

EFFECT OF YOGA XXXXX XXXXX XXXXX

(20 font)

Dissertation submitted by (12 font)

XXXXXXXX XXXXXX (18 font)

Reg. No: xxxxxxxx (12 font)

Under the Guidance of (12 font)

XXXXXXXXXX XXXXXXXX (16 font)

Towards the partial fulfillment of (12 font)

MASTER OF SCIENCE IN YOGA (16 font)

January 20xx - January 20xx (14 font)



CENTRE FOR OPEN AND DISTANCE EDUCATION (16 font)

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA (14 font)

(Declared as Deemed University under Section 3 of the UGC Act, 1956)

Bengaluru - 560 019, Bharat (14 font)

CERTIFICATE

(16 font, Times New Roman)

This is to certify that XXXX XXXX is submitting this research titled “Effect of XXXXX XXXXXX - XXXXX” towards partial fulfillment of the requirements of Master of Science in Yoga with effect from January 20xx to January 20xx from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA). **(12 font, Times New Roman with 1.5 line spacing)**

XXXXXXXXXX

Research Guide

S-VYASA University, Bengaluru

DECLARATION

I hereby declare that the work presented in this dissertation is done by me under the guidance of XXXXXXXX XXXXX XXXXXXX. I also declare that this research work titled, “Effect of XXXXXXX XXXX XXXX – XXXXXXXXXXXX.” has not been previously formed as the basis of any degree, diploma, membership, or similar titles.

DATE: xx-xx-xx

Place: Bengaluru

Name: **XXXXX**

Reg. No.: **xxxxx**

ACKNOWLEDGEMENT

I would like to acknowledge the following people who played an instrumental role in completing this project. I foremost express the deepest gratitude to the Almighty, my parents, siblings and my Gurus for the blessing and support by all means. I am grateful to Guruji Dr. H. R. Nagendra, Chancellor, S-VYASA University, Dr. R. Nagarathna, Chief Medical Director, Arogyadhama, Dr. Natesh Babu, the Director CODE, Course coordinator Mr. Krishna Chaitanya and all the faculties of CODE, for promoting research in the field of yoga. I am extremely thankful to my research guide, Dr. XXXXXX XXXXX, for giving me valuable time and guidance in planning, designing, conducting and completing this research project successfully. Without their help and motivation, completing the course satisfactorily would have been impossible. I will always be thankful to my University, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), for promoting my career. I thank all the friends for their help at different stages of this work. Also, I would like to thank all the participants involved in my research project as subjects.

Name: **XXXXXX XXXX**

Reg. No.: xxxxxxxx

**STANDARD INTERNATIONAL TRANSLITERATION CODE
USED TO TRANSLITERATE SAMSKRITA WORDS**

अ	आ	इ	ई	उ	ऊ
a	ā	i	ī	u	ū
ए	ऐ	ओ	औ	अं	अः
e	ai	o	au	aṁ	aḥ
क	ख	ग	घ	ङ	
ka	kha	ga	gha	ṅa	
च	छ	ज	झ	ञ	
ca	cha	ja	jha	ña	
ट	ठ	ड	ढ	ण	
ṭa	ṭha	ḍa	ḍha	ṇa	
त	थ	द	ध	न	
ta	tha	da	dha	n	
प	फ	ब	भ	म	
pa	pha	ba	bha	ma	
य	र	ल	व	श	
ya	ra	la	va	śa	
ष	स	ह	ळ	क्ष	ज्ञ
ṣa	sa	ha	ḷa	kṣa	jña

ABSTRACT

BACKGROUND (12 font in capital letters, Times New Roman with 1.5 line spacing)

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XX (12 font, Times New Roman with
1.5 line spacing)

(In between paragraphs use 18 point space)

AIM

XX
XX
XX

METHODOLOGY

XX
XX
XX.

RESULT

XX
XX
XX

CONCLUSION

XX
XX.

