In sports world players are surrounded by a lot of challenges. Some are outside challenges while others reside within them. The internal challenges are much more dangerous than the external ones. Among these the greatest challenge is stress. Stress is a monster that affects the physical, mental and emotional health.

When a person becomes agitated, stress mechanism is activated in the body which leads to a lot of changes in hormonal, circulatory and metabolic responses. Stress hormonal response is one of the main crux of any player. As it is a psychosomatic factor the relevance of yogic practices and aerobic exercises is now increasingly realized in stress reduction.

The effect of yogasanas on mind is based on the principle that there is a close interaction between the body and mind. There are certain asanas which greatly calm the mind and nervous system and thereby reduce the stress level. Pranayamas are breathing exercises which balance the functioning of our autonomous nervous system as there is an intimate connection between our breathing and nervous system. Once the nervous system is cooled down and balanced the stress level reduces. In meditation, the conscious mind becomes still the subconscious thoughts and desires start emerging helping the players to react in stressful situation without stress.

Aerobic exercises requiring rapid movements of body also help in releasing the bounded energy in tight muscles by utilizing this energy for movements and thus provide relaxation to body and mind. Hence this study investigates the training effects of yogic practices and aerobic exercises on stress hormone and its associated circulatory and metabolic responses of players. This study will definitely help coaches and sports scientists to design training schedule for better performance and help players for the improvement of general health and well-being.