

# **APPENDIX 1**

## **INFORMED CONSENT**

**Title:**

**Effects of yoga on physical and psychological health of children with visual impairment**

**Information to the participants:**

Present study, aimed to measure the effect of yoga on physical and psychological health of children with visual impairment. This study is conducted as a part of the PhD (Yoga) degree titled “Effect of yoga on physical and psychological health of children with visual impairment” offered by Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA). Your consent is sought to take part in the study. If you consent to take part in this study, the investigator will interview you along with other participants, whether you were able to do the practice and how well you were able to do it. The information collected from you would be helpful in developing a yoga programme for children with visual impairment. Apart from this interview, you would also be measured some physical (muscle strength, endurance, flexibility, coordination, motor speed and balance) and psychological (depression, anxiety, self esteem, verbal memory and mental wellbeing) parameters. The complete process may take one to two hours. This study is expected not to cause any serious adverse effect on your physical and mental health. During the entire period of the study you will receive a routine health check up.

Please note that you have a right to refuse to give your consent, and this is not compulsory. Please also note that the information you are going to divulge to us will be kept with utmost confidentiality.

**Undertaking by the Investigator:**

Your consent in the above study is sought. You have a right to refuse consent or withdraw the same during any part of the study devoid of giving any reason. Without any prejudice, I undertake to maintain complete confidentiality regarding the information obtained from your ward during the course of the study. The researcher retains the right to use and publish non-identifiable data, aggregate data which represent the average or generalization about the responses as a whole (not individual response) in journals and conferences.

If you have any questions regarding the participation in this study or any concerns during the time and after its completion or you would like to receive a copy of the final aggregate results of this study, please contact to the investigator. The phone number is given below:

<b>Investigator Name</b>	<b>Phone Number</b>
Soubhagyalaxmi Mohanty	9483852383

**CONSENT**

I have been informed about the procedures of the study. The possible risks and also the benefits have been explained to me as stated in the information. I have understood that I have the right to refuse my consent or withdraw it any time during the study without adversely affecting my health. I am aware that by subjecting to this investigation, I will have to give time to assessments by the investigating team and that these assessments do not interfere with the benefits.

I, \_\_\_\_\_, the undersigned, give my consent to participate in this investigation/research program.

**Signature of the Participant**

**Signature of the Investigator**

**Signature of the Witness**

Date

## APPENDIX 2

### SCORING SHEET

Please mark your score in the last column as per this scoring key.

0-not useful, 1- a little useful, 2- moderately useful, 3- very useful, 4- extremely useful

Yoga Practices	Duration in minutes	Score
<b>BREATHING PRACTICES</b>	5 mins	
Hands in and out breathing	1	
Hands stretch breathing	1	
Ankle stretch breathing	1	
Sasankasana breathing	1	
Tiger breathing	1	
<b>LOOSENING EXERCISES</b>	10 mins	
Jogging and Jumping	1	
Forward & backward bending	1	
Twisting	1	
Cycling	1	
Surya Namaskar(12 rounds)	6	
<b>YOGASANAS</b>	20 mins	
<b>STANDING-ASANA</b>		
Ardhakati Cakrasana	1	
Ardha Cakrasana	1	
Padahastasana	1	
Trikonasana	1	
Parivritta Trikonasana	1	
<b>SITTING-ASANA</b>		
Badhakonasana	1	
Vajrasana	2	
Paschimottanasana	1	
Ustrasana	1	
Vakrasana	1	
<b>PRONE_ASANA</b>		
Bhujangasana	1	
Shalabhasana	1	
Dhanurasana	1	
Makarasana	2	
<b>SUPINE_SAVA</b>		
Pavana muktasana	1	
Sarvangasana	1	
Halasana	1	
Matsyasana	1	

<b>PRANAYAMA</b>	10 mins	
Kapalabhati	2	
Vibhagiya pranayama	3	
Nadisuddhi pranayama	3	
Bhramari pranayama	2	
<b>RELAXATION/ DHARANA &amp; DHYANA</b>	15 mins	
Instant, Quick, and Deep Relaxation Technique/ Nadaanusandhana, A+U+M Chanting (each 9 rounds)		
	<b>Total 60 mins</b>	
<b>KRIYA (once in 15 days)</b>		
Jalaneti and Sutraneti		
Vamana Dhouti		

**Please answer the following questions briefly:**

1. Do you have any comment/ alternatives to those practices that you have rated as 1 or 2?
2. Do you think this Yoga module is applicable for all age groups of blind people?
3. What should be the training duration/ schedule for this module:
  - a. Per session: 45/60/90 minutes
  - b. Per week: 3/4/5 sessions
  - c. Months: 1/2/3
4. Do you think overall the yoga program will achieve its objective?
 

1	2	3	4	5
Not at all	A little	Moderately	Very Much	Extremely
5. Any other Comments/ Suggestions:

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Name of the Expert: .....

Signature:

Date:

## APPENDIX 3

### DEMOGRAPHIC SHEET

<b>Name</b>			
<b>Date of Birth</b>			
<b>Gender</b>	Male/Female	<b>Religion:</b>	<b>Caste:</b>
<b>School status</b>	Residential / Non residential		
<b>Languages known</b>	Mother Tongue:	Others (specify) _____	
<b>Family Information</b>	<b>Name</b>	<b>Education &amp; Occupation</b>	<b>Annual Income</b>
	Father:		
	Mother:		
	No. of siblings:		
	Type	Joint/ Nuclear	
Postal Address			
Phone no:			
Are there any other blind persons in the family?	Yes/ No? _____ If Yes, specify		
Date of onset of eyes			
Cause and nature of blindness:			
Percentage of blindness:			
Are you able to carry on normal activity by yourself?	Yes/ No? _____		
Are you indulging in any other activities to take care of your health?	Yes/ No? _____ If Yes, specify		
At present are you practicing yoga?	Yes/No		
Did you earlier practice yoga?	Yes/ No? _____ If Yes, specify the period		
Which school of yoga and when?			

# APPENDIX 4 QUESTIONNAIRES CHILD DEPRESSION INVENTORY-2 (ENGLISH) Maria Kovacs, Ph.D.

<b>CDI<sub>2</sub></b> SELF-REPORT	Name/ID: _____	Date of Birth: _____ / _____ / _____ <small>Year Month Day</small>
	Age: _____ Grade: _____	Sex: Male Female <small>Circle one</small>
Today's Date: _____ / _____ / _____ <small>Year Month Day</small>		

Kids sometimes have different feelings and ideas.

This form lists the feelings and ideas in groups. From each group of three sentences, pick **one** sentence that describes you best for the **past two weeks**. After you pick a sentence from the first group, go on to the next group.

There is no right or wrong answer. Just pick the sentence that best describes the way you have been recently. Put a mark like this  next to your answer. Put the mark in the box next to the sentence that you pick.

Here is an example of how this form works. Try it. Put a mark next to the sentence that describes you best.

**Example:**

- I read books all the time.
- I read books once in a while.
- I never read books.

Remember, for each group, pick out the sentence that describes you best in the PAST TWO WEEKS.

<b>Item 1</b> <input type="checkbox"/> I am sad once in a while. <input type="checkbox"/> I am sad many times. <input type="checkbox"/> I am sad all the time.	<b>Item 6</b> <input type="checkbox"/> I hate myself. <input type="checkbox"/> I do not like myself. <input type="checkbox"/> I like myself.
<b>Item 2</b> <input type="checkbox"/> Nothing will ever work out for me. <input type="checkbox"/> I am not sure if things will work out for me. <input type="checkbox"/> Things will work out for me O.K.	<b>Item 7</b> <input type="checkbox"/> All bad things are my fault. <input type="checkbox"/> Many bad things are my fault. <input type="checkbox"/> Bad things are not usually my fault.
<b>Item 3</b> <input type="checkbox"/> I do most things O.K. <input type="checkbox"/> I do many things wrong. <input type="checkbox"/> I do everything wrong.	<b>Item 8</b> <input type="checkbox"/> I do not think about killing myself. <input type="checkbox"/> I think about killing myself but would not do it. <input type="checkbox"/> I want to kill myself.
<b>Item 4</b> <input type="checkbox"/> I have fun in many things. <input type="checkbox"/> I have fun in some things. <input type="checkbox"/> Nothing is fun at all.	<b>Item 9</b> <input type="checkbox"/> I feel like crying every day. <input type="checkbox"/> I feel like crying many days. <input type="checkbox"/> I feel like crying once in a while.
<b>Item 5</b> <input type="checkbox"/> I am important to my family. <input type="checkbox"/> I am not sure if I am important to my family. <input type="checkbox"/> My family is better off without me.	<b>Item 10</b> <input type="checkbox"/> I feel cranky all the time. <input type="checkbox"/> I feel cranky many times. <input type="checkbox"/> I am almost never cranky.

...continued from the front page.

Remember, for each group, pick out the sentence that describes you best in the PAST TWO WEEKS.

<p><b>Item 11</b></p> <p><input type="checkbox"/> I like being with people.</p> <p><input type="checkbox"/> I do not like being with people many times.</p> <p><input type="checkbox"/> I do not want to be with people at all.</p>	<p><b>Item 20</b></p> <p><input type="checkbox"/> I never have fun at school.</p> <p><input type="checkbox"/> I have fun at school only once in a while.</p> <p><input type="checkbox"/> I have fun at school many times.</p>
<p><b>Item 12</b></p> <p><input type="checkbox"/> I cannot make up my mind about things.</p> <p><input type="checkbox"/> It is hard to make up my mind about things.</p> <p><input type="checkbox"/> I make up my mind about things easily.</p>	<p><b>Item 21</b></p> <p><input type="checkbox"/> I have plenty of friends.</p> <p><input type="checkbox"/> I have some friends but I wish I had more.</p> <p><input type="checkbox"/> I do not have any friends.</p>
<p><b>Item 13</b></p> <p><input type="checkbox"/> I look O.K.</p> <p><input type="checkbox"/> There are some bad things about my looks.</p> <p><input type="checkbox"/> I look ugly.</p>	<p><b>Item 22</b></p> <p><input type="checkbox"/> My schoolwork is alright.</p> <p><input type="checkbox"/> My schoolwork is not as good as before.</p> <p><input type="checkbox"/> I do very badly in subjects I used to be good in.</p>
<p><b>Item 14</b></p> <p><input type="checkbox"/> I have to push myself all the time to do my schoolwork.</p> <p><input type="checkbox"/> I have to push myself many times to do my schoolwork.</p> <p><input type="checkbox"/> Doing schoolwork is not a big problem.</p>	<p><b>Item 23</b></p> <p><input type="checkbox"/> I can never be as good as other kids.</p> <p><input type="checkbox"/> I can be as good as other kids if I want to.</p> <p><input type="checkbox"/> I am just as good as other kids.</p>
<p><b>Item 15</b></p> <p><input type="checkbox"/> I have trouble sleeping every night.</p> <p><input type="checkbox"/> I have trouble sleeping many nights.</p> <p><input type="checkbox"/> I sleep pretty well.</p>	<p><b>Item 24</b></p> <p><input type="checkbox"/> Nobody really loves me.</p> <p><input type="checkbox"/> I am not sure if anybody loves me.</p> <p><input type="checkbox"/> I am sure that somebody loves me.</p>
<p><b>Item 16</b></p> <p><input type="checkbox"/> I am tired once in a while.</p> <p><input type="checkbox"/> I am tired many days.</p> <p><input type="checkbox"/> I am tired all the time.</p>	<p><b>Item 25</b></p> <p><input type="checkbox"/> It is easy for me to get along with friends.</p> <p><input type="checkbox"/> I get into arguments with friends many times.</p> <p><input type="checkbox"/> I get into arguments with friends all the time.</p>
<p><b>Item 17</b></p> <p><input type="checkbox"/> Most days I do not feel like eating.</p> <p><input type="checkbox"/> Many days I do not feel like eating.</p> <p><input type="checkbox"/> I eat pretty well.</p>	<p><b>Item 26</b></p> <p><input type="checkbox"/> I fall asleep during the day all the time.</p> <p><input type="checkbox"/> I fall asleep during the day many times.</p> <p><input type="checkbox"/> I almost never fall asleep during the day.</p>
<p><b>Item 18</b></p> <p><input type="checkbox"/> I do not worry about aches and pains.</p> <p><input type="checkbox"/> I worry about aches and pains many times.</p> <p><input type="checkbox"/> I worry about aches and pains all the time.</p>	<p><b>Item 27</b></p> <p><input type="checkbox"/> Most days I feel like I can't stop eating.</p> <p><input type="checkbox"/> Many days I feel like I can't stop eating.</p> <p><input type="checkbox"/> My eating is O.K.</p>
<p><b>Item 19</b></p> <p><input type="checkbox"/> I do not feel alone.</p> <p><input type="checkbox"/> I feel alone many times.</p> <p><input type="checkbox"/> I feel alone all the time.</p>	<p><b>Item 28</b></p> <p><input type="checkbox"/> It is easy for me to remember things.</p> <p><input type="checkbox"/> It is a little hard to remember things.</p> <p><input type="checkbox"/> It is very hard to remember things.</p>



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 1-800-268-6011, 1-416-492-2627, Fax 1-416-492-3343. Internationally, +1-416-492-2627, Fax: +1-416-492-3343 or (888) 540-4484.

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## APPENDIX 5

### CHILD DEPRESSION INVENTORY-2 (KANNADA)

#### ಪ್ರಶ್ನೆ 1

- ನನಗೆ ಕೆಲವೊಮ್ಮೆ ಬೇಜಾರಾಗುತ್ತದೆ
- ಹಲವು ಬಾರಿ ಬೇಜಾರಾಗುತ್ತದೆ
- ಯಾವಾಗಲೂ ಬೇಜಾರಾಗುತ್ತದೆ

#### ಪ್ರಶ್ನೆ 2

- ನನಗೆ ಯಾವೊಂದು ಪರಿಸ್ಥಿತಿಯೂ, ಯಾವತ್ತೂ ಅನುಕೂಲಕರವಾಗಿ ಇರುವುದಿಲ್ಲ
- ಪರಿಸ್ಥಿತಿಗಳು ಅನುಕೂಲಕರವಾಗಿ ಇರುವುದರ ಬಗ್ಗೆ ಖಾತರಿ ಇಲ್ಲ
- ಸಾಮಾನ್ಯವಾಗಿ ಪರಿಸ್ಥಿತಿಗಳು ಅನುಕೂಲಕರವಾಗಿ ಇರುತ್ತವೆ

#### ಪ್ರಶ್ನೆ 3

- ಹೆಚ್ಚಾಗಿ ನಾನು ಮಾಡುವ ಕೆಲಸಗಳು ಸರಿಯಾಗಿರುತ್ತವೆ
- ಹೆಚ್ಚಿನ ಕೆಲಸಗಳು ತಪ್ಪಾಗಿರುತ್ತವೆ
- ಎಲ್ಲ ಕೆಲಸಗಳೂ ತಪ್ಪಾಗಿರುತ್ತವೆ

#### ಪ್ರಶ್ನೆ 4

- ನನಗೆ ಹೆಚ್ಚಿನ ವಿಷಯಗಳಲ್ಲಿ ಋಷಿ ಇದೆ
- ಕೆಲವು ವಿಷಯಗಳಲ್ಲಿ ಋಷಿ ಇದೆ
- ಯಾವುದರಲ್ಲೂ ಋಷಿ ಇಲ್ಲ

#### ಪ್ರಶ್ನೆ 5

- ಕುಟುಂಬದಲ್ಲಿ ನನ್ನದು ಪ್ರಮುಖ ಪಾತ್ರ
- ಕುಟುಂಬದಲ್ಲಿ ನನ್ನದು ಪ್ರಮುಖ ಪಾತ್ರ ಇರುವ ಬಗ್ಗೆ ಖಾತರಿ ಇಲ್ಲ
- ನಾನು ಇಲ್ಲಿದ್ದರೂ ನನ್ನ ಕುಟುಂಬ ಚೆನ್ನಾಗಿರುತ್ತದೆ

#### ಪ್ರಶ್ನೆ 6

- ನನಗೆ ನನ್ನ ಬಗ್ಗೆ ತಿರಸ್ಕಾರವಿದೆ
- ನಾನು ನನ್ನನ್ನು ಇಷ್ಟಪಡುವುದಿಲ್ಲ
- ನಾನು ನನ್ನನ್ನು ಇಷ್ಟಪಡುತ್ತೇನೆ

#### ಪ್ರಶ್ನೆ 7

- ಎಲ್ಲ ಕೆಟ್ಟ ಸಂಗತಿಗಳೂ ನನ್ನ ತಪ್ಪಿನಿಂದ ಆಗಿವೆ
- ಹಲವು ಕೆಟ್ಟ ಸಂಗತಿಗಳು ನನ್ನ ತಪ್ಪಿನಿಂದ ಆಗಿವೆ
- ಸಾಮಾನ್ಯವಾಗಿ ಕೆಟ್ಟ ಸಂಗತಿಗಳು ನನ್ನ ತಪ್ಪಿನಿಂದ ಆಗಿರುವುದಿಲ್ಲ

#### ಪ್ರಶ್ನೆ 8

- ನಾನು ಆತ್ಮಹತೆಯ ಬಗ್ಗೆ ಯೋಚಿಸುವುದಿಲ್ಲ
- ಆತ್ಮಹತೆಯ ಬಗ್ಗೆ ಯೋಚಿಸುತ್ತೇನೆ ಆದರೆ ಮಾಡಿಕೊಳ್ಳಲಾಗುವುದಿಲ್ಲ
- ಆತ್ಮಹತೆ ಮಾಡಿಕೊಳ್ಳಲು ಇಚ್ಛಿಸುತ್ತೇನೆ

#### ಪ್ರಶ್ನೆ 9

- ಪ್ರತಿದಿನ ಅಳು ಬಂದಂತೆ ಆಗುತ್ತದೆ
- ಹಲವು ದಿನ ಅಳು ಬಂದಂತೆ ಆಗುತ್ತದೆ
- ಒಮ್ಮೊಮ್ಮೆ ಅಳು ಬಂದಂತೆ ಆಗುತ್ತದೆ

#### ಪ್ರಶ್ನೆ 10

- ಸದಾ ತಿಕ್ಕಲು-ತಿಕ್ಕಲಾಗಿ ಆಡುತ್ತೇನೆ
- ಹಲವು ಸಾರಿ ತಿಕ್ಕಲು-ತಿಕ್ಕಲಾಗಿ ಆಡುತ್ತೇನೆ
- ಹೆಚ್ಚು-ಕಡಿಮೆ ತಿಕ್ಕಲು-ತಿಕ್ಕಲಾಗಿ ಆಡುವುದಿಲ್ಲ

#### ಪ್ರಶ್ನೆ 11

- ಜನರೊಂದಿಗೆ ಬೆರೆಯಲು ಇಷ್ಟಪಡುತ್ತೇನೆ
- ಹೆಚ್ಚಿನ ಸಲ ಜನರೊಂದಿಗೆ ಬೆರೆಯಲು ಇಷ್ಟಪಡುವುದಿಲ್ಲ
- ಒಟ್ಟಾರೆಯಾಗಿ ಜನರೊಂದಿಗೆ ಬೆರೆಯುವ ಇಚ್ಛೆ ಆಗುವುದಿಲ್ಲ

#### ಪ್ರಶ್ನೆ 12

- ತೀರ್ಮಾನ ತೆಗೆದುಕೊಳ್ಳಲು ಆಗುವುದಿಲ್ಲ
- ತೀರ್ಮಾನ ತೆಗೆದುಕೊಳ್ಳಲು ಕಷ್ಟ ಆಗುತ್ತದೆ
- ತೀರ್ಮಾನ ತೆಗೆದುಕೊಳ್ಳಲು ಕಷ್ಟ ಆಗುವುದಿಲ್ಲ

#### ಪ್ರಶ್ನೆ 13

- ನಾನು ಚೆನ್ನಾಗಿ ಕಾಣುತ್ತೇನೆ
- ನನ್ನ ರೂಪದಲ್ಲಿ ಕೆಲವು ನ್ಯೂನತೆಗಳಿವೆ
- ನಾನು ಚೆನ್ನಾಗಿ ಕಾಣುವುದಿಲ್ಲ

#### ಪ್ರಶ್ನೆ 14

- ಸದಾ ಉಸಿರು ಬಿಗಿ ಹಿಡಿದು ಶಾಲಾ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುತ್ತೇನೆ
- ಹಲವು ಬಾರಿ ಉಸಿರು ಬಿಗಿ ಹಿಡಿದು ಶಾಲಾ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುತ್ತೇನೆ
- ಶಾಲಾ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುವುದು ದೊಡ್ಡ ಸಮಸ್ಯೆಯೇ ಆಲ್ಲ

#### ಪ್ರಶ್ನೆ 15

- ಪ್ರತಿರಾತ್ರಿ ನಿದ್ರೆ ಮಾಡಲು ನನಗೆ ತೊಂದರೆಯಾಗುತ್ತದೆ
- ಹಲವು ರಾತ್ರಿ ನಿದ್ರೆ ಮಾಡಲು ತೊಂದರೆಯಾಗುತ್ತದೆ
- ಸುಖವಾಗಿ ನಿದ್ರೆ ಮಾಡುತ್ತೇನೆ

