

ARTICLE REVIEW  
REPORT



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## ORIGINAL ARTICLE

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### EFFECT OF MALLAKHAMB ON VITAL CAPACITY AND CARDIOVASCULAR EFFICIENCY OF HIGH SCHOOL STUDENTS.

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Vishwajit Thakare

#### ABSTRACT

The purpose of this study was to investigate the effect of Mallakhamb on Vital capacity and Cardiovascular function of High School Students. For this study 40 subject were selected randomly from J.S.P.M.High School Itawa ward Pusad Dist.Yavatmal.(M.S.). The subject were categorize in to two equal groups, one experimental group (Group An1 = 20) and one control group (Bn2=20). It was also ensured that all them were medically fit and was interested to do the Mallakhamb to undergo the training for research project.

#### Article Indexed in



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## REVIEW OF THE ARTICLE

### Effect Of Mallakhamb On Vital Capacity And Cardiovascular Efficiency Of High School Students

Vishwajit Thakare

#### Abstract:

The title was clear and well articulated. The purpose of this study was to investigate the effect of Mallakhamb on Vital capacity and Cardiovascular function of High School. The abstract was complete and essential details were presented.

#### Introduction:

Introduction was justifying. The Origin of this ancient Indian sports mallakhamb can be traced to earlier part of the 12th century. A mention of wrestlers exercising on wooden poles is found in the Manasholas, written by chalukya in 1153 A.D. It was revived late in the 19th century by Balambhatta Dada Deodhar, physical instructor to Bojirao Peshwa II. Significance of the area under study mentioned clearly in Introduction.

#### Reference to the Literature and Documentation:

The literature review was up-to-date. The number of references were appropriate and their selection is judicious. The review of the literature was well integrated. Ideas were acknowledged appropriately and accurately. The literature was analyzed and critically appraised.

#### Methodology:

The purpose of the study was to investigate the effect of mallakhamb exercise on vital capacity and cardiovascular efficiency of high school students. The research design was defined and clearly described, and was sufficiently detailed to permit the study to be replicated. The design was appropriate (optimal) for the research question.

#### Presentation of Results:

The results were complete. The amount of data presented was sufficient and appropriate. Tables and figures were used judiciously and agree with the text. Add graphs for more attractive presentation.

#### Conclusions:

12 week of Mallakhamb exercise schedule was found effective in improving Vital capacity and cardiovascular efficiency of high school student. Suggest directions for further research.

#### Scientific Conduct:

There are no instances of plagiarism. Ideas and materials of others are correctly attributed.

### SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers	✓				
2.	Originally & Novelty of the ideas		✓			
3.	Importance of the proposed ideas		✓			
4.	Timelines	✓				
5.	Sufficient information to support the assertions made & conclusion drawn			✓		
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)		✓			
7.	References & Citation (Up-to-date, Appropriate Sufficient)			✓		

### FUTURE RESEARCH SCOPE:

- 1.Effect of Yogic Practices and Physical Exercise on Selected Physiological, Bio- Chemical and Psychological Variables among Working Women.
- 2.Effects of Three Different Intensity of Plyometric Training on Selected Bio-motor Abilities and Physiological Variables among Senior Foot-Ball Players.
- 3.Effects of Aerobic Dancing and Yogic Practices on Selected Motor Ability Components and Physiological Variables among School Girls.
- 4.Effects of Intermittent and Massage Manipulation of Selected Speed and Endurance Parameters among University Men Athletes.
- 5.Poles Apart? Women Negotiating Femininity And Feminism In The Fitness Pole Dancing Class.

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