

Chapter 6

RESULTS

6.0 Introduction

This study was conducted to find the efficacy of structured *Yoga* intervention for three months in a special school based on sleep disorder, gastrointestinal (food habits and digestion related issues) disorder and behavior problems of ASD children. There were two groups one as *Yoga* intervention group and non-*Yoga* control group.

It was a pre-test and post-test control group design having thirty-two children in the *Yoga* group (n=32) and twenty-nine children in control group (n=29) at the time of post-intervention data collection with three children drop out from the control group. Since the data found to be not evenly spread and values were non-parametric in nature Wilcoxon test was used to find the group significance and Mann whitey U test to find between the group significance. To find pre and post mean values, standard deviations, medians and Z values descriptive analysis was used. Item wise interpretation of results was shown in tabular form followed by explanations as below.

Figure 6.1 **Group Description**

Groups	Process	Pre-test	Post-test
<i>Yoga</i> Group	<i>Yoga</i> Intervention	YG-1... YG-32	YG-1...YG-32
Control Group	No <i>Yoga</i> Intervention	CG-1... CG-29	CG-1...CG-29

Sixty-one items were used to collect the data pre and post *Yoga* intervention and individual items data and group data analyzed using SPSS Version-21.

Sleep domain constituted 15 interview schedules starting from SLEEP ITEM-1 to SLEEP ITEM-15 and data collected pre and post *Yoga* intervention as SLEEP ITEM_1_Pre and SLEEP ITEM_1_Post to SLEEP ITEM_15_Pre and SLEEP ITEM_15_post.

Gastrointestinal domain constituted 16 interview schedules starting from G I-1 to G I-16 and data collected pre and post *Yoga* intervention as G I_1_Pre and G I_1_Post to G I_15_Pre and G I_15_Post.

Behavior domain constituted 30 interview schedules starting from B I-1 to B I-30 and data collected pre and post *Yoga* intervention as B I_1_Pre and B I_1_Post to B I_30_Pre and B I_Post_30.

6.1 Item analysis of sleep interview schedule within the group and between the group and results in interpretations.

For *Yoga* group and the control group within the group, the analysis was conducted. Since it was a nonparametric test Wilcoxon test used to find mean values of pre and post intervention, z-scoring and 2 tailed significance.

TABLE-6.1-A SLEEP ITEM -WILCOXON TEST FOR WITHIN THE GROUP

Statement	Yoga Group		Control Group		Z Score		Asymp. Sig (2-tailed)	
	Pre-Mean ± Std. Deviation	Post-Mean ±Std. Deviation	Pre-Mean ± Std. Deviation	Post-Mean ±Std. Deviation	Yoga Group	Control Group	Yoga Group	Control Group
S I-1	3.38±1.10	1.03±.177	3.62±.862	3.83±.759	-4.810 ^c	-.513c	.001	.608
S I-2	3.63±1.10	1.38±.554	3.62±1.115	3.93±.961	-4.695 ^c	-1.127c	.001	.260
S I-3	4.78±0.49	1.69±.644	3.52±.949	4.59±.501	-5.033 ^c	-.632c	.001	.527
S I-4	4.13±1.16	1.47±.567	4.52±.574	4.21±.620	-4.760 ^c	-.277c	.001	.782
S I-5	3.97±1.00	1.31±.471	4.69±.541	4.24±.636	-4.878 ^c	-.535b	.001	.593
S I-6	4.00±1.02	1.13±.336	4.83±.384	4.38±.728	-5.139 ^b	.000d	.001	1.000
S I-7	3.63±1.07	1.34±.483	3.93±.884	4.24±.739	-4.828 ^c	-1.265c	.002	.206
S I-8	1.97±1.33	1.34±.483	3.52±1.326	3.00±1.363	-2.271 ^c	-2.124c	.001	.034
S I-9	3.06±1.56	1.22±.420	4.66±.670	3.55±1.617	-4.404 ^c	-1.059c	.001	.289
S I-10	3.50±1.11	1.59±.499	3.79±.819	4.07±.842	-4.703 ^c	-.905b	.001	.366

S I-11	3.69±0.97	1.56±.564	3.69±.761	4.10±.673	-4.824 ^c	-.500b	.001	.617
S I-12	4.22±1.26	1.13±.336	3.83±.711	4.38±.862	-4.824 ^c	-.486c	.001	.627
S I-13	3.91±1.12	1.63±.833	3.14±1.156	4.21±1.013	-4.494 ^c	-.711c	.001	.477
S I-14	4.59±1.19	1.47±.567	3.14±1.302	4.66±.670	-4.833 ^c	-.431b	.001	.666
S I-15	2.97±1.60	1.06±.246	3.45±1.183	2.83±1.627	-4.339 ^c	-1.378c	.001	.168

S I = Sleep Questionnaire; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks

c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks

TABLE-6.1-B SLEEP ITEM MANN-WHITNEY BETWEEN THE GROUP

Group =V2	Ranks				
	Mann-Whitney Test				
<i>Yoga</i> n=32 <i>Control</i> n=29	Mean Rank		Sum of Ranks		Mann-Whitney U
	<i>Yoga</i>	<i>Control</i>	<i>Yoga</i>	<i>Control</i>	
S I_1_pre	28.88	33.34	924.00	967.00	396.000
S I_1_post	17.02	46.43	544.50	1346.50	16.500
S I_2_pre	29.98	32.12	959.50	931.50	431.500
S I_2_post	17.14	46.29	548.50	1342.50	20.500
S I_3_pre	34.30	27.36	1097.50	793.50	358.500
S I_3_post	16.50	47.00	528.00	1363.00	0.000
S I_4_pre	31.89	30.02	1020.50	870.50	435.500
S I_4_post	16.55	46.95	529.50	1361.50	1.500
S I_5_pre	27.98	34.33	895.50	995.50	367.500
S I_5_post	16.50	47.00	528.00	1363.00	0.000
S I_6_pre	28.11	34.19	899.50	891.50	371.500
S I_6_post	16.56	46.93	530.00	1361.00	2.000
S I_7_pre	27.06	35.34	866.00	1025.50	338.000
S I_7_post	16.67	46.81	533.50	1357.50	5.500
S I_8_pre	26.13	36.38	836.00	1055.00	308.000
S I_8_post	20.73	42.33	663.50	1227.50	135.500
S I_9_pre	29.39	32.78	940.50	950.50	412.500

S I_9_post	20.48	42.60	655.50	1235.50	127.500
S I_10_pre	25.86	36.67	827.50	1063.50	299.500
S I_10_post	17.09	46.34	547.00	1344.00	19.000
S I_11_pre	26.72	35.72	855.00	1036.00	327.000
S I_11_post	16.58	46.91	530.50	1360.50	2.500
S I_12_pre	31.92	29.98	1021.50	869.50	434.500
S I_12_post	16.63	46.86	532.00	1359.00	4.000
S I_13_pre	29.81	32.31	954.00	937.00	426.000
S I_13_post	17.83	45.53	570.50	1320.50	42.500
S I_14_pre	31.97	29.93	1023.50	868.00	433.000
S I_14_post	16.73	46.74	535.50	1355.50	7.500
S I_15_pre	33.34	28.41	1067.00	824.00	389.000
S I_15_post	21.00	42.03	672.00	1219.00	144.000
S I = Sleep Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks					
c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks					

TABLE-6.1-C SLEEP ITEM-WILCOXON WITHIN THE GROUP PRE & POST

Test Statistics			
Yoga n=32 Control n=29	Wilcoxon W	Z	Asymp. Sig. (2-tailed)
S I_1_pre	924.000	-1.109	.267
S I_1_post	544.500	-7.137	.001
S I_2_pre	959.500	-.496	.620
S I_2_post	548.500	-6.613	.001
S I_3_pre	793.500	-1.912	.056
S I_3_post	528.000	-6.900	.001
S I_4_pre	870.500	-.454	.649
S I_4_post	529.500	-6.890	.001
S I_5_pre	895.500	-1.532	.125
S I_5_post	528.000	-6.962	.001
S I_6_pre	899.500	-1.465	.143
S I_6_post	530.000	-7.108	.001
S I_7_pre	866.000	-1.950	.051
S I_7_post	533.500	-6.862	.001
S I_8_pre	836.000	-2.349	.019
S I_8_post	663.500	-5.018	.001

S I_9_pre	940.500	-.768	.442
S I_9_post	655.500	-5.254	.001
S I_10_pre	827.500	-2.572	.010
S I_10_post	547.000	-6.658	.001
S I_11_pre	855.000	-2.178	.029
S I_11_post	530.500	-6.852	.001
S I_12_pre	869.500	-.474	.635
S I_12_post	532.000	-7.081	.001
S I_13_pre	954.000	-.579	.562
S I_13_post	570.500	-6.265	.001
S I_14_pre	868.000	-.695	.487
S I_14_post	535.500	-6.873	.001
S I_15_pre	824.000	-1.123	.261
S I_15_post	672.000	-5.330	.001

S I = Sleep Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks

c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks

6.1.0. Item analysis for SLEEP ITEMS

6.1.1: Your child sleeps more than eight hours at a stretch in the night.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-1	<i>Yoga</i>	3.38±1.10 (4)	1.03±0.177 (1)	<0.001 ↓	0.267	<0.001
	Control	3.62±0.862 (4)	3.83±0.759 (4)	0.608 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1.1 Show the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-1

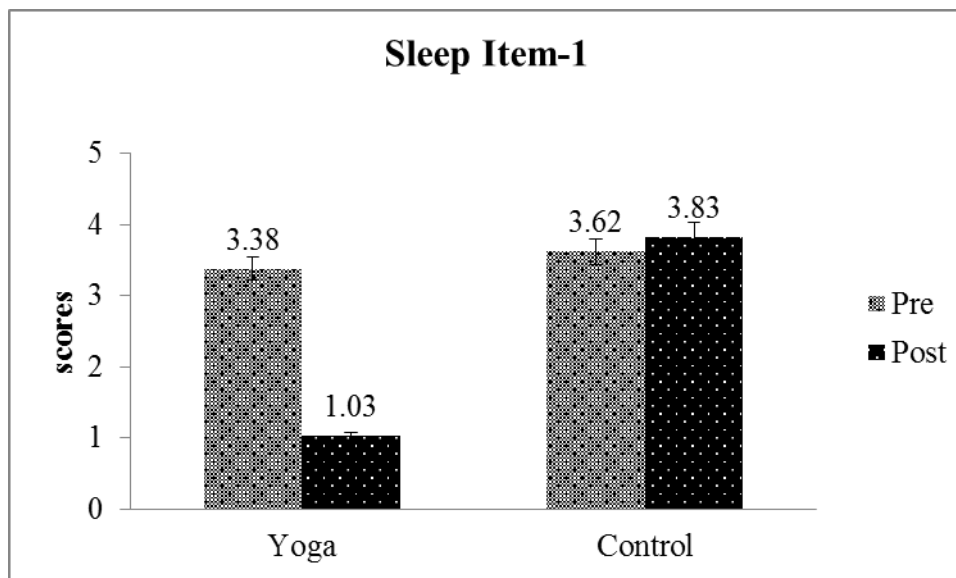
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM1 scores was significant changed in post assessment ($Mdn = 1$) than in pre assessment ($Mdn = 4$), $Z = -4.810$, $p < 0.001$, $r = 0.850$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM1 scores was non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -0.513$, $p = 0.608$, $r = 0.095$.

A Mann-Whitney test indicated that SLEEP ITEM1 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 396$, $p = 0.267$, $r = -0.142$.

A Mann-Whitney test indicated that the SLEEP ITEM1 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 4$), $U = 16.5$, $p < 0.001$, $r = -0.914$.

Graph-6.1.1: Changes in Post scores post intervention of item number 1 of sleep (SLEEP ITEM-1) compared to pre scores of *Yoga* and Control group.



6.1.2: Your child does not sleep in the daytime.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-2	<i>Yoga</i>	3.63±1.10 (4)	1.38±0.554 (1)	<0.001 ↓	0.620	<0.001
	Control	3.62±.862 (4)	3.83±.759 (4)	0.260 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1.2 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-2

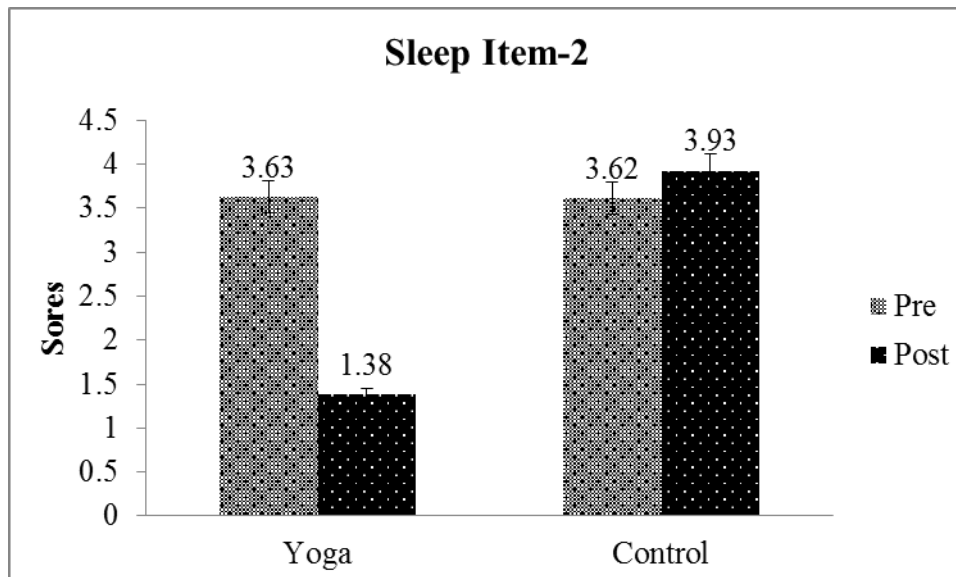
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-2 scores were significant changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 4), $Z = -4.695$, $p < 0.001$, $r = 0.830$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-2 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -1.127$, $p = 0.620$, $r = -0.208$.

A Mann-Whitney test indicated that SLEEP ITEM-2 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 431$, $p = 0.620$, $r = -0.064$.

A Mann-Whitney test indicated that the SLEEP ITEM1 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 4$), $U = 20.5$, $p < 0.001$, $r = -0.847$.

Graph-6.1.2: Changes in Post scores post intervention of item number 2 of sleep (SLEEP ITEM-2) compared to pre scores of *Yoga* and Control group.



6.1.3: Your child's behavior will not change if do not sleep well in the night

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-3	<i>Yoga</i>	4.78±0.49 (5)	1.69±.644 (2)	<0.001 ↓	0.560	<0.001
	Control	3.52±.949 (5)	4.59±.501 (5)	0.527 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1.3 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-3

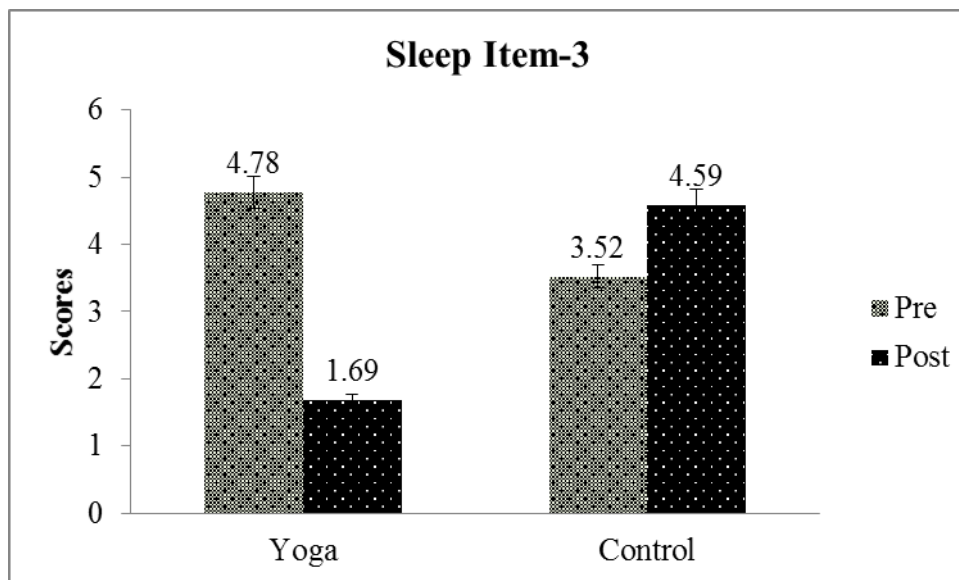
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-3 scores was significant changed in post assessment ($Mdn = 2$) than in pre assessment ($Mdn = 5$), $Z = -5.033$, $p < 0.001$, $r = 0.890$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-3 scores were non-significant change in post assessment ($Mdn = 5$) than in pre assessment ($Mdn = 5$), $Z = -.632$, $p = 0.056$, $r = -0.117$.

A Mann-Whitney test indicated that SLEEP ITEM-3 pre score was non-significant change for *Yoga* group ($Mdn = 5$) than control group ($Mdn = 5$), $U = 358.5$, $p = 0.056$, $r = -0.245$.

A Mann-Whitney test indicated that SLEEP ITEM-3 post score was significant change for *Yoga* group ($Mdn = 2$) than control group ($Mdn = 5$), $U = 0.000$, $p < 0.001$, $r = -0.883$.

Graph-6.1.3: Changes in Post scores after the intervention of item number 3 of sleep (SLEEP ITEM-3) compared to pre scores of *Yoga* and Control group.



6.1.4: When others in the family go to bed, normally your child sleeps without much effort.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-4	<i>Yoga</i>	4.13±1.16 (4)	1.47±.567 (1)	<0.001 ↓	0.649	<0.001
	Control	4.52±.574 (4)	4.21±.620 (4)	0.782 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.1.4 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-4

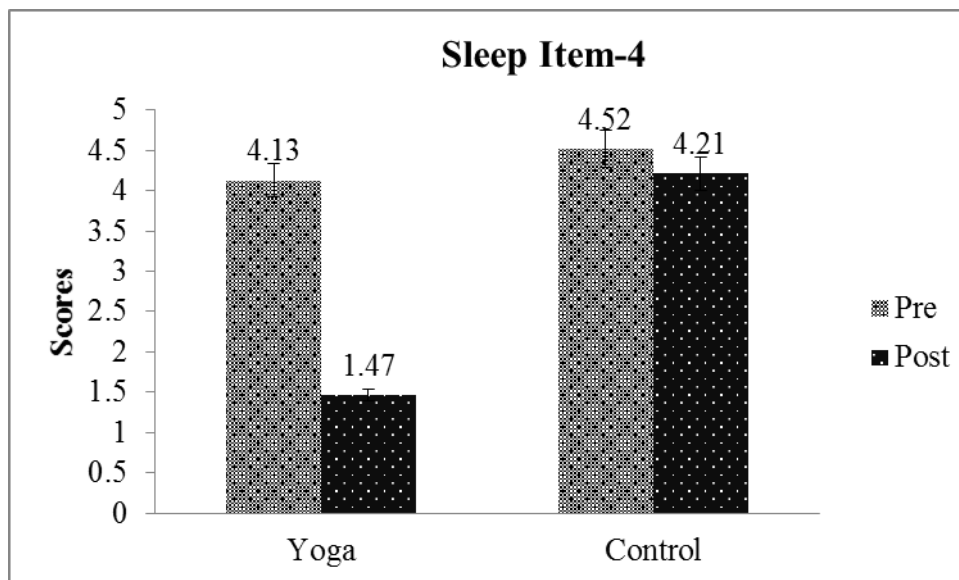
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-4 scores were significant changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 4), $Z = -4.760$, $p < 0.001$, $r = 0.841$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-4 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -.277$, $p = 0.782$, $r = -0.251$.

A Mann-Whitney test indicated that SLEEP ITEM-4 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 435.5$, $p = 0.649$, $r = -0.058$.

A Mann-Whitney test indicated that SLEEP ITEM-4 post score was a significant change in the *Yoga* group ($Mdn = 1$) than the control group ($Mdn = 4$), $U = 1.500$, $p < 0.001$, $r = -0.882$.

Graph-6.1.4: Changes in Post scores after the intervention of item number 4 of sleep (SLEEP ITEM-4) compared to pre scores of *Yoga* and Control group.



6.1.5: When others in the family are awake, your child goes to sleep as usual.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-5	<i>Yoga</i>	3.97±1.00 (4)	1.31±.471 (1)	<0.001 ↓	0.125	<0.001
	Control	4.69±.5414 (4)	4.24±.636 (4)	0.593↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.1.5 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-5

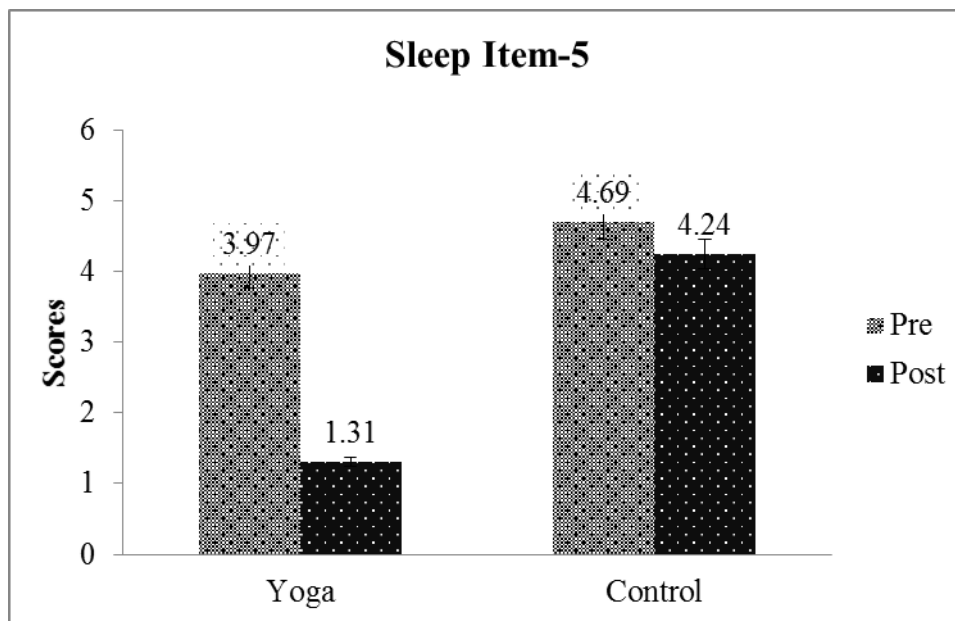
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-5 scores was significant changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 4), $Z = -4.878$, $p < 0.001$, $r = 0.862$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-5 scores was non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -.535$, $p = 0.593$, $r = -0.099$.

A Mann-Whitney test indicated that SLEEP ITEM-5 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 367.5$, $p = 0.125$, $r = -0.196$.

A Mann-Whitney test indicated that SLEEP ITEM-5 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 4$), $U = 0.000$, $p < 0.001$, $r = -0.891$.

Graph-6.1.5: Changes in Post scores after the intervention of item number 5 of sleep (SLEEP ITEM-5) compared to pre scores of *Yoga* and Control group.



6.1.6: You do not struggle much to make your child to sleep.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-6	<i>Yoga</i>	4.00±1.02 (4)	1.13±.336 (1)	<0.001 ↓	0.143	<0.001
	Control	4.83±.384 (4)	4.38±.728 (4)	1.000↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.1.6 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-6

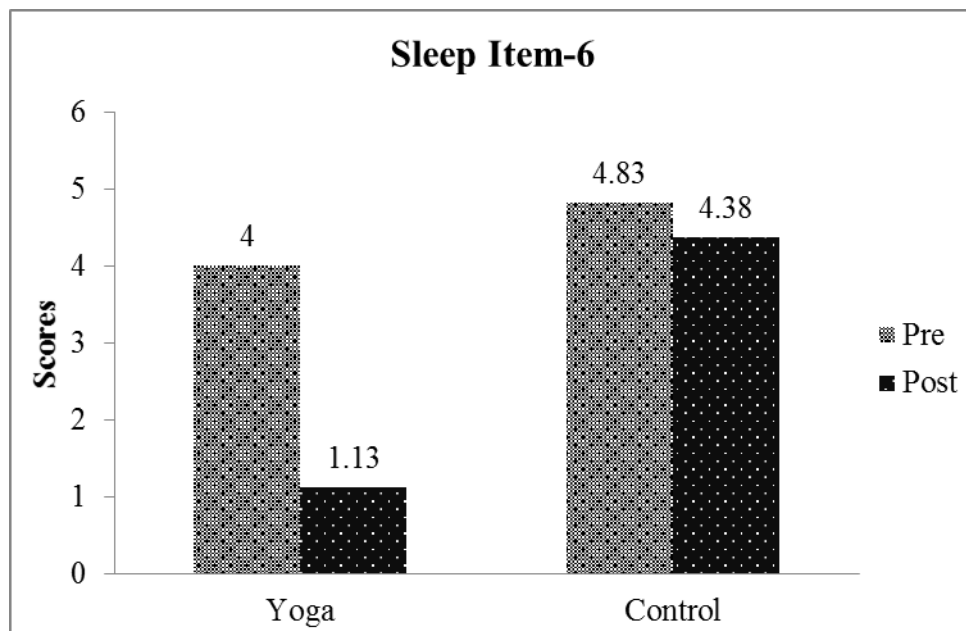
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-6 scores were significant changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 4), $Z = -5.139$, $p < 0.001$, $r = 0.908$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-6 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -.000$, $p = 1.000$, $r = -0.000$.

A Mann-Whitney test indicated that SLEEP ITEM-6 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 371.5$, $p = 0.143$, $r = -0.188$.

A Mann-Whitney test indicated that SLEEP ITEM-6 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 4$), $U = 2.000$, $p < 0.001$, $r = -0.910$.

Graph-6.1.6: You do not struggle much to make your child sleep (SLEEP ITEM-5) compared to pre scores of *Yoga* and Control group.



