

Editor's Page



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I am happy that the *Volume 6, No. 1* issue of **Journal of Exercise Science and Physiotherapy (JESP)** is out for the readers. This issue of JESP contains nine articles on diverse important aspects of exercise science. **Venugopal et al from Raipur** studied Temporal Pattern of Circadian Rhythm in Sportsmen and interestingly observed circadian rhythmicity in oral temperature; heart as well as self rating mood and activity all with acrophase between 14.20 and 16.28 hrs. They further reported that oral temperature, mean skin temperature and pulse rate appear to be directly related to room temperature. **Prajakta et al** from Nagpur assessed nutritional status and physical fitness of female swimmers. Their results revealed higher mean intake of fat & protein but lower intake of energy as compared to recommended dietary allowances (RDAs). Cardio respiratory fitness showed negative correlation with energy intake, strongly suggesting need for sufficient energy to carry out sports activities. **Mridha & Banerjee** from West Bengal in their study titled "Effect of One-Year Exercise Programme on Psychological State of Elderly People" concluded that regular moderate physical exercise can reduce and maintain psychological state of elderly people. **Singh & Singh** from Jalandhar, Punjab reported that *Shaktipat* Meditation was an effective practice to reduce Anxiety. Singh et al from Jalandhar, Punjab in their study on Spiritual Intelligence, Altruism, School Environment and Academic Achievement as predictor of Mental Health of Adolescents revealed that Type of school, Spiritual Intelligence, Altruism, rejection and control (dimensions of School Environment) were the significant predictor of Mental Health; and gender, location of residence, creative stimulation, cognitive encouragement, acceptance, permissiveness and Academic Achievement were not significant predictors of Mental Health. **Shrivastava et al from Raipur** in their study on Personality Dimensions in Sports Performance concluded that the personality dimensions play important role in determining sports performance. **Sharma & Nigam** from Bilaspur, Chattisgarh studied the Relationship between Competitive Performance and Selected Physiological Parameters of Elite Male and Female Gymnasts. The results of their study indicated that both blood pressure and heart rate of elite male and female gymnasts get raised after the performance on competitive apparatus. They further report lack of correlation between competitive performance of both gender and selected physiological parameters. **Multani and Chahal** assessed Bone mineral density (BMD) of 396 individuals and concluded that people who use steroids are at a higher risk of developing osteoporosis rather than Osteopenia. **Verma** from Chandigarh reported a case of eight year old male child who sustained sports injury with fractured upper two central incisors in an angular fashion, involving incisal half of one and incisal third of other. Treatment was carried out by composite build up of the fractured segment by using composite resins. An assessment of the stability and longevity of the restoration, color stability, surface staining were found to be satisfactory and found to be acceptable.

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