. A large number of studies on the propagation of misinformation over social media regarding COVID-19 found that social