

practitioners to observe and appreciate the gradual change in children cognitive, behavioural, and emotional faculty due to yoga intervention.

- An adaptive *yoga* teaching approach and simplification of *yogāsanas* without compromising the principles of yoga made this ancient technique more acceptable and accessible.
- The use of Single Case Experimental Design (SCED) is able to establish both internal and external validity even with smaller subjects by power of continuous assessments, replication, randomization and rigor in design methodology.

8.6 LIMITATIONS OF THE STUDY

The limitations of the study are as follows:

- This study was done with small size of participants and one interventionist.
- There was no clear evidence for attendance of practice in home settings. Thus, the results obtained in home settings can be a carry forward effect from institute intervention or due to continued practice, is inconclusive.
- There is a scope to consider the factor of change from one setting to another setting and validate the effect.
- There is scope to blind the assessors in study by randomizing the participant assignment for evaluation.
- The caregiver's involvement and dedication as one of the predictors was not taken into consideration for this study.
- The participants continued with their other regular therapies along with this intervention may have cross functional effects that was kept out of scope for this study.

8.7 SUGGESTIONS FOR FUTURE STUDIES

- Scope for scaling the study with larger replications with a greater number of yoga

interventionists.

- Scope for cross functional effects comparing yoga intervention and other interventional therapies for the children.
- Scope for a comparative study of specific *yoga* interventions like *āsana* and *prāṇāyama* and its impact on respective cognitive, behavioural, and emotional domains of the children with multiple disabilities. i.e., a multiple interventions strategy of *yoga* interventions and its impact.
- Scope for a comparative study on effectiveness of classical *yoga* teaching methodology and *yoga* practices verses adaptive *yoga* teaching methodologies and adaptive *yoga* practices.