CONTENTS

CHAPTER – I    INTRODUCTION

1.1 Learning Disability
    1.1.1 Definition
    1.1.2 Terminological clarification
    1.1.3 Characteristics
    1.1.4 Learning Disability in India
        1.1.4.1 Problems in identification
        1.1.4.2 Limited recognition and policies
        1.1.4.3 Limited intervention facilities
        1.1.4.4 Limited public awareness

1.2 Contemporary Yoga
    1.2.1 Yoga as Complementary and Alternative Medicine
    1.2.2 Increasing interest in Yoga research
    1.2.3 Increasing acceptance by general public
    1.2.4 Yoga for LD

CHAPTER-II  REVIEW OF RELATED LITERATURE

2.1 Introduction: Processing deficits in LD
    2.1.1 Planning, Attention, Simultaneous & Successive processing in LD
    2.1.2 Phonological Processing in LD
    2.1.3 Phonological processing in Kannada
    2.1.4 Emotional and Behavioral Problems in LD

2.2 Introduction: Yoga as intervention
    2.2.1 Allostatic regulation and Polyvagal theory for Yoga
    2.2.2 Yoga for children
    2.2.3 Yoga and cognitive functions
    2.3.4 Yoga curriculum in schools

2.3 Rationale for the study

CHAPTER-III    METHODOLOGY

3.1 Title
3.2 Aims and Objectives
3.3 Variables
3.3.1 Dependent Variables 37
3.3.2 Independent Variables 38
3.4 Operational Definitions 39
  3.4.1 Learning Disability 39
  3.4.2 Planning 39
  3.4.3 Attention 39
  3.4.4 Simultaneous processing 40
  3.4.5 Successive processing 40
  3.4.6 Phonological processing 40
  3.4.7 Word reading 40
  3.4.8 Arithmetic problem solving 41
  3.4.9 Behavioral adjustments 41
  3.4.10 Yoga 41
  3.4.11 Academic Activities 41
  3.4.12 Neuropsychological Intervention 41
3.5 Research Questions and Hypotheses 42
  3.5.1 Research Questions 42
  3.5.2 Hypotheses 42
3.6 Design of the study 43
3.7 Participants 43
  3.7.1 Participant Selection 43
  3.7.2 Sample Description 44
    3.7.2.1 Sample size 44
    3.7.2.2 Age 44
    3.7.2.3 Inclusion criteria 45
    3.7.2.4 Exclusion criteria 45
3.8 Tools and Measures 45
3.9 Description of the intervention 48
  3.9.1 Yoga combined with Academic Activities 50
    3.9.1.1 Selection of Yoga Techniques 50
    3.9.1.2 Focus of the Yoga Intervention 51
    3.9.1.3 Description of the Yoga Techniques 52
    3.9.1.4 Yoga Techniques Teaching Strategies 53
  3.9.2 Neuropsychological methods combined with Academic Activities 54
3.9.2.1   Selection of Neuropsychological Techniques 54
3.9.2.2   Description of the Neuropsychological Techniques 55
3.9.3   Academic Activities 56
  3.9.3.1   Selection of Academic Activities 56
  3.9.3.2   Description of the Academic Activities 56
3.10 Data Collection Procedure 59
  3.10.1 Pre-intervention assessment 59
  3.10.2 Post-intervention assessment 59
  3.10.3 Follow up assessment 60
3.11 Intervention Procedure 60
3.12 Data Analysis 61

CHAPTER-IV   ANALYSIS AND RESULTS
  4.1 Introduction to Analysis of data 62
  4.2 Testing Hypothesis 1 64
    4.2.1 Homogeneity test for intervention subgroups for planning 64
    4.2.2 Homogeneity test for planning pretest data 64
    4.2.3 Within group analysis for planning 65
      4.2.3.1 Within group analysis for planning Y&AA group 65
      4.2.3.2 Within group analysis for planning N&AA group 65
      4.2.3.3 Within group analysis for planning AA group 66
      4.2.3.4 Within group analysis for planning C group 67
    4.2.4 Between group analysis for planning post intervention data 67
    4.2.5 Between group analysis for planning follow up data 68
  4.3 Testing Hypothesis 2 69
    4.3.1 Homogeneity test for intervention subgroups for attention 69
    4.3.2 Homogeneity test for attention pretest data 69
    4.3.3 Within group analysis for attention 70
      4.3.3.1 Within group analysis for attention Y&AA group 70
      4.3.3.2 Within group analysis for attention N&AA group 70
      4.3.3.3 Within group analysis for attention AA group 71
      4.3.3.4 Within group analysis for attention C group 72
    4.3.4 Between group analysis for attention post intervention data 72
      4.3.4.A. Post-hoc analyses for Attention post intervention data 73
    4.3.5 Between group analysis for attention follow up data 75
4.3.5.A. Post-hoc analyses for Attention follow up data

