

## **4.0 AIMS AND OBJECTIVES**

The heterogeneity and variability of yoga practices present significant challenges in establishing their efficacy for healthcare interventions, especially when compared to the rigor, methodologies, and controls typical of conventional clinical and pharmacological research. The introduction of remote yoga delivery further complicates this landscape by adding another dimension of variability. This study aims to address these complexities by examining the characteristics, effectiveness, and impact of remote yoga in comparison to in-person yoga across diverse populations in the East (India) and West (North America). The goal is to identify gaps and key factors that contribute to the reliability and applicability of remote yoga in healthcare.

### **4.1 AIM OF THE STUDY**

The two studies aim to evaluate the delivery authenticity, effectiveness, inclusiveness, and usability of remote yoga compared to in-person yoga delivery, taking into account cultural and demographic differences between practitioners in India (East) and North America (West). By identifying gaps and assessing the impact of key components in yoga delivery, this research seeks to highlight factors essential for enhancing the reliability and effectiveness of remote yoga, supporting its potential integration into future healthcare frameworks.

### **4.2 OBJECTIVES OF THE STUDY:**

#### **PRIMARY OBJECTIVES:**

1. To evaluate and compare the achievement of the achievement of yoga goals of “wellness” to “self-realization” achieved through remote and in-person methods across two global socio-economic demographics.
2. To evaluate the efficacy and limitations of remote yoga for physical and mental therapy. Thereby, understanding the challenges to scaling the remote delivery of yoga.

3. To compare the factors that drive adoption, practice, barriers, and benefits of yoga in respective regions.
4. To understand the interaction of the yoga component with demographics and social factors in the context of the eastern and western worlds.

#### **SECONDARY OBJECTIVES:**

1. Develop a framework for evaluating the efficacy of yoga delivery through in-person and remote modes.
2. Identify the critical cognitive, demographic, and social factors in developing technology-based or yoga delivery and underlying factors for improving methodology of yoga delivery yoga.
3. To probe the applicability and validity of Yoga-based research when the interventions are delivered remotely via a vis-à-vis in person.

### **4.3 JUSTIFICATION OF THE STUDY**

Research has shown yoga's effectiveness and growing acceptance as a wellness and therapeutic intervention for various health conditions. However, its research scope remains fragmented compared to the extensive clinical studies typical of western healthcare methods. Remote yoga, an innovative extension to traditional yoga delivery, brings added accessibility but also raises questions about its efficacy and future potential as a reliable delivery mode for wellness and complementary intervention. Addressing gaps and validating the effectiveness of remote yoga is essential to qualifying it for broader healthcare integration. Therefore, we need to conduct research to investigate how remote yoga interacts with diverse yoga styles, demographic variations, specific health interventions, and potential future applications. This study underscores the significance of establishing common global protocols in yoga,

encompassing methodologies, delivery, evaluation, and standards, in order to enhance the validity and reliability of yoga interventions.

As shown in Figure 5, this study adopts a systematic approach to evaluate, differentiate, modify, and optimize yoga practices, thereby improving their efficacy. It aims to facilitate the effective integration of remote yoga into healthcare, therapy, wellness, and research domains. Understanding the implications of the evolving yoga delivery ecosystem on global demographics is critical. This includes addressing divergences in practices and adaptations, analyzing their impact on therapy and healthcare, and finding a balance between tradition and technology.

**Figure 7**

<b>Understand</b>	<ul style="list-style-type: none"> <li>• Traditions vs. Technology and Convenience vs. Discipline</li> </ul>
<b>Evaluate</b>	<ul style="list-style-type: none"> <li>• Global Demographics for effective Yoga delivery and integration</li> </ul>
<b>Identify</b>	<ul style="list-style-type: none"> <li>• Identify delivery gaps and divergence and its impact on yoga practice.</li> </ul>
<b>Resolve</b>	<ul style="list-style-type: none"> <li>• Address gaps, to Improve delivery and outcomes mitigate</li> </ul>
<b>Optimize</b>	<ul style="list-style-type: none"> <li>• Move from generalization of yoga to customization,</li> </ul>
<b>Improved Reliability and Efficacy</b>	<ul style="list-style-type: none"> <li>• Making Remote yoga delivery reach clinical standards for effective outcomes.</li> </ul>

***Systematic approach to Identify and resolve gaps***

This study investigates the benefits, limitations, and efficacy of remote versus in-person yoga delivery across diverse demographics in Eastern and Western contexts. This study fills important gaps in the field of remote yoga research, specifically in the areas of therapeutic and wellness interventions, and

emphasizes the importance of considering the yoga delivery method as a significant variable factor. The study offers valuable insights into remote yoga-based applications and technologies, which can enhance modern yoga delivery. Additionally, it contributes to epidemiological and clinical research that links yoga practices to health outcomes.

#### **4.4 HYPOTHESIS**

##### **H<sub>0</sub> (Null Hypothesis):**

The delivery of yoga in remote modalities does not differ significantly from traditional in-person yoga among practitioners from diverse cultural backgrounds (India and North America), for

- a. Authenticity
- b. Deliverability, usability, accessibility, adaptability, and perceived quality of experience.
- c. And for the inclusiveness of essential yoga components among practitioners from diverse cultural backgrounds (India and North America).

##### **H<sub>1</sub> (Alternative Hypothesis):**

The delivery of yoga in remote modalities differs significantly from traditional in-person yoga among practitioners from diverse cultural backgrounds (India and North America), for

- a. Authenticity
- b. Deliverability, usability, accessibility, adaptability, and perceived quality of experience.
- c. And for the inclusiveness of essential yoga components among practitioners from diverse cultural backgrounds (India and North America).