KEYWORDS

Xxxxxxxxx, xxxxxxxxxxx, xxxxxxxxxxx

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Appendix 1

Appendix 2

1 INTRODUCTION (16 font, Times New Roman, **Center aligned**)

1.1 XXXXX

[illegible]

XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX
(Kumar et al., 2016).

1.2 XXXXXXX

[Write about the prevalence]

As time progresses and XXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX
XXXXXXX (Mukherjee et al., 2019). XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXX(Lyngdoh et al.,
2019). XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXX (Sharma & Marimuthu, 2014).
XXXXXXXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX. (Basch, 2011). XXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX9 (Crooks et al., 2011).

1.3 XXXXXXX

[write about the variables studied]

XXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX (Bethell et al.,
2016). XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX
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1.4 XXXXXXX

[write about the practices that can help]

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2016). XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX
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XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX (Meppelink et al., 2016).

1.5 NEED OF THE STUDY

[write- why were you interested to do this research at this point of time? What makes your study
unique and different from published studies from the same field ?]

Explain why your research topic is important to get studied. Discuss the gaps in the existing literature
that your study addressed. Highlight the significance and relevance of your research. XXXXXXXXXXXXXXX
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CHAPTER-2 [font 14]

2 ANCIENT LITERATURE REVIEW [font 16]

[Write about the significance of Ancient Literature Review (ALR); all non-English terms must be in *Italics*][font 12]

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xxxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxxxxx [font 12]

2.1 AIM AND OBJECTIVES

[Write the aim of doing ALR for your study] [Times New Roman, font 12]

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xxxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxxxxx [font 12]

2.2 MATERIALS AND METHODS

[What are the methods used by you to retrieve the ALR- such as visiting libraries, talking to experts, the texts, audio, video etc., that were used in the process. Also, add the keywords used for the specific concept] [font 12]

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xxxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxxxxx [font 12]

2.3 CONCEPT OF STRESS ACCORDING TO *HAŌHA YOGA PRADĒPIKĀ*

xxxxxxxxxxxxx xxxxxxxxxxxxxxxx (Author, year). Xxxxxxxxxxxxxx xxxxxxxxxxxxxxxx
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xxxxxxxxxxxxx xxxxxxxxxxxxxx. Hence, we can infer that the findings are significant and should be incorporated in the present study.

CHAPTER-3

SCIENTIFIC LITERATURE REVIEW

[Summary of 15-20 most related studies to your research work, must be mentioned here in this chapter].

Various scientific literature reviews to highlight the effect of yoga, *pranayama*, meditation in xxxxxxx and the positive effect of xxx are listed below:

These documents are collected from xxx and xxx

3.1 RATIONALE

[Please mention the rationale for the scientific literature review. What were the findings with respect to limitations, variables, assessment tools, and design of the previously done studies? What keywords were used for your search]

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Sl. No	Citation	Population and Sample	Design	Variables	Assessment tools	Intervention and duration	Results	Limitations
1.	(Rshikesan, 2016)	Obese young-aged Male adults (N=70) recruited from Urban settings of Mumbai were randomized into Yoga group (n=35) and Control group (n=35)	Randomized Controlled Trial	Weight, Height, Body mass index (BMI), perceived stress	Weighing machine, Inch tape and Perceived stress scale	Subjects of yoga group practiced validated IAYT Yoga module for Obesity. Duration: For one and a half hours a day for 5 days a week for 14 weeks.	The anthropometric and psychological parameters were improved in both the groups, but changes were statistically significant in yoga group.	Large age variation of subjects. Urban environment of life style such as easy availability of junk food, occupational stress were common for all the subjects and were not controlled among study participants
2.	(Dhananjai et al., 2013)	Obese middle-aged adults (N=100), selected from C.S.M. Medical University, UP, were divided into Yoga group (n=50) and active control group (n=50)	Pre-post Experimental study	Anxiety, Depression, Body weight	Hamilton Rating Scale, Weighing machine	Yoga group practiced se of practices from validated Yoga module for obesity from S-VYASA, for 60 min per day, five days a week for 6 months. Subjects of active control group were involved in walking for 60 minutes a day for 5 days a week for 6 months	Study showed yoga as an effective intervention than walking in the management of anxiety, depression and body weight.	In both groups, the number of male participants was higher than females. In Yoga group, participants were of high economic status, hence diet pattern was different from active control group.