4.4 Testing Hypothesis 3

4.4.1 Homogeneity test for intervention subgroups for Simultaneous processing

4.4.2 Homogeneity test for Simultaneous processing pre-intervention data

4.4.3 Within group analysis for Simultaneous processing

4.4.3.1 Within group analysis for Simultaneous processing Y&AA group

4.4.3.2 Within group analysis for Simultaneous processing N&AA group

4.4.3.3 Within group analysis for Simultaneous processing AA group

4.4.3.4 Within group analysis for Simultaneous processing C group

4.4.4 Between group analysis for Simultaneous processing post intervention data

4.4.4.A. Post-hoc analyses for Simultaneous processing post intervention data

4.4.5 Between group analysis for Simultaneous processing follow up data

4.5 Testing Hypothesis 4

4.5.1 Homogeneity test for intervention subgroups for Successive processing

4.5.2 Homogeneity test for Successive processing pre-intervention data

4.5.3 Within group analysis for Successive processing

4.5.3.1 Within group analysis for Successive processing Y&AA group

4.5.3.2 Within group analysis for Successive processing N&AA group

4.5.3.3 Within group analysis for Successive processing AA group

4.5.3.4 Within group analysis for Successive processing C group

4.5.4 Between group analysis for Successive processing post intervention data

4.5.4.A. Post-hoc analyses for Successive processing post intervention data
4.5.5 Between group analysis for Successive processing follow
up data

4.6 Testing Hypothesis 5

4.6.1 Elision

4.6.1.1 Homogeneity test for intervention subgroups for
Elision

4.6.1.2 Homogeneity test for Elision pre-intervention data

4.6.1.3 Within group analysis for Elision

4.6.1.3.1 Within group analysis for Elision Y&AA group

4.6.1.3.2 Within group analysis for Elision N&AA group

4.6.1.3.3 Within group analysis for Elision AA group

4.6.1.3.4 Within group analysis for Elision C group

4.6.1.4 Between group analysis for Elision post
intervention data

4.6.1.4.A. Post-hoc analyses for Elision post intervention
data

4.6.1.5 Between group analysis for Elision follow up data

4.6.2 Blending words

4.6.2.1 Homogeneity test for intervention subgroups for
Blending words

4.6.2.2 Homogeneity test for Blending words pre-
intervention data

4.6.2.3 Within group analysis for Blending words

4.6.2.3.1 Within group analysis for Blending words
Y&AA group

4.6.2.3.2 Within group analysis for Blending words
N&AA group

4.6.2.3.3 Within group analysis for Blending words AA
group

4.6.2.3.4 Within group analysis for Blending words C
group

4.6.2.4 Between group analysis for Blending words post
intervention data

4.6.2.4.A. Post-hoc analyses for Blending words post
intervention data

4.6.2.5 Between group analysis for Blending words follow
up data

4.6.3 Blending nonwords
4.6.3.1 Homogeneity test for intervention subgroups for Blending nonwords 105
4.6.3.2 Homogeneity test for Blending nonwords pre-intervention data 105
4.6.3.3 Within group analysis for Blending nonwords 106
4.6.3.3.1 Within group analysis for Blending nonwords Y&AA group 106
4.6.3.3.2 Within group analysis for Blending nonwords N&AA group 106
4.6.3.3.3 Within group analysis for Blending nonwords AA group 107
4.6.3.3.4 Within group analysis for Blending nonwords C group 108
4.6.3.4 Between group analysis for Blending nonwords post intervention data 108
4.6.3.4.A. Post-hoc analyses for Blending nonwords post intervention data 109
4.6.3.5 Between group analysis for Blending nonwords follow up data 111

