OBJECTIVES

Objectives:

1. The main objective of the study is to compare and find out the relationship between yogic practice and Sudur Tratak on level of stress and anxiety and performance of Maharashtra state archers.

2. The other objective of the study is to find out competition and anxiety of the player to compare.

3. To compare the experimental group and control group to cope with stress.

4. To compare the experimental group and control group to cope with competition anxiety.

5. To compare the experimental group and control group to cope with level of performance.