

1.0 INTRODUCTION

Childhood and adolescence are crucial periods of life, since a set of transition on many aspects of the individual's behaviour, development and relationships take place at these ages. These transitions are biological, cognitive, social and emotional (Strickland, 2001). Experts believe that the attitude and behaviours established at this stage lay the foundations for later adulthood. Parents, teachers and society play a vital role in the development in the various aspects of children. Emphasizing the responsibilities of parent several studies suggest that children who have a secure attachment with their parents are; more resilient, empathetic, and self-knowledgeable, have a higher self-esteem, more curious (Papalia, Olds, & Feldman, 2002); less distress and more engaged in the situation (Bornstein, 2002) and academically more successful (Aunola, Nurmi, Lerkkanen, & Raku-Puttonen, 2003). Research shows that the children have lost or neglected by their parent are vulnerable to experiencing multiple traumatic events and suffer poor self-regulation leading to emotional and behavioural difficulties and trauma-related disorders (Vavrova, Hrbackova, & Hladik, 2014; Whetten, Ostermann, Whetten, O'Donnell, & Thielman, 2011).

1.1 ORPHAN AND PREVALENCE

Children under the age of 18 years and have lost one or both parents are known as orphans and are categorized as double or single orphans respectively. Single orphans are categorized into maternal orphans, the children who have lost their mothers and paternal orphans, who have lost their fathers (George, 2011; UNICEF, UNAID, & USAID, 2004). There is another category called social orphans, the children who live without parents because of abandonment, or because their parents gave up them as a result of poverty, alcoholism or

imprisonment (Dillon, 2009). The total number of orphans estimated 143 million worldwide (UNICEF, UNAID, & USAID, 2004), 72 million in South and East Asia (UNICEF, 2008) and 20 million in India (Rajan & James, 2007). The orphans are abandoned and in need of supportive living environments because their biological parents are unable to take care of their children mentally physically (UNICEF, 2008).

Sl. No	Place	Prevalence rate	Percentage	Survey Year
1	Worldwide	143,000,000 children	100%	UNICEF, 2004
2	South and East Asia	72,000,000 children	50.34%	UNICEF, 2008
3	India	20,000,000 children	14%	NFHS, 2005-6

1.2 CAUSES OF BEING ORPHAN AND ASSOCIATE CHALLENGES

There are many reasons like malaria, tuberculosis, pregnancy complications, HIV/AIDS and natural disasters are responsible for high mortality of young adults, which is responsible for increased number of orphans (WHO, 2007). Loss of parents makes them deprived of proper nutrition and emotional care. No other type of emotional support can replace parental care towards their children. Early life distress due to loss of parental love/support slowly translates into various bio-psycho-social imbalances like unhealthy physical growth, emotion dis-regulation, loneliness, anxiety and depression, which will be described in literature survey in a great detail. Studies have demonstrated ill effects of being an orphaned or abandoned child (OAC) in resource-poor countries, including traumatic grief, poverty, impaired cognitive and emotional development, less access to education and the greater likelihood of being exploited as child labour (WHO, 2007). Other reports describe the challenges faced by families and communities in providing food, shelter, health care, and education for the increase in numbers of OAC while the number of potential caregivers is

diminishing due to increasing age-adjusted mortality (UNICEF, 2004). The orphans are abandoned and in need of supportive living environments because their biological parents are unable to take care of their children mentally physically (UNICEF, 2008).

1.3 DISADVANTAGES OF ORPHANAGE REARING

Orphanages are the most common shelter for the orphaned and abandoned in many parts of the world (Zeanah, Smyke, & Settles, 2006). But many studies have found that rearing in orphanage is one form of early life stress (Kreppner et al., 2010; Rutter et al., 2010) which may be due to several lacunas found in orphanages across the world as incapability of providing individualized nurturing found in a loving and responsible households (Ahmad, Qahar, Siddiq, Majeed, Rasheed, Jabar, & Von Knorring, 2005), unable to control violence (Hermenau et al., 2011) and experiences of violence or neglect in childhood often lead to mental ill health, like depression (Elbert et al., 2009). Orphans are deprived of emotional fulfillment as they are away from their family, relatives and society (Naqshbandi, Sehgal, Abdullah, & Hassan, 2012). In most of such institutions, there is lack of accurate child to caregiver ratio (AHREOC, 2006) and length of time spends in institutions positively correlate with blocked cognitive activity and limiting patterns of cultural expression (UNICEF, UNAID, & USAID, 2004).

