
Bibliography

BIBLIOGRAPHY

Books

- Aggarwal, J.C., Educational Research, W.D. Arya Book Depot, 1975.
- Best John W., Research in Education, Englewood Cliffs, New Jersey, Prentice Hall Inc., 1977.
- Bucher, Charles A., Administration of School Health and Physical Education Program. 2nd edition. C.V. Mosby Co., Satin Louis, 1950.
- Bucher, Charles A., Foundation of Physical Education for Children, New Jersey: Prentice Hall Inc., 1987.
- Chaube, S.P., Educational Psychology, 2nd Edition, Lakshmi Narain Aggarwal Education Publications, 1990-91.
- Clarke, H. Harrison, Application of Measurement to Health and Physical Education, Fourth Edition: Englewood Cliffs, New Jersey, Prentice Hall Inc., 1967.
- Cripe et al., Psychology of Sports Behavior Santa Clara, Tinnes Mirror/Mosby college Publishing Company, 1986.
- D.S.E.R.T., Sadhana Patha, Rashtratana Printers, Jan, 2006.
- EMMES, UGC NET-JRF National Educational Test for Junior Research Fellowship, EMMES Publication.
- Fleishmen, Edvin, A., The Structure and Measurement of Physical Educations, Englewood Cliffs, H.H., Prentice Hall Inc., 1964.
- Gardner, Murphy, Introduction to Psychology, Routledge and KEGAN, London.
- Harrison Clarke, H. and David H. Clarke. Application of Measurement to Physical Education. 6th Edition, Prentice Hall, Inc., Englewood Cliffs, New Jersey, 1976.
- Iyengar, B.K.S., Light on Yoga, George Allen & Unwin publishers, Great Britain, 1991.

- J.M. Tanner, The Physical of the Olympic Athletic, London George, Alen and Urwin Ltd., 1964.
- Kansal, Devinder K., Test and Measurement in Sports and Physical Education, 1st Edition, D.V.S. Publications, New Delhi, India, 1996.
- Kumar, Ajith, Yoga Pravesha, Rashtrtana Sahitya, Keshava Shilpa, Bangalore, 2002.
- L. Floyd, Ruch, Psychology and Life, (Published Scot Foreman and company, Chicago, Atlanta, Dallas Palo Alto New York.
- Lorbin, Charles B. and Ruth Lindsey, Concept of Physical Fitness with Laboratories, Dubuque W.M.C. Bros Publishers, 1985.
- Majumdar, Pralay, Physiology of Sports and Exercise, New Central Book Agency (Pvt., Ltd.), October, 2002.
- Marrow R. James et al., Measurement and Evaluation in Human Performance, University of North, (Illinois, 1995, Human Kinetics, 1995).
- Mathews, Donald K., Measurement in Physical Education, 4th Edition, W.B. Saunder Company, 1973.
- R. Guy, Lefrancois. Psychology for Teaching, University of Alberta, Wadworth Publishing Company, Inc., Belmont, California, 1972.
- Schurr, Evelyn, L., Movement Experiences for Children- A Humanistic Approach to Elementary School Physical Education, 2nd edition, Prentice Hall, 1975.
- Scott, J., Psychological and Physiological Fitness and Carotic Exercise in Eight Grade Children, U.M.I.D.A.
- Singh, Hardayal, Science of Sports Training, D.V.S. Publications, New Delhi, 1991.
- Weld, Boring and Langfield, Foundation of Psychology, Asian Publishing House, New Delhi, Madras, London, New York, 1963.
- Willgoose, Carl E., Evaluation in Health Education and Physical Education, New York, McGraw Hill Book Company Inc., 1961.

Journals and Periodicals

- Arasteh, Raza, “Towards Final Personality Integration”, Schenkman Publishing Company, New York, London, Sidney, Toronto, 1975.
- Bhatt, Vasudeva, “Youth Stress Management with Yogic Practices”, Conference Hand Book Fourth International Conference on Frontiers in Yoga Research and Applications, December, 1997.
- Borgave, P.V., “Physical Activity and Psychological Benefits”, Souvenir XIX National Conference of Sports Psychology, 2007.
- C.L. Thaper, “Yoga for fine Tuning of Education”, Conference Hand Book. Fourth International Conference on Frontiers in Yoga Research and Applications, December, 1997.
- Chaturani, P. et al., “Mathematical Modelling of Yogasana and Other Exercises”, Proceedings- The International Conference on Frontiers in Biomechanics Supplemented with Yoga Concepts, Sapna Book House, 1999.
- Doss, S.N., “Yoga Utility in Games and Sports”, Vyayam, November, 1970.
- Dutta, N.K., Yogacharya Prabhu, N., “Yoga for Stress Management amongst Youth”, “Conference Hand Book-Fourth International Conference on Frontiers in Yoga Research and Applications, December, 1997.
- Jaswal, S.S., Giridhar, Baljeet, “Effect of Exercise Program on Strength, Power and Speed of School Boys”, Abstract.
- Joshi, Bhanu Prakash, “Effect of Some Yogic Practice on Human Subjects”, Presented in 14th International Conference on Trana-Anveshan, Bangalore, India, 18-21, Dec., 2003.
- Karambelka, P.V. et al., “Effect of Yogic Practices on Cholesterol Level in Females”, Yogamimamsa, 20(1& 2), 1981.
- Kuttner, L., “A Randomized Trial of Yoga for Adolescents with Irritable Bowel Syndrome Pain”, Research and Management, 11(4).

