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Sucharitha, Journal of Philosophy & Religion, concentrates on critical and creative research in multidisciplinary traditions in Philosophical & Religious Issues. This journal seeks to promote original research and cultivate a fruitful dialogue between old and new thought.

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Dr. K.VICTOR BABU
Editor-in-Chief



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Editorial

The Sucharitha: A Journal of Philosophy and Religion. The rave reviews we received were heartening. Your support and encouragement facilitated us to come out with the next issue on time without compromising on the standard style. The journal has and the quality of the articles.

In the present issue, we have taken up in detail the philosophical and religious issues discussed in academic circles. There are well written articles covering a wide range of issues that are thought provoking as well as significant in the contemporary world.

My thanks to the Members of the Editorial Board, to the readers, and in particular I sincerely recognize the efforts of the subscribers of articles. The journal thus receives its recognition from the rich contribution of assorted research papers presented by the experienced scholars and the implied commitment is generating the vision envisaged and that is spreading knowledge. I am happy to note that the readers are benefited.

My personal thanks to one and all.

(Dr.Victor Babu Koppula)



COMPARATIVE LITERATURE: NEED OF THE HOUR

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Communication among nations has become so thorough and the nations of the world have come so closer that it appears that the world has shrunk into a Global Village. This proximity between nations is a welcome development in the ongoing history of the world. This development has paved a way for the nations to have greater exchange and sharing, not only in terms of business, commerce, and merchandise, but also in arts, cultures, customs, traditions, ideas, principles, ethics, ideologies, and what not. Good in any form, if crosses borders, enriches and illuminates other parts. It is quite heartening that this *good* crossing borders is an on-going process.

Knowledge is not any nation's patent. Every nation – *nation* means *race* or *people* – has its own rich heritage and culture. Every nation has its own canon of rich traditions and customs manifested in various forms. The rich heritage and legacy of one nation can be *learnt* by other peoples; and by learning, they may be enriched, enlightened or illuminated.

Books contain knowledge. Knowledge should not be confined or restricted to the linguistic barriers within which it is written. Other *national* groups or linguistic groups could be allowed to suck the nectar of knowledge of a national group. This kind of exchange or sharing leads to mutual enrichment. For example, the Western ideologies and Democratic principles like "liberty" "equality" and "fraternity" which played such a big role in French Revolution, illuminated the Western thought. These ideologies or principles have had their telling influence



on Indian psyche too, and it is no exaggeration to say that they played an important role in our freedom struggle too. Thus literature – “applied literature” or “pure literature” – as a weapon that brings about change, can cross borders and influence alien lands. How can this take place? It is through translation or through comparative study or both. Translation or comparative study are not totally different; they are mutually complementary.

Comparative literature is the branch of literature that deals with literary relationships, similarities, and distinctions among different countries. Similarities between works of literature may be based on similarities in the social and cultural development of the respective countries of origin or on cultural and literary contacts between the countries. Consequently, there are two areas of comparative literary studies: typological literary analogies and literary relationships and influences. Although these areas interact with one another, they should not be confused. Comparative literature is an academic field dealing with the study of literature and cultural expression across linguistic, national, and disciplinary boundaries. Comparative literature “performs a role similar to that of the study of international relations, but works with languages and artistic traditions, so as to understand cultures ‘from the inside’”. While most frequently practiced with works of different languages, comparative literature may also be performed on works of the same language if the works originate from different nations or cultures among which that language is spoken. It is also defined as the study of the interrelationship of the literatures of two or more national cultures usually of differing languages and especially of the influences of one upon the other.

The characteristically intercultural and transnational field of comparative literature concerns itself with the relation between



literature, broadly defined, and other spheres of human activity, including history, politics, philosophy, art, and science. Unlike other forms of literary study, comparative literature places its emphasis on the interdisciplinary analysis of social and cultural production within the "economy, political dynamics, cultural movements, historical shifts, religious differences, the urban environment, international relations, public policy, and the sciences".

Thus literature of one language or any art, for that matter, inspires other language group(s), when it is studied through comparison. One art form may inspire other art forms too. Velasquez's "Two Dwarf's" has been the inspiration behind Picasso's painting on the same theme. A skylark inspired Shelley's poem, and Shelley's skylark inspired Hardy's poem. Some uncommon artists raised the Pallava citadel at Mahabalipuram in Tamil Nadu, but today its magnificent ocean-swept ruins become the subjects of poems by James Merrill, John Press, and Louis MacNeice. The fall of Adam and Eve has been described by Milton in "Paradise Lost", book IX, and also by Blake in his paintings. Sometimes there is also a translation from one artistic medium into another. Literature, since it has to handle the symbolic medium of language is not only the most elusive of arts, but also the most inclusive. Literature is a collection of books, and there can be no exclusion in respect of the country of origin, the time of composition, or the language medium. It is a global heritage, and every year adds to its opulence. A concern with man's inner life- his passions, his feelings, his thoughts- is the disgusting character of literature. This concern is allied to a sense of moral truth, a feeling of universality, and an instinct for beautiful form.

Comparative literature postulates a unity in man's social and historical development. Since similar social relations have existed among different peoples, historical and typological analogies may be



observed in the development of different literatures during a single historical epoch. Comparative literature may therefore study single literary works, literary genres and styles, the work of individual writers, or literary trends. Thus, during the middle Ages, the folk heroic epics of different peoples of the east and west reveal similarities. During the period feudalism, similarities existed among the chivalric lyrics of Provincial troubadours and German minnesingers, early classical Arabic love poetry, the versified chivalric romance in the west, and the romantic epic in eastern literatures.

An orderly succession of literary trends may be observed in the bourgeois literatures of different European countries: Renaissance literature, the baroque, classicism, romanticism, critical realism and naturalism, symbolism, modernism, and new forms of realism.

Although similar literary developments take place different peoples, mutual contacts and influences are also common and generally accompany such developments. However, a prerequisite for a literary influence is an inner need for such a cultural "import" and an analogous social and literary course of development. A. N. Veselovskii wrote of "crosscurrents" in borrowed literature. According to his theory, every borrowed work becomes partially transformed, or adapted, to correspond with the national development and literary traditions of the country adopting the work. The adaptation is also influenced by the ideology and literary approach of the writer making use of the borrowed work. For comparative, such differences between works are as important as similarities.

Mutual literary influences among countries are not limited to contemporary literature. The literary heritage of great writers of the past countries to influence the present. An example is the influence of ancient Greek and Roman literature during the renaissance and the



period of 17th and 18th century classicism. An associated subject of study is that of the influence of various writer indifferent epochs and countries. Examples are the influence of Shakespeare and Goethe in France, Great Britain, and Russia and that of Tolstoy, Dostoevsky, Chekhov, and Gorky in world literature. This field of study also involves the history of translations as well as of literary criticism, which reflects the development of social and literary thought in a given country.

Creativity, like knowledge, is not any nation's patent. Shakespeare is a creative genius. So also Kalidasa and Sri Arabindo. So also Homer, Virgil, Euripedes, Goethe, Dante, Chekov, Tolsty, Dstovsky, Tagore, Mulk Raj Anand, Raja Rao, R.K. Narayana etc. the list is by no means exhaustive, if we peep into the world of literature and world literature. Goethe first used the term "World literature". This concept of "world literature" is the precursor of globalization. It is also the impetus for comparative literary studies in the world. This urge to be universal is the one which gives impetus for comparative literature.

Comparative literature began in ancient times, but institutionalized in the 19th century, opening the perspective of a vast, unexplored area where "the harvest is plenteous, but the laborers are yet few." Comparison is inherent in criticism and literature is intrinsically compavitive.

Literary relationships and influences between countries differ in intensity and form under different historical conditions. These relationships and influences became particularly marked and wide ranging beginning in the 19th century. From 1827 through the 1830's, Goethe propagated the slogan "an universal world literature", which



referred to a literature that would include the most important works created by all peoples at every stage of historical development.

The October revolution of 1917 gave rise to a multinational soviet literature unified by the method of socialist realism. Towards the mid 20th century, the literatures of people that were formerly little-known owing to their remoteness from Europe or to their social backwardness became increasingly drawn into the sphere of the comparative literary studies. This phenomenon is related to the question of literary "interrelationships between East and West.

After World War I (1914-18), increased attention was devoted in the West to literary relationships among different countries. The study of such relationships became a special field of literary history called comparative literature. This field of study was founded in France by F. Baldensperger and P. Van Tieghem, who published articles in the journal *Revue de littérature compare* (founded in 1921) and a series of monographs that were published as supplements to the journal.

In the years after World War II (1939-45), major scholarly centres for comparative literature studies were established in the USA by W. Friederich, R. Wellek, and other scholars. The journals *comparative Literature* and *Comparative Literature Studies* were founded in 1949 and 1963, respectively. Somewhat later, comparative literature centers were established in the Federal Republic of Germany by K. Weiss and other scholars, the journal *Arcadia* was founded in 1966. Other such centers were founded in Canada. In 1954 the International Comparative Literature Association (ICLA) was founded, its central office is located in Paris and its official journal, *Neohelicon*, is published in Budapest. The association convokes international congresses and has published *International Comparative Literature Association : Proceedings of the Congress* (vols. 1-6, 1955-70).



In Russia, comparative literature studies attained extensive development earlier than in other European countries. By the 1880's, chairs of universal literature existed in most Russian universities. At the university of St. Petersburg, A. V. Veselovskii, the founder of Russian comparative literature studies, assumed the chair of comparative literature in 1870. Veselovskii's works included *Historical Poetics*(1870-1906: separate edition, 1940).

Interest in comparative literature was revived in Soviet scholarship in the mid-1950's. In 1960 a discussion was held in the USSR on inter relationships among national literatures.

In the other Socialist countries, research on comparative literature is being conducted in Hungary by I. scoter, T.Klaniczai, and G. Vajda and in Czechoslovakia and the German Democratic Republic.

When literature crosses borders of its linguistic or cultural groups, it is comparative literature. Comparative literature is based on making contact with other literatures- of world literature, which Geo the dreamt of.

Comparative literature has achieved a rank of distinction in so many quarters that the multitude of publications and texts groups under the generic denomination of 'comparative literature' has definitely reached a point where it cannot be ignored.

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COMMON INJURIES AND PREVENTIONS IN VOLLEY BALL

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Abstract

Every Sport has injury problems. Some of them are "overuse", types of injuries such as those seen in joggers' ankles, lower legs, and knees, while others are acute injuries. In volleyball, finger injuries have gone down over the years due to more passing with the forearms, but ankle sprains have increased because people are jumping higher and more often in spiking and blocking. Passing, digging, and setting are quite safe, but blocking and spiking increase the risk of hand, shoulder, knee, and ankle problems. Scientific studies of injuries do not report a consistent incidence of problems. Generally speaking, volleyball is a very safe game, but as spiking, blocking, and diving for digs have become more commonplace, injury rates have risen over the years due to this more aggressive play.

Key Words: Injuries, Preventions, Volleyball.

Introduction

Every Sport has injury problems. Some of them are "overuse", types of injuries such as those seen in joggers' ankles, lower legs, and knees, while others are acute injuries such as when a basketball player sprains an ankle. In volleyball, finger injuries have gone down over the years due to more passing with the forearms, but ankle sprains have increased because people are jumping higher and more often in spiking and blocking. And allowing the jumpers to land on or over the center line has increased these injuries even more.



Passing, digging, and setting are quite safe, but blocking and spiking increase the risk of hand, shoulder, knee, and ankle problems. Over 55 percent of all injuries are due to jumping or landing. As you would expect, playing on a soft surface such as sand greatly reduces the number of injuries. In fact, there are 75 percent fewer injuries on sand than on a hard court.

We are finding more overuse injuries: Jumper's knee, cruciate ligament tears inside the knee, inflamed tendons, the thigh and leg bones, shoulder problems, the stretching of muscles, the rotator cuff muscles. The most common types of acute injuries are sprained ankles or wrists, jammed fingers, or twisted knees. Hand injuries, sprained ankles, injuries to the ankles and knees, the lower extremities.

When players are older; older women have more overuse injuries, while older men have more acute injuries. Elite players have twice the injury rate of less, accomplished players. The highest level of injury risk is for young players during their growth spurt. If the Player has had injuries earlier from volley ball or another sport, there is a risk of re-injury. Poor hitting or jumping and landing technique results in an increased risk of injury. Injuries can occur if there is an imbalance of muscle strength.

When Injures occur:

Scientific studies of injuries do not report a consistent incidence of problems because some studies are done with elite players in tournaments, while others are done in physical education classes. But we can surmise from the studies that there are more injuries at the beginning of a season than later - due to poor condition and poor skills; and that there are more injuries as the intensity of the game increases, such as in tournaments. There is a higher rate of injuries during game increases, such as in tournaments. There is a higher rate of injuries during games than during practice time. Generally



speaking, volley ball is a very safe game, but as spiking, blocking, and diving for digs have become more commonplace, injury rates have risen over the years due to this more aggressive play.

Types of Volley ball Injuries:-

With advanced and elite volleyball players, we are finding more overuse injuries. The continual jumping and landing of hitters / stickers and blockers can result in "jumper's knee" (an inflammation of the tendon that holds the kneecap), as well as cruciate ligament tears inside the knee and inflamed tendons where the muscles used in jumping are attached to the thigh and leg bones. About 45 percent of elite players have complained of knee injuries from overuse.

Stickers / Hitters are more likely to develop shoulder problems both from the stretching of muscles in the upper back (the infra-spinouts muscle) and from the force developed in the rotator cuff muscles in the spike and the serve. For most players, acute injuries are more common. The most common types of acute injuries are sprained ankles or wrists, jammed fingers, or twisted knees. Hand injuries account for about half of the reported injuries in school classes. Sprained ankles are second, with an incidence of about 25 percent. At the higher levels of play, injuries to the ankles and knees are more likely, with half of all injuries being to the lower extremities. Some studies show that the ankles are more often injured, while others show that knees are more often the problem.

Head and upper - body problems are not a major type of volleyball injury. However, a broken nose or extreme twists of the neck (cervical vertebrae) or lower back (Lumbar vertebrae) do occur, less than 15 percent of all volley ball injuries are to the trunk and head. Arm, shoulder and hand injuries make up about 35 percent of volleyball injuries.



As mentioned, the overhand actions of serving and hitting can cause some problems to the tendons and muscles of the shoulder joint. Elbows don't seem to be a problem, but a few cases of forearm problems have been reported. The wrist and hand are often problems, however, there are eight bones in the wrist with five hand bones attaching to them, as well as two thumb bones and three in each finger giving, a large number of places where a fracture or a sprain (overstretching / rupturing of the ligaments that hold one bone to another) can occur. About 25 percent of injuries are to the fingers, with another 25 percent to the thumbs, Blocking is the major cause of finger and thumb injuries.

Research in Italy at all levels of play has indicated that the floater serve and spike both stretch nerves that may eventually become painful. A major problem in both Techniques is a weakness in the muscles that rotate the upper arm in the shoulder. These muscles can be strengthened by doing the rotator cuff exercises. Leg, ankle, and foot injuries are common in any sport involving running and jumping. Basketball and Volley ball players as well as high and long jumpers are prone to the same types of knee, lower leg, and ankle overuse injuries.

However, acute injuries in volley ball can also occur in these areas when the knee is twisted or hit from the side or the ankle is twisted during landing. As you might accept, blocking and spiking are the activities during which most lower - leg acute injuries occur.

Risk of Injuries:-

There are gender differences in the occurrence of injuries. Male players are more likely to acquire "jumper's knee" (an injury to the patellar tendon) and shoulder injuries, while female players are more at risk for fractures and knee ligament injuries. Even though beach volleyball is generally safer than indoor play, sand players are more susceptible to Achilles tendon problems.