#### ಪ್ರಶ್ನೆ 16

- ಒಮ್ಮೊಮ್ಮೆ ಸುಸ್ತಾಗುತ್ತದೆ
- ಹಲವು ದಿನ ಸುಸ್ತಾಗುತ್ತದೆ
- ಯಾವಾಗಲೂ ಸುಸ್ತಾಗುತ್ತದೆ

**ಪ್ರಶ್ನೆ 17**

- ಹೆಚ್ಚಿನ ದಿನಗಳಲ್ಲಿ ಹಸಿವೇ ಆಗುವುದಿಲ್ಲ
- ಹಲವು ದಿನ ಹಸಿವು ಆಗುವುದಿಲ್ಲ
- ಚೆನ್ನಾಗಿ ಊಟ ಮಾಡುತ್ತೇನೆ

**ಪ್ರಶ್ನೆ 18**

- ನೋವುಗಳ ಬಗೆಗೆ ಚಿಂತೆ ಇಲ್ಲ
- ಹಲವು ಬಾರಿ ನೋವುಗಳ ಬಗೆಗೆ ಚಿಂತೆ ಆಗುತ್ತದೆ
- ಯಾವಾಗಲೂ ನೋವುಗಳ ಬಗೆಗೆ ಚಿಂತೆ ಕಾಡುತ್ತದೆ

**ಪ್ರಶ್ನೆ 19**

- ಒಂಟಿ ಎನಿಸುವುದಿಲ್ಲ
- ಹಲವು ಬಾರಿ ಒಂಟಿ ಎನಿಸುತ್ತದೆ
- ಯಾವಾಗಲೂ ಒಂಟಿ ಎನಿಸುತ್ತದೆ

**ಪ್ರಶ್ನೆ 20**

- ಸ್ಥೂಲಿನಲ್ಲಿ ಸಂತೋಷವೇ ಸಿಗಲಿಲ್ಲ
- ಒಮ್ಮೊಮ್ಮೆ ಸಂತೋಷವಾಗಿ ಇರುತ್ತಿದ್ದೆ
- ಹಲವು ಬಾರಿ ಸಂತೋಷವಾಗಿ ಇರುತ್ತಿದ್ದೆ

**ಪ್ರಶ್ನೆ 21**

- ನನಗೆ ಬಹಳ ಮಂದಿ ಸ್ನೇಹಿತರಿದ್ದಾರೆ
- ಕೆಲವು ಸ್ನೇಹಿತರಿದ್ದಾರೆ ಆದರೆ ಇನ್ನೂ ಹೆಚ್ಚು ಮಂದಿ ಸ್ನೇಹಿತರು ಬೇಕೆಂಬ ಆಸೆ
- ನನಗೆ ಸ್ನೇಹಿತರೇ ಇಲ್ಲ

**ಪ್ರಶ್ನೆ 22**

- ನನ್ನ ಶಾಲಾ ಚಟುವಟಿಕೆ ತೃಪ್ತಿಕರ
- ಚಟುವಟಿಕೆ ಹಿಂದಿನಷ್ಟು ತೃಪ್ತಿಕರವಾಗಿಲ್ಲ
- ಯಾವೆಲ್ಲ ವಿಷಯಗಳಲ್ಲಿ ಚೆನ್ನಾಗಿದ್ದನೋ, ಅವುಗಳ ಈಗಿನ ಸಾಧನೆ ಚೆನ್ನಾಗಿಲ್ಲ

**ಪ್ರಶ್ನೆ 23**

- ಎಂದಿಗೂ ಬೇರೆ ಮಕ್ಕಳಷ್ಟು ಚೆನ್ನಾಗಿರುವುದಿಲ್ಲ
- ಒಂದು ವೇಳೆ ಬಯಸಿದರೆ, ಬೇರೆ ಮಕ್ಕಳಷ್ಟೇ ಚೆನ್ನಾಗಿರುತ್ತೇನೆ
- ಬೇರೆ ಮಕ್ಕಳಷ್ಟೇ ಚೆನ್ನಾಗಿದ್ದೇನೆ

**ಪ್ರಶ್ನೆ 24**

- ಯಾರೂ ನನ್ನನ್ನು ಪ್ರೀತಿಸುವುದಿಲ್ಲ
- ಬೇರೆಯವರು ನನ್ನನ್ನು ಪ್ರೀತಿಸುವುದರ ಬಗೆಗೆ ಖಾತರಿ ಇಲ್ಲ
- ನನಗೆ ಗೊತ್ತು, ಕೆಲವರು ನನ್ನನ್ನು ಪ್ರೀತಿಸುತ್ತಾರೆ

**ಪ್ರಶ್ನೆ 25**

ನನ್ನ ಸ್ನೇಹಿತರೊಂದಿಗೆ ಸುಲಭವಾಗಿ ಹೊಂದಿಕೊಳ್ಳುತ್ತೇನೆ  
ಹಲವು ಬಾರಿ ಸ್ನೇಹಿತರೊಂದಿಗೆ ವಾದ-ವಿವಾದಗಳಾಗುತ್ತವೆ  
ಯಾವಾಗಲೂ ಸ್ನೇಹಿತರೊಂದಿಗೆ ವಾದ-ವಿವಾದಗಳಾಗುತ್ತವೆ

**ಪ್ರಶ್ನೆ 26**

- ಯಾವಾಗಲೂ ಹಗಲಿನಲ್ಲಿ ನಿದ್ರೆ ಹೋಗುತ್ತೇನೆ
- ಹಲವು ಬಾರಿ ಹಗಲಿನಲ್ಲಿ ನಿದ್ರೆ ಹೋಗುತ್ತೇನೆ
- ಒಟ್ಟಾರೆಯಾಗಿ ಹಗಲಿನಲ್ಲಿ ನಿದ್ರೆ ಹೋಗುವುದಿಲ್ಲ

**ಪ್ರಶ್ನೆ 27**

- ಹೆಚ್ಚಿನ ದಿನಗಳಲ್ಲಿ ಏನಾದರೂ ತಿನ್ನುತ್ತಲೇ ಇರಬೇಕು ಎಂದೆನಿಸುತ್ತದೆ
- ಹಲವು ದಿನ ಏನಾದರೂ ತಿನ್ನುತ್ತಲೇ ಇರಬೇಕು ಎಂದೆನಿಸುತ್ತದೆ
- ತಿನ್ನುವುದರ ಬಗೆಗೆ ತೃಪ್ತಿ ಇದೆ

**ಪ್ರಶ್ನೆ 28**

- ನೆನಪಿಸಿಕೊಳ್ಳುವುದು ಸುಲಭ
- ನೆನಪಿಸಿಕೊಳ್ಳುವುದು ಸ್ವಲ್ಪ ಕಷ್ಟ
- ನೆನಪಿಸಿಕೊಳ್ಳುವುದು ಬಹಳ ಕಷ್ಟ

# APPENDIX 6

## STATE TRAIT ANXIETY INVENTORY – C (ENGLISH)

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### HOW-I-FEEL QUESTIONNAIRE

Developed by C.D. Spielberger, C.D. Edwards, J. Montuori, and R. Lushene

STAIC Form C-1

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:** A number of statements which boys and girls use to describe themselves are given below. Read each statement carefully and decide how you feel *right now*. Then put an X in the box in front of the word or phrase which best describes how you feel. There are no right or wrong answers. Don't spend too much time on any one statement. Remember, find the word or phrase which best describes how you feel right now, *at this very moment*.

- |                  |  |                                     |   |
|------------------|--|-------------------------------------|---|
| 1. I feel .....  | <input type="checkbox"/> very calm       | <input type="checkbox"/> calm       | <input type="checkbox"/> not calm       |
| 2. I feel .....  | <input type="checkbox"/> very upset      | <input type="checkbox"/> upset      | <input type="checkbox"/> not upset      |
| 3. I feel .....  | <input type="checkbox"/> very pleasant   | <input type="checkbox"/> pleasant   | <input type="checkbox"/> not pleasant   |
| 4. I feel .....  | <input type="checkbox"/> very nervous    | <input type="checkbox"/> nervous    | <input type="checkbox"/> not nervous    |
| 5. I feel .....  | <input type="checkbox"/> very jittery    | <input type="checkbox"/> jittery    | <input type="checkbox"/> not jittery    |
| 6. I feel .....  | <input type="checkbox"/> very rested     | <input type="checkbox"/> rested     | <input type="checkbox"/> not rested     |
| 7. I feel .....  | <input type="checkbox"/> very scared     | <input type="checkbox"/> scared     | <input type="checkbox"/> not scared     |
| 8. I feel .....  | <input type="checkbox"/> very relaxed    | <input type="checkbox"/> relaxed    | <input type="checkbox"/> not relaxed    |
| 9. I feel .....  | <input type="checkbox"/> very worried    | <input type="checkbox"/> worried    | <input type="checkbox"/> not worried    |
| 10. I feel ..... | <input type="checkbox"/> very satisfied  | <input type="checkbox"/> satisfied  | <input type="checkbox"/> not satisfied  |
| 11. I feel ..... | <input type="checkbox"/> very frightened | <input type="checkbox"/> frightened | <input type="checkbox"/> not frightened |
| 12. I feel ..... | <input type="checkbox"/> very happy      | <input type="checkbox"/> happy      | <input type="checkbox"/> not happy      |
| 13. I feel ..... | <input type="checkbox"/> very sure       | <input type="checkbox"/> sure       | <input type="checkbox"/> not sure       |
| 14. I feel ..... | <input type="checkbox"/> very good       | <input type="checkbox"/> good       | <input type="checkbox"/> not good       |
| 15. I feel ..... | <input type="checkbox"/> very troubled   | <input type="checkbox"/> troubled   | <input type="checkbox"/> not troubled   |
| 16. I feel ..... | <input type="checkbox"/> very bothered   | <input type="checkbox"/> bothered   | <input type="checkbox"/> not bothered   |
| 17. I feel ..... | <input type="checkbox"/> very nice       | <input type="checkbox"/> nice       | <input type="checkbox"/> not nice       |
| 18. I feel ..... | <input type="checkbox"/> very terrified  | <input type="checkbox"/> terrified  | <input type="checkbox"/> not terrified  |
| 19. I feel ..... | <input type="checkbox"/> very mixed-up   | <input type="checkbox"/> mixed-up   | <input type="checkbox"/> not mixed-up   |
| 20. I feel ..... | <input type="checkbox"/> very cheerful   | <input type="checkbox"/> cheerful   | <input type="checkbox"/> not cheerful   |

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## HOW-I-FEEL QUESTIONNAIRE

STAIC Form C-2

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

DIRECTIONS: A number of statements which boys and girls use to describe themselves are given below. Read each statement carefully and decide if it is *hardly-ever*, or *sometimes*, or *often* true for you. Then for each statement, put an X in the box in front of the word that seems to describe you best. There are no right or wrong answers. Don't spend too much time on any one statement. Remember, choose the word which seems to describe how you usually feel.

1. I worry about making mistakes .....  hardly-ever  sometimes  often
2. I feel like crying .....  hardly-ever  sometimes  often
3. I feel unhappy .....  hardly-ever  sometimes  often
4. I have trouble making up my mind .....  hardly-ever  sometimes  often
5. It is difficult for me to face my problems .....  hardly-ever  sometimes  often
6. I worry too much .....  hardly-ever  sometimes  often
7. I get upset at home .....  hardly-ever  sometimes  often
8. I am shy .....  hardly-ever  sometimes  often
9. I feel troubled .....  hardly-ever  sometimes  often
10. Unimportant thoughts run through my mind  
and bother me .....  hardly-ever  sometimes  often
11. I worry about school .....  hardly-ever  sometimes  often
12. I have trouble deciding what to do .....  hardly-ever  sometimes  often
13. I notice my heart beats fast .....  hardly-ever  sometimes  often
14. I am secretly afraid .....  hardly-ever  sometimes  often
15. I worry about my parents .....  hardly-ever  sometimes  often
16. My hands get sweaty .....  hardly-ever  sometimes  often
17. I worry about things that may happen .....  hardly-ever  sometimes  often
18. It is hard for me to fall asleep at night .....  hardly-ever  sometimes  often
19. I get a funny feeling in my stomach .....  hardly-ever  sometimes  often
20. I worry about what others think of me .....  hardly-ever  sometimes  often

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## APPENDIX 7

### STATE TRAIT ANXIETY INVENTORY – C (KANNADA)

#### ಪ್ರಶ್ನಾವಳಿ - ನನಗೆ ಹೇಗೆ ಅನ್ನಿಸುತ್ತಿದೆ - 1

ಹೆಸರು: \_\_\_\_\_ ವಯಸ್ಸು: \_\_\_\_\_ ದಿನಾಂಕ: \_\_\_\_\_

ಸೂಚನೆಗಳು: ಬಾಲಕ-ಬಾಲಕಿಯರು ತಮ್ಮನ್ನು ತಾವೇ ಬಣ್ಣಿಸಿಕೊಳ್ಳಲು ಉಪಯೋಗಿಸುವಂತಹ ಕೆಲವು ವಾಕ್ಯಗಳನ್ನು ಕೆಳಗೆ ಕೊಡಲಾಗಿದೆ. ಪ್ರತಿಯೊಂದು ಹೇಳಿಕೆಯನ್ನು ಎಚ್ಚರಿಕೆಯಿಂದ ಓದಿರಿ ಹಾಗೂ ನಿಮಗೆ ಈ ಕ್ಷಣದಲ್ಲಿ ಹೇಗೆ ಅನ್ನಿಸುತ್ತಿದೆ ಎಂದು ನಿರ್ಧರಿಸಿ. ನಿಮ್ಮ ಭಾವನೆಗೆ ಸರಿಹೊಂದುವಂತಹ ಉತ್ತರವನ್ನು X ಎಂದು ಅದರ ಮುಂದಿನ ಚೌಕದಲ್ಲಿ ಗುರುತಿಸಿ. ಇದರಲ್ಲಿ ಸರಿ-ತಪ್ಪು ಉತ್ತರ ಎಂದೇನಿಲ್ಲ. ಯಾವುದೇ ಪ್ರಶ್ನೆಯ ಮೇಲೆ ಹೆಚ್ಚು ಸಮಯ ಕಳೆಯಬೇಡಿ. ನೆನಪಿಡಿ, ನಿಮ್ಮ ಈಗಿನ, ಈ ಕ್ಷಣದ ಭಾವನೆಗೆ ಸರಿಹೊಂದುವಂತಹ ಉತ್ತರವನ್ನು ಆರಿಸಿ.

1. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಶಾಂತಿ	ಶಾಂತಿ	ಅಶಾಂತಿ
2. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಅಸಮಾಧಾನ	ಅಸಮಾಧಾನ	ಸಮಾಧಾನ
3. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಪ್ರಸನ್ನತೆ	ಪ್ರಸನ್ನತೆ	ಅಪ್ರಸನ್ನತೆ
4. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಅಧೀರತೆ (ನರ್ವಸ್)	ಅಧೀರತೆ	ಅಧೀರತೆ ಇಲ್ಲ
5. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಕಾತರತೆ	ಕಾತರತೆ	ಕಾತರತೆ ಇಲ್ಲ
6. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ವಿಶ್ರಾಂತ	ವಿಶ್ರಾಂತ	ವಿಶ್ರಾಂತ ಅಲ್ಲ
7. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಹೆದರಿಕೆ	ಹೆದರಿಕೆ	ಹೆದರಿಕೆ ಇಲ್ಲ
8. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಆರಾಮ	ಆರಾಮ	ಆರಾಮ ಇಲ್ಲ
9. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಚಿಂತಿತ	ಚಿಂತಿತ	ಚಿಂತಿತ ಅಲ್ಲ
10. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ತೃಪ್ತಿ	ತೃಪ್ತಿ	ತೃಪ್ತಿ ಇಲ್ಲ
11. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಭಯ	ಭಯ	ಭಯ ಇಲ್ಲ
12. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಸಂತೋಷ	ಸಂತೋಷ	ಸಂತೋಷ ಇಲ್ಲ
13. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಖಚಿತತೆ	ಖಚಿತತೆ	ಖಚಿತತೆ ಇಲ್ಲ
14. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಚೆನ್ನಾಗಿ	ಚೆನ್ನಾಗಿ	ಚೆನ್ನಾಗಲ್ಲ
15. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ತೊಂದರೆ	ತೊಂದರೆ	ತೊಂದರೆ ಇಲ್ಲ
16. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಕಷ್ಟ	ಕಷ್ಟ	ಕಷ್ಟ ಇಲ್ಲ
17. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಒಳ್ಳೆಯದು	ಒಳ್ಳೆಯದು	ಒಳ್ಳೆಯದಾಗಲ್ಲ
18. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ದಂಗುಬಡಿದಂತೆ	ದಂಗುಬಡಿದಂತೆ	ದಂಗುಬಡಿದಂತಿಲ್ಲ
19. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಗಡಿಬಿಡಿ	ಗಡಿಬಿಡಿ	ಗಡಿಬಿಡಿ ಇಲ್ಲ
20. ನನಗೆ ಹೀಗನ್ನಿಸುತ್ತಿದೆ:	ಬಹಳ ಉಲ್ಲಾಸ	ಉಲ್ಲಾಸ	ಉಲ್ಲಾಸ ಇಲ್ಲ

## ಪ್ರಶ್ನಾವಳಿ - ನನಗೆ ಹೇಗೆ ಅನ್ನಿಸುತ್ತಿದೆ - 2

ಹೆಸರು: \_\_\_\_\_ ವಯಸ್ಸು: \_\_\_\_\_ ದಿನಾಂಕ: \_\_\_\_\_

ಸೂಚನೆಗಳು: ಬಾಲಕ-ಬಾಲಕಿಯರು ತಮ್ಮನ್ನು ತಾವೇ ಬಣ್ಣಿಸಿಕೊಳ್ಳಲು ಉಪಯೋಗಿಸುವಂತಹ ಕೆಲವು ವಾಕ್ಯಗಳನ್ನು ಕೆಳಗೆ ಕೊಡಲಾಗಿದೆ. ಪ್ರತಿಯೊಂದು ಹೇಳಿಕೆಯನ್ನು ಎಚ್ಚರಿಕೆಯಿಂದ ಓದಿರಿ ಹಾಗೂ - "ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು", "ಕೆಲವು ಬಾರಿ", "ಹೆಚ್ಚಾಗಿ" - ಇವುಗಳಲ್ಲಿ ನಿಮಗೆ ಸರಿಯಾದದು ಯಾವುದು ಎಂದು ನಿರ್ಧರಿಸಿ. ಪ್ರತಿ ಪ್ರಶ್ನೆಗೆ, ನಿಮ್ಮನ್ನು ಚೆನ್ನಾಗಿ ಬಣ್ಣಿಸುವಂತಹ ಉತ್ತರದ ಮುಂದೆ X ಎಂದು ಗುರುತಿಸಿ. ಇದರಲ್ಲಿ ಸರಿ-ತಪ್ಪು ಉತ್ತರ ಎಂದೇನಿಲ್ಲ. ಯಾವುದೇ ಪ್ರಶ್ನೆಯ ಮೇಲೆ ಹೆಚ್ಚು ಸಮಯ ಕಳೆಯಬೇಡಿ. ನೆನಪಿಡಿ, ನಿಮಗೆ ಸಾಧಾರಣವಾಗಿ ಹೇಗೆ ಅನ್ನಿಸುತ್ತಿರುತ್ತದೆಯೋ ಅದಕ್ಕೆ ತಕ್ಕಂತೆ ಉತ್ತರವನ್ನು ಆರಿಸಿ.

