

APPENDIX-I

SAMPLE SIZE CALCULATION

The Sample size (68) was obtained using a software called “G” power using effect size =0.5768, Alpha=0.05, Beta=0.95 from the total score of Adjustment Inventory based on earlier study done on similar setting (Community home) for orphan children population (Nidhi & Apachu, 2009)

Total pre vs post: Effect size: 0.5768, Sample size for two tell test: 34+34

t tests - Means: Difference between two dependent means (matched pairs)

Analysis: A priori: Compute required sample size

Input: Tail(s) =Two

Effect size dz = 0.5768

err prob = 0.05

Power (1- err prob) = 0.90

Output: Non centrality parameter =3.3632931

Critical t = 2.0345153

Df = 33

Total sample size = 34

Actual power = 0.9038754

APPENDIX-II

INFORMED CONSENT FORM

I understand that you are running a rehabilitation centre to take care of orphan children. I am conducting a study to determine the role of 'Integrated Approach of Yoga Program' in modifying Physical growth, psychological measure and cognitive functions in orphans. This study is conducted as part of the PhD (Yoga) program offered by Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA). The study will be conducted by dividing the participants in two groups. The participants will be randomly allocated into one of the following groups.

Group 1: Intervention (Yoga) group

Group 2: Wait-list Control group

Your ward may be randomly allotted to any one of the above two groups. Participants in Group 1 will be provided yoga intervention for three months duration with 90 minutes per day, 4 days a week and shall maintain a diary to make suitable notes and changes. Participants in Group 2 shall involve in routine day to day activities during the study period and co-operate in providing pre and post data.

The following data will be collected from your ward, in the beginning and end of the study.

-) Anthropometric measures: Height, Weight and Body Compositions.
-) Physical tests: Minimum Muscular Fitness and Euro-fit Physical Fitness Test (balance, flexibility, strength and endurance).
-) Autonomic measures: Pulse rate and Heart rate.

-) Cognitive measures: Six Letter Cancellation Test, Digit Letter Substitution Test, Digits Forward and Backward Span Test and Digit Symbol Substitution Test, Stroop Word- Colours Task, Trial Making Test.
-) Psycho-Social measures: Anxiety, Depression, Loneliness, Aggregation, Impulsivity, Self esteems and Mindfulness scales.
-) As well understood, the procedures for the above tests are standard and there is no known health risk on your wards. Please note that you have a right to refuse to give your consent, and this is not compulsory. The information taken will be kept with utmost confidentiality.

Undertaking by the Investigator

Your consent in the above study is sought. You have a right to refuse consent without giving any reason. Without any prejudice, I undertake to maintain complete confidentiality regarding the information obtained from your wards during the course of the study. If you have any doubt about the study, please feel free to clarify the same. Even during the study you are free to contact the investigator for clarifications. The phone number of the investigator is given below.

| Investigator Name | Phone Number |
|--------------------------|---------------------|
| Mr. Satyaprakash P | 7676745174 |

Signature of the Investigator

Dr. BALARAM PRADHAN

Asst. Professor, SVYASA

CONSENT FORM

I have been informed about the procedures of the study conducted on the children in my home care center. The possible risks too have been explained to me as stated in the information. I am aware that by permitting to this investigation, I will have to allow my wards to go through the interventions and for the assessments by the investigating team.

I, _____, the undersigned, give my consent to allow the wards of my home care center to participate in this investigation/study program.

Signature of the Orphanage Head

(Name and Address)

Date:

Place:

APPENDIX-III

INFORMED ASSENT FORM

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

I, _____, the undersigned, give my assent to participate in this investigation/study program.

Signature of the Participant

(Name and Address)

Date:

Place:

APPENDIX-IV

SOCIO-DEMOGRAPHIC DATA SHEET

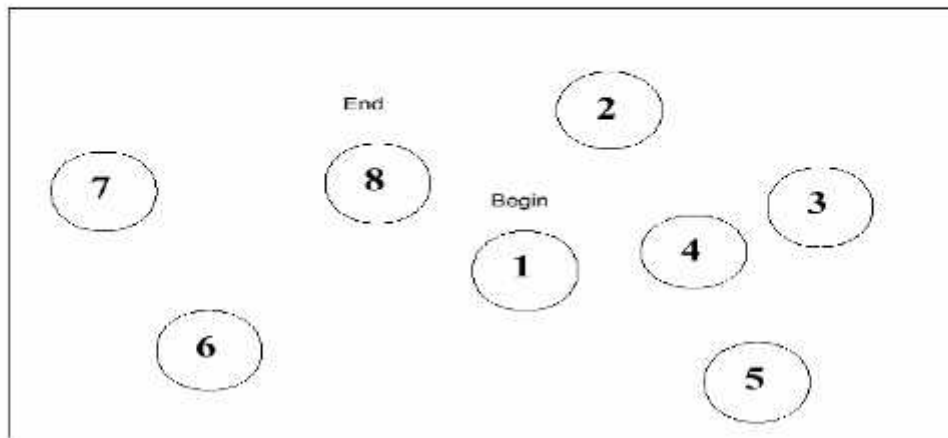
| | | | |
|---|---|-----------|---------------|
| Participant No.: | | | |
| Name of the Participant: | | | |
| Date of Birth : | | | |
| Gender: | | | |
| Educational status: | | | |
| Languages known. |) English) Others (specify) _____ | | |
| Parental Status | | Education | Living Status |
| | Father | | |
| | Mother | | |
| Duration and Year of joining the orphanage | | | |
| Reason for joining the orphanage | | | |
| Postal address: | Orphanage, Kallahali, Sarjapur, bangalore | | |
| Phone no: | Landline: | | |
| | Mobile: | | |
| Are you indulging in any other activities to take care of your health? | Yes/ No? _____ If Yes, specify | | |
| I am able to carry on normal activity myself. No special care is needed | Yes/ No? _____ | | |

APPENDIX-V

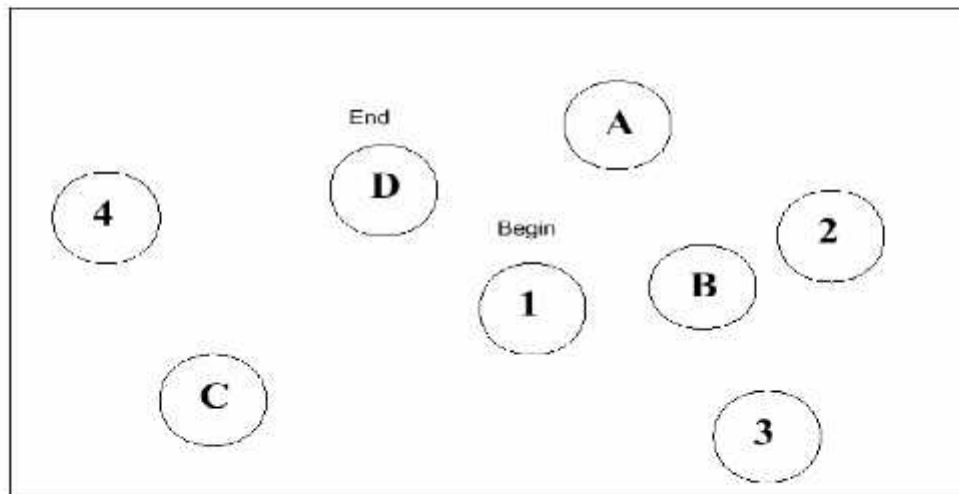
COGNITIVE TESTS

| STROOP COLOURS AND WARD TASK | | | | |
|-------------------------------------|------|-------|-------|-------|
| XXXX | XXXX | XXXX | XXXX | XXXX |
| XXXX | XXXX | XXXX | XXXX | XXXX |
| XXXX | XXXX | XXXX | XXXX | XXXX |
| XXXX | XXXX | XXXX | XXXX | XXXX |
| XXXX | XXXX | XXXX | XXXX | XXXX |
| (Page-1_Clip) | | | | |
| BLUE | RED | BLUE | GREEN | RED |
| RED | BLUE | GREEN | RED | BLUE |
| GREEN | RED | BLUE | GREEN | RED |
| RED | BLUE | GREEN | RED | BLUE |
| BLUE | RED | BLUE | GREEN | RED |
| (Page-2_Clip) | | | | |
| BLUE | RED | BLUE | GREEN | RED |
| RED | BLUE | GREEN | RED | BLUE |
| GREEN | RED | BLUE | GREEN | RED |
| BLUE | BLUE | GREEN | BLUE | GREEN |
| RED | BLUE | GREEN | RED | BLUE |
| (Page-3_Clip) | | | | |