Prevention and Safety Measures to reduce injuries:

Wear pads to protect your knees or elbows, wear ankle braces to prevent ankle sprains. Do rotator cuff exercises to reduce shoulder problems from serving and hitting. Do leg exercises to condition the leg muscles for the maximum efforts. Consider the use of orthotics and / or cushioned heel cups if you have foot problems. Use ankle stabilizers to reduce ankle sprains. Play on dry wooden floors. Injuries can often be prevented by using proper techniques and by effective strengthening of the muscles. Protective pads, orthotics and braces, ankle stabilizers, can greatly reduce the risk of injury.

The risk of injuries in volley ball is increased in the following conditions:

- When players are older; older women have more overuse injuries, while older men have more acute injuries.
 - Elite players have twice the injury rate of less, accomplished players.
 - The highest level of injury risk is for young players during their growth spurt.
 - If the Player has had injuries earlier from volley ball or another sport, there is a risk of re-injury.
 - Poor hitting or jumping and landing technique results in an increased risk of injury.
 - Injuries can occur if there is an imbalance of muscle strength; for example, if the muscles in the front of the thigh (quadriceps) are much stronger than those in the back of the thighs (hamstrings).
 - If the level of competition is higher; the pressure can result in injuries.
-



- It is more dangerous to play on concrete than on wood or linoleum floors.
- Playing on different surfaces (such as concrete or wood) increase the injury risk over playing on just one surface regularly.

Prevention and Safety Measures to reduce injuries:-

- ❖ Wear pads to protect your knees or elbows if they are in danger of injuries from the position you play.
- ❖ Wear ankle braces to prevent ankle sprains.
- ❖ Do rotator cuff exercises to reduce shoulder problems from serving and hitting.
- ❖ Do leg exercises to condition the leg muscles for the maximum efforts they must accomplish during practices and games.
- ❖ Consider the use of orthotics and / or cushioned heel cups if you have foot problems
- ❖ Use ankle stabilizers to reduce ankle sprains.
- ❖ Use knee pads to reduce knee injuries from hitting the floor
- ❖ Play on dry wooden floors, (High - Friction or non - skid surfaces such as concrete increase risk as do low - friction or slippery or wet surfaces).
- ❖ Strengthen the muscles of the legs and shoulders through the use of resistance exercises.
- ❖ Injuries can often be prevented by using proper techniques and by effective strengthening of the muscles.
- ❖ Protective pads, orthotics and braces, particularly ankle stabilizers, can greatly reduce the risk of injury.
- ❖ General strength programme for fitness and specific programme for volley ball exercise.



CRAZE FOR MIRACLES: STUDY OF R.K.NARAYAN'S *THE GUIDE*

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Religion plays a very important role in India and a person with supposed occult powers is venerated here. Adoration for such saints or sadhus is implanted in the minds of the Indians and they enjoy acceptability and popularity even in this era of technology. It is this phenomenon that R.K.Narayan portrays in his novel *The Guide*.

Reverence for a saint or sadhu with powers can be traced back to the primitive days. People depend on water and without it crops fail hence they looked towards the miracle-man to bring rains. James Frazer points out that "water is an essential of life, and in most countries the supply of it depends on showers. Without rain vegetation withers, animals and men languish and die . Hence in savage communities the rain maker is a very important personage "(60).This necessity in the ancient man made him dependent on the miracle- man.

The admiration for sadhu or swamiji is felt at the beginning of the novel when Raju is found in the precincts of the temple by Velan" The man stood gazing reverentially on his face. Raju felt amused and embarrassed"(5). The novelist here portrays how an ordinary man, a criminal is made a god-man.After some conversation "the villager resumed the study of his face with intense respect. And Raju stroked his chin thoughtfully to make sure that an apostolic beard had not suddenly grown there"(6). Raju felt a feeling of importance and decided to play the role of a saint. In accordance with his role he started telling Velan the story of a woman who approached Buddha with a dead baby in her hands. His intention in narrating this story is to drive the point



that problems are universal and none can escape them. But the innocent villager, Velan expects a miracle in the story. It is this awe for miracles on the part of Velan that seals the fate of Raju later in the novel.

Raju for his own reasons of survival reluctantly allowed the innocent villagers build an impression of mahatma around him. He acted the role of the saint with his usual deftness. He says, "I have to play the part expected of me, there is no escape" (45). By the time he becomes a full-fledged saint, with a beard down his chest, his popularity has grown beyond his wildest dreams. Everything was quite well until there came a day when there were no rains. The problem that man dreaded from times immemorial has surfaced to the ill luck of Raju.

People were desperate and they looked towards the miracle-man for help. Raju tries to comfort them but it is momentary. All the scenes associated with drought occur. The climax comes with a clash among the villagers. Velan's brother, a fool, reports the matter to Raju, the saint. Raju picked the wrong person to convey his message that he won't touch food until they stopped fighting. The fool for fear of his elders, for reporting the matter to the mahatma, declares that the saint would not eat food until it rained. In the ancient days men used to wait curiously for the miracle-man to conjure up a miracle to bring down rains. All the villagers touch the feet of Raju for taking up the penance. Even before Raju could take the matter into his hands, Velan gave a clear account of what the savior is expected to do... "stand in knee deep water, look at the skies, and utter the prayer lines for two weeks, completely fasting during the period-and lo, the rains would come down, provided the man who performed it was a pure soul, was a great soul" (95). As a last resort, Raju narrates his life story to Velan to escape from this enforced sacrifice.



Raju expects disgust from Velan for deceiving them all these days. But to his shock Velan still addresses him as swami. The reason for this kind of adoration lies in the primitive instinct of Velan. He is not bothered about the past of Raju. He thinks that Raju is capable of bringing down rains. Further Velan thinks that it is indeed great on the part of Raju to reveal his past to a humble servant like him. There is no escape for Raju. He resigns himself to his fate and says, "this man will finish me before I know where I am" (209).

A newspaper reporter gets this information and it becomes the headlines "Holy man's penance to end the draught" (209). The news catches fire and people from all parts of the country throng to see the 'Holy man'. The novelist says, "never had this part of country seen such a crowd" (215). Special buses and trains are arranged. Shops spring up around the temple. It is a scene one usually encounters in rural India at fairs. People touch the water at Raju's feet and sprinkled it on their heads. Velan stands guard near Raju like a head priest near the altar. He regulates the movement of the public. Narayan humorously presents the blissful ignorance of the masses. For example, when the health department shows a huge close up of a mosquito as the cause of malaria, a peasant innocently comments, "such huge mosquitoes! No wonder the people get malaria in those countries. Our own mosquitoes are so tiny that they are harmless..." (215). Such are the Indian masses. Science is another miracle for them.

Then comes the ambiguous end of the novel- "Raju opened his eyes, looked about, and said, Velan, it is raining in the hills. I can feel it coming up under my feet, up my legs- and with that he sagged down" (221). We do not know whether Raju's fasting brought down the rains or not. Whatever be the conclusion of the novel, one can understand that reverence towards sadhus or saints is due to the inner craving for miracles in the minds of the people. It is this craving for miracles that makes Velan adore Raju as Swami in spite of knowing



Raju's past. It is also responsible for making Raju a scapegoat willingly or unwillingly. It is apt to conclude with Max Weber's comment on the practice of religion in India that "religious behavior is not worship of God, but rather coercion of God, and invocation is not prayer but rather the exercise of magical formulae" (2).

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"TRANSLATION"- A MEDIUM OF SOCIAL AWAKENING

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The purpose of this study is two fold. one is to examine translation from the historical point of view as a means of social awakening ; The second one is the necessity of translations in the changed scenario, especially in Dalit Literature.

There are many issues related to Translation, its theory and practice. A great critic I.A.Richards in his article " Towards a theory of Translating " observed that" Translation may probably be the most complex type of event yet produced in the evolution of the cosmos " It may sound very exaggerative. But one cannot totally disagree with I.A.Richards. By now,lot of study had taken place regarding the role of translator, his problems in translation, source text, adhering to literary translation, cultural problems in translation etc. with the advanced transport facilities, change in the commercial relations among nations technological development etc, world has emerged as a multilingual society. Now, we cannot expect the people of one race, one nation ,one culture and one language in a given society. People are living together and the world has become a global village. Translation has become an indispensable link which connects them with all its drawbacks and advantages.

We have seen great many incidents in the human history how translation helped in further in the relations among different nations, races and civilizations. Karl Marks considered "The translator" along with the thief and the seller as the instrument of 19th century colonialism "This translator" what Karl marks referred had a different purpose. He could influence the thought process and culture



of great many people. Here we may consider it as a politically motivated act. If we take the example of Indian context, it is this translation which connected the people of different parts of India and helped in rising against the British authority. Here we should mention the great writer, lord Basaveshwar (1134 – 1196) born in Ingaleswar, Bijapur district of Karnataka. He was a great saint, visionary revolutionary, sought universal religion to mankind, funda mental rights to everyone.

Sir Thomas Campbell says “ The present day social reforms in India are all but speaking the language and seeking to enforce the mind of Basaveshwar ”. “ vachana literature ” Of 12th century was a unique genre. It is an inspiration for Dalit literature and many social movements in the 20th century. This vachana literature, which is addressed to “ Lord of Kudala Sangama “ reached every nook and corner through translations. The global problems such as terrorism, fundamentalism, economic crisis, stress can be addressed through the vachanas of Basavanna.

Translation is not only a welcoming act but also an indispensable one. One cannot learn at least a few Major languages and enjoy their literature in one s life time. So, translation is the only way to reach those literatures and enjoy them (If all the scientific advancement in various languages is reaching all of us, we can't deny the role of translation).Post – modern world is transformed by the translation. It acted like a bridge between India and Europe this translation helps in preserving ancient literary and cultural heritage .Lot of ancient Indian literature was in Sanskrit, prakrit and Apbhramsa etc. If it has to be preserved, it should be translated into modern Indian languages. Translation can be used to modernize or westernize the Indian society. At the same it helps the European people to understand the Indian spiritual and intellectual worthiness. It is the translation of Tagore's Gitanjali that brought Nobel prize to an Asian for the first time. Translation of the Bible brought Renaissance and enlightenment in



Europe. This translation makes India a modern society and spreads awareness among Indians. In the multilingual country like India, translation is a necessity, otherwise it breeds prejudices among People of different languages and cultures.

In the modern period Indian scholars tried their best to correct western perception of Indian texts. The main reason behind this distortion was, they did not know the nuances of Indian languages and culture. Now with the growth of translation, many scholars and authors are attempting to correct the misconception about Indian society.

In the Indian context, translations have roused the voices of progressive forces.. Another important purpose that translation served was awakening of Dalits. 'Annihilation of caste' written by Dr.B.R.Ambedkar, became the Bible of the downtrodden sections of this country irrespective of their language and religion. It has been translated into almost all the major languages of India. Marxist ideology has crept in to Indian soil. Sangam literature of Tamils has been translated in to various languages. We came to know that it is more secular than any other literature in India. The Dalit movement demanded the reprinting and translations of Mulkraj Anand's 'untouchable', Bama's Karukku translated by Lakshmi Holmstrom appeared in 2004 and was read in the context of the Durban conference against racism that gave visibility to the Dalit question at the international level. Lot of Dalit literature is put to narrow interpretations. But we should see it as literature and should interpret the text taking into consideration of the period in which it is set. Translation of regional literatures into English is a very important trend in the 21st century, which is revealing the local, social and political issues and is expressed on the global platform. For example, almost the entire works of Prem chand or Rabindra nath Tagore or Subramania Bharathi or Vijay Tendulkar or VasuDevanNair are available in English not only



for the English people but also for the people of the world who have some knowledge of English as a second or foreign language. Takazhi Sivasankara pillai's "Chemmeen", Kesava Reddy's "He conquered the Jungle", Sundara Ramasamy's Tale of Tamarind Tree, U.R. Ananthamurthy's 'Samsara' and so on are great contributions to literature in English translation.

On these translated texts, We have a unique trend of women writers emerging on the national scene. A case in point is Mahaswetha Devi of West Bengal. She is an activist writer who has championed the cause of the marginalized tribal people in West Bengal in such work as " Draupati. Girish Karnad wrote and translated his works in to English himself. Large scale transformation occurred in 1960's through translation.

American literature has had a vibrant, ever changing history. Ethnic minorities used personal injustices and history to show that the white man was not always justified in his actions. Women writers were a controversy in themselves and used their gender as a tool to empower other women. In the nineteenth and twentieth century there were several influential literary movements: realism, naturalism, regionalism, modernism, The Harlem Renaissance, feminism and postmodernism. All these movements have a great influence throughout the world through translation. Previously some ethnic group never had literary acceptance. But in 1970's literary acceptance arrived to AFRICAN America, Latin American and American Indian writers. American literature is integrating the works of other nationalities such as East Indian Americans, Asian Americans and those of middle eastern descent. American literary values are being forced to change as these cultures and other movements are gradually being accepted by more and more people through translation. 'Social Justice' has become a major theme in the current literature. The people who are suffering are the subjects of this type of writing. people from different parts of the



world are identifying themselves with those characters through translation. They are rising against local oppressions.

When we think of our youth, translations have motivated them a lot. Many self help books have appeared in the markets which were written by western authors. In fact some of our spiritual leaders like Swami Vivekananda have had writings that appealed to our youth. At the same time great books with mass appeal come from western authors, such as Dr. Norman Vincent Peale and others. Since self help books are doing well in English and Hindi there is no reason why we shouldn't translate them in to regional languages. We have a huge population in India that speaks neither Hindi nor English. So translation is the only way out to reach a greater community. These translations can show the path to positive living and successful life. Ujuta Diwekar's *Don't lose your mind, lose your weight* (Ebury Press, Random House) sold over four lakh copies in five languages, which Rashmi Bansal's *Stay hungry, stay foolish* (Westland) sold over 3,00,000 copies and was translated in to eight languages. "Who moved my cheese" and *How to win friends and influence people* are the best books that influenced the youth of our country. The stories written by 'Pudumaipithan' a recent Tamil prose writer were removed from the syllabus on the ground that the reading of the text would cause embarrassment to Dalit students. Actually, in the story "Thunbakkeni" the subject matter is sense of loss and despair and not that of exploitation (or) Caste hegemony. It is the translations which bring about the actual situation in different communities and make the outside world realize what is going on in different corners. Dalit intellectuals, in whatever part of the country they are they should oppose the narrow interpretations.

Translators are transcreating and are succeeding in bringing forth the soul of the work and the sensuous quality of source text's poetic



visuals. ' Premanand Gajvee ' was a famous Marathi playwright. He wrote about the inequalities that continue to prevail within The Hindu religion and Indian society. Gajvee's works gained lot of recognition through Suanta Gokhale and M.D.Hatkanangalakar's Translation entitled " The strength of our writers " in English .This powerful translation has brought out the social concerns and caste preoccupations and introduced to the world. The value of translation cannot be undermined. It has made literatures written in diverse languages accessible. In practical matters like diplomatic and commercial relations one cannot deny the role of translation.

Translation has been practiced for a long time. But only recently it has come to be accepted as a profession. As an independent discipline, it has proved to be a bridge between different peoples and as a unifying medium and medium of social awakening in different parts of the world.

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EFFECT OF VARIED INTENSITIES OF PLYOMETRIC TRAINING ON RESTING HEARTRATE AND SPIKING AMONG VOLLEYBALL PLAYERS

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Abstract

The Aim of the study was to find out the the Effect Of Varied Intensities Of Plyometric Training On Resting Heartrate And Spiking Among Volleyball Players Randomly selected long distance runners (N=60) were divided into four groups consisting of 15 in each group. Experimental Group I underwent low intensity plyometric training, experimental group II underwent medium intensity plyometric training and experimental group III underwent high intensity plyometric training group four was control group which did not participated in any special training. The control group did not participate in any special exercises except of their routine. Pre test scores were obtained using standard tests on Resting heart rate, and spiking before the experimental period and the post test scores were obtained immediately after the twelve weeks experimental period. The difference between the pre test and post test means were subjected to statistical treatment using ANCOVA, which was the effect of varied intensities of plyometric training. In all cases 0.05 level was fixed to test the hypothesis of the study.

