2. ORAL PRESENTATIONS MADE IN CONFERENCES


2. “IAM Technique lowers plasma adrenaline levels and heart rate on eight months practice” in National conference of Physiology (APPICON) 2008 by Vandana Balakrishnan, Dr Saraswathy L, Dr Kannan Vaidyunathan, Dr KR Sundaram, Dr Harish Kumar at KMC, Mangalore, Karnataka.

3. “Meditation lowers stress hormones” by Vandana Balakrishnan in National Conference of Endocrinology (ESICON) 2008 by Vandana Balakrishnan, Dr Saraswathy L, Dr Kannan Vaidyunathan, Dr KR Sundaram, Dr Harish Kumar at AIMS, Kochi, Kerala.

4. “Integrated Amrita Meditation technique increases IGA levels in healthy young adults” in National conference of Physiology (APPICON) 2010 by Vandana Balakrishnan, Dr G K Suseela Devi, Dr Sraswathy L, Dr K R Sundaram and Harish Kumar at Jawaharlal Nehru medical college, Wardha, Maharashtra.