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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 started writing and publishing both in English and in Malayalam. Calcutta in the 1960s was a tumultuous 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.

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

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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's 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.

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's 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.

Objective of research:

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 analysis. In this method used secondary data tools for data collection. In this secondary data tools included reference books, research articles, Newspapers, journal, published and unpublished materials and also taken help of internet facilities.

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