

REFERENCES

- ❖ Alexander Wynne, *"The Origin of Buddhist Meditation."* Routledge, 2007.
- ❖ American Heritage Dictionary: *"Yogi. One who practices yoga."* Websters: "Yogi, A follower of the yoga philosophy; an ascetic."
- ❖ Andreu, Takehiro; Manuel, J.; Fujihara, Takehiro; Kohyama, Takaya; Ramirez. J, Martin (1998). *"Justification of Interpersonal Aggression in Japanese, American, and Spanish Students"*. Aggressive Behavior 25: 185-195.
- ❖ Anita, K. M., 1994, *Sex differences in adolescent's self-concept and adjustment*. Res. highlights, 4: 79.
- ❖ Anonymous. 1968, *Dictionary of Behavioural Sciences*. MacMillan, New York.
- ❖ A Amjad, N.; Wood, A.M. (2009). *'Identifying and changing the normative beliefs about aggression which lead young Muslim adults to join extremist anti-Semitic groups in Pakistan'*. Aggressive Behavior 35 (6); 514-519.
- ❖ Anand. S. P., 1999, *A study of student's mental health attitude and motivation for studies*. J. Edu.Res. Extn.. , 36 (2): 55-61.
- ❖ Bharshankar, Jyotsana R. et al. (2003). *Effect of yoga on cardiovascular system in subjects above 40 years. Indian Journal of Physiology and Pharmacology*. April 47:202-6.
- ❖ Bijlani, Ramesh , Vempati R.P. et al. (2005). *A brief but comprehensive lifestyle education program based on yoga reduces*

- risk factors for cardiovascular disease and diabetes mellitus. Journal of Alternative Complementary Medicine*; Apr;11(2):267-74.
- ❖ Bandura, A. *"The Social Learning Theory of Aggression."* The War System: An Interdisciplinary Approach , 1980.
 - ❖ Bandura. A.; Ross, D.; Ross, S.A. (1961). *"Transmission of aggression through imitation of aggressive models"*. The Journal of Abnormal and Social Psychology 63: 575-582.
 - ❖ Bandura. Albert. *The Social Learning Theory of Aggression*. In R. A. Falk and S. S. Kim, (Eds.). The War System: *An Interdisciplinary Approach*. Boulder, CO: Westview Press, 1980,p.146.
 - ❖ Barbara Stoler Miller, *"Yoga: Discipline of Freedom: the Yoga Sutra Attributed to Patanjali; a Translation of the Text, with Commentary, Introduction, and Glossary of Keywords."* University of California Press. 1996. page 9.
 - ❖ Berger BG, Owen DR. Mood alteration with *yoga and swimming: Aerobic exercise may not be necessary*. Percept Motor Skills 1992;75:1331-43.
 - ❖ Bhushan, L.I, (1994), *A yogic model of mental health. Indian Journal of Psychological Issues*, 2. pp. 1-4.
 - ❖ Bowdle, Brian F.; Cohen, Dov; Nisbett, Richard E.; Schwarz, Norbert (1996). *"Insult, Aggression, and the Southern Culture of Honor: an Experimental"*. Journal of Personality and Social Psychology 70: 945-960..
 - ❖ Cas, L.D., Metra M., et al. (1993). *Stress and ischemic heart disease. Cardiologia.* ; Dec;38(12 Suppl 1):415-25.

