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# ACADEMIC YEAR
## 2022-2023

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| Sl.No | Title of paper | Name of the author/s | Department of the teacher | Name of journal | Calendar Year of publication | ISSN number |
|---|---|---|---|---|---|---|
| 1 | An Assessment of Mental Toughness Among Taekwondo and Thang-ta Player | Johnson Nameirakpam, Dr. Y. Wise Blessed Singh | Physical Education | Journal of Xi'an Shiyou University, National Science Edition | Jan-23 | ISSN:1673-064X |
| 2 | Image Super Resolution Based on Machine Learning for Enhancing Quality Image | Oinam James, Th. Rupachandra Singh, T. Romen Singh | Computer Science Department | IEEE | 2023 | Electronic ISBN:979-8-3503-9938-7 Print on Demand(PoD) ISBN:979-8-3503-9939-4 |
| 3 | Comparison of coordinative abilities on taekwondo players mixed martial arts fighters and judokas | Johnson Nameirakpam, Dr. Y. Wise Blessed Singh | Physical Education | GIS Science Journal | 2023 | ISSN NO: 1869-9391 |
| 4 | Study of Sensation Seeking and Anxiety State between Students of Management and Physical Education | Johnson Nameirakpam, Nongmaithem Aristotle Singh, Naorem Asha Devi, Dr. Y. Wise Blessed Singh, Kh.Rakesh Singh | Physical Education | International Journal of Creative Research Thoughts(IJCRT) | Mar-23 | ISSN:2320-2882 |

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## AN ASSESSMENT OF MENTAL TOUGHNESS AMONG TAEKWONDO AND THANG-TA PLAYERS

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**Abstract:**
The goal of this research was to examine the Mental Toughness among Taekwondo and Thang-Ta players. To analyze the data on mental toughness the following mental toughness dimensions namely Rebound ability, Handling pressure, Concentration, Confidence and Motivation were taken up for the present study. The mental toughness was tested on a total 60 male players who participated in the national level competitions. Among them thirty players were Taekwondo players (N=30) and the remaining thirty players were Thang-Ta players (N=30). Their aged ranged from 18- 26 years old. To compare the significant difference between the two groups independent t- test was employed for data analyses by using the statistical software SPSS. It was discovered that there is insignificant difference in overall mental toughness and various dimensions of mental toughness i.e rebound ability, handling pressure, concentration and motivation but significantly differs in 'confidence' only.
**Keywords:** *Mental toughness, Thang-Ta, Taekwondo.*

## INTRODUCTION

Thang-ta is a combat sport incorporating a variety of striking and grappling techniques. Fights are won by knockout, submission, referee intervention, or a judges' decision at the end of the regulation time. Typical amateur bouts are scheduled for three 3-minute rounds, whereas

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# Image Super Resolution Based on Machine Learning for Enhancing Quality Image

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*Abstract*— Image High Resolution takes a principal function in the region of the photograph filtering to enhance the photograph and video frames for Enhanced Resolution in gadgets such as laptops and smartphones. This presents a deep learning technique for enhancing resolution for single picture super resolution. The method directly learns an end to end mapping between low quality and high-quality resolution pictures. A deep convolutional neural network represents the mapping, which takes the poor resolution picture as input and produces a high quality resolution image.

Keywords— High-resolution Photograph, Image Upscaling, Machine Learning, CNN.

## I. INTRODUCTION

Digital photography has become an integral part of our daily life. It increasingly requires superb image quality of higher resolution and increased usefulness. High-resolution (HR) images contain as many pixels as feasible within a given image size. As a result, a high-resolution snapshot typically provides vital or even critical information for several security and civic applications like surveillance monitors, medical image purposes, target identification, and so on [1].

A system that converts image photographs or video frames from one resolution to another is known as image and video scaling/up-sampling [2]. Changing a lower resolution signal, such as 360 pixels standard definition, to a higher quality resolution, such as 1080 pixels high definition, is known as up-sampling or up-scaling, as well as super resolution [3]. Changing image pixels from a higher to a lower resolution is called down-sampling or downscaling [4].
Single image or scaling up of video frames (multiple photographs of a scene) is a phrase used to describe the method for generating a good resolution single image or numerous frames (video) [5] resulting from a poor resolution input. It becomes a significant imaging study issue in image processing because minimizing pixel block may retain textures and fine edges from the outcomes in noise and other visual abnormalities from the poor quality resolution source of the input images.
To achieve better image and video enhancement, it has to expand the size of a photograph or video pixel frame without deforming properties from the input low-quality resolution photograph or video frame[1]. As a result, picture or video frame up-sampling/ up-scaling refers to generating a high-quality photograph from a poor-quality resolution photograph or numerous poor-quality resolution pictures of the identical region(video). Only greater scene detail, which can be offered by HR image/video, allows humans to interpret picture or video scenes [5].

