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Development of Norms for Muscular Strength Endurance Test for Circle Style Kabaddi Players According to Weight and Height Categories

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Abstract- The purpose of this study was to develop norms for muscular strength endurance test for circle style kabaddi players according to weight and height categories. With the purposive sampling technique a sample of 216 circle style male kabaddi players was taken from sixteen teams which were qualified for the league stage or qualified for the semifinal of the inter- college tournament of selected universities to develop the norms. Muscular strength endurance was measured by Dips test. The test was selected from the specific physical fitness test battery for circle style kabaddi players. (Singh T. 2018). The results were obtained through the SPSS verson 21.0. ANOVA , SCHEFFE TEST (POST HOC TEST), t -Test and Percentile scale was used to develop the norms for strength endurance test for circle style kabaddi players according to weight and height categories.

Key words- ANOVA , SCHEFFE TEST, t-test, strength endurance, norms, Circle Style Kabaddi.

Introduction- **"**Circle Style Kabaddi is an indigenous game of the Punjab region. People were playing Kabaddi with some variations in different areas of Punjab and had entertained but now all types of Kabaddi which were played in ancient Punjab have merged into the Circle Style Kabaddi. Circle Style Kabaddi is different from the National Style Kabaddi. This game is played in a circular type playfield instead the rectangular playfield of National Style Kabaddi. When a stopper touches the raider or raider touches any stopper, the other stopper can't touch or stop to the raider. The struggle will be only in two apposite sides' players.". (Singh, T., 2020). So many studies has been completed on Circle Style Kabaddi.

Dr. Singh T. (2022). Developed norms for speed test for circle style kabaddi players according to weight and height categories; Dr. Singh T. (2022). Developed norms for muscular power test for circle style kabaddi players according to weight and height categories; T. Dr. (2022) conducted a comparative study on speed and reaction ability Level between the Circle Style Male Kabaddi Players of Panjab University Chandigarh and Guru Nank Dev University Amritsar; Das S. & Singh J. (2021) conducted a comparative study on Psychological variable (Emotional Intelligence) of Circle Style and National Style Kabaddi Players; Singh T. Dr. (2021) conducted a comparative Study of Muscular Power and Speed between the Circle Style Male Kabaddi Players of Punjabi University Patiala and Panjab University Chandigarh;

Singh, T. Dr. (2020) conducted a Comparative analysis of Cardio-vascular endurance between the male raiders and stoppers of circle style kabaddi; Singh J. (2019) conducted a comparative study on agility level among female circle style kabaddi players of Punjabi University Patiala and Panjab University Chandigarh; Singh, T. (2019). conducted a Comparative analysis of speed and muscular power between the male raiders and stoppers of circle style kabaddi, Singh T. (2019). conducted a Comparative Analysis of Agility and Reaction Ability between the male Raiders and Stoppers of Circle Style Kabaddi; Kumar K.,

et.al.(2018) conducted a comparative study of sports achievement motivation of national level circle style kabaddi players; Singh, T. (2018) Constructed and standardized a specific physical fitness test battery for circle style kabaddi players and Singh, T. (2018) conducted a comparative study of cardio-vascular endurance, agility and flexibility level between the circle style male kabaddi players of Panjab University Chandigarh and kurukshetra University kurukshetra.

Muscular strength endurance:-

Muscular Strength endurance is the player's tolerance level against muscles fatigue in strength performance during a long time activity. (Singh, T. , 2018)

Muscular Strength endurance is very important component of physical fitness and also plays a very important role for the players of circle style kabaddi. Circle style kabaddi players should have the higher rate of Strength endurance so that they can do continue fight during the 30 seconds raid again and again in the match. Many players do struggle continue in every raid or in many raids to win the match. The players who have not required Strength endurance's level, they can't maintain their performance level in the whole match.

Objective of the study: To develop the norms for strength endurance test for circle style kabaddi players according to weight and height categories.

Method and Procedure:

Sample- Two hundred Sixteen (216) subjects for this study were selected with the purposive sampling technique from eight teams which were qualified for the league stage of the inter college tournament of selected Universities i.e. Panjab University Chandigarh, Punjabi University Patiala, Guru Nanak Dev University Amritsar and Kurukshetra University Kurukshetra during the session of 2017-18.