- ❖ Chen, Kuei-Min, *Wei-Shyuan Tseng, Li-fen Ting, Gwo-feng Huang* (2007). Development and evaluation of a yoga exercise programme for older adults. *Journal of advanced nursing*. Feb ;57 (4):432-41.
- ❖ Clay, Carolyn C., Lloyd Lisa K et al (2005). *The metabolic cost of hatha yoga*. *Journal of strength and conditioning research*. 2005 Aug ;19:604-10.
- ❖ Coie, John D.; Lochman, John E.; Terry, Robert; Hyman, Clarine (1992), '*Predicting early adolescent disorder from childhood aggression and peer rejection*', *Journal of Consulting and Clinical Psychology*, Oct, Vol 60(5), 783-792.
- ❖ Crick, Nicki R.; Dodge, Kenneth A (1994), '*A review and reformulation of social information-processing mechanisms in children's social adjustment*', *Psychological Bulletin*, Vol. 115(1), Jan 1994, 74-101.
- ❖ C.P.Khokhar and Brijesh Kumar Upadhayay (2007). *Poor Physical Environment & Adjustment of Adolescent*, 2007 Volume 3 / No. 3 August under Research Reports .
- ❖ Card, N.A.; Stucky, B.D.; Sawalani, G.M.; Little, T.D. (2008). "Direct and indirect aggression during childhood and adolescence: *A meta-analytic review of gender differences, inter correlations, and relations to maladjustment*". *Child Development* 79 (5): 1185-1229. doi:10.1111/j.1467-8624.2008.01184.x. PMID 18826521.
- ❖ Chandler, D.W.; Constantino, J.N.; Earls, F.J.; Grosz. D.; Nandi. R.: Saenger. P. (1993). "*Testosterone and Aggression in Children*".

- Journal of the American Academy of Child and Adolescent Psychology 32 (6): 1217-1222.
- ❖ Chang, G.C.C. (1993). *"Tibetan Yoga."* New Jersey: Carol Publishing Group.
 - ❖ Chhajer. Bimal (1995), as referred to in 'Yoga and lifestyle management'. Yoga. 6 (3) pp. 40-42.
 - ❖ Crutz, V. U. and Gonzaley, B. M., 1969, *Problems of children. Psych. Abst.*, 43(2): 319-321.
 - ❖ Cummings, A.L.; Hoffman, S.; Leschied, A.W. (2004). *"A psychoeducational group for aggressive adolescent girls"*. The Journal for Specialists in Group Work 29: 285-299.
 - ❖ Damodaran, A., et al. (2002). *Therapeutic potential of yoga practices in modifying cardiovascular risk profile in middle aged men and women. Journal of Association of Physicians India; May;50(5):633-40.*
 - ❖ David J. DeWit and others(2000). *The Effect of School Culture on Adolescent Behavioural Problems: SelfEsteem, Attachment to Learning, and Peer Approval of Deviance as Mediating Mechanisms . Canadian Journal of School Psychology , vol. 16 no. 1 15-38.*
 - ❖ Deffenbacher, J. L., & Stark, R. S. (1992). *Relaxation and cognitive-relaxation treatment of general anger. Journal of Counseling Psychology, 39, 158-167.*
 - ❖ Deshpande S, Nagendra HR, Raghuram N. *A randomized control trial of the effect of yoga on verbal aggressiveness in normal healthy volunteers, Int J Yoga 2008;! :76-82*

- ❖ Dewsbury, Donald A. (1982), *"Dominance Rank, Copulatory Behavior, and Differential Reproduction"*. Quarterly Review of Biology 57 (2): 135-159.
- ❖ Dutta, M., Baratha, G. and Goswatni, U., 1997. *Health adjustment of adolescents*, hid. Psych. Rev., 48 (2) : 84-86.
- ❖ Dutta, M., Baratha. G. and Goswami, U., 1997. *Home adjustment of adolescents*. Ind. Psych. Rev., 48 (3): 159-161.
- ❖ Ellickson, P.; Saner, H.; McGuigan, K..A. (1997). *"Profiles of violent youth: Substance use and other concurrent problems"*. American Journal of Public Health 87 (6): 985-991
- ❖ Ernst, C. W. (2005). *"Situating Sufism and Yoga"*. Journal of the Royal Asiatic Society 15: 15.doi:10.1017/S1356186304004675.
- ❖ Feuerstein, Georg. (1996). *"The Shambhala Guide to Yoga."* Boston & London: Shambhala Publications, Inc.
- ❖ Fraser. M. W. (1996). *Aggressive behavior in childhood and early adolescence: An ecological-developmental perspective on youth violence*. Social Work, 41, 347-362.
- ❖ Galantino, Mary Lou PT, PhD, MSCE; Galbavy, Robyn PT, MPT; Quinn, Lauren DPT (2008), *Pediatric Physical Therapy*: Spring 2008 - Volume 20 - pp 66-80
- ❖ Gupta, N., Khera S., Vempati R.P., Sharma R., Bijlani R.L. (2006). *Effect of yoga based lifestyle intervention on state and trait anxiety. Indian journal of physiology and pharmacolog*; Jan-Mar;50(1):41-7.

