

4.0 AIMS AND OBJECTIVES OF THE STUDY

4.1 Aim

To study the effect of a Short Duration Integrated Classroom *Yoga* Module (ICYM) on physical fitness, cognitive performance, emotional well-being and personality characteristic measures of school children.

4.2 Objectives

1. To develop a theoretical model of *yoga* in education based on the juxtaposition of ancient knowledge and scientific research.
2. To develop and validate a Short Duration Integrated Classroom *Yoga* Module (ICYM) and test its feasibility and efficacy.
3. To study the effect of a short duration ICYM on physical fitness, cognitive performance, emotional well-being and personality characteristic measures of school children.

4.3 Research Question

Does a short duration ICYM have a positive impact on physical, emotional, cognitive and personality measures of school children?

4.4 Hypothesis

1. The short duration ICYM has a positive effect on physical fitness of school children.
2. The short duration ICYM has a positive effect on cognitive performance of school children.
3. The short duration ICYM has a positive effect on emotional well-being of school children.
4. The short duration ICYM has a positive effect on personality characteristic of school children.

4.5 Null Hypothesis

1. The short duration ICYM does not have a positive effect on physical fitness of school children.
2. The short duration ICYM does not have a positive effect on cognitive performance of school children.

3. The short duration ICYM does not have a positive effect on emotional well-being of school children.
4. The short duration ICYM does not have a positive effect on personality characteristic of school children.

The principle of Yoga is not perfection of the human nature as it is but a psychic and spiritual transformation of all parts of the being through the action of an inner consciousness.

Sri Aurobindo