6.1.7: Your child does not wake up from sleep due to any activities in the house by others.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-7	<i>Yoga</i>	3.63±1.07 (4)	1.34±.483 (1)	<0.001 ↓	0.051	<0.001
	Control	3.93±.884 (4)	4.24±.739 (4)	0.206↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.1.7 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-7

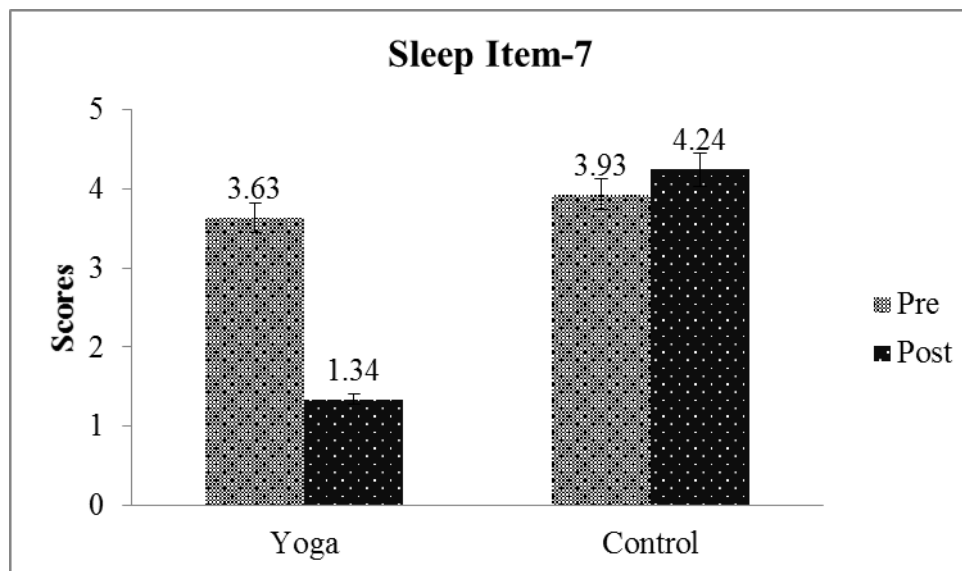
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-7 scores was significant changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 4), $Z = -4.828$, $p < 0.001$, $r = 0.853$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-7 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -1.265$, $p = 1.000$, $r = -0.235$.

A Mann-Whitney test indicated that SLEEP ITEM-7 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 338.00$, $p = 0.143$, $r = -0.250$.

A Mann-Whitney test indicated that SLEEP ITEM-6 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 4$), $U = 5.500$, $p < 0.001$, $r = -0.879$.

Graph-6.1.7: Changes in Post scores after the intervention of item number 7 of sleep (SLEEP ITEM-7) compared to pre scores of *Yoga* and Control group.



6.1.8: Your child does not watch TV more than three hours in a day or at a stretch.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-8	<i>Yoga</i>	1.97±1.33 (4)	1.34±.483 (1)	<0.001 ↓	0.019	<0.001
	Control	3.52±1.326 (4)	3.00±1.363 (4)	0.034↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.1.8 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-8

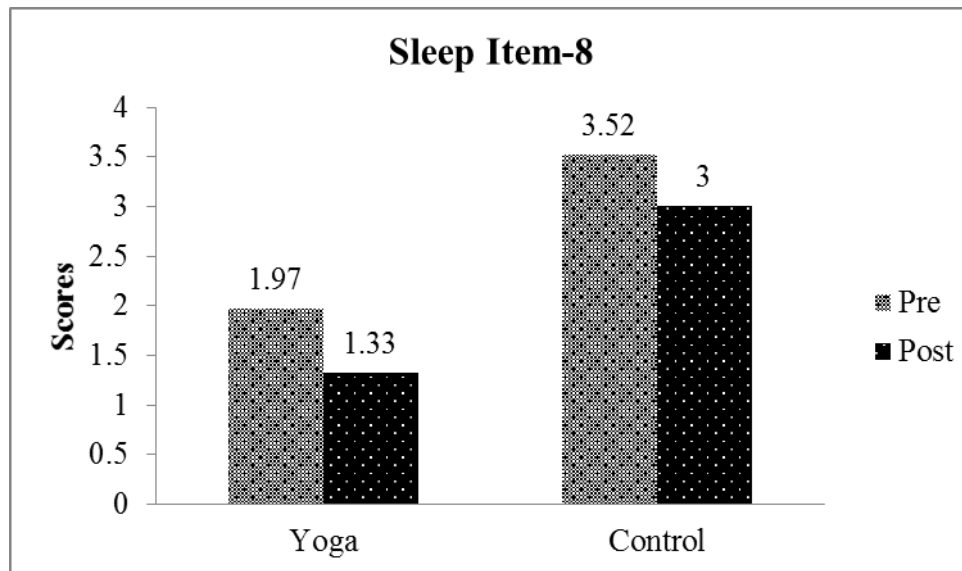
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-8 scores was significant changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 1), $Z = -2.271$, $p < 0.001$, $r = 0.401$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-8 scores was non-significant change in post assessment ($Mdn = 2$) than in pre assessment ($Mdn = 3$), $Z = -.000$, $p = 1.000$, $r = -0.394$.

A Mann-Whitney test indicated that SLEEP ITEM-8 pre score was non-significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 1$), $U = 308.00$, $p = 0.143$, $r = -0.301$.

A Mann-Whitney test indicated that SLEEP ITEM-8 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 3$), $U = 135.5$, $p < 0.001$, $r = -0.642$.

Graph-6.1.8: Changes in Post scores after the intervention of item number 8 of sleep (SLEEP ITEM-8) compared to pre scores of *Yoga* and Control group.



6.1.9: You do not give medicine to make your child sleep.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-9	<i>Yoga</i>	3.06±1.56 (3.5)	1.22±.420 (1)	<0.001 ↓	0.442	<0.001
	Control	4.66±.670 (4)	3.55±1.617 (4)	0.289↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.1.9 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-9

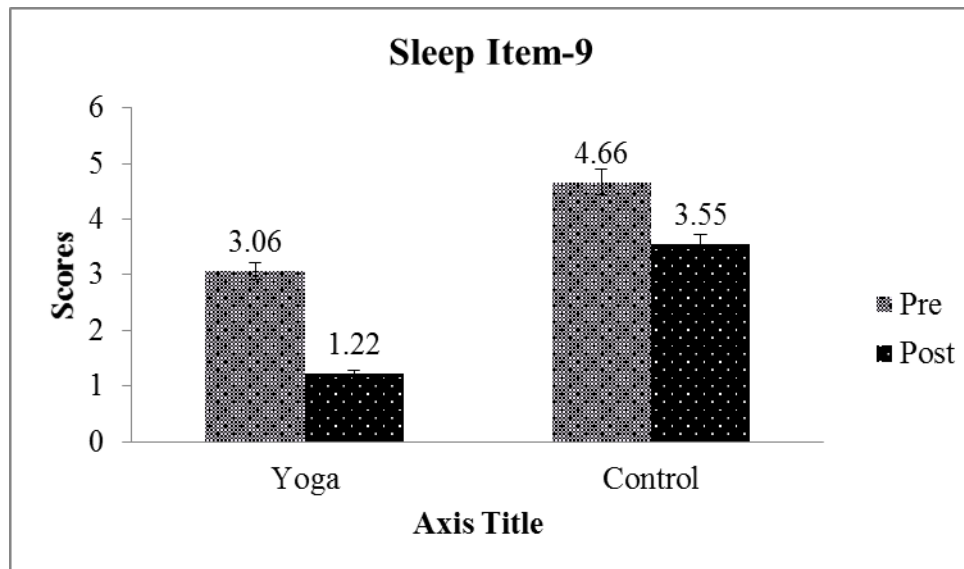
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-9 scores was significant changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 3.5), $Z = -4.404$, $p < 0.001$, $r = -0.779$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-9 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -1.1059$, $p = .289$, $r = -0.197$.

A Mann-Whitney test indicated that SLEEP ITEM-9 pre score was non-significant change in the *Yoga* group ($Mdn = 3.9$) than control group ($Mdn = 4$), $U = 412.50$, $p = 0.442$, $r = -0.098$.

A Mann-Whitney test indicated that SLEEP ITEM-9 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 4$), $U = 127.5$, $p < 0.001$, $r = -0.673$.

Graph-6.1.9: Changes in Post scores after the intervention of item number 9 of sleep (SLEEP ITEM-9) compared to pre scores of *Yoga* and Control group.



6.1.10: Your child does not snore during sleep.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-10	<i>Yoga</i>	3.50±1.11 (4)	1.59±.4990 (2)	<0.001 ↓	0.010	<0.001
	Control	3.79±.819 (4)	4.07±.842 (4)	0.289 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.1.10 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-10

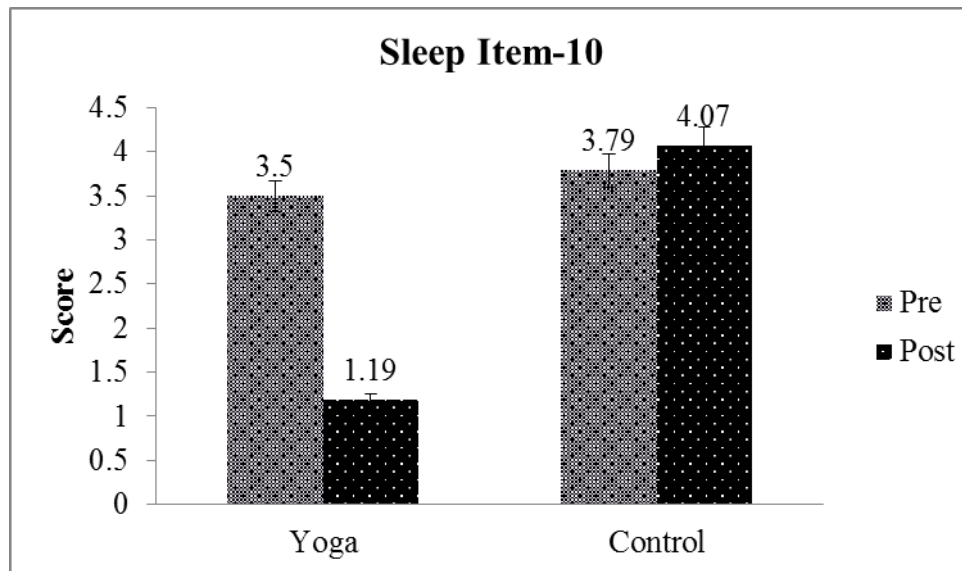
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-10 scores was significant changed in post assessment (*Mdn* = 2) than in pre assessment (*Mdn* = 4), $Z = -4.703$, $p < 0.001$, $r = -0.831$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-10 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -.905$, $p = .366$, $r = -0.168$.

A Mann-Whitney test indicated that SLEEP ITEM-10 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 299.50$, $p = 0.010$, $r = -0.329$.

A Mann-Whitney test indicated that SLEEP ITEM-10 post score was a significant change in the *Yoga* group ($Mdn = 2$) than control group ($Mdn = 4$), $U = 19.00$, $p < 0.001$, $r = -0.852$.

Graph-6.1. 10: Changes in Post scores after the intervention of item number 10 of sleep (SLEEP ITEM-10) compared to pre scores of *Yoga* and Control group.



6.1.11: Your child breaths from the mouth during sleep.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-10	<i>Yoga</i>	3.69±0.97 (4)	1.56±.564 (2)	<0.001 ↓	0.029	<0.001
	Control	3.69±.761 (4)	4.10±.673 (4)	0.617↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1. 11 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-11

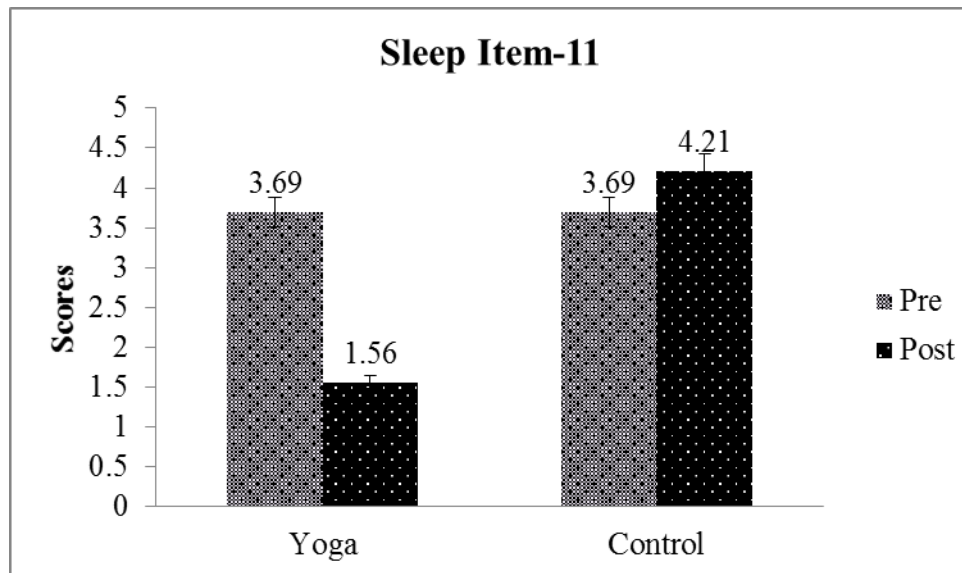
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-11 scores was significant changed in post assessment (*Mdn* = 2) than in pre assessment (*Mdn* = 4), $Z = -4.824$, $p < 0.001$, $r = -0.853$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-11 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -.500$, $p = 0.617$, $r = -0.093$.

A Mann-Whitney test indicated that SLEEP ITEM-11 pre score was non-significant change for the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 327.00$, $p = 0.029$, $r = -0.279$.

A Mann-Whitney test indicated that SLEEP ITEM-11 post score was a significant change in the *Yoga* group ($Mdn = 2$) than control group ($Mdn = 4$), $U = 2.50$, $p < 0.001$, $r = -0.877$.

Graph-6.1. 11: Changes in Post scores after the intervention of item number 11 of sleep (SLEEP ITEM-11) compared to pre scores of *Yoga* and Control group.



6.1.12: Your child wakes up early in the morning normally without effort.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-12	<i>Yoga</i>	4.22±1.26 (5)	1.13±.336 (1)	<0.001 ↓	0.635	<0.001
	Control	3.83±.711 (4)	4.38±.862 (5)	0.627↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1. 12 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-12

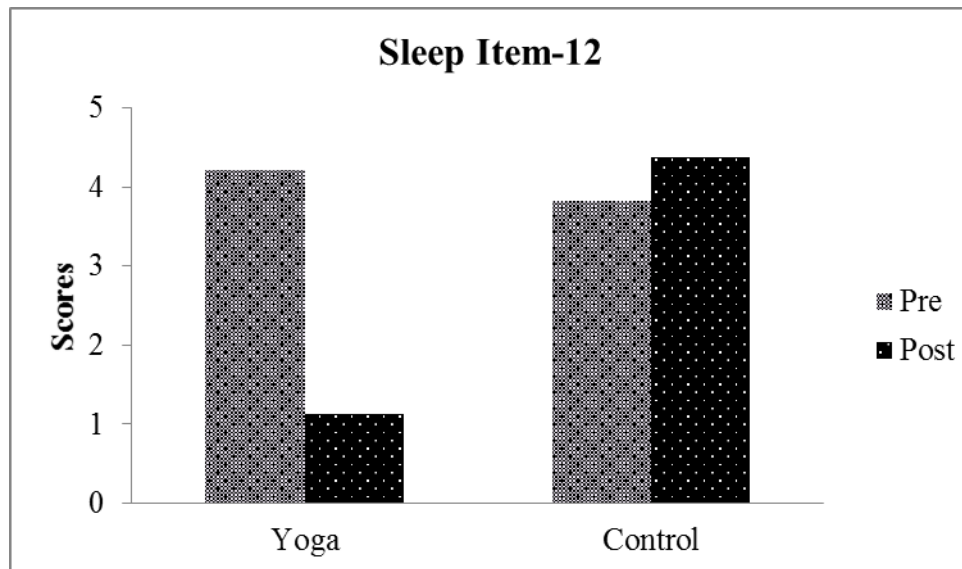
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-12 scores was significantly changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 5), $Z = -4.824$, $p < 0.001$, $r = -0.853$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-12 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -.486$, $p = 0.627$, $r = -0.090$.

A Mann-Whitney test indicated that SLEEP ITEM-12 pre score was non-significant change in the *Yoga* group ($Mdn = 5$) than control group ($Mdn = 4$), $U = 434.50$, $p = 0.635$, $r = -0.061$.

A Mann-Whitney test indicated that SLEEP ITEM-12 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 5$), $U = 4.00$, $p < 0.001$, $r = -0.907$.

Graph-6.1. 12: Changes in Post scores after the intervention of item number 12 of sleep (SLEEP ITEM-12) compared to pre scores of *Yoga* and Control group.



6.1.13: Your child wakes up and walks around when others are sleeping in the night.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-13	<i>Yoga</i>	3.91±1.12 (4)	1.63±.833 (1)	<0.001 ↓	0.562	<0.001
	Control	3.14±1.156 (4)	4.21±1.013 (5)	0.477↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1. 13 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-13

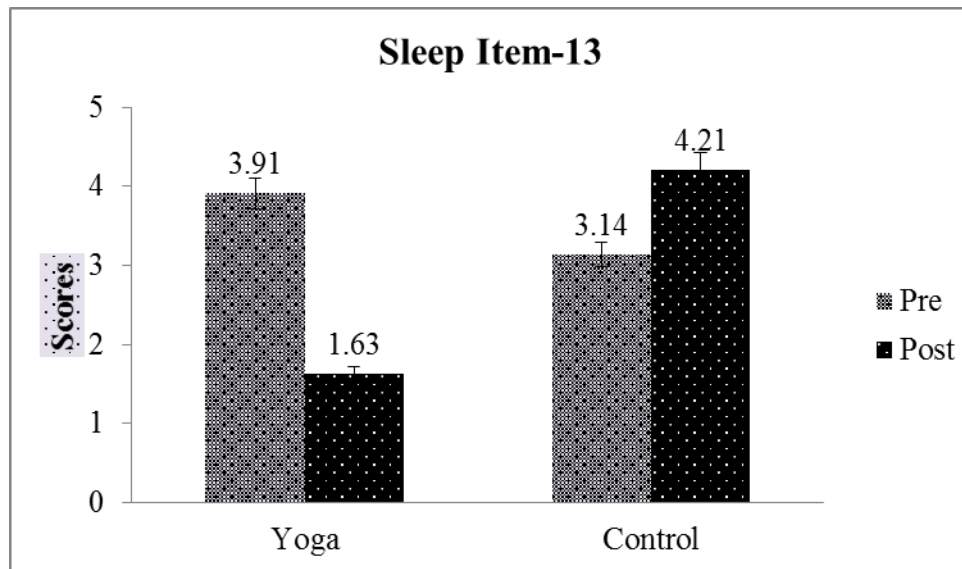
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-13 scores was significantly changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 4), $Z = -4.494$, $p < 0.001$, $r = -0.791$.

In control group, a Wilcoxon Signed-ranks test indicated that SLEEP ITEM-13 scores was non-significant change in post assessment ($Mdn = 5$ than in pre assessment ($Mdn = 4$), $Z = -.711$, $p = 0.477$, $r = -0.132$).

A Mann-Whitney test indicated that SLEEP ITEM-13 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 426.00$, $p = 0.562$, $r = -0.074$.

A Mann-Whitney test indicated that SLEEP ITEM-13 post score was significant change for *Yoga* group ($Mdn = 1$) than control group ($Mdn = 5$, $U = 42.50$, $p < 0.001$, $r = -0.802$).

Graph-6.1.13: Changes in Post scores after intervention of item number 13 of sleep (SLEEP ITEM-13) compared to pre scores of *Yoga* and Control group



6.1.14: Your child’s behavior will not be disturbed if you wake him/her up forcibly.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-14	<i>Yoga</i>	4.59±1.19 (5)	1.47±.567 (1)	<0.001 ↓	0.487	<0.001
	Control	3.14±1.30 (5)	4.66±.670 (5)	0.666↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1.14 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-14

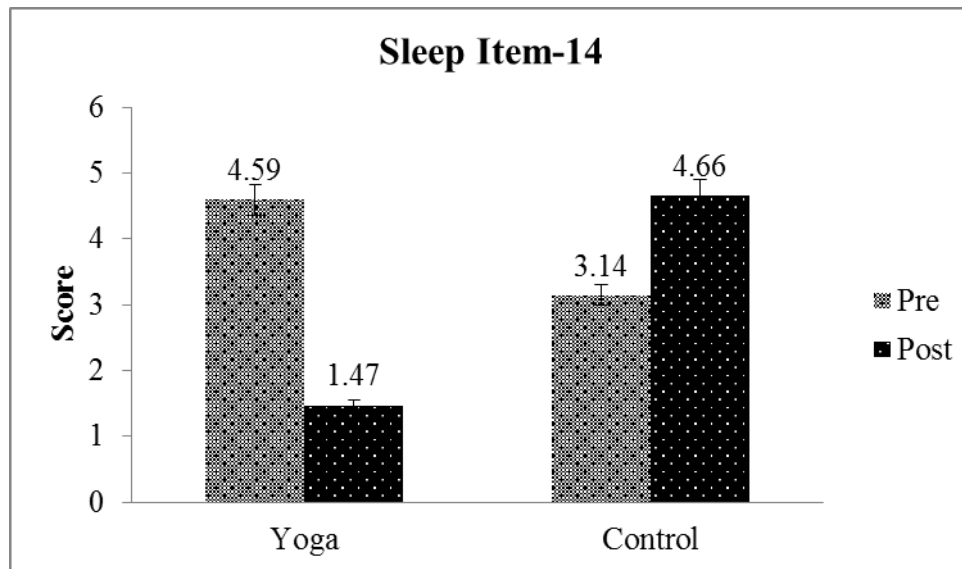
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-14 scores was significantly changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 5), $Z = -4.494$, $p < 0.001$, $r = -0.854$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-14 scores were non-significant change in post assessment ($Mdn = 5$) than in pre assessment ($Mdn = 5$), $Z = -.431$, $p = 0.666$, $r = -0.080$.

A Mann-Whitney test indicated that SLEEP ITEM-14 pre score was non-significant change in the *Yoga* group ($Mdn = 5$) than control group ($Mdn = 5$), $U = 433.00$, $p = 0.487$, $r = -0.089$.

A Mann-Whitney test indicated that SLEEP ITEM-14 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 5$, $U = 7.50$, $p < 0.001$, $r = -0.880$).

Graph-6.1. 14: Changes in Post scores after the intervention of item number 14 of sleep (SLEEP ITEM-14) compared to pre scores of *Yoga* and Control group



6.1.15: Your child does not suffer from bed wetting problem.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
SLEEP ITEM-15	<i>Yoga</i>	2.97±1.60 (2.5)	1.06±.246 (1)	<0.001 ↓	0.261	<0.001
	Control	3.45±1.183 (2)	2.83±1.627 (2)	0.168↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.1. 15 shows the scoring of SLEEP ITEM, Sleep Item-SLEEP ITEM-15

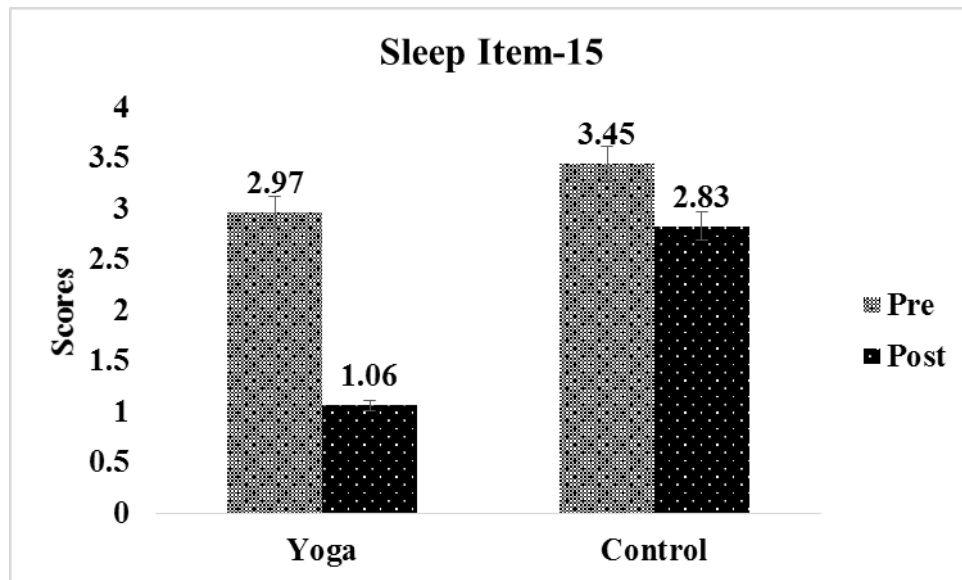
In *Yoga* group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-15 scores was significantly changed in post assessment ($Mdn = 1$) than in pre assessment ($Mdn = 2.5$), $Z = -4.339$, $p < 0.001$, $r = -0.767$.

In the control group, a Wilcoxon Signed-rank test indicated that SLEEP ITEM-15 scores was non-significant change in post assessment ($Mdn = 2$) than in pre assessment ($Mdn = 2$), $Z = -1.378$, $p = 0.168$, $r = -0.256$.

A Mann-Whitney test indicated that SLEEP ITEM-15 pre score was non-significant change in the *Yoga* group ($Mdn = 2.5$) than control group ($Mdn = 2$), $U = 389.00$, $p = 0.261$, $r = -0.144$.

A Mann-Whitney test indicated that SLEEP ITEM-15 post score was a significant change in the *Yoga* group ($Mdn = 1$) than control group ($Mdn = 2$), $U = 144.00$, $p < 0.001$, $r = -0.682$.