Keywords: Resting Heart rate And Spiking

INTRODUCTION

The physical education programme provides each student with an opportunity to assess his fitness and to develop skill and understanding that will enable him to enjoy a productive stay in school, college and a more meaningful existence after school and college.

STATEMENT OF THE PROBLEM

The purpose of this study was to find out the Effect Of Varied Intensities Of Plyometric Training On Resting Heartrate And Spiking Among Volleyball Players

DELIMITATIONS



The study delimited to the following aspect

1. Only sixty men volleyball players from different colleges in Andhra Pradesh, who represented their college at intercollegiate level tournaments were randomly selected as subjects for the study.
2. This experimental study was administered to only four groups of fifteen (15) men volleyball players each.
3. The age of the subjects ranged from 19-24 years only
4. In the study, only low, medium and high intensities of plyometric training were considered as varied intensities of plyometric training.

LIMITATIONS

The research study was limited to the following factors, and these limitations would be taken in to consideration while analyzing the data and interpreting the results.

1. While conducting the study the external factors like atmosphere conditions, cultural influence, and socio-economic condition and also the body structure of the subjects were not taken in to consideration.
2. No attempt was made to control the subjects participating in other extra curricular activities.
3. Though the subjects were motivated verbally, no attempt was made to differentiate their motivation level during testing and training.
4. The investigator did not consider the geographical location at the time of conducting the experiment.
5. The exercises were classified in to low, medium and high intensity based the classification of experts like Donald A.Chu (1992)

DEFINITION OF TERMS

PLYOMETRIC

Plyometric refers to exercise that enable a muscle to reach maximum true is the short as possible time.



INTENSITY

It represents the degree of effort made by the sports while performing exercise.

TRAINING

It is a program exercise designed to improve the skills and increase the energy capacity of an athlete to particular event. (Fox 1984)

Resting Heart Rate

Resting pulse rate is defined as the time from the end of one contraction to the end of the next contraction is a complete heart beat or pulse or cardiac cycle. The complete cardiac cycle takes less than one second (about 0.08 sec) in a normal adult at rest and it shortened by exercise. The scores of the resting pulse rate is recorded in number of pulse rates per minute..

Spike

The spike (or attack) is usually the third contact a team make with the ball. The object of spiking is to handle the ball so that it lands on the opponent's court and cannot be defended.

METHODOLOGY

In this chapter selection of the subjects, selection of variables, experimental design, pilot study, criterion measures, reliability of data, reliability of instruments, tester's reliability, subject reliability, plyometric training programme, training schedule, test administration, collection of data and the statistical techniques used have been explained.

SELECTION OF SUBJECTS

The purpose of the study was to find out the effects of varied intensity of Plyometric training on selected physiological and performance variables among volleyball players. To achieve the purpose of this study, sixty men volleyball players were selected from different colleges of Andhra Pradesh who represented their colleges in intercollegiate level volleyball tournaments. The selected subjects were of age group ranging from 19 to 24 years with standard deviation of ± 2.1 . The subjects were randomly divided into four



groups and each group contained fifteen subjects. Group I acted as experimental group I and Group II acted as experimental group II group III acted as experimental group III and the fourth group was considered as control group. .

SELECTION OF VARIABLES

Dependent Variables

1. Resting Heart Rate
2. Spiking

Independent Variables

1. 12 Weeks Low Intensity Plyometric Exercises
2. 12 Weeks Medium Intensity Plyometric Exercises
3. 12 Weeks High Intensity Plyometric Exercises

EXPERIMENTAL DESIGN

For the purpose of the study, random group design was employed. Randomly selected long distance runners (N=60) were divided into four groups consisting of 15 in each group. Experimental Group I underwent low intensity plyometric training, experimental group II underwent medium intensity plyometric training and experimental group III underwent high intensity plyometric training group four was control group which did not participated in any special training. The control group did not participate in any special exercises except of their routine. Pre test scores were obtained using standard tests on Resting heart rate, and spiking before the experimental period and the post test scores were obtained immediately after the twelve weeks experimental period. The difference between the pre test and post test means were subjected to statistical treatment using ANCOVA, which was the effect of varied intensities of plyometric training. In all cases 0.05 level was fixed to test the hypothesis of the study.

CRITERION MEASURES

The following criterion measures were adopted to measure the test.

1. To find out the resting heart rate, through the radial artery beats and counted in numbers per minute.



2. spiking were measured based on Volleyball Skill tests.

Table I
Intra Class Correlation Coefficient of Test – Retest Scores

S.No	Variables	Tests	Obtained 'r'
1	Resting Heart Rate	Palpation method	0.88*
2	Spiking	Volleyball Skill Test.	0.80*

* Significant at 0.01 level

Required table value (2,8) = 0.765

TRAINING SCHEDULE

The following independent variables were taken for analysis Control Group, Experimental Group I and Experimental Group II and Experimental Group III. Varied intensities of Plyometric training, low, medium and high intensity, was given to the experimental groups. After the experimental period of 12 weeks post test measurements on the selected variables were taken for all the subjects.

PLYOMETRIC TRAINING PROGRAMME

It was most essential to warm up before every session. The methods of doing varied intensities of plyometric training exercise were explained to the experimental groups before starting the training. The researcher himself demonstrated the weight training and plyometric exercises to the subjects.

Plyometric exercises are included box jumping, bounding over the gurdles, two legs hop or banny hope, chest pass – medicine ball. These exercises are used to improve speed, strength, agility, explosive power abilities.

VARIED INTENSITIES OF PLYOMETRIC TRAINING

Varied intensities low intensity, medium intensity and high intensity of Plyometric training were provided to experimental group I, II and III respectively. Tables II, III and IV show the repetitions and sets for low intensity, medium intensity and high intensity Plyometric training.



Table II
SCHEDULE FOR LOW INTENSITY PLYOMETRIC TRAINING

S.No	Name of Exercise	Low Intensity	
		Repetitions	Sets
1	Bounds	8 boxes	2
2	Hoping over Low Height Hurdles	10 Hurdles	2
3	Two legged Hops	10 Jumps	2
4	Medicine Ball Chest push with partner	10	2
5	Medicine Ball Drop with partner	10	2
6	Medicine ball Chest pass incline with partner	10	2

Table III
SCHEDULE FOR MEDIUM INTENSITY PLYOMETRIC TRAINING

S.No	Name of Exercise	Medium Intensity		High Intensity	
		Repetitions	Sets	Repetitions	Sets
1	Bounds	9 boxes	3	10 boxes	4
2	Hoping over Low Height Hurdles	15 Hurdles	3	15 Hurdles	4
3	Two legged Hops	15 Jumps	3	15 Jumps	4
4	Medicine Ball Chest push with partner	15	3	15	4
5	Medicine Ball Drop with partner	15	3	15	4
6	Medicine ball Chest pass incline with partner	15	3	15	43



Table IV
SCHEDULE FOR HIGH INTENSITY PLYOMETRIC TRAINING

S.No	Name of Exercise	Low Intensity		High Intensity	
		Repetitions	Sets	Repetitions	Sets
1	Bounds	8 boxes	2	10 boxes	4
2	Hopping over Low Height Hurdles	10 Hurdles	2	15 Hurdles	4
3	Two legged Hops	10 Jumps	2	15 Jumps	4
4	Medicine Ball Chest push with partner	10	2	15	4
5	Medicine Ball Drop with partner	10	2	15	4
6	Medicine ball Chest pass Incline with partner	10	2	15	43

TEST ADMINISTRATION

Resting Heart rate

Objective

The purpose of this test was to record the number of heart beat per minute.

Equipment

A stop watch (1/100 of a second) and a chair.

Procedure and Scoring

The resting pulse rate of all the subjects was recorded in sitting position in the morning session. Before taking the resting heart rate, the subjects were asked to sit in a chair inside a room and release for twenty minutes. To record the heart rate, finger tips were placed on the radial artery at the subjects wrist in such a manner that palpation was clear and the number of palpation was counted for one minute.



SPIKING

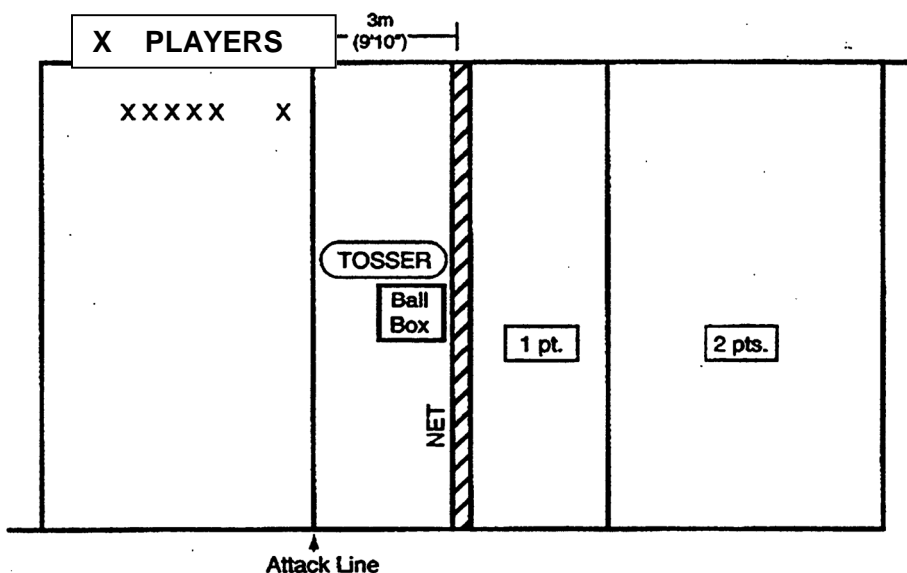
Purpose

To measure the Attacking (spiking) ability of the subjects, they were rated in subjective manner during the match by the investigator and two coaches.

Field Marking

Use a regulation size court of 18m (59') long and 9m (29' 6") wide, five Volleyballs, net (2.43m [7' 11 5/8"]) standards, antennas, measuring tape, floor tape or chalk and ball box as shown in Figure.

Volleyball Test – Spike Diagram:



Test:

Tosser will toss the ball in front of the player and 2m (6' 6 3/4") above the net. Tosses that were not at the proper height were repeated. The player stood in the court 3.05-4.57m (10-15') off the net, made a spiking approach, and spikes the ball over the net and within the boundaries of the opponent's court. Each player was given 10 attempts.



Scoring:

Subject received two points for each spike that landed beyond the attack line in the backcourt and one point for each spike that landed between the net and the attack line within the opponent's front court. A tip (dink) or half-speed shot was not recorded as a spike. The subject's final score should be the total of all 10 attempts.

Staging:

Volunteers administer the test and were not to interfere with any subject who was performing the test. Volunteer A would instruct the group doing this particular test while Volunteer B demonstrated the actual test. Volunteer C would toss the Volleyball to the subject who performed. Volunteers would retrieve the Volleyballs after they landed and would roll them to a volunteer who was standing near the ball box. When the subject was finished, Volunteer A would give the score to Volunteer D who was the scorekeeper. Each volunteer was to administer the test and manage their area only.

RESULTS ON RESTING HEART RATE

The statistical analysis comparing the initial and final means of Resting Heart Rate due to varied intensities of plyometric training, such as, low, medium, and high intensities of plyometric training and control groups of volleyball players is presented in Table V

Table V

COMPUTATION OF ANALYSIS OF COVARIANCE DUE TO LOW, MEDIUM AND HIGH INTENSITIES OF PLYOMETRIC TRAINING ON RESTING HEART RATE

	Low intensity plyometric trainings Group	Medium intensity plyometric training Group	High intensity plyometr ic Group	Contr ol Group	S O V	Sum of Squar es	d f	Mean Squa res	Obtai ned F
Pre Test Mean	72.67	72.07	70.67	69.80	B	76.60	3	25.53	0.70
Std Dev	4.06	7.21	4.86	7.29	W	2034.0 0	5 6	36.32	
Post Test Mean	67.60	67.47	66.00	70.27	B	142.07	3	47.36	2.09
Std Dev	4.78	5.62	4.86	4.79	W	1270.2 7	5 6	22.68	
Adjuste d Post Test Mean	66.74	66.99	66.40	71.21	B W	226.06 470.62	3 5 5	75.35 8.56	8.81*



SOV: Source of Variance; B: Between W: Within

Required $F_{(0.05), (df\ 3, 75)} = 2.77$

* Significant at 0.05 level of confidence

As shown in Table V, the pre test mean on Resting Heart Rate of low intensity plyometric trainings group was 72.67 with standard deviation ± 4.06 pre test mean of medium intensity plyometric training group was 72.07 with standard deviation ± 7.21 , the pre test mean of high intensity plyometric training group was 70.67 with standard deviation ± 4.86 , the pre test mean of control group was 69.80 with standard deviation ± 7.29 . The obtained F ratio of 0.70 on pre test means of the groups was not significant at 0.05 level as the obtained F value was less than the required table F value of 2.77 to be significant at 0.05 level. This shows that there was no significant difference in means of the groups at initial stage.

The results presented in Table V, the post test mean on Resting Heart Rate of low intensity plyometric trainings group was 67.60 with standard deviation ± 4.78 post test mean of medium intensity plyometric training group was 67.47 with standard deviation ± 5.62 , the post test mean of high intensity plyometric training group was 66.00 with standard deviation ± 5.62 , the post test mean of control group was 70.27 with standard deviation ± 4.79 . The obtained F ratio of 2.09 on post test means of the groups was significant at 0.05 level as the obtained F value was lesser than the required table F value of 2.77 to be significant at 0.05 level. This shows that there was no significant difference in means of the groups at post experimental stage.

Taking into consideration of the pre test means and post test means, adjusted post test means were determined and analysis of covariance was done. The adjusted mean on Resting Heart Rate on low intensity plyometric trainings group was 66.74, medium intensity plyometric training group was 66.99, high intensity plyometric training group was 66.40 and control group was 71.21. The obtained F value on adjusted means was 8.81. The obtained F value was greater than the required value of 2.77 and hence it was accepted that there was significant differences among the adjusted means on the Resting Heart Rate of the subjects.



Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table VI

Table VI
Multiple Comparisons between Low, Medium and High intensities plyometric training and Control Groups and Scheffe's Post Hoc

Analysis on Resting Heart Rate

Low intensity plyometric trainings Group	Medium intensity plyometric training Group	High intensity plyometric Training Group	Control Group	MEAN DIFF	C.I
66.74	66.99			0.24	3.08
66.74		66.40		0.35	3.08
66.74			71.21	4.46*	3.08
	66.99	66.40		0.59	3.08
	66.99		71.21	4.22*	3.08
		66.40	71.21	4.81*	3.08

* Significant at 0.05 level.

The post hoc analysis of obtained ordered adjusted means proved that to be significant at 0.05 level confidence the required confidence interval was 3.08. The following paired mean comparisons were greater than the required confidence interval and were significant at 0.05 level.

Low intensity plyometric trainings Group Vs Control Group (MD: 4.46)

Medium intensity plyometric training Group Vs Control Group (MD: 4.22)

High intensity plyometric training Group Vs Control Group (MD: 4.81)



The following paired mean comparisons were less than the required confidence interval and were not significant at 0.05 level.