1. ತಪ್ಪು ಮಾಡುವುದರ ಬಗ್ಗೆ ಚಿಂತಿಸುತ್ತೇನೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
2. ನನಗೆ ಅಳಬೇಕು ಎಂದನಿಸುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
3. ನನಗೆ ದುಃಖ ಬರುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
4. ನನ್ನ ಮನಸ್ಸನ್ನು ಒಪ್ಪಿಸುವುದು ಕಷ್ಟ ಎನಿಸುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
5. ನನ್ನ ತೊಂದರೆಗಳನ್ನು ಎದುರಿಸುವುದು ನನಗೆ ಕಷ್ಟ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
6. ತುಂಬ ಚಿಂತಿಸುತ್ತೇನೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
7. ಮನೆಯಲ್ಲಿ ಮನಸ್ಸು ಕಿರಿಕಿರಿಯಾಗಿರುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
8. ನನಗೆ ನಾಚಿಕೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
9. ನನಗೆ ಮಾನಸಿಕ ತೊಂದರೆ ಆಗುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
10. ಅಮುಖ್ಯ (ಚಿಲ್ಲರೆ) ಯೋಚನೆಗಳು ನನ್ನ ಮನದಲ್ಲಿ ಓಡಾಡಿ ನನ್ನನ್ನು ಪೀಡಿಸುತ್ತವೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
11. ಶಾಲೆಯ ಬಗ್ಗೆ ಚಿಂತಿಸುತ್ತೇನೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
12. ನಿರ್ಧಾರ ತೆಗೆದುಕೊಳ್ಳಲು ಕಷ್ಟ ಪಡುತ್ತೇನೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
13. ನನ್ನ ಹೃದಯ ವೇಗವಾಗಿ ಬಡಿದುಕೊಳ್ಳುವುದು ಗಮನಕ್ಕೆ ಬರುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
14. ನನಗೆ ಗುಪ್ತವಾದ ಹೆದರಿಕೆಗಳಿವೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
15. ನನ್ನ ಪಾಲಕರ ಬಗ್ಗೆ ಚಿಂತಿಸುತ್ತೇನೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
16. ನನ್ನ ಕೈಗಳು ಬೆವರುತ್ತವೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
17. ಆಗಬಹುದಾದಂತಹ ವಿಷಯಗಳ ಬಗ್ಗೆ ಚಿಂತಿಸುತ್ತೇನೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
18. ರಾತ್ರಿ ನಿದ್ರೆಗೆ ಜಾರಲು ನನಗೆ ಕಷ್ಟವಾಗುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
19. ನನ್ನ ಹೊಟ್ಟೆಯಲ್ಲಿ ವಿಚಿತ್ರವಾದ ಸಂವೇದನೆ ಉಂಟಾಗುತ್ತದೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ
20. ಬೇರೆಯವರು ನನ್ನ ಬಗ್ಗೆ ಏನು ಯೋಚಿಸುತ್ತಾರೆ ಎಂದು ನಾನು ಚಿಂತಿಸುತ್ತೇನೆ	ಇಲ್ಲವೇ ಇಲ್ಲ ಎನ್ನುವಷ್ಟು	ಕೆಲವು ಬಾರಿ	ಹೆಚ್ಚಾಗಿ

## APPENDIX 8

### SELF-ESTEEM SCALE - ಸ್ವಪ್ರತಿಷ್ಠೆಯ ಮಾಪನ

SA	Strongly agree	ಬಲವಾಗಿ ಸಮ್ಮತಿಸುತ್ತೇನೆ
A	Agree	ಸಮ್ಮತಿಸುತ್ತೇನೆ
D	Disagree	ಅಸಮ್ಮತಿಸುತ್ತೇನೆ
SD	Strongly disagree	ಬಲವಾಗಿ ಅಸಮ್ಮತಿಸುತ್ತೇನೆ

- |   |    |   |   |    |
|---|----|---|---|----|
| 1. On the whole, I am satisfied with myself.  | SA | A | D | SD |
| ಸಮಗ್ರ ದೃಷ್ಟಿಯಿಂದ ನೋಡಿದರೆ, ನನ್ನ ಬಗ್ಗೆ ನನಗೆ ತೃಪ್ತಿ ಇದೆ                                      |    |   |   |    |
| 2. At times, I think I am no good at all.   | SA | A | D | SD |
| ಕೆಲವೊಮ್ಮೆ ನಾನು ಒಳ್ಳೆಯವನಲ್ಲ/ಳಲ್ಲ ಎಂದು ಎನಿಸುತ್ತದೆ   |    |   |   |    |
| 3. I feel that I have a number of good qualities.   | SA | A | D | SD |
| ನನ್ನಲ್ಲಿ ಹಲವು ಒಳ್ಳೆಯ ಗುಣಗಳಿವೆ ಎಂದೆನಿಸುತ್ತದೆ   |    |   |   |    |
| 4. I am able to do things as well as most other people.                                   | SA | A | D | SD |
| ಬಹಳಷ್ಟು ಜನರು ಮಾಡುವಷ್ಟೇ ಚೆನ್ನಾಗಿ ನಾನೂ ಕೆಲಸಗಳನ್ನು ಮಾಡಬಲ್ಲೆ                                  |    |   |   |    |
| 5. I feel I do not have much to be proud of.  | SA | A | D | SD |
| ಹೆಮ್ಮೆ ಪಡಬಹುದಾದಂತಹ ವಿಷಯಗಳು ಹೆಚ್ಚೇನು ನನ್ನಲ್ಲಿ ಇಲ್ಲ ಎಂದೆನಿಸುತ್ತದೆ                           |    |   |   |    |
| 6. I certainly feel useless at times.   | SA | A | D | SD |
| ನಾನು ಪ್ರಯೋಜನಕ್ಕೆ ಬಾರದವನು ಎಂದು ಕೆಲವೊಮ್ಮೆ ಖಚಿತವಾಗಿ ಎನಿಸುತ್ತದೆ                               |    |   |   |    |
| 7. I feel that I'm a person of worth, at least on an equal plane with others.             | SA | A | D | SD |
| ನಾನು ಬೆಲೆಯುಳ್ಳ ವ್ಯಕ್ತಿ, ಕನಿಷ್ಠಪಕ್ಷ ಬೇರೆಯವರಿಗೆ ಸರಿಸಮನಾಗಿ ಬೆಲೆಯುಳ್ಳ ವ್ಯಕ್ತಿ, ಎಂದೆನಿಸುತ್ತದೆ. |    |   |   |    |
| 8. I wish I could have more respect for myself.   | SA | A | D | SD |
| ನನಗೆ ಹೆಚ್ಚಿನ ಗೌರವ ಬೇಕು ಎಂದೆನಿಸುತ್ತದೆ  |    |   |   |    |
| 9. All in all, I am inclined to feel that I am a failure.                                 | SA | A | D | SD |
| ಸಮಗ್ರ ದೃಷ್ಟಿಯಿಂದ ನೋಡಿದರೆ, ನಾನೊಬ್ಬ ವಿಫಲ ವ್ಯಕ್ತಿ ಎಂಬ ಭಾವನೆಯ ಕಡೆ ಮನಸ್ಸು ವಾಲುತ್ತದೆ            |    |   |   |    |
| 10. I take a positive attitude toward myself.   | SA | A | D | SD |
| ನನ್ನ ಬಗ್ಗೆ ನಾನು ಧನಾತ್ಮಕವಾದ ದೃಷ್ಟಿಕೋನವನ್ನು ತೆಗೆದುಕೊಳ್ಳುತ್ತೇನೆ                              |    |   |   |    |

## APPENDIX 9

### 8. N BACK TASK, (VERBAL) FOR VERBAL WORKING MEMORY

#### List of Phonemes

1 Back		2 back			
Ga	<u>Ta</u>	Na	Dha	Pa	Na
Ja	Cha	Ga	Ba	Sa	Ka
<u>Ja</u>	Ra	<u>Na</u>	<u>Dha</u>	<u>Pa</u>	La
Cha	Va	Ma	Va	Ra	Dha
Ksha	<u>Va</u>	<u>Na</u>	Sha	<u>Pa</u>	Cha
<u>Ksha</u>	Ga	<u>Ma</u>	<u>Va</u>	<u>Ra</u>	<u>Dha</u>
Ra	Da	Ka	Ga	Sa	<u>Cha</u>
Na	<u>Da</u>	<u>Ma</u>	Da	Ta	Sa
Ma	Ra	<u>Ka</u>	Na	Da	La
<u>Ma</u>	Na	La	<u>Da</u>	<u>Ta</u>	
Ka	Sha	Tha	Cha	La	
Pa	<u>Sha</u>	Ja	Ra	Ha	
<u>Pa</u>	Ga	ya	Sha	Va	
La	Va	<u>Ja</u>	Ja	<u>Ha</u>	
Va	<u>Va</u>	<u>Va</u>	<u>Sha</u>	Ja	
Ta					

**Note:** The underlined items are the target responses (Hits).

Score	1 Back	2 Back
Hits		
Misses		

## APPENDIX 10

### GENERAL HEALTH QUESTIONNAIRE (ENGLISH)



## VIVEKANANDA YOGA ANUSANDHANA AROGYADHAMA (VYASA)

Prashanti Kutiram, Jigani, Bangalore

## GENERAL HEALTH QUESTIONNAIRE

Please read this carefully :

**We should like to know if you** have had any medical complaints and how your health has been in general, over the past few weeks. Please answer **ALL** the question on the following pages simply by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

It is important that you try to answer ALL the questions.

Thank you very much for your co-operation.

#### HAVE YOU RECENTLY :

A1	-	been feeling perfectly well and in good health?	Better than usual	Same than usual	Worse than usual	Much worse than usual
A2	-	been feeling in need of a good tonic?	Not at all	No more than usual	Rather more than usual	Much more than usual
A3	-	been feeling run down and out of sorts ?	Not at all	No more than usual	Rather more than usual	Much more than usual
A4	-	felt that you are ill ?	Not at all	No more than usual	Rather more than usual	Much more than usual
A5	-	been getting any pains in your hand ?	Not at all	No more than usual	Rather more than usual	Much more than usual
A6	-	been getting a feeling of tightness or pressure in your head ?	Not at all	No more than usual	Rather more than usual	Much more than usual
A7	-	been having hot or cold spells ?	Not at all	No more than usual	Rather more than usual	Much more than usual
<hr/>						
B1	-	lost much sleep over worry ?	Not at all	No more than usual	Rather more than usual	Much more than usual
B2	-	had difficulty in staying asleep once you are off ?	Not at all	No more than usual	Rather more than usual	Much more than usual
B3	-	felt constantly under strain ?	Not at all	No more than usual	Rather more than usual	Much more than usual
B4	-	been getting edgy and bad-tempered ?	Not at all	No more than usual	Rather more than usual	Much more than usual
B5	-	been getting scared or panicky for no good reason ?	Not at all	No more than usual	Rather more than usual	Much more than usual
B6	-	found everything getting on top of you ?	Not at all	No more than usual	Rather more than usual	Much more than usual
B7	-	been feeling nervous and strung-up all the time ?	Not at all	No more than usual	Rather more than usual	Much more than usual

**Please turn over**

**HAVE YOU RECENTLY :**

C1	-	been managing to keep yourself busy and occupied ?	More so than usual	Same as usual	Rather less than usual	Much less than usual
C2	-	been taking longer over the things you do ?	Quicker than usual	Same as usual	Longer than usual	Much longer than usual
C3	-	felt on the whole you are doing things well ?	Better than usual	About the same	Less well than usual	Much less well
C4	-	been satisfied with the way you've carried out your task ?	More satisfied	About same as usual	Less satisfied than usual	Much less satisfied
C5	-	felt that you are playing a useful part in things ?	More so than usual	Same as usual	less useful than usual	Much less capable
C6	-	felt capable for making decisions about things ?	More so than usual	Same as usual	Less so than usual	Much less capable
C7	-	been able to enjoy your normal day-to-day activities ?	More so than usual	Same as usual	Less so than usual	Much less than usual

D1	-	been thinking of yourself as a worthless person ?	Not at all	No more than usual	Rather more than usual	Much more than usual
D2	-	felt that life is entirely hopeless ?	Not at all	No more than usual	Rather more than usual	Much more than usual
D3	-	felt that life isn't worth living ?	Not at all	No more than usual	Rather more than usual	Much more than usual
D4	-	thought of the possibility that you might make away with yourself ?	Definitely Not	I don't think so	Has crossed my mind	Definitely have
D5	-	found at times you couldn't do anything because your nerves were too bad ?	Not at all	No more than usual	Rather more than usual	Much more than usual
D6	-	found yourself wishing you were dead and away from it all ?	Not at all	No more than usual	Rather more than usual	Much more than usual
D7	-	found that the idea of taking your own life kept coming into your mind ?	Definitely not	I don't think so	Has crossed my mind	Definitely has

A  B  C  D  TOTAL

## APPENDIX 11

### GENERAL HEALTH QUESTIONNAIRE (KANNADA)

**ಸಾಮಾನ್ಯ ಆರೋಗ್ಯ ಪ್ರಶ್ನಾವಳಿ**  
(ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನ)

ಸೂಚನೆ: ಕೆಳಗೆ ಕೊಟ್ಟಿರುವ ಪ್ರಶ್ನೆಗಳು ನಿಮ್ಮ ಇತ್ತೀಚಿನ ಸಾಮಾನ್ಯ ಆರೋಗ್ಯದ ಬಗ್ಗೆ ಮಾಹಿತಿಯನ್ನು ನೀಡುತ್ತವೆ. ಆಯಾ ಪ್ರಶ್ನೆಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ಉತ್ತರಗಳನ್ನು ಆಯಾ ಪ್ರಶ್ನೆಗಳ ಪಕ್ಕದಲ್ಲಿ ಯೇ ನೀಡಲಾಗಿದೆ. ನೀವು ನಿಮಗೆ ಅನ್ವಯಿಸುವ ಉತ್ತರದ ಕೆಳಗೆ ಗೆರೆ ಎಳೆಯುವುದರ ಮೂಲಕ ನಿಮ್ಮ ಇತ್ತೀಚಿನ ಅನಿಸಿಕೆಯನ್ನು ಸೂಚಿಸುತ್ತೀರಿ.

ಇತ್ತೀಚೆಗೆ -

ಎ. ಪರಿಪೂರ್ಣವಾದ ಹಾಗೂ ಉತ್ತಮವಾದ ಆರೋಗ್ಯವನ್ನು ಹೊಂದಿದ್ದೀರೆಯೆಂದು ಭಾವಿಸುತ್ತೀರಾ ?	ಎಂದಿಗಿಂತ ಉತ್ತಮ	ಎಂದಿನಂತೆಯೇ	ಎಂದಿಗಿಂತ ಕ್ಷೀಣ	ಎಂದಿಗಿಂತ ತುಂಬಾ ಕ್ಷೀಣ ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಎ.೧. ನಿಮಗೆ ಟಾನಿಸ್ಕ್ ಅವಶ್ಯಕತೆ ಇದೆ ಎಂದು ಭಾವಿಸುತ್ತೀರಾ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಇಲ್ಲ	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಎ.೨. ತುಂಬಾ ಇಳಿಮುಖರಾಗಿದ್ದೀರೆಯೆಂದು ಭಾವಿಸುತ್ತೀರಾ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಇಲ್ಲ	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಎ.೩. ಅನಾರೋಗ್ಯದಿಂದ ಕೂಡಿದ್ದೀರೆಯೆಂದು ಭಾವಿಸುತ್ತೀರಾ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಇಲ್ಲ	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಎ.೪. ನಿಮ್ಮ ಕೆಲಸಕ್ಕೆ ಮೋವುಗಳು ಉಂಟಾಗುತ್ತಿದೆಯಾ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಇಲ್ಲ	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಎ.೫. ನಿಮ್ಮ ತಲೆಯಲ್ಲಿ ಬಿಗಿತ ಅಥವಾ ಒತ್ತಡ ಉಂಟಾಗುತ್ತಿದೆಯಾ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಇಲ್ಲ	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಎ.೬. ನಿಮಗೆ ಬಿಸಿಯ ಅಥವಾ ತಣ್ಣನೆಯ ಅನುಭವವಾಗುತ್ತಿದೆಯೇ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಇಲ್ಲ	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು

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ಬಿ.೧. ನೀವು ಚಿಂತೆಯಿಂದಾಗಿ ನಿದ್ರೆಯಿಂದ ವಂಚಿತರಾಗಿದ್ದೀರಾ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿನಂತೆಯೇ	ಎಂದಿಗಿಂತ ಹೆಚ್ಚು	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಬಿ.೨. ನಿಮಗೆ ನಿದ್ರೆಹೋದ ಮೇಲೆ ನಿದ್ರೆಯಲ್ಲಿಯೇ ಮುಂದುವರಿಯಲು ಕಷ್ಟವಾಗುತ್ತಿದೆಯೇ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿನಂತೆಯೇ	ಎಂದಿಗಿಂತ ಹೆಚ್ಚು	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಬಿ.೩. ನೀವು ಸದಾ ಒತ್ತಡದಲ್ಲಿರುತ್ತೀರಾ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿನಂತೆಯೇ	ಎಂದಿಗಿಂತ ಹೆಚ್ಚು	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಬಿ.೪. ನಿಮಗೆ ಇರಸು ಮರಸು ಮತ್ತು ಕಟ್ಟ ಕೋಪ ಬರುತ್ತಿದೆಯೇ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿನಂತೆಯೇ	ಎಂದಿಗಿಂತ ಹೆಚ್ಚು	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು
ಬಿ.೫. ನಿಮಗೆ ಯಾವುದೇ ಸರಿಯಾದ ಕಾರಣವಿಲ್ಲದೆ ಭಯ ಅಥವಾ ಗಾಬರಿಯಾಗುತ್ತಿದೆಯೇ ?	ಇಲ್ಲವೇ ಇಲ್ಲ	ಎಂದಿನಂತೆಯೇ	ಎಂದಿಗಿಂತ ಹೆಚ್ಚು	ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು ಎಂದಿಗಿಂತ ತುಂಬಾ ಹೆಚ್ಚು



೮೪. ನಿಮ್ಮಿಂದ ನೀವೇ ದೂರ ಮೋಗುವ ಸಾಧ್ಯತೆ ಇದೆ ಎಂಬ ಯೋಚನೆ ಬಂದಿದೆಯೇ?

೮೫. ಒಮ್ಮೊಮ್ಮೆ ನರಗಳ ದರ್ಜಿಗಳಿಂದ ಏನು ಮಾಡಲೂ ಸಾಧ್ಯವಿಲ್ಲ ಎಂಬ ಕಂಡುಕೊಳ್ಳುತ್ತೀರಾ?

೮೬. ನಿಮ್ಮ ಸತ್ತಿರುವಂತೆ ಹಾಗೂ ಎಲ್ಲದರಿಂದ ದೂರ ಇರುವಂತೆ ಭಾವಿಸಲು ಇಚ್ಛಿಸುತ್ತೀರಾ?

೮೭. ನಿಮ್ಮ ನಿಮ್ಮ ಬೇವನವನ್ನು ಕೊನೆಗೊಳ್ಳಿಸಿ ಕೊಳ್ಳಬೇಕೆಂಬ ಭಾವನೆ ನಿಮ್ಮ ತಲೆಗೆ ಬರುತ್ತಿದೆಯಾ?

ಇಲ್ಲವೇ ಇಲ್ಲ ಎಂದಿನಂತೆಯೂ ಇಲ್ಲ ಎಂದಿನಂತೆ ಹಚ್ಚು ಎಂದಿನಂತೆ ತುಂಬಾ ಹಚ್ಚು

ಇಲ್ಲವೇ ಇಲ್ಲ ಎಂದಿನಂತೆಯೂ ಇಲ್ಲ ಎಂದಿನಂತೆ ಹಚ್ಚು ಎಂದಿನಂತೆ ತುಂಬಾ ಹಚ್ಚು

ಇಲ್ಲವೇ ಇಲ್ಲ ಎಂದಿನಂತೆಯೂ ಇಲ್ಲ ಎಂದಿನಂತೆ ಹಚ್ಚು ಎಂದಿನಂತೆ ತುಂಬಾ ಹಚ್ಚು

ಇಲ್ಲವೇ ಇಲ್ಲ ಎಂದಿನಂತೆಯೂ ಇಲ್ಲ ಎಂದಿನಂತೆ ಹಚ್ಚು ಎಂದಿನಂತೆ ತುಂಬಾ ಹಚ್ಚು

ಒಟ್ಟಾರ ಮೊತ್ತ = ಎ

+ ಬಿ

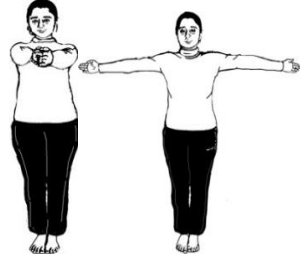
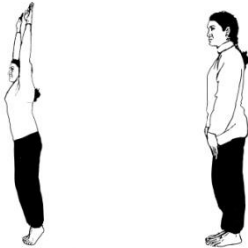


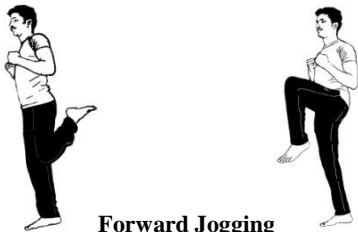
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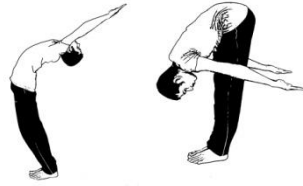

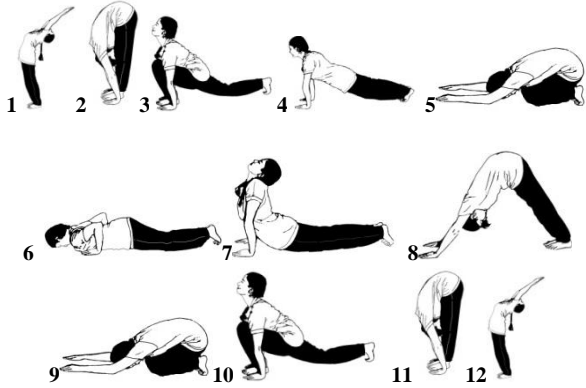


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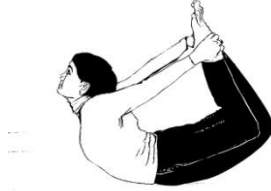
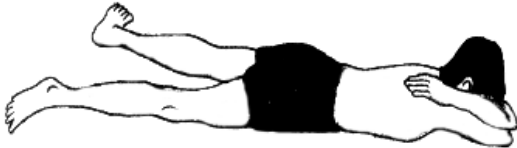