Graph-6.1. 15: Changes in Post scores after the intervention of item number 15 of sleep (SLEEP ITEM-15) compared to pre scores of *Yoga* and Control group.



6.2 I ITEM ANALYSIS FOR GI PROBLEMS

TABLE 6.2.A GI ITEM - WILCOXON WITHIN THE GROUP

Statement	Yoga Group		Control group		Z Score		Asymp. Sig. (2-tailed) p	
	Pre-Mean ±Std. Deviation	Post-Mean ±Std. Deviation	Pre-Mean ±Std. Deviation	Post-Mean ±Std. Deviation	Yoga Group	Control group	Yoga Group	Control group
G I I -1	3.28±1.114	1.56±.669	3.62±.862	3.72±.751	-4.510 ^b	-.905c	.001	.366
G I I -2	2.69±1.281	1.22±.491	3.62±1.115	3.76±.988	-4.060 ^b	-1.000c	.001	.317
G I I -3	2.47±1.319	1.25±.440	3.52±.949	3.86±.915	-3.836 ^b	-3.162c	.001	.002
G I I -4	4.22±1.184	1.47±.507	4.52±.574	4.62±.561	-4.743 ^b	-1.342c	.001	.180
G I I -5	4.44±1.045	1.88±.421	4.69±.541	4.52±.688	-5.010 ^b	-2.236b	.001	.025
G I I -6	4.31±1.424	1.66±.483	4.83±.384	4.76±.435	-4.729 ^b	-.707b	.001	.480
G I I -7	3.53±1.047	1.38±.660	3.93±.884	4.00±.886	-4.636 ^b	-.384c	.001	.701
G I I -8	2.78±1.289	1.56±.716	3.52±1.326	3.34±1.173	-3.433 ^b	-.852b	.001	.394
G I I -9	4.75±.508	3.41±1.292	4.66±.670	4.66±.614	-4.086 ^b	.000d	.001	1.000
G I I -10	3.56±1.045	1.09±.296	3.79±.819	4.00±.707	-4.874 ^b	-1.100c	.001	.271
G I I -11	3.44±1.045	1.13±.336	3.69±.761	3.97±.680	-4.764 ^b	-1.886c	.001	.059
G I I -12	3.31±1.203	1.19±.397	3.83±.711	3.97±.823	-4.651 ^b	-.875c	.001	.382
G I I -13	3.06±1.390	1.25±.440	3.14±1.156	3.52±1.153	-4.414 ^b	-1.950c	.001	.051

G I I -14	3.13±1.212	1.13±.336	3.14±1.302	3.79±1.207	-4.589 ^b	-3.497 ^c	.001	.000
G I I -15	2.88±1.040	1.22±.420	3.45±1.183	3.83±1.071	-4.602 ^b	-1.915 ^c	.001	.056
G I I -16	3.03±1.769	1.53±.842	1.83±1.197	2.28±1.533	-3.917 ^b	-1.916 ^c	.001	.055

G I I =Gastro Intestinal Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks

c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks

Table – 6.2.b GI ITEMS-MANN-WHITNEY BETWEEN THE GROUP

Group=V2	Ranks				Signed
	Mann-Whitney Test				Test Statistics
Yoga n=32 Control n=29	Mean Rank		Sum of Ranks		Mann-Whitney U
	Yoga	Control	Yoga	Control	
G I I _1_Pre	28.80	33.43	921.50	969.50	393.500
G I I _1_Post	17.30	46.12	553.50	1337.50	25.500
G I I _2_Pre	25.27	37.33	808.50	1082.50	280.500
G I I _2_Post	16.91	46.55	541.00	1350.00	13.000
G I I _3_Pre	24.41	38.28	781.00	1110.00	253.000
G I I _3_Post	17.25	46.17	552.00	1339.00	24.000
G I I _4_Pre	30.30	31.78	969.50	921.50	441.500
G I I _4_Post	16.50	47.00	528.00	1363.00	0.000
G I I _5_Pre	30.08	32.02	962.50	928.50	434.500
G I I _5_Post	16.55	46.95	529.50	1361.50	1.500
G I I _6_Pre	29.86	32.26	955.50	935.50	427.500
G I I _6_Post	16.50	47.00	528.00	1363.00	0.000
G I I _7_Pre	28.13	34.17	900.00	991.00	372.000
G I I _7_Post	17.16	46.28	549.00	1342.00	21.000
G I I _8_Pre	26.45	36.02	846.50	1044.50	318.500

G I I _8_Post	19.84	43.31	635.00	1256.00	107.000
G I I _9_Pre	31.83	30.09	1018.50	872.50	437.500
G I I _9_Post	22.63	40.24	724.00	1167.00	196.000
G I I _10_Pre	30.08	32.02	962.50	928.50	434.500
G I I _10_Post	16.55	46.95	529.50	1361.50	1.500
G I I _11_Pre	29.92	32.19	957.50	933.50	429.500
G I I _11_Post	16.50	47.00	528.00	1363.00	0.000
G I I _12_Pre	28.20	34.09	902.50	988.50	374.500
G I I _12_Post	16.59	46.90	531.00	1360.00	3.000
G I I _13_Pre	30.66	31.38	981.00	910.00	453.000
G I I _13_Post	17.38	46.03	556.00	1335.00	28.000
G I I _14_Pre	31.05	30.95	993.50	897.50	462.500
G I I _14_Post	17.75	45.62	568.00	1323.00	40.000
G I I _15_Pre	27.45	34.91	878.50	1012.50	350.500
G I I _15_Post	16.94	46.52	542.00	1349.00	14.000
G I I _16_Pre	35.84	25.66	1147.00	744.00	309.000
G I I _16_Post	27.30	35.09	873.50	1017.50	345.500

G I I =Gastro Intestinal Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks
c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks

Table-6.2-c GI ITEM-WILCOXON WITHIN THE GROUP PRE POST

Group=V2			
Yoga n=32	Wilcoxon W	Z	Asymp. Sig.
Control n=29			(2-tailed)
G I I _1_Pre	921.500	-1.103	.270
G I I _1_Post	553.500	-6.516	.000
G I I _2_Pre	808.500	-2.723	.006
G I I _2_Post	541.000	-6.837	.000
G I I _3_Pre	781.000	-3.147	.002
G I I _3_Post	552.000	-6.666	.000
G I I _4_Pre	969.500	-.366	.714
G I I _4_Post	528.000	-6.947	.000
G I I _5_Pre	962.500	-.532	.594
G I I _5_Post	529.500	-7.064	.000
G I I _6_Pre	955.500	-.760	.447
G I I _6_Post	528.000	-7.043	.000
G I I _7_Pre	900.000	-1.438	.150
G I I _7_Post	549.000	-6.661	.000
G I I _8_Pre	846.500	-2.160	.031
G I I _8_Post	635.000	-5.321	.000
G I I _9_Pre	872.500	-.511	.610

G I I _9_Post	724.000	-4.136	.000
G I I _10_Pre	962.500	-.485	.627
G I I _10_Post	529.500	-7.179	.000
G I I _11_Pre	957.500	-.564	.572
G I I _11_Post	528.000	-7.132	.000
G I I _12_Pre	902.500	-1.443	.149
G I I _12_Post	531.000	-6.987	.000
G I I _13_Pre	981.000	-.163	.870
G I I _13_Post	556.000	-6.568	.000
G I I _14_Pre	897.500	-.022	.982
G I I _14_Post	568.000	-6.558	.000
G I I _15_Pre	878.500	-1.696	.090
G I I _15_Post	542.000	-6.785	.000
G I I _16_Pre	744.000	-2.385	.017
G I I _16_Post	873.500	-1.887	.059
G I I =Gastro Intestinal Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks			

6.2.1: Your child does not overeat food

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-1	Yoga	3.28±1.114 (4)	1.56±.669 (1.5)	<0.001 ↓	0.270	<0.001
	Control	3.62±.862 (4)	3.72±.751 (4)	0.366↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2. 1 shows the scoring of G I Item, Sleep Item-1 (G I-1)

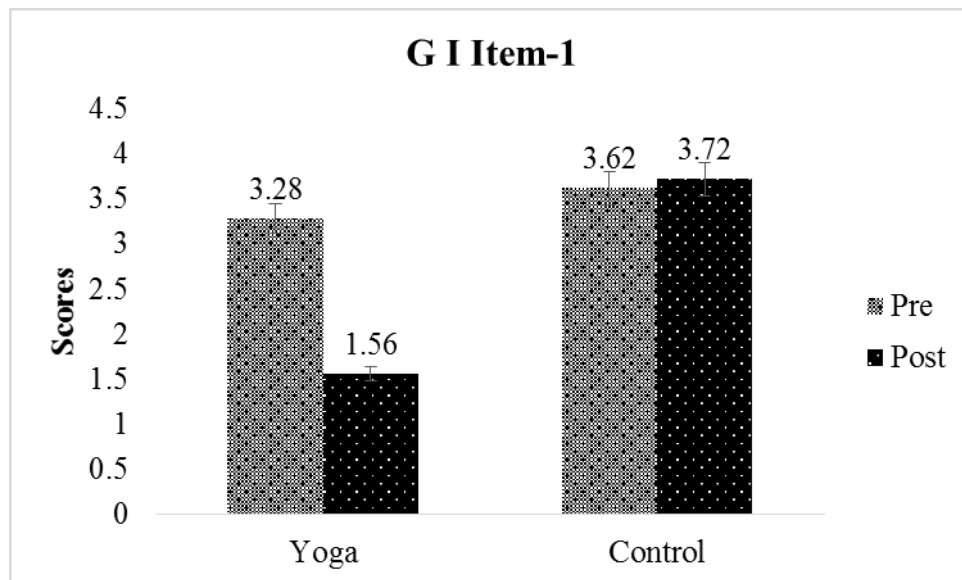
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-1 scores was significantly changed in post assessment ($Mdn = 1.5$) than in pre assessment ($Mdn = 4$), $Z = -4.510$, $p < 0.001$, $r = -0.797$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-1 scores were non-significant change in post assessment ($Mdn = 4$ than in pre assessment ($Mdn = 4$), $Z = -.905$, $p = 0.366$, $r = -0.168$.

A Mann-Whitney test indicated that G I-1 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 393.5.00$, $p = 0.270$, $r = -0.141$.

A Mann-Whitney test indicated that G I-1 post score was a significant change in the *Yoga* group (Mdn =1.5) than control group (Mdn = 4), $U = 25.5$, $p < 0.001$, $r = -0.834$.

Graph-6.2.1: Changes in Post scores after intervention of item number 1 of food (G I-1) compared to pre scores of *Yoga* and Control group



6.2.2: You do not force your child to eat food every time.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-2	<i>Yoga</i>	2.69±1.281 (3)	1.22±.491 (2)	<0.001 ↓	0.006	<0.001
	Control	3.62±1.115 (4)	3.76±.988 (4)	0.317↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.2. 2 shows the scoring of G I Item, Sleep Item-2 (G I-2)

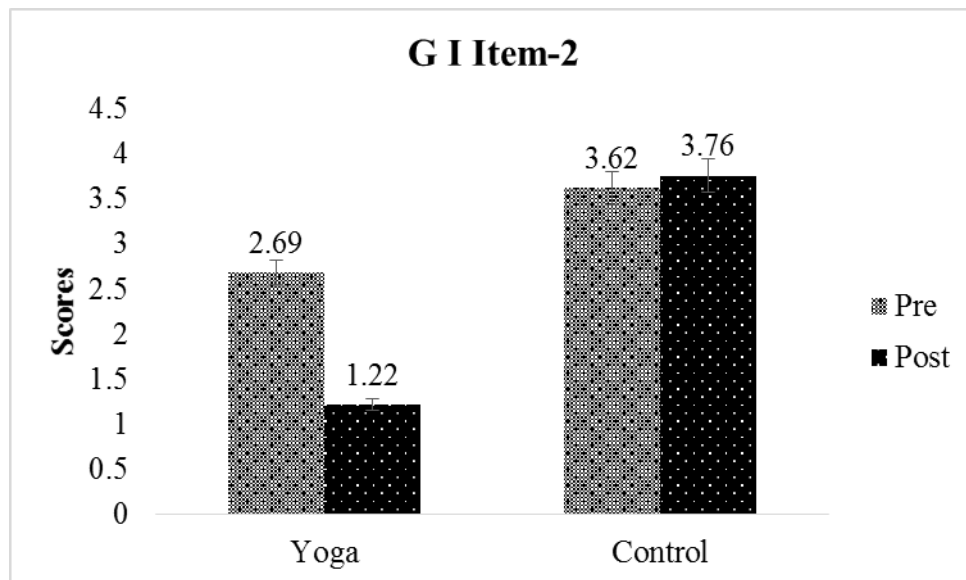
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-2 scores was significantly changed in post assessment (*Mdn* = 2) than in pre assessment (*Mdn* = 3), $Z = -4.060$, $p < 0.001$, $r = -0.718$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-2 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -.905$, $p = 0.366$, $r = -0.186$.

A Mann-Whitney test indicated that G I-2 pre score was non-significant change in the *Yoga* group (Mdn =3) than control group (Mdn = 4), $U = 280.5.00$, $p = 0.006$, $r = -0.349$.

A Mann-Whitney test indicated that G I-2 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 4), $U = 13.00$, $p < 0.001$, $r = -0.875$.

Graph-6.2.2: Changes in Post scores after the intervention of item number 2 of food (G I-2) compared to pre scores of *Yoga* and Control group.



6.2.3: Your child asks or indicates the need for food when hungry.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-3	<i>Yoga</i>	2.47±1.319 (4)	1.25±.440 (1)	<0.001 ↓	0.002	<0.001
	Control	3.52±.949 (4)	3.86±.915 (4)	0.002↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.3 shows the scoring of G I Item, Sleep Item-3 (G I-3)

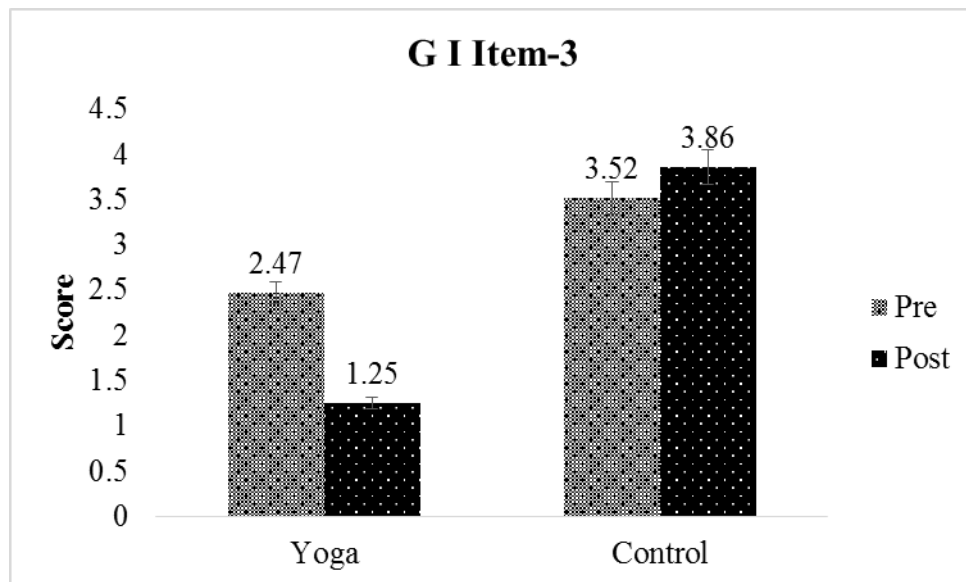
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-3 scores was significantly changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 4), $Z = -3.836$, $p < 0.001$, $r = -0.678$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-3 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -3.162$, $p = 0.002$, $r = -0.5871$.

A Mann-Whitney test indicated that G I-3 pre score was non-significant change for *Yoga* group (Mdn =4 than control group (Mdn = 4), $U = 253.00$, $p = 0.002$, $r = -0.403$).

A Mann-Whitney test indicated that G I-3 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4, $U = 24.00$, $p < 0.001$, $r = -0.853$).

Graph-6.2.3: Changes in Post scores after the intervention of item number 3 of food (G I-3) compared to pre scores of *Yoga* and Control group.



6.2.4: Your child eats all types of food (fruits, nuts, vegetables, cereals etc).

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-4	<i>Yoga</i>	4.22±1.184 (5)	1.47±.507 (1)	<0.001 ↓	0.714	<0.001
	Control	4.52±.574 (5)	4.62±.561 (5)	0.180↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.4 shows the scoring of G I Item, Sleep Item-4(G I-4)

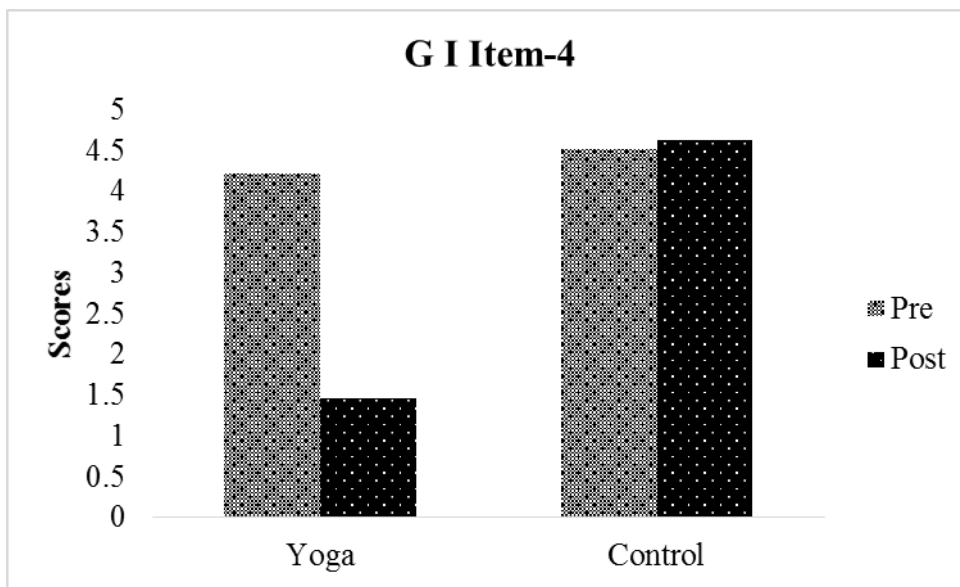
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-4 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 5), $Z = -4.743$, $p < 0.001$, $r = -0.838$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-4 scores were non-significant change in post assessment (*Mdn* = 5 than in pre assessment (*Mdn* = 5), $Z = -1.342$, $p = 0.018$, $r = -0.249$.

A Mann-Whitney test indicated that G I-4 pre score was non-significant change in the *Yoga* group (Mdn =5 than control group (Mdn = 5), $U = 441.50$, $p = 0.714$, $r = -0.403$).

A Mann-Whitney test indicated that G I-4 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 5, $U = 0.000$, $p < 0.001$, $r = -0.889$).

Graph-6.2.4: Changes in Post scores after intervention of item number 4 of (G I-4) food compared to pre scores of *Yoga* and Control group



6.2.5: Your child does not ask for a particular type food every time.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-5	<i>Yoga</i>	4.44±1.045 (5)	1.88±.421 (2)	<0.001 ↓	0.594	<0.001
	Control	4.69±.541 (5)	4.52±.688 (5)	0.025↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.2. 5 shows the scoring of, Sleep Item-5(G I-5)

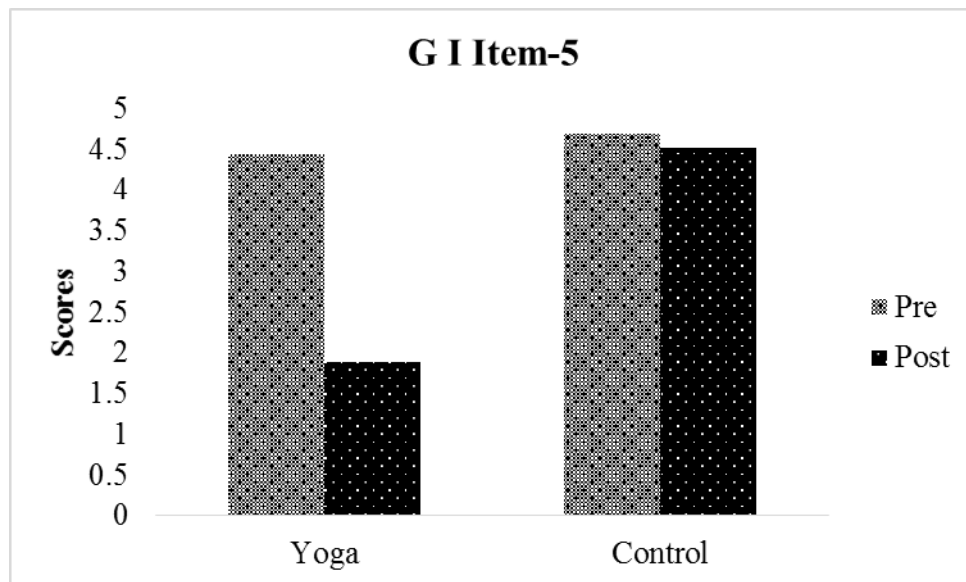
In *Yoga* group, a Wilcoxon Signed-ranks test indicated that G I-5 scores was significantly changed in post assessment ($Mdn = 2$) than in pre assessment ($Mdn = 5$), $Z = -5.010$, $p < 0.001$, $r = -0.886$.

In control group, a Wilcoxon Signed-ranks test indicated that G I-5 scores was non-significant change in post assessment ($Mdn = 5$ than in pre assessment ($Mdn = 5$), $Z = -2.236$, $p = 0.025$, $r = -0.414$.

A Mann-Whitney test indicated that G I-5 pre score was non-significant change for *Yoga* group (Mdn =5 than control group (Mdn = 5), $U = 434.50$, $p = 0.594$, $r = -0.068$).

A Mann-Whitney test indicated that G I-5 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 5, $U = 1.500$, $p < 0.001$, $r = -0.904$).

Graph-6.2.5: Changes in Post scores after intervention of item number 5 of (G I-5) food compared to pre scores of *Yoga* and Control group



6.2.6: Your child chews food properly and swallows.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-6	<i>Yoga</i>	4.31±1.424 (5)	1.66±.483 (2)	<0.001 ↓	0.447	<0.001
	Control	4.83±.384 (5)	4.76±.435 (5)	0.480↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.6 shows the scoring of G I Item, Sleep Item-6(G I-6)

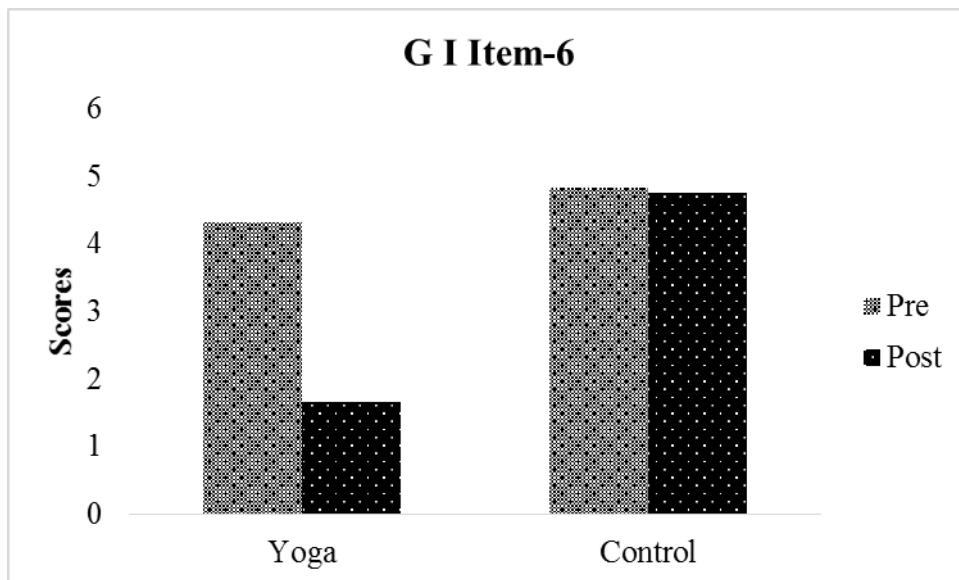
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-6 scores was significantly changed in a post-assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 5), $Z = -4.729$, $p < 0.001$, $r = -0.836$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-6 scores were non-significant change in post assessment (*Mdn* = 5 than in pre assessment (*Mdn* = 5), $Z = -.707$, $p = 0.480$, $r = -0.131$.

A Mann-Whitney test indicated that G I-6 pre score was non-significant change for *Yoga* group (Mdn =5 than control group (Mdn = 5), $U = 427.50$, $p = 0.447$, $r = -0.097$).

A Mann-Whitney test indicated that G I-6 post score was significant change for *Yoga* group (Mdn =2) than control group (Mdn = 5, $U = 0.000$, $p < 0.001$, $r = -0.902$).