Trail Making Test Part A – *SAMPLE*



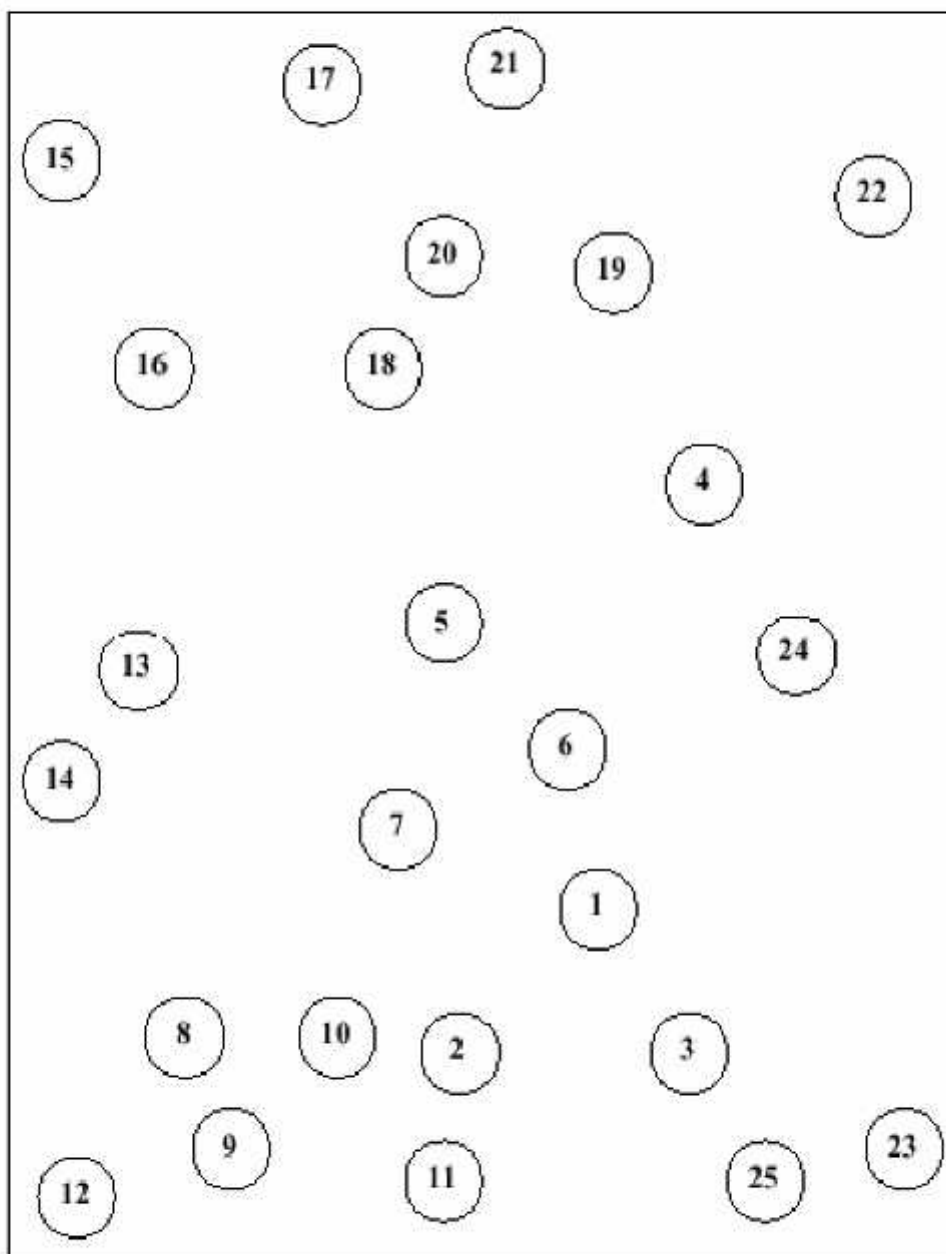
Trail Making Test Part B – *SAMPLE*



Trail Making Test Part A

Patient's Name: _____

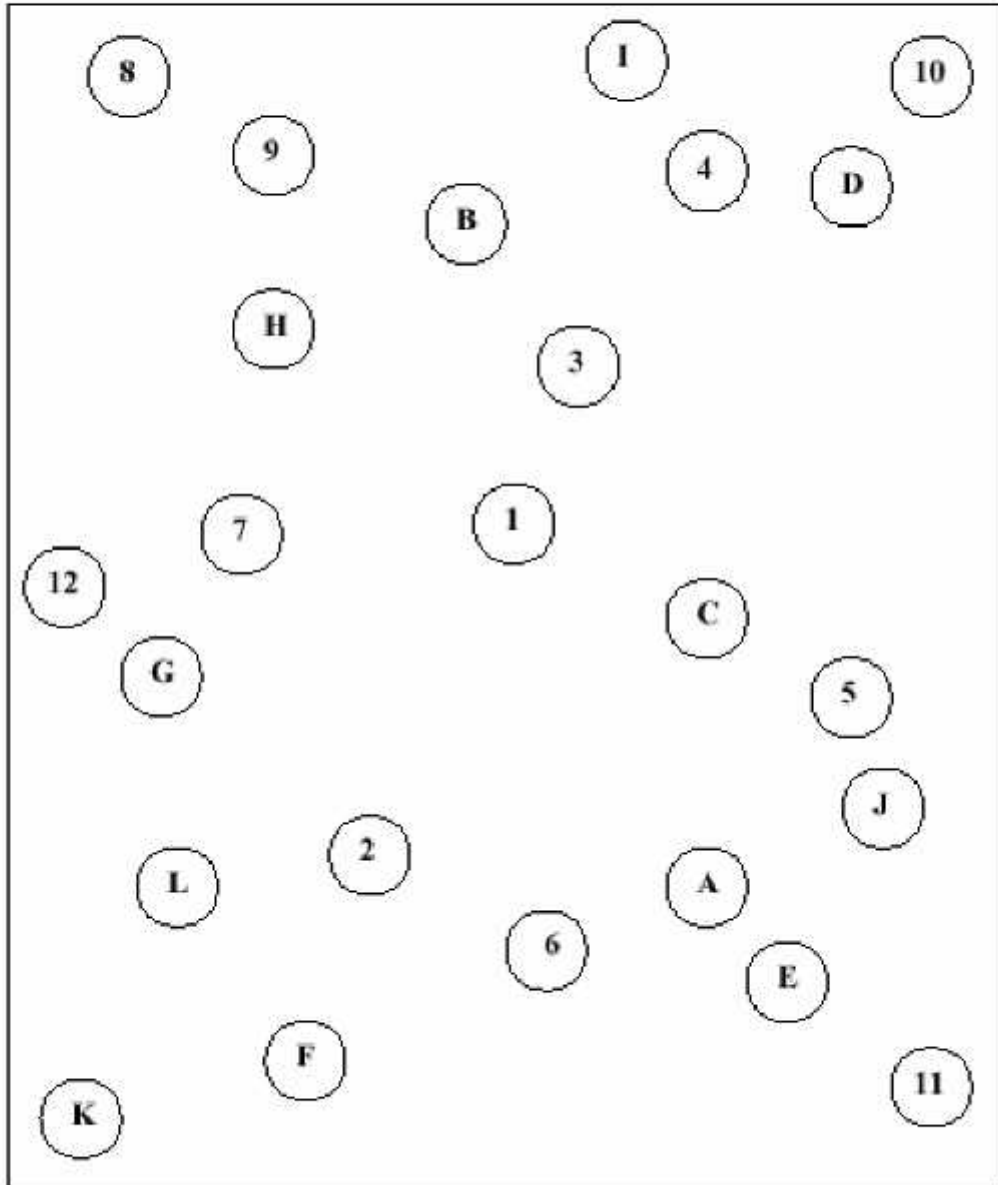
Date: _____



Trail Making Test Part B

Patient's Name: _____

Date: _____



1. Digit Span (Optional)



DISCONTINUE RULE:
 After 2 consecutive failures on both trials of any item, Perceptual Digits Forward & Backward administer 60 trials on each item even if Trial 1 is passed.



RECORDING:
 All responses verbatim.



SCORING RULE:
 0-1 pt. for each response.

Digits Forward

| Item/Trial | Response | Score 0 or 1 |
|------------|-----------------------------------|-----------------|
| 1. Trial 1 | 1 - 7 | |
| Trial 2 | 6 - 3 | |
| 2. Trial 1 | 5 - 8 - 2 | |
| Trial 2 | 6 - 9 - 4 | |
| 3. Trial 1 | 6 - 4 - 3 - 9 | |
| Trial 2 | 7 - 2 - 8 - 6 | |
| 4. Trial 1 | 4 - 2 - 7 - 3 - 1 | |
| Trial 2 | 7 - 5 - 8 - 3 - 6 | |
| 5. Trial 1 | 6 - 1 - 9 - 4 - 7 - 3 | |
| Trial 2 | 3 - 9 - 2 - 4 - 8 - 7 | |
| 6. Trial 1 | 5 - 9 - 1 - 7 - 4 - 2 - 8 | |
| Trial 2 | 4 - 1 - 7 - 9 - 3 - 8 - 6 | |
| 7. Trial 1 | 5 - 8 - 1 - 9 - 2 - 6 - 4 - 7 | |
| Trial 2 | 3 - 8 - 2 - 9 - 5 - 1 - 7 - 4 | |
| 8. Trial 1 | 2 - 7 - 5 - 8 - 6 - 2 - 5 - 8 - 4 | |
| Trial 2 | 7 - 1 - 3 - 9 - 4 - 2 - 5 - 6 - 8 | |

Forward Total Score
 Range = 0 to 16

Digits Backward

| Item/Trial | (Correct Response)/Response | Score 0 or 1 |
|------------|---|-----------------|
| 1. Trial 1 | 2 - 4 (4 - 2) | |
| Trial 2 | 5 - 7 (7 - 5) | |
| 2. Trial 1 | 6 - 2 - 9 (9 - 2 - 6) | |
| Trial 2 | 4 - 1 - 5 (5 - 1 - 4) | |
| 3. Trial 1 | 3 - 2 - 7 - 9 (9 - 7 - 2 - 3) | |
| Trial 2 | 4 - 9 - 6 - 8 (8 - 6 - 9 - 4) | |
| 4. Trial 1 | 1 - 5 - 2 - 8 - 6 (6 - 8 - 2 - 5 - 1) | |
| Trial 2 | 6 - 1 - 8 - 4 - 3 (3 - 4 - 8 - 1 - 6) | |
| 5. Trial 1 | 5 - 3 - 9 - 4 - 1 - 8 (8 - 1 - 4 - 9 - 3 - 5) | |
| Trial 2 | 7 - 2 - 4 - 8 - 5 - 6 (6 - 5 - 8 - 4 - 2 - 7) | |
| 6. Trial 1 | 8 - 1 - 2 - 9 - 3 - 6 - 5 (5 - 6 - 3 - 9 - 2 - 1 - 8) | |
| Trial 2 | 4 - 7 - 3 - 9 - 1 - 2 - 8 (8 - 2 - 1 - 9 - 3 - 7 - 4) | |
| 7. Trial 1 | 9 - 4 - 3 - 7 - 6 - 2 - 5 - 8 (8 - 5 - 2 - 6 - 7 - 3 - 4 - 9) | |
| Trial 2 | 7 - 2 - 8 - 1 - 9 - 6 - 5 - 3 (3 - 5 - 6 - 9 - 1 - 8 - 2 - 7) | |

Backward Total Score
 Range = 0 to 14

Total Score
 Range = 0 to 30

(Sum Forward Total Score & Backward Total Score)

SYMBOL DIGIT SUBSTITUTION TESTS

KEY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| (| ÷ | ┌ | Γ | └ | > | + |) | ÷ |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (| └ | ÷ | (| ┌ | > | ÷ | Γ | (| > | ÷ | (| > | (| ÷ |
| | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Γ | > | (| ÷ | └ | > | ┌ | Γ | (| ÷ | > | ÷ | Γ | ┌ |) |
| | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Γ | └ | + |) | (| ┌ | + | Γ |) | └ | ÷ | ÷ | ┌ | Γ | + |
| | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ÷ | Γ | └ | (| > | Γ | (| └ | > | + | ÷ |) | ┌ | > | Γ |
| | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |

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| └ | ÷ | (| > | Γ | ÷ | (| > | ÷ | + | ┌ | └ | Γ |) | ÷ |
| | | | | | | | | | | | | | | |

SIX LETTER CANCELLATION TEST

Instructions:

1. Search out the target letters given below and cancel them by slash (/).
2. Cancel as many as possible within the given time.
3. Start and stop only when told.

Target Letters : **J, T, K, M, U, F**

J G Y L S E T B L U V G K H A W U J M K R B
 X N O D T C K N E H W Z L J S D Q L N H U O
 U K W A I M P G Q X M F Y B I R X G F P J K
 Z V B H J S Y D K O S Q T M P O E I A T L E
 T L Y R O Z L F A U I N Z G W T J K D R Y A
 D S Q C E T R W Z J A E H L U Y V Z S O N X
 E W K F H M N C P X R O K I C R F G P I K S
 G U A P S V I O B D C S F X E H W Q M L O R
 H T Y G D L U Q G Y W A B Z D Y V U A E Q P
 L V O E J Z F T L E M H Q J A X R D B Z N J
 S W N Q K H C A Z N O I S M L E J S H G T F
 A P F X O R I J B D P K W I J K O R I B Z A
 R T Y B V D X S U F R X O Q B T B X W D S Z
 M I G U W K O C E N V T H Z M N C U Y P K E

Total attempted:

Wrongly attempted:

Net score:

DIGIT LETTER SUBSTITUTION TEST

Instructions:

1. Substitute the digits with corresponding letter as per the given key.
2. Substitute as many possible letters within the given time
3. Start and stop only when told.

Substitute Letters:

| | | | | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|--|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | |
| L | H | Y | N | R | E | D | T | J | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 6 | 2 | 4 | 1 | 5 | 7 | 9 | 3 | 2 | 6 | 8 | 5 |
| | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 7 | 8 | 1 | 2 | 3 | 4 | 9 | 6 | 3 | 7 |
| | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 6 | 7 | 8 | 9 | 3 | 1 | 2 | 3 | 7 | 4 |
| | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 4 | 6 | 8 | 1 | 2 | 5 | 9 | 3 | 4 | 7 |
| | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 9 | 7 | 4 | 2 | 3 | 8 | 1 | 5 | 6 | 2 | 9 | 1 |
| | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 2 | 3 | 9 | 4 | 5 | 7 | 1 | 4 | 3 | 9 |
| | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | 5 | 9 | 1 | 2 | 5 | 6 | 2 | 7 | 8 | 9 | 1 |
| | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 9 | 2 | 7 | 1 | 3 | 2 | 8 | 9 | 5 | 6 |
| | | | | | | | | | | | |

Total attempted :

Wrongly attempted :

Net score:

APPENDIX-VI

PSYCHOLOGICAL QUESTIONNAIRES

mind garden.com

HOW-I-FEEL QUESTIONNAIRE

STAIC Form C-2

Name: _____ Age: _____ Date: _____

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

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

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...continued from the front page.

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

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



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BIS-BRIEF

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an 'X' on the appropriate box on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.

| Sl No. | | Rarely/ Never | Occasionally | Often | Almost Always/ Always |
|--------|---------------------------------|------------------|--------------|-------|--------------------------|
| 1 | I plan tasks carefully | | | | |
| 2 | I do things without thinking | | | | |
| 3 | I don't "pay attention." | | | | |
| 4 | I am self-controlled. | | | | |
| 5 | I concentrate easily. | | | | |
| 6 | I am a careful thinker | | | | |
| 7 | I say things without thinking. | | | | |
| 8 | I act on the spur of the moment | | | | |

CHILD AND ADOLESCENT MINDFULNESS MEASURE (CAMM)

We want to know more about what you think, how you feel, and what you do. **Read** each sentence. Then, circle the number that tells **how often** each sentence is true for you.

| | Never True | Rarely True | Sometimes True | Often True | Always True |
|---|------------|-------------|----------------|------------|-------------|
| 1. I get upset with myself for having feelings that don't make sense. | 0 | 1 | 2 | 3 | 4 |
| 2. At school, I walk from class to class without noticing what I'm doing. | 0 | 1 | 2 | 3 | 4 |
| 3. I keep myself busy so I don't notice my thoughts or feelings. | 0 | 1 | 2 | 3 | 4 |
| 4. I tell myself that I shouldn't feel the way I'm feeling. | 0 | 1 | 2 | 3 | 4 |
| 5. I push away thoughts that I don't like. | 0 | 1 | 2 | 3 | 4 |
| 6. It's hard for me to pay attention to only one thing at a time. | 0 | 1 | 2 | 3 | 4 |
| 7. I get upset with myself for having certain thoughts. | 0 | 1 | 2 | 3 | 4 |
| 8. I think about things that have happened in the past instead of thinking about things that are happening right now. | 0 | 1 | 2 | 3 | 4 |
| 9. I think that some of my feelings are bad and that I shouldn't have them. | 0 | 1 | 2 | 3 | 4 |
| 10. I stop myself from having feelings that I don't like. | 0 | 1 | 2 | 3 | 4 |

Scoring Instructions: Compute total score on the CAMM by reverse scoring and summing all items.

CHILDREN'S LONELINESS SCALE

| Instruction: Please read each sentence. Then do circle the number that tells how often each sentence is true for you. | Always true | True most of the time | Sometimes true | Hardly ever true | Not true at all |
|--|--------------------|------------------------------|-----------------------|-------------------------|------------------------|
| 1. It's easy for me to make new friends at school. | 1 | 2 | 3 | 4 | 5 |
| 2. I like to read. | 1 | 2 | 3 | 4 | 5 |
| 3. I have nobody to talk to.* | 1 | 2 | 3 | 4 | 5 |
| 4. I'm good at working with other children. | 1 | 2 | 3 | 4 | 5 |
| 5. I watch TV a lot. | 1 | 2 | 3 | 4 | 5 |
| 6. It's hard for me to make friends.* | 1 | 2 | 3 | 4 | 5 |
| 7. I like school. | 1 | 2 | 3 | 4 | 5 |
| 8. I have lots of friends. | 1 | 2 | 3 | 4 | 5 |
| 9. I feel alone.* | 1 | 2 | 3 | 4 | 5 |
| 10. I can find a friend when I need one. | 1 | 2 | 3 | 4 | 5 |
| 11. I play sports a lot. | 1 | 2 | 3 | 4 | 5 |
| 12. It's hard to get other kids to like me.* | 1 | 2 | 3 | 4 | 5 |
| 13. I like science. | 1 | 2 | 3 | 4 | 5 |
| 14. I don't have anyone to play with.* | 1 | 2 | 3 | 4 | 5 |
| 15. I like music. | 1 | 2 | 3 | 4 | 5 |
| 16. I get along with other kids. | 1 | 2 | 3 | 4 | 5 |
| 17. I feel left out of things.* | 1 | 2 | 3 | 4 | 5 |
| 18. There's nobody I can go to when I need help.* | 1 | 2 | 3 | 4 | 5 |
| 19. I like to paint and draw. | 1 | 2 | 3 | 4 | 5 |
| 20. I don't get along with other children.* | 1 | 2 | 3 | 4 | 5 |
| 21. I'm lonely.* | 1 | 2 | 3 | 4 | 5 |
| 22. I am well-liked by kids in my class. | 1 | 2 | 3 | 4 | 5 |
| 23. I like playing board games a lot. | 1 | 2 | 3 | 4 | 5 |
| 24. I don't have any frinds.* | 1 | 2 | 3 | 4 | 5 |

ROSENBERG SELF-ESTEEM SCALE

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle **SA**. If you agree with the statement, circle **A**. If you disagree, circle **D**. If you strongly disagree, circle **SD**.