## APPENDIX 12







### LIST OF THE PRACTICES

<b>BREATHING PRACTICES</b>	
	<p style="text-align: center;"><b>Hands in and out</b></p> <ul style="list-style-type: none"> <li>• Stretch out the arms at shoulder level and keep the legs &amp; palms together.</li> <li>• Inhaling spread the arms sideways horizontally.</li> <li>• Exhaling bring the arms forward with palms touching each other.</li> </ul>
	<p style="text-align: center;"><b>Ankle stretch breathing</b></p> <ul style="list-style-type: none"> <li>• Legs together and place the palms on front of thighs.</li> <li>• Inhaling raise the hands and stretch the ankles, stand on the toes. Exhaling bring down the hands and heels.</li> </ul>
	<p style="text-align: center;"><b>Sasankasana breathing</b></p> <ul style="list-style-type: none"> <li>• Sit in Vajrasana. Take the hands behind the back, hold one hand by another.</li> <li>• Inhaling bend backwards from the waist.</li> <li>• Exhaling bend forward and touch the forehead on the ground.</li> </ul>
	<p style="text-align: center;"><b>Tiger breathing</b></p> <ul style="list-style-type: none"> <li>• From Vajrasana lean forward, place the palms on the ground with fingers pointing forward. Keep the Arms, thighs and heels one shoulder apart.</li> <li>• Inhaling, raise the head up. At the same time depress the spine like concave shape.</li> <li>• Exhaling arch the spine upward make it convex shape, bend the head downward and bring the chin towards the chest.</li> </ul>
<b>LOOSENING EXERCISES</b>	
	<p style="text-align: center;"><b>Jogging and Jumping</b></p> <ul style="list-style-type: none"> <li>• Make a fist and keep on the chest. Collapse and relax the shoulders.</li> <li>• Lean little forward and start jogging by hitting the buttocks with heels (<b>Backward Jogging</b>).</li> <li>• Lean backward a little and starts jogging by raise the knees higher &amp; higher (<b>Forward Jogging</b>).</li> </ul>





	<p><b>Forward &amp; backward bending</b></p> <ul style="list-style-type: none"> <li>• Stretch the arms straight above the head with the palms facing forward.</li> <li>• Inhale and bend backward with stretched the arm above head.</li> <li>• Exhale bend forward.</li> </ul>
	<p><b>Twisting</b></p> <ul style="list-style-type: none"> <li>• Spread the leg about one meter apart.</li> <li>• While inhaling raise the hands sideways parallel to the ground.</li> <li>• Twist to the right, keep the right hand straight. Look at the tip of the fingers.</li> <li>• Bend the left hand at the elbow to bring the hand close to the chest.</li> <li>• Repeat the same on the left.</li> </ul>
	<p><b>Surya Namaskar</b></p> <p>It is a combination of 12 postures which are showed in the side column.</p>
<p><b>YOGASANAS</b></p>	
<p><b>STANDING-ASANA</b></p>	
	<p><b>Ardha Cakrasana</b></p> <ul style="list-style-type: none"> <li>• Palms on the waist, fingers pointing forwards.</li> <li>• Inhale and bend backwards from the lumber region. Drop the head backwards and maintain with normal breathing.</li> </ul>
	<p><b>Padahasthasana</b></p> <ul style="list-style-type: none"> <li>• Stand erect with legs together.</li> <li>• Inhale and raise the arm upwards until the biceps touches the ears.</li> <li>• Exhale and bend forward until the entire palm rests on the ground and chin touches the knees.</li> </ul>

	<p><b>Trikonasana</b></p> <ul style="list-style-type: none"> <li>• Spread the leg about one meter. Raise the both hands horizontally.</li> <li>• Slowly bend to the right side until the right hand reaches the right.</li> <li>• The left arm is straight up in line with the right hand and look along the fingers.</li> </ul>
	<p><b>Parivritta Trikonasana</b></p> <ul style="list-style-type: none"> <li>• Keep one meter distance between both legs. Raise the both hands horizontally.</li> <li>• While exhaling, bring the right hand down to the ground on the outside of the left foot.</li> <li>• Left arm is raised up to the vertical position. Turn the face and look up.</li> </ul>
<b>SITTING-ASANA</b>	
	<p><b>Vajrasana</b></p> <p>Sit erect comfortably with the buttocks resting on both the heels and palms resting on the thighs.</p>
	<p><b>Paschimottasana</b></p> <p>Sit with legs stretched and relax. Inhale, raise the both arms up vertically, biceps touch the ears. Exhale, bend forward and rest the face on the knee.</p>
	<p><b>Ustrasana</b></p> <ul style="list-style-type: none"> <li>• Stand on the knees.</li> <li>• Inhale and bend the trunk backwards and place the palms on the heels.</li> <li>• Maintain with normal breathing.</li> </ul>
	<p><b>Vakrasana</b></p> <p>Bend the right knee and place it beside the left knee. Straight and twist the waist towards the right. Bring the left arm around the right knee and hold the big toe. Take the right arm back and keep on the ground.</p>

<b><i>PRONE_ASANA</i></b>	
	<p align="center"><b>Bhujangasana</b></p> <p>Place the palms beside the lower chest. Inhale and come up. Arch the dorsal spine and neck backwards and below the navel should touch the ground.</p>
	<p align="center"><b>Shalabhasana</b></p> <p>Make fists and place them under the thigh. Inhale, raise both the legs up without bending knee.</p>
	<p align="center"><b>Dhanurasana</b></p> <p>Bend the knees and hold the ankles by the palms. Raise the head and the chest upwards. Pull the legs outwards and backwards so that the spine is arched back like a bow.</p>
	<p align="center"><b>Makarasana</b></p> <p>Lie down on the abdomen with feet wide apart, heels touching the ground and facing each other. Bend both the elbows and place on the shoulder of the opposite hand.</p>
<b><i>SUPINE_SAVASANA</i></b>	
	<p align="center"><b>Sarvangasana</b></p> <p>Lie down in supine position. Inhale , raise the leg up to 90<sup>0</sup>. Exhale, raise the buttocks and the buttocks and trunk without lifting the head. Elbows on the ground and support the back with both palms. Raise the legs vertically.</p>

	<p><b>Halasana</b></p> <p>Lie down in supine position. Inhale, raise the leg up to 90°. Exhale, raise the buttocks and the buttocks and trunk without lifting the head. Bend the legs further, toes should touch the ground and straighten the trunk.</p>
	<p><b>Matsyasana</b></p> <p>Sit in padmasana. Place the palms on either side of the head with fingers pointing towards the shoulders. Inhale, take the weight on the palms and bring the center of the head to the ground.</p>
<p><b>PRANAYAMA</b></p>	
	<p><b>Kapalabhati</b></p> <p>Forceful exhalation and passive inhalation. During each exhalation, blast out the air by vigorous out the air by vigorous flapping movements of the abdomen in quick succession.</p>
	<p><b>Vibhagiya pranayama</b></p> <p>Sit in Vajrasana.  Abdominal breathing  Thoracic breathing  Upper lobar breathing  Full yogic breathing</p>
	<p><b>Nadisuddhi pranayama</b></p> <p>Adopt Nasika mudra. Close the right nostril and exhale through left nostril. Close the left nostril and exhale through right nostril.</p>
	<p><b>Bhramari pranayama</b></p> <p>Sit erect, close the eyes and ears. Touch the tip of the tongue to the top of the palate. Close the mouth and chant M-kara.</p>

**RELAXATION/ DHARANA & DHYANA**

	<p><b>Instant Relaxation Technique (IRT)</b>                  Total duration of the practice is 1min (15sec tighten; 45sec relax). Bring the legs, heels, and toes together, palms by the side of the thigh. Keep the face relax. Tighten the whole body from toes to head. Then release and relax.</p>
	<p><b>Quick Relaxation Technique (QRT)</b>                  Lie down in savasana  <b>Phase I-</b> Observing the abdominal movements.  <b>Phase II-</b> Synchronize the abdominal movements with breathing.  <b>Phase III-</b> Breathing with feeling                  Inhale- feels the energy and lightness in the body, Exhale- Release the tension and enjoys the relaxation.</p>
	<p><b>Deep Relaxation Technique (DRT)</b></p> <ul style="list-style-type: none"> <li>• Relax the lower part of the body from toes to waist and chant A-kara.</li> <li>• Relax the middle part and chant U-kara.</li> <li>• Relax the head region and chant M-kara.</li> <li>• Observe the whole body from toes to head and chant AUM in a single breath.</li> <li>• Body consciousness.</li> <li>• Expansion of awareness.</li> <li>• Back to body consciousness.</li> <li>• Feel lightness and energy throughout the body.</li> </ul>
	<p><b>Nadaanusandhana, A+U+M Chanting</b>                  Sit in any comfortable meditative posture.</p> <ul style="list-style-type: none"> <li>• Adopt <i>chin mudra</i>, Inhale slowly and completely. While exhaling chant ‘A’ in a low pitch.</li> <li>• Adopt <i>chinmaya mudra</i> chant ‘U’ slowly.</li> <li>• Adopt <i>adi mudra</i> and chant ‘M’ slowly.</li> <li>• Adopt <i>Brahmamudra</i> chant ‘A-U-M’ slowly.</li> </ul>

## APPENDIX 13

### RAW DATA

<b>TABLE 1: Raw data of Hand Grip Strength (both hands) of yoga group.</b>					
<b>SLNO</b>	<b>Y_CODE</b>	<b>HGS_RH</b>		<b>HGS_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	ETAN	8	11	6	7
2	AFAR	6	9	5	6
3	AMMA	8	11	8	9
4	NITH	9	12	9	10
5	SHAN	12	15	10	10
6	ANIL	10	14	12	11
7	THYA	7	10	6	8
8	ARAJ	8	11	8	8
9	WAMY	13	16	9	10
10	ANJU	10	15	9	10
11	RALI	9	14	8	10
12	JWAL	11	16	10	12
13	ARAN	6	9	7	10
14	MSHI	8	12	8	10
15	NDRA	6	10	6	7
16	DEVA	19	22	16	15
17	RTHI	10	14	8	6
18	MIKA	11	16	12.5	14
19	GESH	18	21	15	16
20	ANNA	11	16	12	13
21	ASAD	9	12	14	15
22	UMAR	18	21	15	16
23	DINI	8	11	9	10
24	INOD	19	22	20	22
25	ANYA	14	19	13	12
26	OHIL	13	18	12	12
27	WARI	13	18	10	10
28	ATHA	8	12	9	10
29	ITHA	13	17	12	12
30	UTHA	10	14	8	10
31	HINI	14	17	14	14
32	HREE	10	14	13	14
33	NUKA	14	18	16	15
34	ITHA	15	19	9	10
35	ARAJ	10	15	10	11
36	RHAN	12	16	10	12
37	NATH	12	15	14	15
38	HANA	13	17	10	11
39	LAIH	10	14	11	12
40	AVAN	12	16	12	13
41	ITHA	9	13	10	11
	<b>MEAN</b>	<b>11.12</b>	<b>14.93</b>	<b>10.62</b>	<b>11.44</b>
	<b>SD</b>	<b>3.39</b>	<b>3.46</b>	<b>3.21</b>	<b>3.10</b>

<b>TABLE 2: Raw data of Hand Grip Strength (both hands) of control group.</b>					
<b>SLNO</b>	<b>C_CODE</b>	<b>HGS_RH</b>		<b>HGS_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	VIND	8	6	6	7
2	IRAN	5	4	4	5
3	APPA	9	7	5	6
4	BLAN	8	9	8	7
5	NAND	9	10	7	8
6	LFIA	4	6	4	4
7	SHMI	5	6	6	5
8	MARY	5	6	5	5
9	IRAN	9	8	6	7
10	RAMU	4.5	6	5	6
11	NSHU	10	10	11	12
12	PAA	8	9	9	9
13	ABAZ	11	12	10	11
14	IJAY	10	10	11	12
15	AN K	10	11	12	13
16	IVAS	10	10	11	10
17	ETHA	13	12	11	10
18	VEDA	8	9	9	9
19	JESH	7	8	6	7
20	ETAN	18	17	18	17
21	EEPA	16	17	14	15
22	NATH	9	10	16	15
23	NDRA	16	17	20	18
24	TRAJ	14	12	12	18
25	ESAI	10	11	8	9
26	OHAK	17	18	22	20
27	RATH	14	15	11	13
28	RAJU	19	21	21	22
29	B N	20	21	16	16
30	SHEK	19	18	16	17
31	STHA	14	13	16	17
32	HANK	17	15	18	18
33	TOSH	18	18	18	19
34	RATH	20	19	22	20
35	NATH	20	21	16	15
36	APPA	19	20	19	19
37	KU R	18	19	17	18
38	D S	17	18	16	17
39	NDAN	16	15	14	15
40	NAYA	20	21	21	22
41	ITHA	12	13	13	14
42	AVYA	15	14	15	14
	<b>MEAN</b>	<b>12.65</b>	<b>12.90</b>	<b>12.50</b>	<b>12.88</b>
	<b>SD</b>	<b>5.06</b>	<b>5.07</b>	<b>5.44</b>	<b>5.26</b>

<b>TABLE 3: Raw data of Pinch Strength (both hands) of yoga group.</b>					
<b>SLNO</b>	<b>Y_CODE</b>	<b>PS_RH</b>		<b>PS_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	AFAR	1.00	2.00	1.00	1.50
2	AMMA	0.50	1.50	0.50	2.00
3	NITH	2.00	3.00	1.50	2.00
4	SHAN	3.00	3.50	3.00	3.50
5	ANIL	1.50	2.00	1.50	2.50
6	THYA	2.00	3.50	1.50	2.50
7	ARAJ	1.00	2.00	1.00	1.50
8	WAMY	1.00	2.00	1.00	1.50
9	ANJU	2.50	3.00	2.00	3.00
10	RALI	1.50	2.50	1.50	2.00
11	JWAL	2.00	3.00	2.00	2.50
12	ARAN	2.00	3.50	1.50	3.00
13	MSHI	2.50	3.50	2.50	2.00
14	NDRA	2.00	3.00	1.50	2.50
15	DEVA	2.00	2.50	2.00	2.50
16	MIKA	3.00	3.50	3.00	2.50
17	GESH	4.00	4.50	3.50	4.00
18	ANNA	3.50	4.50	3.50	3.50
19	ASAD	4.50	6.00	5.50	6.50
20	UMAR	2.50	4.00	2.00	4.00
21	DINI	2.50	4.00	2.00	1.50
22	INOD	4.00	5.50	3.50	4.00
23	ANYA	4.00	3.50	3.50	3.50
24	OHIL	4.50	4.00	5.50	4.50
25	WARI	3.50	4.50	3.00	3.00
26	ATHA	3.50	4.50	3.50	4.00
27	ITHA	3.00	4.00	2.50	3.50
28	UTHA	2.00	4.00	2.50	2.50
29	HINI	2.00	4.50	2.50	3.50
30	HREE	2.50	3.50	2.50	2.50
31	NUKA	3.50	4.50	3.00	4.50
32	ITHA	2.50	3.50	2.00	2.00
33	ARAJ	3.00	4.50	3.50	4.00
34	RHAN	3.50	4.00	2.50	3.50
35	NATH	3.50	5.00	3.00	3.00
36	HANA	2.00	3.00	1.50	2.50
37	LAIH	3.00	4.50	2.50	3.50
38	AVAN	3.50	4.50	3.00	3.50
39	ITHA	2.00	3.50	1.50	3.00
	<b>MEAN</b>	<b>2.62</b>	<b>3.64</b>	<b>2.44</b>	<b>3.00</b>
	<b>SD</b>	<b>1.00</b>	<b>1.01</b>	<b>1.10</b>	<b>1.03</b>

<b>TABLE 4: Raw data of Pinch Strength (both hands) of control group.</b>					
<b>SLNO</b>	<b>C_CODE</b>	<b>PS_RH</b>		<b>PS_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	APPA	2.00	2.00	2.00	2.00
2	BLAN	3.00	3.50	2.50	3.00
3	NAND	2.50	3.00	2.50	3.00
4	SHMI	0.50	0.50	0.50	0.50
5	IRAN	2.50	3.00	1.50	2.00
6	RAMU	1.50	2.00	1.50	2.00
7	NSHU	3.00	2.50	1.50	2.00
8	PAA	2.00	2.50	2.00	2.00
9	ABAZ	3.00	2.50	3.00	3.50
10	IJAY	4.00	3.00	4.00	3.00
11	AN K	3.00	2.50	2.50	2.50
12	IVAS	3.00	3.00	2.50	2.50
13	ETHA	4.00	4.50	4.00	4.50
14	VEDA	2.50	2.00	2.50	1.50
15	JESH	3.50	4.00	3.00	3.50
16	ETAN	2.00	3.00	1.50	1.50
17	EEPA	3.50	4.00	3.50	4.50
18	NATH	3.50	4.00	3.00	3.50
19	NDRA	3.00	2.00	2.50	2.00
20	TRAJ	3.00	3.50	2.50	3.50
21	ESAI	3.00	1.50	3.00	2.00
22	OHAK	2.50	3.00	2.00	2.50
23	RATH	2.00	2.00	2.00	3.00
24	RAJU	2.50	3.50	2.00	3.00
25	B N	4.00	3.00	4.50	3.50
26	HEK	3.50	3.50	4.50	5.00
27	STHA	2.50	3.00	3.00	3.50
28	HANK	3.50	4.00	3.00	3.50
29	TOSH	5.50	5.50	5.00	5.00
30	RATH	3.50	2.50	3.50	3.50
31	NATH	5.00	4.50	4.50	4.00
32	APPA	4.00	4.00	3.50	4.00
33	KUR	5.50	5.00	5.50	4.50
34	D S	6.00	6.50	5.00	5.50
35	NDAN	3.00	1.50	2.50	1.50
36	NAYA	3.00	3.00	3.00	3.50
37	ITHA	3.50	2.50	3.50	2.00
38	AVYA	3.00	2.50	2.50	2.50
	<b>MEAN</b>	<b>3.17</b>	<b>3.11</b>	<b>2.92</b>	<b>3.01</b>
	<b>SD</b>	<b>1.09</b>	<b>1.16</b>	<b>1.12</b>	<b>1.13</b>

<b>TABLE 5: Raw data of Elbow Strength (both hands) of yoga group.</b>									
<b>SLNO</b>	<b>Y_CODE</b>	<b>Flexion_RH</b>		<b>Extension_RH</b>		<b>Flexion_LH</b>		<b>Extension_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	AFAR	4.10	4.60	2.90	4.60	4.40	4.90	3.40	5.00
2	AMMA	6.00	6.80	3.30	5.60	5.90	6.50	3.10	5.20
3	NITH	6.30	6.10	4.90	6.60	6.10	6.40	4.40	5.80
4	SHAN	5.70	6.30	3.50	5.60	6.10	6.40	4.80	5.20
5	ANIL	5.30	5.80	3.30	4.40	4.90	5.30	3.00	4.50
6	THYA	6.40	6.80	4.90	5.40	6.30	6.70	3.90	4.70
7	ARAJ	4.70	5.10	3.30	4.10	4.10	5.10	3.20	4.20
8	WAMY	5.60	6.20	4.90	5.50	5.90	6.30	4.10	5.90
9	ANJU	5.40	6.20	5.20	6.60	5.80	6.30	4.30	5.80
10	RALI	5.40	6.10	4.00	5.30	6.30	6.10	3.70	4.80
11	JWAL	6.50	6.10	5.50	6.20	7.00	7.20	4.40	6.70
12	ARAN	6.10	6.40	4.50	6.30	5.50	5.90	4.50	5.90
13	MSHI	5.40	6.80	4.30	5.90	5.20	5.70	5.00	4.90
14	NDRA	4.10	6.00	4.60	5.50	4.90	5.80	4.30	6.40
15	DEVA	7.00	6.80	5.80	6.80	6.60	6.90	5.20	6.90
16	MIKA	6.90	6.30	4.10	6.80	6.40	6.00	4.20	5.40
17	GESH	7.20	6.90	5.70	6.50	5.50	6.10	5.70	6.00
18	ANNA	6.10	6.30	5.80	6.90	6.10	5.90	5.00	6.90
19	ASAD	5.30	6.60	5.10	6.50	5.40	6.20	4.50	6.40
20	UMAR	6.40	6.80	5.20	6.90	5.70	6.20	6.30	6.80
21	DINI	7.00	6.70	6.10	5.70	6.10	6.30	5.40	5.10
22	INOD	5.20	7.00	5.80	6.80	5.40	6.50	5.20	7.00
23	ANYA	6.90	6.90	6.20	5.90	6.70	6.90	5.00	5.30
24	OHIL	6.80	6.80	4.70	5.20	6.20	6.40	4.70	5.70
25	WARI	6.50	6.30	4.60	4.90	6.60	6.40	5.70	5.20
26	ATHA	6.30	6.90	4.90	5.30	6.00	6.80	4.30	4.20
27	ITHA	6.80	6.90	4.50	5.20	6.70	6.90	4.50	5.00
28	UTHA	6.60	6.70	4.20	5.30	6.20	6.80	3.90	5.50
29	HINI	6.20	5.60	5.60	5.80	6.40	6.30	4.50	5.30
30	HREE	5.70	6.40	4.60	5.50	6.40	6.90	4.90	5.50
31	NUKA	7.00	6.30	6.50	6.60	6.90	6.50	7.50	6.80
32	ITHA	5.80	7.00	6.40	7.00	5.40	6.30	6.80	5.20
33	ARAJ	5.90	6.30	6.50	6.80	5.80	5.60	5.80	6.60
34	RHAN	6.80	6.80	5.20	6.90	6.90	6.90	5.10	6.60
35	NATH	5.60	6.80	5.80	6.60	6.90	6.80	4.20	6.30
36	HANA	6.40	6.90	5.00	6.00	6.50	6.90	4.60	6.30
37	LAIH	6.90	5.80	6.00	6.80	6.60	7.10	3.90	6.80
38	AVAN	6.60	6.90	4.40	5.90	5.80	6.90	3.90	6.10
39	ITHA	6.30	6.60	4.70	5.90	6.30	6.80	4.20	6.30
	<b>MEAN</b>	<b>6.08</b>	<b>6.43</b>	<b>4.94</b>	<b>5.95</b>	<b>6.00</b>	<b>6.36</b>	<b>4.64</b>	<b>5.75</b>
	<b>SD</b>	<b>0.77</b>	<b>0.53</b>	<b>0.94</b>	<b>0.77</b>	<b>0.68</b>	<b>0.54</b>	<b>0.95</b>	<b>0.80</b>