Graph-6.2.6: Changes in Post scores after intervention of item number 6 of (G I-6) food compared to pre scores of *Yoga* and Control group



6.2.7: Your child does not eat food more than three times in a day.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-7	<i>Yoga</i>	3.53±1.047 (4)	1.38±.660 (1)	<0.001 ↓	0.150	<0.001
	Control	3.93±.884 (4)	4.00±.886 (4)	0.701↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.2. 7 shows the scoring of G I Item, Sleep Item-7 (G I-7)

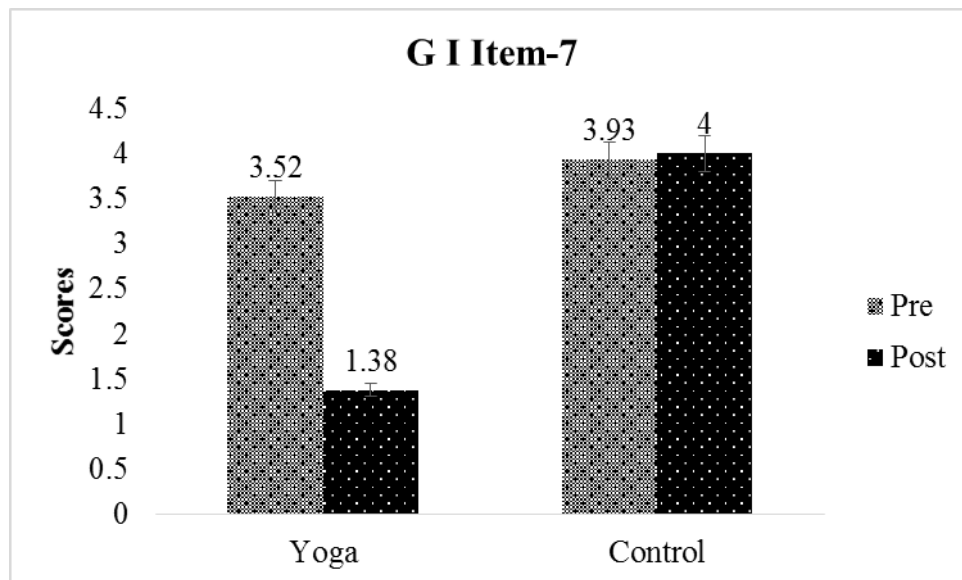
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-7 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.636$, $p < 0.001$, $r = -0.820$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-7 scores were non-significant change in post assessment (*Mdn* = 4 than in pre assessment (*Mdn* =4), $Z = -.384$, $p = 0.701$, $r = -0.071$.

A Mann-Whitney test indicated that G I-7 pre score was non-significant change in the *Yoga* group (Mdn =4 than control group (Mdn = 4), $U = 372.00$, $p = 0.150$, $r = -0.184$).

A Mann-Whitney test indicated that G I-7 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 5, $U = 21.000$, $p < 0.001$, $r = -0.853$).

Graph-6.2.7: Changes in Post scores after the intervention of item number 7 of (G I-7) food compared to pre scores of *Yoga* and Control group.



6.2.8: Your child does not demand more and more food every time during the meal.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-8	<i>Yoga</i>	2.78±1.289 (3)	1.56±.716 (1)	<0.001 ↓	0.031	<0.001
	Control	3.52±1.326 (4)	3.34±1.173 (3)	0.394↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2. 8 shows the scoring of G I Item, Sleep Item-8 (G I-8)

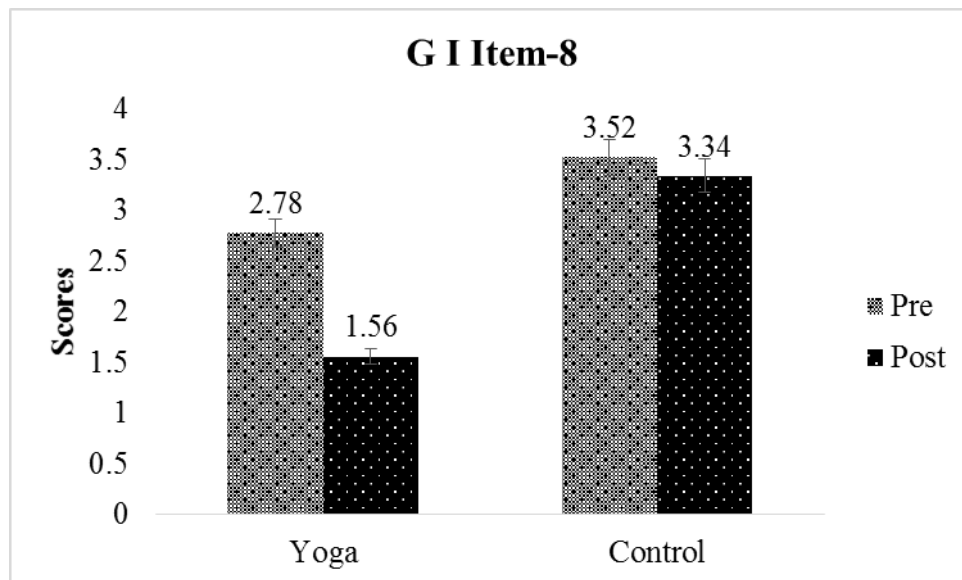
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-8 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 3), $Z = -3.433$, $p < 0.001$, $r = -0.607$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-8 scores was non-significant change in post assessment (*Mdn* = 3 than in pre assessment (*Mdn* =4), $Z = -.852$, $p = 0.394$, $r = -0.158$.

A Mann-Whitney test indicated that G I-8 pre score was non-significant change in the *Yoga* group (Mdn =3 than control group (Mdn = 4), $U = 318.50$, $p = 0.031$, $r = -0.277$).

A Mann-Whitney test indicated that G I-8 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 3, $U = 107.000$, $p < 0.001$, $r = -0.681$).

Graph-6.2.8: Changes in Post scores after the intervention of item number 8 of (G I-8) food compared to pre scores of *Yoga* a and Control group.



6.2.9: Your child does not like to eat fast food/hotel or ready-made food.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-9	<i>Yoga</i>	4.75±.508 (5)	3.41±1.292 (3.5)	<0.001 ↓	0.630	<0.001
	Control	4.66±.670 (5)	4.66±.614 (5)	1.000↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2. 9 shows the scoring of G I Item, Sleep Item-9 (G I-9)

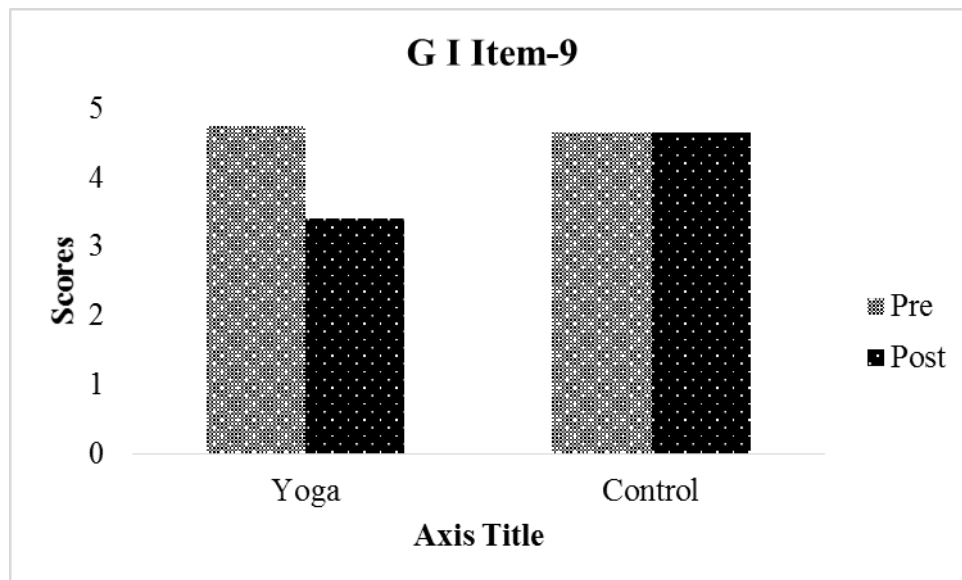
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-9 scores was significantly changed in a post-assessment (*Mdn* = 3.5) than in pre-assessment (*Mdn* = 5), $Z = -4.086$, $p < 0.001$, $r = -0.722$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-9 scores were non-significant change in post assessment (*Mdn* = 5 than in pre assessment (*Mdn* =5), $Z = -.000$, $p = 1.000$, $r = -0.000$.

A Mann-Whitney test indicated that G I-9 pre score was non-significant change for *Yoga* group (Mdn =5 than control group (Mdn = 5), $U = 437.50$, $p = 0.610$, $r = -0.065$).

A Mann-Whitney test indicated that G I-9 post score was significant change for *Yoga* group (Mdn =3.5) than control group (Mdn = 5, $U = 196.000$, $p < 0.001$, $r = -0.530$).

Graph-6.2.9: Changes in Post scores after intervention of item number 9 of (G I-9) food compared to pre scores of *Yoga* and Control group



6.2.10: Your child does not have digestion or bowel movement problems

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-10	<i>Yoga</i>	3.56±1.045 (4)	1.09±.296 (1)	<0.001 ↓	0.627	<0.001
	Control	3.79±.819 (4)	4.00±.707 (4)	.271↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2. 10 shows the scoring of G I Item, Sleep Item-10 (G I-10)

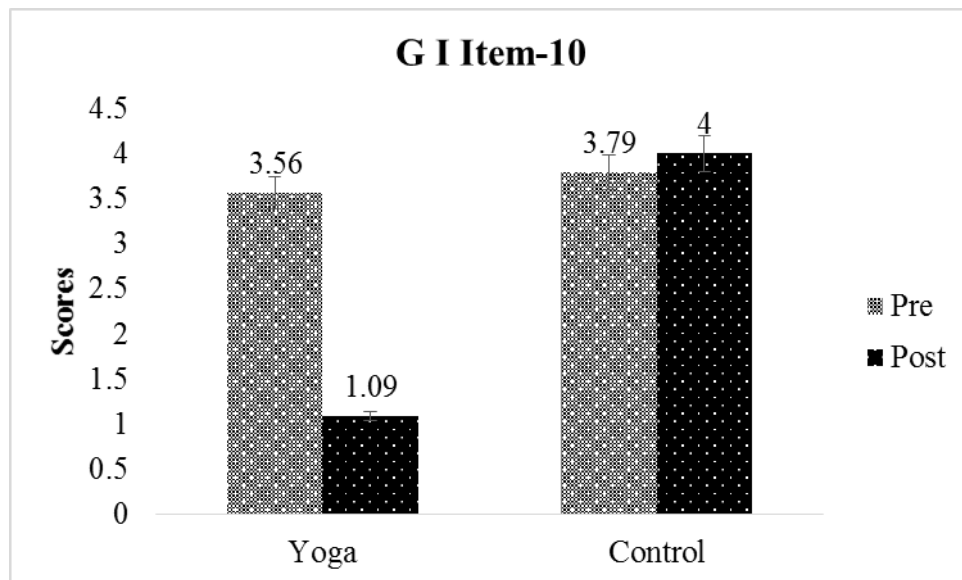
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-10 scores was significantly changed in a post-assessment ($Mdn = 1$) than in pre-assessment ($Mdn = 4$), $Z = -4.874$, $p < 0.001$, $r = -0.862$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-10 scores were non-significant change in post assessment ($Mdn = 4$ than in pre assessment ($Mdn = 4$), $Z = -1.100$, $p = .271$, $r = -0.204$.

A Mann-Whitney test indicated that G I-10 pre score was non-significant change for *Yoga* group (Mdn =4 than control group (Mdn = 4), $U = 434.50$, $p = 0.627$, $r = -0.062$).

A Mann-Whitney test indicated that G I-10 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4, $U = 1.500$, $p < 0.001$, $r = -0.919$).

Graph-6.2.10: Changes in Post scores after the intervention of item number 10 of (G I-10) food compared to pre scores of *Yoga* and Control group.



6.2.11: Your child does not have bloating or flatulence problems.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-11	<i>Yoga</i>	3.44±1.045 (4)	1.13±.336 (1)	<0.001 ↓	0.572	<0.001
	Control	3.69±.761 (4)	3.97±.680 (4)	.059↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.11 shows the scoring of G I Item, Sleep Item-11 (G I-11)

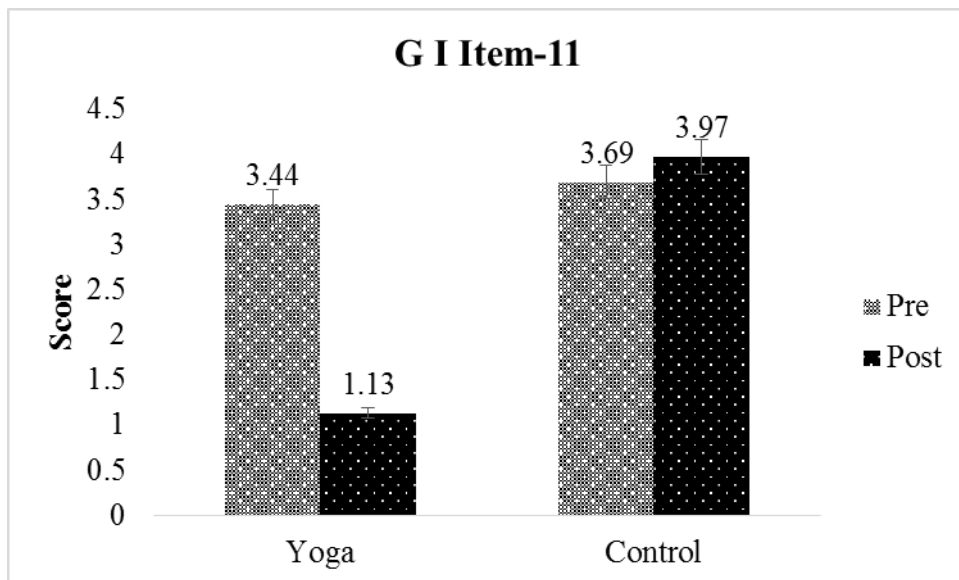
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-11 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.764$, $p < 0.001$, $r = -0.842$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-11 scores were non-significant change in post assessment (*Mdn* = 4 than in pre assessment (*Mdn* =4), $Z = -1.886$, $p = .059$, $r = -0.349$.

A Mann-Whitney test indicated that G I-11 pre score was non-significant change for *Yoga* group (Mdn =4 than control group (Mdn = 4), $U = 429.50$, $p = 0.572$, $r = -0.072$).

A Mann-Whitney test indicated that G I-11 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4, $U = 0.000$, $p < 0.001$, $r = -0.913$).

Graph-6.2.11: Changes in Post scores after intervention of item number 11 of (G I-11) food compared to pre scores of *Yoga* and Control group



6.2.12: Your child does not go to the toilet more than twice in a day for a bowel movement.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-12	<i>Yoga</i>	3.31±1.20 (4)	1.19±.397 (1)	<0.001 ↓	0.149	<0.001
	Control	3.83±.711 (4)	3.97±.823 (4)	.382↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.12 shows the scoring of G I Item, Sleep Item-12 (G I-12)

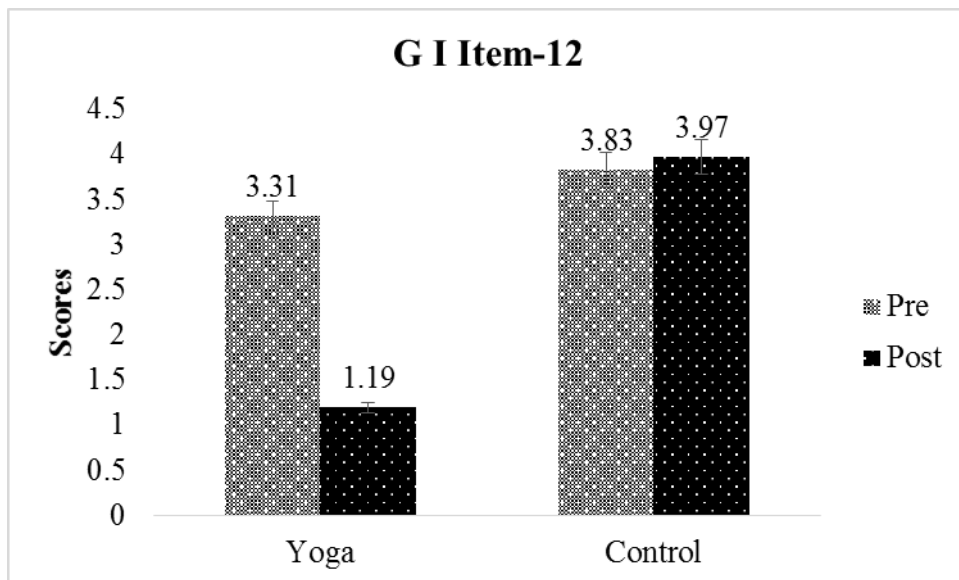
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-12 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.651$, $p < 0.001$, $r = -0.822$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-12 scores were non-significant change in post assessment (*Mdn* = 4 than in pre assessment (*Mdn* =4), $Z = -.875$, $p = .382$, $r = -0.162$.

A Mann-Whitney test indicated that G I-12 pre score was non-significant change for *Yoga* group (Mdn =4 than control group (Mdn = 4), $U = 374.50$, $p = 0.149$, $r = -0.185$).

A Mann-Whitney test indicated that G I-12 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4, $U = 3.000$, $p < 0.001$, $r = -0.895$).

Graph-6.2.12: Changes in Post scores after intervention of item number 12 of (G I-12) food compared to pre scores of *Yoga* and Control group



6.2.13: Your child does not have urine or fecal incontinence problems.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-13	<i>Yoga</i>	3.06±1.390 (4)	1.25±.440 (1)	<0.001 ↓	0.870	<0.001
	Control	3.14±1.156 (3)	3.52±1.153 (3)	.051 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.13 shows the scoring of G I Item, Sleep Item-13 (G I-13)

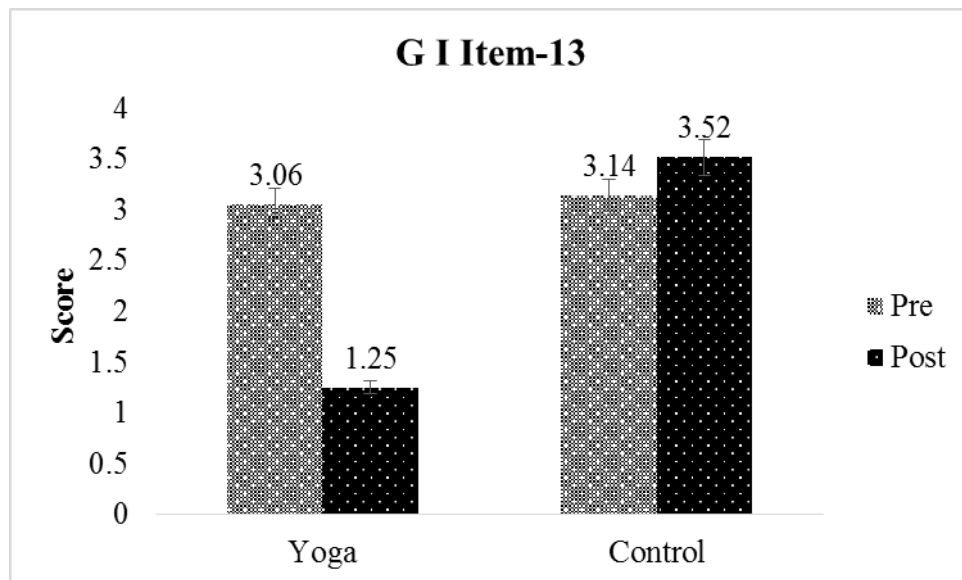
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-13 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 3), $Z = -4.414$, $p < 0.001$, $r = -0.780$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-13 scores were non-significant change in post assessment (*Mdn* = 3 than in pre assessment (*Mdn* =3), $Z = -1.950$, $p = .051$, $r = -0.362$.

A Mann-Whitney test indicated that G I-13 pre score was non-significant change for *Yoga* group (Mdn =4 than control group (Mdn = 3), $U = 453.00$, $p = 0.870$, $r = -0.021$).

A Mann-Whitney test indicated that G I-13 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 3, $U = 28.000$, $p < 0.001$, $r = -0.841$).

Graph-6.2.13: Changes in Post scores after the intervention of item number 13 of (G I-13) food compared to pre scores of *Yoga* and Control group.



6.2.14: You do not give medicine to your child for any digestion related problems.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-14	<i>Yoga</i>	3.13±1.212 (3)	1.13±.336 (1)	<0.001 ↓	0.982	<0.001
	Control	3.14±1.302 (3)	3.79±1.207 (4)	.000↑		

Mdn = median, WST= Wilcoxon Signed-ranks Test

Table-6.2. 14 shows the scoring of G I Item, Sleep Item-14 (G I-14)

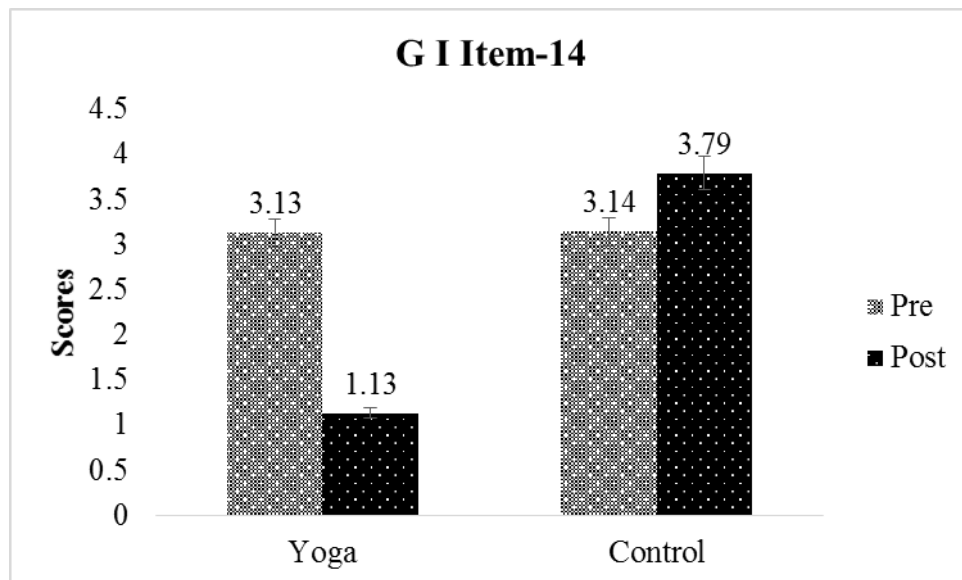
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-14 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 3), $Z = -4.589$, $p < 0.001$, $r = -0.811$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-14 scores were non-significant change in post assessment (*Mdn* = 4 than in pre assessment (*Mdn* =3), $Z = -3.497$, $p = .000$, $r = -0.648$.

A Mann-Whitney test indicated that G I-14 pre score was non-significant change for *Yoga* group (Mdn =3 than control group (Mdn = 3), $U = 462.50$, $p = 0.982$, $r = -0.03$

A Mann-Whitney test indicated that G I-14 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4, $U = 40.000$, $p < 0.001$, $r = -0.840$).

Graph-6.2.14: Changes in Post scores after the intervention of item number 14 of (G I-14) food compared to pre scores of *Yoga* and Control group.



6.2.15: Your child does not vomit sometimes if overeat food.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-15	<i>Yoga</i>	2.88±1.040 (3)	1.22±.420 (1)	<0.001 ↓	0.090	<0.001
	Control	3.45±1.183 (3)	3.83±1.071 (4)	.056↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.15 shows the scoring of G I Item, Sleep Item-15 (G I-15)

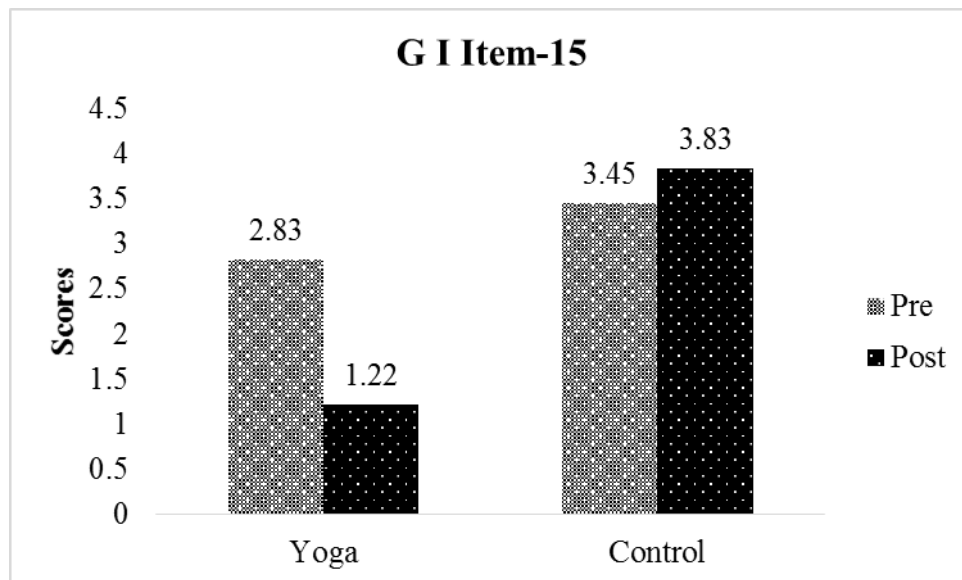
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-15 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 3), $Z = -4.602$, $p < 0.001$, $r = -0.814$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-15 scores were non-significant change in post assessment (*Mdn* = 4 than in pre assessment (*Mdn* =3), $Z = -1.915$, $p = .056$, $r = -0.355$.

A Mann-Whitney test indicated that G I-15 pre score was non-significant change for *Yoga* group (Mdn =3 than control group (Mdn = 3), $U = 350.50$, $p = 0.090$, $r = -0.217$

A Mann-Whitney test indicated that G I-15 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4, $U = 14.000$, $p < 0.001$, $r = -0.869$).

Graph-6.2.15: Changes in Post scores after intervention of item number 15 of (G I-15) food compared to pre scores of *Yoga* and Control group



6.2.16: Your child is not overweight for his age?

