

Global Innovation and Research in Education Sports Sciences and Yoga

GIRESSY-2017

VOL.-III

**Editor in Chief :
Dr. Deba Prasad Sahu**

**Editor :
Dr. Krishnendu Pradhan**

**Akinik Publications
Delhi - 110085**

AKINIK PUBLICATION

C-11/169, Sector-3, Rohini, Delhi-110085

Copyright Note :

All Rights Reserved. No part of this book may be reproduced, in any form or by any means without the written permission from the publisher/copyright owner.

© Editors :

**GLOBAL INNOVATION AND RESEARCH IN EDUCATION SPORTS
SCIENCES AND YOGA (VOL.-III)**

Editor in Chief : Dr. Deba Prasad Sahu
Editor : Dr. Krishnendu Pradhan

ISBN : 978-93-87072-49-7

AKINIK PUBLICATION

C-11/169, Sector-3, Rohini, Delhi-110085

Copyright Note :

All Rights Reserved. No part of this book may be reproduced, in any form or by any means without the written permission from the publisher/copyright owner.

© Editors :

**GLOBAL INNOVATION AND RESEARCH IN EDUCATION SPORTS
SCIENCES AND YOGA (VOL.-III)**

Editor in Chief : Dr. Deba Prasad Sahu

Editor : Dr. Krishnendu Pradhan

ISBN : 978-93-87072-49-7

**INTERNATIONAL CONGRESS
ON
GLOBAL INNOVATION AND RESEARCH
IN EDUCATION, SPORTS SCIENCES AND YOGA**

on
19th and 20th December, 2017



Organised by

**Department of Physical Education
MAHISHADAL GIRLS' COLLEGE**

Purba Medinipur, West Bengal, India



GIRESSY-2017

PROCEEDINGS

**Chief Editor: Dr. Deba Prasad Sahu
Editor : Dr. Krishnendu Pradhan**

VOL. III