CHAPTER 4

OBJECTIVE AIMS AND SCOPE OF STUDY
4.0. Objective, Aims and the Scope of study:-

4.1. OBJECTIVE: - The study is designed to evaluate the effect of Yoga intervention over a certain period of time in modifying the genotoxic stress induced by radiation treatment and whether there is a significant link between Yoga intervention and psychological stress when compared to the control subjects.

4.2. AIMS

Study-I: - The first aim of the study is to find out the background radiation induced DNA damage and genomic instability in the breast cancer patients undergoing radiotherapy using molecular cytogenetic techniques.

Study-II: The second aim of the study is to conduct a randomized control trial to study the effect of yoga intervention in modulating the genotoxic and psychological stress levels in breast cancer patients undergoing radiotherapy.
4.2.1. HYPOTHESIS: - Integrated Yoga Intervention can modulate anxiety, depression, perceived stress and radiation induced DNA damage in Breast cancer patients undergoing radiotherapy.

4.2.2. Null Hypothesis: - Integrated Yoga program do not influence the outcome measures of anxiety, depression and perceived stress in Breast cancer patients undergoing radiotherapy.

4.3. Scope of the study: - The current research study does not aim to find the molecular genetic basis of stress reduction and modulation of DNA damage. The molecular genetic interaction is beyond the scope of the study. The goal is to find out whether Stress and response to DNA damage are associated with yoga.