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
G I-16	<i>Yoga</i>	3.03±1.769 (4)	1.53±.842 (1)	<0.001 ↓	0.017	<0.001
	Control	1.83±1.197 (1)	2.28±1.533 (2)	.055↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.2.16 shows the scoring of G I Item, Sleep Item-16 (G I-16)

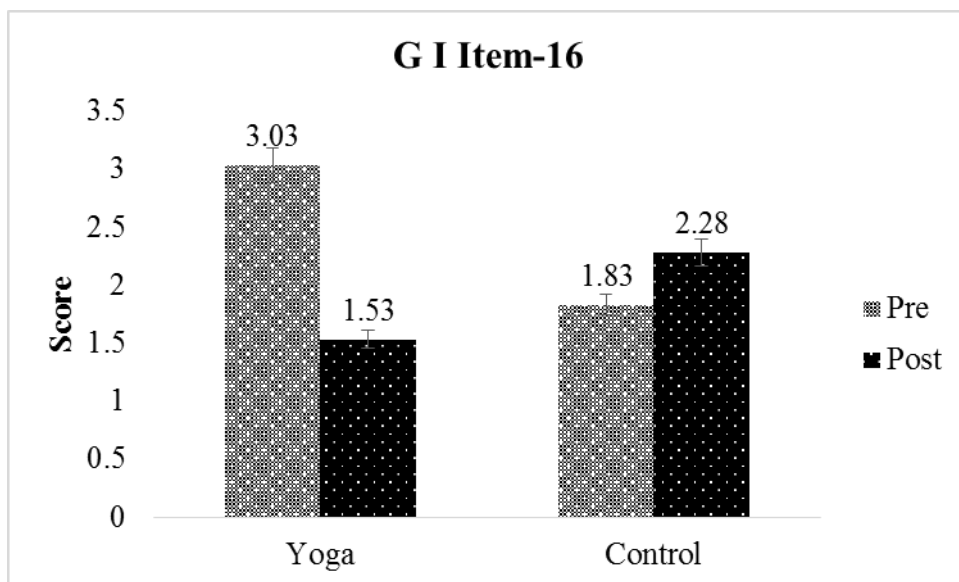
In *Yoga* group, a Wilcoxon Signed-rank test indicated that G I-16 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -3.917$, $p < 0.001$, $r = -0.692$.

In the control group, a Wilcoxon Signed-rank test indicated that G I-16 scores were non-significant change in post assessment (*Mdn* = 1 than in pre assessment (*Mdn* =2), $Z = -1.916$, $p = .055$, $r = -0.355$.

A Mann-Whitney test indicated that G I-16 pre score was non-significant change in the *Yoga* group (Mdn =4 than control group (Mdn = 1), $U = 309.00$, $p = 0.017$, $r = -0.305$).

A Mann-Whitney test indicated that G I-16 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 2), $U = 345.500$, $p < 0.059$, $r = -0.242$.

Graph-6.2.16: Changes in Post scores after the intervention of item number 16 of (G I-16) food compared to pre scores of *Yoga* and Control group.



6.3 ITEM ANALYSIS FOR BEHAVIORAL PROBLEMS

Table-6.3.A BEHAVIOR ITEM–WILCOXON WITHIN THE GROUP

Group=V2	Ranks				Signed			
	Yoga Group		Control Group		Z Score		Asymp. Sig. (2-tailed)	
Statement	Pre-Mean ± Std. Deviation	Post-Mean ± Std. Deviation	Pre- Mean ± Std. Deviation	Post-Mean ± Std. Deviation	Yoga Group	Control Group	Yoga Group	Control Group
B I -1	4.79±.412	1.94±.878	4.79±.412	4.83±.384	-5.000 ^c	-.577c	.001	.564
B I -2	4.66±.614	1.69±.896	4.66±.614	4.72±.528	-4.842 ^c	-.632c	.001	.527
B I -3	4.48±.738	2.16±.574	4.48±.738	4.62±.561	-4.983 ^c	-.905c	.001	.366
B I -4	4.52±.688	1.50±.718	4.52±.688	4.55±.572	-4.880 ^c	-.302c	.001	.763
B I -5	4.17±.805	1.47±.671	4.17±.805	4.45±.572	-4.776 ^c	-1.809c	.001	.070
B I -6	4.31±.761	1.94±.801	4.31±.761	4.45±.632	-4.304 ^c	-1.069c	.001	.285
B I -7	4.52±.634	2.56±.840	4.52±.634	4.62±.561	-4.593 ^c	-1.000c	.001	.317
B I -8	4.62±.903	2.28±.991	4.62±.903	4.66±.553	-4.975 ^c	.000d	.001	1.000
B I -9	4.52±.738	1.41±.665	4.52±.738	4.41±.682	-4.786 ^c	-.832b	.001	.405
B I -10	4.48±.634	1.88±.871	4.48±.634	4.48±.688	-4.394 ^c	.000d	.001	1.000
B I -11	3.38±1.015	1.13±.336	3.38±1.015	3.69±.891	-4.140 ^c	-1.631c	.001	.103
B I -12	4.21±.902	2.16±.920	4.21±.902	4.34±.670	-4.760 ^c	-.741c	.001	.458
B I -13	3.93±1.132	1.34±.653	3.93±1.132	4.00±.926	-4.239 ^c	-.259c	.001	.796
B I -14	3.90±1.047	1.75±.842	3.90±1.047	4.17±1.002	-4.425 ^c	-1.327c	.001	.185
B I -15	4.34±1.078	3.06±1.134	4.34±1.078	4.41±1.086	-4.588 ^c	-.816c	.001	.414

B I -16	4.52±.785	3.00±1.016	4.52±.785	4.59±.682	-4.214 ^c	-.632c	.001	.527
B I -17	4.03±.906	1.41±.615	4.03±.906	4.24±.689	-5.024 ^c	-1.511c	.001	.131
B I -18	4.21±.861	1.41±.665	4.21±.861	4.14±.833	-4.863 ^c	-.576b	.001	.564
B I -19	3.72±1.032	1.38±.554	3.72±1.032	3.90±.900	-4.639 ^c	-1.051c	.001	.293
B I -20	3.97±1.052	1.34±.483	3.97±1.052	4.00±.707	-4.650 ^c	-.330c	.001	.741
B I -21	4.69±.712	2.19±.535	4.69±.712	4.83±.602	-4.963 ^c	-.330c	.001	.395
B I -22	4.00±1.035	1.28±.523	4.00±1.035	4.14±.789	-5.013 ^c	-.728c	.001	.467
B I -23	4.10±.618	1.31±.592	4.10±.618	4.21±.726	-4.735 ^c	-.728c	.001	.467
B I -24	4.31±.850	1.97±.647	4.31±.850	4.48±.738	-4.881 ^c	-1.127c	.001	.260
B I -25	3.34±1.289	1.38±.751	3.34±1.289	3.52±1.184	-4.019 ^c	-.771c	.001	.441
B I -26	1.41±1.150	1.28±.888	1.41±1.150	1.28±1.032	-.659 ^c	-.552b	.510	.581
B I -27	4.38±1.321	3.00±.842	4.38±1.321	4.79±.491	-4.779 ^c	-1.294c	.001	.196
B I -28	3.93±1.280	1.28±.457	3.93±1.280	4.07±1.163	-4.470 ^c	-.388c	.001	.698
B I -29	1.38±.942	1.03±.177	1.38±.942	1.45±1.242	-4.538 ^c	-.172c	.001	.863
B I -30	4.48±1.243	2.72±.924	4.48±1.243	4.79±.412	-5.000 ^c	-.866c	.001	.386

B I = Behavior Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks

c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks

TABLE – 6.3.B BEHAVIOR ITEM MANN-WHITNEY BETWEEN THE GROUP ANALYSIS

Group=V2	Mann-Whitney Test				Test Statistics
<i>Yoga n=32</i>	Mean Rank		Sum of Ranks		Mann-Whitney U
Control n=29					
	<i>Yoga</i>	Control	<i>Yoga</i>	Control	
B I _1_Pre	30.28	31.79	969.00	922.00	441.000
B I _1_Post	16.58	46.91	530.50	1360.50	2.500
B I _2_Pre	29.22	32.97	935.00	956.00	407.000
B I _2_Post	16.72	46.76	535.00	1356.00	7.000
B I _3_Pre	31.73	30.19	1015.50	875.50	440.500
B I _3_Post	16.63	46.86	532.00	1359.00	4.000
B I _4_Pre	26.52	35.95	848.50	1042.50	320.500
B I _4_Post	16.56	46.93	530.00	1361.00	2.000
B I _5_Pre	30.08	32.02	962.50	928.50	434.500
B I _5_Post	16.55	46.95	529.50	1361.50	1.500
B I _6_Pre	28.78	33.45	921.00	970.00	393.000

B I _6_Post	16.94	46.52	542.00	1349.00	14.000
B I _7_Pre	28.13	34.17	900.00	991.00	372.000
B I _7_Post	17.52	45.88	560.50	1330.50	32.500
B I _8_Pre	24.44	38.24	782.00	1109.00	254.000
B I _8_Post	17.16	46.28	549.00	1342.00	21.000
B I _9_Pre	23.84	38.90	763.00	1128.00	235.000
B I _9_Post	16.64	46.84	532.50	1358.50	4.500
B I _10_Pre	26.84	35.59	859.00	1032.00	331.000
B I _10_Post	16.97	46.48	543.00	1348.00	15.000
B I _11_Pre	28.17	34.12	901.50	989.50	373.500
B I _11_Post	16.63	46.86	532.00	1359.00	4.000
B I _12_Pre	29.88	32.24	956.00	935.00	428.000
B I _12_Post	17.72	45.66	567.00	1324.00	39.000
B I _13_Pre	27.05	35.36	865.50	1025.50	337.500
B I _13_Post	17.13	46.31	548.00	1343.00	20.000
B I _14_Pre	27.30	35.09	873.50	1017.50	345.500
B I _14_Post	18.09	45.24	579.00	1312.00	51.000
B I _15_Pre	31.52	30.43	1008.50	882.50	447.500

B I _15_Post	21.14	41.88	676.50	1214.50	148.500
B I _16_Pre	31.98	29.91	1023.50	867.50	432.500
B I _16_Post	19.42	43.78	621.50	1269.50	93.500
B I _17_Pre	31.02	30.98	992.50	898.50	463.500
B I _17_Post	16.73	46.74	535.50	1355.50	7.500
B I _18_Pre	28.41	33.86	909.00	982.00	381.000
B I _18_Post	17.00	46.45	544.00	1347.00	16.000
B I _19_Pre	29.08	33.12	930.50	960.50	402.500
B I _19_Post	17.13	46.31	548.00	1343.00	20.000
B I _20_Pre	27.38	35.00	876.00	1015.00	348.000
B I _20_Post	16.50	47.00	528.00	1363.00	0.000
B I _21_Pre	31.58	30.36	1010.50	880.50	445.500
B I _21_Post	17.11	46.33	547.50	1343.50	19.500
B I _22_Pre	34.78	26.83	1113.00	778.00	343.000
B I _22_Post	16.80	46.67	537.50	1353.50	9.500
B I _23_Pre	25.97	36.55	36.55	1060.00	303.000
B I _23_Post	16.72	46.76	535.00	1356.00	7.000
B I _24_Pre	32.70	29.12	1046.50	844.50	409.500

B I _24_Post	16.88	46.59	540.00	1351.00	12.000
B I _25_Pre	29.52	32.64	944.50	946.50	416.500
B I _25_Post	18.67	44.60	597.50	1293.50	69.500
B I _26_Pre	31.20	30.78	998.50	892.50	457.500
B I _26_Post	31.27	30.71	1000.50	890.50	455.500
B I _27_Pre	30.53	31.52	977.00	914.00	449.000
B I _27_Post	17.64	45.74	564.50	1326.50	36.500
B I _28_Pre	27.72	34.62	887.00	1004.00	359.000
B I _28_Post	16.66	46.83	533.00	1358.00	5.000
B I _29_Pre	29.03	33.17	929.00	962.00	401.000
B I _29_Post	29.41	32.76	941.00	950.00	413.000
B I _30_Pre	29.03	33.17	929.00	962.00	401.000
B I _30_Post	17.61	45.78	563.50	1327.50	35.500

B I = Behavior Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks

c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks

Table-6.3.c BEHAVIOR ITEM-WILCOXON WITHIN THE GROUP PRE AND POST

Group=V2			
<i>Yoga</i> n=32 Control n=29	Wilcoxon W	Z	Asymp. Sig. (2-tailed)
B I _1_Pre	969.000	-.455	.649
B I _1_Post	530.500	-6.939	.000
B I _2_Pre	935.000	-.993	.320
B I _2_Post	535.000	-6.869	.000
B I _3_Pre	875.500	-.396	.692
B I _3_Post	532.000	-6.916	.000
B I _4_Pre	848.500	-2.269	.023
B I _4_Post	530.000	-6.901	.000
B I _5_Pre	962.500	-.465	.642
B I _5_Post	529.500	-6.899	.000
B I _6_Pre	921.000	-1.105	.269
B I _6_Post	542.000	-6.653	.000
B I _7_Pre	900.000	-1.489	.136
B I _7_Post	560.500	-6.437	.000

B I _8_Pre	782.000	-3.368	.001
B I _8_Post	549.000	-6.585	.000
B I _9_Pre	763.000	-3.504	.000
B I _9_Post	532.500	-6.881	.000
B I _10_Pre	859.000	-2.101	.036
B I _10_Post	543.000	-6.648	.000
B I _11_Pre	901.500	-1.342	.180
B I _11_Post	532.000	-7.036	.000
B I _12_Pre	956.000	-.560	.575
B I _12_Post	567.000	-6.285	.000
B I _13_Pre	865.500	-1.887	.059
B I _13_Post	548.000	-6.669	.000
B I _14_Pre	873.500	-1.801	.072
B I _14_Post	579.000	-6.126	.000
B I _15_Pre	882.500	-.278	.781
B I _15_Post	676.500	-4.740	.000
B I _16_Pre	867.500	-.567	.571
B I _16_Post	621.500	-5.572	.000

B I _17_Pre	898.500	-0.008	.993
B I _17_Post	535.500	-6.840	.000
B I _18_Pre	909.000	-1.353	.176
B I _18_Post	544.000	-6.708	.000
B I _19_Pre	930.500	-.926	.354
B I _19_Post	548.000	-6.639	.000
B I _20_Pre	876.000	-1.757	.079
B I _20_Post	528.000	-6.927	.000
B I _21_Pre	880.500	-.399	.690
B I _21_Post	547.500	-6.985	.000
B I _22_Pre	778.000	-1.901	.057
B I _22_Post	537.500	-6.876	.000
B I _23_Pre	831.000	-2.680	.007
B I _23_Post	535.000	-6.899	.000
B I _24_Pre	844.500	-.888	.374
B I _24_Post	540.000	-6.744	.000
B I _25_Pre	944.500	-.702	.483
B I _25_Post	597.500	-5.948	.000

B I _26_Pre	892.500	-.152	.879
B I _26_Post	890.500	-.258	.796
B I _27_Pre	977.000	-.276	.783
B I _27_Post	564.500	-6.462	.000
B I _28_Pre	887.000	-1.578	.115
B I _28_Post	533.000	-7.132	.000
B I _29_Pre	929.000	-1.552	.121
B I _29_Post	941.000	-1.549	.121
B I _30_Pre	929.000	-1.140	.254
B I _30_Post	563.500	-6.474	.000
<p>B I = Behavior Item; a. Wilcoxon Signed Ranks Test; b. Based on positive ranks c. Based on negative ranks; d. The sum of negative ranks equals the sum of positive ranks</p>			

6.3.1: Your child sits at a place for more than 30 minutes without any activity.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-1	<i>Yoga</i>	4.79±.412 (5)	1.94±.878 (2)	<0.001 ↓	0.649	<0.001
	Control	4.79±.412 (5)	4.83±.384 (5)	0.564↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.1 shows the scoring of Behavior item, Behavior item-1 (B I-1)

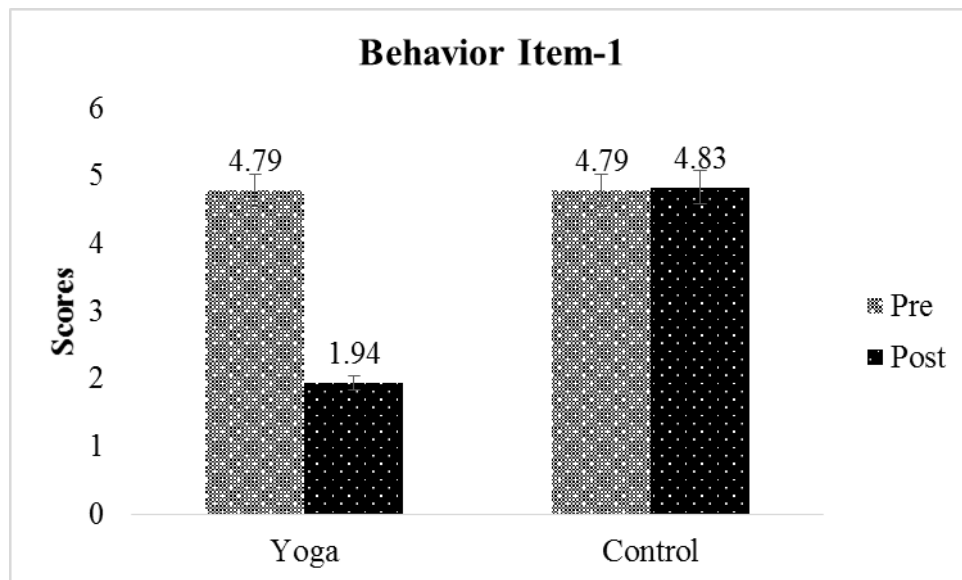
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-1 scores was significantly changed in post assessment (*Mdn* = 2) than in pre assessment (*Mdn* = 4), $Z = -5.000$, $p < 0.001$, $r = -0.884$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-1 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.577$, $p = 0.564$, $r = -0.107$.

A Mann-Whitney test indicated that B I-1 pre score was non-significant change in the *Yoga* group (Mdn =5) than control group (Mdn = 5), $U = 441.000$, $p = 0.649$, $r = -0.058$.

A Mann-Whitney test indicated that B I-1 post score was significant change for *Yoga* group (Mdn =2) than control group (Mdn = 5), $U = 2.500$, $p < 0.001$, $r = -0.888$.

Graph-6.3.1: Changes in Post scores after the intervention of item number 1 of behavior (B I-1) compared to pre scores of *Yoga* and Control group.



6.3.2: Your child's eye contact is normal and does not stare from an unusual angle.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-2	<i>Yoga</i>	4.66±.614 (5)	1.69±.896 (1)	<0.001 ↓	0.320	<0.001
	Control	4.66±.614 (5)	4.72±.528 (5)	0.527↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.2 shows the scoring of Behavior item, Behavior item-2 (B I-2)

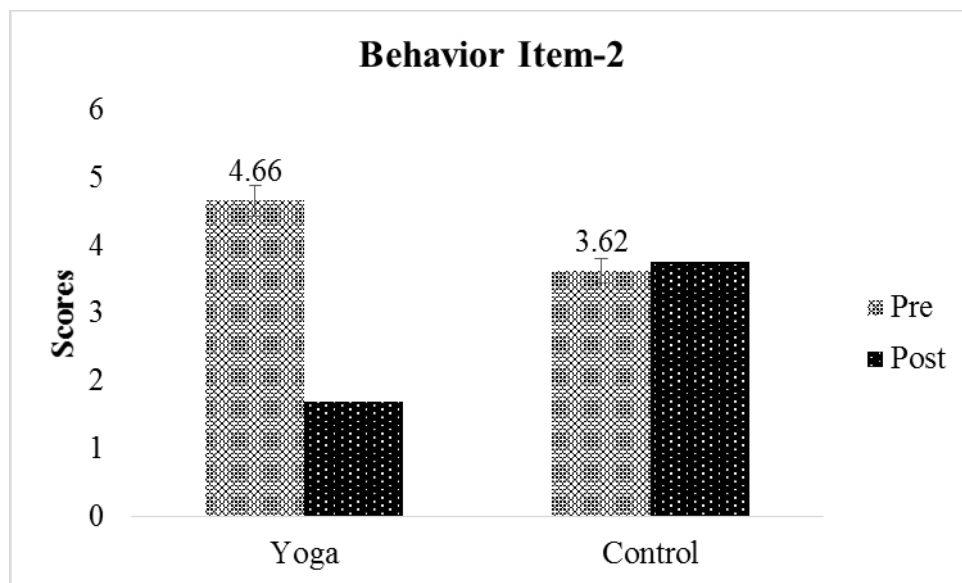
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-2 scores was significantly changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 5), $Z = -4.842$, $p < 0.001$, $r = -0.856$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-2 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.632$, $p = 0.527$, $r = -0.117$.

A Mann-Whitney test indicated that B I-2 pre-score was non-significant change in the *Yoga* group (Mdn =5) than control group (Mdn = 5), $U = 407.000$, $p = 0.320$, $r = -0.127$.

A Mann-Whitney test indicated that B I-2 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 7.000$, $p < 0.001$, $r = -0.879$.

Graph-6.3.2: Changes in Post scores after the intervention of item number 2 of behavior (B I-2) compared to pre scores of *Yoga* and Control group.



6.3.3: Your child's eye contact is normal and does not stare from an unusual angle.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-3	<i>Yoga</i>	4.48±.738 (5)	2.16±.574 (2)	<0.001 ↓	0.692	<0.001
	Control	4.48±.738 (5)	4.62±.561 (5)	0.366↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

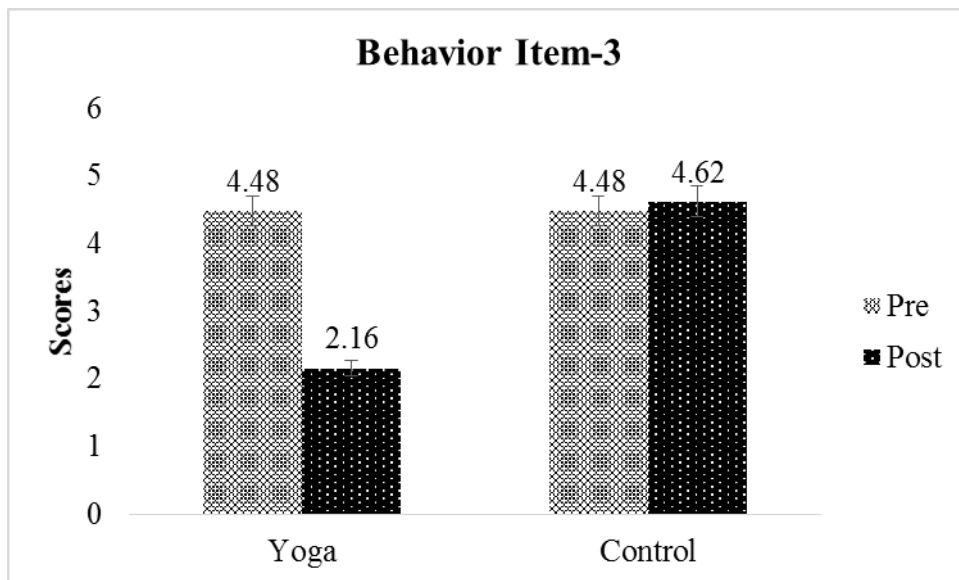
Table-6.3. 3 shows the scoring of Behavior item, Behavior item-3 (B I-3) In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-3 scores were significantly changed in post-assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 5), $Z = -4.983$, $p < 0.001$, $r = -0.881$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-3 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.905$, $p = 0.527$, $r = -0.168$.

A Mann-Whitney test indicated that B I-3 pre score was non-significant change in the *Yoga* group (Mdn =5) than control group (Mdn = 5), $U = 440.500$, $p = 0.6920$, $r = -0.051$.

A Mann-Whitney test indicated that B I-3 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 5), $U = 4.000$, $p < 0.001$, $r = -0.886$.

Graph-6.3.3: Changes in Post scores after the intervention of item number 3 of behavior (B I-3) compared to pre scores of *Yoga* and Control group



6.3.4: Your child does not run/walk around in the house without reason.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-4	<i>Yoga</i>	4.52±.688 (4)	1.50±.718 (1)	<0.001 ↓	0.023	<0.001
	Control	4.52±.688 (5)	4.55±.572 (5)	0.769↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.4 shows the scoring of behavior item, behavior item-4 (B I-4)

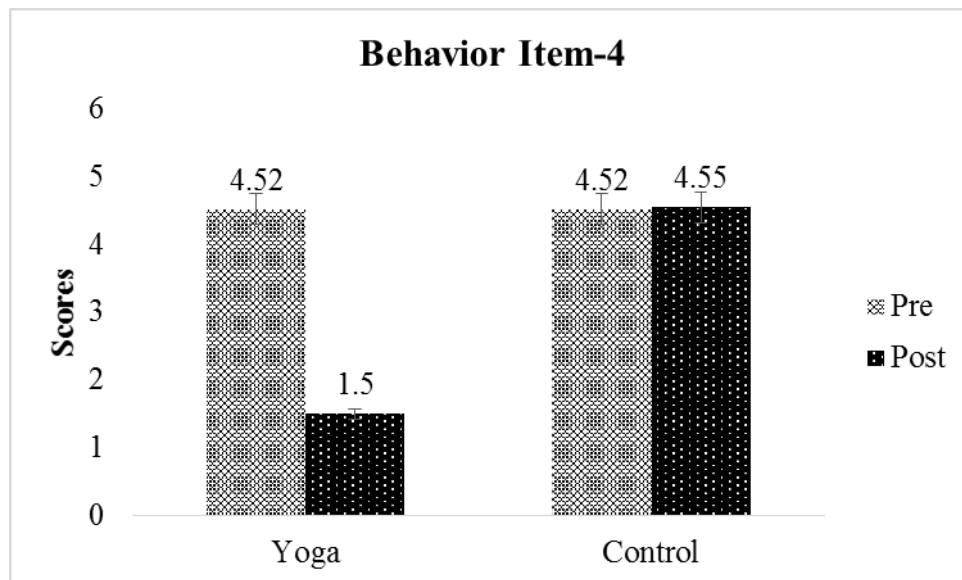
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-4 scores was significantly changed in post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.880$, $p < 0.001$, $r = -0.863$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-4 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.302$, $p = 0.527$, $r = -0.056$.

A Mann-Whitney test indicated that B I-4 pre score was non-significant change for the *Yoga* group (Mdn =4) than control group (Mdn = 5), $U = 320.500$, $p = 0.023$, $r = -0.291$.

A Mann-Whitney test indicated that B I-4 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 5), $U = 2.000$, $p < 0.001$, $r = -0.884$.

Graph-6.3.4: Changes in Post scores after the intervention of item number 4 of behavior (B I-4) compared to pre scores of *Yoga* and Control group.



6.3.5: Your child adjusts to any changes made in the house without reaction.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-5	<i>Yoga</i>	4.52±.688 (4)	1.47±.671 (1)	<0.001 ↓	0.642	<0.001
	Control	4.17±.80 (4)	4.45±.572 (4)	0.070↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.5 shows the scoring of behavior item, behavior item-5 (B I-5)

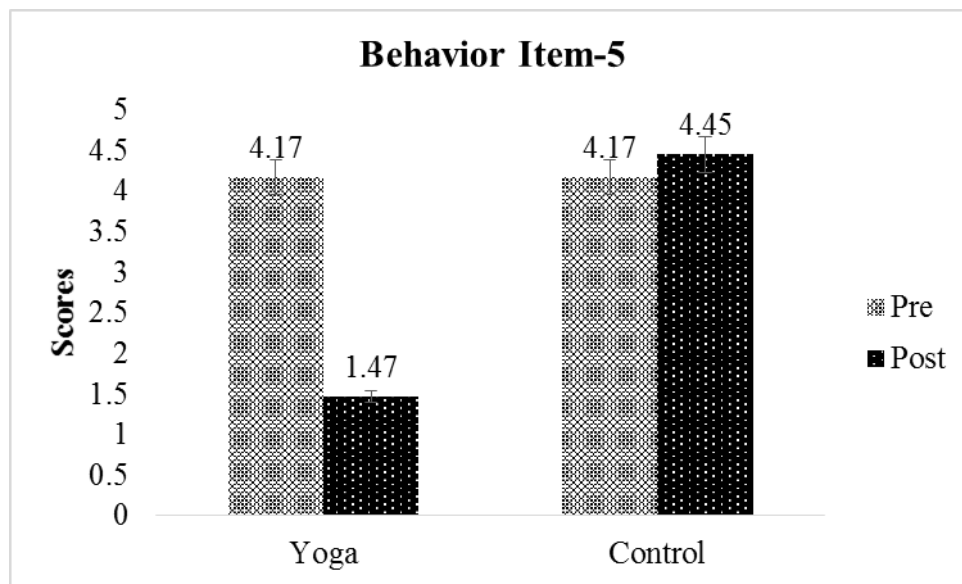
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-5 scores was significantly changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.776$, $p < 0.001$, $r = -0.844$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-5 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -1.809$, $p = 0.070$, $r = -0.334$.

A Mann-Whitney test indicated that B I-5 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 434.500$, $p = 0.642$, $r = -0.060$.

A Mann-Whitney test indicated that B I-5 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 1.500$, $p < 0.001$, $r = -0.883$.

Graph-6.3.5: Changes in Post scores after the intervention of item number 5 of behavior (B I-5) compared to pre scores of *Yoga* and Control group.



6.3.6: Your child receives guests with a smile.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-6	<i>Yoga</i>	4.31±.761 (4)	1.94±.801 (2)	<0.001 ↓	0.269	<0.001
	Control	4.31±.761 (4)	4.45±.632 (5)	0.285↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.6 shows the scoring of behavior item, behavior item-6 (B I-6)

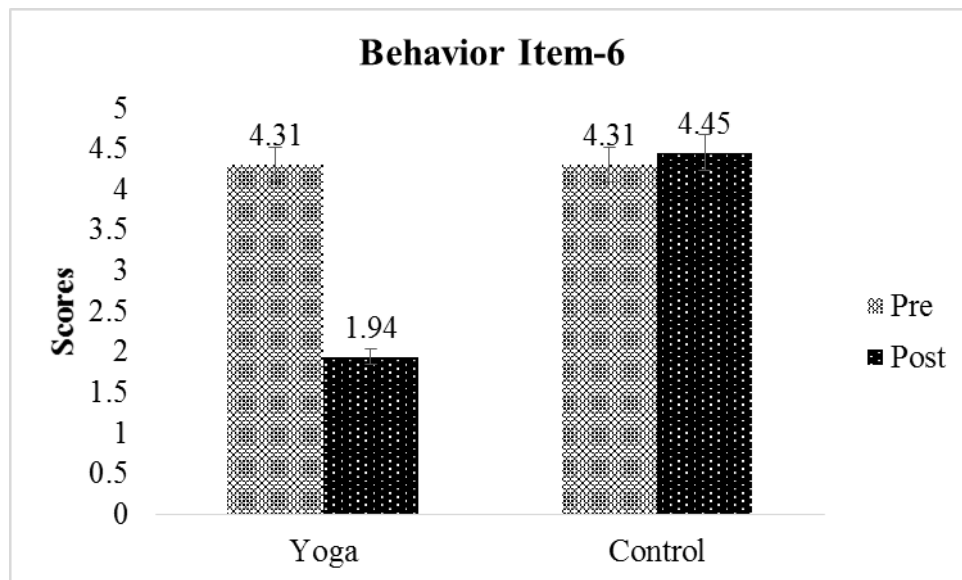
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-6 scores was significantly changed in a post-assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 4), $Z = -4.304$, $p < 0.001$, $r = -0.761$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-6 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 4), $Z = -1.069$, $p = 0.285$, $r = -0.197$.

A Mann-Whitney test indicated that B I-6 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 393.000$, $p = 0.269$, $r = -0.141$.

A Mann-Whitney test indicated that B I-6 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 5), $U = 14.000$, $p < 0.001$, $r = -0.852$.

Graph-6.3.6: Changes in Post scores after the intervention of item number 6 of behavior (B I-6) compared to pre scores of *Yoga* and Control group.



6.3.7: Your child communicates with guests normally like others in the house.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-7	<i>Yoga</i>	4.52±.634 (4)	2.56±.840 (2)	<0.001 ↓	0.136	<0.001
	Control	4.52±.634 (5)	4.62±.561 (5)	0.317↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.7 shows the scoring of behavior item, behavior item-7 (B I-7)

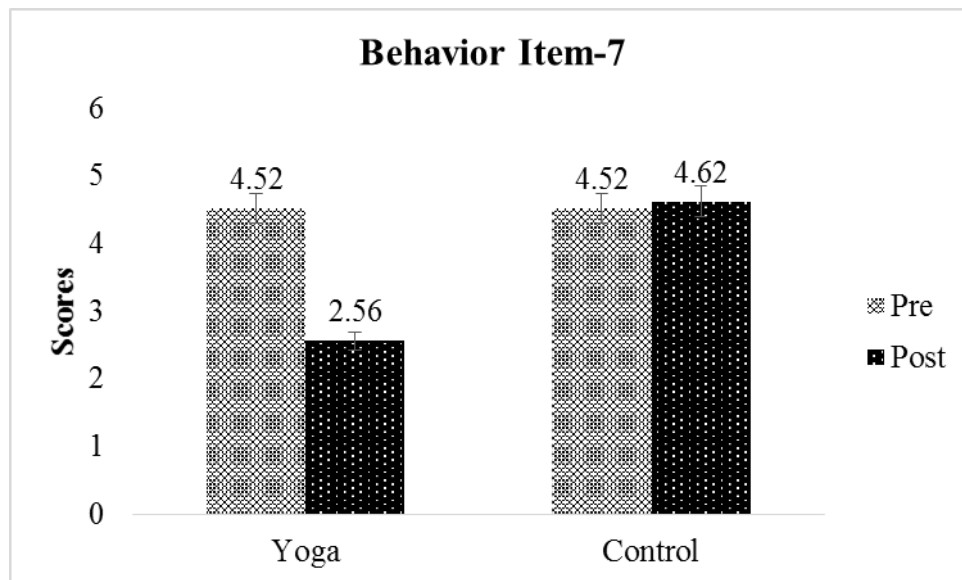
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-7 scores was significantly changed in a post-assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 4), $Z = -4.593$, $p < 0.001$, $r = -0.812$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-7 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -1.000$, $p = 0.317$, $r = -0.186$.

A Mann-Whitney test indicated that B I-7 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 5), $U = 372.000$, $p = 0.136$, $r = -0.191$.

A Mann-Whitney test indicated that B I-7 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 5), $U = 32.500$, $p < 0.001$, $r = -0.824$.

Graph-6.3.7: Changes in Post scores after the intervention of item number 7 of behavior (B I-7) compared to pre scores of *Yoga* and Control group.



6.3.8: Your child shows curiosity about surroundings/objects and asks items.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-8	<i>Yoga</i>	4.62±.903 (4)	2.28±.991 (2)	<0.001 ↓	0.001	<0.001
	Control	4.62±.903 (5)	4.66±.553 (5)	1.000↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.8 shows the scoring of behavior item, behavior item-8 (B I-8)

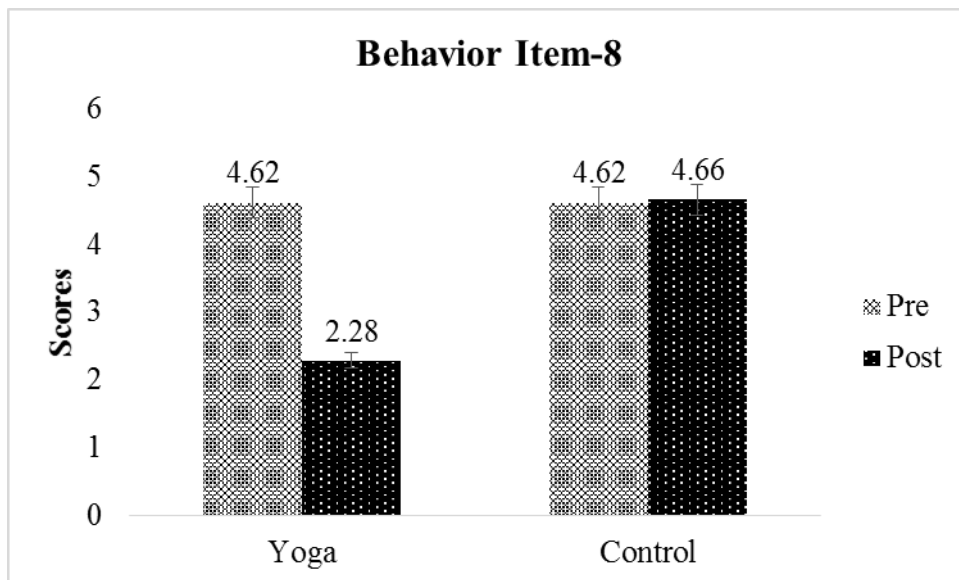
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-8 scores was significantly changed in a post-assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 4), $Z = -4.975$, $p < 0.001$, $r = -0.879$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-8 scores was non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -0.000$, $p = 1.000$, $r = -0.000$.

A Mann-Whitney test indicated that B I-8 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 5), $U = 254.000$, $p = 0.0019$, $r = -0.431$.

A Mann-Whitney test indicated that B I-8 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 5), $U = 21.000$, $p < 0.001$, $r = -0.843$.

Graph-6.3.8: Changes in Post scores after the intervention of item number 8 of behavior (B I-8) compared to pre scores of *Yoga* and Control group.



6.3.9: Your child does not cry or laugh without reason.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-9	<i>Yoga</i>	4.52±.738 (4)	1.41±.665 (1)	<0.001 ↓	0.001	<0.001
	Control	4.52±.738 (5)	4.41±.682 (5)	.405↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.9 shows the scoring of behavior item, behavior item-9 (B I-9)

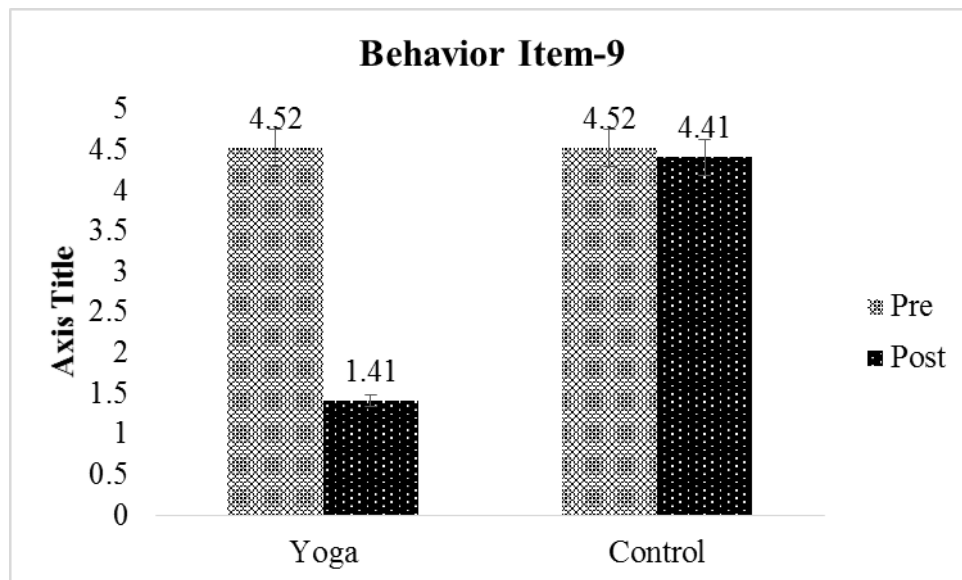
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-9 scores was significantly changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.786$, $p < 0.001$, $r = -0.846$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-9 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.832$, $p = .405$, $r = -0.154$.

A Mann-Whitney test indicated that B I-9 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 5), $U = 235.000$, $p = 0.000$, $r = -0.449$.

A Mann-Whitney test indicated that B I-9 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 5), $U = 4.500$, $p < 0.001$, $r = -0.881$.

Graph-6.3.9: Changes in Post scores after the intervention of item number 9 of behavior (B I-9) compared to pre scores of *Yoga* and Control group.



6.3.10: Your child does not cry or laugh without reason.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-10	<i>Yoga</i>	4.48±.634 (4)	1.88±.871 (2)	<0.001 ↓	0.036	<0.001
	Control	4.48±.634 (5)	4.48±.688 (5)	1.000↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.10 shows the scoring of behavior item, behavior item-10 (B I-10)

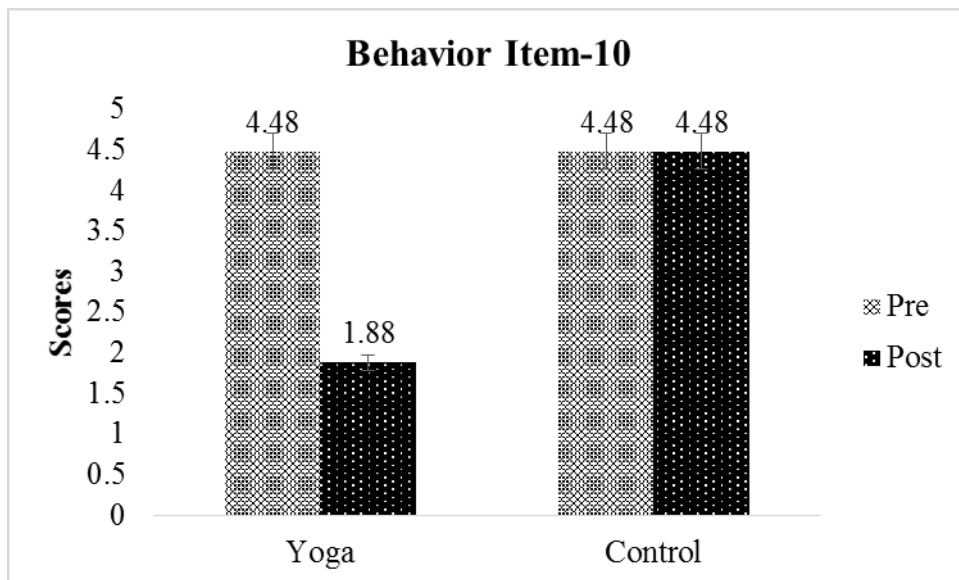
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-10 scores was significantly changed in post assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 4), $Z = -0.000$, $p < 0.001$, $r = -0.777$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-10 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.000$, $p = .036$, $r = -0.000$.

A Mann-Whitney test indicated that B I-10 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 5), $U = 331.000$, $p = 0.000$, $r = -0.269$.

A Mann-Whitney test indicated that B I-10 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 5), $U = 15.000$, $p < 0.001$, $r = -0.851$.

Graph-6.3.10: Changes in Post scores after the intervention of item number 10 of behavior (B I-10) compared to pre scores of *Yoga* and Control group.



6.3.11: Your child responds and turns to you when called by name.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-11	<i>Yoga</i>	3.38±1.015 (3)	1.13±.336 (1)	<0.001 ↓	0.180	<0.001
	Control	3.38±1.015 (4)	3.69±.891 (4)	.103↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.11 shows the scoring of behavior item, behavior item-11 (B I-11)

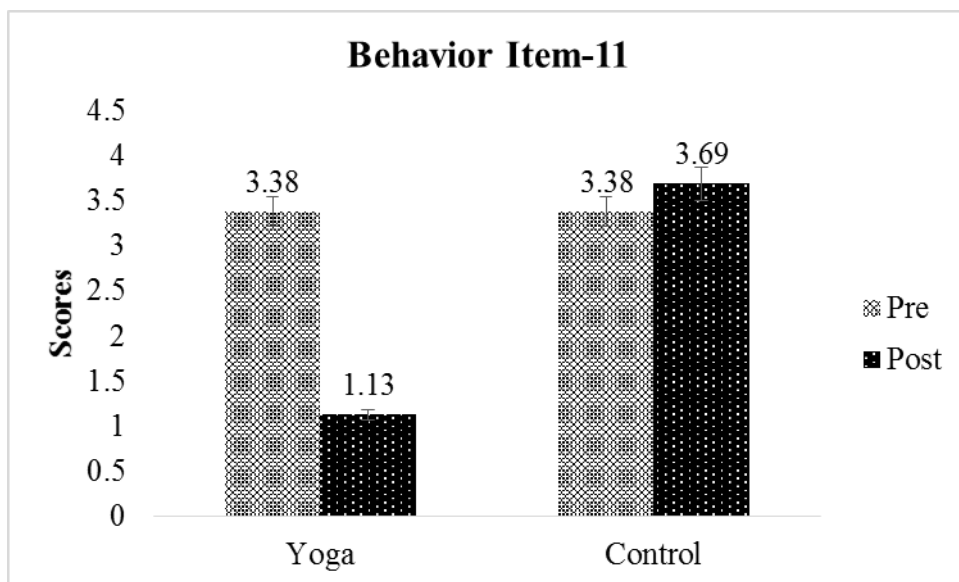
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-11 scores was significantly changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -0.000$, $p < 0.001$, $r = -0.732$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-11 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -4.140$, $p = .1036$, $r = -0.303$.

A Mann-Whitney test indicated that the B I-11pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 373.000$, $p = 0.180$, $r = -0.172$.

A Mann-Whitney test indicated that B I-11 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 4.000$, $p < 0.001$, $r = -0.901$.

Graph-6.3.11: Changes in Post scores after the intervention of item number 11 of behavior (B I-11) compared to pre scores of *Yoga* and Control group.



6.3.12: Your child plays with toys appropriately according to age.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-12	<i>Yoga</i>	4.21±.902 (4)	2.16±.920 (2)	<0.001 ↓	0.575	<0.001
	Control	4.21±.902 (4)	4.34±.670 (4)	.458↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.12 shows the scoring of behavior item, behavior item-12 (B I-12)

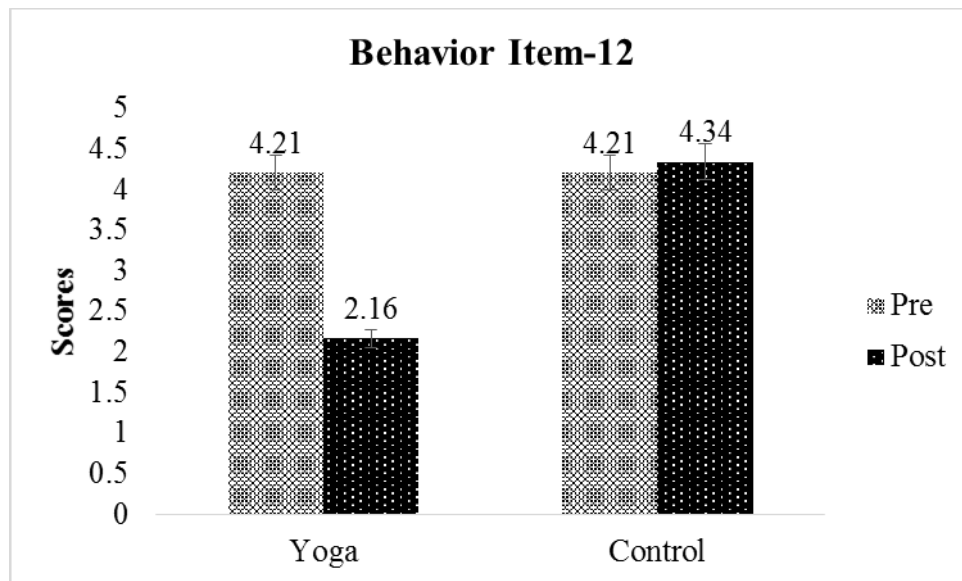
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-12 scores was significantly changed in post assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 4), $Z = -4.760$, $p < 0.001$, $r = -0.841$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-12 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -4.140$, $p = .103$, $r = -0.138$.

A Mann-Whitney test indicated that B I-12 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 428.000$, $p = 0.575$, $r = -0.072$.

A Mann-Whitney test indicated that B I-12 post score was a significant change in the *Yoga* group (Mdn =2) than control group (Mdn = 4), $U = 39.000$, $p < 0.001$, $r = -0.805$.

Graph-6.3.12: Changes in Post scores after the intervention of item number 12 of behavior (B I-12) compared to pre scores of *Yoga* and Control group.



6.3.13: Your child picks objects if asked by you.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-13	<i>Yoga</i>	3.93±1.132 (3.5)	1.34±.653 (1)	<0.001 ↓	0.059	<0.001
	Control	3.93±1.132 (4)	4.00±.926 (4)	.796↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.13 shows the scoring of Behavior item, Behavior item-13 (B I-13)

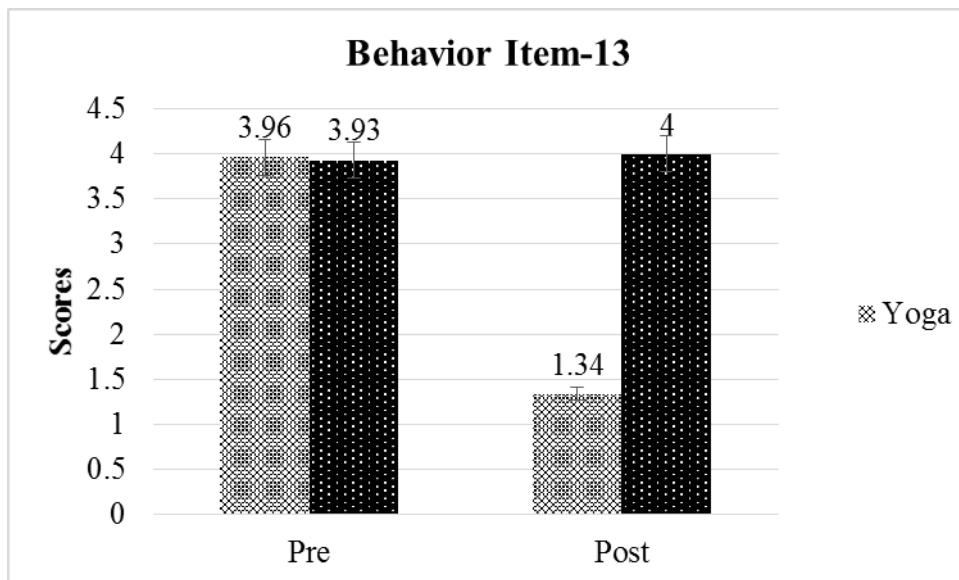
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-13 scores was significantly changed in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 3.5), $Z = -4.239$, $p < 0.001$, $r = -0.749$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-13 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -.259$, $p = .796$, $r = -0.048$.

A Mann-Whitney test indicated that B I-13 pre score was non-significant change in the *Yoga* group (Mdn =3.5) than control group (Mdn = 4), $U = 337.500$, $p = 0.059$, $r = -0.242$.

A Mann-Whitney test indicated that B I-13 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 20.000$, $p < 0.001$, $r = -0.854$.

Graph-6.3.13: Changes in Post scores after the intervention of item number 13 of behavior (B I-13) compared to pre scores of *Yoga* and Control group.



6.3.14: Your child does not smell or lick objects or things when picked.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-14	<i>Yoga</i>	3.90±1.047 (4)	1.75±.842 (2)	<0.001 ↓	0.072	<0.001
	Control	3.90±1.047 (4)	4.17±1.002 (4)	.185↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.3.14 shows the scoring of behavior item, behavior item-14 (B I-14)

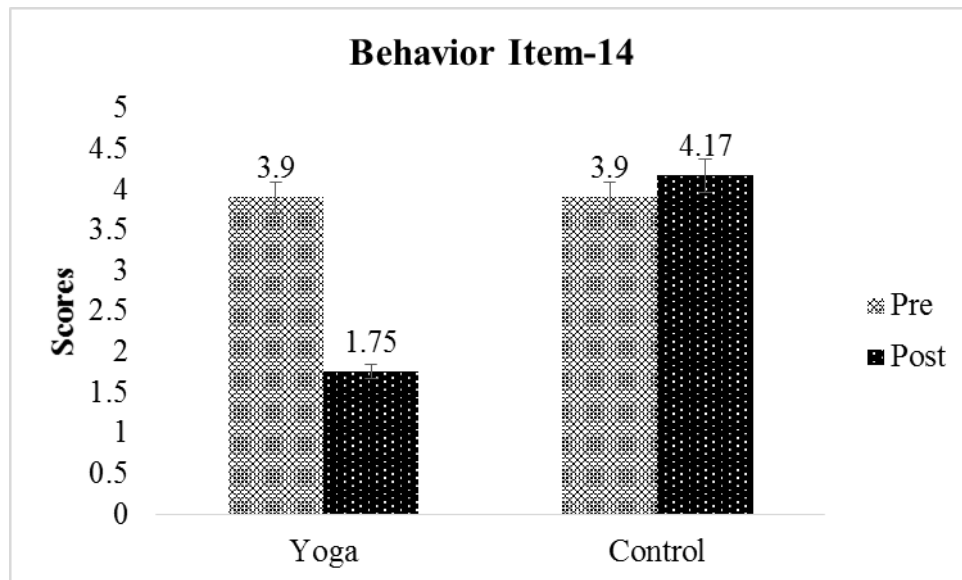
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-14 scores was significantly changed in post assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 4), $Z = -4.425$, $p < 0.001$, $r = -0.782$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-14 scores were non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -1.327$, $p = .796$, $r = -0.245$.

A Mann-Whitney test indicated that B I-14 pre score was non-significant change in the *Yoga* group ($Mdn = 4$) than control group ($Mdn = 4$), $U = 345.500$, $p = 0.072$, $r = -0.231$.

A Mann-Whitney test indicated that B I-14 post score was a significant change in the *Yoga* group ($Mdn = 2$) than control group ($Mdn = 4$), $U = 510.000$, $p < 0.001$, $r = -0.784$.

Graph-6.3.14: Changes in Post scores after the intervention of item number 14 of behavior (B I-14) compared to pre scores of *Yoga* and Control group.



6.3.15: Your child has normal speech and does not produce unusual or meaningless sounds.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-15	<i>Yoga</i>	4.34±1.078 (5)	3.06±1.134 (3)	<0.001 ↓	0.781	<0.001
	Control	4.34±1.078 (5)	4.41±1.086 (5)	.414↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.15 shows the scoring of behavior item, behavior item-15 (B I-15)

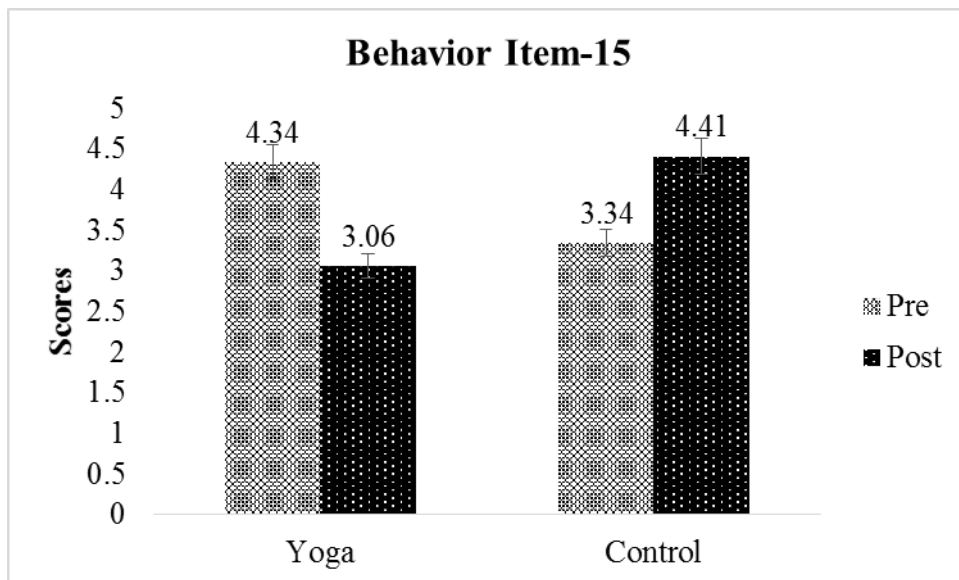
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-15 scores was significantly changed in post assessment (*Mdn* = 3) than in pre-assessment (*Mdn* = 5), $Z = -4.425$, $p < 0.001$, $r = -0.811$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-15 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.816$, $p = .414$, $r = -0.816$.

A Mann-Whitney test indicated that B I-15 pre score was non-significant change in the *Yoga* group (Mdn =3) than control group (Mdn = 5), $U = 447.500$, $p = 0.781$, $r = -0.036$.

A Mann-Whitney test indicated that B I-15 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 3), $U = 148.500$, $p < 0.001$, $r = -0.607$.

Graph-6.3.15: Changes in Post scores after the intervention of item number 15 of behavior (B I-15) compared to pre scores of *Yoga* and Control group.



6.3.16: Your child uses appropriate words during communication.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-16	<i>Yoga</i>	4.52±.785 (5)	3.00±1.016 (3)	<0.001 ↓	0.571	<0.001
	Control	4.52±.785 (5)	4.59±.682 (5)	.527↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.16 shows the scoring of behavior item, behavior item-16 (B I-16)

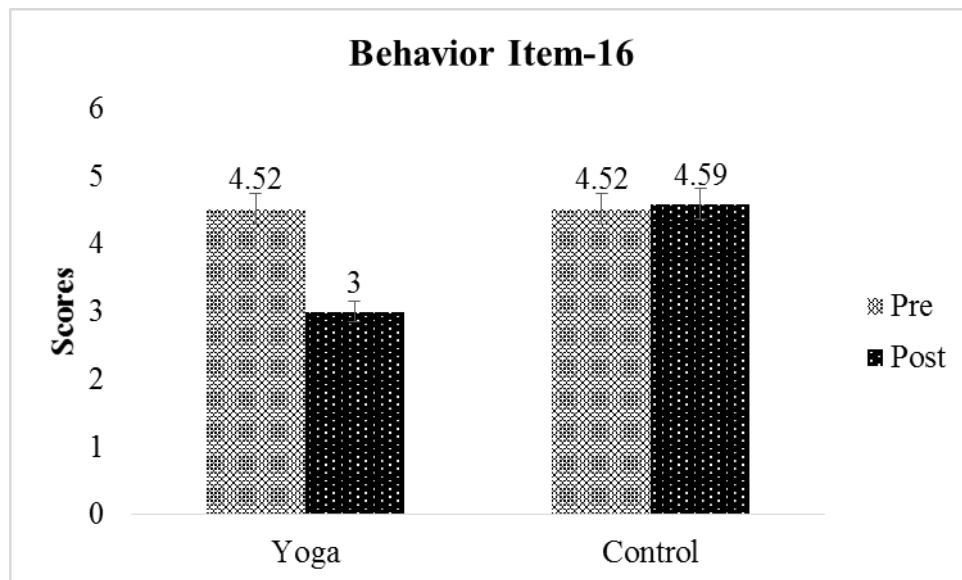
In *Yoga* group, a Wilcoxon Signed-ranks test indicated that B I-16 scores was significantly changed in post assessment (*Mdn* = 3) than in pre-assessment (*Mdn* = 5), $Z = -4.214$, $p < 0.001$, $r = -0.745$.

In control group, a Wilcoxon Signed-ranks test indicated that B I-16 scores was non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.632$, $p = .527$, $r = -0.117$.

A Mann-Whitney test indicated that B I-16 pre score was non-significant change for *Yoga* group (Mdn =5) than control group (Mdn = 5), $U = 432.500$, $p = 0.571$, $r = -0.073$.

A Mann-Whitney test indicated that B I-16 post score was significant change for *Yoga* group (Mdn =3) than control group (Mdn = 2), $U = 93.500$, $p < 0.001$, $r = -0.713$.

Graph-6.3.16: Changes in Post scores after the intervention of item number 16 of behavior (B I-16) compared to pre scores of *Yoga* and Control group.



6.3.17: Your child does not show anxiety at any situation or depression.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-17	<i>Yoga</i>	4.03±.906 (4)	1.41±.615 (1)	<0.001 ↓	0.993	<0.001
	Control	4.03±.906 (4)	4.24±.689 (4)	.131 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.17 shows the scoring of behavior item, behavior item-17 (B I-17)

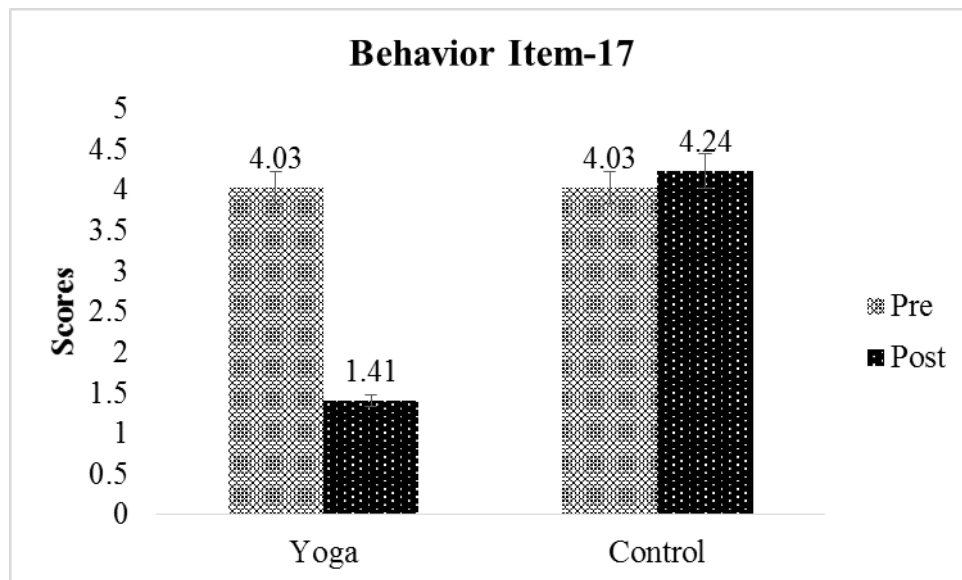
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-17 scores was significantly changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -5.024$, $p < 0.001$, $r = -0.888$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-17 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -1.511$, $p = .131$, $r = -0.280$.

A Mann-Whitney test indicated that B I-17 pre score was non-significant change for *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 463.500$, $p = 0.993$, $r = -0.001$.

A Mann-Whitney test indicated that B I-17 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 7.500$, $p < 0.001$, $r = -0.876$.

Graph-6.3.17: Changes in Post scores after the intervention of item number 17 of behavior (B I-17) compared to pre scores of *Yoga* and Control group.



6.3.18: Your child does not behave aggressively at any time during the day.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-18	<i>Yoga</i>	4.21±.861 (4)	1.41±.665 (1)	<0.001 ↓	0.176	<0.001
	Control	4.21±.861 (4)	4.14±.833 (4)	.564 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.18 shows the scoring of behavior item, behavior item-18 (B I-18)

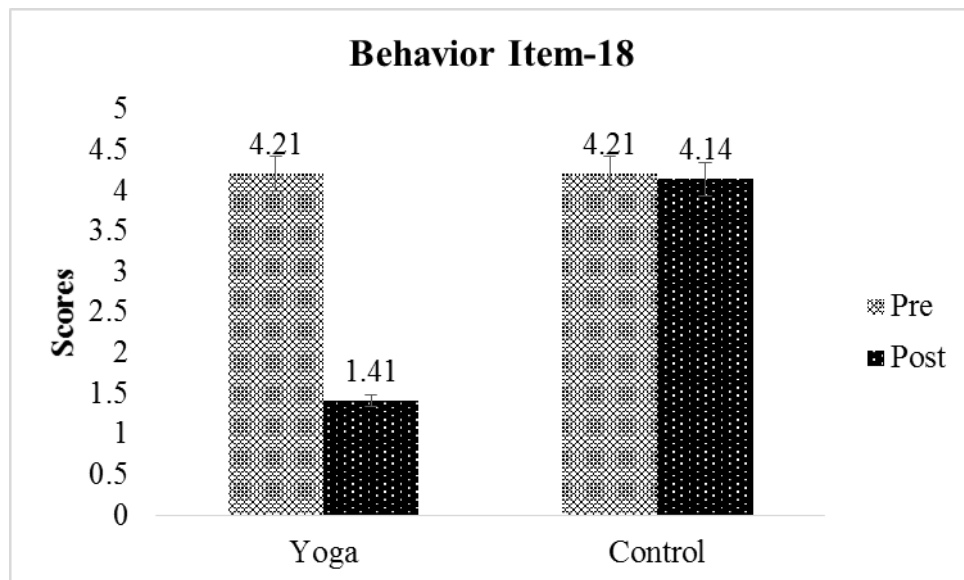
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-18 scores was significantly changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.863$, $p < 0.001$, $r = -0.860$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-18 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -.576$, $p = .131$, $r = -0.107$.

A Mann-Whitney test indicated that B I-18 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 381.000$, $p = 0.993$, $r = -0.173$.

A Mann-Whitney test indicated that B I-18 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 16.000$, $p < 0.001$, $r = -0.859$.

Graph-6.3.18: Changes in Post scores after the intervention of item number 18 of behavior (B I-18) compared to pre scores of *Yoga* and Control group.



6.3.19: Your child does not injure self by indulging in head banging, biting or hitting.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-19	<i>Yoga</i>	3.72±1.032 (4)	1.38±.554 (1)	<0.001 ↓	0.354	<0.001
	Control	3.72±1.032 (4)	3.90±.900 (4)	.293 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.19 shows the scoring of behavior item, behavior item-19 (B I-19)

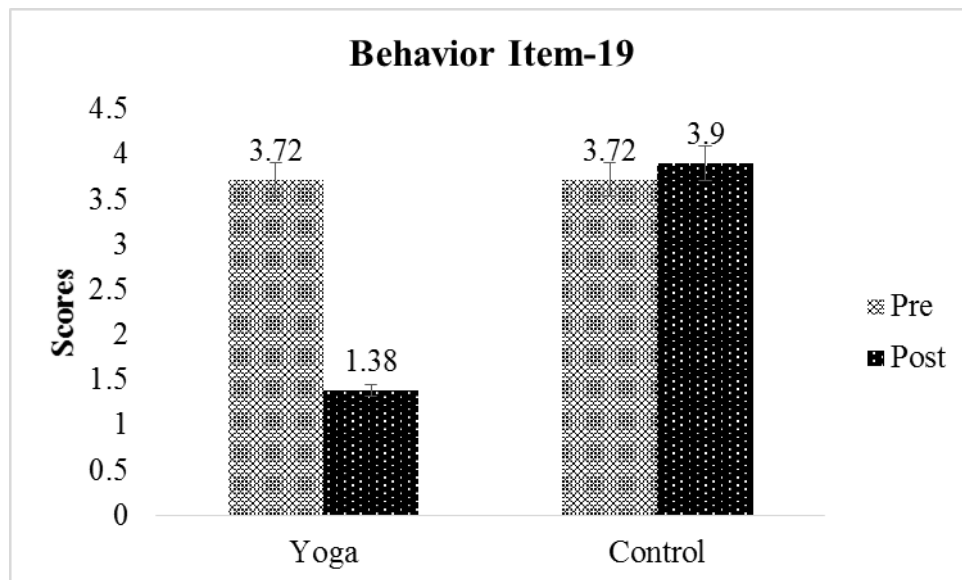
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-19 scores was significantly changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.639$, $p < 0.001$, $r = -0.820$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-19 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -1.051$, $p = .293$, $r = -0.195$.

A Mann-Whitney test indicated that B I-19 pre score was non-significant change for *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 402.500$, $p = 0.354$, $r = -0.119$.

A Mann-Whitney test indicated that B I-19 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 20.000$, $p < 0.001$, $r = -0.850$.

Graph-6.3.19: Changes in Post scores after the intervention of item number 19 of behavior (B I-19) compared to pre scores of *Yoga* and Control group.



6.3.20: Your child does not injure others by pushing, pinching, biting or by hitting.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-20	<i>Yoga</i>	3.97±1.052 (4)	1.34±.483 (1)	<0.001 ↓	0.079	<0.001
	Control	3.97±1.052 (4)	4.00±.707 (4)	.741 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.20 shows the scoring of behavior item, behavior item-20 (B I-20)

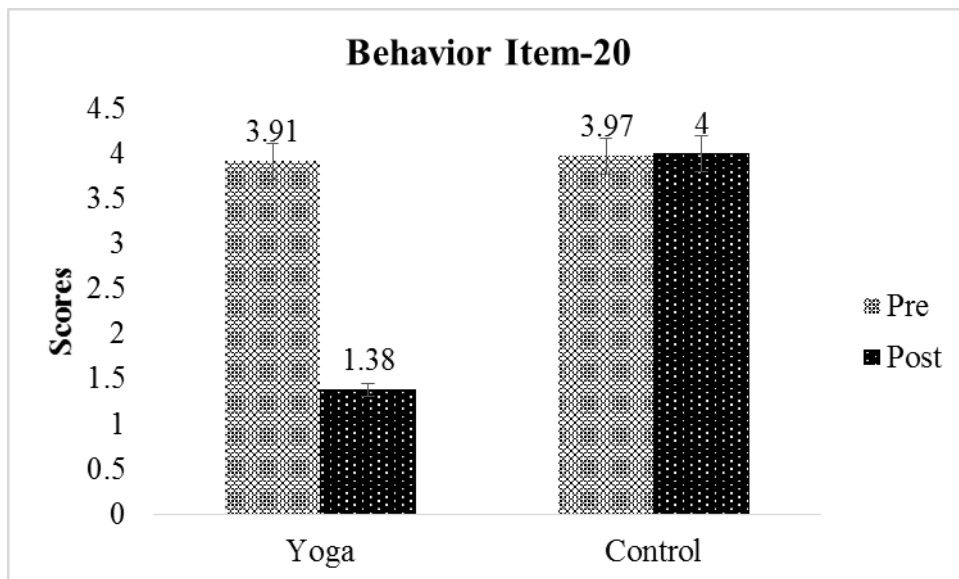
In *Yoga* group, a Wilcoxon Signed-ranks test indicated that B I-20 scores were significantly changed in post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.650$, $p < 0.001$, $r = -0.822$.

In control group, a Wilcoxon Signed-ranks test indicated that B I-20 scores was non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -.330$, $p = .741$, $r = -0.061$.

A Mann-Whitney test indicated that B I-20 pre score was non-significant change for *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 348.000$, $p = 0.079$, $r = -0.225$.

A Mann-Whitney test indicated that B I-20 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 00.000$, $p < 0.001$, $r = -0.887$.

Graph-6.3.20: (B I20) compared to pre scores of *Yoga* and Control group.



6.3.21: Your child does not have difficulty in processing and integrating sensory information or stimuli like seeing, hearing, smell, tasting, and movements.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-21	<i>Yoga</i>	4.69±.712 (5)	2.19±.535 (2)	<0.001 ↓	0.690	<0.001
	Control	4.69±.712 (5)	4.83±.602 (5)	.395 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.21 shows the scoring of behavior item, behavior item-21 (B I-21)

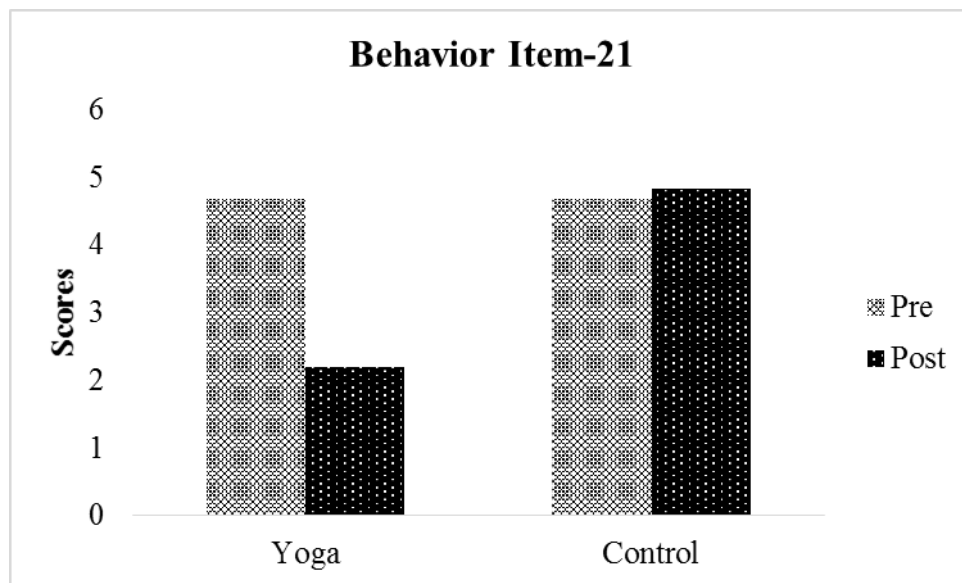
In *Yoga* group, a Wilcoxon Signed-ranks test indicated that B I-21 scores were significantly changed in post-assessment ($Mdn = 2$) than in pre-assessment ($Mdn = 5$), $Z -4.963$, $p < 0.001$, $r = -0.877$.

In control group, a Wilcoxon Signed-ranks test indicated that B I-21 scores was non-significant change in post assessment ($Mdn = 5$) than in pre assessment ($Mdn = 5$), $Z = -.330$, $p = .395$, $r = -0.061$.

A Mann-Whitney test indicated that B I-21 pre score was non-significant change for *Yoga* group ($Mdn = 5$) than control group ($Mdn = 5$), $U = 445.500$, $p = 0.690$, $r = -0.051$.

A Mann-Whitney test indicated that B I-21 post score was significant change for *Yoga* group ($Mdn = 2$) than control group ($Mdn = 5$), $U = 19.500$, $p < 0.001$, $r = -0.894$.

Graph-6.3.21: (B I-21) compared to pre scores of *Yoga* and Control group.



6.3.22: Your child does not involve in self-stimulatory behaviors viz., finger flapping or head movement.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-22	<i>Yoga</i>	4.00±1.035 (5)	1.28±.523 (1)	<0.001 ↓	0.057	<0.001
	Control	4.00±1.035 (4)	4.14±.789 (4)	.467↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.22 shows the scoring of behavior item, behavior item-22 (B I-22)

In *Yoga* group, a Wilcoxon Signed-ranks test indicated that 679\

2,-I-22 scores was significantly changed in post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 5),

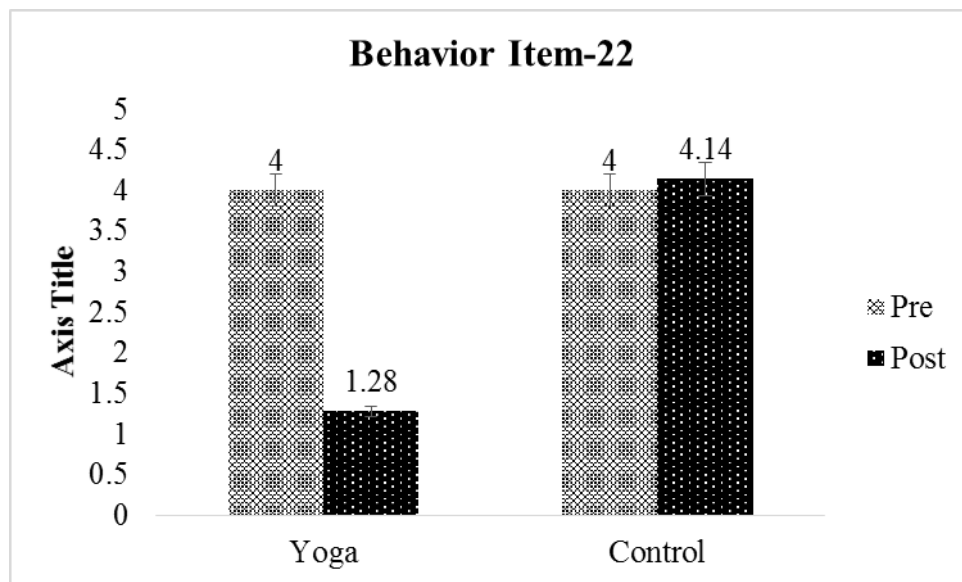
Z -5.013, p < 0.001, r = -0.886.

In control group, a Wilcoxon Signed-ranks test indicated that B I-22 scores was non-significant change in post assessment ($Mdn = 4$) than in pre assessment ($Mdn = 4$), $Z = -.728$, $p = .467$, $r = -0.135$.

A Mann-Whitney test indicated that B I-22 pre score was non-significant change for *Yoga* group ($Mdn = 5$) than control group ($Mdn = 4$), $U = 343.000$, $p = 0.057$, $r = -0.243$.

A Mann-Whitney test indicated that B I-22 post score was significant change for *Yoga* group ($Mdn = 1$) than control group ($Mdn = 4$), $U = 9.500$, $p < 0.001$, $r = -0.883$.

Graph-6.3.22: (B I-22) compared to pre scores of *Yoga* and Control group.