Low intensity plyometric trainings Group Vs Medium intensity plyometric Training Group (MD: 0.24)

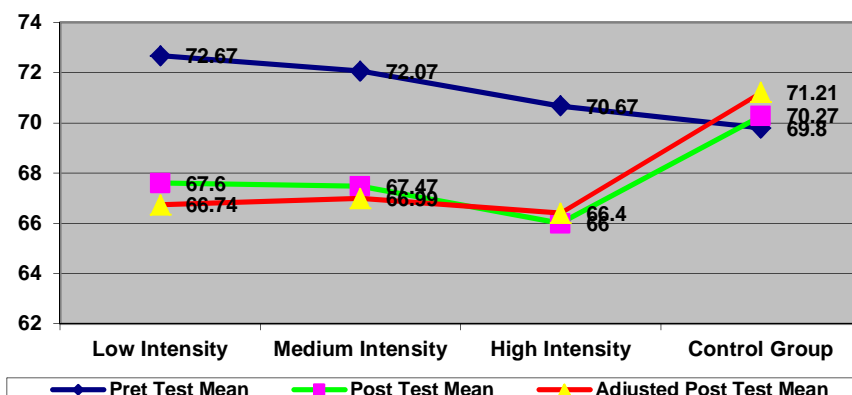
Low intensity plyometric trainings Group Vs High intensity plyometric Training Group (MD: 0.35)

Medium intensity plyometric training Group Vs High intensity plyometric Training Group (MD: 0.59)

The pre test, post test and ordered adjusted means were presented through line graph for better understanding of the results of this study in Figure I.

Figure I

LINE GRAPH SHOWING PRE, POST AND ADJUSTED MEANS ON RESTING HEART RATE



RESULTS ON SPIKING

The statistical analysis comparing the initial and final means of Spiking due to low intensity, medium, high intensities of plyometric training and control groups of volleyball players is presented in Table VII



Table VII
COMPUTATION OF ANALYSIS OF COVARIANCE DUE TO LOW, MEDIUM AND HIGH INTENSITIES OF PLYOMETRIC TRAINING ON SPIKING

	Low intensity plyometric trainings Group	Medium intensity plyometric training Group	High intensity plyometric Group	Control Group	SOV	Sum of Squares	df	Mean Squares	Obtained F
Pre Test Mean	10.00	10.20	10.20	10.33	B	0.85	3	0.28	0.30
Std Dev	1.00	1.01	0.68	1.11	W	52.13	56	0.93	
Post Test Mean	10.87	11.13	11.80	10.27	B	18.18	3	6.06	5.24*
Std Dev	1.06	1.19	0.68	1.03	W	64.80	56	1.16	
Adjusted Post Test Mean	11.01	11.12	11.79	10.15	B W	20.30 32.77	3 55	6.77 0.60	11.36*

SOV: Source of Variance; B: Between W: Within

Required $F_{(0.05), (df 3, 75)} = 2.77$

* Significant at 0.05 level of confidence

As shown in Table VII, the pre test mean on Spiking of low intensity plyometric trainings group was 10.00 with standard deviation ± 1.00 pre test mean of medium intensity plyometric training group was 10.20 with standard deviation ± 1.01 , the pre test mean of high intensity plyometric training group was 10.20 with standard deviation ± 0.68 , the pre test mean of control group was 10.33 with standard deviation ± 1.11 . The obtained F ratio of 0.30 on pre test means of the groups was not significant at 0.05 level as the obtained F value was less than the required table F value of 2.77 to be significant at 0.05 level. This shows that there was no significant difference in means of the groups at initial stage.

The results presented in Table VII, the post test mean on Spiking of low intensity plyometric trainings group was 10.87 with standard deviation ± 1.06 post test mean of medium intensity plyometric training group was 11.13 with standard deviation ± 1.19 , the post test mean of high intensity plyometric training group group was 11.80 with standard deviation ± 1.19 , the post test mean of control group was 10.27 with standard deviation ± 1.03 . The obtained F ratio of 5.24 on post test means of the groups was significant at 0.05



level as the obtained F value was greater than the required table F value of 2.77 to be significant at 0.05 level. This shows that there was significant difference in means of the groups at post experimental stage.

Taking into consideration of the pre test means and post test means, adjusted post test means were determined and analysis of covariance was done. The adjusted mean on Spiking on low intensity plyometric trainings group was 11.01, medium intensity plyometric training group was 11.12, high intensity plyometric training group was 11.79 and control group was 10.15. The obtained F value on adjusted means was 11.36. The obtained F value was greater than the required value of 2.77 and hence it was accepted that there was significant differences among the adjusted means on the Spiking of the subjects.

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table VII

Table VII
Multiple Comparisons between Low, Medium and High
intensities plyometric training and Control Groups and
Scheffe's Post Hoc
Analysis on Spiking

Low intensity plyometric trainings Group	Medium intensity plyometric training Group	High intensity plyometric Training Group	Control Group	MEAN DIFF	C.I
11.01	11.12			0.11	0.81
11.01		11.79		0.78	0.81
11.01			10.15	0.86*	0.81
	11.12	11.79		0.67	0.81
	11.12		10.15	0.97*	0.81
		11.79	10.15	1.64*	0.81

* Significant at 0.05 level.

The post hoc analysis of obtained ordered adjusted means proved that to be significant at 0.05 level confidence the required confidence interval was 0.81. The following paired mean comparisons



were greater than the required confidence interval and were significant at 0.05 level.

Low intensity plyometric trainings Group Vs Control Group (MD: 0.86)

Medium intensity plyometric training Group Vs Control Group (MD: 0.97)

High intensity plyometric training Group Vs Control Group (MD: 1.64)

The following paired mean comparisons were less than the required confidence interval and were not significant at 0.05 level.

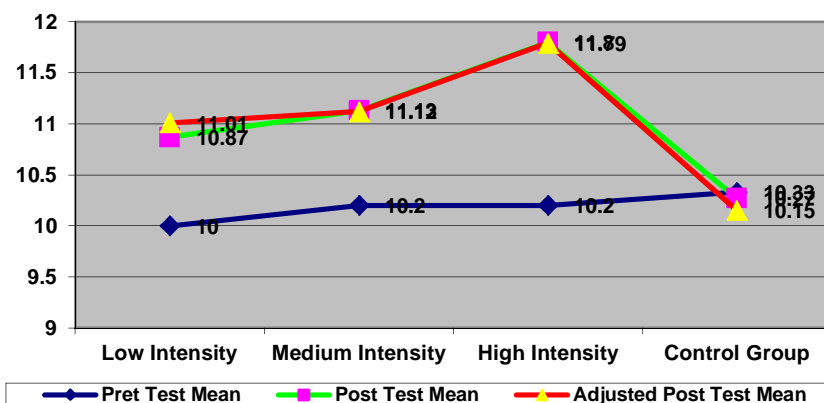
Low intensity plyometric trainings Group Vs Medium intensity plyometric Training Group (MD: 0.11)

Low intensity plyometric trainings Group Vs High intensity plyometric Training Group (MD: 0.78)

Medium intensity plyometric training Group Vs High intensity plyometric Training Group (MD: 0.67)

The pre test, post test and ordered adjusted means were presented through line graph for better understanding of the results of this study in Figure II.

Figure II
LINE GRAPH SHOWING PRE, POST AND ADJUSTED MEANS ON SPIKING



CONCLUSIONS



Within the limitations and delimitations of the study, the following conclusions were drawn.

1. It was concluded that varied intensities of plyometric training, low, medium and high intensities, significantly contributed on physiological variable resting pulse rate among volleyball players compared to control group. Comparing among treatment groups there was no significant differences on resting pulse rate.
2. It was concluded that varied intensities of plyometric training, low, medium and high intensities, significantly contributed for improving performance variable, spiking among volleyball players compared to control group. Comparing among treatment groups there was no significant differences on spiking.

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పిడపర్తి ఎజ్రా జీవితం-సాహిత్యం

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పిడపర్తి ఎజ్రా కవి 18-05-1923న గుంటూరు జిల్లా తెనాలి తాలూకా పిడపర్తి అనే గ్రామంలో జన్మించారు. జఖరయ్య, పున్నమ్మ వీరి తలిదండ్రులు. యస్.యస్.యల్.సి. వరకు చదువుకున్న ఈయన సెకండరీ గ్రేడ్ ట్రయినింగ్ చేసి, ఉపాధ్యాయుడిగా పనిచేశారు. ఎజ్రాకవి పద్య, గద్య, వచన రచనలు 30 దాకా రచించగా, అందులో 22 మాత్రమే ముద్రించబడ్డాయి. 1972లో ప్రభుత్వం వారు 16మంది దళిత కవులను రవీంద్ర భారతిలో సన్మానించారు. వారిలో ఎజ్రాకవి ఒకరు. 1983లో తెనాలి కావ్యగాన కళాసమితి వారు ఈయనకు “మధురకవి” అను బిరుదునిచ్చి సన్మానించారు. అంబేద్కర్, జాషువా జయంతులకు వీరికి లెక్కకు మించిన సన్మానాలు జరిగాయి.

శాంతి దూత : '1965) :- భారత తొలి ప్రధాని పండిత జవహర్ లాల్ నెహ్రూ పేర ఈ శతక రచన సాగింది. దీనిలో “శాంతిదూత” అనేది ప్రధాన మకుటంగా గ్రహించినప్పటికీ చాలా పద్యాలలో “సజ్జనుండు నెహ్రూ శాంతిదూత” అని ఉండటం కన్పిస్తుంది. 120 ఆట వెలదులలో సులభశైలిలో ఈ రచన సాగింది - నెహ్రూ జీవితంలోని ముఖ్య ఘట్టాలను, అతని వ్యక్తిత్వాన్ని ఇందులో ప్రస్తుతించారు.

ఈ శతకంలో నెహ్రూ బాల్యం, విద్యాభ్యాసం, అతని అలవాట్లు, స్వాతంత్ర్యంలో పాల్గొనటం, జైలు, గ్రంథ రచన, భార్యా వియోగం, పుత్రికావాత్సల్యం (ఇందిరా గాంధీ) మొదలగు అంశాలను వివరించి, నెహ్రూకు ఎర్రగులాబీలు, జంతువులు, పిల్లలు, హిమగిరుల నడుమ జీవన మొదలగున్నవి ప్రీతి పాత్రములని పేర్కొన్నారు. అలాగే చైనాతో యుద్ధం, దాని విరమణలో నెహ్రూ పాత్ర, పంచశీల సూత్రం అమలులో అతని కృషి, కాశ్మీర సమస్య, అలీన విధానం మొదలగు అంశాలను ఒక క్రమంలో వివరించి నెహ్రూ వ్యక్తిత్వాన్ని సమృద్ధిపరచారు.

“చలికి తాళలేక మెలికలు తిరిగిన

పులుల బాధ జూచి బుజ్జగించి

ఒంటినున్న ‘రగ్గు’ ఓదార్చి కప్పెను

చలిని బావగాను శాంతిదూత”



అని రాయటం వలన నెహ్రూ గారికి పిల్లలపై ప్రేమతో పాటు, జంతువులపై ప్రేమ అమితంగా ఉండేదని తెలుస్తుంది.

గాంధీ శతకము:(1969):- గాంధీ మహాత్ముని గురించి 112 ఆటవెలదులతో ఈ శతక రచన చేశారు. ఇందులో మహాత్ముని జీవితం, స్వాతంత్ర్యోద్యమం, దేశ సేవా, అహింసాత్మక సమరాలు ప్రస్తావించబడ్డాయి. గాంధీ పుట్టుక, చిన్న నాటి సత్యసంధత, తలదండ్రులపై భక్తి, లండన్‌లో 'లా' విద్య, కస్తూరి బాయిని వివాహమాడటం, సబర్మాతీ ఆశ్రమాన్ని నెలకొల్పటం, ఆంగ్లేయుల అధికారాన్ని నిరసించటం, ప్లేగు వ్యాధిగ్రస్తుల కోసం సేవలు చేయటం, మొదలగు అంశాలు వివరించబడ్డాయి.

ఇంకా ఖద్దరు ఉద్యమం, చేతి పనులపై మమకారం, హరిజన సంస్కరణోద్యమం, గ్రామీనాభ్యుదయం, నెహ్రూ, పటేల్, ఆచార్య వినోబాబావే, రాజేంద్ర ప్రసాద్, రాజగోపాలా చార్యులు, కొండా వెంకటప్పయ్య మొదలగు వారికిచ్చిన స్ఫూర్తి, ఆయన పాదయాత్రలు, విశ్వకవీంద్రునితో సన్నిహిత్యం, స్వాతంత్ర్య సమరం వర్ణించబడ్డాయి. స్వాతంత్ర్యానంతరం పాకిస్తాన్ విడిపోవటం పట్ల వ్యథ చెందటం, హిందూ, ముస్లిమ్ తగాదాలు ఆయన్ను కలవర పెట్టడం, గాంధీ చేతిలో మరణించటం ఇందులో ప్రస్తావించబడ్డాయి.

ధూమ పానము : (1993) :- ధూమపానం వలన కలిగే దుష్ఫలితాలను గురించి 'ఆటవెలది' పద్యాలతో సామాన్య పాఠకులకు కూడా అర్థమయ్యే సులభశైలిలో వివరించారు. బాల్య విద్యార్థి దశలో అనుకోని పరిస్థితులలో ఈ వ్యసనానికి అలవాటుపడి జీవితాంతం బానిసలౌతున్నారని, తద్వారా అనేక వ్యాధులకు గురౌతున్నారని ఆవేదన చెందారు. ఆ అలవాటు మానుకొమ్మని ప్రాధేయ వడ్డారు. ఈ అలవాటు వలన ఎక్కడ పడితే అక్కడ ఉమ్మివేసి వాతావరణాన్ని వీధులను కలుషితం చేసి తోటి మానవులను వ్యాధి గ్రస్తులుగా చేయవద్దని బ్రతిమాలాడారు. ఆఫీసులలోను, ఆసుపత్రుల లోను, బస్సుల లోను, రైళ్ళలోను, ఇతర ప్రజా సమూహములోనూ ప్రొగ త్రాగటం నిషేధించాలని కవి ఆకాంక్షించారు.

**“పశువు ముట్టనట్టి పాడు పొగాకును
రెండు కాళ్ళ పశువు దండుకొను
దాని రుచిని మరుగ దారిద్ర్యలిమ్మహిన్
ప్రాణమిచ్చు చుండె ఫణముగాను
“గుండె కుహరమంత నిండుగ పొగచూరి
శిథిలమైన పిదప చింతపడిన
తిరిగి కోలుకొనుట జరుగనివని గాన
దీపముండుగానే దిద్దుకొనుము”**



(పుట : 2) అని పొగత్రాగే వ్యసనపరులను హెచ్చరించారు.

**“దమ్ము కొట్టువాని రొమ్ములే కాకుండా
ఇంటిలోని వారికెంతో కీడు
ఒకని వలన కలుష మూరింతప్రాకుచు
మట్టుబెట్టుచుండే మానవులను”**

‘పుట : 3) అని పొగత్రాగేవారు వదిలే పొగ కాలుష్యం వలన ఇంటిలోని వారికి, సమాజానికి కూడా చేటు అని వైద్యులు చేసే హెచ్చరికను గుర్తుచేసి

**“గుట్టు నెఱిగినట్టి గొప్ప డాక్టరు కూడ
మానలేడు దాని మాన్వలేడు”**

అని డాక్టర్లు కూడా ఈ వ్యసనానికి బానిలవటంలో మినహాయింపు కాదన్నారు.