- M.D. Tran, Holly, R.G. Lashbrook, J., "Effects of Hatha Yoga Practice on the Health-Related Aspects of Physical Fitness", Department of Exercise Science, University of California at Davis, Davis CA 95616, Pre Cardiol, 2001, Autumn, 4(4), 165-170.
- M.L. Gharote, "A Psycho-physiological Study of the Effects of Short Term Yogic Training on the Adolescent High School Boys", Yoga Mimamsa, 14, 1972.
- M.S. Chaya, et al., "The effect of long term combined yoga practice on the basal metabolic rate of healthy adults", BMC Complementary and Alternative Medicine.
- Mohan, Madan, et al., "Effect of Slow and Fast Pranayamas on Reaction time and Cardiovascular Variables", Department of Physiology, Jawaharlal Institute of Post Graduate Medical Education and Research, Pondicherry.
- Narayana, Bharatha, "Pathanjali Yoga a Classical Approach", Proceedings-The International Conference on Frontiers in Biomechanics Supplemented with Yoga Concepts, Sapna Book House, 1999.
- Pratap, Vijayendra, "Steadiness in Normal Before and After Yogic Practices-An Explanatory Study", Yoga Mimamsa, XI(1-13), 1968.
- R.J. Sahu, Bhole, M.V., "Effect of Three Week Training Programme on Psychomotor Performance", Yogamimamsa, 22, 1984.
- Raghu Raj, P. et al., "Pranayama Increases Grip, Strength without Lateralized Effects", Kaivalyadhama, Lonavla, 28(3&4).
- Ranbir Sing Sahiya, Mahendansing, "Yoga in Modern World A Review" Souvenir International Conference on Physical Education, Sports Science and Medicine, November, 2001.
- Raut, Urmila, N.B. Shukla, "Yoga and Fitness", Proceedings National Conference on Sports Managements, March, 2003.

- Subbalakshmi, N.K.et al., “Immediate Effects of Nadi-shodhana Pranayama on Some Selected Parameters of Cardiovascular, Pulmonary and Higher Functions of Brain”, Department of Physiology School of Malaysia, University of Malaysia, Saban, 88999, Kota Kinabalu, Saban, Malaysia.
- T. Mull, “Yoga and Fitness”, First National Symposium on Kiranthropomertry Souvenir, 1991.
- Telles Shirley et al., “Physiological Effects of Yoga Breathing Practice”, Vivekananda Kendra, Yoga Research Foundation, 9, Appajappa Agrahara, Chamarajpet, Bangalore.
- Tripathi, Rajesh, Bhagirathi, E., Sameer, Pathak Minakshi, “Effect of Kapalabhati on Vital Capacity and Breath Holding Capacity”, Scientific Journal in Sport and Exercise, Vol.2, No.2, 2006.
- V. Chandramohan, A.K. Sengupta, K.S. Kandaswmy, “Effects of Yogic Exercises on Psycho Physiological Performance”, Conference Hand Book of Fourth International Conference on Frontiers in Yoga Research and Applications, December, 1997.
- Yadav, M.S., B.C. Dubey, “Alternative, Medicine Sports Science, Yoga and Naturopathy”, Souvenir- World Congress on Alternative Medicine, Sports Science, Yoga and Naturopathy, July, 2000.

Unpublished Thesis

- A.M. Moorthy, “The Effect of Selected Yogic Practices on Cardio Vascular Fitness Level of College Men and Women”, Unpublished Master’s Thesis, Department of Physical Education, Alagappa University Karaikudi, Tamil Nadu.
- Backiallakshmi, “Influence of Selected Asanas and Aerobic Exercises on Selected Motor Fitness and Physiological Variables among School Boys”, Unpublished M.Phil., Dissertation, Alagappa University, 1990.

Dhanraj, V., "The Effect of Yoga and the 5bx Fitness Plan on Selected Physiological Parameters", Doctoral Thesis, University of Alberta, 1974.

H.V. Kamleshan, "Effect of Selected Yogic Exercises on Cardio-Respiratory Endurance", Unpublished Masters Dissertation, submitted to Bangalore University, 1974.

M.D.Tran, Holly, R.G., Lashbrook, J., "Effects of Hatha Yoga Practice on the Health-Related Aspects of Physical Fitness", Department of Exercise Science, University of California at Davis, Davis CA 95616, Pre Cardiol, 2001, Autumn, (4(4)), 165-170.

Muthaiah, Sankaralingam, "Effect of Yogic Practices on the Physical Fitness and Perceptual Motor Skills of High School Students of Pudukkottai District", Unpublished M.Phil., Dissertation, Alagappa University, 1992.

Websites

<http://www.fitzones.com>.

<http://www.fitstep.com>.

<http://www.asmi.org>.

www.fitzones.com.

http://www.enabling.space.co.uk;psychological_fitness.html.