

**Swami Vivekananda Yoga Anusandhana Samsthana**  
(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

**SYNOPSIS FORMAT**  
(Total of 6 to 10 pages)

**TITLE**

1. **INTRODUCTION** – ½ to 1 page
  - 1.1. Need for Study
2. **LITERATURE REVIEW** – 1 to 2 pages
3. **AIM AND OBJECTIVES OF RESEARCH** – 1 page
  - 3.1. Aim
  - 3.2. Objectives
  - 3.3. Hypothesis
4. **METHODS** – 2 to 3 pages
  - 4.1. Participants
  - 4.2. Design
  - 4.3. Intervention
  - 4.4. Assessments
5. **DATA ANALYSIS**

**REFERENCES**