Method – Norms were already developed for Circle Style Kabaddi players in specific physical fitness test battery for circle style kabaddi players (Singh T. 2018). But weight and height also affect the performance of the players in Circle Style Kabaddi because it is a combative game. Here it was essential to indicate that selected and authentic test through the present study are also compared with adopted weight and height. The investigator made the three categories of weight and two categories of height for the Circle Style Kabaddi Players with the consult of the coaches and experts of Circle Style Kabaddi. These categories of weight and height were also suitable for the data of the study. These categories were compared with ANOVA , Scheffe Test and t test.

In this study the norms for Dips test have been developed to judge the strength endurance of the players of Circle Style Kabaddi according to weight and height categories. The percentile scale was applying to develop the norms, as it is found easier to all the coaches, trainers, researchers and testers to compare the result(Barnett and Peters, 2004; Bruininks and Bruininks, 2005). Moreover percentile rank provides a quick comparison with all other scores in the group (Chow and Henderson, 2003).

ANOVA and SCHEFFE Test (POST HOC TEST)

TABLE 1

Comparison among different weight categories with ANOVA Test

ANOVA						
		Sum of Squares	**df**	**Mean Square**	**F**	**Sig.**
Dips Test	Between Groups	858.87	2.00	429.44	3.95	0.02
	Within Groups	23184.79	213.00	108.85		
	Total	24043.66	215.00			

• Significance at .05 Level of confidence

It observed from Table 1 that the F value of Dips Test is significant at .05 level of confidence. So there is a need of Multiple Comparisons by Scheffe Test (Post Hoc Test) to check the significant difference of means between the weight categories.

TABLE 2

SCHEFFE TEST to check the significant difference of means among weight categories

Multiple Comparisons							
Dependent Variable			**Mean Difference (I-J)**	**Std. Error**	**Sig.**	**95% Confidence Interval**	
						Lower Bound	**Upper Bound**
Dips Test	1	2	-4.49607*	1.61	0.02	-8.46	-0.53
		3	-1.92	1.92	0.61	-6.65	2.80
	2	1	4.49607*	1.61	0.02	0.53	8.46
		3	2.57	1.88	0.39	-2.07	7.21
	3	1	1.92	1.92	0.61	-2.80	6.65
		2	-2.57	1.88	0.39	-7.21	2.07
*. The mean difference is significant at the 0.05 level..							

• Significance at .05 Level of confidence

It can be observed from Table 2 Scheffe Test (Post Hoc Test) that the Mean Difference of Dips Test is significant at 0.05 level of confidence . So there is a need to develop the norms according to the different weight category for Dips Test. Different weight categories are up to 75 kg (N=80), up to 90 kg (N=89) and above 90 kg (n=47).

Descriptive Statistics, Percentile Norms and Grades of Weight Categories:

Table no. 3 show the Descriptive Statistics and table no. 4 Percentile Norms for different weight categories of Dips test. The table 5 show the grades according to the performance of the players of Circle Style Kabaddi.

TABLE 3

DESCRIPTIVE STATISTICS OF WEIGHT CATEGORIES

Test Items	**Category**	**N**	**Range**	**Minimum**	**Maximum**	**Mean**	**Standard Deviation**
Dips (Push-Ups) Test	Up to 75 Kg	80	40.00	19.00	59.00	38.65	10.81
	76 to 90 kg	89	39	21	60	43.15	9.39
	Above 90 Kg	47	37	20	57	40.57	11.61

Graphical presentation of Mean and Standard Deviation of weight categories for Dips test

