

# CHAPTER-4

## Aims and Objectives

## **4.0 AIMS AND OBJECTIVES**

### ***4.1 Aims***

1. To study and compile the available literature from traditional yogic scriptures on Obesity.
2. To assess the effect of IAYT on adult obese male by a randomized control trial.

### ***4.2 Objectives***

1. To explore the understanding of obesity according to traditional yogic scriptures.
2. To investigate the effects of three months of Integrated Approach of Yoga Therapy (IAYT) program on anthropometric, clinical and psychological profile of obese Indian adult male.

### ***4.3 Research Questions***

Is IAYT able to bring about a change in the clinical, anthropometric and psychological functions in obese male individuals?

### ***4.4 Hypothesis***

The changes in clinical, anthropometric and psychological measures brought about by 14 weeks of IAYT would differ from the changes in the control group of obese male individuals.

### ***4.5 Null hypothesis***

Clinical, anthropometric and psychological changes after 14 weeks of intervention, in the yoga group, would be similar to changes in the control group of obese male individuals.