Introduction

According to the ancient Indian philosophical text i.e. BHAGAWAD GITA it is said that the AUM is the representation of the "Brahma" which is the origin and the energy source of the whole universe. In other words AUM represents God. AUM is a root of all mantras. "Mantras" is a typical combination of words which affects the surrounding and human beings through the vibrations. These mantras are to be chanted for enormous number of times to get the results. The results are miraculous. Each and every mantra starts with AUM and mostly ends with AUM.

Om (also written AUM) is the oldest and most sacred sound found in Yoga, Hinduism, and Buddhism. Not only does Om represent the entire universe, known as Brahman, it is also said to be the source of all creation.

Basketball

Basketball is one of the world's most popular and widely viewed sports. It is a team sport in which two teams of five players try to score points by throwing or "shooting" a ball through the top of a basketball hoop while following a set of rules.

Basketball has evolved many commonly used techniques of shooting, passing, and dribbling, as well as specialized player positions and offensive and defensive structures and techniques. Typically, the tallest members of a team will play "center", "small forward", or "power forward" positions, while shorter players or those who possess the best ball handling skills and speed play "point guard" or "shooting guard".

Playing regulations

Games are played in four quarters of 10 or 12 minutes (NBA). College games use two 20-minute halves, while high school varsity games use 8 minute quarters. 15 minutes are allowed for a half-time break under FIBA, NBA, and NCAA rules and 10 minutes in high school. Overtime periods are five minutes in length except for high school which is four minutes in length.
Violations

The ball may be advanced toward the basket by being shot, passed between players, thrown, tapped, rolled or dribbled. The ball must stay within the court; the last team to touch the ball before it travels out of bounds forfeits possession. This is in contrast to other sports such as Football, volleyball, and tennis where the ball or player is still considered in if any part of it is touching a boundary line.

Although the rules do not specify any positions whatsoever, they have evolved as part of basketball. During the first five decades of basketball's evolution, one guard, two forwards, and two centers or two guards, two forwards, and one center were used. Since the 1980s, more specific positions have evolved, namely:

1. Point Guard: usually the fastest player on the team, organizes the team's offense by controlling the ball and making sure that it gets to the right player at the right time.
2. Shooting Guard: creates a high volume of shots on offense; guards the opponent's best perimeter player on defense
3. Small Forward: often primarily responsible for scoring points via cuts to the basket and dribble penetration; on defense seeks rebounds and steals, but sometimes plays more actively.
4. Power Forward: plays offensively often with their back to the basket; on defense, plays under the basket (in a zone defense) or against the opposing power forward (in man-to-man defense)
5. Center: uses height and size to score (on offense), to protect the basket closely (on defense), or to rebound.

Omkar Chanting

Patanjali had designed the Science of Yoga about 2400 years ago i.e. 400 year BC, in the form of Yoga Sutras, he had explained AUM in Sanskrit verses (sutras). In yogic practices the relation is of immediate and practical value. Patanjali could see that the relation between a form and the name is closest in AUM and has made use of this quality in his method of meditation.
AUM is composed of 3 elements, 'a', 'u' and 'm'. The fusion of these 3 elements is AUM or OM. The 3 alphabets are pronounced in series. AUM can be seen through the eyes, listened to via ears and chanted via tongue. It is somewhat simpler to concentrate on the above 3 sense organs, so it is easy to concentrate the mind directly on the object. This is achieved by fixing AUM as a target for meditation on which 3 sense organs are focused.

**Pranayama**

Pranayama (Sanskrit: prāṇāyāma) is a Sanskrit word meaning "extension of the prana or breath" or more accurately, "extension of the life force". The word is composed of two Sanskrit words, Prāna, life force, or vital energy, particularly, the breath, and "āyāma", to extend, draw out, restrain, or control.

Apte provides fourteen different meanings for the word prana (Devanagari: प्राण, prāṇa) including these:

- Breath, respiration
- The breath of life, vital air, principle of life, usually plural in this sense, there being five such vital airs generally assumed, but three, six, seven, nine, and
- Energy, vigor

**Statement of the Problem**

As the researcher is from the field of basketball and seeing the importance of Yoga in today's life with the constraint of the playing fields in the schools and also discussion with the physical educationists the researcher selected the topic entitled “EFFECT OF OMKAR CHANTING AND PRANAYAMA ON BASKETBALL SKILLS OF SCHOOL CHILDREN”.

**Delimitations**

Since this piece of research considers very challenging in Indian atmosphere, the researcher has delimited this study as follows:

1. Basketball players have been included in this study.
2. The study has been delimited to the basic Basketball skills.

3. Specific ‘training schedules’ of omkar chanting and Pranayama on the basis of the principles of training have been specifically designed.

4. The study has been conducted on a group of basketball players of Jalgaon district aged 14 to 16 years.

5. The total duration of experimentation has been restricted to at least 4 months (including testing dates, Sundays & holidays) which include one experiment, and one – follow-UP programme of 6 weeks each.

**Limitations**

It has not been possible for the researcher to control overall aspects of this experiment. The researcher recorded some drawbacks remained and within which he has conducted this experiment. The limitations as noted down during experiment are:

1. It was not possible to control daily activities of the subjects since they lived with their parents.

2. The food habits of the groups could not be controlled as most of the students are from varied culture, social & environmental background.

3. The researcher had to depend upon various technical assistants while collecting data. Although testers’ reliability coefficient has been determined, still there is a chance of variability.