

The Effects of Yogic practices on Selected Motor Related Variables of Women Hockey and Basketball Players

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Abstract: *Yoga teaches the way to face complexities in life and holds the key for a better living. In this view the investigators have made an effort to find out the effect of asana on motor related variables of women college players of Hockey and Basketball for this, achievement players were randomly assigned into two groups; one experimental and the other, control group. Each group consisted of 100 players, and were further divided into 50 each for experimental and control group. Experimental group practicing yoga asanas for a period of Six weeks while control group was not assigned. The analyses of data show that yogic practices effectiveness in developing Motor variables.*

Keywords: Motor related, control group, experimental group, yogic practice

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