4.6.4 Segmenting nonwords 112
4.6.4.1 Homogeneity test for intervention subgroups for Segmenting nonwords 112
4.6.4.2 Homogeneity test for Segmenting nonwords pre-intervention data 112
4.6.4.3 Within group analysis for Segmenting nonwords 113
4.6.4.3.1 Within group analysis for Segmenting nonwords Y&AA group 113
4.6.4.3.2 Within group analysis for Segmenting nonwords N&AA group 113
4.6.4.3.3 Within group analysis for Segmenting nonwords AA group 114
4.6.4.3.4 Within group analysis for Segmenting nonwords C group 115
4.6.4.4 Between group analysis for Segmenting nonwords post intervention data 116
4.6.4.4.A. Post-hoc analyses for Segmenting nonwords post intervention data 116
4.6.4.5 Between group analysis for Segmenting nonwords follow up data 118
4.6.4.5 A. Post-hoc analyses for Segmenting nonwords follow up data

4.6.5 Phoneme reversal

4.6.5.1 Homogeneity test for intervention subgroups for Phoneme reversal

4.6.5.2 Homogeneity test for Phoneme reversal pre-intervention data

4.6.5.3 Within group analysis for Phoneme reversal

4.6.5.3.1 Within group analysis for Phoneme reversal Y&AA group

4.6.5.3.2 Within group analysis for Phoneme reversal N&AA group

4.6.5.3.3 Within group analysis for Phoneme reversal AA group

4.6.5.3.4 Within group analysis for Phoneme reversal C group

4.6.5.4 Between group analysis for Phoneme reversal post intervention data

4.6.5.4.A. Post-hoc analyses for Phoneme reversal post intervention data

4.6.5.5 Between group analysis for Phoneme reversal follow up data

4.6.5.5 A. Post-hoc analyses for Phoneme reversal follow up data

4.6.6 Phoneme oddity

4.6.6.1 Homogeneity test for intervention subgroups for Phoneme oddity

4.6.6.2 Homogeneity test for Phoneme oddity pre-intervention data

4.6.6.3 Within group analysis for Phoneme oddity

4.6.6.3.1 Within group analysis for Phoneme oddity Y&AA group

4.6.6.3.2 Within group analysis for Phoneme oddity N&AA group

4.6.6.3.3 Within group analysis for Phoneme oddity AA group

4.6.6.3.4 Within group analysis for Phoneme oddity C group

4.6.6.4 Between group analysis for Phoneme oddity post intervention data

xii
4.6.6.4 A. Post-hoc analyses for Phoneme oddity post intervention data 134
4.6.6.5 Between group analysis for Phoneme oddity follow up data 136
4.6.6.5 A. Post-hoc analyses for Phoneme oddity follow up data 136

4.6.7 Phoneme deletion 138
4.6.7.1 Homogeneity test for intervention subgroups for Phoneme deletion 138
4.6.7.2 Homogeneity test for Phoneme deletion pre-intervention data 138
4.6.7.3 Within group analysis for Phoneme deletion 139
4.6.7.3.1 Within group analysis for Phoneme deletion Y&AA group 139
4.6.7.3.2 Within group analysis for Phoneme deletion N&AA group 139
4.6.7.3.3 Within group analysis for Phoneme deletion AA group 140
4.6.7.3.4 Within group analysis for Phoneme deletion C group 141
4.6.7.4 Between group analysis for Phoneme deletion post intervention data 141
4.6.7.4 A. Post-hoc analyses for Phoneme deletion post intervention data 142
4.6.7.5 Between group analysis for Phoneme deletion follow up data 144
4.6.7.5 A. Post-hoc analyses for Phoneme deletion follow up data 144

4.6.8 Spoonerism 146
4.6.8.1 Homogeneity test for intervention subgroups for Spoonerism 146
4.6.8.2 Homogeneity test for Spoonerism pre-intervention data 146
4.6.8.3 Within group analysis for Spoonerism 147
4.6.8.3.1 Within group analysis for Spoonerism Y&AA group 147
4.6.8.3.2 Within group analysis for Spoonerism N&AA group 147
4.6.8.3.3 Within group analysis for Spoonerism AA group 148
4.6.8.3.4 Within group analysis for Spoonerism C group 149
4.6.8.4 Between group analysis for Spoonerism post intervention data

