

4.0 AIM AND OBJECTIVES

4.1 AIM

The present study was intended to evaluate the effect of Integrated Yoga Program (IYP) on physical and psychosocial well-being of orphans.

4.2 OBJECTIVES

1. To evaluate the effect of yoga on physical health of orphans.
 - a) To study the effect of yoga on their muscle strength.
 - b) To assess the effect of yoga on their muscle endurance.
 - c) To measure the effect of yoga on their flexibility.
 - d) To evaluate the effect of yoga on their coordination.
 - e) To study the effect of yoga on their speed and agility.
 - f) To evaluate the effect of yoga on their balance.
 - g) To study the effect of yoga on their minimum muscular fitness
2. To examine the effect of yoga on cognitive health of orphan.
 - a) To evaluate the effect of yoga on Executive functions.
 - b) To evaluate the effect of yoga on psychomotor performance.
3. To examine the effect of yoga on psychological health in orphans.
 - a) To evaluate the effect of yoga on trait anxiety.
 - b) To evaluate the effect of yoga on depression.
 - c) To examine the effect of yoga on aggression.
 - d) To find out the effect of yoga on impulsivity.

- e) To measure the effect of yoga on loneliness
- f) To examine the effect of yoga on self esteem
- g) To examine the effect of yoga on mindfulness

4.3 RESEARCH QUESTIONS

- a) Can the IYP intervention bring about positive changes in physical health in orphans?
- b) How does IYP improve cognitive functions in orphans?
- c) Can the IYP bring about positive changes in psycho-social factors in orphans?

4.4 HYPOTHESIS

- a) IYP will bring positive changes in physical health in orphans.
- b) IYP will improve cognitive functions in orphans.
- c) IYP will bring positive changes in psycho-social factors in orphans.

4.5 NULL-HYPOTHESIS

- a) There will no change in the physical health in orphans after IYP.
- b) There will no change in the cognitive in orphans after IYP.
- c) There will no change in the psycho-social factors in orphans after IYP.