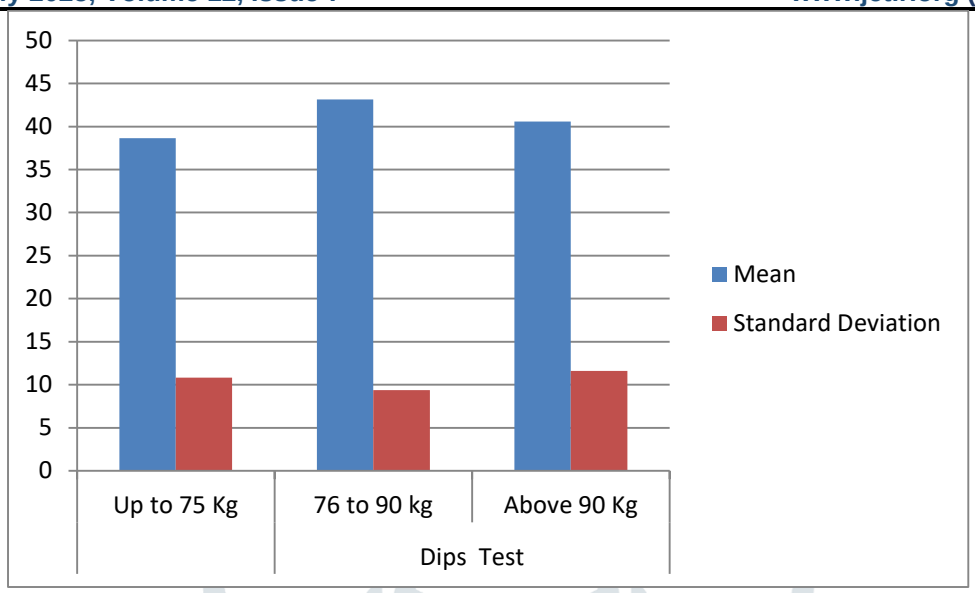

TABLE 4

Percentiles norms of Muscular Strength endurance (Dips Test**) for the male circle style kabaddi players of weight categories**

Percentiles				
		UP TO 75 KG	**76 to 90 Kg**	**Above 90 Kg**
N	Valid	80	89	47
Percentiles	10	24	28	22
	20	27	33	26
	25	31	38	27
	30	32	41	36
	40	34	43	40
	50	38	45	43
	60	42	47	46
	70	46	49	49
	75	49	50	50
	80	51	51	52
	90	53	54	54
	100	>53	>54	>54

TABLE 5

Grading for Muscular Strength endurance (Dips Test) of the circle style kabaddi players of weight categories

Test Variable	Category	Below Average	Average	Above Average	Excellent
Dips (Push-Ups) Test	Up to 75 kg	< 31	31-38	39-49	>49
	76 to 90 kg	<38	38-45	46-50	>50
	Above 90 Kg	<27	27-43	44-50	>50

Grades for Muscular Strength Endurance test (Dips Test) for circle style kabaddi male players of weight categories are as –

1. For up to 75 kg category in Dips test, the scores below 31 are considered Below Average, from about 31-38 is considered Average, 39-49 is considered Above average and the scores >49 are considered Excellent.

2. For 75 to 90 Kg category in Dips test, the scores below 38 are considered Below Average, from about 38-45 is considered Average, 46-50 is considered Above average and the scores >50 are considered Excellent.

3. For above 90 Kg category in Dips test, the scores below 27 are considered Below Average, from about 27-43 is considered Average, 44-50 is considered Above average and the scores >50 are considered Excellent.

According to Height Categories:-

Comparison between different two categories of height (up to 175 cm and above 175 cm) Muscular Strength endurance test (Dips test)

TABLE 6

Descriptive statistics of height categories

Test Variable	Category	N	Mean	Std. Deviation	Minimum	Maximum
Dips Test	Up to 175 cm	87	41.84	9.70	19.00	58.00
	Above 175 cm	129	40.30	11.12	20.00	60.00

