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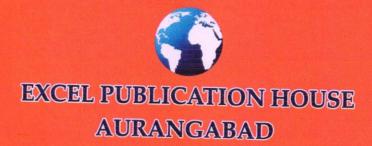
February - 2021

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Head of Public Administration Dept. Public Administration Dept.

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# Kamala das's feminism writing: an overview

#### Mahendra Raosaheb Mawade

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#### Introduction

Kamala das is one of the most powerful voice of dominated part of society. In kamala das's poetry we find the best expression of feminine domination. ,She was an Indian poet in English as well as an author in Malayalam from Kerala, India. Kamala Das was born in Punnayurkulam, Thrissur District in Kerala, on March 31, 1934, to V. M. Nair, a former managing editor of the widely-circulated Malayalam daily Mathrubhumi, and Nalappatt Balamani Amma, a renowned Malayali poetess. Her love of poetry began at an early age through the influence of her great uncle, Nalappatt Narayana Menon, a prominent writer. At the age of 15, she got married to bank officer Madhava Das, who encouraged her writing interests, and she stand writing and publishing both in English and in Malayalam. Calcutta in the 1960s was a tumultous time for the arts, and Kamala Das was one of the many voices that came up and started appearing in cult anthologies along with a generation of Indian English poets. Literary Career She was noted for her many Malayalam short stories as well as many poems written in English.

#### Kamala das's feminism writing.

Kamala das started writing and publishing both in English and in Malayalam. Calcutta in the 1960s was a tumultous time for the arts, and Kamala Das was one of the many voices that came up and started appearing in cult anthologies along with a generation of Indian English poets. Literary Career She was noted for her many Malayalam short stories as well as many poems written in English. Das was also a syndicated columnist. She once claimed that "poetry does not sell in this country", but her forthright columns, which sounded off on everything from women's issues and child care to politics, were www.PoemHunter.com - The World's Poetry Archive 1 popular. Das' first book of poetry, Summer In Calcutta was a breath of fresh air in Indian English poe She wrote chiefly of love, its betrayal, and the consequent anguish. Ms. Das abandoned the certainties offered by an archaic, and somewhat sterile, aestheticism for an independence of mind and body at a time when Indian poets were still governed by "19th-century diction, sentiment and romanticised love." Her second book of poetry, The descendants was even more explicit, urging women to: "Gift him what makes you woman, the scent of Long hair, the musk of sweat between the breasts, The warm shock of menstrual blood, and all your Endless female hungers ..." - The Looking Glass This directness of her voice led to comparisons with Marguerite Duras and Sylvia Plath At the age of 42, she published a daring autobiography, My Story; it was originally written in Malayalam and later she translated it into English. Later she admitted that much of the autobiography had fictional elements. Kamala Das wrote on a diverse range of



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# PHYSICAL EDUCATION: A STUDY OF SKILL DEVELOPMENT AND HEALTH RELATED FITNESS

### Dr.Sanap Bhagchand Maroti

Director of Physical eduction and sports, Mrs.K.S.K.College,Beed.Dist.Beed.

#### Abstract

Skill development and Physical fitness is very important for sport success. Physical fitness and skill related fitness impacts positively on sports performances. Physical fitness, in addition to bringing about performance in games and sports also help in prevention of injuries in the long run and is an inseparable part of sports performance and achievement. The quality of an individual sportsman' fitness in terms of its utilitarian value is directly proportional to the level of performance. That means greater the level of fitness, the greater is the ability of a person to takin higher level of performance. Therefore choose this topic for research paper.

Key Words: Skill Development, Health Related Fitness

#### Introduction:

Skill development is very important for sport success. Skill development is most important for sports performances and also success. Fitness is also important part of sports performances. To overview on skill development and health related fitness I choose these topics. Health related fitness is made-up by various things but muscular strength, muscular endurance, cardio-respiratory endurance, body composition are most important fitness points. Physical fitness and skill related fitness impacts positively on sports performances. Physical fitness, in addition to bringing about performance in games and sports also help in prevention of injuries in the long run and is an inseparable part of sports performance and achievement. The quality of an individual sportsman' fitness in terms of its utilitarian value is directly proportional to the level of performance. That means greater the level of fitness, the greater is the ability of a person to attain higher level of performance. Therefore choose this topic for research paper.

- 1. To overview on skill development.
- 2. To study of causes of port performances.
- 3. To study of health related fitness.

#### Research methodology:

For the purpose of this study used observation and physical science research methodology. It is part of social science research. To study the research topic i use scientifically included reference books, research articles, Newspapers, journal, published and unpublished Overview on fitness.

Fitness is defined as the quality or state of being fit and healthy. The modern definition of fitness describes either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation