Bibliography
BIBLIOGRAPHY

Books


L. Floyd, Ruch, *Psychology and Life*, (Published Scot Foreman and company, Chicago, Atlanta, Dallas Palo Alto New York.


Scott, J., *Psychological and Physiological Fitness and Carotic Exercise in Eight Grade Children*, U.M.I.D.A.


Journals and Periodicals


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.


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.


Telles Shirley et al., “Physiological Effects of Yoga Breathing Practice”, Vivekananda Kendra, Yoga Research Foundation, 9, Appajappa Agrahara, Chamarajpet, Bangalore.


Unpublished Thesis


Websites


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