**“పొగను పీల్చువాని పుటలు తిరుగవేరు
గుండె, కిడ్నీ లివరు లెండిపోయి
పుట్టకురుపు పుట్టి పూర్తిగా వ్యాపించు
మానవాళి బ్రతుకు మంట గలువ”**

(పుట :12) అని పొగ త్రాగుట వలన కలిగే నష్టానిన తెలియపరచి చివరకు

**“చుట్ట బీడి కాల్చు సోదర బృందమా!
మీరు కూడ మాని మేలే బొంద
వేడు చుంటే మిమ్ము వినయంబుగా నేను
శతమునిండి బ్రతుక చల్లగాను”**

(పుట: 32) అంటూ బ్రిటిమిలాదారు ఈ విధంగా ధూమపానం వలన కలుగు అనేక అనర్థాలను, ఇబ్బందులను ఈ కావ్యంలో వెల్లడించారు.

అవినీతి:(1994):- నేటి సమాజంలో ఎంతో లోతుగా వేళ్ళానుకొని పోయిన అవినీతిని కంద పద్యాలలో నిశితంగా విమర్శించటం ఈ పద్యకావ్యంలో కన్పిస్తుంది. ‘పచ్చి దోపిడి’, ‘లంచములు’, ‘దూర్తులు’, ‘ద్రోహులు’ మొదలగు వివిధ శీర్షికలతో ఈ కావ్యం నడుస్తుంది.

“ఎక్కడ చూచిన మోసము ఎక్కడ వెదకిన నిరాశ” అంటూ కవి తన ఆవేదనను వ్యక్తపరచారు. “ఉత్తమ పౌరుల కెందున ఉత్తమ పదవుల నొసగుట కొప్పువు మనసుల్” అని “కలిగిన డాక్టరు యాక్టరు”.....కదలదు పలువిధ సుఖముల మరియు పట్టణమందున్’ అని అంటూ ఉత్తములకు అధికారము లభించకపోవటాన్ని, పల్లెలకు పోవటానికి ఇష్టపడని వైద్యులను విమర్శించారు. “సినమాలు



చూచిన ప్రజలు కనివినియు నెఱుగని ఘోరకార్యములెన్నో” చేస్తున్నారని చెప్పతూ సినిమాల వల్ల నేటి యువతరం మనసులు కలుషితం అవుతున్నాయని వ్యధచెందారు. హింసా ప్రవృత్తిని ఖండిస్తూ ఆయువు తీయుట సులభము ఆయువు పోయంగ తరమె అధికులకైనన్” అని చక్క వర్ణించారు.

ఇంకా ‘ముక్తిని బడయంగ గుడులముందర” మ్రొక్కి దొంగ భక్తులనూ, ఒంటరిగా సంచరించే పడుతులను, అవమానించే దుష్టులనూ, అనవసరంగా బందీలు జరిపే ప్రజలను, ఇబ్బందులను కలిగించే వ్యక్తులను లాకప్ హత్యలకు కారకులవుతున్న అధికారులను, బలహీన వర్గాలను అవమానించే పెత్తందార్లను, కులానికి, మతానికి ప్రాధాన్యం ఇచ్చే అల్లులను కవి నిశితంగా విమర్శించారు.

తలవని పెళ్ళి: (1971):- ఇది నాలుగు అలంకాలుగల గద్యనాటకం. అనుకోని విధంగా యజమాని తన కుమార్తెను తన ఇంట్లో పనిచేసే గుమాస్తాకు ఇచ్చి పెండ్లి చేయటం వలన దేనికి తలవని పెళ్ళి అని నామకరణ చేసారు.

గోపాలం గారు భూస్వామి. అతనికి ఇద్దరు సంతానం. కొడుకు ఇతర దేశాలలో చదువుతుంటాడు. కుమార్తె శశీదేవి ఇంట్లోనే ఉంటుంది. సారధి వారి ఇంట్లో పనిచేసే గుమస్తా. ఇతనికి అప్పటికి ఇంకా పెళ్ళి కాలేదు. సారధి చిన్నతనంలోనే తలిదండ్రులను పోగొట్టుకున్న అనాథ. సారధి తల్లి, గోపాలం భార్య మిత్రురాళ్ళు కావడం చేత గోపాలం సారధిని చేరదీస్తాడు. అతని రాకతో గోపాలం గారికి సిరి కలసి వస్తుంది. అందువలన సారధిని గోపాలం బి.ఏ. వరకు చదివించి తన ఇంట్లో ఆదాయ వ్యయాలు చూసుకునే గుమాస్తాగా నియమించుకుంటాడు. గోపాలం కుమార్తె శశీదేవి సారధిపై ప్రేమ పెంచుకుంటుంది.

గోపాలం గారి బావమరిది ఆదిశేషు. ఇతడు పంచకుడు. గోపాలంగారి ఇంట్లో ఉంటూనే వారి కుమార్తెన నక్లెసు దొంగిలించి తన ఉంపుడుగత్తెకు ధారాదత్తం చేస్తాడు. తాను చేసే తప్పుడు పనులకు సారధి, జీతగాడు అప్పుడు అడ్డువస్తున్నారని గ్రహించి ఆ దొంగతనం వారిపై నెడతాడు. గోపాలం అది గ్రహించలేక ఆదిశేషు చెప్పిన మాయమాటలు నమ్మి వాళ్ళిద్దరిని పోలీసు స్టేషనుకు పంపుతాడు.

గోపాలం ఆదిశేషు చేయు తప్పుడు పనులను నిదానంగా గ్రహించి తన కుమార్తె నక్లెసును దొంగిలించింది తన బావ మరిదేనని తెలుసుకొని అతనిని ఇంట్లో నుండి వెళ్ళగొడతాడు. గోపాలం తాను కష్టాల నుండి తప్పుకోవటం కోసం రామనాథం కోరిక మేరకు కలకత్తాలోని జ్యోతిష్కుని కలుసుకుంటాడు. ఆ జ్యోతిష్కుడు శశీదేవిని సారధికి ఇచ్చి ఆరునెలల లోపు పెళ్ళి చేస్తే కష్టాలన్నీ పోతాయని చెప్పుతాడు. ఆ జ్యోతిష్కుని మాటమేరకు సారధికి శశీదేవికి వివాహం జరుగుతుంది. దీనితో నాటకం ముగుస్తుంది.



యోసేపు చరిత్ర :- ఇది నాలుగు అంకాల నాటకం. గద్య పద్యాలతో పాటు పాటలు కూడా ఇందులో వున్నాయి. బైబిలులోని యోసేపు కథ ఈ నాటక రచనకు ఆధారము.

పితృప్రేమ (తప్పిపోయిన కుమారుడు) : (1988):- నాలుగు అంకాలు ఉన్న ఈ నాటకంలో 'తప్పిపోయిన కుమారుడు' కథను ఆధారం చేసుకొని కొన్ని మార్పులతో ఈ నాటకం రచించారు. చెడు స్నేహం వలన అస్తిని నాశనం చేసి తప్పు తెలుసుకొని తిరిగి వచ్చిన కొడుకును తండ్రి ఆదరించడం ఇందులోని ఇతివృత్తం.

ముక్తిదాత : (1989):- లోకరక్షకుడూ, భగవదభిషక్తుడూ అయిన ఏసుక్రీస్తు గాథలను, బోధలను వచన ప్రబంధంగా రచించారు. 'పుల్టన్ అవర్సలెరు' అను భక్తుడు రచించిన The Greatfull Story Ever Told అను గ్రంథ తెలుగు అనువాదాన్ని చదివి ముగ్ధుడనై దీనిని రచించినట్లు రచయిత 'కృతజ్ఞత'లో చెప్పుకున్నారు. ఈ రచన ఏనుప్రభువు జీవిత సంగ్రహం.

శ్రీ లాల్ బహదూర్ శాస్త్రి జీవిత చరిత్ర : (1979):- 1904-1965 మధ్య కాలంలో జీవించిన, భారత దేశానికి ద్వితీయ ప్రధానిగా పనిచేసిన లాల్ బహదూర్ శాస్త్రి గారి జీవిత చరిత్రను వచన గ్రంథంగా రచించారు. దీనిని 1972లో పూర్తి చేసినప్పటికీ 1979 వరకు ముద్రణకు నోచుకోలేదని 'కృతివైఫల్యాలు'లో ఆవేదన చెందారు. ఈ జీవిత చరిత్రను రాయటానికి నిత్య జీవితంలో ఆయన పఠించిన పత్రికలు, సద్గ్రంథాలే ఆధారాలని తెలియజేసారు.

దళితాభ్యుదయానికి గాంధీ, ఇందిర వంటివారు మార్గమని నమ్మే ఈ కవి దళితుల దుస్థితిని కరుణాత్మకంగా తన కావ్యాలలో చిత్రించాడు. అయితే దేశభక్తి, గాంధీ మార్గం, అహింసాత్మక ప్రతిఘటనం అధికంగా కన్పిస్తాయి. ఇంకా ఈయన 'ఆదేవన లేక అస్పృశ్యత', 'గడ్డు బ్రతుకులు', 'అవతారమూర్తి', 'దేశభక్తుడు' మొదలగు పద్య కావ్యాలను, 'ప్రాణ బిక్ష' 'క్రీస్తు జయంతి', 'భక్త ఎలీషా', 'ఎప్తా చరిత్ర', 'బడి పంతులు', 'నేటి న్యాయం', 'ఉత్తమ దేశభక్తుడు' మొదలగు నాటికలను 'పశ్చాత్తాపము', 'సంసోను దెలీలా', 'గడుసుబిడ్డ', 'క్రీస్తు జననం', 'తీర్పు' మొదలగు నాటకాలను,



IMPROVING ECONOMY AND PERFORMANCE OF LONG DISTANCE RUNNERS

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Abstract

The aim of the study was to investigate the studies in Improving running economy and Performance of long distance runners from Acharya Nagarjuna University, Andhra Pradesh, India have shown that running economy (RE) is the most important variable for long distance runners and sets elite athletes apart in terms of performance. Although other physiological factors are important, such as Strength training, Altitude exposure, Training in a warm to hot environment. Conventional wisdom says it's high aerobic capacity, or Vo2 Max. But check out the 5 fastest runners at any race, and the winner won't necessarily have the highest VO2 max. So what's the secret? It's running economy.

Key words: Economy, Performance, RE- Running Economy, VO₂- Volume of oxygen,

Introduction

Running economy is a measure of how efficiently a person uses oxygen while running at a given pace. Expressed as the rate of oxygen consumption per distance covered (ml/kg/km), running economy is the energy required running sub maximally at a given velocity. Those who are able to consume less oxygen while running at a given velocity are said to have a better running economy. Running economy takes into consideration one's body mass and oxygen consumption at a steady state within his aerobic range. (Houmard JA, et al., 1991).



In distance running, an athlete may attempt to improve performance through training designed to improve running economy. It has been found to be a good predictor of race performance; it has been found to be a stronger correlate of performance than maximal oxygen uptake ($\text{VO}_2 \text{ max}$) in trained runners with the same values (Saunders, 2004). The literature relating to RE is vast and the determinants of RE supported by empirical data.

A number of variables that may affect running economy, for example vertical motion while running, the ability of the muscles to absorb energy during the shock of landing and transfer it to push-off, biomechanical factors, technique and type of activity, fitness and training, age, fatigue, gender, race, weight of clothing and shoes, and environmental conditions (Noakes, Tim. 2003 and Daniels JT et al., 1985). Various studies have shown long distance runners are more economical than middle distance runners and sprinters at speeds of 6-12 miles per hour (10-19 kilometers per hour) (Kenney et al., 2012). At those speeds, film analysis has shown that sprinters and middle distance have more vertical motion than marathoners.(2).

The main advantage of long distance runners are to maintain the volume of oxygen according to economy. According to The Runner's Body (Rodale, May 2009), the role of $\text{VO}_2 \text{ max}$ has been way overvalued. If athlete wants to run faster and farther, the authors say, athletes have got to improve athlete running economy, or how efficiently athlete body uses oxygen. Like the fuel economy of a car, the less oxygen and energy athlete need to run at a certain pace, the longer athlete can go without ending up, well, gassed. Running economy is the energy demand for the given speed of the runner. Runners who have good running economy use less energy and therefore less oxygen than runners with poor RE at the same speed. As such, there is a strong association between RE and distance performance, with RE being a



better predictor of performance than maximal oxygen uptake (VO₂ max) in elite runners (Daniels JT et al., 1985).

Mega-athletes' VO₂ max, one of the best indicators of aerobic fitness. VO₂ max, or maximal oxygen uptake, indicates the amount of oxygen consumed in milliliters per kilogram of body weight per minute. The higher the number, the more oxygen athlete get to the muscles, and the faster or longer athlete run. The main factors namely Lung ventilation, Oxygen carriage by blood, Oxygen delivery by the heart and oxygen uptake by the tissue. Target's oxygen uptake is a reported 84. At his peak, Armstrong's came in at 85. Norwegian cross-country skier Bjorn Daehlie boasted a 94, the highest ever recorded.(Millet GP et al., 2002).

If athlete wants a high VO₂ max, choose athlete parents carefully. One group of scientists concluded that heredity determines up to 50 present of athlete endurance ability. Still, that leaves 50 percent that can be influenced by training. While an outrageous VO₂ max isn't the only ticket to running greatness Frank Sorter's and Alberto Salazar's maxes were in the low 70s increasing it can boost athlete race times. A five-point jump, for example, can translate into a seven percent improvement, or 90 seconds for a 20-minute 5-K. And a moderately fit runner can increase VO₂ max by as much as 25 percent (Bransford et al., 1977).

Factors affecting running economy: Running economy is influenced by a number of factors, the diagram below includes all major factors affecting running economy.

Method: Long runners can be the most challenging part of long run training, especially as the efficiency and performance. A Swedish national coach Gosta Holmer introduced training methods and adapted it to produce fartlek training in the early 1930's. Fartlek is literally "speed play" with bursts of varying lengths (440m up to 5000m) and



intensities injected into a run over natural terrains and forests with recoveries varying as well. Fartlek developed great speed endurance and led to Swedes Haag, Strand and Anderson setting numerous world records.. After training again long run was conducted and the result data has been compared with the untrained data conducted from 30 to 90 days by 7 training dynamics.

Event 1 has been conducted by 440 X 5 on race pace on day one, day two 3 X 880' near mile pace had been conducted. Day three were scheduled 30 Mt fartlek, 5 X 440 at race pace on day four, and fifth day were scheduled for off and sixth day has been conducted by long race and seventh day 60 min fartlek respectively. This training dynamic schedule has been conducted for 90 days, and the performance was calculated and tabulated at every 30 days according to training dynamic event.

Result and Discussion:

In summary, runners whose focus is to improve times and performance should focus some of their training time on improving their running economy. Running itself will enhance their aerobic capabilities but we have seen in this study that the improvement of performance and economy. (Paavolainen L et al., 1999).

In this study five different training dynamics have been performed with five variables (athletes), namely 440 X 5 on race pace , 3 X 880' Mt , 30 Mt fartlek, 5 X 440 at race pace and long race for 60 min after 24 hr off for improving the economy and performance. In five training dynamics all the variables have shown improved performance (Fig 1 to 5). Before training dynamics the 5 selected variables (Athletes) have been tested their performance in 10 km long run and tabulated their respective run times. Similarly after training again all 5 variables have been tested with 10 km long run and tabulated their run time. The long run performance had been observed before training and after



training, where it given far better improvement in efficiency and performance as shown in fig 6. Each variable has improved their performance 90 min to 36 min, where it shown that ultimate improvement of economy, performance and VO_2 utilization by the athlete.

Conclusion: Elite runners have remarkable running economy: they are able to use a minimal amount of oxygen for maximum speed. Like a car that uses the least amount of fuel for the greatest distance, runners with the greatest economy have the best performance.

