

BIBLIOGRAPHY

Books

- Andre van Lysebeth,(1987) **Yoga self Taught**, Delhi:Tarage publishers, p.17.
- Barry, Johnson L. and Nelson K. Jack (1986) **Practical Measurements for Evaluation in Physical Education**", Delhi: Surjeet publications, P. 56.
- Baumgartner Ted. A and Andrew S. Jackson, (1987) **Practical Measurements for Evaluation in Physical Education and Exercise Science** (3rd ed), Dubeque, Iowa: WMC.Brown publishers, P.11.
- Bodian, Stephen and Feuerstein Georg, (1993) **Living Yoga**, New York: W. B. Saunders Company PP 220-223.
- Chandrasekaran .K (1999) **"Sound health through yoga; .Madurai; Premkalyan Publishers**
- Charles .A & Bucher (1958) **Foundation of Physical Education & Sports** saint Lowis: Times mirror : Mosby college publishing house, p 22
- Charles Harold Mccoloy , (1958) **The Measurement Athletic Power** (New yark A.S barnes & company :P. IV
- Clarke Harrison H and David H Clarke, (1970): **Research Process in Physical Education, Recreation and Health**. Englewood cliffs, New Jersey: Prentice Hall, Inc., P.19.
- Clarke Harrison H and David H Clarke,(1972): **Advanced Statistics with Application to Physical Education**. Englewood cliffs, New Jersey: Prentice Hall, Inc., P.41
- Cooper Kenneth H.(1977):**Aerobics**; New York-7,Evans and Company Inc. p15.
- Fox, Edward L, and Browsers (1989) **The Physiological basis of Physical Education and Athletics**, (4th ed) : Iowa:. WMC Brown Publishers PP.147-149.
- Garden Jackson(1985):**A Family Guide to Fitness and Exercises**: London, Salemander Books Ltd.
- Green, Jerrold S. and Pargman (1986): **Physical Fitness-A Wellness Approach**, Saint Louis: Times Mirror/Mosby College Publishing. PP. 35-45.

- Hardayal Singh (1991) **Sports training General, theory and methods** Patiala: Nethaji Subhash National Institute of sports PP 44-48.
- Hewitt James (1993) **Complete yoga** London: Ride a Random century group limited, P.12.
- Indira Devi (1969) **yoga the Technique of health and happiness**. Bombay: Jenco publishing House. P.19.
- Iyengar B.K.S (1983) **Light on Yoga**. New Delhi; Harper Collins publications India Pvt Limited. P.15.
- Iyengar B.K.S (2001): **“Yoga –The Path to Holistic Health.”**Dorling Kindersley Limited: Great Britain.P.24.
- Iyengar B.K.S (2004) **The Illustrated Light on Yoga**, New Delhi: Harper Collins Publishers Ltd. P.23.
- Jackson & Baker (1987) **Measurement for Evaluation in Physical Education and Exercise Science: 3rd (ed)** Dubuque, Lower: W M C Brown Publishers.
- Johnson & Nelson,(1986):**Practical Measurements for Evaluation in Physical Education**^s New Delhi, Surjith Publications, P.56.
- Martens Rainer, (1997) **Coaches Guide to Sports Psychology**, Illinois: Human Kinetics Publishers Inc, P.109.
- Miller (1976): **Physiology of Exercise**, St.Louis: The C.V.Mosby Company, P.15.
- Miller Benjamin F, (1965): **The Modern Medical Encyclopedia**, New York: Golden Press.
- Miller David K,(1994):**Measurement by Physical Educator, Why and How** 2nd (ed) Dubuque, Lower: W M C Brown Publishers.P.31
- New Webster’s Dictionary (1968): Delhi: Surjith Publications, P.283
- Patanjali (1895) **“Yoga Aphorisms”** Calcutta: Asiatic Society P.14
- Powers and Howley (1997) **Fitness for college and life**, 4th(ed), Dubuque: WMC Brown Publishers, P.108.
- Rainer Martens, (1997) **“ A Sports Competition Anxiety Test”** Champaign III : Human Genetic Publisher P : 93.

