CHAPTER 4

AIM AND OBJECTIVES OF THE STUDY

4.1 **Aim:** Aim of the study is to evaluate the impact of Integrated Yōga module practices on Big Five Personality dimensions and Guṇa Traya dimensions of employees.

4.2 **Objectives:** The objectives of this study are as follows

4. To evaluate the impact of Integrated Yōga Module practices on Big Five Personality dimensions of employees assessed through Big Five Inventory

5. To evaluate the impact of Integrated Yōga Module practices on Guṇa Traya dimensions of employees assessed through Vedic Personality Inventory

6. To study the relationship between Big Five Personality dimensions and Guṇa Traya dimensions

4.3 **Hypotheses**

**Hypothesis 1:** Practice of Integrated Yōga Module has impact on the Big Five Personality dimensions of employees assessed through Big Five Inventory

**Hypothesis 2:** Practice of Integrated Yōga Module has impact on Guṇa Traya dimensions of employees assessed through Vedic Personality Inventory
Hypothesis 3: There is a relationship between Big Five Personality dimensions and Guṇa Traya dimensions assessed through Big Five Inventory and Vedic Personality Inventory

4.4 Null Hypotheses

Null Hypothesis 1: Practice of Integrated Yōga Module has no impact on the Big Five Personality dimensions of employees assessed through Big Five Inventory

Null Hypothesis 2: Practice of Integrated Yōga Module has no impact on Guṇa Traya dimensions of employees assessed through Vedic Personality Inventory

Null Hypothesis 3: There is no relationship between Big Five Personality dimensions and Guṇa Traya dimensions assessed through Big Five Inventory and Vedic Personality Inventory