BIBLIOGRAPHY

BOOKS


Brown M, Holloszy JO (1993), *Health Promotion, Jogging, and the Pursuit of the Moral Life*, Washington University School of Medicine, St. Louis, Missouri. Aging (Milan, Italy) [5(6):427-34]


Swami Kuvalayananada, (1977), Asana, (India: Lonaval: Kaivalyathama)

Tiedemann A, Sherrington C, Lord SR (2005), Prince of Wales Medical Research Institute, UNSW, Randwick, Australia.


Bharshankar, J.R. et.al. (2003, Effect of Yoga on Cardiovascular system in subjects above 40 years). India J Physiol Pharamasol, 47 (2) : 202-6


Iain Lang, et.al. (2007)"Use It Or Lose It: Physical Activity In Middle Age” ScienceDaily
(Nov. 29, 2007)


Larun L, et.al. (2006), “Exercise in prevention And Treatment of Anxiety And Depression Among Children And Young People”, Cochrane Database Syst Rev. PP 19;3


Indian J Physiol Pharmacol. 32(3):PP. 202-8


Roy Chin Ming Chan, et al. (2001). The Relationship between the Psychometric Profile and Health Related Fitness of Chinese Youth in Hong Kong”. Completed Research, 72 (1), 87.


Taylor CB, et.al. (1985).” The relation of Physical Activity And Exercise to Mental Health.”. *Public Health Rep.* 100(2): PP.195-202