- | | | | | | |
|-----|--|----|---|---|----|
| 1. | On the whole, I am satisfied with myself. | SA | A | D | SD |
| 2.* | At times, I think I am no good at all. | SA | A | D | SD |
| 3. | I feel that I have a number of good qualities. | SA | A | D | SD |
| 4. | I am able to do things as well as most other people. | SA | A | D | SD |
| 5.* | I feel I do not have much to be proud of. | SA | A | D | SD |
| 6.* | I certainly feel useless at times. | SA | A | D | SD |
| 7. | I feel that I'm a person of worth, at least on an equal plane with others. | SA | A | D | SD |
| 8.* | I wish I could have more respect for myself. | SA | A | D | SD |
| 9.* | All in all, I am inclined to feel that I am a failure. | SA | A | D | SD |
| 10. | I take a positive attitude toward myself. | SA | A | D | SD |





Scoring: SA=3, A=2, D=1, SD=0. Items with an asterisk are reverse scored, that is, SA=0, A=1, D=2, SD=3. Sum the scores for the 10 items. The higher the score, the higher the self esteem


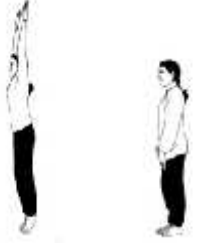



The Aggression Scale

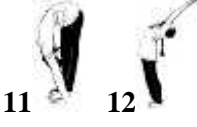




Please answer the following questions thinking of what you actually did during the last 7 days. For each question, mark with a circle how many times you did that behavior during the last 7 days.







| <i>During the last 7 days</i> | <i>0 times</i> | <i>1 time</i> | <i>2 times</i> | <i>3 times</i> | <i>4 times</i> | <i>5 times</i> | <i>6 or more times</i> |
|---|--------------------|-------------------|--------------------|--------------------|--------------------|--------------------|----------------------------|
| 1. I teased students to make them angry. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 2. I got angry very easily with someone. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 3. I fought back when someone hit me first. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 4. I said things about other kids to make other students laugh. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 5. I encouraged other students to fight. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 6. I pushed or shoved other students. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 7. I was angry most of the day. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 8. I got into a physical fight because I was angry. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 9. I slapped or kicked someone. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 10. I called other students bad names. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |
| 11. I threatened to hurt or to hit someone. | 0 | 1 | 2 | 3 | 4 | 5 | 6+ |








APPENDIX-VII






| METHODS OF PRACTICES FOR THE YOGA PROGRAM | | |
|--|---|---|
| No. | Name and Method for Practice | Name and Method of Practice |
| 1 | <i>Prayer: Sahana bhabhatu</i> | Chanting with Vadic Method |
| | <i>Prayer: Sarve bhantu Sukhinah....</i> | Chanting with Vadic Method |
| 2 | Warm ups exercises | |
| | Image of the Practices | Name and Method to Practice |
| |  | Jogging and Jumping) Make a fist and keep on the chest. Collapse and relax the shoulders.) Lean little forward and start jogging by hitting the buttocks with heels (Backward Jogging).) Lean backward a little and starts jogging by raise the knees higher & higher (Forward Jogging). |
| |  | Mukha dhouti (to relax)) Bend forward, place the palm on the thighs.) Inhale through the nose a forcibly exhale through mouth. |
| |  | Forward & backward bending) Stretch the arms straight above the head with the palms facing forward.) Inhale and bend backward with stretched the arm above head. Exhale bend forward. |
| |  | Twisting) Spread the leg about one meter apart.) While inhaling raise the hands sideways parallel to the ground.) Twist to the right, keep the right hand straight. Look at the tip of the fingers. |



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| | | <p>) Bend the left hand at the elbow to bring the hand close to the chest.</p> <p>) Repeat the same on the left.</p> |
| 3 | BREATHING PRACTICES | |
| ☐ |  | <p>Hands in and out</p> <p>) Stretch out the arms at shoulder level and keep the legs & palms together.</p> <p>) Inhaling spread the arms sideways horizontally.</p> <p>) Exhaling bring the arms forward with palms touching each other.</p> |
| |  | <p>Ankle stretch breathing</p> <p>) Legs together and place the palms on front of thighs.</p> <p>) Inhaling raise the hands and stretch the ankles, stand on the toes.</p> <p>) Exhaling bring down the hands and heels.</p> |
| |  | <p>Sasankasana breathing</p> <p>) Sit in Vajrasana. Take the hands behind the back, hold one hand by another.</p> <p>) Inhaling bend backwards from the waist.</p> <p>) Exhaling bend forward and touch the forehead on the ground.</p> |
| |  | <p>Tiger breathing</p> <p>) From Vajrasana lean forward, place the palms on the ground with fingers pointing forward. Keep the Arms, thighs and heels one shoulder apart.</p> <p>) Inhaling, raise the head up. At the same time depress the spine like concave shape.</p> <p>) Exhaling arch the spine upward make it convex shape, bend the head downward and bring the chin towards the chest.</p> |
| 4 | SURYA NAMASKAR | |
| |  | <p>Surya Namaskar</p> <p>) It is a combination of 12 postures which are showed in the side column.</p> |

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| |  <p>11 12</p> | |
| 5 | YOGASANAS | |
| 5a | Standing-Asana | |
| |  | <p>Ardhakati Cakrasana</p> <ul style="list-style-type: none">) While inhaling, slowly raise the right arm sideways up until the biceps touch the right ear, palm facing the left side.) Stretch the right arm upwards.) While exhaling bend the trunk slowly to the left and maintain.) Repeat on the left side by bending towards the right side. |
| |  | <p>Ardha Cakrasana</p> <p>) Palms on the waist, fingers pointing forwards. Inhale and bend backwards from the lumber region. Drop the head backwards and maintain with normal breathing.</p> |
| |  | <p>Padahasthasana</p> <ul style="list-style-type: none">) Stand erect with legs together.) Inhale and raise the arm upwards until the biceps touches the ears. <p>Exhale and bend forward until the entire palm rests on the ground and chin touches the knees.</p> |
| |  | <p>Trikonasana</p> <ul style="list-style-type: none">) Spread the leg about one meter. Raise the both hands horizontally.) Slowly bend to the right side until the right hand reaches the right. <p>The left arm is straight up in line with the right hand and look along the fingers.</p> |

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| |  | <p>Parivritta Trikonasana</p> <p>Keep one meter distance between both legs. Raise the both hands horizontally.</p> <p>While exhaling, bring the right hand down to the ground on the outside of the left foot. Left arm is raised up to the vertical position. Turn the face and look up.</p> |
| |  | <p>Vrikshasana</p> <p>Bend the right leg and place the right foot on the inner side of the left thigh. Raise both hands until the palms join together as you inhale.</p> |
| 5b | Sitting-Postures | |
| |  | <p>Vajrasana</p> <p>Sit erect comfortably with the buttocks resting on both the heels and palms resting on the thighs.</p> |
| |  | <p>Paschimottanasana</p> <p>Sit with legs stretched and relax. Inhale, raise the both arms up vertically, biceps touch the ears. Exhale, bend forward and rest the face on the knee.</p> |
| |  | <p>Ustrasana</p> <p>Stand on the knees.</p> <p>Inhale and bend the trunk backwards and place the palms on the heels.</p> <p>Maintain the posture with normal breathing.</p> |
| |  | <p>Vakrasana</p> <p>Bend the right knee and place it beside the left knee. Straight and twist the waist towards the right. Bring the left arm around the right knee and hold the big toe. Take the right arm back and keep on the ground.</p> |
| 5c | Prone Postures | |

| | | |
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| |  | <p>Bhujangasana</p> <p>Place the palms beside the lower chest. Inhale and come up. Arch the dorsal spine and neck backwards and below the navel should touch the ground.</p> |
| |  | <p>Shalabhasana</p> <p>Make fists and place them under the thigh. Inhale, raise both the legs up without bending knee.</p> |
| |  | <p>Dhanurasana</p> <p>Bend the knees and hold the ankles by the palms. Raise the head and the chest upwards. Pull the legs outwards and backwards so that the spine is arched back like a bow.</p> |
| |  | <p>Makarasana</p> <p>Lie down on the abdomen with feet wide apart, heels touching the ground and facing each other. Bend both the elbows and place on the shoulder of the opposite hand.</p> |
| 5d | Supine Postures | |
| |  | <p>Sarvangasana</p> <p>Lie down in supine position. Inhale, raise the leg up to 90°. Exhale, raise the buttocks and the buttocks and trunk without lifting the head. Elbows on the ground and support the back with both palms. Raise the legs vertically.</p> |
| |  | <p>Halasana</p> <p>Lie down in supine position. Inhale, raise the leg up to 90°. Exhale, raise the buttocks and the buttocks and trunk without lifting the head. Bend the legs further, toes should touch the ground and straighten the trunk.</p> |
| |  | <p>Matsyasana</p> <p>Sit in padmasana. Place the palms on either side of the head with fingers pointing towards the shoulders. Inhale, take the weight on the palms and</p> |

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| | | bring the center of the head to the ground. |
| 6 | PRANAYAMA | |
| |  | <p>Kapalabhati</p> <p>Forceful exhalation and passive inhalation. During each exhalation, blast out the air by vigorous out the air by vigorous flapping movements of the abdomen in quick succession.</p> |
| |  | <p>Vibhagiya pranayama</p> <p>Sit in Vajrasana.</p> <p>Abdominal breathing</p> <p>Thoracic breathing</p> <p>Upper lobar breathing</p> <p>Full yogic breathing</p> |
| |  | <p>Nadisuddhi pranayama</p> <p>Adopt Nasika mudra. Close the right nostril and exhale through left nostril. Close the left nostril and exhale through right nostril.</p> |
| |  | <p>Bhramari pranayama</p> <p>Sit erect, close the eyes and ears. Touch the tip of the tongue to the top of the palate. Close the mouth and chant M-kara.</p> |
| 7 | Relaxation Techniques | |
| |  | <p>Instant Relaxation Technique (IRT)</p> <p>Total duration of the practice is 1min (15sec tighten; 45sec relax)</p> <p>Bring the legs, heels, and toes together, palms by the side of the thigh. Keep the face relax. Tighten the whole body from toes to head. Then release and relax.</p> |

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| |  | <p>Quick Relaxation Technique (QRT)</p> <p>Lie down in savasana</p> <p>Phase I- Observing the abdominal movements.</p> <p>Phase II- Synchronize the abdominal movements with breathing.</p> <p>Phase III- Breathing with feeling</p> <p>Inhale- feels the energy and lightness in the body, Exhale- Release the tension and enjoys the relaxation.</p> |
| |  | <p>Deep Relaxation Technique (DRT)</p> <ul style="list-style-type: none">) Relax the lower part of the body from toes to waist and chant A-kara.) Relax the middle part and chant U-kara.) Relax the head region and chant M-kara.) Observe the whole body from toes to head and chant AUM in a single breath.) Body consciousness.) Expansion of awareness.) Back to body consciousness. <p>Feel lightness and energy throughout the body.</p> |
| 8 | Concentration Techniques | |
| | <p>a) Eye exercises (<i>Netra akti vik saka</i>)</p> | <ul style="list-style-type: none"> -Vertical movements of eye ball and palming -Horizontal Movements of eye ball and palming -Diagonal Movements of eye ball and palming - Diagonal Movements with opposite direction of eye ball and palming -Rotational clockwise movement of eye ball and palming -Anti-clockwise movement of eye ball and palming |
| | <p>b) Practice to improve collective motivation (<i>Dhruti akti vika aka</i>)</p> | <p>With your feet together, the body erect and the mouth closed, tilt your head back as far as it will go and keep the eyes wide open. Concentrating on the crown of your head, inhale and exhale rapidly and</p> |

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| | | vigorously through the nose with the bellows method. Repeat at least 25 times. |
| | c)Activity to improve intellect (Medh akti vika aka) | Close your eyes, keeping your feet together and your back erect. Your chin should be lowered to rest on the sternal notch. Concentrate on the depression at the back of the neck. with all the force you possess. Then start the bellows breathing exercise inhaling and exhaling with equal force. Repeat at least 25 times. |
| | d) Tr aka | Step-1: Effortless Gazing or focusing at flame Step-II: step 1 with intensive focusing at the tip of the flame. Step-III Defocusing Step-IV Silence |
| 9 | Yogic Games | |
| | Big fish& Small fish | Here the students have to sit in a circle. The instructor has to tell big fish& small fish continuously and students have to show the opposite symbol. i.e big for small and small for big. During the process the students have to see the instructor and the instructor may try to confuse them by sowing changing the hand gesture i.e. small for small and big for big. Who do the mistake is out of the game. |
| | It's my nose | Everyone sit down in a circle facing one player 'X'. 'X' points to a part of his own body, but calls it by some other names. For example X' points to a foot and with the other hand points to a player and says "this is my nose" .The player who was pointed at must answer immediately pointing to his or her own nose and saying "This is my foot." If the player doses not answer 'correctly', he or she is out of the game. If the answer is correct, 'X' goes on to another player and tried to get that one confused. The game should play quickly. |
| | Post Man | All students have to sit in a circle. Each one will call the name of a city or a country. Everybody should remember the names uttered by the players. Now the |

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| | | umpire asks any one of the player who is called Delhi. If 'X' goes to wrong player, that particular person gives a tap on 'X's back indicating the wrong delivery of letter and hence is redirected by putting that post office's seal (Tap) Like this gets 3 chances. If does not succeed in finding out correct address (player) umpire ask some other player to go to some other places to deliver letter. Game continues further like this. |
| | Suryanamaskar game | The conductor calls out any number from 1 to 12. The players have to assume that particular posture of <i>Suryanamaskar</i> . Those who make mistakes are out. |
| | Dog and Bone | Two teams equally divided stand at a distance of about 25 feet facing each other, in two lines. In the centre of these two lines, within a circle a kerchief (bone) will be kept. Both the teams call out numbers 1 to N. Now umpire will call any one number. Then the players from each side will come to centre try to pick and carry the kerchief to his/ her side without being touched by other player. Loser will sit aside. Then umpire will call out another number and the game continues. |
| | Namastey Game | All the players will form a circle. One of them 'X' will run around the circle clockwise. While running he will touch one of the payers say 'Y' has to run in the reverse direction. When they meet while running. They will say ' <i>Namastey</i> ' and then both will try to reach 'Y's place first running in their own direction. Whoever reaches the place late will continue running and he will touch some other player |