Research shows that intelligent training eliminates wasteful movement and muscle contractions that consume oxygen without moving the runner forward. Here are some of the latest and most innovative training tips to help you maximize the body's use of oxygen fuel.

The most effective training for enhancing running economy has shown in this study. The athletes run more the more athlete body learns to move with economy. Evidence shows that novice runners need to put in the hours needed to activate this learning. The best training tip for them is running long distances (440 to 5000 Mt), short distance in limited time and testing exhaust running capability of a athlete at a slow to moderate pace will improve the economy and performance of athlete.

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Figures:1: 4 X 440 Training dynamics performance by five variables

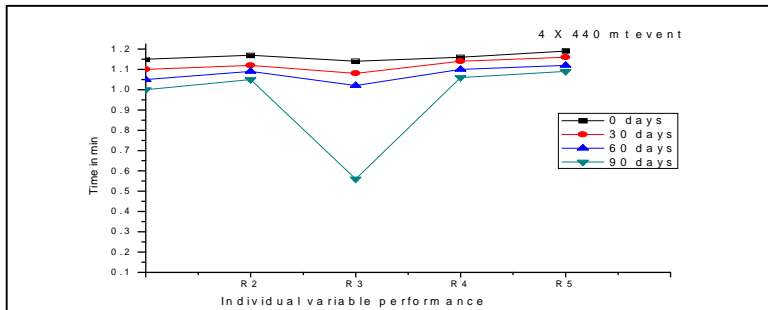


Figure 2: 3 X 880 mte Training dynamics performance by five variables

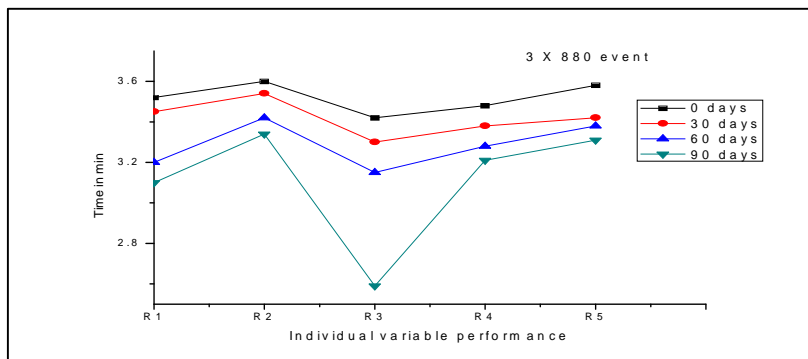


Figure-3: 30 min Fartlek Training dynamics performance by five variables

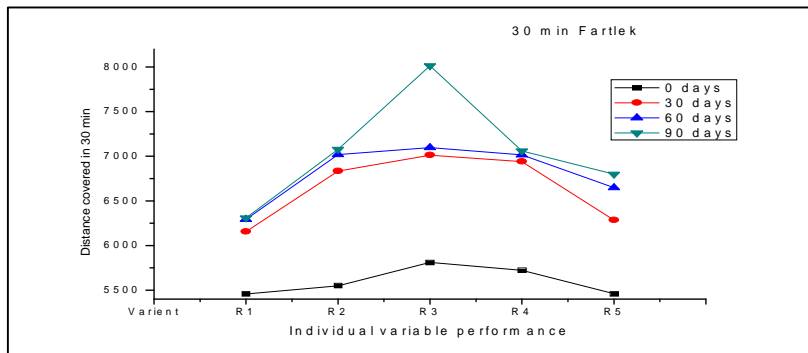




Figure-4: 5 X 440 Mt Training dynamics performance by five variables

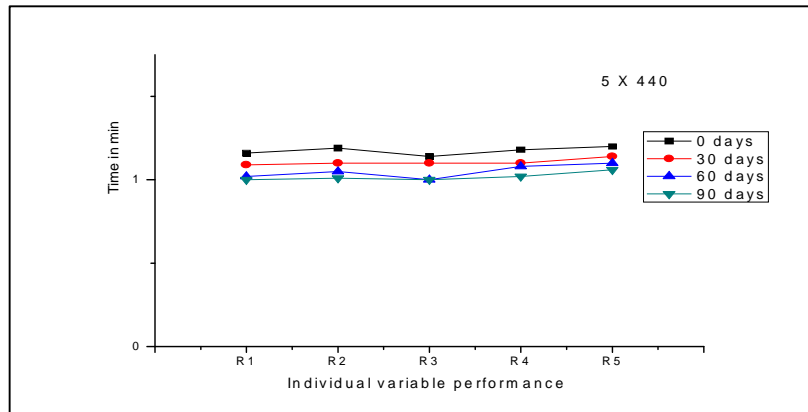


Figure-5: 60 min Fartlek training dynamics performance by five variables

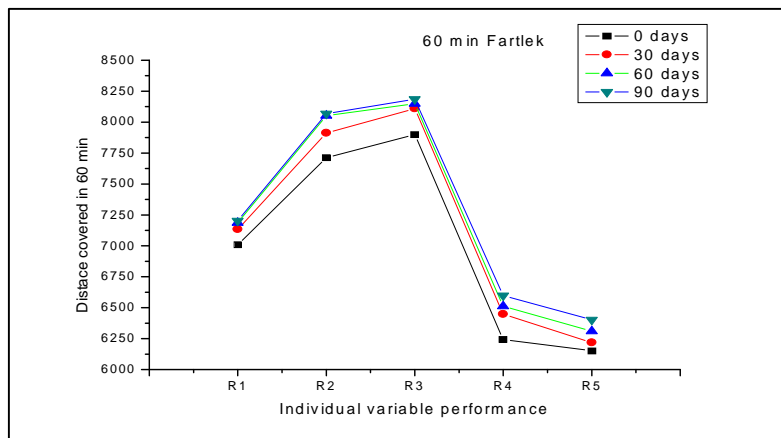
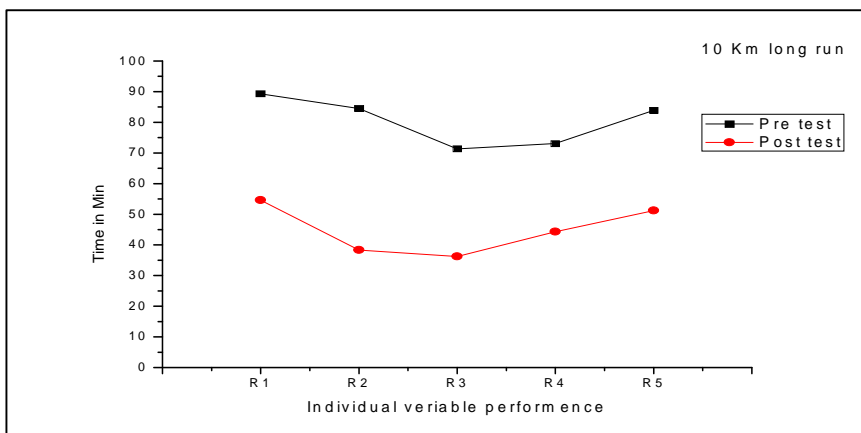




Figure-6: 10 km long run performance of individual variable in pre and post training.





90వ దశకం తెలుగు సాహిత్యం - యువకవులు - రచయితల పాత్ర

డా॥ చాట్ల కిశోర్
తెలుగు అధ్యాపకులు
కె.వి.ఆర్. కళాశాల
నందిగామ

నూతనోత్తేజం సాధించాలనే పట్టుదల శక్తియుక్తులు, సృజనాత్మకత నిండుగా కలిగిన యువత ఉన్న సమాజం ఎప్పుడూ విజయాలు సాధిస్తూనే ఉంటుంది. అందుకు మన దేశమే మంచి ఉదాహరణ. దేశంలో వచ్చిన అనేక రాజకీయ, సాంఘిక, ఆర్థిక మత సాంస్కృతికోద్యమాలలో యువత పోషించిన పాత్ర మరువలేనిది. ఉదా : దేశానికి స్వాతంత్ర్యాన్ని సముపార్జించటం, యువత ఏ రంగాన్ని ఎంచుకున్నా దానితో విబద్ధతగా ముందుకు సాగటం గమనిస్తాం. ప్రస్తుత అంశం సాహిత్యానికి సంబంధించి కనుక తెలుగు సాహిత్యంలో యువత పోషించిన పాత్రను విహంగవిక్షణం చేద్దాం.

90వ దశకం నుంచి తెలుగులో అనేక సాహిత్య ఉద్యమాలు ప్రారంభమయ్యాయి. అవి స్త్రీ వాదం, దళితవాదం, మైనార్టీ వాదం, ప్రాంతీయ, అస్థిత్వవాదాలు, వీటికి తోడు సరళీకృత ఆర్థిక విధానాల అమలు మొదలైంది. ఫలితంగా ప్రపంచీకరణ ప్రభావం వర్తమాన దేశాలపై పడింది. ఈ ప్రపంచీకరణను వ్యతిరేకిస్తూ రచయితలు, కవులు సాహిత్యాన్ని సృష్టించడం కూడా ఈ దశలోనే మొదలైంది. ఈ సాహిత్య ఉద్యమాల్లో యువత ప్రధాన పాత్ర పోషించారు. ఆ ద్వారా సమాజాన్ని ముందుకు నడిపించారు. ఇప్పుడు వరుసగా ఆయా ఉద్యమాలలో యువత పాత్రను చూద్దాం.

స్త్రీవాదం : సమాజంలోనూ, కుటుంబంలోనూ, పనిలోనూ స్త్రీలు గురౌతున్న అణచవేత, దోపిడీకి సంబంధించిన అవగాహన కలిగి ఉండి ఈ పరిస్థితి మార్చడానికి స్త్రీలు, పురుషులు చేపట్టే చైతన్యవంతమైన కార్యక్రమం “స్త్రీ వాదం”గా కొందరు ఫెమినిస్టులు నిర్వహించారు.

స్త్రీవాద సాహిత్యంలో ప్రధానంగా స్త్రీల ఉనికికి సంబంధించి, కుటుంబ సంబంధాల్లో తమ స్థానాన్ని గురించి కుటుంబం నుంచి బయటకు వచ్చినపుడు సమాజంలో వచ్చే స్పందనల గురించి వివరిస్తూ సాహిత్యాన్ని సృష్టించారు. ఇదే స్త్రీవాద సాహిత్యంగా బలపడింది. ఇందులో ఓల్గా, కొండేపూడి నిర్మల, పాటిబండ్ల రజని, విమల, జయప్రభ, హైమావతి మొ॥ యువరచయిత్రులు / కవయిత్రులు వ్యక్తిగా, రచయిత్రుగా తమ ఉనికి గురించి ఇంతకుముందు స్త్రీలకు లేని శారీరక స్పృహ గురించి, లైంగిక వివక్ష గురించి, కుటుంబంలోని హింసగురించి, వివాహ వ్యవస్థ గురించి గొప్ప సాహిత్యాన్ని సృష్టించారు.



దళితవాదం : సాహిత్యంలో అతి ప్రాచీన కాలం నుంచి దళిత స్పృహ ఉన్నప్పటికీ 80వ దశకంలో రాష్ట్రంలోనూ దేశంలోనూ జరిగిన కొన్ని సంఘటనలు దళితుల అస్థిత్వాన్ని, ఆత్మగౌరవాన్ని ప్రశ్నించాయి. ఈ నేపథ్యంలో కవులు తమ దళితత్వాన్ని తట్టిలేపి, ఆత్మగౌరవాన్ని నిలబెట్టుకునే విధంగా రాయడం మొదలు పెట్టారు. అదే దళిత సాహిత్యం.

కత్తి పద్మారావు, ఎండ్రూరి సుధాకర్, మద్దూరి నగేష్ బాబు, పైడి తెరేష్ బాబు, సతీష్ చందర్, కలేకూరిప్రసాద్, నాగప్ప గారి సుందరరాజు, చల్లపల్లి స్వరూపరాణి, శరత్ జ్యోత్స్నా రాణి, వివోదిని మొ॥ వారు సాహిత్యంలో పురాణ ప్రతీకలు నిరసిస్తూ దళిత సంస్కృతిని, సౌందర్యాన్ని, భాషని, ఆచార్య వ్యవహారాలని పరిచయం చేశారు. చిక్కనవుతున్న పాట, పదునెక్కినపాట, చిత్తరువు దళిత కవిత్వం - 1, 2 భాగాలు వర్తమానం వంటి సంకలనాలు, వైయక్తిక రచనల సంపుటాలు వెలువరించారు. దళిత వాదాన్ని యువకులు బలంగా వినిపించాడు.

అస్థిత్వవాదం : మాదిగ రిజర్వేషన్ పోరాట సమితి మూలంగా దళజత సాహిత్యంలోని మాదిగ యువకవులకు తమ జీవితాలను మరింత శక్తివంతంగా అవిష్కరించుకొనే అవకాశం దొరికింది. నాగప్పగారి సుందరరాజు, ఎండ్రూరి సుధాకర్, కనకయ్య, కృపాకర్ మాదిగ వంటివారు మాదిగల అస్థిత్వాన్ని ప్రపంచానికి తెలియజేశారు. మిగతా వెనుకబడిన కులాలకు ప్రేరణగా నిలిచారు.

మైనార్టీవాదం : తెలుగు సాహిత్యంలో ముస్లింలు చాలాకాలం నుంచి ఉన్నప్పటికీ 1991లో అచ్చయిన ఖాదర్ మొహిద్దీన్ “పుట్టుమచ్చ” కుదిపేసింది. ఈ దీర్ఘకవిత మైనార్టీల మనోభావాలను తెలియజేస్తూ ఆమెపై వివక్షకు కారణమేమిటని ప్రశ్నించింది. అఫ్సర్, పైబాబా, రసూల్, యాకూబ్, మహాజబీన్, ఇక్బాల్ చంద్, షాజహాన్ మొదలగు వారు తమ చిక్కని కవిత్వంతో మళ్ళీ మళ్ళీ చదివించే శిల్పసౌందర్యంతో ముస్లిం జీవిత పార్శ్వాలను వ్యక్తీకరించారు. 1992 డిసెంబరు 6న బాబ్రిమసీద్ విధ్వంసం జరిగింది. ఇది ముస్లిం ప్రపంచంలో పెనుసంచలనం సృష్టించింది. తీవ్రమైన అభద్రతకు, అసహనానికి లోనైన తమ జాతి ఆందోళనను ముస్లిం కవులు బలంగా వ్యక్తం చేశారు. తమ దేశంలోనే పరాయి వారుగా బతకాల్సిన దుస్థితిని నిరసిస్తూ కవిత్వం రాశారు.

ఉదా : ఈ దేశ పటాన్ని చుట్టచుట్టి నీ కింద పెట్టుకోడానికి
అది నీ అయ్య జాగీరు కాదు
అంగట్లో దొరికే కుంకుమ కాదు దేశభక్తి
తెగిన దేశ సరిహద్దు రేఖని
అతికిన వీర జనానుల్లో మేమూ ఉన్నాం” అంటూ
అనేక మంది యువకవులు తమ అస్థిత్వాన్ని ప్రకటించారు.



