

**LIST OF RESEARCH PUBLICATIONS ON YOGA**  
**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA, BENGALURU**  
(A Yoga University)  
(1985 - 2010)



<b>KYM</b>	<b>Divisions</b>	<b>No. of Papers</b>
101	Division of Yoga and Spirituality	005
102	Division of Yoga and Life Sciences	134
103	Division of Yoga and Physical Sciences	008
104	Division of Yoga and Management	005
105	Division of Yoga and Humanities	000
	<b>Total</b>	<b>152</b>

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## **KYM 101. Division of Yoga and Spirituality (Total No. of Papers = 5)**

### **The Year 2009:**

1. Rangan, R., Nagendra, H. R., and Bhat, R. (2009). Effect of yogic education system and modern education system on memory. *International Journal of Yoga*, 2(2): 55-61.
2. Rangan, R., Nagendra, H. R., and Bhat, R. (2009). Effect of yogic education system and modern education system on sustained attention. *International Journal of Yoga*, 2(1): 35-38.

### **The Year 2008:**

3. Rangan, R., Nagendra, H. R., and Bhat, R. (2008). Planning ability improves in a yogic education system compared to a modern. *International Journal of Yoga*, 1(2): 60.

### **The Year 2007:**

4. Surendra, R., and Nagendra, H. R. (2007). Effect of *Aphoryama yajna* on people and environment. *Indian Journal of Traditional Knowledge*, 6(3): 417-422.

### **The Year 2006:**

5. Sripad, G., Nagendra, H. R., and Bhat, R. (2006). Effect of Vedic chanting on memory and sustained attention. *Indian Journal of Traditional Knowledge*, 5(2): 177-180.

## **KYM 102. Division of Yoga and Life Sciences (Total No. of Papers = 134)**

### **The Year 2010:**

6. Hyorim An, Ravi Kulkarni, R Nagarathna and H. R. Nagendra (2010). Measures of heart rate variability in women following a meditation technique. *International Journal of Yoga*, 3(1): 6-9.
7. Bali Yogitha, R Nagarathna, Ebnezar John and H. R. Nagendra (2010). Complimentary effect of yogic sound resonance relaxation technique in patients with common neck pain. *International Journal of Yoga*, 3(1): 18-25.
8. Sushil S. K., Nagendra H. R., and Nagarathna, R. (2010). Immediate effect of stimulation in comparison to relaxation in healthy volunteers. *Indian Journal of Traditional Knowledge*, 9 (3): 606-610.
9. Jagannathan, A., Thirthalli, J., Hamza, A., Hariprasad, V. R., Nagendra, H. R., and Gangadhar, B. N. (2010). A qualitative study on the needs of caregivers of inpatients with schizophrenia in India. *International Journal Social Psychiatry*, [Epub ahead of print].
10. Tekur, P., Chametcha, S., Nagendra, H. R., and Nagarathna, R. (2010). Effect of Yoga on Quality of Life in Chronic Low Back Pain - A randomized control study. *International Journal of Yoga*, 3(1):10-17.
11. Kumar, S., Nagendra, H. R., Manjunath N. K., Naveen K. V., and Telles, S. (2010). Meditation on *OM*: relevance from ancient texts and contemporary science. *International Journal of Yoga*, 3(1): 3-5.
12. Patra, S., and Telles, S. (2010). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology and Biofeedback*, 35(2):135-40.

### **The Year 2009:**

13. Kumar, S., and Telles, S. (2009). Meditative states based on yoga texts and their effects on performance of a cancellation task. *Perceptual and Motor Skills*, 109(3): 679-689.
14. Subramanya, P., and Telles, S. (2009). A review of the scientific studies on cyclic meditation. *International Journal of Yoga*, 2(2): 46-48.
15. Subramanya, P., and Telles, S. (2009). Performance on psychomotor tasks following two yoga-based relaxation techniques. *Perceptual and Motor Skills*, 109(2): 563-76.
16. Subramanya, P., and Telles, S. (2009). Effect of two yoga-based relaxation techniques on memory scores and state anxiety. *Biopsychosocial Medicine*, 3(1): 8-12.
17. Subramanya, P., and Telles, S. (2009). Changes in midlatency auditory evoked potentials following two yoga based relaxation techniques. *Clinical EEG and Neuroscience*, 40(3): 190-195.

18. Khemka, S. S., Rao, N. H., and Nagarathna, R. (2009). Immediate effects of two relaxation techniques on healthy volunteers. *Indian Journal of Physiology and Pharmacology*, 53(1): 67-72.
19. Patra, S., and Telles, S. (2009). Positive impact of cyclic meditation on subsequent sleep. *Medical Science Monitor*, 15(7): CR 375-381.
20. Vadiraja, H. S., Rao, M. R., Nagarathna, R., Nagendra, H. R., Rekha, M., Vanitha, N., Gopinath, K. S., Srinath, B. S., Vishweshwara, M. S., Madhavi, Y. S., Ajaikumar, B. S., Bilimagga, S. R., and Rao, N. (2009). Effects of yoga program on quality of life and affect in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial. *Complementary Therapies in Medicine*, 17(5-6): 274-280.
21. Vadiraja, H. S., Raghavendra, R. M., Nagarathna, R., Nagendra, H. R., Rekha, M., Vanitha, N., Gopinath, K. S., Srinath, B. S., Vishweshwara, M. S., Madhavi, Y. S., Ajaikumar, B. S., Ramesh, B. S., Nalini, R., and Kumar, V. (2009). Effects of a yoga program on cortisol rhythm and mood states in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial. *Integrative Cancer Therapies*, 8(1): 37-46.
22. Vadiraja, S., Raghavendra, R. M., Nagendra, H. R., Nagarathna, R., Rekha, M. V., Vanitha, N., Gopinath, K. S., Srinath, B. S., Vishweshwara, M. S., Madhavi, Y. S., Ajaikumar, B. S., Ramesh, B. S., and Nalini, R. (2009). Effects of yoga on symptom management in breast cancer patients: A randomized controlled trial. *International Journal of Yoga*, 2(2): 73-79.
23. Rao, M. R., Raghuram, N., Nagendra, H. R., Gopinath, K. S., Srinath, B. S., Diwakar, R. B., Patil, S., Bilimagga, S. R., Rao, N., and Varambally, S. (2009). Anxiolytic effects of a yoga program in early breast cancer patients undergoing conventional treatment: a randomized controlled trial. *Complementary Therapies in Medicine*, 17(1): 1-8.
24. Balaram, P., and Nagendra, H. R. (2009). Normative data for the digit-letter substitution task in school children. *International Journal of Yoga*, 2(2): 69-72.
25. Balaram, P., and Nagendra, H. R. (2009). Effect of yoga relaxation techniques on performance of digit-letter substitution task by teenagers. *International Journal of Yoga*, 2(1): 30-34.
26. Joshi, M., and Telles, S. (2009). A nonrandomized non-naïve, comparative study of the effects of kapalabhati and breath awareness on event-related potentials in trained yoga practitioners. *Journal of Alternative and Complementary Medicine*, 15(3): 281-285.
27. Joshi, M., and Telles, S. (2009). Effect of four voluntary regulated yoga breathing techniques on grip strength. *Perceptual & Motor Skills*, 108(3): 775-781.
28. Maharana, S., Nagendra, H. R., Nagarathna, R., and Padmalatha, V. (2009). Effect of integrated yoga on stress and heart rate variability in pregnant women. *International Journal of Gynecology & Obstetrics*, 104(3): 218-222.

29. Telles, S., Dash, M., and Naveen, K. V. (2009). Effect of yoga on musculoskeletal discomfort and motor functions in professional computer users. *Work*, 33: 1-10.

**The Year 2008:**

30. Telles, S., Raghuraj, P., Arankalle, D., and Naveen, K. V. (2008). Immediate effect of high-frequency yoga breathing on attention. *Indian Journal of Medical Sciences*, 62(1): 20-22.
31. Telles, S., Patra, S., Montesoo, S., and Naveen, K. V. (2008). Effect of yoga on somatic indicators of stress in healthy volunteers. *Journal of Indian Psychology*, 26(1&2): 52-57.
32. Tekur, P., Singphow, C., Nagendra, H. R., and Nagarathna, R. (2008). Effect of short-term intensive yoga program on pain, functional disability and spinal flexibility in chronic low back pain: a randomized control study. *Journal of Alternative and Complimentary Medicine*, 14(6): 637-644.
33. Balaram, P., and Nagendra, H. R. (2008). Normative data for the letter-cancellation task in school children. *International Journal of Yoga*, 1(2): 72-75.
34. Samantaray, S., and Telles, S. (2008). Nostril dominance at rest associated with performance of a left hemisphere-specific cancellation task. *International Journal of Yoga*, 1(2): 51-55.
35. Venkatasubramanian, G., Jayakumar, P. N., Nagendra, H. R., Nagaraja, D., Deeptha, R., and Gangadhar, B. N. (2008). Investigating paranormal phenomena: Functional brain imaging of telepathy. *International Journal of Yoga*, 1(2): 66-71.
36. Deshpande, S., Nagendra, H. R., and Nagarathna, R. (2008). A randomized control trial of the effect of yoga on verbal aggressiveness in normal healthy volunteers. *International Journal of Yoga*, 1(2): 76-82.
37. Joshi, M., and Telles, S. (2008). Immediate effects of right and left nostril breathing on verbal and spatial scores. *Indian Journal of Physiology and Pharmacology*, 52(2): 197-200.
38. Raghuraj, P., and Telles, S. (2008). Immediate effect of specific nostril manipulating yoga breathing practices on autonomic and respiratory variables. *Applied Psychophysiology and Biofeedback*, 33(2): 65-75.
39. Chatterjee, S., Chowdhary, N., Pednekar, S., Cohen, A., Andrew, G., Araya, R., Simon, G., King, M., Kerkwood, B., Weiss, H., Verdelli, H., Clougherty, K., Telles, S., and Patel, V. (2008). Integrating evidence based treatments for common mental disorders in routine primary care: feasibility and acceptability of the MANAS intervention in Goa, India. *World Psychiatry*, 7(1): 39-46.
40. Rao RM, Telles S, Nagendra HR, Nagarathna R, Gopinath K, Srinath S, Chandrashekar C. (2008). Effects of yoga on natural killer cell counts in early breast cancer patients undergoing conventional treatment. Comment to: recreational music-making modulates

natural killer cell activity, cytokines, and mood states in corporate employees Masatada Wachi, Masahiro Koyama, Masanori Utsuyama, Barry B. Bittman, Masanobu Kitagawa, Katsuiku Hirokawa *Medical Science Monitor*. 13(2): 14(2): LE3-4.

41. Raghavendra, R., Nagendra H. R., Nagarathna, R., Vinay C., Chandrashekara, S., Gopinath, K. S., and Srinath, B. S. (2008). Influence of yoga on mood states, distress, quality of life and immune outcomes in early stage breast cancer patients undergoing surgery. *International Journal of Yoga*, 1(1): 6-6.
42. Deshpande, S., Nagendra, H. R., and Nagarathna, R. (2008). A randomized control trial of the effect of Yoga on *Gunas* (personality) and Health in normal healthy volunteers. *International Journal of Yoga*, 1(1): 2-10.
43. Chaya, M. S., Ramakrishnan, G., Shastry, S., Kishore, R. P., Nagendra, H., Nagarathna, R., Raj, T., Thomas, T., Vaz, M., and Kurpad, A. V. (2008). Insulin sensitivity and cardiac autonomic function in young male practitioners of yoga. *The National Medical Journal of India*, 21(5): 217-221.
44. Chaya, M. S., and Nagendra, H. R. (2008) Long-term effect of yogic practices on diurnal metabolic rates of healthy subjects. *International Journal of Yoga*, 1(1): 4 -4.
45. Raghavendra, R., Nagendra, H. R., Nagarathna, R., Vinay, C., Chandrashekara, S., Gopinath, K. S., and Srinath, B. S. (2008). Influence of yoga on postoperative outcomes and wound healing in early operable breast cancer patients undergoing surgery. *International Journal of Yoga*, 1(1): 2-2.
46. Banerjee, B., and Hegde, S. (2008). Analysis of Telomere Damage by Fluorescence in situ Hybridisation on Micronuclei in Lymphocytes of Breast Carcinoma Patients after Radiotherapy. *Breast Cancer Research and Treatment*, 107(1): 25-31.
47. Chattha, R., Raghuram, N., Venkatram, P., and Hongasandra, N. R. (2008). Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study. *Menopause*, 15(5): 862-870.
48. Chattha, R., Kulkarni, R., Nagarathna, R., and Nagendra, H. R. (2008). Factor analysis of Greene's Climacteric Scale for Indian women. *Maturitas*, 59(1): 22-27.
49. Chattha, R., Nagarathna, R., Padmalatha, V., and Nagendra, H. R. (2008). Effect of yoga on cognitive functions in climacteric syndrome: a randomised control study. *An International Journal of Obstetrics and Gynaecology*, 115(8): 991-1000.