APPENDIX-VIII

RAW DATA

| Sl. No | Id No. | Name | Gen | D.O.B | Sch | Age | Grd | Grp |
|--------|--------|-----------------|-----|------------|------|-------|-----|-----|
| 1 | ORP_1 | Ayeesha S S | F | 22/1/2002 | iics | 12.7 | 6 | Y |
| 2 | ORP_2 | Ayesha Begum | F | 13/4/2003 | iics | 11.5 | 5 | Y |
| 3 | ORP_3 | Bi Bi Hajira | F | 7/7/2001 | iics | 13.2 | 6 | Y |
| 4 | ORP_4 | Farheen Taj | F | 14/04/1999 | iics | 15.4 | 9 | Y |
| 5 | ORP_5 | Fathima | F | 15/4/2003 | iics | 11.6 | 5 | Y |
| 6 | ORP_6 | Haseena | F | 13/03/2003 | svp | 11.6 | 5 | Y |
| 7 | ORP_7 | Husna Banu | F | 26/8/2002 | iics | 12 | 6 | Y |
| 8 | ORP_8 | Md. Abbudulla | M | 1/2/2001 | iics | 13.7 | 8 | Y |
| 9 | ORP_13 | Md. Fazal | M | 27/1/2001 | iics | 13.11 | 8 | Y |
| 10 | ORP_14 | Md. Maaz | M | 3/7/2003 | iics | 11.2 | 5 | Y |
| 11 | ORP_15 | Md. Sameer | M | 28/06/2001 | svp | 13.2 | 7 | Y |
| 12 | ORP_11 | Md. Sulaiman | M | 23/5/2003 | iics | 11.3 | 5 | Y |
| 13 | ORP_12 | Md. Tameem | M | 22/1/2002 | iics | 12.7 | 8 | Y |
| 14 | ORP_10 | Mizba Khanum | F | 9/4/2003 | iics | 11.5 | 5 | Y |
| 15 | ORP_16 | Mohseena Banu | F | 15/8/2000 | iics | 14.1 | 6 | Y |
| 16 | ORP_17 | Muskan Banu | F | 15/07/2002 | svp | 12.2 | 5 | Y |
| 17 | ORP_18 | Naziya Haseen | F | 24/10/2000 | iics | 13.11 | 8 | Y |
| 18 | ORP_19 | Nousheen S | F | 21/11/1998 | iics | 15.9 | 10 | Y |
| 19 | ORP_20 | Pervez Kazi | F | 27/11/1998 | iics | 15.9 | 10 | Y |
| 20 | ORP_21 | Rabiya B | F | 19/5/2003 | svp | 11.3 | 5 | Y |
| 21 | ORP_22 | Rayees | M | 15/11/2001 | svp | 12.9 | 7 | Y |
| 22 | ORP_24 | Reshma banu | F | 12/2/2001 | svp | 14.7 | 5 | Y |
| 23 | ORP_25 | Sahil Kazi | M | 11/2/2003 | iics | 11.7 | 5 | Y |
| 24 | ORP_27 | Salman Pasha | M | 24/11/2001 | iics | 12.9 | 7 | Y |
| 25 | ORP_26 | Seema Salma | F | 13/07/2000 | svp | 14.2 | 8 | Y |
| 26 | ORP_28 | Seema Sultana | F | 25/5/2000 | iics | 14.3 | 8 | Y |
| 27 | ORP_65 | Shabana Banu | F | 13/04/2002 | svp | 12.5 | 8 | Y |
| 28 | ORP_29 | Shahista | F | 13/03/2003 | svp | 11.6 | 5 | Y |
| 29 | ORP_30 | Shoib khan | M | 13/07/2001 | svp | 13.2 | 8 | Y |
| 30 | ORP_31 | Simran Banu | F | 3/6/2003 | iics | 11.3 | 7 | Y |
| 31 | ORP_32 | Simran Taj | F | 24/8/2002 | iics | 12 | 5 | Y |
| 32 | ORP_33 | Sohib Pasha | M | 13/7/2003 | iics | 11.2 | 5 | Y |
| 33 | ORP_34 | Syed | M | 4/6/2000 | iics | 14.3 | 7 | Y |
| 34 | ORP_35 | Syed Mubarak | M | 22/8/2001 | iics | 13 | 6 | Y |
| 35 | ORP_36 | Syed Waseem | M | 21/5/2002 | iics | 12.3 | 6 | Y |
| 36 | ORP_37 | Taranum Parveen | F | 22/7/2003 | iics | 11.1 | 5 | Y |
| 37 | ORP_38 | Usha | F | 5/1/2003 | svp | 11.8 | 5 | Y |

| Sl. No. | Id No. | Name | Gen | D.O.B | Sch | Age | Grd | Grp |
|---------|--------|-----------------|-----|------------|------|-------|-----|-----|
| 38 | ORP_39 | Vinoda | F | 30/07/2003 | svp | 11.1 | 6 | Y |
| 39 | ORP_40 | Z Mohammadi | F | 6/6/2003 | iics | 11.3 | 5 | Y |
| 40 | ORP_41 | Zubeda | F | 7/10/2000 | svp | 13.11 | 8 | Y |
| 41 | ORP_42 | Abbas | M | 3/7/2002 | iics | 12.2 | 5 | C |
| 42 | ORP_43 | Afiya | F | 12/5/2003 | svp | 11.4 | 5 | C |
| 43 | ORP_44 | Amma Jan | F | 10/6/1999 | svp | 15.3 | 8 | C |
| 44 | ORP_45 | Asif | M | 13/07/2003 | svp | 11.2 | 7 | C |
| 45 | ORP_46 | Ayesha Kajal | F | 26/8/2003 | iics | 11 | 8 | C |
| 46 | ORP_47 | Ayesha Siddiqua | F | 22/1/2002 | iics | 12.7 | 6 | C |
| 47 | ORP_48 | Bashir Ahmed | M | 8/11/2001 | svp | 12.1 | 8 | C |
| 48 | ORP_49 | Bi Bi Ayeesha | F | 7/8/2003 | svp | 11.1 | 5 | C |
| 49 | ORP_51 | Faizan Khan | M | 5/8/2002 | iics | 12.1 | 7 | C |
| 50 | ORP_52 | Farhan Pasha | M | 2/7/2003 | svp | 11.2 | 5 | C |
| 51 | ORP_53 | Farheen Zoya | F | 13/06/2003 | svp | 11.3 | 5 | C |
| 52 | ORP_54 | Fouziya Haseena | F | 20/2/2002 | iics | 12.6 | 6 | C |
| 53 | ORP_55 | Hajira Z | F | 15/02/2003 | svp | 11.7 | 5 | C |
| 54 | ORP_56 | Jafar Saddiq | M | 28/11/1998 | iics | 15.9 | 7 | C |
| 55 | ORP_58 | Md. Muzammil | M | 4/8/2001 | iics | 13.1 | 7 | C |
| 56 | ORP_57 | Md. Saad | M | 7/9/2000 | svp | 14 | 8 | C |
| 57 | ORP_59 | Nayeem Khan | M | 24/6/2002 | iics | 12.2 | 8 | C |
| 58 | ORP_60 | Noori | F | 28/03/2003 | svp | 11.5 | 6 | C |
| 59 | ORP_61 | Rehana Banu | F | 12/6/1999 | iics | 15.3 | 8 | C |
| 60 | ORP_62 | Sabha | F | 13/03/2003 | svp | 11.6 | 5 | C |
| 61 | ORP_64 | Shakeela Banu | F | 10/4/2004 | svp | 11.5 | 5 | C |
| 62 | ORP_66 | Shawaz Banu | F | 27/07/1999 | svp | 15.1 | 8 | C |
| 63 | ORP_67 | Sheikn Fareed | M | 26/12/1998 | iics | 15.8 | 8 | C |
| 64 | ORP_68 | Siddiqua Banu | F | 10/8/2002 | iics | 12.1 | 7 | C |
| 65 | ORP_69 | Siddiqua Begum | F | 28/2/2000 | svp | 14.6 | 9 | C |
| 66 | ORP_71 | Sonu | F | 6/9/2002 | iics | 12 | 7 | C |
| 67 | ORP_72 | Sonu Anjum | F | 11/4/2002 | iics | 12.5 | 7 | C |
| 68 | ORP_73 | Sunaulla | M | 15/6/2001 | iics | 13.3 | 6 | C |
| 69 | ORP_74 | Syed Nadeem | M | 24/5/2003 | iics | 11.4 | 5 | C |
| 70 | ORP_75 | Syed Rooman | M | 11/6/2003 | iics | 11.3 | 7 | C |
| 71 | ORP_79 | Zeesha | F | 12/6/2002 | iics | 12.3 | 6 | C |
| 72 | ORP_76 | Zulekha Banu | F | 29/7/2003 | iics | 11.1 | 5 | C |

| Sl. No. | Id No. | BMI_Pre | BMI_Post | LHS_pre | LHS_post | RHS_pre | RHS_post |
|---------|--------|-----------|-----------|---------|----------|---------|----------|
| 1 | ORP_1 | 13.936596 | 17.264027 | 10 | 12 | 16 | 14 |
| 2 | ORP_2 | 14.491078 | 15.089784 | 8 | 18 | 8 | 20 |
| 3 | ORP_3 | 13.079157 | 19.177856 | 10 | 11 | 12 | 12 |
| 4 | ORP_4 | 18.085938 | 17.695313 | 32 | 36 | 32 | 36 |
| 5 | ORP_5 | | 17.317734 | 8 | 11 | 10 | 12 |
| 6 | ORP_6 | 14.595336 | 16.111592 | 10 | 11 | 10 | 14 |
| 7 | ORP_7 | 16.841809 | 17.87992 | 18 | 25 | 24 | 25 |
| 8 | ORP_8 | 14.970414 | 15.094123 | 8 | 10 | 9 | 11 |
| 9 | ORP_13 | 17.856503 | 18.842975 | 25 | 35 | 32 | 35 |
| 10 | ORP_14 | 14.08689 | 14.770508 | 12 | 14 | 12 | 14 |
| 11 | ORP_15 | 14.017737 | 14.800135 | 15 | 18 | 20 | 20 |
| 12 | ORP_11 | 15.04738 | 15.060382 | 12 | 11 | 8 | 12 |
| 13 | ORP_12 | 13.200184 | 13.398157 | 11 | 14 | 11 | 14 |
| 14 | ORP_10 | 16.750683 | 17.130942 | 12 | 10 | 12 | 15 |
| 15 | ORP_16 | 21.367262 | 22.142991 | 15 | 20 | 15 | 15 |
| 16 | ORP_17 | 14.492004 | 14.989186 | 12 | 18 | 15 | 20 |
| 17 | ORP_18 | 16.890905 | 18.14613 | 19 | 22 | 19 | 24 |
| 18 | ORP_19 | 17.404766 | 18.078254 | 9 | 25 | 15 | 22 |
| 19 | ORP_20 | - | 18.696581 | 22 | 37 | 26 | 35 |
| 20 | ORP_21 | 14.925373 | 15.418381 | 12 | 21 | 18 | 10 |
| 21 | ORP_22 | 14.46281 | 15.197783 | 20 | 29 | 22 | 29 |
| 22 | ORP_24 | 15.151354 | 15.745525 | 16 | 18 | 18 | 20 |
| 23 | ORP_25 | 13.716713 | 14.003673 | 12 | 10 | 10 | 12 |
| 24 | ORP_27 | 17.83241 | 18.914474 | 24 | 30 | 30 | 29 |
| 25 | ORP_26 | 17.7688 | 19.377344 | 16 | 27 | 26 | 27 |
| 26 | ORP_28 | 17.104513 | 17.356302 | 14 | 18 | 14 | 18 |
| 27 | ORP_65 | 13.870918 | 15.69159 | 13 | 14 | 14 | 15 |
| 28 | ORP_29 | 14.047867 | 14.272 | 7 | 7 | 9 | 7 |
| 29 | ORP_30 | 16.028537 | 16.494077 | 16 | 20 | 15 | 20 |
| 30 | ORP_31 | 15.688889 | 17.016798 | 16 | 20 | 20 | 21 |
| 31 | ORP_32 | 15.017853 | 15.441879 | 14 | 20 | 14 | 20 |
| 32 | ORP_33 | 14.437333 | 15.216604 | 15 | 20 | 15 | 18 |
| 33 | ORP_34 | 15.570201 | 15.777066 | 11 | 18 | 15 | 15 |
| 34 | ORP_35 | 19.130886 | 19.392636 | 12 | 20 | 9 | 16 |
| 35 | ORP_36 | 12.939289 | - | 15 | 20 | 12 | 18 |
| 36 | ORP_37 | 15.260487 | 16.510533 | 10 | 10 | 12 | 16 |
| 37 | ORP_38 | 13.964497 | 14.577594 | 10 | 12 | 14 | 12 |
| 38 | ORP_39 | 13.651877 | 14.340707 | 14 | 15 | 14 | 13 |
| 39 | ORP_40 | 13.101537 | 13.410227 | 9 | 12 | 12 | 16 |
| 40 | ORP_41 | 19.204961 | 21.200014 | 15 | 20 | 12 | 16 |