4.6.8.4.A. Post-hoc analyses for Spoonerism post intervention data

4.6.8.5 Between group analysis for Spoonerism follow up data

4.6.8.5 A. Post-hoc analyses for Spoonerism follow up data

4.6.9 Phoneme reversal Kannada

4.6.9.1 Homogeneity test for intervention subgroups for Phoneme reversal Kannada

4.6.9.2 Homogeneity test for Phoneme reversal Kannada pre-intervention data

4.6.9.3 Within group analysis for Phoneme reversal Kannada

4.6.9.3.1 Within group analysis for Phoneme reversal Kannada Y&AA group

4.6.9.3.2 Within group analysis for Phoneme reversal Kannada N&AA group

4.6.9.3.3 Within group analysis for Phoneme reversal Kannada AA group

4.6.9.3.4 Within group analysis for Phoneme reversal Kannada C group

4.6.9.4 Between group analysis for Phoneme reversal Kannada post intervention

4.6.9.4.A. Post-hoc analyses for Phoneme reversal Kannada post intervention

4.6.9.5 Between group analyses for Phoneme reversal Kannada follow up data

4.6.9.5 A. Post-hoc analyses for Phoneme reversal Kannada follow up data

4.7 Testing Hypothesis 6

4.7.1 Sight word reading Eng

4.7.1.1 Homogeneity test for intervention subgroups for Sight word reading Eng

4.7.1.2 Homogeneity test for Sight word reading Eng pre-intervention data

4.7.1.3 Within group analysis for Sight word reading Eng

4.7.1.3.1 Within group analysis for Sight word reading Eng Y&AA group
4.7.1.3.2 Within group analysis for Sight word reading Eng N&AA group 163
4.7.1.3.3 Within group analysis for Sight word reading Eng AA group 164
4.7.1.3.4 Within group analysis for Sight word reading Eng C group 165
4.7.1.4 Between group analyses for Sight word reading Eng post intervention data 165
4.7.1.4.A. Post-hoc analyses for Sight word reading Eng post intervention 166
4.7.1.5 Between group analyses for Sight word reading Eng follow up data 168
4.7.1.5. A. Post-hoc analyses for Sight word reading Eng follow up data 168
4.7.2 Decoding Eng 170
4.7.2.1 Homogeneity test for intervention subgroups for Decoding Eng 170
4.7.2.2 Homogeneity test for Decoding Eng pre-intervention data 170
4.7.2.3 Within group analysis for Decoding Eng 171
4.7.2.3.1 Within group analysis for Decoding Eng Y&AA group 171
4.7.2.3.2 Within group analysis for Decoding Eng N&AA group 171
4.7.2.3.3 Within group analysis for Decoding Eng AA group 172
4.7.2.3.4 Within group analysis for Decoding Eng C group 173
4.7.2.4 Between group analyses for Decoding Eng post intervention data 173
4.7.2.4. A. Post-hoc analyses for Decoding Eng post intervention 174
4.7.2.5 Between group analyses for Decoding Eng follow up data 176
4.7.2.5. A. Post-hoc analyses for Decoding Eng follow up data 176
4.7.3 Sight word Kan 178
4.7.3.1 Homogeneity test for intervention subgroups for Sight word Kan 178
4.7.3.2 Homogeneity test for Sight word Kan pre-intervention data 178
4.7.3.3 Within group analysis for Sight word Kan