6.3.23: Your child does not swing mood suddenly due to some reason.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-23	<i>Yoga</i>	4.10±.618 (4)	1.31±.592 (1)	<0.001 ↓	0.007	<0.001
	Control	4.10±.618 (4)	4.21±.726 (4)	.467↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.23 shows the scoring of behavior item, behavior item-23 (B I-23)

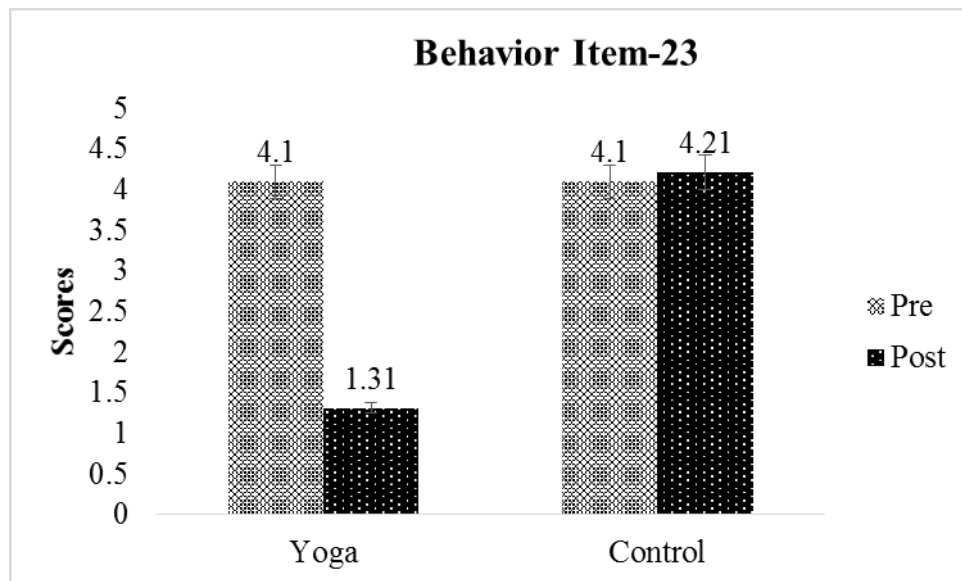
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-23 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.735$, $p < 0.001$, $r = -0.837$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-22 scores were non-significant change in post assessment (*Mdn* = 4) than in pre assessment (*Mdn* = 4), $Z = -.728$, $p = .467$, $r = -0.135$.

A Mann-Whitney test indicated that B I-23 pre score was non-significant change in the *Yoga* group (Mdn =4) than control group (Mdn = 4), $U = 303.000$, $p = 0.007$, $r = -0.343$.

A Mann-Whitney test indicated that B I-23 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 7.000$, $p < 0.001$, $r = -0.883$.

Graph-6.3.23: (B I-23) compared to pre scores of *Yoga* and Control group.



6.3.24: Your child plays and mingles with other children.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-24	<i>Yoga</i>	4.31±.850 (5)	1.97±.647 (2)	<0.001 ↓	0.374	<0.001
	Control	4.31±.850 (5)	4.48±.738 (5)	.260↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.24 shows the scoring of behavior item, behavior item-24 (B I-24)

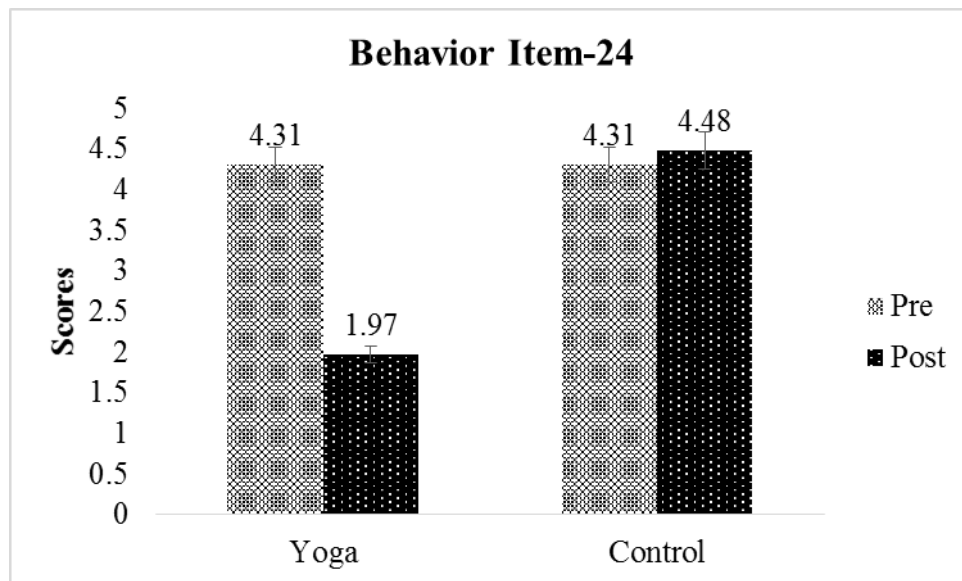
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-24 scores was significantly changed in a post-assessment (*Mdn* = 2) than in pre-assessment (*Mdn* = 5), $Z = -4.881$, $p < 0.001$, $r = -0.863$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-24 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -1.127$, $p = .467$, $r = -0.208$.

A Mann-Whitney test indicated that B I-24 pre score was non-significant change for *Yoga* group (Mdn =5) than control group (Mdn = 5), $U = 409.500$, $p = 0.374$, $r = -0.114$.

A Mann-Whitney test indicated that B I-24 post score was significant change for *Yoga* group (Mdn =2) than control group (Mdn = 5), $U = 12.000$, $p < 0.001$, $r = -0.863$.

Graph-6.3.24: (B I-24) compared to pre scores of *Yoga* and Control group.



6.3.25: Your child is not afraid of or adversely reacts to loud sounds.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-25	<i>Yoga</i>	3.34±1.289 (3.5)	1.38±.751 (1)	<0.001 ↓	0.483	<0.001
	Control	3.34±1.289 (3)	3.52±1.184 (4)	.441 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.25 shows the scoring of behavior item, behavior item-25 (B I-25)

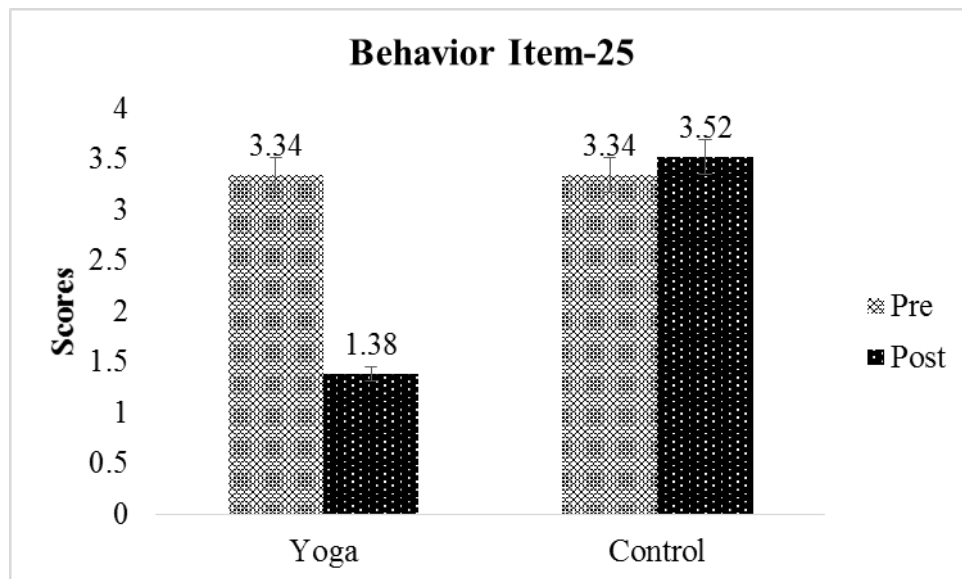
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-25 scores was significantly changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 3.5), $Z = -4.019$, $p < 0.001$, $r = -0.710$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-25 scores were non-significant change in post assessment (*Mdn* = 3) than in pre assessment (*Mdn* = 4), $Z = -.771$, $p = .441$, $r = -0.143$.

A Mann-Whitney test indicated that B I-25 pre score was non-significant change for *Yoga* group (Mdn =3.5) than control group (Mdn = 3), $U = 416.500$, $p = 0.483$, $r = -0.090$.

A Mann-Whitney test indicated that B I-25 post score was significant change for *Yoga* group (Mdn =1) than control group (Mdn = 4), $U = 69.500$, $p < 0.001$, $r = -0.762$.

Graph-6.3.25: (B I-25) compared to pre scores of *Yoga* and Control group.



6.3.26: Your child does not have savant ability (extraordinary skill in a specific area).

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-26	<i>Yoga</i>	1.41±1.150 (1)	1.28±.888 (1)	<0.510 ↓	0.879	<0.796
	Control	1.41±1.150 (1)	1.28±1.032 (1)	.581 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.26 shows the scoring of behavior item, behavior item-26 (B I-26)

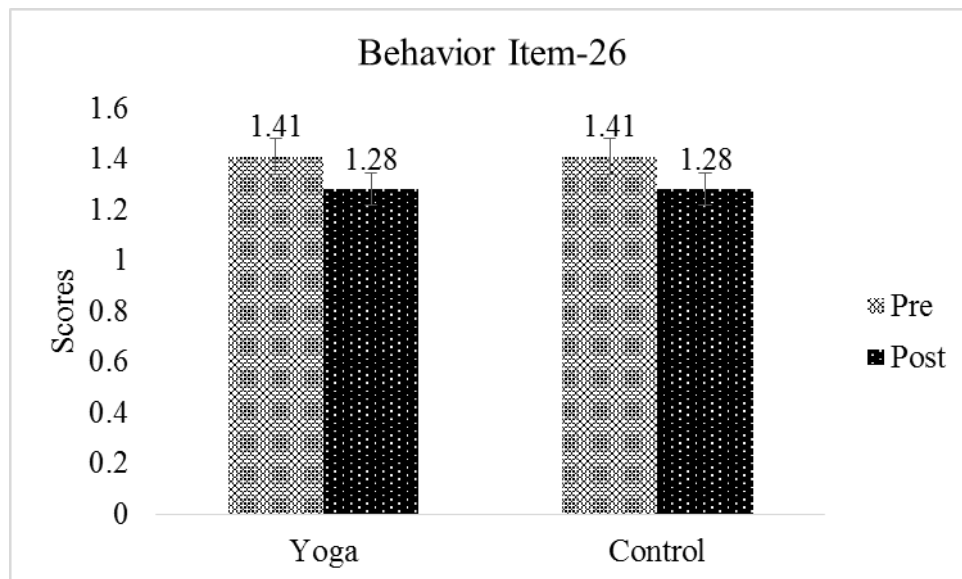
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-26 scores was not changed in post assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 1), $Z = -.659$, $p < 0.510$, $r = -0.116$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-26 scores were non-significant change in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 1), $Z = -.552$, $p = .581$, $r = -0.103$.

A Mann-Whitney test indicated that B I-26 pre score was non-significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 1), $U = 457.500$, $p = 0.879$, $r = -0.019$.

A Mann-Whitney test indicated that B I-26 post score was not significant for a *Yoga* group (Mdn =1) than control group (Mdn = 1), $U = 455.500$, $p < 0.796$, $r = -0.033$.

Graph-6.3.26: (B I-26) compared to pre scores of *Yoga* and Control group.



6.3.27: Your child does not lack in cognitive ability.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-27	<i>Yoga</i>	4.38±1.321 (5)	3.00±.842 (3)	<0.001 ↓	0.783	<0.001
	Control	4.38±1.321 (5)	4.79±.491 (5)	.196↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-5.3.27 shows the scoring of behavior item, behavior item-27 (B I-27)

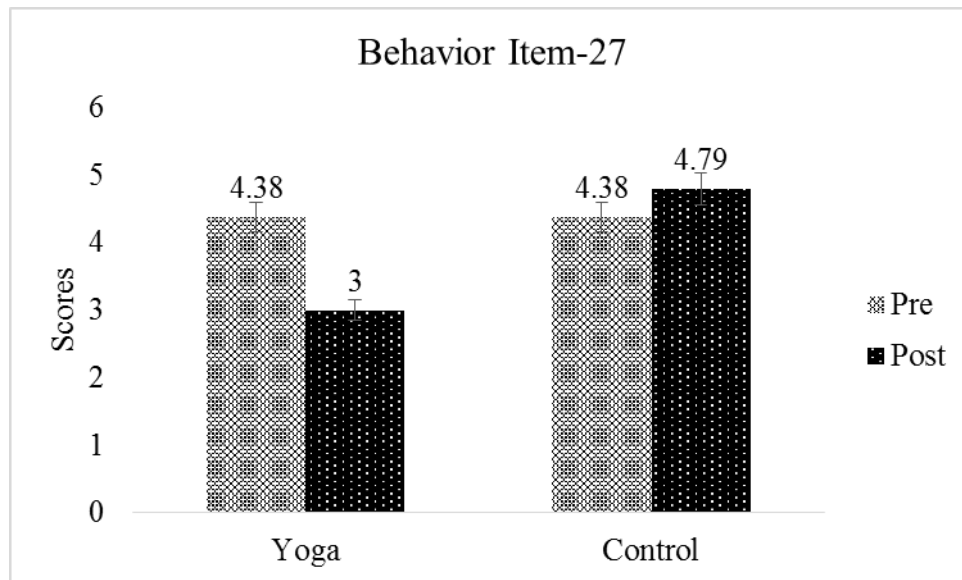
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-27 scores was significantly changed in a post-assessment (*Mdn* = 3) than in pre-assessment (*Mdn* = 5), $Z = -4.779$, $p < 0.001$, $r = -0.845$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-27 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -1.294$, $p = .581$, $r = -0.240$.

A Mann-Whitney test indicated that B I-27 pre score was non-significant change for the *Yoga* group (Mdn =5) than control group (Mdn = 5), $U = 449.000$, $p = 0.783$, $r = -0.235$.

A Mann-Whitney test indicated that B I-27 post score was a significant change in the *Yoga* group (Mdn =3) than control group (Mdn = 5), $U = 36.500$, $p < 0.000$, $r = -0.827$.

Graph-6.3.27: (B I-27) compared to pre scores of *Yoga* and Control group.



6.3.28: Your child will imitate most of your actions.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-28	<i>Yoga</i>	3.93±1.280 (4)	1.28±.457 (1)	<0.001 ↓	0.115	<0.001
	Control	3.93±1.280 (4)	4.07±1.163 (5)	.698↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.28 shows the scoring of behavior item, behavior item-28(B I-28)

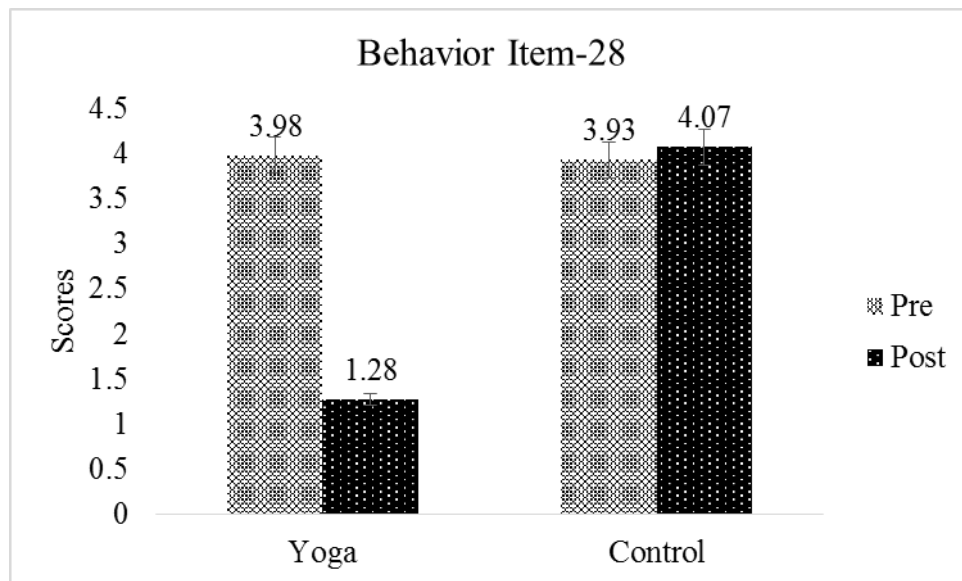
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-28 scores was significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 4), $Z = -4.470$, $p < 0.001$, $r = -0.790$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-28 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 4), $Z = -.388$, $p = .581$, $r = -0.072$.

A Mann-Whitney test indicated that B I-28 pre score was non-significant change in the *Yoga* group (Mdn =4) than the control group (Mdn = 4), $U = 359.000$, $p = 0.115$, $r = -0.202$.

A Mann-Whitney test indicated that B I-28 post score was a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 5), $U = 5.000$, $p < 0.000$, $r = -0.913$.

Graph-6.3.28: (B I-28) compared to pre scores of *Yoga* and Control group.



6.3.29: Your child's hearing is normal as others.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-29	<i>Yoga</i>	1.38±.942 (1)	1.03±.177 (1)	<0.001 ↓	0.121	<0.121
	Control	1.38±.942 (1)	1.45±1.242 (1)	.863 ↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.29 shows the scoring of behavior item, behavior item-29 (B I-29)

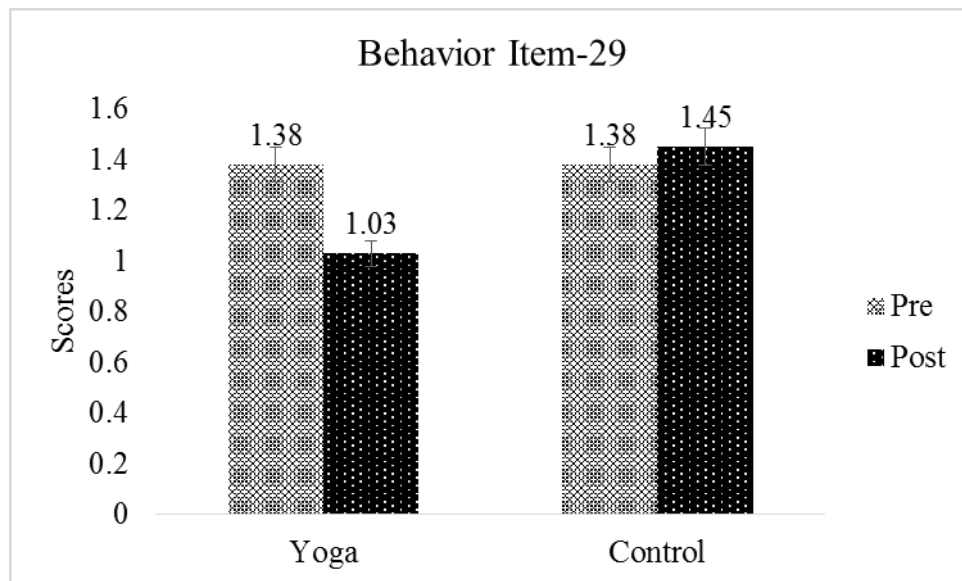
In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-29 scores was not significantly changed in a post-assessment (*Mdn* = 1) than in pre-assessment (*Mdn* = 1), $Z = -4.538$, $p < 0.001$, $r = -0.802$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-29 scores were non-significant change in post assessment (*Mdn* = 1) than in pre assessment (*Mdn* = 1), $Z = -.172$, $p = .581$, $r = -0.032$.

A Mann-Whitney test indicated that B I-29 pre score was non-significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 1), $U = 401.000$, $p = 0.121$, $r = -0.199$.

A Mann-Whitney test indicated that B I-28 post score was not a significant change in the *Yoga* group (Mdn =1) than control group (Mdn = 1), $U = 5.000$, $p < 0.413$, $r = -0.198$.

Graph-6.3.29: (B I-29) compared to pre scores of *Yoga* and Control group.



6.3.30: Your child does not repeat the words instead respond with appropriate words.

Statement	Group	Within Group			Between-Group Mann-Whitney Test	
		Pre Mean±SD (Mdn)	Post Mean±SD (Mdn)	WST P values	Pre vs pre	Post vs post
B I-30	<i>Yoga</i>	4.48±1.243 (5)	2.72±.924 (2.5)	<0.001 ↓	0.254	<0.000
	Control	4.48±1.243 (5)	4.79±.412 (5)	.386↑		

Mdn= median, WST= Wilcoxon Signed-ranks Test

Table-6.3.30 shows the scoring of behavior item, behavior item-30 (B I-30)

In *Yoga* group, a Wilcoxon Signed-rank test indicated that B I-30 scores was significantly changed in post assessment (*Mdn* = 2.5) them in pre-assessment (*Mdn* = 5), $Z = -5.000$, $p < 0.001$, $r = -0.884$.

In the control group, a Wilcoxon Signed-rank test indicated that B I-30 scores were non-significant change in post assessment (*Mdn* = 5) than in pre assessment (*Mdn* = 5), $Z = -.866$, $p = .386$, $r = -0.161$.

A Mann-Whitney test indicated that B I-30 pre score was non-significant change for *Yoga* group (Mdn =5) than control group (Mdn = 5), $U = 401.000$, $p = 0.254$, $r = -0.146$.

A Mann-Whitney test indicated that B I-30 post score was significant change for *Yoga* group (Mdn =2.5) than control group (Mdn = 5), $U = 35.500$, $p < 0.001$, $r = -0.829$.

Graph-6.3.30: (B I-30) compared to pre scores of *Yoga* and Control group.

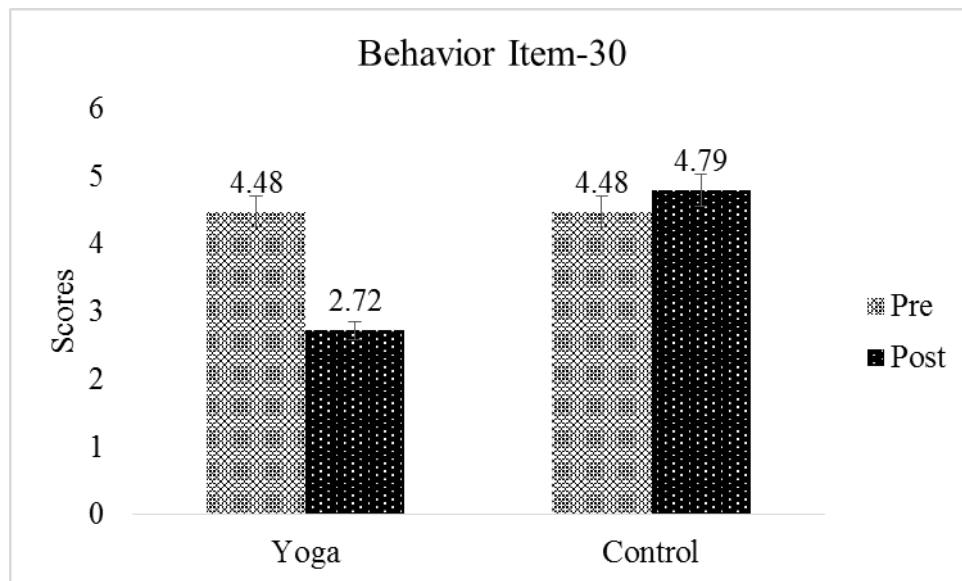


Table 6.4

TOTAL SCORINGS

Group=V2 Yoga=0, Control=1	Ranks	N		Mean Rank	Sum of Ranks	
		<i>Yoga</i>	Control		<i>Yoga</i>	Control
Total SLEEP ITEM_post – total SLEEP ITEM_pre	Negative Ranks	32 ^a	11 ^a	16.50	528.00	150.00
	Positive Ranks	0 ^b	17 ^b	0.00	0.00	256.00
	Ties	0 ^c	1 ^c			
	Total	32	29			
Total G I_post – total G I_pre	Negative Ranks	32 ^d	9 ^d	16.50	528.00	97.00
	Positive Ranks	0 ^e	20 ^e	0.00	0.00	338.00
	Ties	0 ^f	0 ^f			
	Total	32	29			
Total B I_post – total B I_pre	Negative Ranks	9 ^d	11 ^g	16.50	528.00	121.00
	Positive Ranks	20 ^e	16 ^h	0.00	0.00	257.00
	Ties	0 ^f	2 ⁱ			
	Total	29	29			
b. totalSLEEP ITEM_post > totalSLEEP ITEM_pre I_post < totalB I_pre c. totalSLEEP ITEM_post = totalSLEEP ITEM_pre h. totalB I_post > totalB I_pre d. Total I_post < total I_pre I. totalB I_post = totalB I_pre .						

Table 6.5

TEST STATISTICS

a. Grouping Variable: V2	Wilcoxon Signed Ranks Test				Mann-Whitney Test			
	Z		Asymp. Sig. (2-tailed)		Mann-Whitney U	Wilcoxon W	Z	Asymp. Sig. (2-tailed)
	<i>Yoga</i>	Control	<i>Yoga</i>	Control				
total SLEEP ITEM_post	-4.939 ^b	-1.212 ^c	.000	.225	0.000	528.000	-6.721	.000
- total SLEEP					338.500	866.500	-1.817	.069
total G I_post	-4.939 ^b	-2.610 ^c	.000	.009	0.000	528.000	-6.716	.000
- totalG I_pre					370.500	898.500	-1.355	.175
total I_post - totalB I_pre	-4.938 ^b	-1.639 ^c	.000	.101	0.000	528.000	-6.704	.000
					298.000	826.000	-2.400	.016
<p>a. Wilcoxon Signed Ranks Test</p> <p>b. Based on positive ranks.</p> <p>c. Based on negative ranks.</p>								

Table 6.6**MEANS CASE PROCESSING SUMMARY**

	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
totalSLEEP ITEM_pre * V2	61	100.0%	0	0.0%	61	100.0%
totalSLEEP ITEM_post * V2	61	100.0%	0	0.0%	61	100.0%
totalG I_pre * V2	61	100.0%	0	0.0%	61	100.0%
totalG I_post * V2	61	100.0%	0	0.0%	61	100.0%
totalB I_pre * V2	61	100.0%	0	0.0%	61	100.0%
totalB I_post * V2	61	100.0%	0	0.0%	61	100.0%

Table 6.7**REPORTS**

	V2=0 -Yoga			V2=1-Control			Total		
	Mean	N	Std. Deviation	Mean	N	Std. Deviation	Mean	N	Std. Deviation
Total SLEEP ITEM_pre	55.41	32.00	8.55	58.83	29.00	7.17	57.03	61.00	8.04
T	20.34	32.00	1.77	60.21	29.00	6.35	39.30	61.00	20.58
Total G I_pre	54.88	32.00	9.93	59.76	29.00	4.86	57.20	61.00	8.25
T	23.91	32.00	2.61	62.59	29.00	5.45	42.30	61.00	19.92
Total B I_pre	113.72	32.00	12.23	121.31	29.00	9.21	117.33	61.00	11.47
T	54.00	32.00	6.47	124.83	29.00	8.47	87.67	61.00	36.43