- ❖ Galantino ML, Galbavy R, Quinn L. *Therapeutic effects of yoga for children: a systematic review of the literature*. Pediatric Physical Therapy. 2008;20(1):66-80,
- ❖ Goldstein. A. P., Glick, B., & Gibbs, J. C. (1998). *Aggression replacement training (Rev. ed.)*. Champaign, IL: Research Press.
- ❖ Gates (1948). *Psychology of Adjustment Meaning and Definitions*. Available at www.free-books-online.org/.../psychology-o-f-adjustment-meaning-and-deflnitions
- ❖ Greenbaum. W., 1974, America in search of a new ideal: *an essay on the rise of pluralism*. Harvard Edu. Rev., 44 : 25-28.
- ❖ Gupta. Arun Kumar (2007). *Impact of yoga practices on adjustment patterns and self-*
- ❖ *X. concept. Journal of Indian psychology*, Vol. 25, No. 1&2 January & July-2007. 74-83. Psychology95.
- ❖ Hendrix, W.H., Hughes R.L. (1997). Relationship of trait, Type A behavior, and physical fitness variables to cardiovascular reactivity and coronary heart disease risk potential. *American journal of health promotion; Mar-Apr;11(4):264-71*.
- ❖ Henning, Kris; Leitenberg, Harold; Coffey, Patricia; Bennett, Todd; Jankowski, M. Kay (1997),in their research '*Long-term psychological adjustment to witnessing interparental physical conflict during childhood*', *Child Abuse & Neglect*, Vol 21(6), Jun , 501-515.
- ❖ Harvey JR. *The effect of yogic breathing exercises on mood*. J Am Soc Psychosomat
- ❖ Dentist Med 1983;30:39-48.

- ❖ James D. Roff, Robert D. Wirt , '*Childhood aggression and social adjustment as antecedents of delinquency*', Journal of Abnormal Child Psychology, Vol. 12, No. 1, pages 111-126.
- ❖ Jane Case-Smith, Julie Shupe Sines, Maryanna Klatt (2010), *Perceptions of Children Who Participated in a School-Based Yoga Program Journal of Occupational Therapy, Schools, & Early Intervention, Vol. 3, Pages 226 - 238*
- ❖ Janis B. Kupersmidt, John D. Coie (1990), '*Preadolescent Peer Status, Aggression, and School Adjustment as Predictors of Externalizing Problems in Adolescence*', Child Development, October, Vol. 61, pages 1350–1362
- ❖ Jayasinghe, Satyajit R (2004). Yoga in cardiac health (a review). *European Journal of Cardiovascular Prevention & Rehabilitation; Oct ;11 (5):369-75.*
- ❖ Jain SC. Rai L. Valecha A, Jha UK, *et al. Effect of yoga training on exercise tolerance in adolescents with childhood asthma. J Asthma.* 1991 ;28(6):437-442.
- ❖ Jain. Prabha and Jandu, Krishna, 1998, *A comparative study of school adjustment of adolescent girls and boys of employed and non-employed mothers in age group 14-18 years. J. Edu. Res. Extn. , 35(2) : 14-21.*
- ❖ Jamie M. Ostrov, Kathleen E. Woods, Elizabeth A. Jansen, Juan F. Casas and Nicki R. Crick (2004). *An observational study of delivered and received aggression, gender, and social-psychological adjustment in preschool: "This White Crayon Doesn't Work ..."* .

Early Childhood Research Quarterly Volume 19, Issue 2, 2nd Quarter
2004. Pages 355-371 . Copyright © 2004 Elsevier Inc.