4.7.3.3.1 Within group analysis for Sight word Kan Y&AA group

4.7.3.3.2 Within group analysis for Sight word Kan N&AA group

4.7.3.3.3 Within group analysis for Sight word Kan AA group

4.7.3.3.4 Within group analysis for Sight word Kan C group

4.7.3.4 Between group analyses for Sight word Kan post intervention data

4.7.3.4. A. Post-hoc analyses for Sight word Kan post intervention

4.7.3.5 Between group analyses for Sight word Kan follow up data

4.7.3.5. A. Post-hoc analyses for Sight word Kan follow up data

4.7.4 Decoding Kan

4.7.4.1 Homogeneity test for intervention subgroups for Decoding Kan

4.7.4.2 Homogeneity test for Decoding Kan pre-intervention data

4.7.4.3 Within group analysis for Decoding Kan

4.7.4.3.1 Within group analysis for Decoding Kan Y&AA group

4.7.4.3.2 Within group analysis for Decoding Kan N&AA group

4.7.4.3.3 Within group analysis for Decoding Kan AA group

4.7.4.3.4 Within group analysis for Decoding Kan C group

4.7.4.4 Between group analyses for Decoding Kan post intervention data

4.7.4.4. A. Post-hoc analyses for Decoding Kan post intervention

4.7.4.5 Between group analyses for Decoding Kan follow up data

4.7.4.5. A. Post-hoc analyses for Decoding Kan follow up data

4.8 Testing Hypothesis 7

4.8.1 Arithmetic
4.8.1.1 Homogeneity test for intervention subgroups for Arithmetic 196
4.8.1.2 Homogeneity test for Arithmetic pre-intervention data 196
4.8.1.3 Within group analysis for Arithmetic 197
4.8.1.3.1 Within group analysis for Arithmetic Y&AA group 197
4.8.1.3.2 Within group analysis for Arithmetic N&AA group 197
4.8.1.3.3 Within group analysis for Arithmetic AA group 198
4.8.1.3.4 Within group analysis for Arithmetic C group 199
4.8.1.4 Between group analyses for Arithmetic post intervention data 199
4.8.1.4.A. Post-hoc analyses for Arithmetic post intervention 200
4.8.1.5 Between group analyses for Arithmetic follow up data 202
4.8.1.5. A. Post-hoc analyses for Arithmetic follow up data 202

4.9 Testing Hypothesis 8 204
4.9.1 Homogeneity test for intervention subgroups for Behv.Adjustment 204
4.9.2 Within group analysis for Behv.Adjustment 204
4.9.2.1 Within group analysis for Behv.Adjustment Y&AA1 group 204
4.9.2.2 Within group analysis for Behv.Adjustment Y&AA2 group 205
4.9.2.3 Within group analysis for Behv.Adjustment N&AA1 group 206
4.9.2.4 Within group analysis for Behv.Adjustment N&AA2 group 206
4.9.2.5 Within group analysis for Behv.Adjustment AA1 group 207
4.9.2.6 Within group analysis for Behv.Adjustment AA2 group 208
4.9.2.7 Within group analysis for Behv.Adjustment C group 209
4.9.3.4 Between group analyses for Behv.Adjustment post intervention data 209
4.9.3.4.A. Post-hoc analyses for Behv.Adjustment post intervention 210
### 4.9.3.5 Between group analyses for Behv. Adjustment follow up data

### 4.10 Results

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.10.1 Results for Hypothesis 1</td>
<td>217</td>
</tr>
<tr>
<td>4.10.2 Results for Hypothesis 2</td>
<td>218</td>
</tr>
<tr>
<td>4.10.3 Results for Hypothesis 3</td>
<td>220</td>
</tr>
<tr>
<td>4.10.4 Results for Hypothesis 4</td>
<td>221</td>
</tr>
<tr>
<td>4.10.5 Results for Hypothesis 5</td>
<td>222</td>
</tr>
<tr>
<td>4.10.6 Results for Hypothesis 6</td>
<td>232</td>
</tr>
<tr>
<td>4.10.7 Results for Hypothesis 7</td>
<td>237</td>
</tr>
<tr>
<td>4.10.8 Results for Hypothesis 8</td>
<td>238</td>
</tr>
</tbody>
</table>

### CHAPTER V DISCUSSION

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.1 Planning</td>
<td>240</td>
</tr>
<tr>
<td>5.2 Attention</td>
<td>240</td>
</tr>
<tr>
<td>5.3 Simultaneous processing</td>
<td>241</td>
</tr>
<tr>
<td>5.4 Successive processing</td>
<td>243</td>
</tr>
<tr>
<td>5.5 Phonological processing</td>
<td>243</td>
</tr>
<tr>
<td>5.6 Reading efficiency</td>
<td>245</td>
</tr>
<tr>
<td>5.7 Arithmetic skills</td>
<td>245</td>
</tr>
<tr>
<td>5.8 Behavioral Adjustment</td>
<td>246</td>
</tr>
<tr>
<td>5.9 Conclusion</td>
<td>246</td>
</tr>
<tr>
<td>5.10 Implications of the study</td>
<td>247</td>
</tr>
<tr>
<td>5.11 Limitations of the study</td>
<td>248</td>
</tr>
<tr>
<td>5.12 Recommendation for further research</td>
<td>248</td>
</tr>
</tbody>
</table>

### REFERENCES

### APPENDICES

- Appendix I: The Comprehensive Test of Phonological Processing
- Appendix II: Kannada Phonological Processing Tests
- Appendix III: Test of Word Reading Efficiency
- Appendix IV: Test of Kannada Word Reading Efficiency
- Appendix V: NIMHANS Arithmetic Diagnostic Test
- Appendix VI: Rutter’s Proforma (Form B)
- Appendix VII: Neuropsychological Intervention
- Appendix VIII: Academic Activities
- Appendix IX: Yoga Teaching Course certificate
- Appendix X: Paper Published