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Note: Recent studies on the top

3.2 SUMMARY

[Summarize all the studies in this section in 1 or 2 paragraphs] [Times New Roman, font size 12]

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CHAPTER 4

AIM AND OBJECTIVES

4.1 AIM

[write the aim of the study in Past tense]

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4.2 OBJECTIVES (in past tense)

a. XXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXX
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b. XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX
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4.3 RESEARCH QUESTION

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XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX XXXXXXXXXXXXXXX ?

4.4 HYPOTHESIS (H_a)

4.5 NULL HYPOTHESIS (H_0)

4.6 ETHICAL CLEARANCE

Ethical clearance was not obtained (write obtained if IEC gave the permission for research)

CHAPTER 5

5 METHODOLOGY

5.1 POPULATION, SAMPLE/ PARTICIPANTS

5.1.1 Population, Sample and Sample size

A total of N subjects were recruited from XX and n subjects from XX. Male (n=) and Female (n=) subjects from each institutions were classified equally into both the groups, Yoga and control group (n=). Thus, XX students were classified into Yoga group (n= 30) and control group (n= 30).

The details are given in the flow chart below (Figure-1).

5.1.2 Source of sample

The subjects were recruited from XX and XX of xx city of xx.

5.1.3 Inclusion criteria

- XXXXXXXXXXXX
- XXXXXXXXXXXXXXXX
- XXXXXXXXXXXX;
- XXXXXXXXXXXXXXXX
- XXXXXXXXXXXX
- XXXXXXXXXXXX.

5.1.4 Exclusion criteria

- XXXXXXXXXXXX
- XXXXXXXXXXXXXXXX
- XXXXXXXXXXXX;
- XXXXXXXXXXXXXXXX
- XXXXXXXXXXXX
- XXXXXXXXXXXX.

5.1.5 Ethical consideration

The head of the institution was approached and explained about the details of the study. After getting the approval from the head of the institution, the study was explained clearly to each of the subjects. Signed informed consent was obtained from the participants before collecting the data.

5.2 DESIGN

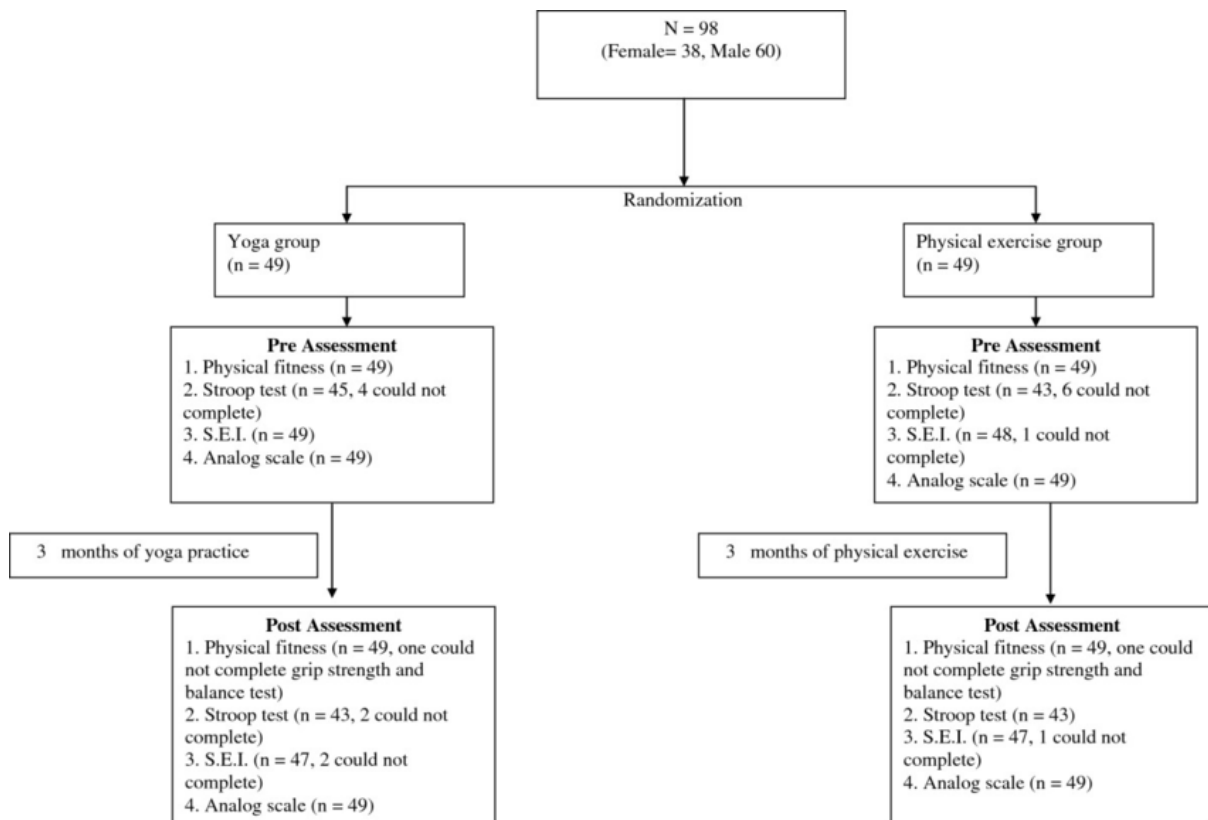
Is it Single / Two group- How many groups? Is it Pre-Post? Is it a Randomized Control Study or survey study, cross-sectional or Observational or experimental study- Information about all these are required to be included in this section.