| Sl. No. | Id No. | BMI_Pre | BMI_Post | LHS_pre | LHS_post | RHS_pre | RHS_post |
|----------------|---------------|----------------|-----------------|----------------|-----------------|----------------|-----------------|
| 41 | ORP_42 | 16.307127 | 16.262126 | 15 | 20 | 17 | 21 |
| 42 | ORP_43 | 17.246972 | 16.872833 | 8 | 21 | 15 | 15 |
| 43 | ORP_44 | 18.504175 | 19.17764 | 13 | 20 | 21 | 22 |
| 44 | ORP_45 | 16.869027 | 16.936174 | 26 | 26 | 24 | 25 |
| 45 | ORP_46 | 16.361474 | 16.794896 | 12 | 14 | 14 | 16 |
| 46 | ORP_47 | 14.371142 | 14.415536 | 14 | 16 | 16 | 18 |
| 47 | ORP_48 | 16.330914 | 15.592294 | 25 | 25 | 24 | 22 |
| 48 | ORP_49 | 15.174362 | 15.996032 | 8 | 14 | 7 | 10 |
| 49 | ORP_51 | 14.481254 | 14.371142 | 18 | 20 | 28 | 30 |
| 50 | ORP_52 | 13.620894 | 13.454027 | 12 | 16 | 15 | 13 |
| 51 | ORP_53 | 16.510533 | 16.146069 | 9 | 11 | 9 | 12 |
| 52 | ORP_54 | 18.109739 | 18.647809 | 14 | 19 | 20 | 20 |
| 53 | ORP_55 | 14.151269 | 14.430727 | 10 | 15 | 12 | 14 |
| 54 | ORP_56 | 17.167042 | 18.15124 | 30 | 30 | 35 | 36 |
| 55 | ORP_58 | 14.94235 | 16.091761 | 14 | 16 | 15 | 16 |
| 56 | ORP_57 | 13.64112 | 14.034916 | 15 | 15 | 16 | 15 |
| 57 | ORP_59 | 15.65924 | 15.644444 | 20 | 18 | 19 | 20 |
| 58 | ORP_60 | 25.624869 | 24.546049 | 12 | 14 | 15 | 21 |
| 59 | ORP_61 | 15.599315 | 16.754931 | 16 | 16 | 15 | 18 |
| 60 | ORP_62 | 14.784899 | 15.903547 | 12 | 18 | 16 | 15 |
| 61 | ORP_64 | 12.214024 | 14.060523 | 6 | 11 | 6 | 10 |
| 62 | ORP_66 | 17.476178 | 18.556383 | 21 | 30 | 19 | 29 |
| 63 | ORP_67 | 16.055363 | 16.401384 | 24 | 36 | 29 | 35 |
| 64 | ORP_68 | 19.936521 | 20.546968 | 15 | 16 | 20 | 18 |
| 65 | ORP_69 | - | 16.525449 | 9 | 10 | 10 | 10 |
| 66 | ORP_71 | 19.975476 | 19.84375 | 25 | 26 | 26 | 33 |
| 67 | ORP_72 | 15.787966 | 15.81211 | 20 | 21 | 19 | 24 |
| 68 | ORP_73 | 16.730386 | 17.899099 | 18 | 28 | 25 | 24 |
| 69 | ORP_74 | 14.81399 | 15.705057 | 16 | 18 | 18 | 16 |
| 70 | ORP_75 | 15.788781 | 15.368179 | 18 | 22 | 20 | 24 |
| 71 | ORP_79 | 14.151269 | 14.430727 | 6 | 8 | 10 | 10 |
| 72 | ORP_76 | 15.04738 | 15.563969 | 8 | 10 | 8 | 10 |

| Sl. No. | Id No. | SUP_pre | SUP_post | FLL_pre | FLR_post | SAR_pre | SAR_post |
|---------|--------|---------|----------|---------|----------|---------|----------|
| 1 | ORP_1 | 4 | 17 | 16 | 15 | 28 | 37.5 |
| 2 | ORP_2 | 2 | 17 | 18 | 15 | 35 | 37 |
| 3 | ORP_3 | 7 | 13 | 14 | 17 | 39 | 41 |
| 4 | ORP_4 | 12 | 17 | 10 | 9 | 34 | 37 |
| 5 | ORP_5 | 4 | 7 | 17 | 19 | 36.5 | 40.5 |
| 6 | ORP_6 | 7 | 12 | 14 | 9 | 44 | 47 |
| 7 | ORP_7 | 10 | 17 | 8 | 11 | 38.5 | 42 |
| 8 | ORP_8 | 9 | 19 | 14 | 16 | 36.5 | 41 |
| 9 | ORP_13 | 17 | 21 | 7 | 6 | 48 | 46 |
| 10 | ORP_14 | 3 | 13 | 13 | 11 | 28.5 | 38.5 |
| 11 | ORP_15 | 15 | 17 | 17 | 22 | 33.5 | 35 |
| 12 | ORP_11 | 3 | 12 | 10 | 9 | 32 | 37 |
| 13 | ORP_12 | 0 | 4 | 18 | 17 | 37 | 40 |
| 14 | ORP_10 | 3 | 12 | 17 | 16 | 39 | 45 |
| 15 | ORP_16 | 1 | 18 | 15 | 13 | 43 | 45 |
| 16 | ORP_17 | 1 | 9 | 14 | 13 | 40 | 42 |
| 17 | ORP_18 | 9 | 14 | 19 | 11 | 42 | 45.5 |
| 18 | ORP_19 | 12 | 15 | 11 | 12 | 9 | 11 |
| 19 | ORP_20 | 26 | 25 | 8 | 9 | 41 | 44.5 |
| 20 | ORP_21 | 6 | 13 | 15 | 12 | 35 | 44 |
| 21 | ORP_22 | 22 | 25 | 12 | 13 | 35 | 39 |
| 22 | ORP_24 | 6 | 11 | 14 | 16 | 39 | 43 |
| 23 | ORP_25 | 21 | 26 | 7 | 3 | 42 | 45 |
| 24 | ORP_27 | 16 | 16 | 13 | 16 | 33.5 | 36.5 |
| 25 | ORP_26 | 6 | 14 | 18 | 16 | 39 | 32 |
| 26 | ORP_28 | 2 | 5 | 18 | 14 | 28 | 27 |
| 27 | ORP_65 | 11 | 17 | 13 | 16 | 34 | 35 |
| 28 | ORP_29 | 0 | 7 | 10 | 9 | 34 | 36 |
| 29 | ORP_30 | 13 | 16 | 8 | 10 | 43 | 47 |
| 30 | ORP_31 | 0 | 12 | 16 | 14 | 40 | 45 |
| 31 | ORP_32 | 6 | 12 | 7 | 9 | 35 | 44 |
| 32 | ORP_33 | 15 | 17 | 13 | 12 | 33.5 | 38.5 |
| 33 | ORP_34 | 22 | 25 | 15 | 18 | 41 | 43 |
| 34 | ORP_35 | 1 | 12 | 14 | 18 | 35 | 36 |
| 35 | ORP_36 | 15 | 20 | 7 | 6 | 38 | 41 |
| 36 | ORP_37 | 4 | 16 | 14 | 16 | 34 | 51 |
| 37 | ORP_38 | 0 | 1 | 20 | 18 | 34 | 38 |
| 38 | ORP_39 | 6 | 17 | 12 | 8 | 27.5 | 38 |
| 39 | ORP_40 | 1 | 8 | 18 | 16 | 42 | 40 |
| 40 | ORP_41 | 9 | 13 | 6 | 10 | 39 | 42 |

| Sl. No. | Id No. | SUP_pre | SUP_post | FLL_pre1 | FLR_post1 | SAR_pre | SAR_post |
|---------|--------|---------|----------|----------|-----------|---------|----------|
| 41 | ORP_42 | 11 | 16 | 4 | 2 | 42 | 41 |
| 42 | ORP_43 | 3 | 7 | 20 | 18 | 47 | 37.5 |
| 43 | ORP_44 | 6 | 8 | 9 | 10 | 44 | 44.5 |
| 44 | ORP_45 | 11 | 15 | 12 | 11 | 35 | 34 |
| 45 | ORP_46 | 0 | 3 | 16 | 21 | 33 | 32 |
| 46 | ORP_47 | 6 | 1 | 18 | 14 | 42 | 26 |
| 47 | ORP_48 | 2 | 3 | 10 | 7 | 33.5 | 22 |
| 48 | ORP_49 | 0 | 0 | 12 | 10 | 40.5 | 39 |
| 49 | ORP_51 | 11 | 14 | 9 | 6 | 35 | 36 |
| 50 | ORP_52 | 18 | 22 | 20 | 16 | 42.5 | 45 |
| 51 | ORP_53 | 4 | 9 | 20 | 19 | 34 | 24 |
| 52 | ORP_54 | 2 | 2 | 7 | 5 | 40 | 43 |
| 53 | ORP_55 | 10 | 16 | 12 | 15 | 40 | 37.5 |
| 54 | ORP_56 | 15 | 17 | 8 | 9 | 40 | 40 |
| 55 | ORP_58 | 8 | 10 | 18 | 20 | 35 | 37 |
| 56 | ORP_57 | 18 | 20 | 12 | 8 | 41 | 39 |
| 57 | ORP_59 | 17 | 14 | 7 | 4 | 35 | 32 |
| 58 | ORP_60 | 0 | 3 | 13 | 18 | 42 | 39 |
| 59 | ORP_61 | 4 | 7 | 7 | 6 | 45.5 | 45 |
| 60 | ORP_62 | 3 | 9 | 16 | 14 | 35 | 35 |
| 61 | ORP_64 | 2 | 12 | 13 | 11 | 39.5 | 39 |
| 62 | ORP_66 | 12 | 15 | 16 | 14 | 39 | 35.5 |
| 63 | ORP_67 | 23 | 22 | 8 | 6 | 37 | 41 |
| 64 | ORP_68 | 0 | 8 | 14 | 12 | 40.5 | 41 |
| 65 | ORP_69 | 16 | 18 | 20 | 12 | 41 | 42 |
| 66 | ORP_71 | 12 | 12 | 7 | 7 | 37 | 35 |
| 67 | ORP_72 | 15 | 5 | 15 | 15 | 37 | 39 |
| 68 | ORP_73 | 19 | 21 | 9 | 7 | 30 | 27 |
| 69 | ORP_74 | 21 | 15 | 6 | 2 | 37 | 35 |
| 70 | ORP_75 | 17 | 20 | 12 | 10 | 24.5 | 24 |
| 71 | ORP_79 | 3 | 3 | 6 | 7 | 20 | 19 |
| 72 | ORP_76 | 0 | 3 | 7 | 9 | 34 | 37.5 |
| | | | | | | | |

| Sl. No. | Id No. | PTR_pre | PTR_post | PTL_pre | PTL_post | SHR_pre | SHR_post |
|---------|--------|---------|----------|---------|----------|---------|----------|
| 1 | ORP_1 | 16.43 | 12.1 | 19.35 | 18.6 | 16.32 | 15.38 |
| 2 | ORP_2 | 14.63 | 10.55 | 13.77 | 10.15 | 16.89 | 16.07 |
| 3 | ORP_3 | 18 | 13.88 | 17.28 | 15.07 | 15.5 | 15.6 |
| 4 | ORP_4 | 13.4 | 11.28 | 14.52 | 11.3 | 14.55 | 13.9 |
| 5 | ORP_5 | 18.8 | 14.62 | 22.8 | 16.72 | 16.47 | 16.35 |
| 6 | ORP_6 | 12.41 | 9.41 | 13.43 | 9.83 | 17 | 16.3 |
| 7 | ORP_7 | 13.09 | 11.47 | 12.77 | 10.64 | 14.57 | 14.81 |
| 8 | ORP_8 | 16.45 | 9.17 | 22.85 | 9.61 | 15.46 | 14.18 |
| 9 | ORP_13 | 10.65 | 9.15 | 11.15 | 8.61 | 14.2 | 14.33 |
| 10 | ORP_14 | 15.5 | 15.91 | 17.33 | 16.22 | 16.53 | 16.85 |
| 11 | ORP_15 | 13.22 | 13.94 | 13.57 | 12.45 | 17.07 | 14.73 |
| 12 | ORP_11 | 13.22 | 11.21 | 17.24 | 12.46 | 16.84 | 16.79 |
| 13 | ORP_12 | 15.7 | 16.16 | 16.55 | 12.91 | 16.77 | 15.12 |
| 14 | ORP_10 | 17.02 | 13.54 | 21.17 | 15.49 | 16.93 | 17 |
| 15 | ORP_16 | 14.5 | 14.74 | 16.82 | 16.35 | 16.97 | 16.96 |
| 16 | ORP_17 | 15.4 | 14.36 | 16.81 | 14.35 | 15.78 | 14.99 |
| 17 | ORP_18 | 12.11 | 11.2 | 13.06 | 12.34 | 16.06 | 15.8 |
| 18 | ORP_19 | 10.89 | 11.58 | 14.4 | 10.58 | 15.98 | 15.19 |
| 19 | ORP_20 | 12.92 | 11.62 | 11.8 | 10.26 | 14.19 | 13.37 |
| 20 | ORP_21 | 13.01 | 12.11 | 16.33 | 13.34 | 16.32 | 15.5 |
| 21 | ORP_22 | 12.13 | 10.89 | 14.84 | 12.05 | 16.16 | 13.85 |
| 22 | ORP_24 | 16.84 | 13.38 | 16.79 | 14.78 | 16.52 | 16.24 |
| 23 | ORP_25 | 12.67 | 11.58 | 14 | 12.25 | 14.66 | 13.15 |
| 24 | ORP_27 | 12.36 | 10.51 | 13.66 | 12.05 | 15.63 | 14.37 |
| 25 | ORP_26 | 16.46 | 14.68 | 20.14 | 17.58 | 15.6 | 15.65 |
| 26 | ORP_28 | 13.66 | 13.64 | 16.68 | 13.97 | 20.13 | 17.26 |
| 27 | ORP_65 | 13.02 | 13.89 | 15.76 | 16.07 | 16.39 | 16.62 |
| 28 | ORP_29 | 18.21 | 17.29 | 19.43 | 19.2 | 17.41 | 18.67 |
| 29 | ORP_30 | 11.21 | 9.84 | 12.43 | 11.7 | 14.98 | 14.21 |
| 30 | ORP_31 | 12.84 | 8.91 | 14.95 | 9.2 | 16.27 | 15.83 |
| 31 | ORP_32 | 14.83 | 12.46 | 16.91 | 13.96 | 15.96 | 16.1 |
| 32 | ORP_33 | 18.3 | 15.2 | 16.47 | 13.95 | 15.44 | 16.16 |
| 33 | ORP_34 | 10.2 | 9.45 | 13.7 | 10.3 | 14.31 | 14.16 |
| 34 | ORP_35 | 14.29 | 9.8 | 13.16 | 10.2 | 16.41 | 15.59 |
| 35 | ORP_36 | 16.52 | 12.32 | 14.76 | 11.39 | 14.39 | 13.11 |
| 36 | ORP_37 | 18.02 | 14.81 | 17.5 | 15.87 | 19.2 | 18 |
| 37 | ORP_38 | 18 | 12.1 | 19.8 | 13.66 | 17.08 | 16.86 |
| 38 | ORP_39 | 16.81 | 15.81 | 18 | 16.95 | 17.1 | 17.2 |
| 39 | ORP_40 | 16.03 | 14.35 | 19.64 | 16.83 | 17.39 | 16.63 |
| 40 | ORP_41 | 14.6 | 9.6 | 15.58 | 9.2 | 23.21 | 18.17 |

