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	The Contribution of Savitribai Phule in Women's Education Prof. Dr. Shirish S Nakhate	
21	International Relations Terrorism: Causes For Terrorism Prof. Sidharth A. Patil	86
22	Uniform Civil Code: A Step Towards Balancing Between Equality And Religious Diversification Miss. Yogita S. Hutke	92
23	Contribution of Women In Sports Dr. Sangita Mangesh Khadse	98
24	A Comparative Study of Selected Health Related Physical Fitness of Middle- Aged Adults and Old Adults Mr Sachin.I.patil Dr.Kishor P.Pathak	100
25	Fundamental Rights And Duties Of Indian Citizen: Directive Principles Of State Policy Dr. Ganesh Katakdeore	104
26	Women Empowerment & Directive Principles Of State Policy Dr. Ranjana Shringarpure	110
25	Directive Principles of State Policy: Value & Importance. Dr. Shriram Yerankar	114
26	लोककल्याणकारी राज्य की निर्मिति में राजनिती के निर्देशक सिद्धांतों का महत्व ** डॉ. विभा प्र. देशपांडे	118
27	महिला सबलीकरण गायकबाद निशा मच्छिंद्र	121
28	निर्तिनिर्देशक सिद्धांतों का क्रियान्वयन एवम वास्तविकता प्रा. डॉ. विनोद जे. राठोड	128
29	राजकीय क्षेत्र आणि महिला सबलीकरण प्रा. डॉ. साधना देशमुख	132
30	राज्यनितीची मार्गदर्शक तत्वे आणि सामाजि नाय-एक अभ्यास प्रा. डॉ. इकबाल खान गफार खान	135
31	महिला सशक्तिकरण में भारतीय संविधान का योगदान प्रा. मनिषा मधुसुदन किर्तने	139
32	कोवीड - १९ मध्ये जनसमुदायाने आरंभ प्रा. दिपाली संबकराव देशमुख	142
33	अंतरराष्ट्रीय संबंध - एहशतवाद प्रा. पुंडे सोनाली सगाजी	145
34	भारतीय लोकशाहीच्या विकासात नीतिनिर्देशक तत्वांची भूमिका प्रा. डॉ. प्रविण ज. गुल्हाने	149
35	A Study on Issues and Challenges of Women Empowerment in India Prof. Rahul G. Mahure.	167





Contribution of Women In Sports

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Introduction :

Women's empowerment is a process in which women redefine and extend what is possible for them to be and do in situations where they have been & restricted, Compared to men, from being and doing according to me an empowerment of women with each and every angle is the need of the time.

Traditional Indian had seen women only as member of the family or a group as daughter, wife, or a mother-and not as an individual with an identity or right of her own. The radicalism of the constitution and its departure from the inherited social system lay in its implicit assumption that every adult women, whatever her social position or accomplishment, will function a citizen and as an individual partner in the task of nation building.

The special attention given to the needs and problem of women as one of the 'weaker section' of Indian society, and the recognition of political equality was undoubtedly a radical departure from the norms prevailing in traditional India.

Women Role Models In Sports:-

Increasing Participation of women in international sports. Some of the have left mark in different sports and have won Arjun award. In athletics P.T. Usha and Ashwini Nachappa got this award in 1985 and in 1988.P.T. Usha also received the padmashri in the same year for her performance at several national and international athletics meet, (Malleswari won this award in 1994 for her achievement and contribution in weightlifting. In addition she was also a recipient of Riji Gandhi khel Ratna award in 1995-96 and Padmashri in 1999. In badminton Madhumira Goswami won this award in 1982, Suman Sharma was awarded for her achievement in basketball in 1983. In cricket Sandhya Agrawal was awarded in 1996, and in cycling And in Roll inton received this award in 1993. More recently Sania Mirza receives this prestigious award in 2004 and for her performance in tennis she also awarded the Padmashri in 2006. There are many more Arjun awardees amongst women , who have made the country proud by their contribution and their journey of achievement is an inspiring account for all those interested in participating in different types of sports. Very recent in London Olympic Games 2012, Mericom in boxing and Saina Nehwal in badminton has been owned the medal, both of women is the role models of Indian sports. The country always proud and salute for this contribution in sports.

* Factors That Affect Participation of Girls In Sports :

Several factors such as :-

- 1) Gross neglect of play ground.
- 2) In co-educational school boys were encouraged by teachers and in many case were self motivated to play outdoor sports like cricket, basketball, hockey, football, during sports period and also after school hours but girls were neglected.
- 3) Parents in most of the cases were barrier of their girls sports activates.





- 4) Non-availability of sports equipment and in certain cases the quality and quality of equipment was something that impacted the development of sports in schools.
- 5) Sports teachers were in many cases-not appointed and in cases they were appointed (they were not motivated enough the girls.
- 6) No regular training because many times they were asked to take classes in subjects.
- 7) Many sports teachers did not get an opportunity to update their skills.
- 8) Sex of the teacher was also at times a barrier in girl's participation in sports activity.
- 9) Girls were comfortable with female sports teacher.

***The Benefits for Women And Girls of Physical Activity And Sports.**

Sport provides women and girls with an alternative avenue for participation in the social and cultural life of their communities and promotes enjoyment of freedom of expression, interpersonal networks, new opportunities and incur self, esteem. In addition to benefits for women and girls themselves, women's increased involvement can promote positive development in sports by providing alternative norms, values, attitudes, knowledge, capabilities and experiences. The contributions of woman, particularly in leadership positions, can bring diversity and alternative approaches and expand the talent base in areas such as management, coaching and sport journalism. The participation of women and girls in sport challenges gender stereotypes and discrimination, and can therefore be a vehicle to promote gender Equality and the empowerment of women and girls. In particular,

Women in sport leadership can shape attitudes towards womens Capabilities as leaders and decision makers, especially in traditional male domains, womens involvement in sport can make a significant Contribution to public life and community devel

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