HYPOTHESIS

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1. It is hypothesized that yogic practice reduce the level of stress and anxiety and improve performance of archery.

2. It is hypothesized that yogic practitioners may better in level of stress as compare to the control group.

3. It is hypothesized that yogic practitioners may better in level of anxiety as compare to their counterparts.

It is hypothesized that yogic practitioners may better in level of performance as compare to the control group.