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Effectiveness of Motor Activities for Children with Autism Spectrum Disorder as a Preparatory Programme for Performing Yoga

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Autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, motor abilities, repetitive behaviors, speech and nonverbal communication. Yoga is a supplementary activity to enhance the skill behaviors among children with Autism Spectrum Disorder. But as children with ASD have difficulties in attention, processing information and coordination because of which performing yoga is cumbersome. The objective of this study to measure effectiveness of motor activities for children with autism spectrum disorder as a preparatory programme for performing yoga, this paper is going to share the ideas of how motor activities will be helpful for children with autism spectrum disorders as a preparatory programme to perform yoga by training some set of motor activities like throwing and catching the ball, stamping feet, kicking the ball, walking within the boundary, writing in vacuum.

References:

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