ప్రాంతీయ అస్థిత్యవాదాలు : తెలుగు సాహిత్యంలో ప్రాంతీయ అస్థిత్యవాదాలు కూడా బలమైన పాత్ర నిర్వహిస్తున్నాయి. తమ ప్రాంత సంస్కృతి సంప్రదాయాలపై ఆత్మగౌరవంతో ఆధిపత్య వర్గాలపై ఆగ్రహం ప్రకటిస్తూ, పాలకులు, వలసవాదులు చూపిస్తున్న వివక్షపై నిరసన వ్యక్తం చేస్తూ సృష్టించిన సాహిత్యమే ప్రాంతీయ, అస్థిత్యవాద సాహిత్యం. ఆంధ్రదేశంలో తెలంగాణ, ఉత్తరాంధ్ర, రాయలసీమలు ఈ వివక్షను ఎదుర్కొంటున్నాయి. 1990ల్లోనే తెలంగాణ కవుల్లో ఈ స్పృహ కనిపిస్తుంది. తెలంగాణా యువకుల్లో నందిని సిద్ధారెడ్డి, తెలిదేవర భానుమూర్తి, దేవరాజు మహారాజు, వేముల ఎల్లయ్య, జూలూరు గౌరీశంకర్, తదితరులు తెలంగాణా ప్రాంతీయతను అస్థిత్యాన్ని బలంగా వినిపించారు. ఉత్తరాంధ్ర నుండి గంటేడ గౌరునాయుడు, అట్లాడ అప్పలాయుడు, వివిన మూర్తి, రాయల సీమ నుండి - సింగమనేని నారాయణ, చిలుకూరి దేవపుత్ర, మధురాంతకం నరేంద్ర, నాగప్పగారి సుందరరాజు బలంగా తమ అస్థిత్యాలని వినిపిస్తున్నారు.

ప్రపంచీకరణ : 'గ్లోబలైజేషన్' అనే ఆంగ్ల పదానికి సమానార్థకంగా ప్రపంచీకరణ అనే పదాన్ని వాడుతున్నారు. ప్రపంచీకరణ అనే పదాన్ని వాడుతున్నారు. "ఏ చిన్న విషయమైనా ఎక్కడ పుట్టిందైనా, అది సంస్కృతైనా, భావజాలమైనా, వ్యాపారమైనా ఏదైనా నాలుగు దిక్కుల నంటుకునేందుకు, దిగంతాలకు వ్యాప్తి చెందటం ప్రపంచీకరణ"

(తెలుగు కథ ప్రపంచీకరణ ప్రభావం :- అ.సి.గం.....9)

కాని నేడు అగ్రరాజ్యాలు ఏకపక్షంగా వ్యవహరిస్తూ తమ సంస్కృతిని, భాషని, భావజాలాన్ని, వ్యాపార నూత్రాలను మిగతా ప్రపంచం మీద రుద్దటానికి ప్రయత్నిస్తూ ఇతర దేశాల, ప్రాంతాల భాషా సంస్కృతులను చిన్న చూపు చూడటం జరుగుతోంది. ప్రపంచీకరణ అంటూనే వారి భాషను, ఆలోచనలని, మతాన్ని, సమస్త సంస్కృతి సంప్రదాయాలను ప్రోత్సహిస్తూ, ఆర్థిక రాజకీయాలను చేస్తూ దీనినే ప్రపంచీకరణగా భ్రమింపచేస్తున్నారు.

అభివృద్ధి చెందిన దేశాల ఈ చర్యల మూలంగా వెనుకబడిన దేశాల అభివృద్ధికి ఉనికికి ప్రమాదం ఏర్పడింది.

తెలుగు సాహిత్యంలో ప్రపంచీకరణను వ్యతిరేకిస్తూ అనేక మంది యువకులు, రచయితలు తమ గళాలని వినిపించారు. వీరిలో 'పడమటి గాలి', నాటకం రాసిన ఆనందరావు లాంటి రచయితలు, గౌరుసు జగదీశ్వరరెడ్డి, 'గత ఈతరాలు', నల్లూరి రుక్మిణి - 'నెగడు', ఆడేపు లక్ష్మీపతి - 'నాలుగు దృశ్యాలు', జాతశ్రీ - 'అత్తిరావం', బి.ఎన్. రాములు - 'వేపచెట్టు', ముదిగంటి సుజాతారెడ్డి - 'వ్యాపార మృగం', మంచికంటి 'మిత్ర', దేవేంద్రాచారి - 'అన్నంగుడ్డ', మహ్మద్ ఖదీర్ బాబు - 'పెండెంసోడా పెంటర్', 'న్యూ బోంబే బైలర్స్', చిలుకూరి దేవపుత్ర - 'చివరి మనుష్యులు', అప్పలాయుడు - 'ప్రత్యామ్నాయం, గంటేడ గౌరునాయుడు - 'ఏటిపాట, కుప్పిలి పద్మ - 'కుబుసం', 'సాలభంజిక మొదలగు వారు కథల్లో నాగసూరి వేణుగోపాల్, ఎం. నరసింహారెడ్డి, గుడిపాటి, తెలకపల్లి రవి మొ॥ వ్యాసాల్లో జాకంటి జగన్నాథం : ఇండియా ప్రైవేట్ లిమిట్డ్,



వాస్కో డిగామా డాట్ కామ్ మొవి జూలూరి గౌరవంకర్ - 'నా తెలంగాణ'

గోరటి వెంకన్న, గద్దర్ వివిధ సాంస్కృతిక కళామండలులు తమ పాట ద్వారా ప్రపంచీకరణను వ్యతిరేకిస్తూ ప్రాంతీయతని, స్థానిక సంస్కృతుల గొప్పతనాన్ని చాటారు.

ఇలా పైన పేర్కొన యువకవులు, రచయితలు తమ తమ స్థానిక సంస్కృతుల పరిరక్షణకోసం ప్రపంచీకరణ వ్యతిరేక పోరాట సాహిత్యంలో భాగస్వాములయ్యారు. ఈ క్రమంలో తమ భాషని, సంస్కృతం, ఆచార సంప్రదాయాలను, తమ ప్రాంతీయతలని కాపాడుకుంటూ అవే వస్తువులతో గొప్ప సాహిత్యం సృష్టించారు. ప్రపంచీకరణకు ప్రత్యామ్నాయం స్థానికతగా భావించి స్థానికతకు ప్రాధాన్యమిచ్చారు.

ఈ విధంగా సాహిత్యంలో వచ్చిన వివిధ ఉద్యమాలలోని పలు ప్రక్రియలలో యువత తమ భావాలను విస్తృతంగా వివిధించి సాహిత్యాన్ని మనంపన్నం చేస్తూ తద్వారా తమ ఆధునిక భావజాలంతో సమాజాన్ని అభివృద్ధి పథంవైపు నడిపిస్తున్నారు.

ఉపయుక్త గ్రంథసూచి :

1. లక్ష్మీనరసయ్య, 2002 జూలై, జి.(సం) దళితకవిత్వం - 1,2 భాగాలు, రమాపబ్లికేషన్స్, అనంతపురం
2. ఓల్గా, 2007 మార్చి,- సం నీలిమేఘాలు (మూలం) అస్మిత ప్రచురణలు, హైదరాబాద్
3. యువభారతి ప్రచురణ, 1994 మార్చి, స్త్రీవాద ధోరణులు సమీకృత సాహిత్యం,
4. ఎండ్రూరి సుధాకర్ (సం) 1996 ఏప్రిల్ & ఇతరులు, పదునెక్కిన పాట, దళితసాన ప్రచురణలు, విజయవాడ



ప్రపంచీకరణ - రాష్ట్ర విభజన

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అభివృద్ధి చెందుతున్న వర్గమాన దేశాలపై సామ్రాజ్యవాదులు చేసే ఆర్థిక దురాక్రమణి ప్రపంచీకరణ. సామ్రాజ్యవాద దేశాల ఆర్థిక సంక్షోభాన్ని పేద దేశాలపై మోపటం ఆ దేశాల ఆర్థిక వ్యవస్థను దోచుకోవడం, మార్కెట్ ని వైఫల్యం చేసుకోవడమే ప్రపంచీకరణ.

ప్రపంచమంతా ఒకే యూనియన్ గా మారటం కళ, సంస్కృతి, సంప్రదాయాలు మరచిపోయి పాశ్చాత్య వస్తు, వ్యామోహాలు పెంచుకోవడం సాంప్రదాయ పనిముట్లను, కుటీరపరిశ్రమలను, క్రమంగా క్షీణింప చేయడం, సగటు మనిషిని గ్లోబల్ మార్కెట్ వినియోగదారునిగా చేయటమే ప్రపంచీకరణ.

ప్రస్తుత పరిస్థితులలో ఎలక్ట్రానిక్ మీడియా ప్రపంచీకరణకు బలమైన ప్రచార సాధనం.

ప్రపంచీకరణ వ్యూహాలు - లక్ష్యాలు :-

సామ్రాజ్యవాదులు ఒక కూటమిగా ఏర్పడడం ప్రపంచీకరణకు మొదటి మెట్టు. మీరు తమ వ్యూహంలో భాగంగా వర్గమాన, అభివృద్ధి చెందుతున్న దేశాలలో పన్నులు తగ్గించవలసినదిగా ప్రభుత్వాలపై ఒత్తిడి తెచ్చారు. అందువల్ల ప్రజల వద్ద సంపద మిగులుతుంది. కొనుగోలు శక్తి పెరుగుతుంది. తత్ఫలితంగా లాభాలనాణించడం జి-8 దేశాల వ్యూహం. వారి వ్యూహాత్మక లక్ష్యాలలో మార్కెట్ ను స్వాధీనం చేసుకోవడంతో పాటు ఆర్థిక, రక్షణ, సామాజికాంశాలు, రాజకీయాలను శాసించడం, మానవ హక్కులు, ప్రజా సంక్షేమం వంటివి. ప్రపంచదేశాల ఆర్థిక వ్యవస్థను తమ పెత్తనంలో వుంచుకొని మార్కెట్లను తమ ఆధీనంలోకి తెచ్చుకొని ఆర్థిక వనరులను కొల్లగొట్టడం, సామ్రాజ్యవాదుల వ్యూహాత్మక లక్ష్యాలు. అందుకుగాను ఐ.యం.యం.ఎఫ్., ప్రపంచ బ్యాంక్, ప్రపంచ వాణిజ్య సంస్థల వంటి అంతర్జాతీయ సంస్థల ఏర్పాటు జరిగింది. వీటి ద్వారా అభివృద్ధి చెందుతున్న దేశాలకు వడ్డీలకు రుణాలివ్వటం తమ అవసరాలకు అనుగుణమైన పరిశ్రమల స్థాపనకు రుణాలివ్వటం అన్ని దేశాలు మార్కెట్ సంస్కరణలు చేయాలని ప్రభుత్వాలపై ఒత్తిడిని పెంచడం, ప్రభుత్వరంగ సంస్థలను ప్రయివేటు రంగానికి కట్టబెట్టడం వంటి చర్యలకు ప్రపంచీకరణ, సరళీకరణ విధానాలు పునాది వేశాయి.

ప్రభుత్వరంగ సంస్థల పరిశ్రమల ఉత్పత్తులను ప్రపంచవాణిజ్య సంస్థ సృష్టించిన బహుళార్థ వాణిజ్య సంస్థలకు మాత్రమే స్థిరమైన ధరకు విక్రయించాలి. ఆ సంస్థలు కొనకపోతే ఆ ఉత్పత్తి మిగులు ఉత్పత్తిగా మారి ధర పతనమైనపుడు అదే కంపెనీ పతనమైన ధరకు వస్తువులను కొనటం వలన పరిశ్రమలు నష్టాల ఊబిలో కూరుకుపోవటం లాకొట్టు, మూసివేతలు తత్ఫలితంగా గ్లోబల్ ప్రపంచలోనికి చిద్రమైన కుటుంబాలు అనాధలయ్యే మహిళలు, వృద్ధులు, పసిమొగ్గలు, గ్లోబల్ జబ్బులు, చదువుకోలేని స్థామత నిర్వీర్యమయ్యే యువత, ఉద్యమాలను సీరుగార్చడం, ఉపాధి అవకాశాలు లేకపోవటం ఇవే ప్రపంచీకరణ ఫలితాలు.



1990 లో భారత్ లో ప్రారంభమైన సరళీకరణ ఆర్థిక విధానాలు 18.02.2014 న ఆంధ్రరాష్ట్ర విభజనతో కదల్చలేని విధంగా స్థిరపడబోతున్నాయి. సామ్రాజ్యవాద ప్రపంచీకరణ కుట్రలో భాగమే రాష్ట్ర విభజన.

అద్దె భవనాలలో ఉన్న ప్రభుత్వరంగ సంస్థలకు సొంత కార్యాలయాలు కల్పించలేని ప్రభుత్వం రాష్ట్రాన్ని విభజించి, 10 కోట్లతో 10 ఏళ్ల వరకు ప్యాకేజీలనటం హాస్యాస్పదం. జాతుల ఏకీకరణ జరుగుతున్న ప్రపంచంలో ఒకే జాతిని రెండుగా చేసి, బలహీనపర్చడం, ప్రపంచీకరణ కుట్రలో భాగమేనని గుర్తించాలి. ఎలాంటి సౌకర్యాలు కల్పించకుండా విడదీసి సౌకర్యాల కల్పన, పరిశ్రమల స్థాపన, ప్రాజెక్టుల నిర్మాణం, రహదారుల నిర్మాణం, విమాన, నౌకాశ్రయాల నిర్మాణం, రైల్వే వ్యవస్థ, విద్య, ఐ.టి. రంగం విద్యుత్ నీటిపారుదల రంగాలలో ఆంధ్రరాష్ట్ర పునర్నిర్మాణం రాష్ట్ర రాజధాని నిర్మాణం అంటూ గ్లోబల్ మార్కెట్ కు ఆహ్వానం పలుకుతున్నారు పాలకులు.

భాషాపరంగా ఒకటి చేసి

వెన్నెల విరబూయించిన చాచా , పటేల్, ఇందిర

భాషాపరంగా విడదీసి

చీకట్లో నిలిపిన యూపీఏ - 2

తెలుగు కన్నీటి బిందువులలో దాగిన

అయ్యో శ్రీరాములూ ... ఆత్మవై చూస్తున్నావా

తెలుగునేల బద్దలయ్యింది

సమైక్యవాది గుండె బావురుమంది

తెలుగు గుండె పిండిన షిండె

తెలుగు వెలుగును చూసి

చిదంబరానంద చిద్విలాసం

కమలనాథ, దిగ్విజయ పరిహాసం

మనోహనంగా సాగి

సోని డిజిటల్ సౌండ్ ఎఫెక్ట్ లో

భారతపత్రిని చేరింది విభజన పత్రం

లయబద్ధంగా రబ్బర్ స్టాంప్ పడింది.

భిన్నత్వంలో ఏకత్వమన్నారు

ఏకత్వాన్ని భిన్నం చేశారు, బలహీనపరిచారు

కోస్ట్ కారిడార్

సీమాంధ్ర సింగపూర్

బాపట్ల బ్యాంకాక్

ఇవే...ఇవే... ఇవే...



ఈ మాటలే
తెలుగు నాట
సామ్రాజ్యవాద ప్రపంచీకరణ స్వాగత వచనాలు
భారత్ లో గ్లోబల్ రాజధాని సీమాంధ్ర
భారత్ లో గ్లోబల్ ప్రయోగశాల సీమాంధ్ర
ఆంధ్ర ముందు కన్పించకుండా
ప్రపంచీకరణ వాదులు దాచిన క్రొత్తపదాన్ని
బయట పెడుతున్నాను నేను
మీ భాష పదాలలో చేర్చుకోండి
అదే గ్లోబలాంధ్ర
గ్లోబల్ తెలుగు గ్లోబల్ తెనుగు.



EFFECTS OF DIFFERENT EXERCISE TRAINING PROTOCOLS ON TRIGLYCERIDE LEVELS AMONG MIDDLE AGED MEN

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Abstract

The vitality of activity in a system of preventive solution has fortified the part of physical movement. There is relationship between physical action levels or cardio-respiratory fitness and danger of lethal and nonfatal Ischemic Heart Disease demonstrate that a stationary lifestyle or a low level of frequent physical movement expands the danger of IHD mortality. All the three separate lengths of time chose for the high-impact activity container viz YG, AG and CREG at the fifty percent maximal heart rate force brought about for the noteworthy reduction in the Triglyceride levels of the subjects. With respect to the variable of Triglyceride levels, the activity convention of CREG carried more critical lessening than the other experimentation conventions.