## II. CONVOLUTIONAL NEURAL NETWORKS

A Convolutional Neural Network is a technical part of deep learning network design that analyzes input without the human hand needing to work to extract features [6]. CNN are particularly effective for recognizing patterns in photos, like recognizing things, human faces, and places involved for security purposes [7].
The use of convolutional neural networks (CNNs) for deep learning is common for three reasons. Firstly the use of CNN brings down the desire for humans (manual) because CNN trains the image data directly to extract features [8]. Secondly, in terms of recognition, CNN output data are quite accurate. Lastly, CNNs may also use for recognizing new activities, enabling the expansion of pre-existing networks. Super Resolution technique is the conversion of poor-quality resolution photos into high-resolution pictures. Single Image-High Resolution (SIHR) and Video-High Resolution (VHR) are high-quality resolution techniques. The purpose of SIHR is to transform low-quality photographs into better high-quality ones. VHR aims to rebuild low-quality resolution videos into high-quality resolution videos derived from SIHR [9].

Regarding multi-layer neural networks, a CNN analyzes pictures [10]. CNN for super resolution aids in effective training implementation, convenient data access, and faster and higher-quality training of more prominent models. Feature retrieval and representation, non-linear mapping, and restoration(reconstruction) [11] are the core components of CNN video super resolution approaches. These modules are helpful for better performance. These characteristics may lead to better image outcomes.

The procedure of extracting features and meaningful representation from low-resolution pictures for improved output is known as feature extraction and representation. Non-linear mapping is a process in which features are translated non-linearly from one high-quality dimensional image vector to another high-quality dimensional image vector. The last stage is reconstruction, which integrates the predictions to estimate High resolution (HR) pictures. Fig. 1 shows the overview of the network.

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## COMPARISON OF COORDINATIVE ABILITIES ON TAEKWONDO PLAYERS
## MIXED MARTIAL ARTS FIGHTERS AND JUDOKAS

Johnson Nameirakpam[1] and Dr. Y. Wise Blessed Singh[2]

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### Abstract

The aim of the study was to compare the coordinative abilities of taekwondo players, mixed martial arts fighters and judokas. Totally 75 athletes were chosen for the study 25 taekwondo players, 25 MMA fighters and 25 judokas whose age between18-22. All risks and benefits pertaining to the study were explained to the athletes. Ball reaction exercise test, Numbered Medicine ball run test, Long nose test, Sprint at given rhythm and Backward Medicine ball run test were used for the purpose for determining Reaction ability, orientation ability, Balance ability, Rhythm ability and Differentiation ability of the athletes participating into the study. The collected data were statistically analyzed by using one way Analysis of variance (ANOVA) statistics. To find out the paired mean difference, the Scheffe's post hoc test was used. The level of confidence was fixed at 0.05. According to the findings, it is concluded that MMA fighters has higher differentiation abilities than taekwondo players and judokas. And, judokas has higher orientation abilities, reaction abilities, balance abilities and rhythm abilities follows by taekwondo players and MMA fighters. It is also concluded that athletes practicing judo has more coordinative abilities as compare to mixed martial arts and taekwondo.
Keywords: coordinative abilities, Taekwondo, MMA, judokas, differentiation, orientation, rhythm, balance, orientation.

### Introduction

Coordinative abilities are known as skill, competence and mastery defined by the body motion control and orientation process. The skill Word used by many authors in the literature has a more restrictive meaning compared with wealth (complexity) which defines the distinctive indications of these abilities. The same authors define the coordinative abilities as follows. It is a psychometric qualities' mixture that is unique to the activities in various types by restructuring the physical basis that principally exists, orients itself to the different situations in a fast and efficient way implies the ability of learning new motions quickly (Sınıdu, 2014). Motor coordination is defined as the ability of displaying the motions containing skill in a fast, fluent and successful way (Connick et al. 2015).

Judo is a sport that entails the complex motions to be performed and high-level planning to be used. It is seen that there are differences in the regional brain morphology of judoka and athletes of other defense arts compared with sedentary individuals (Jacini et al., 2008). In other words, judo is a dynamic sport which contains high-density intervals requiring complex skills and tactical excellence for the success. Judoka must perform many actions during the match (Degoutte et al., 2003).