#### **The Year 2007:**

50. Banerjee, B., Vadiraj, H. S., Ram, A., Rao, R., Jayapal, M., Gopinath K. S., Ramesh, B. S., Rao, N., Kumar, A., Raghuram, N., Hegde, S., Nagendra, H. R., and Prakash, H. M. (2007). Effects of an integrated yoga program in modulating psychological stress and radiation-induced genotoxic stress in breast cancer patients undergoing radiotherapy. *Integrative Cancer Therapies*, 6(3): 242-250.

51. Doraiswamy, G., Thirthalli, J., Nagendra, H. R., and Gangadhar, B. N. (2007). Yoga therapy as an add-on treatment in the management of patients with schizophrenia-a randomized controlled trial. *Acta Psychiatrica Scandinavica*, 116(3): 226-232.
52. Krishnamurthy, M., and Telles, S. (2007). Effect of yoga and an ayurveda preparation on gait, balance and mobility in older persons. *Medical Science Monitor*, 13(12): LE 19-20.
53. Telles, S., Nagesh, S., and Naveen, K. V. (2007). A comparison of the bilateral elbow joint position in yoga and non-yoga practitioners. *Journal of Indian Psychology*, 25: 1-5.
54. Padmasri, G., and Telles, S. (2007). Frontalis EMG amplitude during relaxation changes during yoga relaxation based on initial levels. *Journal of Indian Psychology*, 25: 16-23.
55. Telles, S., Puthige, R., and Kalkuni V. N. (2007). An Ayurvedic basis for using honey to treat herpes Comment to: Topical honey application vs. acyclovir for the treatment of the recurrent herpes simplex lesions. *Medical Science Monitor*, 13(11): LE17-17.
56. Raghvendra, R., Nagarathna, R., Nagendra, H. R., Gopinath, K. S., Srinath, B. S., Diwakar, R. B., Patil, S., Bilimagga, S. R., and Rao, N. (2007). Effects of an integrated yoga program on chemotherapy induced nausea and emesis in breast cancer patients. *European Journal of Cancer Care*, 16(6): 462-474.
57. Telles, S., Naveen, K. V., and Dash, M. (2007). Yoga reduces symptoms of distress in tsunami survivors in the Andaman Islands. *Evidence-based Complementary and Alternative Medicine*, 4(4): 503-509.
58. Telles, S., Raghuraj, P., Maharana, S., and Nagendra, H. R. (2007). Immediate effect of three breathing techniques on performance in a letter cancellation task. *Perceptual and Motor Skills*, 104(3 Pt2): 1289-1296.
59. Krishnamurthy, M. N., and Telles, S. (2007). Assessing depression following two ancient Indian interventions: effects of yoga and ayurveda on older adults in a residential home. *Journal of Gerontological Nursing*, 33(2): 17-23.
60. Sarang, S. P., and Telles, S. (2007). Immediate effect of two yoga-based relaxation techniques on performance in a letter cancellation task. *Perceptual and Motor Skills*, 105(2): 379-385.
61. Telles, S., Dash, M., Manjunath, N. K., Deginal, R., and Naveen, K. V. (2007). Effect of yoga on visual perception and visual strain. *Journal of Modern Optics*, 54(9): 1379-1383.

**The Year 2006:**

62. Manjunath, N. K., and Telles, S. (2006). Therapeutic application of a cold chest pack in bronchial asthma. *World Journal of Medical Science*, 1(1): 18-20.
63. Naveen, K. V., and Telles, S. (2006). Psychophysiological effects of colored light used in healing. *World Journal of Medical Science*, 1(1): 21-23.
64. Sarang, S. P., and Telles, S. (2006). Cyclic meditation – a moving meditation –reduces energy expenditure more than supine rest. *Journal of Indian Psychology*, 24 (1&2): 17-25.

65. Telles, S., and Naveen, K. V. (2006). Effect of yoga on somatic indicators of distress in professional computer users. *Medical Science Monitor*, 12(10): LE 21-22.
66. Sarang, S. P., and Telles, S. (2006). Changes in P300 following two yoga relaxation techniques. *International Journal of Neuroscience*, 116(12): 1419-1430.
67. Chaya, M. S., Kurupad, A. V., Nagendra, H. R., and Nagarathna, R. (2006). The effect of long term combined yoga practice on the basal metabolic rate of healthy adults. *BMC Complementary and Alternative Medicine*, 6: 28.
68. Telles, S., and Visweswaraiyah, N. K. (2006). Comments to: Health realization/Innate health: Can a quiet mind and a positive feeling state be accessible over the lifespan without stress-relief techniques? *Medical Science Monitor*, 12(6): 13.
69. Telles, S., Naveen, K. V., Dash, M., Deginal, R., and Manjunath, N. K. (2006). Effect of yoga on self-rated visual discomfort in computer users. *Head and Face Medicine*, 3 (2): 46.
70. Sarang, P. S., and Telles, S. (2006). Oxygen consumption and respiration during and after two yoga relaxation techniques. *Applied Psychophysiology and Biofeedback*, 31(2): 143-153.
71. Sarang, P., and Telles, S. (2006). Effect of two yoga based relaxation techniques on heart rate variability. *International Journal of Stress Management*, 13(4): 460-475.
72. Telles, S., Dash, M., and Naveen, K. V. (2006). Emotional impact following the tsunami in endogenous people and mainland settlers in the Andaman Islands. *Indian Journal of Medical Sciences*, 60(2): 70-71.
73. Telles, S., Raghuraj, P., Ghosh, A., and Nagendra, H.R. (2006). Effect of one month yoga training program on performance in a mirror tracing task. *Indian Journal of Physiology and Pharmacology*, 50(2): 187-190.
74. Manjunath, N. K., and Telles, S. (2006). Pulmonary functions following yoga in a community dwelling geriatric population in India. *Journal of Indian Psychology*, 24(1): 17-25.

**The Year 2005:**

75. Telles, S. (2005). Oriental approaches to masculine and feminine subtle energy principles. *Perceptual and Motor Skills*, 100(2): 292-294.
76. Manjunath, N. K., and Telles, S. (2005). Influence of yoga and ayurveda on self rated sleep in a geriatric population. *Indian Journal of Medical Research*, 121(5): 683-690.
77. Telles, S., Mohapatra, R. S., and Naveen, K. V. (2005). Heart rate variability spectrum during vipassana mindfulness meditation. *Journal of Indian Psychology*, 23(2): 1-5.
78. Narendran, S., Nagarathna, R., Gunasheela, S., and Nagendra, H. R. (2005). Efficacy of yoga in pregnant women with abnormal doppler study of umbilical and uterine arteries. *Journal of Indian Medical Association*, 37 (2): 165-175.

79. Narendran, S., Nagarathna, R., Narendran, V., Gunasheela, S., and Nagendra, H. R. (2005). Efficacy of yoga on pregnancy. *Journal of Alternative and Complementary Medicine*, 11(2): 237-244.

**The Year 2004:**

80. Raghuraj, P., and Telles, S. (2004). Right uninostiril yoga breathing influences ipsilateral components of middle latency auditory evoked potentials. *Neurological Sciences*, 25(5): 274-280.
81. Telles, S., Joshi, M., Dash, M., Raghuraj, P., Naveen, K. V., and Nagendra, H. R. (2004). An evaluation of the ability to voluntarily reduce the heart rate after a month of yoga practice. *Integrative Physiological & Behavioral Science*, 39(2): 119-125.
82. Telles, S., Deginal, R., and Hutchappa, L. (2004). Awareness of computer use related health risks in software companies in Bangalore. *Indian Journal of Medical Sciences*, 58(5): 212-213.
83. Manjunath, N. K., and Telles, S. (2004). Spatial and verbal memory test scores following yoga and fine arts camps for school children. *Indian Journal of Physiology and Pharmacology*, 48(3): 353-356.
84. Telles, S., and Naveen, K. V. (2004). Changes in middle latency auditory evoked potentials during meditation. *Psychological Reports*, 94(2): 398-400.
85. Visweswaraiyah, N. K., and Telles, S. (2004). Randomized trial of yoga as a complementary therapy for pulmonary tuberculosis. *Respirology*, 9(1): 96-101.

**The Year 2003:**

86. Naveen, K. V., and Telles, S. (2003). Yoga and psychosis: risks and therapeutic potential. *Journal of Indian Psychology*, 21(1): 34-37.
87. Raghuraj, P., and Telles, S. (2003). A randomized trial comparing the effects of yoga and physical activity programs on depth perception in school children. *Journal of Indian Psychology*, 21(2): 54-60.
88. Naveen, K. V., and Telles, S. (2003). Sensory perception during sleep and meditation: common features and differences. *Perceptual and Motor Skills*, 96(3 Pt 1): 810-811.
89. Raghuraj, P., and Telles, S. (2003). Effect of yoga-based and forced uninostiril breathing on the autonomic nervous system. *Perceptual and Motor Skills*, 96: 79-80.
90. Manjunath, N. K., and Telles, S. (2003). Effect of *sirsasana* (head stand) practice on autonomic and respiratory variables. *Indian Journal of Physiology and Pharmacology*, 47(1): 34-42.

**The Year 2002:**

91. Raghuraj, P., and Telles, S. (2002). Improvement in spatial and temporal measures of visual perception following yoga training. *Journal of Indian Psychology*, 20(1): 23-31.
92. Telles, S., and Vani, R. (2002). Increase in voluntary pulse rate reduction achieved following yoga training. *International Journal of Stress Management*, 9(3): 236-239.
93. Vempati, R. P., and Telles, S. (2002). Yoga based guided relaxation reduces sympathetic activity in subjects based on baseline levels. *Psychological Reports*, 90(2): 487-494.

**The Year 2001:**

94. Manjunath, N. K., and Telles, S. (2001). Improved performance in the Tower of London Test following yoga. *Indian Journal of Physiology and Pharmacology*, 45(3): 351- 354.
95. Dash, M., and Telles, S. (2001). Improvement in hand grip strength in normal volunteers and rheumatoid arthritis patients following yoga training. *Indian Journal of Physiology and Pharmacology*, 45(3): 355- 360.

**The Year 2000:**

96. Telles, S., Reddy, S. K., and Nagendra, H. R. (2000). Oxygen consumption and respiration following two yoga relaxation techniques. *Applied Psychophysiology and Biofeedback*, 25(4): 221-227.
97. Telles, S., Ramaprabhu, V., and Reddy, S. K. (2000). Effect of yoga training on maze learning. *Indian Journal of Physiology and Pharmacology*, 44(2): 197-201.
98. Vempati, R. P., and Telles, S. (2000). Baseline occupational stress levels and physiological responses to a two day stress management program. *Journal of Indian Psychology*, 18(1 & 2): 33-37.

**The Year 1999:**

99. Naveen, K. V., Nagendra, H. R., Telles, S., and Garner, C. (1999). Transcranial Doppler studies of middle cerebral artery blood flow following different test conditions. *Neurology India*, 47(3): 249.
100. Manjunath, N. K., and Telles, S. (1999). Factors influencing changes in tweezer dexterity scores following yoga training. *Indian Journal of Physiology and Pharmacology*, 43(2): 225-229.
101. Naveen, K. V., and Telles, S. (1999). Sudomotor sympathetic hypofunction in Down's syndrome. *Indian Journal of Physiology and Pharmacology*, 43(4): 463-466.
102. Dash, M., and Telles, S. (1999). Yoga training and motor speed based on a finger tapping task. *Indian Journal of Physiology and Pharmacology*, 43(4): 458-462.
103. Manjunath, N. K., and Telles, S. (1999). Improvement in visual perceptual sensitivity in children following yoga training. *Journal of Indian Psychology*, 17 (2): 41-45.

104. Vempati, R. P., and Telles, S. (1999). Yoga based isometric relaxation versus supine rest: a study of oxygen consumption, breath rate and volume & autonomic measures. *Journal of Indian Psychology*, 17(2): 46-52.
105. Jain, R., Nagarathna, R., Nagendra, H. R., and Telles, S. (1999). Effect of 'pranic' healing in chronic musculoskeletal pain – a single blind control study. *International Journal of Alternative and Complementary Medicine*, 17(8): 14-17.

**The Year 1998:**

106. Telles., and Srinivas, R. B. (1998). Autonomic and respiratory measures in children with impaired vision following yoga and physical activity programs. *International Journal of Rehabilitation and Health*, 4(2): 117-122.
107. Manjunath, N. K., Srinivasa, R., Nirmala, K. S., Nagendra, H. R., Kumar, A., and Telles, S. (1998). Shorter latencies of middle latency auditory evoked potentials in congenitally blind compared to normal sighted subjects. *International Journal of Neuroscience*, 95(3-4): 173-181.
108. Naveen, K. V., Srinivas, R., Nirmala, K. S., Nagarathna, R., Nagendra, H. R., and Telles, S. (1998). Differences between congenitally blind and normally sighted subjects in the P1 component of middle latency auditory evoked potentials. *Perceptual and Motor Skills*, 86(3Pt2): 1192-1194.
109. Telles, S., Nagarathna, R., and Nagendra, H. R. (1998). Autonomic changes while mentally repeating two syllables – one meaningful and the other neutral. *Indian Journal of Physiology and Pharmacology*, 42(1): 57-63.
110. Raghuraj, P., Ramakrishnan, A. G., Nagendra, H. R., and Telles, S. (1998). Effect of two selected yogic-breathing techniques on heart rate variability. *Indian Journal of Physiology and Pharmacology*, 42(4): 467-472.
111. Vedanthan, P. K., Kesavalu, L. N., Muthy, K. C., Duvall, K., Hall, M. J., Baker, S., and Nagarathna, R. (1998). Clinical study of yoga techniques in university students with asthma: A controlled study. *Allergy and Asthma Proc*, 19: 3-9

**The Year 1997:**

112. Telles, S., Narendran, S., Raghuraj, P., Nagarathna, R., and Nagendra, H. R. (1997). Comparison of changes in autonomic and respiratory parameters of girls after yoga and games at a community home. *Perceptual and Motor Skills*, 84(1): 251-257.
113. Naveen, K. V., Nagarathna, R., Nagendra, H. R., and Telles, S. (1997). Yoga breathing through a particular nostril increases spatial memory scores without lateralized effects. *Psychological Reports*, 81(2): 555-561.
114. Naveen, K. V., Srinivas, R.S., Nirmala, K. S., Nagendra, H. R., and Telles, S. (1997). Middle latency auditory evoked potentials in congenitally blind and normal sighted subjects. *International Journal of Neuroscience*, 90(1-2): 105-111.

115. Vani, P.R., Nagarathna, R., Nagendra, H.R., and Telles, S. (1997). Progressive increase in critical flicker fusion frequency following yoga training. *Indian Journal of Physiology and Pharmacology*, 41(1): 71-74.
116. Raghuraj, P., Nagarathna, R., Nagendra, H. R., and Telles, S. (1997). Pranayama increases grip strength without lateralized effects. *Indian Journal of Physiology and Pharmacology*, 41(2): 129-133.
117. Telles, S., Nagarathna, R., Vani, P. R., and Nagendra, H. R. (1997). A combination of focusing and defocusing through yoga reduces optical illusion more than focusing alone. *Indian Journal of Physiology and Pharmacology*, 41(2): 179-182.
118. Raghuraj, P., and Telles, S. (1997). Muscle power, dexterity skill and visual perception in community home girls trained yoga or sports and in regular school girls. *Indian Journal of Physiology and Pharmacology*, 41(4): 409-415.
119. Telles, S., and Naveen, K. V. (1997). Yoga for rehabilitation: an overview. *Indian Journal of Medical Sciences*, 51(4): 123-127.

**The Year 1996:**

120. Telles, S., Nagarathna, R., and Nagendra, H. R. (1996). Physiological measures during right nostril breathing. *Journal of Alternative and Complementary Medicine*, 2(4): 479-484.

**The Year 1995:**

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**The Year 2006:**

143. Nagarajan, K., Devi, H. J., Swamy, N. V. C., and Nagendra, H. R. (2006). Spectral analysis of gammaka swaras of Indian music. *Indian Journal of Traditional Knowledge*, 5(4): 439-444.

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