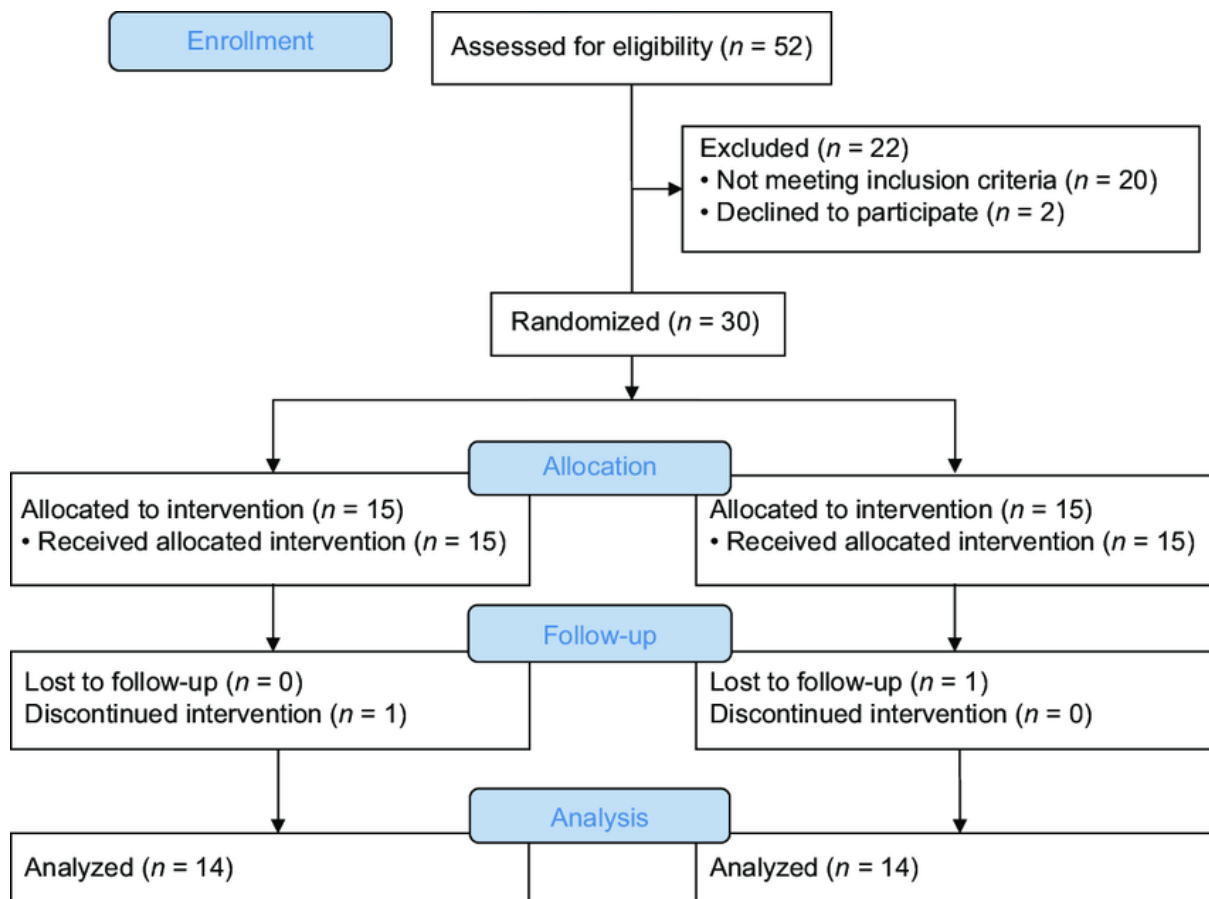
5.2.1 SAMPLING

XX

5.2.2 TRIAL PROFILE

The xxxxxxxxxxxx subjects were randomized to Yoga group and Control group. There were x dropouts from Intervention and y dropouts from control group. The data of x' participants of Yoga and y' the control group were analysed.





5.3 VARIABLES AND ASSESSMENT TOOLS

5.3.1 Primary variable and assessment tool used

XXXXXXXXXX

The details of the questionnaire/ scale used to assess the above-mentioned primary variable is as follows:

XXXXXXXXXX scale (xx)

Purpose: XXXXXXXXXXXX scale was developed by XXXXXXXX & XXXXXXXXXXXXX (Orpinas & Frankowski, 2001), which measure self-reported xxxxxxxxxxxx of xxxxxxxxxxxx.

Description: The scale consists of x items. Participants will have to respond to each question by ticking on the option xxxxxxxxxxxx xxxxxxxxxxxx and focuses on xxxxxx. It is a useful tool for program evaluation and for xxxxxxxxxxxx in xxxxxxxxxxxx.

Method of administration: The test sheet was distributed among the participants and instructed to mark their response in the test sheet. In the case of any confusion, the principal investigator was available to clarify.

Scoring: Responses to each item in the xxxxxxxxxxxx scale can range from 0 times through x or more times. Responses are xxxxxxxxxe; thus, the xxxxxxxxxxx Scale ranges between 0 and xxx points.

Reliability and Validity: The scale has the Cronbach's $\alpha=0.87$. The scale was evaluated in two independent samples of young adolescents ($n = 253$ and $n = 8,695$). Reliability scores were high in both samples, and did not vary significantly by gender, ethnicity, or grade level in school. Aggression scores also were stable in a 2-year follow-up study (Frankowski, 2001).

5.3.2 Secondary variables and assessment tools used

- a. XXXXXXXXXXX
- b. XXXXXXXXXXX

The following scales/questionnaires were used to assess the above-mentioned secondary outcome variables:

XXXXXXXX scale (xx)

Purpose: XXXXXXXXXXX scale was developed by XXXXXXXX & XXXXXXXXXXX (Orpinas & Frankowski, 2001), which measure self-reported xxxxxxxxxxx of xxxxxxxxxxx.

Description: The scale consists of x items, which ask the participants to number xxxxxxxxxxx during the last week and focuses on xxxxxx. It is a useful tool for program evaluation and for xxxxxxxxxxx in xxxxxxxxxxx.

Method of administration: The test sheet was distributed among the participants and instructed to mark their response in the test sheet. In the case of any confusion, the principal investigator was available to clarify.

