# Aims and Objectives

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AIM AND OBJECTIVES

4.1 AIM:
The study was aimed to evaluate the changes in human potential through Yoga practices, assessed by quantifying the changes in psychological and health variables.

4.2 OBJECTIVES:

Study 1.
To evaluate the effect of integral yoga on human potential by assessing sustained attention, emotional intelligence, general health, triguna personality inventory and to evaluate the correlations of each variable with other variables.

Study 2.
To study the immediate effect of Kapālabhāti and Breath awareness on human potential assessed by state anxiety, sustained attention and verbal and spatial memory.

Study 3.
To study the immediate effect of Deep Relaxation Technique vs Supine rest on human potential assessed by state anxiety and sustained attention.

4.3 RESEARCH QUESTIONS

1. Can integral yoga program improve general health, emotional intelligence, sustained attention and triguna personality of healthy volunteers?.

2. Can a Yoga based stimulation ‘kapālabhāti,’ immediately reduce State Anxiety, improve sustained attention, improve verbal and spatial memory better than the ‘Breath awareness’ in healthy volunteers?

3. Can a Yoga based “Deep Relaxation Technique” (DRT) immediately reduce State Anxiety and improve sustained attention better than the supine rest technique in healthy volunteers?
4.4 HYPOTHESES

1. Integral yoga program is associated with improvement in general health, emotional intelligence, sustained attention and *triguṇa* personality of healthy volunteers.

2. Kapālabhāti, and Breath awareness are associated with reduction in anxiety, improvement in sustained attention and improvement in verbal and spatial memory in healthy volunteers.

3. Relaxation techniques are associated with reduction in anxiety and improvement in sustained attention in healthy volunteers.

4. Integral yoga program is associated with psychological and health variables in consistency of correlations between them before and after yoga practices.

4.5 NULL HYPOTHESES

1. No improvement in general health, emotional intelligence sustained attention and *triguṇa* personality of healthy volunteers after integral yoga practices.

2. No reduction in anxiety, improvement in sustained attention, and improvement in verbal and spatial memory would take place in healthy volunteers following *kapālabhāti* and Breath awareness.

3. No reduction in anxiety and improvement in sustained attention would take place in healthy volunteers following relaxation techniques.

4. No consistency of correlations between psychological and health variables before and after yoga practices.

4.6 RATIONALE FOR THE STUDY

The rationale for this study is to show the efficacy of **Integral Yoga especially in a residential set up** on healthy volunteers in development of one’s overall personality and potential with psychological and health variables. Integral Yoga module in a residential set up for Human Potential manifestation is done by investigating four main dimensions
i.e. General health, Emotional intelligence, Sustained attention, and Guṇa personality related to four streams of Yoga.

According to yoga human potential consists of basic personality factors, called Gunas and attention at mental level, emotional intelligence at emotional level and memory at subconscious level and health by level of anxiety. This study was aimed at evaluating the effect of yoga in enhancing these four aspects of human potential by quantifying the changes as follows. The health by state anxiety, memory and general health tests, the Emotional Intelligence by EQ test, the Sustained attention by six letter cancellation and digit letter substitution tasks and the Personality by guna inventory of tamas, rajas and sattva.

Each aspect of human personality/potential is connected with one stream of yoga. Hence four aspects/measures of human personality/potential are chosen in our study to suit four streams of yoga which is called Integral Yoga in other words.