| Sl. No. | Id No. | PTR_pre | PTR_post | PTL_pre | PTL_post | SHR_pre | SHR_post |
|----------------|---------------|----------------|-----------------|----------------|-----------------|----------------|-----------------|
| 41 | ORP_42 | 12.64 | 13.63 | 14.63 | 13.14 | 14.33 | 14.76 |
| 42 | ORP_43 | 15.54 | 16.66 | 19.2 | 18.34 | 16 | 16.2 |
| 43 | ORP_44 | 15.24 | 14.54 | 16.17 | 16.07 | 15.17 | 15.21 |
| 44 | ORP_45 | 12.24 | 11.48 | 14.78 | 14.84 | 14.2 | 14.35 |
| 45 | ORP_46 | 14.6 | 14.81 | 18.2 | 18.98 | 16.02 | 15.68 |
| 46 | ORP_47 | 16.22 | 16.2 | 15.52 | 15.22 | 17.32 | 17.1 |
| 47 | ORP_48 | 15.7 | 15.2 | 16.55 | 16.12 | 14.83 | 18.59 |
| 48 | ORP_49 | 13.2 | 13.38 | 13.46 | 13.98 | 18.1 | 18 |
| 49 | ORP_51 | 20.79 | 18.32 | 18.09 | 16.85 | 14.86 | 16.18 |
| 50 | ORP_52 | 15.05 | 14.12 | 15.08 | 14.55 | 20.4 | 17.2 |
| 51 | ORP_53 | 18.2 | 17.7 | 18.1 | 19.11 | 16.58 | 17 |
| 52 | ORP_54 | 13.14 | 12.66 | 15 | 13.37 | 16.27 | 16.1 |
| 53 | ORP_55 | 13.5 | 14.11 | 18.64 | 18.13 | 16.47 | 16.72 |
| 54 | ORP_56 | 15.05 | 12.66 | 15.62 | 15.02 | 14.45 | 15.2 |
| 55 | ORP_58 | 11 | 12.37 | 15.29 | 14.33 | 16.6 | 15.4 |
| 56 | ORP_57 | 13.4 | 12.07 | 13.27 | 11.91 | 15.82 | 14.75 |
| 57 | ORP_59 | 11.95 | 10.28 | 13.5 | 12.7 | 15.4 | 14.67 |
| 58 | ORP_60 | 15.2 | 17.07 | 19 | 18.14 | 16.18 | 16 |
| 59 | ORP_61 | 13.1 | 12.03 | 12.4 | 13.83 | 14.92 | 14.76 |
| 60 | ORP_62 | 15.33 | 14.51 | 16.24 | 15.1 | 15.59 | 16.3 |
| 61 | ORP_64 | 15.4 | 15.11 | 16.69 | 17.82 | 15.68 | 15.76 |
| 62 | ORP_66 | 11.06 | 10.41 | 13.28 | 12.72 | 15.54 | 20.88 |
| 63 | ORP_67 | 9.15 | 9.11 | 8.56 | 8.84 | 13.31 | 15 |
| 64 | ORP_68 | 12.72 | 12.32 | 14.12 | 15.43 | 15.6 | 15.57 |
| 65 | ORP_69 | 12.2 | 11.44 | 17.31 | 16.09 | 17.84 | 17.63 |
| 66 | ORP_71 | 17.35 | 14.4 | 17.22 | 13.62 | 18.61 | 15.16 |
| 67 | ORP_72 | 12.31 | 11.33 | 14.97 | 11.95 | 16.64 | 15.47 |
| 68 | ORP_73 | 14.07 | 11.76 | 15.14 | 13.3 | 14.53 | 14.97 |
| 69 | ORP_74 | 16.75 | 15.13 | 16.5 | 14.26 | 15.17 | 14.9 |
| 70 | ORP_75 | 11.05 | 14.58 | 15.05 | 14.1 | 13.94 | 16.54 |
| 71 | ORP_79 | 18 | 16.14 | 17.5 | 16.38 | 15.27 | 16.5 |
| 72 | ORP_76 | 14.47 | 12.15 | 14.52 | 11.65 | 18.64 | 17.37 |

| Sl. No. | Id No. | BAH_pre | BAH_postT2 | SBJ_pre | SBJ_post |
|---------|--------|---------|------------|---------|----------|
| 1 | ORP_1 | 4.12 | 6 | 100 | 155 |
| 2 | ORP_2 | 12.33 | 17 | 98 | 120 |
| 3 | ORP_3 | 4.3 | 6 | 96 | 120 |
| 4 | ORP_4 | 18 | 12 | 129 | 195 |
| 5 | ORP_5 | 10 | 12 | 95 | 105 |
| 6 | ORP_6 | 2.12 | 4 | 123 | 130 |
| 7 | ORP_7 | 19.7 | 21.12 | 100 | 165 |
| 8 | ORP_8 | 5.4 | 17 | 140 | 150 |
| 9 | ORP_13 | 38.8 | 52.32 | 190 | 200 |
| 10 | ORP_14 | 16 | 16 | 121 | 140 |
| 11 | ORP_15 | 2.2 | 8 | 116 | 120 |
| 12 | ORP_11 | 23.41 | 27 | 107 | 145 |
| 13 | ORP_12 | 8 | 15.37 | 125 | 145 |
| 14 | ORP_10 | 2.12 | 6.34 | 114 | 140 |
| 15 | ORP_16 | 7.8 | 12 | 125 | 130 |
| 16 | ORP_17 | 8 | 15 | 124 | 145 |
| 17 | ORP_18 | 3 | 6 | 110 | 165 |
| 18 | ORP_19 | 7.4 | 13 | 120 | 145 |
| 19 | ORP_20 | 72 | 99 | 190 | 240 |
| 20 | ORP_21 | 2 | 6 | 94 | 110 |
| 21 | ORP_22 | 29.9 | 53 | 140 | 170 |
| 22 | ORP_24 | 20 | 22 | 115 | 145 |
| 23 | ORP_25 | 46.5 | 52 | 120 | 150 |
| 24 | ORP_27 | 6.72 | 15 | 150 | 160 |
| 25 | ORP_26 | 16.2 | 20.5 | 145 | 150 |
| 26 | ORP_28 | 11.18 | 15.25 | 105 | 129 |
| 27 | ORP_65 | 14 | 10 | 95 | 120 |
| 28 | ORP_29 | 2 | 3 | 70 | 90 |
| 29 | ORP_30 | 29 | 11 | 150 | 150 |
| 30 | ORP_31 | 8 | 13 | 129 | 135 |
| 31 | ORP_32 | 16 | 37 | 126 | 150 |
| 32 | ORP_33 | 54 | 51 | 115 | 145 |
| 33 | ORP_34 | 29.2 | 57 | 160 | 175 |
| 34 | ORP_35 | 5.13 | 12 | 100 | 130 |
| 35 | ORP_36 | 30.6 | 59 | 142 | 162 |
| 36 | ORP_37 | 3 | 9 | 125 | 150 |
| 37 | ORP_38 | 6 | 5 | 107 | 110 |
| 38 | ORP_39 | 2.12 | 4 | 95 | 115 |
| 39 | ORP_40 | 10 | 6 | 110 | 135 |
| 40 | ORP_41 | 5 | 6 | 125 | 120 |

| Sl. No. | Id No. | BAH_pre | BAH_postT2 | SBJ_pre | SBJ_post |
|----------------|---------------|----------------|-------------------|----------------|-----------------|
| 41 | ORP_42 | 40.3 | 30.16 | 148 | 150 |
| 42 | ORP_43 | 5 | 6.12 | 105 | 110 |
| 43 | ORP_44 | 16 | 22 | 145 | 150 |
| 44 | ORP_45 | 9.5 | 10.5 | 142 | 145 |
| 45 | ORP_46 | 11.33 | 15 | 116 | 112 |
| 46 | ORP_47 | 9 | 4.5 | 115 | 105 |
| 47 | ORP_48 | 24.32 | 29 | 152 | 160 |
| 48 | ORP_49 | 7.5 | 8 | 108 | 110 |
| 49 | ORP_51 | 13.6 | 14 | 155 | 160 |
| 50 | ORP_52 | 13.5 | 14 | 122 | 140 |
| 51 | ORP_53 | 7.6 | 8.2 | 95 | 100 |
| 52 | ORP_54 | 8 | 16 | 120 | 130 |
| 53 | ORP_55 | 11 | 9.2 | 114 | 120 |
| 54 | ORP_56 | 11.1 | 19.2 | 169 | 175 |
| 55 | ORP_58 | 4 | 15 | 140 | 135 |
| 56 | ORP_57 | 24.44 | 38 | 144 | 165 |
| 57 | ORP_59 | 5 | 6 | 147 | 150 |
| 58 | ORP_60 | 2 | 2 | 110 | 110 |
| 59 | ORP_61 | 16.22 | 12 | 150 | 145 |
| 60 | ORP_62 | 3 | 3 | 145 | 140 |
| 61 | ORP_64 | 15.2 | 14 | 141 | 150 |
| 62 | ORP_66 | 4 | 11 | 140 | 150 |
| 63 | ORP_67 | 38 | 39 | 170 | 210 |
| 64 | ORP_68 | 12.9 | 13.12 | 115 | 117 |
| 65 | ORP_69 | 11.25 | 8 | 100 | 120 |
| 66 | ORP_71 | 2 | 2.08 | 135 | 145 |
| 67 | ORP_72 | 34 | 39 | 140 | 165 |
| 68 | ORP_73 | 20.5 | 28 | 115 | 120 |
| 69 | ORP_74 | 40.25 | 43.1 | 150 | 145 |
| 70 | ORP_75 | 33.5 | 36.56 | 154 | 155 |
| 71 | ORP_79 | 3 | 3 | 140 | 145 |
| 72 | ORP_76 | 11.5 | 12 | 110 | 110 |

| | | STROOP | STROOP | STROOP | STROOP | STROOP | STROOP |
|---------|--------|--------|--------|--------|--------|--------|---------|
| Sl. No. | Id No. | W_pre | C_pre | CW_pre | W_post | C_post | CW_post |
| 1 | ORP_1 | 42 | 41 | 24 | 53 | 50 | 23 |
| 2 | ORP_2 | 50 | 54 | 25 | 76 | 65 | 29 |
| 3 | ORP_3 | 72 | 53 | 32 | 78 | 53 | 38 |
| 4 | ORP_4 | 61 | 56 | 21 | 97 | 72 | 42 |
| 5 | ORP_5 | 60 | 52 | 18 | 80 | 62 | 22 |
| 6 | ORP_6 | 19 | 48 | 37 | 28 | 45 | 42 |
| 7 | ORP_7 | 84 | 56 | 28 | 85 | 60 | 30 |
| 8 | ORP_8 | 62 | 30 | 16 | 68 | 46 | 28 |
| 9 | ORP_13 | 100 | 52 | 29 | 103 | 64 | 32 |
| 10 | ORP_14 | 71 | 41 | 30 | 78 | 48 | 31 |
| 11 | ORP_9 | 53 | 59 | 39 | | | |
| 12 | ORP_15 | 44 | 47 | 34 | 66 | 56 | 33 |
| 13 | ORP_11 | 65 | 40 | 30 | 60 | 38 | 28 |
| 14 | ORP_12 | 74 | 50 | 32 | 72 | 49 | 34 |
| 15 | ORP_10 | 81 | 55 | 29 | 93 | 57 | 30 |
| 16 | ORP_16 | 47 | 39 | 21 | 53 | 47 | 19 |
| 17 | ORP_17 | 58 | 53 | 33 | 65 | 55 | 38 |
| 18 | ORP_18 | 106 | 62 | 30 | 106 | 59 | 29 |
| 19 | ORP_19 | 86 | 59 | 38 | 104 | 77 | 44 |
| 20 | ORP_20 | 83 | 60 | 38 | 103 | 79 | 51 |
| 21 | ORP_21 | 75 | 63 | 29 | 87 | 64 | 41 |
| 22 | ORP_22 | 34 | 37 | 20 | 56 | 41 | 21 |
| 23 | ORP_23 | 49 | 58 | 47 | | | |
| 24 | ORP_24 | 32 | 49 | 26 | 49 | 43 | 26 |
| 25 | ORP_25 | 68 | 60 | 25 | 87 | 76 | 51 |
| 26 | ORP_27 | 90 | 68 | 27 | 86 | 67 | 27 |
| 27 | ORP_26 | 23 | 50 | 52 | 32 | 56 | 54 |
| 28 | ORP_28 | 96 | 53 | 26 | 92 | 60 | 34 |
| 29 | ORP_65 | 43 | 46 | 28 | 83 | 48 | 25 |
| 30 | ORP_29 | 20 | 32 | 29 | 28 | 42 | 40 |
| 31 | ORP_30 | 45 | 34 | 17 | 60 | 47 | 40 |
| 32 | ORP_31 | 54 | 51 | 32 | 91 | 64 | 37 |
| 33 | ORP_32 | 69 | 40 | 20 | 64 | 47 | 43 |
| 34 | ORP_33 | 48 | 43 | 17 | 61 | 50 | 38 |
| 35 | ORP_34 | 77 | 34 | 23 | 93 | 41 | 21 |
| 36 | ORP_35 | 24 | 15 | 18 | 22 | 18 | 20 |
| 37 | ORP_36 | 80 | 53 | 33 | 85 | 56 | 38 |
| 38 | ORP_37 | 68 | 54 | 36 | 82 | 60 | 35 |

