# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>List of Tables</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>List of Figures</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>List of Pictures</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## 1. INTRODUCTION

### 1.1 Child Psychiatry Disorder

1.1.1. Prevalence

1.1.2. Types and Characteristics of Disruptive Behavior Disorder

1.1.2.1. Oppositional Defiant Disorder

1.1.2.2. Conduct Disorder

### 1.2 Attention Deficit / Hyperactivity Disorder

1.2.1. Meaning and Definitions

1.2.2. Classifications

1.2.3. Prevalence

1.2.4. Types

1.2.4.1. Inattentive and Hyperactivity Symptoms

1.2.4.2. Similarities and Differences between ADHD Subtypes

1.2.5. Etiology

1.2.5.1. ADHD and the Nature of Self-Control

1.2.5.2. Implications of Considering ADHD as Disorder of Self-Regulation

1.2.6. Management

### 1.3. Psychotherapy

1.3.1. Meaning and Definitions

1.3.2. Types of Psychotherapy
1.4. Play Therapy

1.4.1. Meaning and Definitions
1.4.2. Aims
1.4.3. Types
1.4.4. Theoretical Orientation of Play Therapy
1.4.5. Client-Centered Therapy
  1.4.5.1. Theory of Client-Centered Therapy
  1.4.5.2. Limit Setting
1.4.6. Applications

1.5. Yoga Therapy

1.5.1. Meaning and Definitions
1.5.2. Aims
1.5.3. Schools of Thoughts
1.5.4. Yoga Calm for Children
  1.5.4.1. Yogacharya Avneesh Tiwari
1.5.5. Applications

1.6. Parenting Training

1.6.1. Meaning and Definitions
1.6.2. Aims
1.6.3. Applications

1.7. Synthesize

2. REVIEW OF LITERATURE

2.1. Emotional Problems Associated with ADHD
2.2. Play Therapy
2.3. Yoga Therapy
2.4. Parent Training
2.5. Significance of the Study
3. METHODOLOGY
   3.1. Aim
   3.2. Operational Definitions
   3.3. Objectives
   3.4. Hypotheses
   3.5. Research Design
   3.6. Sample
   3.7. Assessment Tools
   3.8. Procedure
   3.9. Statistical Tools Applied
   3.10. Difficulties Encountered During the Study

4. RESULTS AND DISCUSSION
   4.1. Major Findings
   4.2. Limitations
   4.3. Implications for Remedial Measures
   4.4. Suggestions

5. SUMMARY AND CONCLUSIONS
   5.1. Summary
   5.2. Conclusion
   5.3. Avenues for Future Research

REFERENCES
APPENDIX A - ASSESSMENT TOOLS USED
APPENDIX B - TABLES