- Roberts(1989):**Motivation in Sports &Exercise**; Capaign :Human Kinetics P.51.
- Shaver Larry G (1985) **Essentials of Exercise Physiology**", Delhi: Surjith Publishers, P 271.
- Singh Ajmer et.al (2005), **Essentials of Physical Education**, Ludhiana: Kalyan Publishers, P.25.
- Soaping Hoare (1984) **Tackle Yoga**, London: Stanley Paul and Company Ltd, p.10.
- Speilberger, C. D. (1976) **State Trait Anxiety inventory**, Paloattocalis: Consulony Psychologist Press Inc., P. 99.
- Thirumalaisamy R (1995) **Thesis and dissertation writing**, Karaikudi: KPSV Publisher P.18.
- Thirumalaisamy R, (1997) **Statistics in Physical Education**, Karaikudi: Senthil Kumar Publisher PP. 40-50.
- Thirumalasamy (2003) **Yoga for Holistic Health** Karaikudi: Jayamvel Publisher. P.42.
- Tom Styled PT Mukunda Stiles (2000): **Structural Yoga Therapy; Adapting to the Individual**, Boston: Red Wheel wiser. P.16

JOURNALS, PERIODICALS AND UNPUBLISHED THESES

- Arunkumar L. (2003) "Effects of packages of Training and the combined effects of Asana and packages of Training on the functions of Adrenal gland, Hemoglobin concentration and mean Arterial Pressure among college men students" **Unpublished M.Phil dissertation, Alagappa University**, Karaikudi,
- Bera T.K. and others (2002) ; "Residential and non Residential yoga Training on Health Related Physical Fitness of obese patients" **Yoga – Mimamsa**, 3:1, 16- 187.
- Berger and David (1988) "Stress Reduction and Mood Enhancement in Four Exercise Modes". Swimming, Body conditioning, Hatha yoga and Fencing" **Research Quarterly** 23:1, 23
- Berger and Owen (1992) "Mood Alteration with c " Percept ; Motor skills. P. 1331 – 1343.
- Bharshankar JR. etal. (2003) "Effect of yoga on cardiovascular system in subjects above 40 years" **Indian J. Physiol. Pharmacol** 47 (2) : 202 .
- Brown and Gerbarg. PL, et.al (2009) " Sudarshan Kriya yoga Breathing in the Treatment of Stress, Anxiety and Depression. Part II- clinical Applications and Guidelines" **J. Alterm. complement Med. II (G)** 711-7.
- Carlson, Ursuliak Z. etal (2001) . The effects of a mindfulness meditation – based stress reduction programme on mood and symptoms of stress in cancer outpatients : **Follow up support care cancer** .9 (27) 112 – 23.
- Chaya et. al (2006) " The Effect of Long Term Combined yoga practice on the Basal metabolic Rate of Healthy Adults" **BMC complement Altern Med** . 31, PP.6; 28.
- Chen TL, Kuo et.alm , Yoga Breathing in the Treatment of Stress, Anxiety and Depression. **J. Alterm. complement Med. II (G)** 701-709
- Dhanraj (1986) "The Effects of yoga and BK. Fitness plan on selected physiological parameters" **Ph.D. Thesis** , University of Albert Edmanton,) 62.
- Edward (1998) Relationship between physical fitness test scores intelligence quotient and grade point averages selected high school students **completed research in health, physical education and Recitation**, 12:2,54.

- Laurn L.et.al (2006) "Exercise on prevention and Treatment of Anxiety and Depression Among children and young people." **Cochrane Data base syst Rev** 2:1. 19
- Leon , A.S. and Sanchoz 1, A (2001) " Response to blood lipids to exercise training alone or combined with dietary intervention". **Med. Sc. Sports exerc** : 33. 502 – 15.
- Lohan and Rajesh (2002) "Effects of Asanas and pranayamas on physical and physiological components of Boys between Age group 12 -16 years". **Journal of sports and sports sciences** , 12:3, 50-56.
- Madan Mohan et.al (2005) "Effect of slow and fast pranayamas on Reaction Time and cardio respiratory variables" **Indian J. Physiol. Pharmacol.** 49: 3, 313 -8
- Madan Mohan,et.al.(1992) " Effect of yoga Training on Reaction time, Respiratory Endurance and Muscle strength" **paper presented in the national seminar on physical fitness**, Alagappa university.Karaikudi
- Mahinder singh (2000) "Effects of yoga Asana on Physical and Psychological fitness of college level students in relation to sports performance" **Ph.D Thesis** KuruKshetra University, kurukshethra,
- Makwana et.al (1998) "Effect of short term yogic practice on ventilatory Function Tests" **Indian J. Physiol Pharmacol.** 32 3 P. 202-8.
- Mathew. G (1989) "A study of personality traits among students of Physical Education yoga and science" **M. Phil dissertation** . Alagappa University, karaikudi ;
- Mathews Donald K. (1969) comparative effects of two Physical conditioning programs in cardiovascular fitness in man" **Research quarterly for exercise and sports.** 12: 1, 15-17
- Murugesan, Govindarajulu and Bera (2000) " Effect of selected yogic practices on the Management of Hypertension" **Indian J Physiology Pharmacol** 44:2, 207 -10
- Paluska SA and schwenk .TL (2000) "Physical activity and Mental Health; **Journal of sports Med** ; 29: 3 ,167-80.
- Pandey (1991) " Analysis of Adjustment problems, self concept and Anxiety among college level Runners, Jumpers and Throwers." **Unpublished M.Phil Thesis**, Alagappa University, Karaikudi .