Mixed martial arts(MMA), sometimes referred to as cage fighting, no holds barred and ultimate fighting, is a full contact combat sport based on striking, grappling and ground fighting, incorporating techniques from various combat sports from around the world. Mixed martial arts (MMA), a combat sport consisting of wrestling, boxing, and martial arts, is a popular activity associated with danger and violence. The popularity of combat sports and especially Mixed Martial Arts (MMA), through the Ultimate Fighting Championship (UFC) fights, has been growing fast, with a large number of athletes being involved in MMA training and fights, while the number of spectators and fans has also increased rapidly (La Bounty et al., 2011).

Taekwondo has been a part of the Olympic demonstration program since Seoul 1988 and Barcelona 1992, before becoming an Olympic discipline from the Sydney 2000 Olympic Games. In this paper we

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# STUDY OF SENSATION SEEKING AND ANXIETY STATE BETWEEN STUDENTS OF MANAGEMENT AND PHYSICAL EDUCATION

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*Abstract:* The purpose of the study was to analogy on the sensation seeking and anxiety state in the management and physical education. So the study entitled as "A Study of Sensation Seeking and Anxiety State between Management and Physical Education Students. The objectives of the study were (i) to know the level of sensation seeking and anxiety in management and physical education students, (ii) to examine the sensation seeking and anxiety state between management and physical education students. It was hypothesized that (i) the sensation seeking in management students will be higher than the physical education students (ii) the anxiety state of management students will be lower than the students of physical education. The Significance of the study will be helpful in knowing the level of personality traits between Physical education and management students, which would help them in altering their present traits, if the traits could not cope with their present achievements. It will also help in formulating the psychological programs, curriculum and schedules of teaching or training on the basis of their sensation and anxiety levels by their teachers and their coaches. In this study Seventy Eight male and female (78), post graduate pursuing subjects were randomly selected from department of Physical Education and Management from Annamalai University. The age of the subjects was ranging from 18 to 27 years. To compare the sensation seeking and anxiety state between Physical Education Students and Management Students, Z test was applied. Further the level of significance was set at 0.05 level of confidence.

*Index Terms:* Sensation Seeking, Anxiety State, Management, Physical Education.

## 1. Introduction

There are different variables in psychology which affects the performance of an individual in all spheres of his living like in sports or academic and so on. Some of the variables of psychology named Anxiety, Aggression, stress, Fear, Sensation and Arousal, etc. are certainly important to drive an individual for his performance. The study of sensation seeking and anxiety could also be a vital tool to examine the performance of the students in academics and sports. There are different variables in psychology which affects the performance of an individual in all spheres of his living like in sports or academic and so on. Some of the variables of psychology named Anxiety, Aggression, stress, Fear, Sensation and Arousal, etc. are certainly important to drive an individual for his performance. The study of sensation seeking and anxiety could also be a vital tool to examine the performance of the students in academics and sports.

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# A Study on Feminine Consciousness in Toni Morrison Novel

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**Abstract:**

Toni Morrison's writing style is easily distinguishable duke to her unique use of language. Her novels are easy to red, and she incorporates many different styles into her writing, such as switching the voice of narration throughout her stories for a change of perspective. Some of her most commonly used techniques are the use of descriptive analogies, important historical references, and varied sentence structure.

Keywords: Story, Historical, Writing, Important

Toni Morrison was born Chloe Ardelia Wofford on February 18, 1931 in Lorain, Ohio, to Ramah and George Wofford, she later took the name Anthony, shortened to Toni. As a child she enjoyed storytelling and reading, so it was assumed that she would do well in school. Her upbringing inspired many of her novels (Bloom 10). From her family she was taught to have a strong, black self-image which is prevalent in her novels. Maternal authority and equality in marriage. Power in black community, African American identity, shame, trauma, and family life.

Today, the feminist literary criticism is the direct product of the 'Women's movement' of the 1960s. This movement was literary from the beginning, in the sense that it realized the significance of the images of women promulgated by literature, and saw it as vital to combat them and question their authority and their coherence. Black feminism argues that sexism, class oppression, and racism are inextricably bound together. Forms of feminism that strive to overcome sexism and class oppression but ignore race can discriminate against many people, including women, through racial bias.

Feminists such as Alice Walker (1983) believed that black women experienced a different and more intense kind of oppression than that of white women. They point to the emergence of Black feminism, after earlier movements led by white middle-class women], which they regard as having largely ignored oppression based on race and class. Patricia Hill-Collins (1991) defined Black feminism, in Black Feminist Thought, as including women who theorize the experiences and ideas shared by ordinary black women that provide a unique angle of vision on self, community, and society.

## Aims of Study

The aims at studying and critically exploring the major novels by Morrison. The scholars around globe have attempted to study and scrutinize her novels from different poems of view such as social realism, male domination and double harassment by Black as well as White.

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