- ❖ Jangrid. R.K.. Vyas, J.N., & Shukla, T.R.. (1988), *Effect of transcendental meditation in cases of anxiety neurosis*, Indian Journal of Clinical Psychology, 15, pp. 77-79.
- ❖ Jasper, A.; Smith, C.; Bailey, S. (1998). *"One hundred girls in care referred to an adolescent forensic mental health service"*. Journal of Adolescence 21 (5): 555-568.
- ❖ Jerath RA, Edrya J\V, Barnes VA, Jeratha V. Physiology of Long Pranayamic Breathing: *Neural Respiratory Elements may Provide a Mechanism that Explains how Slow Deep Breathing Shifts the Autonomic Nervous System*. Medical Hypothesis 2006;67(3):566-571.
- ❖ Jerry L. Deffenbacher (2008). Anger, Aggression, and Risky Behavior on the Road: *Preliminary Study of Urban and Rural Differences*. *Journal of Applied Social Psychology*. Volume 38, Issue 1, pages 22-36.
- ❖ John L. Cotterell (1992) . *The Relation of Attachments and Supports to Adolescent Well- Being and School Adjustment Journal of Adolescent Research January 1992 vol. 7 no. 1 28-42*.
- ❖ Jorm AF, Christensen H, Griffiths KM, Rodgers B. *Effectiveness of complementary and self-help treatments for depression*. Med J Aust 2002;176:S84-96.
- ❖ Khattab, Kerstin , Khattab Ahmed A. et al. (2007). Iyengar yoga increases cardiac parasympathetic nervous modulation among healthy

- practitioners. *Evidence-based complementary and alternative medicine* : *eCAM*. Dec ;4 (4):511-7.
- ❖ Kim, E. Innes, Heather K. Vincent (2007). The Influence of Yoga-Based Programs on Risk Profiles in Adults with Type 2 Diabetes Mellitus: A Systematic Review. *Evidence-based Complementary and Alternative Medicine*. 4(4):469-486.
 - ❖ Kannappan. R. and Bai. R. L., 1994, *Positive change in mental health I adolescent deviant boys*. *Ind. Psych. Rev.*; 42 (5-6) : 28-36.
 - ❖ Krishna, K. P., 1981, *Risk-taking and adolescent adjustment*. *Ind. J Psych.* 56 :
113-116.
 - ❖ Kuruvilla, Moly, 2006, *Sex and locate difference in emotional adjustment of adolescents*. *J. Comm. Guid. Res.*, 23 (3) : 285-291.
 - ❖ Laura Santangelo, '*Reducing Stress in School-age Girls Through Mindful Yoga*', *journal of pediatric health care*.
 - ❖ Linda J. Harrison, Ramesh Manocha, Katya Rubia (2004), '*Sahaja Yoga Meditation as a Family Treatment Programme for Children with Attention Deficit-Hyperactivity Disorder*', *Child Psychol Psychiatry* October , Vol. 9 , No. 4 479-497
 - ❖ Lourdes P. Dale, Laura E. Carroll, Gillian C. Galen, Rachel Schein, Amanda Bliss, Allison M. Mattison, William P. Neace (2011), *Yoga Practice May Buffer the Deleterious Effects of Abuse on Women's Self-Concept and Dysfunctional Coping*, *Journal of Aggression, Maltreatment & Trauma* Vol. 20, Pages 90 - 102

- ❖ Lisa C. Kaley-Isley, PhD, RYT-500, John Peterson, MD, Colleen Fischer, PhD. and JEmily Peterson. CYT.(2010). *Yoga as a Complementary Therapy for Children and Adolescents*. Psychiatry (Edgmont). 2010 August; 7(8): 20-32
- ❖ Louise Arseneault, Elizabeth Walsh, Kali Trzesniewski, Rhiannon Newcombe, Avshalom Caspi- and Terrie E. Moffitt (2006). *Being Bullied as an Environmentally Mediated Contributing Factor to Children's Internalizing Problems;A Study of Twins Discordant for Victimization*. Arch Pediatr Adolesc Med. 2008;! 62(2): 145-150
- ❖ Madanmohan, Udupa, K., Bhavanani, A.B., Shatapathy, C.C. & Sahai, A. (2004). Modulation of cardiovascular response to exercise by yoga training. *Indian Journal of Physiology and Pharmacology*, 48, 461-5.
- ❖ Mahajan, A.S., Reddy K.S., Sachdeva U. (1999). Lipid profile of coronary risk subjects following yogic lifestyle intervention. *Indian heart journal; Jan-Feb;51(1):37-40*.
- ❖ Malathi, A., Damodaran A., Shah N., Patil N., Maratha S. (2000). Effect of yogic practices on subjective well being. *Indian Journal of Physiology & Pharmacology*. 44, 202-6.
- ❖ Mamtani, Ravinder, Mamtani Ronac (2006). *Ayurveda and Yoga in Cardiovascular Diseases*. Cardiology in review ;12 (5):155-162.
- ❖ Manchanda, S.C., Narang R. et al. (2000). Retardation of coronary atherosclerosis with *yoga lifestyle intervention*. *Journal of the Association of Physicians of India; Jul; 48, 687-94*.
- ❖ Mayasandra, Chaya, Anura Kurpad et al. (2006). *The effect of longterm combined yoga practice on the basal metabolic rate of*