| Sl. No. | Id No. | Name | Gen | PS | Age | Grd | Grp |
|---------|--------|-----------------|-----|-----|------|-----|-----|
| 1 | ORP_1 | Ayeesha S S | F | CO | 12.7 | 6 | Y |
| 2 | ORP_2 | Ayesha Begum | F | SiO | 11.5 | 5 | Y |
| 3 | ORP_3 | Bi Bi Hajira | F | SiO | 13.2 | 6 | Y |
| 4 | ORP_4 | Farheen Taj | F | SiO | 15.4 | 9 | Y |
| 5 | ORP_5 | Fathima | F | CO | 11.6 | 4 | Y |
| 6 | ORP_6 | Haseena | F | SiO | 11.6 | 5 | Y |
| 7 | ORP_7 | Husna Banu | F | SoO | 12.0 | 6 | Y |
| 8 | ORP_8 | Md. Abbudulla | M | CO | 13.7 | 8 | Y |
| 9 | ORP_9 | Md. Saddiq | M | SiO | 12.1 | 8 | Y |
| 10 | ORP_10 | Mizba Khanum | F | SiO | 11.5 | 5 | Y |
| 11 | ORP_11 | Md. Sulaiman | M | SiO | 11.3 | 5 | Y |
| 12 | ORP_12 | Md. Tameem | M | SiO | 12.7 | 8 | Y |
| 13 | ORP_13 | Md. Fazal | M | SiO | 13.1 | 8 | Y |
| 14 | ORP_14 | Md. Maaz | M | SiO | 11.2 | 5 | Y |
| 15 | ORP_15 | Md. Sameer | M | CO | 13.2 | 7 | Y |
| 16 | ORP_16 | Mohseena Banu | F | SiO | 14.1 | 6 | Y |
| 17 | ORP_17 | Muskan Banu | F | SiO | 12.2 | 5 | Y |
| 18 | ORP_18 | Naziya Haseen | F | SiO | 13.1 | 8 | Y |
| 19 | ORP_19 | Nousheen S | F | SoO | 15.9 | 10 | Y |
| 20 | ORP_20 | Pervez Kazi | F | SiO | 15.9 | 10 | Y |
| 21 | ORP_21 | Rabiya B | F | SoO | 11.3 | 5 | Y |
| 22 | ORP_22 | Rayees | M | SiO | 12.9 | 7 | Y |
| 23 | ORP_23 | Reshma | F | SiO | 12.0 | 7 | Y |
| 24 | ORP_24 | Reshma banu | F | SiO | 14.7 | 5 | Y |
| 25 | ORP_25 | Sahil Kazi | M | CO | 11.7 | 5 | Y |
| 26 | ORP_26 | Seema Salma | F | SoO | 14.2 | 8 | Y |
| 27 | ORP_27 | Salman Pasha | M | CO | 12.9 | 7 | Y |
| 28 | ORP_28 | Seema Sultana | F | SoO | 14.3 | 8 | Y |
| 29 | ORP_29 | Shahista | F | SoO | 11.6 | 5 | Y |
| 30 | ORP_30 | Shoib khan | M | SoO | 13.2 | 8 | Y |
| 31 | ORP_31 | Simran Banu | F | SiO | 11.3 | 7 | Y |
| 32 | ORP_32 | Simran Taj | F | SiO | 12.0 | 5 | Y |
| 33 | ORP_33 | SiOhib Pasha | M | SoO | 11.2 | 5 | Y |
| 34 | ORP_34 | Syed | M | SiO | 14.3 | 7 | Y |
| 35 | ORP_35 | Syed Mubarak | M | CO | 13.0 | 6 | Y |
| 36 | ORP_36 | Syed Waseem | M | CO | 12.3 | 6 | Y |
| 37 | ORP_37 | Taranum Parveen | F | SoO | 11.1 | 5 | Y |
| 38 | ORP_38 | Usha | F | CO | 11.8 | 5 | Y |
| 39 | ORP_39 | Vinoda | F | CO | 11.1 | 6 | Y |
| 40 | ORP_40 | Zoya Mohammadi | F | SiO | 11.3 | 5 | Y |

| Sl. No. | Id No. | Name | Gen | PS | Age | Grd | Grp |
|---------|--------|-----------------|-----|-----|------|-----|-----|
| 41 | ORP_41 | Zubeda | F | SiO | 13.1 | 8 | Y |
| 42 | ORP_42 | Abbas | M | SiO | 12.2 | 5 | C |
| 43 | ORP_43 | Afiya | F | SiO | 11.4 | 5 | C |
| 44 | ORP_44 | Amma Jan | F | SiO | 15.3 | 8 | C |
| 45 | ORP_45 | Asif | M | SiO | 11.2 | 7 | C |
| 46 | ORP_46 | Ayesha Kajal | F | SiO | 11.0 | 8 | C |
| 47 | ORP_47 | Ayesha Siddiqa | F | SiO | 12.7 | 6 | C |
| 48 | ORP_48 | Bashir Ahmed | M | SiO | 12.1 | 8 | C |
| 49 | ORP_49 | Bi Bi Ayesha | F | CO | 11.1 | 5 | C |
| 50 | ORP_50 | Bi Bi Hajira | F | SoO | 11.1 | 5 | C |
| 51 | ORP_51 | Faizan Khan | M | SiO | 12.1 | 7 | C |
| 52 | ORP_52 | Farhan Pasha | M | SoO | 11.2 | 5 | C |
| 53 | ORP_53 | Farheen Zoya | F | CO | 11.3 | 5 | C |
| 54 | ORP_54 | Fouziya Haseena | F | SoO | 12.6 | 6 | C |
| 55 | ORP_55 | Hajira Z | F | SiO | 11.7 | 5 | C |
| 56 | ORP_56 | Jafar Saddiq | M | CO | 15.9 | 7 | C |
| 57 | ORP_57 | Md. Saad | M | SoO | 14.0 | 8 | C |
| 58 | ORP_58 | Md. Muzammil | M | CO | 13.1 | 7 | C |
| 59 | ORP_59 | Nayeem Khan | M | SiO | 12.2 | 8 | C |
| 60 | ORP_60 | Noori | F | SiO | 11.5 | 6 | C |
| 61 | ORP_61 | Rehana Banu | F | SiO | 15.3 | 8 | C |
| 62 | ORP_62 | Sabha | F | SiO | 11.6 | 5 | C |
| 63 | ORP_63 | Shahid | M | CO | 15.0 | 6 | C |
| 64 | ORP_64 | Shakeela Banu | F | SoO | 11.5 | 5 | C |
| 65 | ORP_65 | Shabana Banu | F | SoO | 12.5 | 8 | Y |
| 66 | ORP_66 | Shawaz Banu | F | SiO | 15.1 | 8 | C |
| 67 | ORP_67 | Sheikn Fareed | M | CO | 15.8 | 8 | C |
| 68 | ORP_68 | Siddiqua Banu | F | SoO | 12.1 | 7 | C |
| 69 | ORP_69 | Siddiqua Begum | F | SiO | 14.6 | 9 | C |
| 70 | ORP_70 | SiOhail Khan | M | CO | 12.2 | 6 | C |
| 71 | ORP_71 | Sonu | F | CO | 12.0 | 7 | C |
| 72 | ORP_72 | Sonu Anjum | F | SiO | 12.5 | 7 | C |
| 73 | ORP_73 | Sunaulla | M | CO | 13.3 | 6 | C |
| 74 | ORP_74 | Syed Nadeem | M | CO | 11.4 | 5 | C |
| 75 | ORP_75 | Syed Rooman | M | CO | 11.3 | 7 | C |
| 76 | ORP_76 | Zulekha Banu | F | CO | 11.1 | 5 | C |
| 77 | ORP_77 | Ayesha ? | F | CO | 13.1 | 8 | C |
| 78 | ORP_78 | Junaid | M | SiO | 13.2 | 8 | C |
| 79 | ORP_79 | Zeesha | F | SoO | 12.3 | 6 | C |
| | | | | | | | |

| Sl. No. | Id No. | CDI_pre | CDI_post | BIS_pre | BIS_post | RSES_pre | RSES_post |
|---------|--------|---------|----------|---------|----------|----------|-----------|
| 1 | ORP_1 | 34 | 17 | 19 | 13 | 24 | 20 |
| 2 | ORP_2 | 31 | 15 | 23 | 16 | 22 | 21 |
| 3 | ORP_3 | 8 | 21 | 20 | 15 | 26 | 21 |
| 4 | ORP_4 | 24 | 10 | 23 | 14 | 22 | 20 |
| 5 | ORP_5 | 29 | 17 | 19 | 18 | 27 | 19 |
| 6 | ORP_6 | 29 | 9 | 20 | 14 | 28 | 19 |
| 7 | ORP_7 | 28 | 7 | 21 | 13 | 22 | 22 |
| 8 | ORP_8 | 27 | 9 | 20 | 18 | 27 | 19 |
| 9 | ORP_9 | 20 | . | 22 | . | 20 | . |
| 10 | ORP_10 | 14 | 19 | 20 | 16 | 28 | 15 |
| 11 | ORP_11 | 17 | 4 | 25 | 21 | 27 | 15 |
| 12 | ORP_12 | 16 | 6 | 19 | 18 | 22 | 14 |
| 13 | ORP_13 | 28 | 31 | 22 | 17 | 26 | 26 |
| 14 | ORP_14 | 25 | 3 | 15 | 14 | 22 | 14 |
| 15 | ORP_15 | 17 | 17 | 25 | 19 | 25 | 30 |
| 16 | ORP_16 | 27 | 25 | 22 | 14 | 23 | 24 |
| 17 | ORP_17 | 22 | 24 | 19 | 14 | 28 | 22 |
| 18 | ORP_18 | 17 | 5 | 22 | 14 | 25 | 14 |
| 19 | ORP_19 | 16 | 5 | 17 | 11 | 26 | 18 |
| 20 | ORP_20 | 10 | 9 | 19 | 16 | 22 | 19 |
| 21 | ORP_21 | 26 | 26 | 19 | 13 | 28 | 28 |
| 22 | ORP_22 | 40 | 10 | 25 | . | 23 | 13 |
| 23 | ORP_23 | 11 | . | 18 | . | 33 | . |
| 24 | ORP_24 | 24 | 21 | 23 | 14 | 25 | 19 |
| 25 | ORP_25 | 16 | . | 22 | 13 | 26 | . |
| 26 | ORP_26 | 35 | 10 | 23 | 17 | 19 | 13 |
| 27 | ORP_27 | 28 | 19 | 20 | 19 | 24 | 20 |
| 28 | ORP_28 | 14 | 22 | 21 | 19 | 19 | 23 |
| 29 | ORP_29 | 27 | 8 | 21 | 13 | 28 | 15 |
| 30 | ORP_30 | 35 | 19 | 23 | 13 | 26 | 28 |
| 31 | ORP_31 | 14 | 9 | 19 | 13 | 25 | 20 |
| 32 | ORP_32 | 16 | 20 | 19 | 14 | 25 | 18 |
| 33 | ORP_33 | 27 | 9 | 14 | 20 | 23 | 22 |
| 34 | ORP_34 | 13 | 9 | 22 | 14 | 28 | 23 |
| 35 | ORP_35 | 30 | 4 | 24 | 18 | 28 | 18 |
| 36 | ORP_36 | 31 | . | 23 | . | 28 | . |
| 37 | ORP_37 | 32 | 19 | 17 | 15 | 26 | 23 |
| 38 | ORP_38 | 15 | 14 | 23 | 16 | 23 | 16 |
| 39 | ORP_39 | 26 | 21 | 22 | 13 | 25 | 19 |
| 40 | ORP_40 | 24 | 11 | 19 | 14 | 19 | 18 |

| Sl. No. | Id No. | CDI_pre | CDI_post | BIS_pre | BIS_post | RSES_pre | RSES_post |
|---------|--------|---------|----------|---------|----------|----------|-----------|
| 41 | ORP_41 | 19 | 18 | 21 | 18 | 21 | 20 |
| 42 | ORP_42 | 13 | 15 | 19 | 22 | 24 | 21 |
| 43 | ORP_43 | 24 | 16 | 20 | 19 | 25 | 25 |
| 44 | ORP_44 | 17 | 22 | 20 | 20 | 21 | 23 |
| 45 | ORP_45 | 16 | 13 | 19 | 23 | 21 | 25 |
| 46 | ORP_46 | 10 | 15 | 14 | 21 | 24 | 25 |
| 47 | ORP_47 | 18 | 16 | 23 | 22 | 23 | 18 |
| 48 | ORP_48 | 24 | 13 | 21 | 16 | 25 | 22 |
| 49 | ORP_49 | 16 | 1 | 20 | 20 | 23 | 13 |
| 50 | ORP_50 | 34 | . | 19 | . | 26 | . |
| 51 | ORP_51 | 10 | 16 | 14 | 14 | 21 | 23 |
| 52 | ORP_52 | 27 | 5 | 20 | 23 | 24 | 22 |
| 53 | ORP_53 | 30 | 29 | 23 | 17 | 25 | 22 |
| 54 | ORP_54 | 18 | 14 | 11 | 15 | 24 | 17 |
| 55 | ORP_55 | 19 | 4 | 16 | 17 | 24 | 15 |
| 56 | ORP_56 | 31 | 34 | 12 | 13 | 24 | 26 |
| 57 | ORP_57 | 13 | 17 | 21 | 19 | 26 | 24 |
| 58 | ORP_58 | 22 | 7 | 23 | 23 | 26 | 26 |
| 59 | ORP_59 | 6 | 13 | 10 | 14 | 20 | 20 |
| 60 | ORP_60 | 21 | 7 | 24 | 17 | 26 | 13 |
| 61 | ORP_61 | 16 | 5 | 21 | 15 | 20 | 14 |
| 62 | ORP_62 | 18 | 21 | 21 | 21 | 27 | 29 |
| 63 | ORP_63 | . | . | . | . | . | . |
| 64 | ORP_64 | 15 | 22 | 13 | 22 | 25 | 23 |
| 65 | ORP_65 | 17 | 13 | 21 | 17 | 29 | 16 |
| 66 | ORP_66 | 24 | 24 | 18 | 20 | 31 | 25 |
| 67 | ORP_67 | 11 | 4 | 19 | 13 | 23 | 19 |
| 68 | ORP_68 | 12 | 7 | 21 | 17 | 27 | 18 |
| 69 | ORP_69 | 31 | 6 | 22 | 18 | 21 | 15 |
| 70 | ORP_70 | 30 | . | . | . | . | . |
| 71 | ORP_71 | 15 | 19 | 17 | 20 | 30 | 24 |
| 72 | ORP_72 | 8 | 12 | 19 | 20 | 24 | 23 |
| 73 | ORP_73 | 28 | 12 | 19 | 18 | 21 | 23 |
| 74 | ORP_74 | 19 | 24 | 18 | 20 | 28 | 20 |
| 75 | ORP_75 | 26 | 17 | 19 | 20 | 24 | 24 |
| 76 | ORP_76 | 28 | 22 | 22 | 19 | 20 | 24 |
| 77 | ORP_77 | . | . | . | . | . | . |
| 78 | ORP_78 | . | . | . | . | . | . |
| 79 | ORP_79 | 37 | 23 | 17 | 20 | 31 | 15 |

