Objectives

The present study has been conducted with the following major objectives;

- To determine the effect of selected Yogic Exercises on strength of Volleyball players.
- To determine the effect of selected Yogic Exercises on Flexibility of Volleyball players.
- To determine the effect of selected Yogic Exercises on Speed of Volleyball players.
- To evaluate the efficacy of the Yogic Exercises on selected Volleyball skills through a controlled experiment.
- To prepare a Yogic Exercises module for improving the selected fitness of Volleyball players.
- To prepare a Yogic Exercises module for improving the selected Volleyball skills.