Graphical presentation of Mean and Standard Deviation of height categories

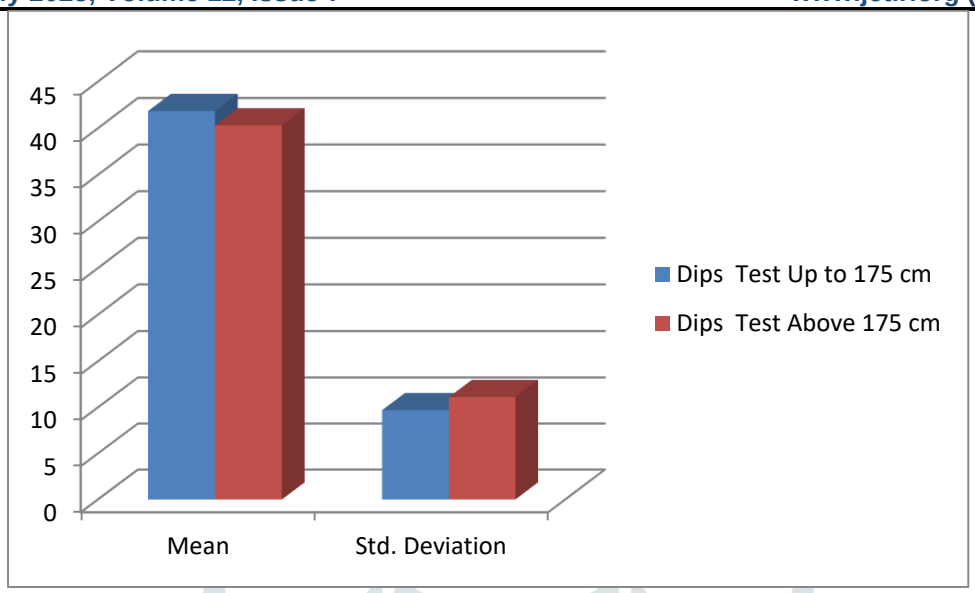

TABLE 7

T- TEST for Comparison between different two height categories

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Categories	Equal variances assumed	3.893	.050	-1.048	214	.296	-1.537	1.467	-4.428	1.354
	Equal variances not assumed			-1.076	200.315	.283	-1.537	1.428	-4.353	1.280

Not Significance at 0.05 level of confidence.

It can be observed from table 7 that the 'P' value of different two categories of height is not significant at 0.05 level of confidence because the 'P' value for both categories is more than the significant value. So there is no need to develop the norms according to the two different height categories.

Conclusion

Percentile norms and grades for Muscular Strength endurance test (Dips test) of circle style kabaddi players according to weight categories were constructed. Percentile scale seems to be appropriate because the highest performance in the test item receives the maximum score where-as the lowest performance in the 600 meters run test receives the minimum score. Thus this type of scale is only suitable for the sample selected. The results reveals that the performance can easily be divided into four categories, i.e. below average, average, above average and excellent without facing any difficulties. But there was not a significance difference between the height categories, so there was not a need to develop the norms according to the two different height categories.

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Raw Data -

Weight Categories

Up to 75 Kg	w	Dips Test		76 to 90 Kg	W	Dips Test		Above 90 KG	W	Dips Test
Parminder Singh	75	55		Sukhdeep Singh	85	45		Avtar Singh	95	44
Pardeep Singh	75	32		Sandeep singh	83	30		Rajakaranveer Singh	100	26
Balkarn Singh	70	34		Gurpreet Singh	86	54		Asif Mohmmad	95	44
Gagandeep Singh	65	40		Satnam Singh	85	41		Jaspinder Singh	94	26
Karanbarinder Singh	70	31		Jaskirat singh	82	46		Ramanpreet Singh	93	40
Gagandeep Singh	72	55		Mandeep Singh	80	29		Preetpal Singh	95	22
Gursewak Singh	75	22		Gursimran Singh	84	55		Jaskirt Singh	98	48
Rajwinder Singh	75	52		Sandeep Singh	80	60		Rupinder Singh	109	20
Vatandeep Singh	65	52		Harmanjit Singh	85	28		Manjobanjeet Singh	95	52
Hardeep Singh	75	59		Balwant singh	78	50		Hardeep Singh	92	54