- Raju . AV. et.al (1997) “ Influence of Intensive yoga Training on psychological changes in six Adult women”. A case report, **J. Alternate Complement Med.** 3; 3 p. 291 – 295.
- Ray US, et.al (2001) “Effect of yogic exercise on Physical and mental health of young fellow ship course trainees” *Journal of Physiology pharmacol* 45 1 : 37 -53.
- Robin S. Vealey (1978) “conceptualization of sport – confidence and competitive orientation; preliminary investigation and instrument development” **Journal of sport psychology.** 8:3. 221 -46
- Salmon.P. (2001) “Effects of Physical Exercise on Anxiety, Depression and Sensitivity to stress. A unifying Theory” **Clin Psychol Rev** 21: 1 33-61.
- Selvanayaki (2002) “Effect of selected Asanas, pranayama and combination of Asana and pranayama on systolic and diastolic blood pressure among college women” **Unpublished M.Phil Dissertation**, Alagappa University, Karaikudi ,15
- Sharma and Mann. (1990) “Comparative effect of yoga and PNF Technique in improving the Hip Joint Flexibility” **Abstract cum souvenir on Physical Education and sports sciences.** University of Kalyani,
- Sjigren. T.et.al (2006) “Effects of Physical Exercise Intervention on subjective Physical well – being, psychosocial Functioning and General well – being Among office workers. A cluster Randomized – controlled cross – over Design” **J. Med Science and Sports** 16 6 . 381 -90.
- Swami Vivekananda Research foundation (2002) “ yoga for good health The monthly **Journal of yoga** , 2:1,5-7.
- Thankamma Ommen (1981) “ Comparison of Isometrics, yogic physical culture and combination training of Body composition and physical fitness”. Status of high school Boys. **Ph.D Thesis**, Kurukshethra University, Haryana.
- Thirumalaisamy R. (1990) “Comparative study of Motor ability components and physiological variables among the University basketball and soccer players” paper presented in the **National seminar on Health, Fitness and Performance**, Punjab University , Patiala, 16-17
- Tomprowski PD (2003); “Effects of acute bouts of exercise on cognition. **Act of psychological**”, 23:3, 297 – 329.

- Tyagi, and Subramanian (1992) "Effect of competition Anxiety of college Female Hockey players" . A paper presented in the international conference for health evaluation and sports excellence, **Indira Gandhi Institute of Physical Education** , New Delhi,
- Udupa K.N. Singh and others (1974) certain psychological and bio chemical responses to the practice of Hatha yoga in young normal volunteers " **Indian J. Res.** 61 2 . 231 -244.
- Virtanen.R et.al (2003) "Anxiety and Hostility are associated with Reduced Baroreflex sensitivity and Increased Beat – to Beat blood pressure variability " **Psychosome. Med** 65:5; 751 – 6.
- Welsman. J.R.et.al (1996) "Aerobic training in female of varying Ages" **Medicine and sports**, 28 5 supplement Abstract , 18.
- Weuva J. Kang JH, Manson JE et al (2-2004): " Physical activity including walking and cognitive function in older women" **JAMA** 39:2,5 -14.
- Yadav and Das S. (2001) Effects of yoga practice on pulmonary functions in young females" **Indian Journal physiology of Pharmacol.** 45 4 : 493

WEBSITES

- www.sportquest.com
- www.sportssci.org
- www.qusport.gov.qa
- www.nhlbi.nih.gov
- [http/cancer web. net. uk. cgi_bin](http://cancerweb.net.uk/cgi_bin)
- www.sportsworld.com
- www.nesta.com
- www.ajsm.com
- www.activekarma.com
- www.karmayoga.com