INTRODUCTION

A survey released in December 2008 by the US National Center for Complementary and Alternative Medicine found that yoga was the 6th most commonly used alternative therapy in the United States\(^1\) during 2007, with 6.1 percent of the population participating.

Both the meditative and the exercise components of yoga show promise for non-specific health benefits. According to an article in the Journal of Alternative and Complimentary Medicine, the system of Hatha Yoga believes that prana, or healing "life energy" is absorbed into the body through the breath, and can treat a wide variety of illnesses and complaints. Yoga has been studied as an intervention for many conditions, including back pain, stress, etc.

The word "Yoga" is derived from the root 'Yuj' meaning 'joining together'.

It is transformation of human consciousness into divine consciousness. It is a systematic process of accelerating the growth of human being from his animal level to normalcy then to super human level and ultimately divinity. It is a method of all round personality development: Physical - mental - intellectual - emotional as well as spiritual components of the Man.

The word 'Yoga' is normally taken into a narrow sense of 'Yogasans' or yogic exercises which is but only the third of the eight stages of liberation viz., Yam (conduct), Niyam (Self discipline), Asana (exercises), Pranayam (breath restraint), Pratyahar, Dharna, Samadhi (liberation). There are four main paths to suit different kinds of temperament to attain the goal.

Volleyball

Volleyball is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic
skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports.

During a demonstration game, someone remarked that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport.

**Things Changing…Quickly**

Changes were immediately made to Morgan’s game. One of the first changes was the name itself. Alfred Halstead is credited with renaming the sport with the descriptive words “volley ball.” The number of players on each team also was limited. Originally, a team was allowed to have as many players as it could fit into its half of a 50- by 25-foot court. The number of players was set at nine per side and later reduced to six. Rotating players to various positions on the court has been part of the game from the beginning.

It was in the year 1916 that the skill of set and spike was introduced to the game. Subsequently, four years later, the three hits rule and back row hitting were established as well. The first country, apart from United States which adopted volleyball was Canada, in the year 1900. The Federation Internationale de Volleyball was founded in 1947 while the first ever World Championship was held in 1949 for men and in 1952 for women.

**STATEMENT OF THE PROBLEM**

The researcher himself is a volleyball player. After the discussion with experts coaches and famous personalities in the field of volleyball the researcher decided to undertake the study entitled “YOGIC TRAINING FOR THE PROMOTION OF FITNESS AND VOLLEYBALL SKILLS OF COLLEGE STUDENTS”
Delimitations

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

1. Volleyball players will be included in this study.
2. The study will be delimited to the AAHPER Volleyball skills.
3. Specific ‘training schedules’ of selected yogic exercises on the basis of the principles of training have been specifically designed.
4. The study will be conducted on a group of volleyball players of Jalgaon district aged 16 to 19 years.
5. The total duration of experimentation has been restricted to at least 4 months (excluding testing dates, Sundays & holidays) which include one experiment, and one – follow-UP programme of 6 weeks each.

Limitations

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

1. The food habits of the groups could not be controlled as most of the students are from varied culture, social & environmental background.
2. It was not possible to control daily activities of the subjects since they lived with their parents.
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.