Jasmeet Singh	73	52		Amtojsran	81	36		Amansud	94	51
Darshan Singh	64	32		Karmjit Singh	82	32		Honey Deol	95	46
Baljit Sharma	70	27		Tejinder Singh	88	40		Gurpinderjit Singh	95	43
Harmeet Singh	75	42		Saranpreet Singh	78	49		Arabdeep Singh	99	43
Karanpreet Singh	68	52		Ravandeep Singh	76	41		Nirmal Singh	106	52
Jagmeet Singh	65	34		Pawandeep Singh	80	45		Dilsher Singh	100	38
Balwant Singh	64	22		Jaspal Singh	86	49		Karamjit Singh	104	57
Parminder Singh	70	21		Gurwinder Singh	86	46		Jaspal Singh	105	49
Satnam Singh	67	50		Amritpal Singh	81	40		Gurpreet Singh	102	25
Shyam Sunder	63	45		Mandeep Singh	79	26		Gurlal Singh	120	46
Sarabjit Singh	67	42		Amritveer Singh	78	27		Jugraj Singh	109	39
Mandeep Singh	74	37		Sulinder Singh	80	52		Lovepreet Singh	103	50
Major Singh	69	45		Harmanpreet Singh	80	33		Maninder Singh	104	57
Amanpreet Singh	72	38		Satpal singh	85	49		Jaimal Singh	92	40
Kuldeep Singh	68	44		Karanpreet Singh	85	44		Gurdas Singh	91	42
Sukhwant Singh	66	50		Sarbjit Singh	85	45		Kulwinder Singh	103	53
Karanbir Singh	64	34		Gursajjan Singh	82	27		Sandeep Singh	96	35
Arandeep Singh	65	40		Amritpal Singh	84	43		Kawaljit Singh	105	40
Akashdeep Singh	74	37		Robinpreet singh	84	41		Jugraj Singh	101	42
Raman Kumar	74	32		khusdeep Singh	82	29		Sapinder Singh	95	48
Sukhwinder Singh	75	42		Amritpal Singh	78	49		Vizen Kumar	95	52
Pargat Singh	75	51		Ramandeep Singh	80	41		Punjab Singh	101	24
Angrej Singh	72	33		Devinder Singh	83	47		Sheetal Singh	93	26
Jaskiranjit Singh	75	31		Rajwant Singh	85	53		Kulwinder Singh	105	46
Manjinder Singh	70	49		Rajwinder Singh	84	48		Mandeep Singh	92	50
Ravinderpal Singh	75	41		Hardavinder Singh	78	43		Parminder Singh	92	44
Mandeep Singh	75	40		Gurik Singh	78	29		Harjinder Singh	97	31
Paramjit Singh	72	31		Jagpal Singh	78	21		Gurkarmpal Singh	102	21
Malkit Singh	70	45		Inderjeet Singh	80	43		Jaspreet Singh	91	49
Jasbir Singh	70	39		Sukhpreet Singh	83	54		Jashandeep Singh	93	27
Arjun Singh	68	56		Amritpal Singh	82	56		Vikram	98	55
Manpreet Singh	70	36		Satnam Singh	78	44		Harinder Singh	91	23
Kamalpreet Singh	75	28		Sukhchain Singh	85	50		Ravi Parkash	100	52
Parminder Singh	62	35		Sukhpreet Singh	82	49		Amandeep	94	40
Gurdeep Singh	73	31		Randhir Singh	84	45		Sonu	95	54
Gurwinder Singh	73	26		Amanjot Singh	78	47		Ramesh Kumar	101	20
Kulwinder Singh	73	33		Iqbal Singh	81	43		Vikki Singh	95	21
Kulwinder Singh	70	51		Manpreet Singh	78	45				
Sukhjeet Singh	70	21		Amandeep Singh	82	30				
Chand Singh	68	30		Anil Kumar	85	56				
Harman Singh	72	48		Gurdeep Singh	76	37				
Lakhveer Singh	70	37		Sonu	85	43				
Sukhveer Singh	71	40		Tinka	80	46				
Amarpreet Singh	70	19		Parveen	85	42				
Gurtej Singh	75	26		Yadvinder Singh	84	47				
Rupinder Singh	73	36		Gurjinder Singh	82	45				
Gurwinder Singh	73	24		Naresh Kumar	78	51				

