

CHAPTER 4.0

4.0 AIM AND OBJECTIVES

4.1 AIM OF THE STUDY

This study is designed to examine the impact of *yama* and *niyama* on physiological and psychospiritual factors in young adults.

4.2 OBJECTIVES OF THE STUDY

- To assess psychospiritual changes in *guṇās* using *guṇa* questionnaire before and after intervention.
- To measure physical, psychospiritual changes with Bio-Well before and after intervention.
- To assess changes with one-month follow up.

4.3 JUSTIFICATION OF THE STUDY

The *yama* and *niyama* ethical principles are the basis for achieving a meaningful life-changing pattern; following these principles bring wisdom and happiness. Incorporating *yamās* and *niyamās* into our everyday life harmonize body and mind and align these with the divine laws of nature resulting in spiritual growth and promote positive health.

4.4 HYPOTHESIS AND NULL HYPOTHESIS

4.4.1 YAMA AND NIYAMA GROUP

Hypothesis

Practice of *yama* and *niyama* has positive impact on physical and psychospiritual factors in young adults.

Null Hypothesis

Practice of *yama* and *niyama* has no change in physical and psychospiritual factors in young adults.

4.4.2 YOGA GROUP

Hypothesis

Practice of *yoga* has positive impact on physical and psychospiritual factors in young adults.

Null Hypothesis

Practice of *yoga* has no change in physical and psychospiritual factors in young adults.

4.4.3 ONE MONTH FOLLOW-UP GROUP**Hypothesis**

One month follow-up has positive impact on physical and psychospiritual factors in young adults.

Null Hypothesis

One month follow-up has no change in physical and psychospiritual factors in young adults.