

4. AIM AND OBJECTIVES

4.1. AIM AND OBJECTIVES OF DESIGN 1

4.1.1. Aim of the Study:

To develop an integrated *yoga* module for hypothyroidism.

4.1.2. Objective of the Study:

Customization and validation of the IAYT module for the hypothyroid problem.

4.2. AIM AND OBJECTIVES OF DESIGN 2

4.2.1 Aim of the Study:

To study the effect of an Integrated Approach of *Yoga* Therapy on hypothyroidism.

4.2.2 Objectives of the Study:

1. To study the changes in thyroid function and related parameters before and after IAYT intervention.
2. To study the effect of IAYT on Weight, BMI, and Quality of Life and their correlation with IAYT intervention of subjects suffering from hypothyroidism.

4.3. RESEARCH QUESTION

Whether IAYT is an effective complementary therapy over control of thyroid related disorders?

4.4. HYPOTHESIS AND NULL HYPOTHESIS

Hypothesis

1. The Integrated Approach of *Yoga* Therapy is a practical complementary management approach for hypothyroidism.
2. In comparison to the control group, the IAYT group demonstrated substantial improvements in hypothyroidism management, weight loss, and quality of life.

Null Hypothesis:

1. Integrated Approach of *Yoga* Therapy is not a practical complementary management approach for hypothyroidism.

2. Compared to the control, the IAYT *yoga* group would show no improvements in the control of hypothyroid level, reduction in Weight, BMI, and improved Quality of Life.

The current chapter described about the aim and objectives of the research and the upcoming chapter discusses about the methods and modules of the study