**TABLE 6: Raw data of Elbow Strength (both hands) of control group.**

SLNO	C_CODE	Flexion_RH		Extension_RH		Flexion_LH		Extension_LH	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	APPA	5.70	5.40	3.60	4.00	5.30	5.30	3.20	4.90
2	BLAN	6.10	5.80	5.90	4.30	6.00	5.80	5.10	4.90
3	NAND	5.50	5.90	4.20	5.30	5.90	6.30	4.70	5.50
4	SHMI	3.70	4.10	3.90	3.10	3.10	4.00	3.30	4.10
5	IRAN	5.30	5.70	4.10	5.20	5.40	5.80	3.90	4.40
6	RAMU	5.20	5.70	4.80	5.10	4.80	5.30	3.80	4.60
7	NSHU	5.20	5.80	4.70	5.20	6.30	6.60	5.20	5.20
8	PAA	6.60	6.40	4.90	5.40	6.50	6.40	5.00	5.80
9	ABAZ	6.60	6.80	4.90	5.80	6.80	7.00	7.10	6.20
10	IJAY	6.40	6.60	5.00	5.30	6.00	5.80	3.70	4.90
11	AN K	6.00	6.60	6.50	6.90	6.00	6.30	5.30	6.10
12	IVAS	6.30	6.30	4.30	5.00	6.80	6.60	5.10	5.30
13	ETHA	6.40	6.30	6.10	5.80	6.80	6.60	5.80	5.10
14	VEDA	6.50	5.50	4.40	4.70	6.30	6.00	3.80	3.70
15	JESH	6.10	6.20	4.70	5.10	6.00	6.90	3.80	4.70
16	ETAN	7.20	7.00	6.70	6.90	7.20	7.10	7.60	6.70
17	EEPA	6.50	6.70	5.30	6.00	5.70	6.20	5.60	6.20
18	NATH	6.20	6.00	5.70	4.50	6.20	5.90	5.60	4.70
19	NDRA	6.90	6.40	6.50	5.90	6.70	6.20	6.80	6.40
20	TRAJ	4.40	5.60	3.40	5.10	4.50	5.40	3.80	4.80
21	ESAI	6.90	6.20	4.90	6.00	5.70	6.20	4.20	5.50
22	OHAK	6.60	6.60	5.30	6.70	5.90	6.30	6.40	6.80
23	RATH	6.20	6.10	4.90	4.80	5.90	5.70	5.10	5.70
24	RAJU	6.80	6.50	5.90	6.20	6.00	5.70	6.60	6.90
25	B N	6.60	6.40	6.40	6.40	6.70	6.60	6.40	6.10
26	HEK	6.30	6.40	5.60	6.00	6.60	6.20	5.20	6.70
27	STHA	6.50	5.90	7.90	6.40	7.10	6.50	7.30	6.80
28	HANK	6.70	6.50	3.60	4.90	5.70	6.00	3.90	4.50
29	TOSH	6.00	5.80	5.90	6.00	6.00	6.00	6.90	6.60
30	RATH	6.70	5.90	5.80	5.70	6.70	6.50	5.70	5.80
31	NATH	7.00	5.80	5.90	6.50	6.40	6.00	5.60	6.60
32	APPA	7.10	5.80	6.50	6.80	6.90	6.80	6.30	6.50
33	KUR	7.00	6.20	7.60	6.50	6.50	6.10	6.80	5.30
34	D S	7.30	6.30	7.60	6.60	6.90	6.80	7.70	6.50
35	NDAN	6.70	6.50	5.00	4.80	6.90	6.50	6.20	6.40
36	NAYA	6.90	5.80	6.20	6.40	6.70	6.40	6.00	6.20
37	ITHA	5.60	6.00	6.40	6.70	5.20	5.60	3.70	4.90
38	AVYA	6.20	5.60	4.60	5.40	4.70	5.50	3.70	4.50
	<b>MEAN</b>	<b>6.26</b>	<b>6.08</b>	<b>5.41</b>	<b>5.62</b>	<b>6.07</b>	<b>6.13</b>	<b>5.31</b>	<b>5.59</b>
	<b>SD</b>	<b>0.76</b>	<b>0.51</b>	<b>1.13</b>	<b>0.88</b>	<b>0.83</b>	<b>0.59</b>	<b>1.31</b>	<b>0.89</b>

**TABLE 7: Raw data of Knee Strength (both legs) of yoga group.**

SLNO	Y_CODE	Flexion_RL		Flexion_LL		Extension_RL		Extension_LL	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	AFAR	3.6	5.9	4.3	5.9	4.5	6.1	4.0	5.9
2	AMMA	4.5	5.9	4.6	6.1	5.3	6.9	5.3	7.0
3	NITH	4.3	4.8	4.4	5.3	6.1	6.3	6.1	7.0
4	SHAN	5.0	6.6	4.5	5.9	5.5	5.9	4.2	5.9
5	ANIL	4.6	6.0	4.3	6.7	6.9	6.7	6.3	6.5
6	THYA	2.4	6.8	3.7	6.8	3.9	6.5	4.5	6.2
7	ARAJ	5.3	5.8	5.0	5.5	5.6	6.2	6.7	6.8
8	WAMY	5.0	6.0	4.4	6.2	5.9	6.9	6.3	6.4
9	ANJU	5.0	5.6	4.8	6.0	5.7	6.8	5.4	6.8
10	RALI	5.3	6.4	6.1	6.6	7.0	7.0	6.8	6.5
11	JWAL	4.1	6.6	5.0	6.9	7.0	6.6	6.6	6.6
12	ARAN	5.0	5.7	4.4	5.1	5.3	6.8	5.4	6.3
13	MSHI	5.1	6.1	4.9	5.7	6.3	6.5	6.1	6.4
14	NDRA	4.5	6.1	4.7	5.7	5.6	6.6	6.4	6.2
15	DEVA	4.7	6.1	5.3	6.1	7.5	6.7	6.4	6.8
16	RTHI	4.2	4.5	4.3	4.6	7.2	6.5	6.9	7.4
17	MIKA	4.9	6.6	6.1	6.8	5.6	6.6	4.9	6.8
18	GESH	5.1	6.5	5.5	6.7	7.6	6.8	7.7	7.0
19	ANNA	5.6	5.5	6.2	6.2	5.5	6.8	5.8	6.8
20	ASAD	5.2	6.9	4.0	6.7	5.2	6.3	5.3	6.6
21	UMAR	3.9	6.9	4.0	6.7	9.0	6.9	8.0	7.5
22	DINI	5.6	4.9	5.9	5.3	6.4	5.8	5.7	6.8
23	INOD	5.4	6.3	4.9	7.0	5.9	6.4	5.4	6.9
24	ANYA	5.2	6.7	5.1	6.8	6.2	6.8	6.7	6.6
25	OHIL	5.8	6.3	6.0	5.7	6.8	7.0	6.1	6.9
26	WARI	6.8	6.0	7.8	5.9	6.7	6.6	6.3	6.9
27	ATHA	5.3	6.3	4.4	6.7	5.3	6.9	5.3	7.0
28	ITHA	5.7	5.8	5.8	5.6	7.7	6.8	7.4	7.0
29	UTHA	5.3	6.5	5.4	6.4	7.4	6.5	7.4	6.7
30	HINI	6.0	5.8	5.0	7.0	6.6	6.6	5.6	6.2
31	HREE	5.1	5.9	4.8	5.6	6.2	6.7	7.2	6.8
32	NUKA	6.3	5.8	7.5	6.7	6.9	6.1	7.9	7.5
33	ITHA	5.8	6.3	6.1	6.6	4.3	6.3	6.6	6.7
34	ARAJ	5.1	6.1	4.5	6.7	6.0	6.6	6.6	6.8
35	RHAN	5.4	6.2	5.3	6.5	7.0	6.4	6.6	6.3
36	NATH	5.4	6.7	6.2	6.8	6.1	5.8	6.6	6.8
37	HANA	6.5	6.8	6.1	5.8	6.3	7.0	6.6	6.8
38	LAIH	6.6	6.5	6.3	7.0	6.9	6.6	6.6	7.0
39	AVAN	4.5	5.6	4.5	7.0	5.7	6.8	6.6	6.9
40	ITHA	4.6	6.6	4.9	6.4	6.7	6.6	6.6	6.7
	<b>MEAN</b>	<b>5.09</b>	<b>6.11</b>	<b>5.18</b>	<b>6.24</b>	<b>6.23</b>	<b>6.57</b>	<b>6.22</b>	<b>6.72</b>
	<b>SD</b>	<b>0.83</b>	<b>0.55</b>	<b>0.92</b>	<b>0.61</b>	<b>0.995</b>	<b>0.32</b>	<b>0.93</b>	<b>0.37</b>

**TABLE 8: Raw data of Knee Strength (both legs) of control group.**

SLNO	C_CODE	Flexion_RL		Flexion_LL		Extension_RL		Extension_LL	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	APPA	5.2	5.3	5.0	5.4	5.8	6.0	6.1	5.9
2	BLAN	5.4	5.8	5.2	5.8	6.2	6.6	6.6	6.2
3	NAND	4.7	6.5	4.3	5.5	5.0	6.1	5.2	5.7
4	SHMI	3.8	3.2	3.5	3.9	5.1	5.1	6.0	5.7
5	MARY	5.2	4.9	4.6	4.2	5.6	5.1	5.5	5.7
6	IRAN	4.5	5.1	5.2	5.0	5.6	6.4	6.7	6.3
7	RAMU	4.9	5.7	4.2	5.9	5.0	5.7	5.7	6.4
8	NSHU	5.3	6.1	5.5	5.9	7.4	5.9	7.6	7.3
9	PAA	4.5	6.3	5.0	5.9	7.5	5.7	7.6	7.1
10	ABAZ	5.9	5.6	6.5	6.0	6.9	5.9	6.5	6.1
11	IJAY	5.3	5.9	4.9	5.9	6.5	6.0	6.8	6.2
12	AN K	4.7	5.7	5.7	5.8	5.7	6.7	6.0	5.8
13	IVAS	5.9	5.9	4.7	6.5	7.2	5.9	7.7	7.3
14	ETHA	6.4	5.5	5.3	5.8	7.4	6.4	7.4	7.1
15	VEDA	5.2	6.2	6.8	5.2	6.1	6.1	7.1	6.9
16	JESH	5.1	5.3	5.4	5.7	5.8	6.7	6.5	6.3
17	ETAN	4.9	6.7	5.0	6.8	8.3	6.6	7.8	7.1
18	EEPA	5.0	5.6	5.9	5.8	6.6	5.8	7.8	7.2
19	NATH	4.7	4.3	4.7	4.0	6.0	4.0	5.2	4.9
20	NDRA	5.9	5.7	5.2	6.7	6.8	6.7	4.9	5.6
21	TRAJ	3.2	5.2	4.1	5.8	4.2	5.8	4.9	5.7
22	ESAI	6.0	6.4	5.4	6.6	5.1	5.7	6.0	6.1
23	OHAK	6.2	6.3	5.2	6.7	5.3	6.9	6.5	6.2
24	RATH	6.2	5.4	5.9	5.5	6.2	5.9	5.2	4.8
25	RAJU	5.5	5.2	5.9	5.8	5.9	6.6	5.9	5.8
26	B N	4.9	5.9	6.0	6.4	7.0	6.2	7.3	6.9
27	SHEK	6.0	5.4	6.5	5.4	5.7	6.2	5.4	5.9
28	STHA	5.8	6.9	6.4	5.9	7.6	6.9	7.8	7.3
29	HANK	5.3	6.1	5.5	6.9	4.4	5.8	5.3	5.6
30	TOSH	6.1	5.1	5.0	6.5	5.2	5.8	5.2	5.4
31	RATH	6.1	5.1	6.2	5.1	7.7	5.3	7.9	7.3
32	NATH	6.0	5.6	6.8	6.6	7.4	6.8	7.7	7.1
33	APPA	6.6	5.7	6.6	6.7	7.2	6.0	7.4	7.2
34	KUR	6.9	4.8	7.8	5.4	7.7	5.6	7.9	7.1
35	D S	7.1	5.7	7.6	6.8	7.7	5.5	7.7	7.0
36	NDAN	5.5	5.2	6.0	5.4	5.7	5.5	7.9	7.5
37	NAYA	5.8	6.1	5.4	6.3	6.9	6.7	6.6	6.7
38	ITHA	6.0	6.2	5.8	6.1	5.7	6.5	6.9	6.7
39	AVYA	4.6	5.3	5.9	6.3	6.3	5.9	6.6	6.8
	<b>MEAN</b>	<b>5.44</b>	<b>5.61</b>	<b>5.55</b>	<b>5.84</b>	<b>6.29</b>	<b>6.03</b>	<b>6.58</b>	<b>6.41</b>
	<b>SD</b>	<b>0.80</b>	<b>0.68</b>	<b>0.91</b>	<b>0.74</b>	<b>1.02</b>	<b>0.59</b>	<b>1.00</b>	<b>0.72</b>

<b>TABLE 9: Raw data of Minimum Muscular Fitness of yoga group.</b>			
<b>SLNO</b>	<b>Y_CODE</b>	<b>PRE</b>	<b>POST</b>
1	AMMA	F	P
2	THYA	F	P
3	MIKA	F	P
4	DINI	F	P
5	ANYA	F	F
6	WARI	F	P
7	ATHA	F	F
8	ITHA	F	F
9	UTHA	F	F
10	HINI	F	P
11	HREE	F	P
12	NUKA	F	P
13	ITHA	F	F
14	HANA	F	P
15	ITHA	F	F
16	ETAN	F	P
17	AFAR	F	P
18	NITH	P	P
19	SHAN	F	P
20	ANIL	F	P
21	ARAJ	F	F
22	WAMY	F	F
23	ANJU	P	P
24	RALI	P	P
25	JWAL	F	P
26	ARAN	P	P
27	MSHI	F	P
28	NDRA	F	P
29	DEVA	F	P
30	RTHI	F	F
31	GESH	F	P
32	ANNA	F	P
33	ASAD	F	F
34	UMAR	F	F
35	INOD	F	P
36	OHIL	F	P
37	ARAJ	F	P
38	RHAN	F	F
39	NATH	F	P
40	LAIH	P	P
41	AVAN	F	F

**TABLE 10: Raw data of Minimum Muscular Fitness of control group.**

<b>SLNO</b>	<b>C_CODE</b>	<b>PRE</b>	<b>POST</b>
1	LFIA	F	F
2	SHMI	P	P
3	MARY	F	F
4	IRAN	F	F
5	PAA	F	P
6	ETHA	F	F
7	VEDA	P	F
8	EEPA	F	P
9	ITHA	F	F
10	AVYA	F	F
11	VIND	F	F
12	IRAN	F	F
13	BLAN	P	F
14	NAND	P	F
15	APPA	F	P
16	RAMU	F	F
17	NSHU	F	F
18	ABAZ	F	F
19	IJAY	F	P
20	AN K	F	F
21	IVAS	F	F
22	JESH	F	F
23	ETAN	F	F
24	NATH	P	F
25	NDRA	F	F
26	TRAJ	F	F
27	ESAI	F	F
28	OHAK	F	F
29	RATH	F	F
30	SHEK	P	F
31	STHA	P	P
32	HANK	F	P
33	TOSH	F	P
34	RATH	F	P
35	APPA	P	P
36	KU R	P	P
37	D S	F	F
38	NDAN	F	F
39	NAYA	F	P

**TABLE 11: Raw data of Muscle Endurance and Flexibility of yoga group.**

SLNO	Y_CODE	SIT_UP		SIT & REACH	
		PRE	POST	PRE	POST
1	ETAN	2	8	26	35
2	AFAR	4	9	29	36
3	AMMA	4	7	33	35
4	NITH	12	15	32	31
5	SHAN	8	10	30	37
6	ANIL	8	12	23	30
7	THYA	12	17	27	32
8	ARAJ	7	10	23	30
9	WAMY	12	16		
10	ANJU	9	12	30	37
11	RALI	11	13	36	39
12	JWAL	7	9	28	33
13	ARAN	8	10	32	39
14	MSHI	8	10	31	30
15	NDRA	9	11	21	29
16	DEVA	12	17	27	33
17	RTHI	7	12	31	39
18	MIKA	5	14	31	37
19	GESH	4	12	29	34
20	ANNA	8	16	26	32
21	ASAD	3	9	22	30
22	UMAR	0	0	30	36
23	DINI	5	12	26	30
24	INOD	8	13	27	33
25	ANYA	0	0	23	25
26	OHIL	7	15	29	32
27	WARI	3	12	35	36
28	ATHA	0	0	38	39
29	ITHA	4	4	28	34
30	UTHA	4	7	27	36
31	HINI	7	10	32	37
32	HREE	8	12	35	42
33	NUKA	11	18	38	33
34	ITHA	5	11	24	28
35	ARAJ	10	14	27	32
36	RHAN	10	16	34	26
37	NATH	4	8	33	38
38	HANA	10	16	31	31
39	LAIH	11	19	37	42
40	AVAN	0	9	17	22
41	ITHA	0	5	32	37
	<b>MEAN</b>	<b>6.51</b>	<b>10.98</b>	<b>29.25</b>	<b>33.68</b>
	<b>SD</b>	<b>3.7</b>	<b>4.66</b>	<b>4.79</b>	<b>4.45</b>

**TABLE 12: Raw data of Muscle Endurance and Flexibility of control group.**

SLNO	C_CODE	SIT_UP		SIT&REACH	
		PRE	POST	PRE	POST
1	VIND	0	0	28	28
2	IRAN	0	0	27	27
3	APPA	6	6	25	30
4	BLAN	6	7	30	29
5	NAND	3	3	30	32
6	LFIA	4	4	27	29
7	SHMI	3	4		
8	MARY	1	2	29	25
9	IRAN	5	3		
10	RAMU	9	8	29	31
11	NSHU	7	8	28	28
12	PAA	9	9	30	33
13	ABAZ	11	12	28	27
14	IJAY	7	9	33	34
15	AN K	8	10	35	38
16	IVAS	12	10	24	26
17	ETHA	5	3	30	30
18	VEDA	8	9	32	31
19	JESH	12	13	25	26
20	ETAN	0	0	30	32
21	EEPA	11	8	33	36
22	NATH	10	11	30	31
23	NDRA	12	12	28	25
24	TRAJ	3	7		
25	ESAI	0	0	30	32
26	OHAK	8	8	33	35
27	RATH	0	5	29	31
28	RAJU	10	10	30	32
29	B N	5	5	32	30
30	SHEK	10	12	36	36
31	STHA	12	12	32	32
32	HANK	9	11	31	33
33	TOSH	12	10	39	30
34	RATH	15	14	36	37
35	NATH	7	7	29	31
36	APPA	16	17	29	32
37	KUR	13	15	35	38
38	D S	16	16	30	35
39	NDAN	0	0	33	32
40	NAYA	8	9	31	34
41	ITHA	6	8	32	35
42	AVYA	5	7	35	32
	<b>MEAN</b>	<b>7.24</b>	<b>7.71</b>	<b>30.59</b>	<b>31.41</b>
	<b>SD</b>	<b>4.59</b>	<b>4.53</b>	<b>3.22</b>	<b>3.42</b>

<b>TABLE 13: Raw data of Hand Coordination of yoga group</b>					
<b>SLNO</b>	<b>Y_CODE</b>	<b>PLT_RH</b>		<b>PLT_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	ETAN	28	26	35	34
2	AFAR	30	27	31	28
3	AMMA	31	29	32	28
4	NITH	22	20	24	20
5	SHAN	31	30	33	29
6	ANIL	24	22	24	21
7	THYA	32	29	36	32
8	WAMY	33	30	39	35
9	ANJU	31	27	33	27
10	RALI	34	31	38	31
11	JWAL	24	22	25	20
12	ARAN	25	23	27	22
13	MSHI	29	25	36	30
14	NDRA	21	18	30	25
15	DEVA	24	20	29	23
16	RTHI	25	21	32	27
17	MIKA	22	18	25	19
18	GESH	19	16	25	21
19	ANNA	25	22	28	21
20	ASAD	22	19	33	27
21	UMAR	29	25	34	29
22	DINI	21	17	22	24
23	INOD	29	22	33	27
24	ANYA	22	16	25	18
25	OHIL	26	21	28	22
26	WARI	24	19	28	25
27	ATHA	25	20	27	22
28	ITHA	25	20	28	24
29	UTHA	21	16	24	20
30	HINI	17	11	18	17
31	HREE	30	21	32	27
32	NUKA	17	12	20	22
33	ITHA	21	17	21	17
34	ARAJ	24	22	34	32
35	RHAN	25	20	25	23
36	NATH	26	21	26	23
37	HANA	21	15	22	18
38	LAIH	18	11	19	15
39	AVAN	25	19	25	22
40	ITHA	19	12	20	17
	<b>MEAN</b>	<b>24.93</b>	<b>20.8</b>	<b>28.15</b>	<b>24.1</b>
	<b>SD</b>	<b>4.47</b>	<b>5.23</b>	<b>5.48</b>	<b>5.03</b>

