

responses to the *yoga* intervention were observed in the children. This study was thus limited to a short intervention time and sample size.

8.7 SUGGESTIONS FOR FUTURE STUDIES

Yoga can be further assessed as a holistic motor intervention for children with ASD. Although motor skill issues are not included as a part of the diagnostic criteria for autism, they are widely prevalent in children with ASD and recognized as having an overreaching effect on other aspects of autism. Future studies can explore the impact of *yoga* over a longer intervention time on the motor proficiency of children with ASD, which is crucial for performing basic functional tasks and various school-based activities in a school environment. Further integration of regular *yoga* in special schools can be explored with simple *yoga* practices that the schoolteachers can implement and reinforce for effective classroom management. Some key factors that can be researched include how *yoga* can support children with ASD in classrooms on emotional regulation, anxiety, support task transitions, sitting tolerance, and focus on tasks in school environments.