REFERENCES


Avery, W. M. Depression and meditation. 16 May 1998.


Berg, William P. van den, and Bert Mulder, (1976). Psychological research on the effects of the Transcendental Meditation technique on a number of personality variables. In David W. Orme-Johnson and John T. Farrow, eds., *Scientific Research*


Bhole, M. V. Therapeutic applications of yoga techniques. Section 12: Psychological conditions.


- Cattell & Curran (1973), Eight State Questionnaire(8SQ), Indian Adaptation by Shri Malay Kapoor (New Delhi) & Dr. Mahesh (Agra, 1990), The Psycho Centre, G-19, H-Block, Saket, New Delhi-110017.


Gudmestad, Julie. Break out of your slump: Yoga can help prevent slouching—and the depression, shallow breathing, tension, and headaches that often go with it. *Yoga Journal, 2001*.


Joshi, Joshi & Gokhala (1992), *Journal of Indian psychology*, 2005, vol. 23, no.1


Lane, A. M., and D. J. Lovejoy. The effects of exercise on mood changes:


‘Life Style Questionnaire’ Referenced by ‘Introducing Health Psychology’.


Clinical Psychologist & I.A.C.P. Silver Jublee Meet at K.G. Medical College, Lucknow.


Niranjanananda Saraswati, Swami (1994), Prana Pranayama Prana Vidya, Bihar School of Yoga, Munger.


Nov Rattan Sharma, Amrita Yadav & Deepti Hooda, M.D. university, Rohtak, 2005, vol.23, no.1


Rama, Swami, Rudolph Ballentine, M.D., and Swami Ajaya. Chapter 5: Psychosis to mysticism: Journey to the Self. In Swami Rama, Rudolph Ballentine, M.D., and Swami Ajaya,

Ramaswami, Srivatsa. *Yoga for the Three Stages of Life*. Untrue to its title, this is an overview of Krishnamacharya’s teachings, texts, asana, pranayama, and Yoga for women.


Shankardevananda Saraswati, Dr Swami (1984a), The effects of yoga on hypertension (2nd edn), Bihar School of Yoga, Munger.


Swami Balkrishan, August, (2007), Yog in synergy with medical science, Divya Prakashan, patanjali yogpeeth, maharshi dayanand gram, haridwar.


Swami Ramdev’s yog sandesh magazines, Published by Divya yog mandir (trust), Haridwar, 2005-2008, volume 1 to all.


and John T Farrow. Readings from Scientific American, San Francisco, WH. Freeman & Co; 86-91.


Yoga Biomedical Newsletter – the latest in Yoga Therapy research - PO Box 140, Cambridge CB4 3SY England - 13 pounds, tel. 0171 833 7267.

Yoga International – The most traditional magazine on Classical Yoga, published by the Himalayan Institute, Honesdale, PA. (800) 822-4547 - bimonthly $18/yr.