Scoring: Responses to each item in the xxxxxxxxxxx scale can range from 0 times through x or more times. Responses are xxxxxxxxxe; thus, the xxxxxxxxxxx Scale ranges between 0 and xxx points.

Reliability and Validity: The scale has the Cronbach's $\alpha=0.87$. The scale was evaluated in two independent samples of young adolescents ($n = 253$ and $n = 8,695$). Reliability scores were high in both samples, and did not vary significantly by gender, ethnicity, or grade level

in school. Aggression scores also were stable in a 2-year follow-up study (Orpinas & Frankowski, 2001).

5.4 GROUPS

5.4.1 INTERVENTION GROUP

Subjects of the intervention group practiced xxxxx for x mins for xxx days a week for xxx months for a total of xx sessions.

Steps of xx module in detail:

1. Prayer:

xxxxxxxxxxxxxxxxxx,!
xxxxxxxxxx 7,59,12 . ` ziNt> ziNt> ziNt>
xx /
xx || Āigveda || 7|59|12|/
Om çanti çanti çantiù

- a. xxxxx xxxxxxxxxxxxxxxx
- b. X
- c. XXXXXXXX
- d. XXXXXXXXXXXXXXXX
- e. xxxxxxxxxxxxxxxx

- 2. Stay in SILENCE
- 3. RESOLVE
- 4. Closing prayer

sveR ÉvNtu suion>
sveR sNtu inra-
mya> sveR ÉÔai[
pZyNtu
ma kiít! Ê>oÉagÉvet!.b&hda{ykaepin;d. 1,4,14. `
zaiNt zaiNt zaiNt>
Sarve bhavantu sukhinaù
Sarve santu nirāmayäù
Sarve bhadräëi paçyantu
Mä kaçcit duùkhabhägabhavet || Bâhadâraëyakopaniñad || 1| 4| 14 ||
Om çäntù çänti çäntiù

5.4.2 CONTROL GROUP

Subjects of the control group followed the same regular activities as usual.

5.5 DATA EXTRACTION AND ANALYSIS

5.5.1 Data extraction

XX
XX
XX

5.5.2 Data scoring

XX
XX
XX
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

5.5.3 Data analysis

Data was analyzed in Microsoft Excel. xxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxxxx xxxxxxxx
xxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxxxxxxxxxx xxxxxxxx
xxxx xxxxxxxx xxxxxxxx xxxxxxxxxxx xxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxx
xx xxxxxx xxxxx xxx

CHAPTER-6

6 RESULTS

6.1 DEMOGRAPHIC DATA:

Demographic characteristics: Anthropometric measurements (Weight, height, Body mass index, waist circumference, waist hip ration, hip circumference), Age, and gender are given in table-1 (no p value and statistical significance should be calculated for demographic details, either give the details in Mean \pm Standard deviation and Percentage or in range and percentage distribution).

Sl. No.	Particulars	Characteristics (of total enrolled subjects) (in number or mean \pm SD) or percentage	Intervention group	Control group
1	Gender	Male (n= 30)	15	15
		Female (n= 30)	15	15
2	Age (in years)	25.3 \pm 4.5	25.1 \pm 4.4	25.2 \pm 4.6
3	Weight (in Kilo-grams) \pm \pm \pm
4	Height (in centimeters) \pm \pm \pm

Table 1. Demographic data (of all the enrolled subjects who gave their pre-data- including the dropouts), n= number of subjects, SD = Standard Deviation

