PREFACE

There is a great scope and need for research in evaluating the effect of Yogic exercise training on Fitness components of Football players. Day by day various research studies are taking place in physical education, games and sports, to know the attitude of various activities. Sportsmen or athletes are the center of this research. Before evaluating the actual performance in any sports, it is highly important to know the awareness of that particular sport. The positive response will be the ultimate result in knowing the attitude of college students towards football.

The Researcher has undertaken “Effects of Selected Exercises in Yoga on Motor Fitness and Football Skills of Boys Aged 14 to 16 Years” in Mumbai district, to find out the relationship of Yogic training and football for the promotion of fitness and skills of football players, which may be helpful to the other players as well as coaches and physical educationists also. There is a hope that the results of the present study may be helpful to the college students for their overall development in the field of football.

Mrs. Vidya S. Kulkarni