Harjaspreet Singh	72	25		Naresh	80	47				
Pawanvir Singh	67	51		Anuj	81	53				
Surinder Singh	70	21		Anuj Lohan	80	52				
Naresh Kumar	75	53		Jaydeep	80	57				
Ankush	71	26		Ashish	80	48				
Gourav	74	25		Naveen	82	43				
Deepak	75	23		Jagdeep	82	33				
parveen	72	41		Robin	81	31				
Vijay Goyat	71	44		Rakesh	83	23				
Parvesh	72	52		Sukhbir	76	45				
Amit Kumar	68	54		Ankit Kumar	78	43				
Kuldeep	70	58		Amit	78	26				
Ajay	60	33		Harmanpreet Singh	90	23				
Dinesh	62	47		Manjot Singh	90	39				
Hari Ram	72	47		Gurpreet Singh	90	45				
Mohit Shukla	70	32		Mandeep Singh	90	36				
Nikit	57	33		Manpreet Singh	90	51				
Sahil	59	37		Balraj Singh	89	50				
Hemant Kumar	65	51		Manpreet Singh	90	29				
Subham	63	49		Lovejinder Singh	90	47				
Sunny	61	53		Manjinder Singh	90	51				
Aman Kumar	68	26		Harmandeep Singh	89	48				
Gaurav Kamboj	57	24		Bhupinder Singh	88	54				
				Gurmeet Singh	90	53				
				Ramandeep Singh	89	55				
				Gurlamber Singh	86	44				
				Gurparkash Singh	88	48				
				Jaspreet Singh	89	25				
				Sonu Kumar	88	54				
				Ramesh	87	54				
				Mohan	90	43				
				Mohan	90	54				

Data -

Height Categories

above 175 cm	Height	Dips Test		upto 175 cm	Height	Dips Test
Sukhdeep Singh	180	45		Sandeep singh	170	30
Avtar Singh	180	44		Pardeep Singh	173	32
Parminder Singh	180	55		Balkarn Singh	168	34
Gurpreet Singh	183	54		Mandeep Singh	173	29
Rajakaranveer Singh	180	26		Gagandeep Singh	168	40
Satnam Singh	180	41		Gagandeep Singh	168	55
Asif Mohmmad	180	44		Vatandeep Singh	170	52
Harmanpreet Singh	180	23		Darshan Singh	168	32

Jaskirat singh	180	46		Baljit Sharma	173	27
Karanbarinder Singh	175	31		Karanpreet Singh	173	52
Gursimran Singh	183	55		Jagmeet Singh	173	34
Gursewak Singh	175	22		Balwant singh	173	50
Rajwinder Singh	175	52		Satnam Singh	173	50
Sandeep Singh	183	60		Shyam Sunder	165	45
Jaspinder Singh	178	26		Sarabjit Singh	160	42
Harmanjit Singh	183	28		Mandeep Singh	170	37
Hardeep Singh	178	59		Major Singh	173	45
Jasmeet Singh	180	52		Amanpreet Singh	170	38
Ramanpreet Singh	180	40		Kuldeep Singh	173	44
Preetpal Singh	175	22		Sukhwant Singh	165	50
Manjot Singh	175	39		Arandeep Singh	165	40
Jaskirt Singh	188	48		Raman Kumar	168	32
Harmeet Singh	180	42		Ravandeep Singh	173	41
Balwant Singh	175	22		Sukhwinder Singh	170	42
Amtojsran	180	36		Hardeep Singh	173	54
Parminder Singh	178	21		Pargat Singh	170	51
Karmjit Singh	175	32		Angrej Singh	170	33
Tejinder Singh	178	40		Karanpreet Singh	173	44
Rupinder Singh	180	20		Manjinder Singh	170	49
Karanbir Singh	175	34		Ravinderpal Singh	173	41
Akashdeep Singh	175	37		Mandeep Singh	173	40
Saranpreet Singh	177	49		Balraj Singh	168	50
Manjobanjeet Singh	178	52		Malkit Singh	170	45
Pawandeep Singh	178	45		Jasbir Singh	170	39
Jaspal Singh	178	49		Arjun Singh	170	56
Gurwinder Singh	178	46		Manpreet Singh	165	36
Amritpal Singh	178	40		Manjinder Singh	168	51
Mandeep Singh	180	26		Amritpal Singh	173	49
Amritveer Singh	178	27		Parminder Singh	168	35
Amansud	180	51		Ramandeep Singh	168	41
Sulinder Singh	178	52		Gurwinder Singh	173	26
Harmanpreet Singh	178	33		Kulwinder Singh	165	33