6.2 WITHIN GROUP AND BETWEEN GROUP 'T TEST' RESULTS

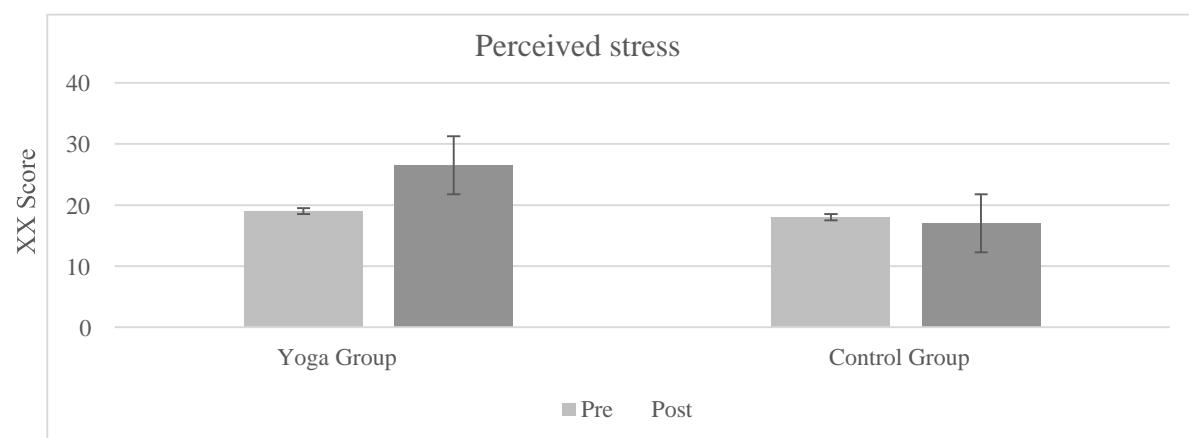
Variable	Within Group								Between Group	
	Intervention group (n=) [excluding data of dropouts]				Control group (n=) [excluding data of dropouts]				Pre vs. Pre	Post vs. Post
	Pre (M \pm SD)	Post M \pm SD	p-value pre-post	% Change	Pre M \pm SD	Post M \pm SD	p-value pre-post	% Change	p-value	p-value
Perceived stress	18 \pm 13.5	8.5 \pm 7.7	0.004	52.78	18 \pm 13.3	17.5 \pm 12.4	0.919	1.79	0.092	<0.001

Table 2. Summary of within and between group t test analysis; n= number of subjects, SD = Standard Deviation

6.2.1 Perceived stress

In the Yoga group, as compared to the pre-data (18 ± 13.5) there was considerably good reduction in the perceived stress as observed from the post mean score (8.5 ± 7.7), with a statistically significant outcome ($p= 0.004$) in the within group analysis.

Whereas, in the control group, there was no much mean score difference found in the post data (17.5 ± 12.4) as compared to the pre-assessment score (18 ± 13.3), with a statistically non-significant result ($p=0.919$) in the within group analysis. However, the between group assessment resulted in a highly statistically significant result ($p < 0.001$) (Graph 1).

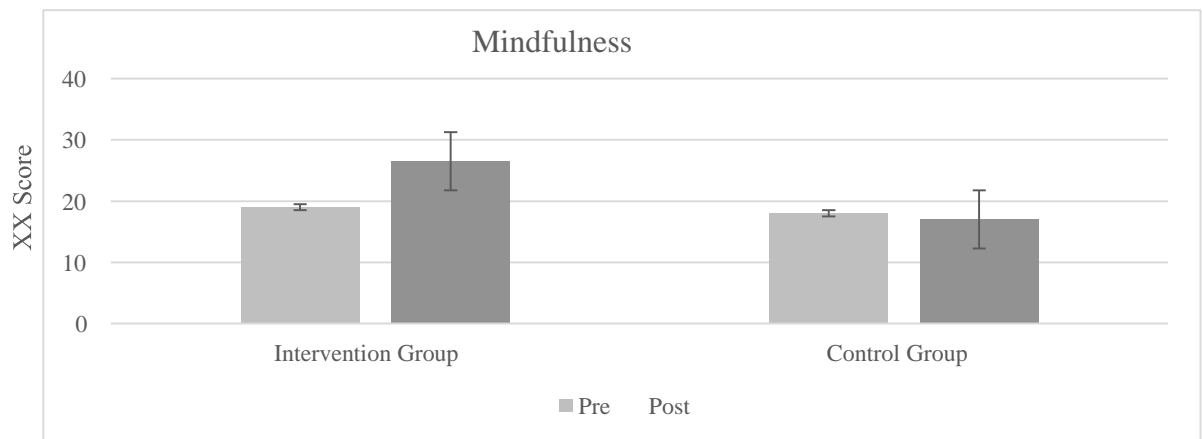


Graph 1. Mean score difference in Perceived stress pre and post the intervention period among subjects of Yoga and control group