Keywords: Training, Protocols, Aged Men, Exercise.

I. INTRODUCTION

The importance of exercise in a program of preventive medicine has reinforced the role of physical activity. There is relationship between physical activity levels or cardio-respiratory fitness and risk of fatal and nonfatal Ischemic Heart Disease indicate that a sedentary lifestyle or a low level of habitual physical activity increases the risk of IHD mortality¹. Higher level of circulating lipids in blood than normal levels may be considered as Hyperlipidemia and epidemiological studies indicate a general trend towards a greater incidence of Atherosclerosis and incidence of Cardio Vascular Disease among people with



Hyperlipidemia. The percentage of Triglycerides is most significant factor that the total cholesterol level as a risk factor in the development of CHD, because this substance involves in the development of the atherosclerotic plaque in the blood vessels.

Physical exercises may be performed in many forms like running, dancing, playing games, weight training, recreational activities, Yogasanas etc. The kind and type of exercise are not alone influence the kinds of biological adaptations in the human body. The load dynamics like density and intensity of exercise may target for different kinds of biological adaptations in the human body[2], [3], [4]. One needs to do aerobic exercise at least thirty minutes three times a week. Increasingly more energy is derived from fats at exercise intensities of 65% of maximum oxygen consumption during prolonged activity. Yoga is a scientific system of diagnosing and curing certain diseases. It is identified that each asana in yoga has a different curative effect and can be practiced to get specific relief⁷. Physical activity bring several cardiovascular.

changes and benefit the individuals [8][9][10] , increases fibrinolytic activity. Diminishes antifibrinolytic activity and inhibits platelet aggregability[13][14], associated with decreases in total cholesterol and LDL cholesterol as well as in apolipoprotein B, augmentation of HDL cholesterol level, particularly HDL2 subfraction[15].

II. METHODOLOGY IMPLEMENTED

Fifteen subjects were assigned in each of the four groups including one control group. The groups are named as cardio-respiratory endurance group (CREG), anaerobic group (AG), yogasana group (YG) and control group (CG). The subjects were selected from the Warangal District area, Andhra Pradesh, India, on random basis, out of the volunteers. The age of the subjects were between thirty and thirty



five and the subjects were never had any exercise conditioning program previously. All the subjects were oriented about the experimentation and consents were gathered from all the subjects.

The subjects in all the four groups were oriented on the whole experimentation and its importance. Each group was thoroughly oriented about the exercise protocol of the respective group. Pre experimentation measurements were recorded for resting Triglycerides levels before commencement of the experimentation and orientation period. The three training groups then followed the respective protocols of exercise specially designed for them, whereas the control group remained without any special kind of physical activity for the entire experimentation period of 24 weeks, 4 weeks basic foundation followed by 20 weeks of the protocol exercises. But, the individuals were not involved in one bunch during the exercises, since they belonged to various places in the Warangal district area. The researcher took all the necessary precautions to see that all the subjects comply with the experimentation environment. The post experimentation readings were taken after the 24 weeks of experimentation period.

Reliability of readings:

A well equipped diagnostic medical laboratory helped in collecting the blood samples from the subjects and in analyzing. Hence, the physiological variable i.e. Triglycerides were measured with high precision.

III . TRAINING PROTOCOLS

Cardio-respiratory endurance group protocol: Walking for ten minutes slowly increasing the pace, followed by, calisthenics and light stretching immediately after walk and followed by, slow and continuous jogging for four kilometers keeping their heart rate at 50% of the maximum heart rate.



Anaerobic group protocol:

Slow jogging for one kilometer and then for stretching and calisthenics, followed by acceleration sprints, with a speed of 50 to 60 percent of the maximum speed for ten times with a recovery period of three minutes for each repetition, while walking back slowly.

Yogasana group:

The Rishikesh ashram's protocol was given for this group. The following asanas come in sequence. Sarvangasana, Halasana, Matsyasana, Pashchimothanasana, Shalabasana, Dhanurasana, Ardha Matschendrasana, Shirshasana and Uddiyana Banda. The whole protocol lasts for about thirty minutes.

Statistical Analysis:

Analysis of Co-variance technique was used to study the effect of the experimental variables on the selected physiological variables. Scheffe's post-hoc tests also applied to find out the source of significant difference among the groups and to test the hypotheses, to arrive at conclusions. The level of significance used in the statistical analysis was 0.05.

IV. ANALYSIS AND DISCUSSION ON TRIGLYCERIDES

Table I depicts analysis of covariance for the Triglycerides of the subjects on the experimental variable selected. The table indicates that there is significant effect through the selected experimental variable i.e. different exercise protocols for the selected experimental period. The obtained F value i.e. 25.08 is much higher than the table F value i.e. 2.66 and hence the selected experimental variables caused the significant change in the selected Triglyceride levels of the subjects. Table II contains the mean values of the selected criterion variable i.e. Triglycerides of the subject. The table brings out the following observations. The CREG showed significant reduction in Triglyceride



levels when compared to the other two groups viz AG and YG.

The CREG post training Triglycerides mean is 93.824, the AG post training Triglycerides mean is 118.342 and the YG post training Triglycerides mean is 131.924. When compared with the mean values of the three groups, it is clear that the CREG showed significant reduction in Triglycerides when compared to the other two groups. The AG also showed reduction in Triglycerides levels when compared to the YG.

SSTY.X	56147.62
SSWGY.X	23710.51
SSBGY.X	32437.11

ANCOVA TABLE

SOURCE	DF	SS	MS	F	CR.F
TOTAL	59	56147.62			
BG	3	32437.11	10812.37	25.08087	2.66
WG	55	23710.51	431.1002		

Table.1: Analysis of Covariance for triglycerides (For Pre training and Post training)

This simple analysis on the post training adjusted mean values shows that there is significant reduction in the Triglycerides levels of the subjects due to the selected different exercise protocols of the selected medium intensity.



GROUPS	N	MX	MY	MY.X
YG	15	139.8667	122	131.9247
AG	15	142.0667	110	118.3425
CREG	15	160.4	98.66667	93.82421
CG	15	172.3333	171.8667	158.442
		153.6667	125.6333	125.6334

Table.2: Pre training, Post training and adjusted post training means for Triglycerides:

Though there is variance in the mean values of the Triglycerides because of the three protocols of the exercise, to find out the real difference and the cause of significant difference the Scheffe's post hoc individual comparison test was conducted.

The Scheffe's post hoc individual comparison test for the individual groups is presented in table III. The individual comparisons through the Scheffe's post hoc test elicited that the CREG has brought out significant reduction in the Triglycerides of the subjects when compared to the other two experimental protocols of exercise. The AG and YG post training adjusted averages are different in values, the Scheffe's post hoc comparison test indicated that the difference between the groups is insignificant and hence the training effect of the AG and YG is identical. But, all the three exercise protocol groups of the experimentation showed reduction in the Triglycerides levels as per the Scheffe's post hoc individual comparison test when compared to the Control group.



GROUPS And VALUES	CREG 93.82421	AG 118.3425	YG 131.9247
AG 118.3425	-24.5183 sig		
YG 131.9247	-38.1005 sig	-13.5822 n.sig	
CG 158.442	-64.6178 sig	-40.0995 sig	-26.5173 Sig

GROUPS And VALUES	CREG 93.82421	AG 118.3425	YG 131.9247
AG 118.3425	-24.5183 sig		
YG 131.9247	-38.1005 sig	-13.5822 n.sig	
CG 158.442	-64.6178 sig	-40.0995 sig	-26.5173 Sig

RESULTS & CONCLUSION

All the three different durations selected for the aerobic exercise capsule viz YG, AG and CREG at the fifty percent maximal heart rate intensity caused for the significant decrease in the Triglyceride levels of the subjects. With regard to the variable of Triglyceride levels, the exercise protocol of CREG brought more significant decrease than the other experimentation protocols.



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సమకాలీన సాహిత్యంలో దళిత స్త్రీవాద ధోరణి

డా॥ బెజవాడ విజయ కుమార్,

తెలుగు అధ్యాపకుడు.

కాకాని వేంకటరత్నం కళాశాల, నందిగామ

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సాహిత్యం నిరంతర ప్రవాహంలా కదులుతూ వుంటుంది. కదిలిస్తూ వుంటుంది. ఈ లక్షణం ప్రపంచ సాహిత్యాలన్నింటికి వర్తిస్తుంది. వెయ్యేళ్ళ తెలుగు సాహిత్యంలో ఎన్ని మార్పులొచ్చాయో అంతకు కొన్ని రెట్లుమార్పులు ఒక్క ఆధునిక కాలంలోనే వచ్చాయి. మరి ముఖ్యంగా 1980 దశకం నుండి సాహిత్య గమనం వేగం వుంజుకుంది. ఈ క్రమంలోనే అనేక సాహితీ ఉద్యమాలు తెలుగులో చోటు చేసుకున్నాయి. వాటిల్లో దళిత స్త్రీవాదం ఒకటి.

సమకాలీన సాహిత్య ధోరణుల్లో ప్రసిద్ధమైనది దళిత స్త్రీ వాదం. స్త్రీ వాదుల కంటే, దళితవాదుల కంటే భిన్నంగా కొందరు దళిత స్త్రీ వాద కవయిత్రులు తమదైన ప్రత్యేక సమస్యను కవిత్వీకరించారు. కవులు కావచ్చు కవయిత్రులు కావచ్చు దళిత స్త్రీవాద తాత్విక నేపథ్యాన్ని అధ్యయనం చేసి, ఆ స్పృహతో చెప్పిన కవిత్వాన్నే దళిత స్త్రీ వాద కవిత్వంగా భావించటం సమంజసంగా వుంటుంది. అంటేదర్మిజం తాత్విక నేపథ్యంగా ఈ వాదం రెక్క విప్పుకుంది. దళిత స్త్రీ వాద కవిత్వంలో వస్తు వైవిధ్యంతో పాటు అభివ్యక్తిలో కొంత కొత్తదనాన్ని, ప్రత్యేక స్వరూపాన్ని ప్రధానంగా పేర్కొనవచ్చు. నల్లజాతి స్త్రీవాదం, మరాఠీ దళిత వాదం, ఈ రెండింటి స్ఫూర్తితో కొంత విలక్షణతను సొంతం చేసుకుంది. దళిత స్త్రీ వాదం దళిత కవిత్వం లాగా కులతత్వాన్ని, స్త్రీవాద తత్వాలా పితృస్వామ్య వ్యవస్థనూ ఏక కాలంలో ఒకే గొంతుతో ఎదుర్కొంటుంది. దళిత మగవారిలోని అహంకారాన్ని, పెత్తందారి తనాన్ని కూడ దళిత స్త్రీ వాదం వ్యతిరేకిస్తుంది. అదేవిధంగా కులతత్వాన్ని పురుషాధిపత్యాన్ని నిరసిస్తుంది.

స్త్రీలు సాధారణంగా లింగపరమైన వివక్షను మాత్రమే ఎదుర్కొంటారు. దళిత స్త్రీ పుట్టుక పరంగా, కులపరంగానూ పీడనకు లోనవుతుంది. దళిత స్త్రీ శ్రమ దోపిడీ చెయ్యబడుతుంది. స్త్రీ వాద కవిత్వం వుండగా దళిత స్త్రీ వాదమనే మరో ఉద్యమం ఏంటనే ప్రశ్న ఎదురుకావచ్చు. అగ్ర వర్గాల స్త్రీల సమస్యలు, దళిత స్త్రీ సమస్యలకు అనుభవంలో ఎంతో తేడా వుంది. స్త్రీ వాద కవిత్వంలో అగ్ర వర్గాల స్త్రీల సమస్యలకే అగ్ర తాంబూలం. వాళ్ళ దృష్టిలో స్త్రీలంటే కేవలం వాళ్ళే. వాస్తవానికి వేరొకరి సమస్యలు ఏమాత్రం పట్టవు. ఉదాహరణకు 'లేబర్ రూమ్' వంటి వాటిని స్త్రీ వాదులు పెద్ద సమస్యగా చిత్రికరిస్తారు. దళిత స్త్రీలు దాన్ని ఒక సమస్యగానే భావించరు. నిండు నెలల గర్భిణీ అయినా పనులు చేస్తూనే వుంటారు. ప్రసవం కోసం మెటర్నిటీ



హూనం చేసుకుంటుంది. తల్లి ‘త్యాగాలకు తాజా నిర్వచనం’ గా మారుతుంది. అమ్మ అలుపెరుగని ఓ మరబొమ్మ. ఆమెను తలుచుకుంటే ఎవరి కన్నులు చెమ్మగిల్ల కుండా వుంటాయి. కాని అహంకారులచే దళిత మాత అకారణంగా దూషించబడుతుంది. ఆయా సందర్భాలలో ‘నీయమ్మ, నీతల్లి, లంజాకొడుకు’ - అనే తిట్ల దండకంలో తల్లినే బలి చేస్తుంటారు.

దళిత స్త్రీ వాదంలో పురుషాధిపత్యాన్ని నిరసించారు. చల్లపల్లి స్వరూపరాణి వ్రాసిన ‘మంకెనపువ్వు’ కవితలో దళిత స్త్రీ వేదననూ అవిష్కరించింది.

“ నేను ముళ్ళ కంపలో చిక్కుకొని
అల్లాడుతున్న పాల పిట్టను
ఎటు కదిలినా ముళ్ళన్నీ గుచ్చుకునేది నాకే
ఇవి ఈ నాటి ముళ్ళు కావు
తరాల నుండి నాచుట్టూ పేర్చిన
బానిస సంకెళ్ళు

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అసలు నా జీవితాన్ని నేనుగా జీవించిదెప్పుడు ?
ఇంట్లో పురుషహంకారం
ఒక చెంప చెక్కుమనిపిస్తే
వీధిలో కులాధి పత్యం
రెండో చెంప పగలగొడుతుంది. ”

పురుషాధిపత్యానికి తలోగ్గి తరతరాలుగా పేర్చిన ముళ్ళల్లో చిక్కుకున్న మంకెన పువ్వుల్లాంటి దళిత స్త్రీ ఎలా అల్లాడుతుందో కవయిత్రి స్పష్టం చేసింది. “ మంకెన పువ్వు ” అనే శీర్షిక దళిత స్త్రీకి నిలుపుటద్దం. మంకెన పువ్వుకు చుట్టూ నూగు వుంటుంది. ఎటు కదిలినా గుచ్చుకుంటుంది. అలాగే దళిత స్త్రీ అడుగు తీసి అడుగేస్తే సమస్యలు ముల్లుల్లాగా గుచ్చుకుంటూ ఆమెను వేధిస్తాయన్న ప్రతీకగా ముళ్ళు గురించి చెప్పింది. ఇంటి బయట పురుషాధిపత్యంతో పాటు కులాధిపత్యాన్ని, ఇంట్లోని పురుషాధిపత్యాన్ని కూడా కవయిత్రి ప్రస్తావించింది. వర్ణ వ్యవస్థలో భాగంగా దళిత స్త్రీ కుల పరంగా వీధిలో ఒక బానిస, తన పురుషుని అహంకారం ముందు స్త్రీగా మరో బానిస. బానిసకు కూడా బానిస అయిన దయనీయ స్థితి దళిత స్త్రీది.

దళిత స్త్రీ వాస్తవ పరిస్థితుల్ని అవిష్కరించింది స్వరూపరాణి. ఈ ఖండిక చివర ఆత్మ స్మైర్యంగా బతుకుదామన్న సందేశాన్ని కూడా యిచ్చింది.