1.4 INTERVENTIONS ON ORPHANS

To tackle the above-mentioned issues, several modes of interventions have been provided to orphans for promoting their all round health. Approaches like leisure time activities (Sharma & Jena, 2015; Caldwell, Patrick, Smith, Palen, & Wegner, 2010), physical activities (Kolayi , Sari, Soyer, & Gürhan, 2011); Bonhauser, et al., 2005), art activities (Ivanova,

2004) and psychosocial support interventions (Bill, Malik, & Memory, 2012; Ager et al., 2011; Jordans et al., 2010; Khamis, Macy, & Coignez, 2004; Kumakech, Cantor-Graae, Maling, & Bajunirwe, 2009) are provided in both short and long duration in different areas of the world for their better upliftment.

However, most aforementioned studies are of psychological interventions and mainly focused on the psychological aspects of the children. A paucity of study on physical or cognitive well-being was noticed in the literature though these are as prime as psychology health. Furthermore, few methodological limitations were found among these studies; most with a quasi-experimental design or with a single arm study with no control while only a few had a robust design like RCT.

In order to cope with the challenges of the orphan, an evidence base effective and feasible therapeutic intervention is needed. One such mind-body practice that has been increasingly gaining popularity within the general public and also scientific community since last 20 years is the ancient practice of yoga (Quilty, Saper, Goldstein, & Khalsa, 2013).

1.5 YOGA AS A SOLUTION

Yoga is becoming a popular mind-body practice (Khalsa, 2004); preventive and therapeutic intervention and appears as safe as usual care and exercise (Catalá-López, et al., 2015); incorporating a wide variety of practical disciplines like ethical principles, daily behaviors, physical postures, breathing techniques, self-awareness, deep relaxation techniques, and meditation into a system for personal growth, well-being, inner harmony and ultimately for self-realization (Iyengar, 2007). Yoga is a potential tool for children to deal with stress, emotions and regulate themselves (Hagen & Nayar, 2014).

Yoga works but how?

The principles of yoga based on the five sheaths of body; the concept of *pancha ko a viveka* (Nagarathna & Nagendra, 2006). There are different yogic practices recommended for the different layers of body. The betterment of the health can be achieved through the clear knowledge of each layer and by regular practice of yoga as per the advice. The five layers are: (a) Physical level: (*annamaya ko a*) *kriya* and *yog sana* are two most important aspects of yoga, which cultures the body providing with strength, stamina, flexibility and coordination and makes the body work most efficiently by harnessing the energies in the right directions. (b) Pranic level: (*Pranamaya ko a*). *Prana* is the vital energy of our body which regulates all biological functions in our body. This is the key to control both physical and mental state. (c) Mental level (*Manomaya ko a*): Yoga by its systematic and conscious process of calming down the mind erases the weakness of the mind and builds will power into it. Through its emotion culture it sublimates the violent emotions and changes to subtle emotion; friendship, love or mental equipoise. (d) Intellectual level (*Vijnanamaya ko a*): A life with full awareness can make slowly understand beyond the obvious i.e. one can develop the understanding what makes us happy and unhappy with clarity. Then one can go into the root of the problems and can change the old pattern of life based on the new understanding, which can lead the practitioner to live an accountable, blissful, stress-free life. In fact, practising Yoga means to live with full awareness instead of mechanically. (e) Blissful State (*Anandamaya ko a*): It well said: “Yoga is the process of conscious evolvement from an animal level to spiritual level”. Swami Vivekananda also said, “Expansion is Life contraction is Death”. The spiritual dimension of man concern itself with the inner world- the move towards the casual state of mind, the root of the intellect and the substratum of emotions. The

inward journey starts with the spiritual quest. An introspection, an inward look, an inner awareness, features the quest. The subtle layers of mind unfold themselves. The inner dimensions of personality open out.

1.6 NEED OF THE STUDY

Although we are in the 21st century, yet the children living on the street with poverty, abandoned, betrayed, neglected, and abused has become a serious public concern and a matter of priority for National and International Child Welfare Organizations (Panter-Brick, 2002). Children represent over one-third of the world's population, global health experts agree that long-term social and economic progress cannot occur within nations that fail to invest in the well-being of their youth (USAID, 2013). Yoga is already proven as a good precautionary and 'complementary alternative medicine' therapy for various ailments in various age groups. However, there were a few interventional studies conducted to understand the impact of yoga on the well-being of orphan children.