6.2.2 xxxxxxxxxxxxxxxxxxxxxx

In the intervention group, as compared to the pre-data (mean \pm SD) there was considerably good improvement in the Mindfulness as observed from the post mean score (mean \pm SD), with a statistically significant outcome (p= xxxx) in the within group analysis.

Whereas, in the control group, there was a reduction in the Mindfulness as found in the post data (mean \pm SD), compared to the pre-assessment score (mean \pm SD), with a statistically non-significant result (p= xxxxx) in the within group analysis. Between group assessment also showed a highly statistically non-significant result (p= xxxx) (Graph 2).



Graph 2. Mean score difference in xxxxx pre and post the intervention period among subjects of Yoga and control group

CHAPTER-7

7 DISCUSSION

[Please do not add any numbers, no p value, no percentage or no numbers in any ways in the discussion, except for years in citation]

One and a half to 2 pages of discussion must be on:

Part 1: Summary of the study results.

Part 2: Compare the results of previous studies published, with same intervention/variable/ population and must give the citation, with your study findings.

Part 3: Report qualitative data(feedback of the participants if any)

Part 4: Write about the social relevance of your study

CHAPTER 8

8 CONCLUSION

Write your conclusion in maximum 2-3 lines.

CHAPTER 9

9 APPRAISAL

9.1 IMPLICATIONS OF THE STUDY

This study provides scientific evidence on improvement of xxxxxxx parameters like xxxxxx, xxxxxxxxxxx, xxxxxxxxxxx and xxxxxxxxxxx with the help of an intervention of MSRT. Hence, based on this study XXXX can be recommended for the xxxxxx of xxxxxxxxxxx.

9.2 APPLICATIONS OF THE STUDY

Based on the outcome of this study, the XX practice can be included as regular basis practice in xxxxxx and other organization where xxxxxxx in mass can be benefitted.

9.3 STRENGTHS OF THE STUDY

To the best of my knowledge, this is the first study on xxxxxxx using xxxxxxx to observe the changes of their x, xxxxxx, xxxxxx, xxxxxxx and xxxxxxx and it comes with a highly significant improvement.

9.4 LIMITATIONS OF THE STUDY

Mention the limitations of the study in a paragraph

9.5 SUGGESTIONS FOR FUTURE STUDIES

Write a paragraph on what suggestions would you like to give to the future researchers in the area of your study.

10 REFERENCES

Dhananjai, S., Tiwari, S., Dutt, K., & Kumar, R. (2013). Reducing psychological distress and obesity through Yoga practice. *International journal of yoga*, 6(1), 66-70. doi: 10.4103/0973-6131.105949.

Rshikesan, P. B., & Subramanya, P. (2016). Effect of integrated approach of yoga therapy on male obesity and psychological parameters-A randomized controlled trial. *Journal of clinical and diagnostic research: JCDR*, 10(10), KC01- KC06. doi: 10.7860/JCDR/2016/21494.8727.

Write other references in the same format as above (American Psychology Association or APA style- 7th edition). Use Zotero Reference manager for the same.

References should be in Alphabetical order

APPENDIX-1
SAMPLE SIZE

APPENDIX-2
INFORMED CONSENT FORM

APPENDIX-3
INFORMED ASSENT FORM (if used)

APPENDIX-4
THE XX SCALE

APPENDIX-5
xx QUESTIONNAIRE

APPENDIX-6
XX QUESTIONNAIRE

APPENDIX-8
DEMOGRAPHIC RAW DATA

APPENDIX-9

**CODED (do not give name of the subjects) RAW DATA OF VARIABLES OF ALL
THE PARTICIPANTS:**

APPENDIX-10

Photos taken during the intervention/ Photos during data collection