<b>TABLE 14: Raw data of Hand coordination of control group.</b>					
<b>SLNO</b>	<b>C_CODE</b>	<b>PLT_RH</b>		<b>PLT_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	APPA	33	33	34	33
2	BLAN	24	27	26	28
3	NAND	29	29	30	30
4	SHMI	30	30	33	34
5	MARY	27	25	29	27
6	IRAN	28	26	29	29
7	RAMU	25	23	25	23
8	NSHU	33	31	35	34
9	PAA	22	24	25	23
10	ABAZ	31	30	33	31
11	IJAY	25	25	28	27
12	AN K	23	20	25	25
13	IVAS	22	21	23	25
14	ETHA	21	19	23	22
15	VEDA	22	20	24	23
16	JESH	19	20	21	20
17	ETAN	25	26	27	26
18	EEPA	25	22	27	26
19	NATH	22	23	25	25
20	NDRA	22	20	26	24
21	TRAJ	20	18	24	24
22	ESAI	24	22	27	25
23	OHAK	24	26	27	28
24	RATH	25	22	28	28
25	RAJU	29	30	32	31
26	B N	20	20	24	23
27	SHEK	23	21	28	26
28	STHA	24	22	29	27
29	HANK	25	23	31	29
30	TOSH	18	16	23	22
31	RATH	22	20	27	25
32	NATH	20	18	25	23
33	APPA	22	20	27	25
34	KU R	19	17	22	20
35	D S	23	22	27	28
36	NDAN	21	25	24	23
37	NAYA	25	23	27	26
38	ITHA	15	17	22	24
39	AVYA	25	24	29	28
	<b>MEAN</b>	<b>23.90</b>	<b>23.08</b>	<b>26.95</b>	<b>26.15</b>
	<b>SD</b>	<b>3.95</b>	<b>4.19</b>	<b>3.43</b>	<b>3.48</b>

<b>TABLE 15: Raw data of Motor Speed of yoga group.</b>					
<b>SLNO</b>	<b>Y_CODE</b>	<b>Tap_RH</b>		<b>Tap_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	AFAR	47.00	49.80	45.60	52.80
2	AMMA	44.80	55.00	41.40	51.00
3	NITH	59.40	67.20	59.20	60.00
4	SHAN	54.00	62.60	58.40	62.60
5	ANIL	40.00	66.60	38.20	64.00
6	THYA	48.20	63.80	38.20	54.80
7	ARAJ	45.60	49.80	46.40	44.20
8	WAMY	47.00	65.00	48.80	60.40
9	ANJU	61.00	62.60	62.80	61.80
10	RALI	67.80	72.40	58.60	64.80
11	JWAL	75.20	64.60	74.00	56.60
12	ARAN	53.80	68.00	42.20	46.80
13	MSHI	49.20	63.20	49.60	56.80
14	NDRA	70.60	63.20	56.00	53.40
15	DEVA	64.80	53.80	61.00	48.60
16	MIKA	54.80	69.60	50.80	61.00
17	GESH	60.80	66.20	48.80	55.60
18	ANNA	49.00	52.40	46.80	49.60
19	ASAD	43.00	56.00	42.60	53.00
20	UMAR	59.00	59.20	59.00	64.20
21	DINI	54.80	64.60	45.40	51.00
22	INOD	41.80	65.60	40.60	60.60
23	ANYA	52.60	61.20	48.20	53.40
24	OHIL	57.40	64.40	55.80	55.40
25	WARI	63.00	66.20	60.20	64.00
26	ATHA	53.00	57.00	51.00	50.60
27	ITHA	43.80	51.80	32.60	51.20
28	UTHA	59.00	56.20	58.60	59.80
29	HINI	67.00	65.40	53.60	55.20
30	HREE	45.20	57.80	45.40	58.60
31	NUKA	77.80	78.20	73.00	69.00
32	ITHA	60.40	56.20	64.00	59.00
33	ARAJ	56.80	65.40	56.60	65.20
34	RHAN	54.40	54.20	51.80	52.60
35	NATH	70.80	73.20	54.40	61.60
36	HANA	71.80	59.00	61.40	51.20
37	LAIH	56.20	67.40	50.20	61.40
38	AVAN	62.00	57.40	61.40	55.60
39	ITHA	55.00	63.00	48.00	56.40
	<b>MEAN</b>	<b>56.35</b>	<b>61.93</b>	<b>52.32</b>	<b>56.76</b>
	<b>SD</b>	<b>9.63</b>	<b>6.55</b>	<b>9.22</b>	<b>5.73</b>

<b>TABLE 16: Raw data of Motor Speed of control group.</b>					
<b>SLNO</b>	<b>C_CODE</b>	<b>Tap_RH</b>		<b>Tap_LH</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	APPA	53.60	61.60	51.60	59.00
2	BLAN	52.20	54.20	58.60	62.20
3	NAND	55.80	60.80	48.40	52.20
4	SHMI	50.20	47.20	47.00	43.60
5	IRAN	53.40	54.00	42.20	43.60
6	RAMU	74.80	68.20	59.60	55.80
7	NSHU	44.40	49.60	42.40	48.80
8	PAA	44.20	55.80	36.80	42.00
9	ABAZ	59.80	59.00	55.80	52.00
10	IJAY	51.80	52.40	52.80	48.20
11	AN K	59.00	58.80	46.80	50.40
12	IVAS	54.20	64.20	51.80	57.00
13	ETHA	68.00	62.60	53.20	56.20
14	VEDA	73.00	63.40	57.60	55.60
15	JESH	54.80	53.20	49.20	49.80
16	ETAN	54.40	54.20	52.60	52.20
17	EEPA	72.80	69.80	61.40	59.20
18	NATH	68.60	56.00	64.40	50.60
19	NDRA	56.80	56.00	51.80	53.80
20	TRAJ	59.40	63.40	53.80	54.60
21	ESAI	56.80	62.20	47.80	51.40
22	OHAK	63.00	62.40	46.80	56.20
23	RATH	70.80	73.00	78.60	64.20
24	RAJU	73.20	65.20	62.80	60.80
25	B N	61.80	64.80	51.40	53.40
26	HEK	73.00	67.80	75.00	69.20
27	STHA	54.00	55.80	56.00	57.80
28	HANK	54.80	65.00	46.20	55.80
29	TOSH	57.20	60.40	57.40	61.20
30	RATH	57.00	64.00	54.20	60.00
31	NATH	78.60	78.80	73.20	73.80
32	APPA	74.60	63.40	71.80	60.40
33	KUR	53.80	59.00	50.00	55.40
34	D S	68.20	66.80	63.40	63.20
35	NDAN	50.20	52.40	44.20	49.60
36	NAYA	58.80	65.20	52.60	64.60
37	ITHA	69.20	68.80	54.80	55.20
38	AVYA	65.40	59.40	59.80	55.80
	<b>MEAN</b>	<b>60.57</b>	<b>61.02</b>	<b>54.84</b>	<b>55.65</b>
	<b>SD</b>	<b>9.06</b>	<b>6.64</b>	<b>9.25</b>	<b>6.71</b>

<b>TABLE 17: Raw data of Static Balance of yoga group.</b>							
<b>SLNO</b>	<b>Y_CODE</b>	<b>L_20</b>		<b>C_20</b>		<b>R_20</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	ETAN	8.44	6.96	.30	1.74	11.26	11.30
2	AFAR	1.90	18.90	1.80	.38	16.28	.74
3	AMMA	2.86	19.84	1.40	.04	15.74	.12
4	NITH	17.34	20.00	1.34	0.00	1.34	0.00
5	SHAN	20.00	12.28	0.00	1.06	0.00	6.64
6	ANIL	.26	.16	.18	.74	19.56	19.10
7	THYA	9.20	8.96	2.76	3.98	8.04	7.06
8	GRAJ	13.18	20.00	.24	0.00	6.60	0.00
9	WAMY	15.80	12.22	.52	2.00	3.68	5.78
10	JWAL	11.64	13.82	2.62	5.18	5.74	1.00
11	MSHI	10.42	3.30	3.72	8.38	5.86	8.32
12	NDRA	17.82	16.08	1.98	2.70	.20	1.22
13	DEVA	16.94	12.48	.46	2.52	2.60	5.00
14	MIKA	12.32	16.34	1.40	.86	6.28	2.82
15	ANNA	11.86	1.78	.66	.60	7.48	17.64
16	ASAD	6.70	3.50	.72	.16	12.60	16.34
17	UMAR	.60	.48	.26	.10	19.14	19.42
18	DINI	9.04	14.18	1.76	2.12	9.20	3.70
19	INOD	16.00	15.82	.54	.64	3.46	3.54
20	ANYA	3.68	4.04	.98	.36	15.32	15.58
21	OHIL	5.52	.08	3.00	1.38	11.50	18.54
22	WARI	6.40	7.06	.12	8.00	13.50	4.94
23	ATHA	0.00	13.34	0.00	1.66	20.00	5.00
24	ITHA	6.96	8.52	.60	1.08	12.44	10.40
25	UTHA	1.36	.86	5.16	.72	13.48	18.42
26	HINI	.68	12.88	.92	3.20	18.40	3.90
27	HREE	6.28	15.40	.16	.50	13.56	4.10
28	NUKA	18.10	18.42	.04	.92	1.84	.66
29	ARAJ	19.00	5.66	.08	.24	.94	14.08
30	RHAN	8.24	6.28	1.46	.78	10.32	12.94
31	HANA	7.32	6.70	1.72	.58	10.96	12.72
32	AVAN	11.96	19.06	.12	.38	7.90	.58
	<b>MEAN</b>	<b>9.31</b>	<b>10.48</b>	<b>1.16</b>	<b>1.66</b>	<b>9.54</b>	<b>7.86</b>
	<b>SD</b>	<b>6.15</b>	<b>6.61</b>	<b>1.22</b>	<b>2.10</b>	<b>6.03</b>	<b>6.65</b>

<b>TABLE 18: Raw data of Static Balance of control group.</b>							
<b>SLNO</b>	<b>C_CODE</b>	<b>L_20</b>		<b>C_20</b>		<b>R_20</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	LBAN	13.00	.20	3.32	1.46	3.68	18.36
2	SHMI	6.00	10.42	2.44	3.72	11.56	5.86
3	MARY	12.00	19.38	2.20	.32	5.80	.30
4	ITHA	15.34	.14	.18	.34	4.48	19.50
5	RAMU	10.04	14.28	1.54	.66	8.44	5.06
6	ABAZ	.88	3.16	1.58	1.70	17.54	15.14
7	IJAY	11.30	10.24	2.60	1.20	6.10	8.56
8	AVAN	.78	3.46	2.04	3.70	17.20	12.82
9	IVAS	12.64	1.36	.88	5.16	6.48	13.48
10	ETHA	14.14	2.94	.64	2.84	5.22	14.24
11	VEDA	4.40	8.72	2.46	1.62	13.16	9.66
12	JESH	9.40	.22	3.62	.06	6.96	19.72
13	ETAN	7.48	8.78	.26	.32	12.26	10.92
14	EEPA	15.72	18.68	3.14	.76	1.14	.56
15	NATH	15.66	11.00	.62	.76	3.72	8.24
16	NDRA	14.12	10.12	.30	.58	5.58	9.30
17	TRAJ	.82	1.10	.04	.20	19.12	18.70
18	ESAI	9.58	8.94	.58	.48	9.86	10.58
19	OHAK	3.54	6.04	.60	1.12	15.88	12.84
20	RATH	.08	11.44	0.00	1.84	19.90	6.70
21	RAJU	6.06	15.46	.64	.22	13.30	4.32
22	B N	7.38	15.48	3.12	1.20	9.50	3.32
23	STHA	14.74	2.12	1.00	.92	4.28	16.94
24	SANK	7.90	.30	.78	.20	11.32	19.50
25	TOSH	8.66	9.54	1.40	.64	9.94	9.82
26	ATHA	5.98	16.78	.22	.40	13.80	2.82
27	EN R	2.26	6.86	3.30	.56	14.44	12.58
28	N DS	6.30	12.26	.56	.72	13.14	7.02
29	NDAN	13.52	14.64	.74	.32	5.76	5.02
30	NAYA	7.04	15.92	2.32	1.20	10.64	2.88
31	ITHA	13.14	17.44	1.86	1.18	5.02	1.40
32	AVYA	2.94	9.40	2.84	3.62	14.24	6.96
	<b>MEAN</b>	<b>8.53</b>	<b>8.96</b>	<b>1.49</b>	<b>1.25</b>	<b>9.98</b>	<b>9.79</b>
	<b>SD</b>	<b>4.91</b>	<b>6.07</b>	<b>1.14</b>	<b>1.25</b>	<b>5.02</b>	<b>5.92</b>

**TABLE 19: Raw data of Dynamic Balance of yoga group (maximum movements)**

SLNO	Y_CODE	TL		TR		TL+R	
		PRE	POST	PRE	POST	PRE	POST
1	ETAN	42.33	29.67	41.00	30.33	83.33	60.00
2	AFAR	56.67	68.00	63.00	65.33	119.67	133.33
3	AMMA	38.67	50.33	38.00	44.33	76.67	94.67
4	NITH	54.67	62.00	54.00	62.00	108.67	124.00
5	SHAN	38.00	43.33	36.33	41.67		85.00
6	ANIL	65.33	67.33	64.67	69.33	130.00	136.67
7	THYA	50.33	54.00	51.67	53.67	102.00	107.67
8	WAMY	39.33	47.00	40.67	44.67	80.00	91.67
9	ANJU	58.67	62.67	55.33	62.00	114.00	124.67
10	RALI	65.67	67.00	65.33	66.33	131.00	133.33
11	JWAL	54.33	66.00	36.67	63.33	91.00	129.33
12	ARAN	49.67	58.33	47.33	53.33	97.00	111.67
13	MSHI	60.67	62.33	60.00	63.00	120.67	125.33
14	NDRA	44.33	46.00	49.67	46.00	94.00	92.00
15	DEVA	33.33	43.00	33.00	43.00	66.33	86.00
16	MIKA	40.67	47.67	43.00	48.00	83.67	95.67
17	GESH	49.67	50.67	49.67	51.67	99.33	102.33
18	ANNA	44.33	51.00	44.33	49.67	88.67	100.67
19	ASAD	17.00	49.67	21.67	50.33	38.67	100.00
20	UMAR	45.00	63.67	45.33	64.00	90.33	127.67
21	DINI	38.67	46.67	42.00	46.67	80.67	93.33
22	INOD	15.33	49.00	12.33	48.33	27.67	97.33
23	ANYA	28.67	35.33	28.33	35.67	57.00	71.00
24	OHIL	58.33	61.00	58.33	61.67	116.67	122.67
25	WARI	34.67	47.00	32.67	45.67	67.33	92.67
26	ATHA	17.67	36.00	17.33	36.00	35.00	72.00
27	ITHA	27.67	37.67	27.33	38.00	55.00	75.67
28	UTHA	29.00	50.67	28.67	49.00	57.67	99.67
29	HINI	14.33	46.00	13.67	46.33	28.00	92.33
30	HREE	22.33	30.67	23.00	31.00	45.33	61.67
31	NUKA	50.00	60.00	50.00	57.67	100.00	117.67
	<b>MEAN</b>	<b>41.46</b>	<b>51.28</b>	<b>41.11</b>	<b>50.58</b>	<b>82.84</b>	<b>101.86</b>
	<b>SD</b>	<b>14.83</b>	<b>10.93</b>	<b>14.83</b>	<b>10.74</b>	<b>29.87</b>	<b>21.60</b>

<b>TABLE 20: Raw data of Dynamic Balance of control group (maximum movements)</b>							
<b>SLNO</b>	<b>C_CODE</b>	<b>TL</b>		<b>TR</b>		<b>TL+R</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	LFIA	13.67	25.00	18.33	27.00	32.00	52.00
2	PPA,	33.33	40.67	34.33	40.00	67.67	80.67
3	SHMI	25.33	18.33	25.00	14.33	50.33	32.67
4	MARY	19.67	25.33	21.00	16.67	40.67	42.00
5	IRAN	34.67	40.67	34.67	40.33	69.33	81.00
6	RAMU	51.00	56.00	49.33	50.67	100.33	106.67
7	NSHU	31.67	40.67	27.33	38.67	59.00	79.33
8	ABAZ	78.67	69.67	78.33	71.33	157.00	141.00
9	IJAY	25.00	43.00	25.00	45.00	50.00	88.00
10	AN K	53.67	47.67	54.33	45.67	108.00	93.33
11	IVAS	27.33	19.67	27.00	18.33	54.33	38.00
12	ETHA	63.33	50.00	61.00	49.00	124.33	99.00
13	VEDA	69.00	58.67	68.67	55.67	137.67	114.33
14	JESH	33.33	43.67	38.00	44.00	71.33	87.67
15	ETAN	39.00	48.00	38.33	47.33	77.33	95.33
16	EEPA	65.00	66.67	65.33	67.33	130.33	134.00
17	NDRA	39.00	41.33	35.00	39.33	74.00	80.67
18	TRAJ	21.67	25.00	20.33	27.67	42.00	52.67
19	ESAI	31.00	34.33	29.33	35.33	60.33	69.67
20	OHAK	23.00	31.33	22.33	22.67	45.33	54.00
21	RATH	53.00	60.67	53.33	53.33	106.33	114.00
22	RAJU	38.67	39.00	37.00	38.33	75.67	77.33
23	B N	49.67	44.67	48.00	44.67	97.67	89.33
24	SHEK	65.67	41.67	60.33	41.33	126.00	83.00
25	STHA	57.67	57.00	57.00	56.00	114.67	113.00
26	HANK	56.67	66.33	55.67	67.00	112.33	133.33
27	TOSH	22.67	29.67	22.67	29.67	45.33	59.33
28	RATH	58.33	59.00	56.00	59.33	114.33	118.33
29	NATH	49.00	55.67	49.33	56.00	98.33	111.67
30	APPA	40.00	48.00	37.33	46.00	77.33	94.00
31	EN R	59.00	59.00	57.67	57.33	116.67	116.33
32	D S	38.67	55.67	37.67	55.33	76.33	111.00
33	NAYA	18.67	22.33	19.33	21.67	38.00	44.00
34	ITHA	61.00	69.33	60.00	69.33	121.00	138.67
35	AVYA	41.67	58.67	42.00	58.00	83.67	116.67
	<b>MEAN</b>	0.00	45.50	41.90	44.28	84.43	89.77
	<b>SD</b>	16.88	14.73	16.32	15.33	33.14	29.95

TABLE 21: Raw data of Dynamic Balance of yoga group (maximum time spend)									
SLNO	Y_CODE	TTL		TTC		TTR		TTLR	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	ETAN	10.90	10.39	9.13	7.13	9.98	12.49	20.88	22.88
2	AFAR	8.83	15.37	6.14	4.25	15.04	10.38	23.87	25.75
3	AMMA	15.09	17.94	6.11	5.76	8.80	6.31	23.89	24.25
4	NITH	16.68	13.81	3.77	1.52	9.54	14.67	26.22	28.48
5	SHAN	17.13	10.63	3.76	2.49	9.10	16.86	26.23	27.49
6	ANIL	12.15	8.88	3.83	2.29	14.03	18.83	26.18	27.71
7	THYA	11.31	13.62	4.04	2.17	14.65	14.22	25.96	27.84
8	WAMY	12.62	16.64	2.80	1.99	14.57	11.37	27.19	28.01
9	ANJU	11.93	17.82	7.85	1.48	10.21	10.70	22.14	28.52
10	RALI	15.02	19.22	2.51	2.19	12.48	8.57	27.50	27.79
11	JWAL	17.14	17.37	7.87	3.87	5.01	8.75	22.15	26.12
12	ARAN	13.09	19.07	5.62	2.52	11.29	8.42	24.38	27.49
13	MSHI	12.24	13.36	5.18	3.13	12.57	13.51	24.81	26.87
14	NDRA	9.91	14.41	5.44	3.66	14.65	11.93	24.56	26.34
15	DEVA	14.27	14.35	1.89	1.41	13.85	14.25	28.12	28.60
16	MIKA	13.27	13.24	4.12	2.16	12.61	14.60	25.88	27.84
17	GESH	14.32	14.15	1.94	2.17	13.74	13.69	28.06	27.84
18	ANNA	11.64	18.14	3.85	1.62	14.51	10.24	26.15	28.38
19	ASAD	8.01	10.30	10.15	4.27	11.83	15.43	19.84	25.73
20	UMAR	11.19	11.58	3.86	2.33	14.95	16.10	26.14	27.68
21	DINI	8.84	16.89	3.65	2.38	17.51	10.73	26.35	27.62
22	INOD	16.93	11.51	5.02	2.17	8.05	16.31	24.98	27.82
23	ANYA	14.80	14.54	2.30	1.38	12.90	14.09	27.70	28.63
24	OHIL	13.36	15.21	3.64	1.39	13.01	13.40	26.37	28.61
25	WARI	16.02	19.46	5.21	1.90	8.76	8.64	24.78	28.10
26	ATHA	15.99	14.98	2.14	2.97	11.86	12.05	27.85	27.03
27	ITHA	17.34	13.82	2.55	3.71	10.11	12.48	27.45	26.30
28	UTHA	11.85	10.82	6.49	8.41	11.66	10.78	23.51	21.60
29	HINI	12.40	8.81	3.90	3.09	13.70	18.09	26.10	26.90
30	HREE	13.00	9.94	2.65	2.96	14.37	17.10	27.37	27.04
31	NUKA	12.77	14.87	2.80	2.82	14.43	12.31	27.20	27.18
	<b>MEAN</b>	<b>13.23</b>	<b>14.23</b>	<b>4.52</b>	<b>2.95</b>	<b>12.25</b>	<b>12.82</b>	<b>25.48</b>	<b>27.05</b>
	<b>SD</b>	<b>2.58</b>	<b>3.12</b>	<b>2.11</b>	<b>1.64</b>	<b>2.66</b>	<b>3.08</b>	<b>2.11</b>	<b>1.64</b>

