

“Work for work’s sake, worship for worship’s sake. Do good because it is good to do good. Ask no more”

– Swami Vivekananda

Chapter 4

AIMS AND OBJECTIVES

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4.1 Aim

To study impact of Integrated Yoga Module on development of Leadership Competency of managers.

4.2 Objective

- a. To develop 'Vedanta Model of Leadership' based on ancient Indian wisdom of yoga (Advaita Vedanta philosophy by Adi Shankaracharya).
- b. To study the impact of Integrated Yoga Module (IYM) on Leadership Competencies of Managers.

4.3 Research questions

1. Does Integrated Yoga Module (IYM) has impact on Leadership competencies based on Indian Transformational Leadership?
2. What changes does Integrated Yoga Module (IYM) make in Quality of life of Managers?
3. Does Integrated Yoga Module (IYM) make changes the Decision making style of the leaders?
4. What changes does Integrated Yoga Module (IYM) make in Guna characteristics of leaders?

4.4 Hypotheses

1. Integrated yoga Module (IYM) has impact on Leadership Competencies.
2. Integrated yoga Module (IYM) has impact on Quality of Life of Managers.
3. Integrated yoga Module (IYM) has impact on Decision making style of Managers.
4. Integrated yoga Module (IYM) has impact on Guna Characteristics of Managers.

4.5 Null hypotheses

1. Integrated yoga Module (IYM) does not have impact on Leadership Competencies.
2. Integrated yoga Module (IYM) does not have impact on Quality of Life of Managers.
3. Integrated yoga Module (IYM) does not have impact on Decision making style of Managers.
4. Integrated yoga Module (IYM) does not have impact on Guna Characteristics of Managers.