1. Asha Choudary, ‘‘games that toy with kids Health’’, Times ife, SundayNovember 12, 2006, P.4


3. Bhole. M. V er.al ‘‘Effect of Yoga training on vital capacity and breath holding time’’, Yoga Mimas xiv:3 and 4, 1972


7. Deccan Herald, Thursday May 24, 2011, P.12

8. Dynamic facets of physical education and sports studies. A publication of A manonmanium Sundaranar University edited by Prof. Shanmuganathan. D.


BOOKS:

1. “Effect of Yoga on Physical and Mental Health” (An Experimental Study), 2014 Dr. Yoginder, Khel Sahitya Kendra New Delhi.


UNPUBLISHED THESIS:


2. DR K.K.AMARNATH, Phd thesis submitted to Bangalore university, Bangalore for the award of Doctoral degree (2011)
JOURNAL AND PERIODICALS:

1. International journal of Yoga and Allied Science, published by Indian association of yoga, new Delhi (year: 2014 vol.03, issue 2, chief editor is Dr Kamakhya kumar,

2. International journal of Yoga and Allied Science, published by Indian association of yoga, new Delhi (year: 2015 vol.04 issue): 01, chief editor is Dr Kamakhya kumar,


5. Indian Journal of Physical Education, Yoga and exercise, Published by West Beggal, Prof. Mandal.