**TABLE 22: Raw data of Dynamic Balance of control group (maximum time spend)**

SLNO	C_CODE	TTL		TTC		TTR		TTLR	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	LFIA	5.98	11.38	14.25	9.52	9.78	9.11	15.76	20.49
2	PPA,	10.77	12.67	4.06	2.77	15.17	14.56	25.94	27.23
3	SHMI	13.20	20.87	4.41	3.78	12.39	5.35	25.59	26.22
4	MARY	10.12	16.71	9.98	8.13	9.89	5.16	20.01	21.87
5	IRAN	12.88	12.80	4.43	2.65	12.69	14.56	25.57	27.36
6	RAMU	11.91	14.74	5.88	5.84	12.21	9.43	24.12	24.17
7	NSHU	13.38	13.52	9.32	4.39	7.30	12.08	20.68	25.60
8	ABAZ	12.21	11.60	5.66	3.40	12.12	14.99	24.33	26.59
9	IJAY	14.20	10.93	2.80	3.65	13.00	15.41	27.20	26.34
10	AN K	11.12	11.80	2.51	2.75	16.36	15.46	27.48	27.26
11	IVAS	16.32	15.16	1.75	3.31	11.93	11.53	28.25	26.69
12	ETHA	14.90	13.21	2.22	1.92	12.88	14.87	27.78	28.08
13	VEDA	12.41	12.62	3.20	6.74	14.38	10.65	26.79	23.27
14	JESH	7.95	11.51	5.66	3.56	16.38	14.92	24.33	26.43
15	ETAN	12.33	15.21	2.28	1.79	15.39	13.01	27.72	28.22
16	EEPA	12.09	12.67	2.13	1.72	15.77	15.61	27.86	28.28
17	NDRA	17.89	18.21	2.19	2.22	9.92	9.57	27.81	27.78
18	TRAJ	13.53	8.45	3.92	10.50	12.55	16.99	26.08	25.44
19	ESAI	17.67	11.77	3.01	2.26	9.33	15.96	27.00	27.73
20	OHAK	15.52	16.90	1.98	6.79	12.50	6.30	28.02	23.20
21	RATH	13.48	18.52	2.08	4.35	14.43	7.13	27.91	25.65
22	RAJU	16.90	16.72	2.29	1.67	10.80	11.60	27.70	28.32
23	B N	15.33	14.97	1.52	.71	13.13	14.33	28.46	29.30
24	SHEK	15.36	15.39	4.07	1.45	10.57	13.17	25.93	28.56
25	STHA	12.83	14.59	3.56	2.46	13.62	12.95	26.45	27.54
26	HANK	15.02	11.50	3.41	4.88	11.58	13.61	26.60	25.11
27	TOSH	12.55	12.59	2.97	1.59	14.48	15.81	27.03	28.40
28	RATH	13.00	15.31	3.63	1.37	13.36	13.30	26.36	28.61
29	NATH	12.22	12.19	2.21	1.94	15.57	15.88	27.79	28.07
30	APPA	18.46	16.72	2.28	2.08	9.26	11.21	27.72	27.93
31	EN R	12.69	14.62	5.49	2.93	11.83	12.45	24.52	27.07
32	D S	14.34	15.01	1.86	1.39	13.79	13.59	28.13	28.60
33	NAYA	13.58	16.57	3.04	1.96	13.38	11.47	26.96	28.04
34	ITHA	13.61	15.55	2.67	1.97	13.72	12.48	27.33	28.03
35	AVYA	12.04	14.15	2.95	1.78	15.01	14.06	27.05	28.21
	<b>MEAN</b>	<b>13.37</b>	<b>14.20</b>	<b>3.88</b>	<b>3.43</b>	<b>12.76</b>	<b>12.53</b>	<b>26.12</b>	<b>26.73</b>
	<b>SD</b>	<b>2.56</b>	<b>2.55</b>	<b>2.64</b>	<b>2.38</b>	<b>2.20</b>	<b>3.10</b>	<b>2.64</b>	<b>2.04</b>

**TABLE 23: Raw data of Children Depression Inventory score of yoga group.**

SLNO	Y_CODE	CDI_A		CDI_B		CDI_C		CDI_D	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	NITH	7.00	7.00	6.00	6.00	9.00	3.00	3.00	3.00
2	SHAN	9.00	6.00	8.00	5.00	6.00	8.00	5.00	4.00
3	ANIL	12.00	8.00	7.00	5.00	10.00	6.00	3.00	2.00
4	THYA	9.00	11.00	9.00	6.00	9.00	5.00	5.00	4.00
5	ARAJ	8.00	8.00	9.00	6.00	10.00	6.00	6.00	3.00
6	WAMY	10.00	3.00	5.00	2.00	7.00	8.00	6.00	6.00
7	ANJU	10.00	7.00	9.00	5.00	9.00	7.00	2.00	4.00
8	RALI	11.00	5.00	8.00	5.00	6.00	2.00	5.00	3.00
9	JWAL	7.00	2.00	8.00	7.00	8.00	5.00	3.00	3.00
10	ARAN	8.00	0.00	7.00	5.00	8.00	8.00	2.00	4.00
11	MSHI	10.00	6.00	3.00	4.00	9.00	7.00	5.00	2.00
12	NDRA	8.00	7.00	8.00	3.00	9.00	8.00	4.00	3.00
13	DEVA	9.00	9.00	7.00	3.00	7.00	5.00	3.00	1.00
14	RTHI	7.00	4.00	7.00	2.00	9.00	5.00	2.00	8.00
15	MIKA	8.00	9.00	8.00	5.00	8.00	4.00	6.00	3.00
16	GESH	7.00	5.00	7.00	2.00	7.00	6.00	6.00	5.00
17	ANNA	10.00	6.00	4.00	4.00	10.00	6.00	3.00	4.00
18	ASAD	14.00	9.00	7.00	7.00	9.00	4.00	8.00	5.00
19	UMAR	8.00	5.00	6.00	6.00	8.00	6.00	6.00	2.00
20	DINI	6.00	5.00	7.00	6.00	7.00	5.00	3.00	1.00
21	INOD	9.00	8.00	7.00	6.00	11.00	5.00	3.00	3.00
22	ANYA	8.00	7.00	5.00	2.00	7.00	4.00	5.00	4.00
23	OHIL	11.00	8.00	5.00	2.00	9.00	9.00	4.00	2.00
24	WARI	14.00	4.00	6.00	6.00	9.00	3.00	4.00	1.00
25	ATHA	7.00	7.00	6.00	3.00	8.00	4.00	5.00	3.00
26	ITHA	6.00	3.00	9.00	4.00	9.00	8.00	4.00	3.00
27	UTHA	9.00	7.00	4.00	5.00	8.00	5.00	5.00	3.00
28	HINI	6.00	5.00	6.00	4.00	14.00	6.00	4.00	3.00
29	HREE	7.00	6.00	5.00	3.00	10.00	8.00	3.00	2.00
30	NUKA	10.00	4.00	7.00	6.00	4.00	6.00	4.00	3.00
31	ITHA	9.00	14.00	9.00	3.00	9.00	4.00	3.00	1.00
32	ARAJ	9.00	5.00	5.00	3.00	7.00	3.00	3.00	7.00
33	RHAN	9.00	6.00	5.00	3.00	9.00	9.00	3.00	2.00
34	NATH	7.00	6.00	8.00	1.00	9.00	6.00	7.00	10.00
35	HANA	11.00	6.00	6.00	2.00	8.00	10.00	2.00	1.00
36	LAIH	8.00	12.00	5.00	2.00	9.00	4.00	3.00	3.00
37	AVAN	12.00	3.00	7.00	5.00	6.00	10.00	5.00	5.00
38	ITHA	7.00	5.00	5.00	6.00	8.00	4.00	3.00	4.00
	<b>MEAN</b>	<b>8.87</b>	<b>6.26</b>	<b>6.58</b>	<b>4.21</b>	<b>8.39</b>	<b>5.84</b>	<b>4.11</b>	<b>3.42</b>
	<b>SD</b>	<b>2.02</b>	<b>2.70</b>	<b>1.57</b>	<b>1.68</b>	<b>1.67</b>	<b>2.03</b>	<b>1.48</b>	<b>1.93</b>

**TABLE 24: Raw data of Children Depression Inventory score of control group.**

SLNO	C_CODE	CDI_A		CDI_B		CDI_C		CDI_D	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	IRAN	7.00	6.00	8.00	7.00	9.00	9.00	4.00	5.00
2	RAMU	6.00	8.00	7.00	6.00	8.00	6.00	4.00	3.00
3	NSHU	7.00	7.00	7.00	6.00	6.00	3.00	3.00	5.00
4	PAA	14.00	14.00	7.00	7.00	13.00	13.00	8.00	6.00
5	ABAZ	8.00	9.00	5.00	7.00	10.00	9.00	7.00	8.00
6	IJAY	7.00	8.00	6.00	9.00	10.00	9.00	6.00	1.00
7	AN K	10.00	9.00	6.00	5.00	11.00	8.00	5.00	9.00
8	IVAS	8.00	6.00	6.00	4.00	5.00	9.00	4.00	6.00
9	ETHA	8.00	10.00	5.00	5.00	8.00	5.00	6.00	4.00
10	VEDA	9.00	10.00	7.00	7.00	10.00	7.00	5.00	8.00
11	JESH	6.00	6.00	6.00	4.00	7.00	4.00	5.00	7.00
12	ETAN	9.00	3.00	7.00	5.00	5.00	9.00	4.00	6.00
13	EEPA	8.00	5.00	7.00	8.00	8.00	5.00	5.00	6.00
14	NATH	12.00	11.00	4.00	2.00	7.00	9.00	6.00	6.00
15	NDRA	6.00	7.00	6.00	4.00	7.00	8.00	8.00	6.00
16	TRAJ	8.00	7.00	6.00	3.00	6.00	6.00	4.00	7.00
17	ESAI	7.00	10.00	3.00	5.00	8.00	3.00	5.00	3.00
18	OHAK	7.00	9.00	6.00	6.00	9.00	8.00	4.00	2.00
19	RATH	7.00	9.00	6.00	2.00	9.00	7.00	3.00	6.00
20	RAJU	7.00	10.00	7.00	2.00	9.00	8.00	3.00	3.00
21	B N	4.00	9.00	7.00	3.00	8.00	5.00	4.00	7.00
22	SHEK	8.00	6.00	5.00	4.00	6.00	9.00	5.00	4.00
23	STHA	5.00	6.00	7.00	6.00	8.00	6.00	4.00	3.00
24	HANK	4.00	6.00	7.00	4.00	9.00	7.00	3.00	4.00
25	TOSH	7.00	5.00	6.00	8.00	8.00	4.00	3.00	6.00
26	RATH	9.00	9.00	6.00	8.00	7.00	7.00	6.00	2.00
27	NATH	9.00	13.00	6.00	3.00	9.00	5.00	5.00	6.00
28	APPA	8.00	10.00	4.00	5.00	10.00	8.00	5.00	2.00
29	KU R	8.00	7.00	6.00	6.00	8.00	9.00	3.00	4.00
30	D S	11.00	3.00	5.00	4.00	9.00	6.00	4.00	2.00
31	NDAN	5.00	12.00	5.00	5.00	9.00	10.00	4.00	6.00
32	NAYA	8.00	10.00	6.00	6.00	8.00	7.00	5.00	3.00
33	ITHA	13.00	10.00	3.00	5.00	9.00	8.00	5.00	6.00
34	AVYA	6.00	5.00	6.00	3.00	9.00	7.00	3.00	3.00
	<b>MEAN</b>	<b>7.82</b>	<b>8.09</b>	<b>5.91</b>	<b>5.12</b>	<b>8.29</b>	<b>7.15</b>	<b>4.65</b>	<b>4.85</b>
	<b>SD</b>	<b>2.25</b>	<b>2.61</b>	<b>1.16</b>	<b>1.85</b>	<b>1.66</b>	<b>2.15</b>	<b>1.35</b>	<b>2.03</b>

<b>TABLE 25: Raw data of Children Depression Inventory score of yoga group.</b>							
<b>SLNO</b>	<b>Y_CODE</b>	<b>TCDI</b>		<b>CDI_AB</b>		<b>CDI_CD</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	NITH	25.00	19.00	13.00	13.00	12.00	6.00
2	SHAN	28.00	23.00	17.00	11.00	11.00	12.00
3	ANIL	32.00	21.00	19.00	13.00	13.00	8.00
4	THYA	32.00	26.00	18.00	17.00	14.00	9.00
5	ARAJ	33.00	23.00	17.00	14.00	16.00	9.00
6	WAMY	28.00	19.00	15.00	5.00	13.00	14.00
7	ANJU	30.00	23.00	19.00	12.00	11.00	11.00
8	RALI	30.00	15.00	19.00	10.00	11.00	5.00
9	JWAL	26.00	17.00	15.00	9.00	11.00	8.00
10	ARAN	25.00	17.00	15.00	5.00	10.00	12.00
11	MSHI	27.00	19.00	13.00	10.00	14.00	9.00
12	NDRA	29.00	21.00	16.00	10.00	13.00	11.00
13	DEVA	26.00	18.00	16.00	12.00	10.00	6.00
14	RTHI	25.00	19.00	14.00	6.00	11.00	13.00
15	MIKA	30.00	21.00	16.00	14.00	14.00	7.00
16	GESH	27.00	18.00	14.00	7.00	13.00	11.00
17	ANNA	27.00	20.00	14.00	10.00	13.00	10.00
18	ASAD	38.00	25.00	21.00	16.00	17.00	9.00
19	UMAR	28.00	19.00	14.00	11.00	14.00	8.00
20	DINI	23.00	17.00	13.00	11.00	10.00	6.00
21	INOD	30.00	22.00	16.00	14.00	14.00	8.00
22	ANYA	25.00	17.00	13.00	9.00	12.00	8.00
23	OHIL	29.00	21.00	16.00	10.00	13.00	11.00
24	WARI	33.00	14.00	20.00	10.00	13.00	4.00
25	ATHA	26.00	17.00	13.00	10.00	13.00	7.00
26	ITHA	28.00	18.00	15.00	7.00	13.00	11.00
27	UTHA	26.00	20.00	13.00	12.00	13.00	8.00
28	HINI	30.00	18.00	12.00	9.00	18.00	9.00
29	HREE	25.00	19.00	12.00	9.00	13.00	10.00
30	NUKA	25.00	19.00	17.00	10.00	8.00	9.00
31	ITHA	30.00	22.00	18.00	17.00	12.00	5.00
32	ARAJ	24.00	18.00	14.00	8.00	10.00	10.00
33	RHAN	26.00	20.00	14.00	9.00	12.00	11.00
34	NATH	31.00	23.00	15.00	7.00	16.00	16.00
35	HANA	27.00	19.00	17.00	8.00	10.00	11.00
36	LAIH	25.00	21.00	13.00	14.00	12.00	7.00
37	AVAN	30.00	23.00	19.00	8.00	11.00	15.00
38	ITHA	23.00	19.00	12.00	11.00	11.00	8.00
	<b>MEAN</b>	<b>27.95</b>	<b>19.74</b>	<b>15.45</b>	<b>10.47</b>	<b>12.50</b>	<b>9.26</b>
	<b>SD</b>	<b>3.18</b>	<b>2.61</b>	<b>2.42</b>	<b>3.00</b>	<b>2.06</b>	<b>2.73</b>

<b>TABLE 26: Raw data of Children Depression Inventory score of control group.</b>							
<b>SLNO</b>	<b>C_CODE</b>	<b>CDI</b>		<b>CDI_AB</b>		<b>CDI_CD</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	IRAN	28.00	27.00	15.00	13.00	13.00	14.00
2	RAMU	25.00	23.00	13.00	14.00	12.00	9.00
3	NSHU	23.00	21.00	14.00	13.00	9.00	8.00
4	PAA	42.00	40.00	21.00	21.00	21.00	19.00
5	ABAZ	30.00	33.00	13.00	16.00	17.00	17.00
6	IJAY	29.00	27.00	13.00	17.00	16.00	10.00
7	AN K	32.00	31.00	16.00	14.00	16.00	17.00
8	IVAS	23.00	25.00	14.00	10.00	9.00	15.00
9	ETHA	27.00	24.00	13.00	15.00	14.00	9.00
10	VEDA	31.00	32.00	16.00	17.00	15.00	15.00
11	JESH	24.00	21.00	12.00	10.00	12.00	11.00
12	ETAN	25.00	23.00	16.00	8.00	9.00	15.00
13	EEPA	28.00	24.00	15.00	13.00	13.00	11.00
14	NATH	29.00	28.00	16.00	13.00	13.00	15.00
15	NDRA	27.00	25.00	12.00	11.00	15.00	14.00
16	TRAJ	24.00	23.00	14.00	10.00	10.00	13.00
17	ESAI	23.00	21.00	10.00	15.00	13.00	6.00
18	OHAK	26.00	25.00	13.00	15.00	13.00	10.00
19	RATH	25.00	24.00	13.00	11.00	12.00	13.00
20	RAJU	26.00	23.00	14.00	12.00	12.00	11.00
21	B N	23.00	24.00	11.00	12.00	12.00	12.00
22	SHEK	24.00	23.00	13.00	10.00	11.00	13.00
23	STHA	24.00	21.00	12.00	12.00	12.00	9.00
24	HANK	23.00	21.00	11.00	10.00	12.00	11.00
25	TOSH	24.00	23.00	13.00	13.00	11.00	10.00
26	RATH	28.00	26.00	15.00	17.00	13.00	9.00
27	NATH	29.00	27.00	15.00	16.00	14.00	11.00
28	APPA	27.00	25.00	12.00	15.00	15.00	10.00
29	KUR	25.00	26.00	14.00	13.00	11.00	13.00
30	D S	29.00	15.00	16.00	7.00	13.00	8.00
31	NDAN	23.00	33.00	10.00	17.00	13.00	16.00
32	NAYA	27.00	26.00	14.00	16.00	13.00	10.00
33	ITHA	30.00	29.00	16.00	15.00	14.00	14.00
34	AVYA	24.00	18.00	12.00	8.00	12.00	10.00
	<b>MEAN</b>	<b>26.68</b>	<b>25.21</b>	<b>13.74</b>	<b>13.21</b>	<b>12.94</b>	<b>12.00</b>
	<b>SD</b>	<b>3.76</b>	<b>4.71</b>	<b>2.15</b>	<b>3.10</b>	<b>2.40</b>	<b>3.02</b>

<b>TABLE 27: Raw data of STAI-C score of yoga group.</b>					
<b>SLNO</b>	<b>Y_CODE</b>	<b>STAI_C1</b>		<b>STAI_C2</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	NITH	26.00	30.00	43.00	37.00
2	SHAN	29.00	30.00	41.00	37.00
3	ANIL	44.00	25.00	42.00	38.00
4	THYA	35.00	25.00	43.00	33.00
5	ARAJ	39.00	34.00	40.00	31.00
6	WAMY	33.00	23.00	40.00	35.00
7	ANJU	27.00	30.00	43.00	40.00
8	RALI	33.00	31.00	42.00	38.00
9	JWAL	37.00	24.00	41.00	37.00
10	ARAN	31.00	26.00	41.00	35.00
11	MSHI	33.00	23.00	45.00	40.00
12	NDRA	36.00	32.00	43.00	40.00
13	DEVA	32.00	22.00	48.00	43.00
14	RTHI	31.00	38.00	44.00	39.00
15	MIKA	25.00	28.00	47.00	41.00
16	GESH	41.00	29.00	46.00	40.00
17	ANNA	26.00	25.00	41.00	37.00
18	ASAD	38.00	34.00	42.00	39.00
19	UMAR	43.00	38.00	40.00	36.00
20	DINI	31.00	31.00	43.00	38.00
21	INOD	38.00	36.00	45.00	39.00
22	ANYA	34.00	39.00	44.00	44.00
23	OHIL	30.00	26.00	42.00	35.00
24	WARI	26.00	31.00	43.00	40.00
25	ATHA	49.00	34.00	42.00	38.00
26	ITHA	39.00	33.00	44.00	42.00
27	UTHA	33.00	31.00	43.00	38.00
28	HINI	33.00	33.00	41.00	39.00
29	HREE	35.00	31.00	43.00	37.00
30	NUKA	34.00	30.00	46.00	41.00
31	ITHA	31.00	31.00	41.00	38.00
32	ARAJ	40.00	33.00	44.00	41.00
33	RHAN	38.00	31.00	41.00	37.00
34	NATH	28.00	28.00	40.00	38.00
35	HANA	29.00	34.00	44.00	41.00
36	LAIH	26.00	29.00	43.00	40.00
37	AVAN	35.00	34.00	42.00	38.00
38	ITHA	32.00	29.00	39.00	35.00
	<b>MEAN</b>	<b>33.68</b>	<b>30.29</b>	<b>42.68</b>	<b>38.29</b>
	<b>SD</b>	<b>5.55</b>	<b>4.27</b>	<b>2.04</b>	<b>2.64</b>