Gurpreet Singh	178	45		Kulwinder Singh	170	51
Honey Deol	188	46		Hardavinder Singh	168	43
Gurpinderjit Singh	183	43		Sukhjeet Singh	170	21
Satpal singh	178	49		Chand Singh	168	30
Jaskiranjit Singh	178	31		Harman Singh	170	48
Mandeep Singh	178	36		Lakhveer Singh	173	37
Manpreet Singh	178	51		Amarpreet Singh	173	19
Sarbjit Singh	178	45		Inderjeet Singh	173	43
Arabdeep Singh	183	43		Rupinder Singh	173	36
Nirmal Singh	183	52		Sukhpreet Singh	173	54
Dilsher Singh	178	38		Satnam Singh	170	44
Karamjit Singh	178	57		Harjaspreet Singh	173	25
Jaspal Singh	180	49		Sukhpreet Singh	173	49
Gurpreet Singh	180	25		Pawanvir Singh	170	51
Gurlal Singh	198	46		Bhupinder Singh	173	54
Jugraj Singh	180	39		Iqbal Singh	173	43
Lovepreet Singh	178	50		Manpreet Singh	173	45
Maninder Singh	180	57		Jaspreet Singh	173	25
Jaimal Singh	178	40		Naresh Kumar	165	53
Paramjit Singh	178	31		Gurdeep Singh	173	37
Gursajjan Singh	183	27		Sonu	170	43
Amritpal Singh	180	43		Tinka	170	46
Gurdas Singh	180	42		Parveen	173	42
Manpreet Singh	179	29		Yadvinder Singh	173	47
Kulwinder Singh	183	53		Gourav	173	25
Sandeep Singh	180	35		Naresh Kumar	168	51
Lovejinder Singh	180	47		Naresh	165	47
Kawaljit Singh	183	40		Anuj	168	53
Jugraj Singh	183	42		Deepak	165	23
Robinpreet singh	183	41		Anuj Lohan	173	52
khusdeep Singh	180	29		Jaydeep	173	57
Sapinder Singh	183	48		parveen	173	41
Vizen Kumar	175	52		Vijay Goyat	173	44
Punjab Singh	180	24		Rakesh	173	23

Kamalpreet Singh	180	28		Parvesh	173	52
Gurdeep Singh	183	31		Amit Kumar	170	54
Sheetal Singh	180	26		Kuldeep	170	58
Kulwinder Singh	188	46		Dinesh	170	47
Devinder Singh	175	47		Mohit Shukla	173	32
Rajwant Singh	175	53		Nikit	170	33
Rajwinder Singh	175	48		Sahil	168	37
Mandeep Singh	180	50		Hemant Kumar	165	51
Sukhveer Singh	175	40		Subham	170	49
Gurik Singh	175	29		Sunny	173	53
Harmandeep Singh	180	48		Aman Kumar	170	26
Jagpal Singh	175	21				
Gurtej Singh	180	26				
Amritpal Singh	178	56				
Parminder Singh	180	44				
Sukhchain Singh	180	50				
Gurwinder Singh	183	24				
Randhir Singh	180	45				
Amanjot Singh	183	47				
Harjinder Singh	180	31				
Gurkarmpal Singh	185	21				
Gurmeet Singh	180	53				
Ramandeep Singh	178	55				
Jaspreet Singh	175	49				
Surinder Singh	175	21				
Gurlamber Singh	180	44				
Gurparkash Singh	180	48				
Jashandeep Singh	178	27				
Amandeep Singh	175	30				
Sonu Kumar	175	54				
Anil Kumar	183	56				
Vikram	180	55				
Ankush	175	26				
Harinder Singh	178	23				
Gurjinder Singh	178	45				
Ravi Parkash	180	52				

Ramesh	180	54				
Amandeep	183	40				
Sonu	180	54				
Ramesh Kumar	188	20				
Mohan	175	43				
Vikki Singh	183	21				
Mohan	175	54				
Ashish	175	48				
Naveen	178	43				
Jagdeep	180	33				
Robin	183	31				
Sukhbir	178	45				
Ankit Kumar	178	43				
Amit	175	26				
Ajay	175	33				
Hari Ram	175	47				
Gaurav Kamboj	175	24				