| Sl. No. | Id No. | AS_pre | AS_post | STAIC_pre | STAIC_post | CAMM_pre | CAMM_post | CLS_pre | CLS_post |
|---------|--------|--------|---------|-----------|------------|----------|-----------|---------|----------|
| 1 | ORP_1 | 16 | 9 | 46 | 29 | 12 | 28 | 46 | 46 |
| 2 | ORP_2 | 28 | 16 | 38 | 34 | 28 | 28 | 53 | 46 |
| 3 | ORP_3 | 19 | 25 | 57 | 37 | 19 | 32 | 49 | 35 |
| 4 | ORP_4 | 4 | 7 | 52 | 35 | 18 | 24 | 55 | 35 |
| 5 | ORP_5 | 32 | 18 | 39 | 40 | 14 | 24 | 33 | 37 |
| 6 | ORP_6 | 17 | 13 | 57 | 35 | 23 | 24 | 37 | 23 |
| 7 | ORP_7 | 31 | 11 | 46 | 29 | 15 | 15 | 41 | 49 |
| 8 | ORP_8 | 40 | 15 | 38 | 37 | 15 | 21 | 59 | 30 |
| 9 | ORP_9 | 48 | . | . | . | 13 | . | . | . |
| 10 | ORP_10 | 23 | 6 | 33 | 38 | 29 | 22 | 46 | 35 |
| 11 | ORP_11 | 44 | 32 | . | 31 | 23 | 20 | 49 | 27 |
| 12 | ORP_12 | 40 | 10 | 30 | 28 | 15 | 30 | 53 | 18 |
| 13 | ORP_13 | 5 | 26 | 44 | 41 | 34 | 22 | 42 | 52 |
| 14 | ORP_14 | 16 | 19 | 39 | 40 | 5 | 23 | 22 | 35 |
| 15 | ORP_15 | 24 | 13 | 42 | 39 | 17 | 22 | 49 | 50 |
| 16 | ORP_16 | 23 | 17 | 36 | 36 | 23 | 25 | 51 | 47 |
| 17 | ORP_17 | 28 | 3 | 45 | 34 | 23 | 23 | 41 | 50 |
| 18 | ORP_18 | 40 | 3 | 36 | 33 | 13 | 20 | 54 | 21 |
| 19 | ORP_19 | 19 | 11 | 37 | 36 | 4 | 10 | 29 | 30 |
| 20 | ORP_20 | 8 | 10 | 38 | 29 | 20 | 18 | 34 | 30 |
| 21 | ORP_21 | 23 | 10 | 45 | 38 | 4 | 25 | 53 | 46 |
| 22 | ORP_22 | 36 | . | 41 | . | 24 | . | 48 | 18 |
| 23 | ORP_23 | 41 | . | 59 | . | 14 | . | 33 | . |
| 24 | ORP_24 | 22 | 18 | 42 | 37 | 26 | 24 | 58 | 31 |
| 25 | ORP_25 | 30 | 10 | 31 | 37 | 15 | 23 | 54 | . |
| 26 | ORP_26 | 22 | 4 | 33 | 38 | 26 | 20 | 54 | 23 |
| 27 | ORP_27 | 51 | 35 | 29 | 46 | 12 | 19 | 28 | 31 |
| 28 | ORP_28 | 20 | 13 | 57 | 35 | 17 | 17 | 47 | 52 |
| 29 | ORP_29 | 53 | 24 | 44 | 34 | 16 | 17 | 45 | 24 |
| 30 | ORP_30 | 28 | 16 | . | 35 | . | 22 | 49 | 46 |
| 31 | ORP_31 | 24 | 12 | 44 | 34 | 10 | 28 | 54 | 43 |
| 32 | ORP_32 | 28 | 5 | 41 | 35 | 32 | 19 | 35 | 35 |
| 33 | ORP_33 | 31 | 16 | 37 | 36 | 17 | 26 | 45 | 34 |
| 34 | ORP_34 | 47 | 12 | 38 | 33 | 15 | 26 | 32 | 25 |
| 35 | ORP_35 | 46 | 9 | 60 | 38 | 13 | 17 | 53 | 30 |
| 36 | ORP_36 | 36 | . | 40 | . | 20 | . | 46 | . |
| 37 | ORP_37 | 21 | 5 | 40 | 33 | 25 | 17 | 38 | 45 |
| 38 | ORP_38 | 18 | 20 | 52 | 37 | 29 | 23 | 46 | 67 |
| 39 | ORP_39 | 23 | 10 | 54 | 33 | 29 | 20 | 53 | 39 |
| 40 | ORP_40 | 17 | 13 | 43 | 36 | 4 | 23 | 29 | 35 |

| SL.NO | ID. NO | AS _pre | AS _post | STAIC _pre | STAIC _post | CAMM _pre | CAMM _post | CLS _pre | CLS _post |
|-------|--------|------------|-------------|---------------|----------------|--------------|---------------|-------------|--------------|
| 41 | ORP_41 | 23 | 4 | 45 | 40 | 15 | 21 | 46 | 38 |
| 42 | ORP_42 | 35 | 39 | 40 | 40 | 26 | 22 | 43 | 43 |
| 43 | ORP_43 | 36 | 15 | 36 | 37 | 8 | 21 | 56 | 50 |
| 44 | ORP_44 | 33 | 12 | 50 | 41 | 21 | 22 | 48 | 50 |
| 45 | ORP_45 | 33 | 49 | 32 | 41 | 20 | 22 | 40 | 49 |
| 46 | ORP_46 | 22 | 8 | 41 | 36 | 19 | 15 | 51 | 33 |
| 47 | ORP_47 | 44 | 31 | 49 | 36 | 14 | 20 | 50 | 29 |
| 48 | ORP_48 | 38 | 19 | 41 | 42 | 14 | 17 | 54 | 43 |
| 49 | ORP_49 | 18 | 11 | 38 | 33 | 14 | 24 | 38 | 18 |
| 50 | ORP_50 | 27 | . | 44 | . | . | . | 38 | . |
| 51 | ORP_51 | 5 | 6 | 22 | 33 | 12 | 19 | 16 | 34 |
| 52 | ORP_52 | 39 | 47 | 28 | 39 | 21 | 20 | 49 | 18 |
| 53 | ORP_53 | 50 | 16 | 38 | 38 | 4 | 18 | 45 | 32 |
| 54 | ORP_54 | 25 | 19 | 43 | 43 | 26 | 18 | 44 | 61 |
| 55 | ORP_55 | 33 | 16 | 32 | 36 | 15 | 19 | 39 | 23 |
| 56 | ORP_56 | 19 | 25 | 39 | 35 | 23 | 22 | 39 | 52 |
| 57 | ORP_57 | 22 | 4 | 43 | 34 | . | 25 | 49 | 43 |
| 58 | ORP_58 | 29 | 61 | 38 | 40 | 32 | 20 | 41 | 45 |
| 59 | ORP_59 | 26 | 33 | 35 | 39 | 22 | 23 | 25 | 40 |
| 60 | ORP_60 | 33 | 38 | 52 | 41 | 8 | 25 | 50 | 37 |
| 61 | ORP_61 | 29 | 12 | 42 | 36 | 27 | 18 | 48 | 29 |
| 62 | ORP_62 | 45 | 24 | 37 | 41 | 15 | 20 | 51 | 51 |
| 63 | ORP_63 | . | . | . | . | . | . | . | . |
| 64 | ORP_64 | 32 | 3 | 35 | 40 | 25 | 8 | 44 | 40 |
| 65 | ORP_65 | 35 | 6 | 35 | 42 | 25 | 21 | 57 | 25 |
| 66 | ORP_66 | 30 | 17 | 43 | 40 | 15 | 20 | 53 | 48 |
| 67 | ORP_67 | 37 | 22 | 31 | 26 | 20 | 16 | 34 | 43 |
| 68 | ORP_68 | 23 | 7 | 54 | 41 | . | 19 | . | 36 |
| 69 | ORP_69 | 33 | 33 | 52 | 47 | . | 20 | . | 37 |
| 70 | ORP_70 | . | . | . | . | . | . | . | . |
| 71 | ORP_71 | 34 | 30 | 34 | 36 | 24 | 13 | 50 | 54 |
| 72 | ORP_72 | 20 | 26 | 37 | 41 | 14 | 15 | 62 | 30 |
| 73 | ORP_73 | 43 | 15 | 37 | 45 | 18 | 21 | 45 | 55 |
| 74 | ORP_74 | 30 | 23 | 35 | 42 | 19 | 18 | 42 | 53 |
| 75 | ORP_75 | 41 | 50 | 40 | 35 | 24 | 15 | 44 | 48 |
| 76 | ORP_76 | 45 | 41 | 42 | 41 | 11 | 24 | 30 | 49 |
| 77 | ORP_77 | . | . | . | . | . | . | 30 | . |
| 78 | ORP_78 | . | . | . | . | . | . | . | . |
| 79 | ORP_79 | | 30 | 30 | 44 | 21 | 29 | 62 | 42 |

LIST OF PLATES:



Plate-1: Yogasana Class



Plate-2: Relaxation (DRT)



Plate-3: Broad Jump



Plate4: Shuttle Run test



Plate -5:Taping Test



Plate-6: Sit and Reach



Plate-7: Flamingo leg Balance



Plate-8: Sit UP

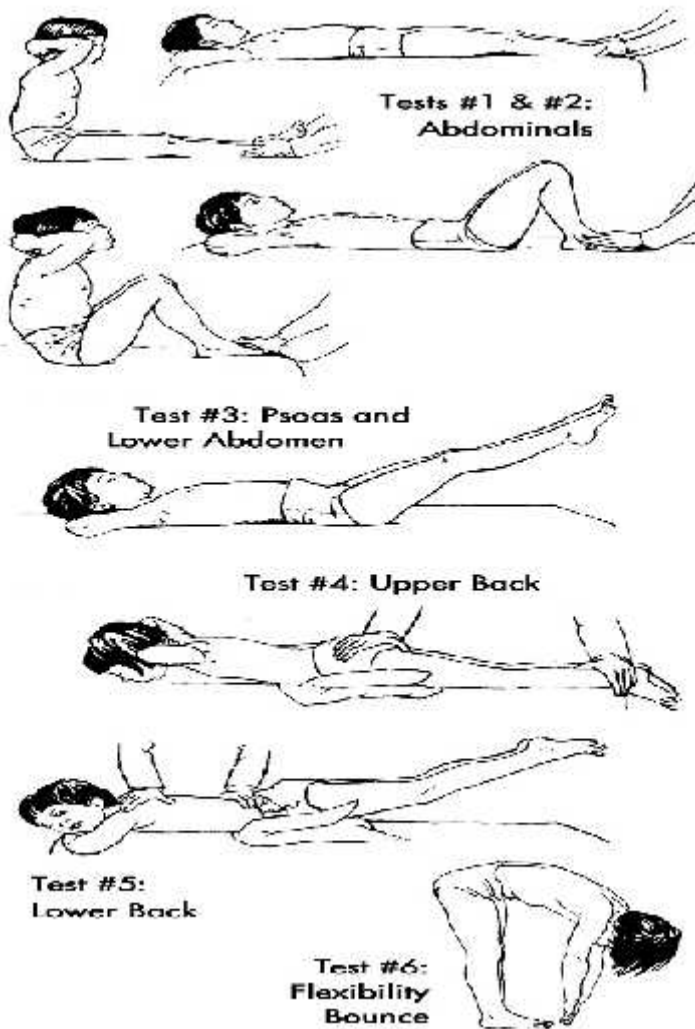


Plate-9: Kraus-Weber minimum muscular fitness tests

LIST OF PUBLICATIONS FROM THIS DOCTORAL WORK:

| | |
|----------------|--|
| Paper-1 | Purohit, S. P., Pradhan, B., & Nagendra, H. R. (2016). Effect of yoga on EUROFIT physical fitness parameters on adolescents dwelling in an orphan home: A randomized control study. <i>Vulnerable Children and Youth Studies</i> , 11(1), 33-46. |
| Paper-2 | Purohit, S. P., & Pradhan, B. (2016). Effect of yoga program on executive functions of adolescents dwelling in an orphan home: A randomized controlled study. <i>Journal of Traditional and Complementary Medicine</i> . 7 (2017) 99-105. |
| Paper-3 | Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2015). Effect of yoga program on psychomotor performances of orphan adolescents: a randomized wait-list controlled study. <i>International Scientific Yoga Journal SENSE</i> , 5(5).55-63. |
| Paper-4 | Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2015). Effect of yoga program on minimum muscular fitness of orphan adolescents by using Kraus-Weber test: a randomized wait-list controlled study. <i>Indian Journal of Positive Psychology</i> , 6 (4.)389-392. |
| Paper-5 | Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2016). Yoga as a preventive therapy for loneliness in orphan adolescents. <i>Indian Journal of Health and Wellbeing</i> , 7 (1),121-124. |
| Paper-6 | Purohit, S. P., Pradhan, B. & Nagendra, H. R. Role of Integrated Yoga Program in mental health of orphan adolescents: a randomized wait-list controlled study. (Under review). |

Contact address of the corresponding author for the full papers:

E mail: purohit.satya@gmail.com, Mob. No: 7676745174.