<b>TABLE 28: Raw data of STAI-C score of control group.</b>					
<b>SLNO</b>	<b>C_CODE</b>	<b>STAI_C1</b>		<b>STAI_C2</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	IRAN	33.00	34.00	43.00	42.00
2	RAMU	32.00	26.00	43.00	43.00
3	NSHU	38.00	31.00	41.00	39.00
4	PAA	37.00	42.00	40.00	40.00
5	ABAZ	29.00	27.00	44.00	43.00
6	IJAY	28.00	30.00	41.00	45.00
7	AN K	29.00	24.00	43.00	42.00
8	IVAS	30.00	27.00	42.00	40.00
9	ETHA	30.00	39.00	44.00	43.00
10	VEDA	32.00	26.00	41.00	43.00
11	JESH	27.00	32.00	45.00	44.00
12	ETAN	27.00	33.00	40.00	39.00
13	EEPA	29.00	36.00	43.00	41.00
14	NATH	48.00	36.00	44.00	46.00
15	NDRA	34.00	39.00	44.00	42.00
16	TRAJ	39.00	33.00	43.00	41.00
17	ESAI	32.00	33.00	42.00	40.00
18	OHAK	29.00	34.00	44.00	42.00
19	RATH	30.00	28.00	41.00	39.00
20	RAJU	38.00	33.00	42.00	45.00
21	B N	30.00	31.00	42.00	40.00
22	SHEK	33.00	35.00	41.00	42.00
23	STHA	29.00	34.00	43.00	41.00
24	HANK	46.00	31.00	41.00	40.00
25	TOSH	35.00	28.00	42.00	41.00
26	RATH	27.00	31.00	43.00	43.00
27	NATH	30.00	30.00	42.00	41.00
28	APPA	31.00	25.00	43.00	42.00
29	KU R	25.00	27.00	42.00	42.00
30	D S	29.00	33.00	41.00	43.00
31	NDAN	34.00	26.00	41.00	40.00
32	NAYA	34.00	24.00	42.00	41.00
33	ITHA	35.00	35.00	41.00	39.00
34	AVYA	34.00	33.00	43.00	42.00
	<b>MEAN</b>	<b>32.44</b>	<b>31.35</b>	<b>42.26</b>	<b>41.65</b>
	<b>SD</b>	<b>5.05</b>	<b>4.46</b>	<b>1.26</b>	<b>1.79</b>

**TABLE 29: Raw data of Self Esteem score of yoga group.**

SLNO	Y_CODE	Self Esteem	
		PRE	POST
1	NITH	17.00	23.00
2	SHAN	19.00	24.00
3	ANIL	22.00	25.00
4	THYA	20.00	22.00
5	ARAJ	18.00	23.00
6	WAMY	21.00	20.00
7	ANJU	22.00	24.00
8	RALI	26.00	23.00
9	JWAL	22.00	20.00
10	ARAN	20.00	23.00
11	MSHI	35.00	25.00
12	NDRA	23.00	20.00
13	DEVA	24.00	24.00
14	RTHI	24.00	26.00
15	MIKA	21.00	24.00
16	GESH	22.00	22.00
17	ANNA	22.00	23.00
18	ASAD	18.00	24.00
19	UMAR	23.00	26.00
20	DINI	18.00	25.00
21	INOD	21.00	20.00
22	ANYA	22.00	20.00
23	OHIL	18.00	21.00
24	WARI	19.00	25.00
25	ATHA	23.00	27.00
26	ITHA	23.00	25.00
27	UTHA	18.00	21.00
28	HINI	18.00	22.00
29	HREE	19.00	23.00
30	NUKA	19.00	21.00
31	ITHA	21.00	19.00
32	ARAJ	16.00	21.00
33	RHAN	21.00	25.00
34	NATH	22.00	26.00
35	HANA	19.00	23.00
36	LAIH	21.00	23.00
37	AVAN	18.00	24.00
38	ITHA	20.00	26.00
	<b>MEAN</b>	<b>20.92</b>	<b>23.11</b>
	<b>SD</b>	<b>3.24</b>	<b>2.09</b>

**TABLE 30: Raw data of Self Esteem score of control group.**

SLNO	C_CODE	Self Esteem	
		PRE	POST
1	IRAN	19.00	19.00
2	RAMU	22.00	24.00
3	NSHU	20.00	21.00
4	PAA	22.00	20.00
5	ABAZ	22.00	21.00
6	IJAY	21.00	24.00
7	AN K	25.00	22.00
8	IVAS	21.00	23.00
9	ETHA	20.00	30.00
10	VEDA	19.00	20.00
11	JESH	21.00	22.00
12	ETAN	21.00	25.00
13	EEPA	16.00	24.00
14	NATH	23.00	23.00
15	NDRA	22.00	19.00
16	TRAJ	23.00	24.00
17	ESAI	21.00	21.00
18	OHAK	21.00	20.00
19	RATH	21.00	19.00
20	RAJU	17.00	20.00
21	B N	18.00	19.00
22	SHEK	20.00	18.00
23	STHA	23.00	25.00
24	HANK	21.00	21.00
25	TOSH	16.00	19.00
26	RATH	22.00	20.00
27	NATH	20.00	22.00
28	APPA	21.00	18.00
29	KU R	19.00	22.00
30	D S	20.00	21.00
31	NDAN	21.00	19.00
32	NAYA	24.00	22.00
33	ITHA	21.00	20.00
34	AVYA	21.00	22.00
	<b>MEAN</b>	<b>20.71</b>	<b>21.44</b>
	<b>SD</b>	<b>1.99</b>	<b>2.49</b>

**TABLE 31: Raw data of Verbal Memory test of yoga group.**

SLNO	Y_CODE	M 1 back		H 2 back		M 2 back	
		PRE	POST	PRE	POST	PRE	POST
1	NITH	1	0	8	11	10	7
2	SHAN	2	0	7	10	11	8
3	ANIL	1	0	9	11	9	7
4	THYA	2	1	8	12	10	6
5	ARAJ	2	0	6	9	12	9
6	WAMY	1	0	10	11	8	7
7	ANJU	2	0	5	10	13	8
8	RALI	1	0	6	9	12	9
9	JWAL	2	0	10	9	8	9
10	ARAN	2	1	9	10	9	8
11	MSHI	1	0	9	12	9	6
12	NDRA	2	0	10	13	8	5
13	DEVA	0	0	12	10	6	8
14	RTHI	1	0	10	12	8	6
15	MIKA	1	0	11	12	7	6
16	GESH	1	0	12	11	6	7
17	ANNA	0	0	13	11	5	7
18	ASAD	1	1	8	12	10	6
19	UMAR	2	0	9	9	9	9
20	DINI	1	0	14	13	4	5
21	INOD	2	1	8	10	10	8
22	ANYA	2	1	9	10	9	8
23	OHIL	0	0	7	12	11	6
24	WARI	0	0	12	10	6	8
25	ATHA	0	0	14	13	4	5
26	ITHA	0	0	13	10	5	8
27	UTHA	0	0	11	15	7	3
28	HINI	0	0	15	15	3	3
29	HREE	0	0	11	9	7	9
30	NUKA	0	0	12	16	6	2
31	ITHA	0	0	11	12	7	6
32	ARAJ	2	1	9	3	9	15
33	RHAN	0	0	11	10	7	8
34	NATH	1	0	10	15	8	3
35	HANA	0	0	10	12	8	6
36	LAIH	1	0	8	11	10	7
37	AVAN	1	0	2	8	16	10
38	ITHA	0	0	8	11	10	7
	<b>MEAN</b>	<b>0.92</b>	<b>0.16</b>	<b>9.66</b>	<b>11.03</b>	<b>8.34</b>	<b>6.97</b>
	<b>SD</b>	<b>0.82</b>	<b>0.37</b>	<b>2.65</b>	<b>2.30</b>	<b>2.65</b>	<b>2.30</b>

**TABLE 32: Raw data of Verbal Memory test of control group.**

SLNO	C_CODE	M 1 back		H 2 back		M 2 back	
		PRE	POST	PRE	POST	PRE	POST
1	IRAN	3	0	9	10	9	8
2	RAMU	2	2	10	10	8	8
3	NSHU	2	0	10	11	8	7
4	PAA	2	2	11	11	7	7
5	ABAZ	1	2	10	10	8	8
6	IJAY	0	1	13	12	5	6
7	AN K	0	0	12	12	6	6
8	IVAS	2	0	11	10	7	8
9	ETHA	0	0	12	14	6	4
10	VEDA	0	1	12	8	6	10
11	JESH	0	0	10	11	8	7
12	ETAN	0	1	11	7	7	11
13	EEPA	0	0	12	11	6	7
14	NATH	0	1	9	11	9	7
15	NDRA	1	1	6	5	12	13
16	TRAJ	0	0	9	9	9	9
17	ESAI	0	0	10	11	8	7
18	OHAK	0	0	9	10	9	8
19	RATH	1	2	8	7	10	11
20	RAJU	0	1	10	9	8	9
21	B N	0	0	10	12	8	6
22	SHEK	0	0	13	11	5	7
23	STHA	0	0	13	10	5	8
24	HANK	0	0	9	11	9	7
25	TOSH	0	0	8	7	10	11
26	RATH	0	1	13	8	5	10
27	NATH	1	0	11	11	7	7
28	APPA	0	0	10	11	8	7
29	KU R	0	0	12	7	6	11
30	D S	0	0	12	11	6	7
31	NDAN	2	0	10	6	8	12
32	NAYA	0	1	11	10	7	8
33	ITHA	10	0	10	10	8	8
34	AVYA	1	0	11	12	7	6
	<b>MEAN</b>	<b>0.82</b>	<b>0.47</b>	<b>10.50</b>	<b>9.88</b>	<b>7.50</b>	<b>8.12</b>
	<b>SD</b>	<b>1.83</b>	<b>0.71</b>	<b>1.62</b>	<b>1.98</b>	<b>1.62</b>	<b>1.98</b>

**TABLE 33: Raw data of General Health Questionnaire score of yoga group.**

SLNO	Y_CODE	GHQ_A		GHQ_B		GHQ_C		GHQ_D		TGHQ	
		PRE	POST	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	NITH	2.00	0.00	0.00	0.00	6.00	5.00	1.00	0.00	9.00	5.00
2	SHAN	1.00	0.00	0.00	0.00	7.00	4.00	1.00	0.00	9.00	4.00
3	ANIL	3.00	1.00	1.00	1.00	6.00	4.00	1.00	0.00	11.00	6.00
4	THYA	3.00	0.00	2.00	2.00	7.00	5.00	3.00	2.00	15.00	9.00
5	ARAJ	0.00	0.00	0.00	0.00	5.00	4.00	0.00	0.00	5.00	4.00
6	WAMY	2.00	1.00	0.00	0.00	5.00	4.00	2.00	1.00	9.00	6.00
7	ANJU	1.00	1.00	2.00	2.00	6.00	5.00	1.00	1.00	10.00	9.00
8	RALI	3.00	1.00	1.00	2.00	6.00	4.00	0.00	0.00	10.00	7.00
9	JWAL	1.00	1.00	0.00	0.00	6.00	5.00	1.00	1.00	8.00	7.00
10	ARAN	1.00	0.00	0.00	0.00	6.00	2.00	0.00	0.00	7.00	2.00
11	MSHI	3.00	2.00	4.00	1.00	5.00	4.00	1.00	3.00	13.00	10.00
12	NDRA	3.00	1.00	0.00	1.00	6.00	3.00	1.00	1.00	10.00	6.00
13	DEVA	1.00	1.00	0.00	1.00	6.00	2.00	0.00	1.00	7.00	5.00
14	RTHI	2.00	0.00	0.00	0.00	6.00	2.00	2.00	2.00	10.00	4.00
15	MIKA	0.00	0.00	0.00	0.00	5.00	4.00	0.00	0.00	5.00	4.00
16	GESH	1.00	0.00	0.00	1.00	4.00	4.00	1.00	0.00	6.00	5.00
17	ANNA	1.00	0.00	0.00	0.00	6.00	3.00	0.00	0.00	7.00	3.00
18	ASAD	4.00	2.00	5.00	2.00	7.00	6.00	2.00	3.00	18.00	13.00
19	UMAR	3.00	2.00	3.00	1.00	3.00	2.00	1.00	2.00	10.00	7.00
20	DINI	1.00	0.00	1.00	0.00	6.00	6.00	0.00	0.00	8.00	6.00
21	INOD	4.00	1.00	2.00	1.00	7.00	7.00	1.00	2.00	14.00	11.00
22	ANYA	2.00	0.00	1.00	1.00	6.00	5.00	2.00	0.00	11.00	6.00
23	OHIL	1.00	1.00	0.00	0.00	6.00	6.00	1.00	1.00	8.00	8.00
24	WARI	1.00	0.00	0.00	1.00	7.00	6.00	1.00	1.00	9.00	8.00
25	ATHA	0.00	0.00	0.00	0.00	6.00	5.00	1.00	0.00	7.00	5.00
26	ITHA	2.00	0.00	1.00	1.00	6.00	5.00	1.00	1.00	10.00	7.00
27	UTHA	2.00	1.00	2.00	0.00	5.00	6.00	1.00	0.00	10.00	7.00
28	HINI	1.00	0.00	0.00	0.00	6.00	7.00	2.00	0.00	9.00	7.00
29	HREE	0.00	1.00	0.00	0.00	3.00	4.00	0.00	0.00	3.00	5.00
30	NUKA	2.00	1.00	0.00	0.00	6.00	5.00	0.00	0.00	8.00	6.00
31	ITHA	3.00	1.00	2.00	0.00	4.00	7.00	2.00	1.00	11.00	9.00
32	ARAJ	4.00	3.00	5.00	3.00	7.00	4.00	7.00	2.00	23.00	12.00
33	RHAN	1.00	2.00	4.00	2.00	4.00	4.00	2.00	2.00	11.00	10.00
34	NATH	0.00	1.00	5.00	0.00	7.00	4.00	3.00	1.00	15.00	6.00
35	HANA	0.00	0.00	0.00	0.00	5.00	5.00	0.00	0.00	5.00	5.00
36	LAIH	1.00	2.00	3.00	0.00	6.00	4.00	1.00	1.00	11.00	7.00
37	AVAN	2.00	3.00	4.00	3.00	6.00	4.00	4.00	1.00	16.00	11.00
38	ITHA	0.00	0.00	0.00	0.00	5.00	5.00	0.00	0.00	5.00	5.00
	<b>MEAN</b>	<b>1.63</b>	<b>0.79</b>	<b>1.26</b>	<b>0.68</b>	<b>5.68</b>	<b>4.50</b>	<b>1.24</b>	<b>0.79</b>	<b>9.82</b>	<b>6.76</b>
	<b>SD</b>	<b>1.22</b>	<b>0.87</b>	<b>1.69</b>	<b>0.90</b>	<b>1.04</b>	<b>1.33</b>	<b>1.36</b>	<b>0.91</b>	<b>3.92</b>	<b>2.52</b>

<b>TABLE 34: Raw data of General Health Questionnaire score of control group.</b>											
<b>SLNO</b>	<b>C_CODE</b>	<b>GHQ_A</b>		<b>GHQ_B</b>		<b>GHQ_C</b>		<b>GHQ_D</b>		<b>TGHQ</b>	
		<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>	<b>PRE</b>	<b>POST</b>
1	IRAN	2.00	1.00	1.00	0.00	6.00	5.00	1.00	1.00	10.00	7.00
2	RAMU	1.00	0.00	2.00	0.00	6.00	5.00	0.00	0.00	9.00	5.00
3	NSHU	2.00	2.00	1.00	1.00	5.00	6.00	1.00	3.00	9.00	12.00
4	PAA	2.00	2.00	5.00	1.00	6.00	4.00	0.00	0.00	13.00	7.00
5	ABAZ	1.00	1.00	0.00	2.00	6.00	4.00	0.00	0.00	7.00	7.00
6	IJAY	1.00	2.00	1.00	1.00	6.00	7.00	2.00	1.00	10.00	11.00
7	AN K	1.00	2.00	1.00	0.00	6.00	5.00	0.00	0.00	8.00	7.00
8	IVAS	1.00	1.00	1.00	0.00	6.00	5.00	1.00	1.00	9.00	7.00
9	ETHA	1.00	2.00	0.00	0.00	6.00	6.00	1.00	1.00	8.00	9.00
10	VEDA	1.00	1.00	0.00	2.00	6.00	4.00	0.00	0.00	7.00	7.00
11	JESH	3.00	2.00	1.00	1.00	7.00	7.00	0.00	0.00	11.00	10.00
12	ETAN	3.00	2.00	0.00	0.00	6.00	1.00	0.00	0.00	9.00	3.00
13	EEPA	1.00	3.00	1.00	0.00	6.00	6.00	0.00	0.00	8.00	9.00
14	NATH	2.00	5.00	6.00	3.00	6.00	5.00	2.00	4.00	16.00	17.00
15	NDRA	0.00	2.00	1.00	2.00	7.00	4.00	1.00	0.00	9.00	8.00
16	TRAJ	2.00	1.00	0.00	1.00	7.00	7.00	1.00	1.00	10.00	10.00
17	ESAI	2.00	1.00	2.00	0.00	5.00	4.00	0.00	0.00	9.00	5.00
18	OHAK	1.00	1.00	0.00	1.00	6.00	6.00	1.00	1.00	8.00	9.00
19	RATH	2.00	1.00	1.00	1.00	6.00	7.00	2.00	1.00	11.00	10.00
20	RAJU	3.00	0.00	0.00	2.00	6.00	6.00	4.00	1.00	13.00	9.00
21	B N	2.00	1.00	0.00	1.00	6.00	5.00	1.00	0.00	9.00	7.00
22	SHEK	1.00	2.00	2.00	1.00	6.00	5.00	1.00	1.00	10.00	9.00
23	STHA	1.00	1.00	1.00	2.00	5.00	4.00	2.00	2.00	9.00	9.00
24	HANK	3.00	1.00	1.00	3.00	6.00	6.00	0.00	0.00	10.00	10.00
25	TOSH	0.00	0.00	0.00	2.00	6.00	6.00	0.00	0.00	6.00	8.00
26	RATH	3.00	1.00	0.00	1.00	6.00	6.00	2.00	2.00	11.00	10.00
27	NATH	1.00	0.00	0.00	0.00	6.00	6.00	0.00	0.00	7.00	6.00
28	APPA	0.00	0.00	0.00	0.00	6.00	6.00	0.00	0.00	6.00	6.00
29	KU R	1.00	1.00	1.00	1.00	6.00	5.00	2.00	1.00	10.00	8.00
30	D S	1.00	1.00	0.00	1.00	3.00	5.00	0.00	0.00	4.00	7.00
31	NDAN	2.00	1.00	1.00	4.00	4.00	6.00	1.00	1.00	8.00	12.00
32	NAYA	1.00	1.00	0.00	2.00	7.00	6.00	0.00	0.00	8.00	9.00
33	ITHA	1.00	1.00	1.00	1.00	4.00	6.00	1.00	0.00	7.00	8.00
34	AVYA	1.00	1.00	0.00	1.00	5.00	6.00	0.00	0.00	6.00	8.00
	<b>MEAN</b>	<b>1.47</b>	<b>1.29</b>	<b>0.91</b>	<b>1.12</b>	<b>5.79</b>	<b>5.35</b>	<b>0.79</b>	<b>0.65</b>	<b>8.97</b>	<b>8.41</b>
	<b>SD</b>	<b>0.86</b>	<b>0.97</b>	<b>1.33</b>	<b>1.01</b>	<b>0.84</b>	<b>1.20</b>	<b>0.95</b>	<b>0.95</b>	<b>2.29</b>	<b>2.48</b>

## APPENDIX 14

### Paper cut out models of Asanas used in this study



**Dhanurasana**



**Ustrasana**



**Learning yoga through tactile model**



**Data Collection**



**Practising yoga**



**Performing Chakrasana**

## APPENDIX 15

### **Publications from this doctoral work**

- [1] Mohanty S, Hankey A, Pradhan B, Ranjita R. Yoga-teaching protocol adapted for children with visual impairment. *International Jr of Yoga*. 2016; 9(2):114.
- [2] Mohanty S, Pradhan B, Hankey A. Upper extremity strength and motor speed in children with visual impairment following a 16-week yoga training program. *Isokinetics and Exercise Science*. 2015, 1-8.
- [3] Mohanty S, Murty PV, Pradhan B, Hankey A. Yoga Practice Increases Minimum Muscular Fitness in Children with Visual Impairment. *Journal of caring sciences*. 2015; 4(4):253.
- [4] Mohanty S, Purohit S, Mayanglanbam R, Ranjita R, Pradhan B and Hankey A. A comparative study of minimum muscular fitness in students with visual impairment and normal vision. *Indian Journal of Health and Wellbeing* 2016; 7(1): 97-100.

### **Papers submitted for the publication**

- [1] Mohanty S, Sasipriya V, Pradhan B, Hankey A. Development and validation of a yoga module for children with severe visual impairment: a feasibility study. *Journal of Developmental and physical Disability*.
- [2] Mohanty S, Pradhan B, Hankey A. Effect of yoga on physical, psychological and cognitive health of children with visual impairment. *Disability and Health Journal*.
- [3] Mohanty S, Pradhan B, Hankey A. Effect of yoga on Anxiety and depression of children with visual impairment. *British Journal of Visual Impairment*
- [4] Mohanty S, Pradhan B, Hankey A. Effect of yoga on lower extremity strength and balance of children with visual impairment. *Journal of Visual Impairment and Blindness*.