OBJECTIVES

The present study aims to evaluate the impact of Pranayama and Omkar Chanting modules on playing skills of Basketball players with the purpose:

1) To evaluate the playing ability of Basketball players with respect to the daily activities with a set of Omkar Chanting and Pranayama.

2) To design exercise modules for improving Basketball Skills.

3) To measure skills of Basketball players with respect to dribbling, throwing, and passing.

4) To evaluate efficiency of the module on selected basketball skills through a controlled experiment.