- healthy adults. BMC complementary and alternative medicine*; Aug 31;6 (1):28.
- ❖ McElliskem, Joseph E. (2004). "*Affective and Predatory Violence: a Bimodal Classification System of Human Aggression and Violence*". *Aggression & Violent Behavior* 10: 1–30. [doi:10.1016](https://doi.org/10.1016)
 - ❖ Michael, A. Harris, Rhea Oelbaum, David Flomo (2007). State of the Art Reviews: Changing and Adhering to Lifestyle Changes : What Are the Keys? *American Journal of Lifestyle Medicine*, Vol. 1, No. 3, 214-219.
 - ❖ Mitchell J. Prinstein; Julie Boergers; Eric M. Vernberg (2001), ‘Overt and Relational Aggression in Adolescents: Social-Psychological Adjustment of Aggressors and Victims’, *Journal of Clinical Child & Adolescent Psychology*, 2001, Vol. 30, Pages 479 - 491
 - ❖ M.V.R. Raju and T. Khaja Rahamtulla (2007). *Adjustment Problems among School Students. Journal of the Indian Academy of Applied Psychology*, Vol. 33, No.1, 73-79.
 - ❖ Marsha Therese Danzig (2009) .Children & Yoga: *Why Yoga Matters For 21 st Century-Children*. Available at www.wisdom-magazine.com/Article.aspx/l 848/ - Cached
 - ❖ Mary J. Levitt ,Gaston L. Bustos. Noel A. Crooks, and Jennifer Hodgetts (2005). *Patterns of Social Support in the Middle Childhood to Early Adolescent Transition*: Implications for Adjustment (pages 398-420) *Journal of Social Development*. Volume 14, Issue 3, Pages 379-554

- ❖ Matthews, Shaun (1995). *Balancing pitta dosha by using hatha yoga practices*. Yoga. 6 (3) pp. 36-39.
- ❖ McCall T. *Yoga as Medicine*. New York, NY; Bantam Dell. Random House, Inc.; 2007.
- ❖ Nicki R. Crick, (1996), '*The Role of Overt Aggression, Relational Aggression, and Prosocial Behavior in the Prediction of Children's Future Social Adjustment*', Child Development, October, Vol. 67, pages 2317–2327.
- ❖ Nicki R. Crick, Jamie M. Ostrov, Nicole E. Werner, '*A Longitudinal Study of Relational Aggression, Physical Aggression, and Children's Social–Psychological Adjustment*', Journal of Abnormal Child Psychology, Vol. 34, No. 2, pages 127-138.
- ❖ Noel A. Card, Todd D. Little (2006), Proactive and reactive aggression in childhood and adolescence: *A meta-analysis of differential relations with psychosocial adjustment*, *International Journal of Behavioral Development* September, Vol. 30 No. 5 466-480
- ❖ Nagendra, H.R.. (1993), *Holistic approach to the problems of modern life, in Yoga Sagar: Proceedings of the World Yoga Convention 1993*. pp. 251-259, Bihar School of Yoga, M unger.
- ❖ Newman, B. M. and Newman, P. P., 1986, *Adolescent development*. Merill publishing company.
- ❖ Nidhi, B.RAMCHANDRA ,R.NAGARATHNA, G. APPACHU and SUSHRATHA (2006).INFLUENCE OF YOGA PRACTICE ON

CHILDREN'S ADJUSTMENTS: A STUDY ON COMUNITY HOME CHILDREN. Yoga Dissertations by MSc Students.

- ❖ Nisbett, R.E. (1993). "*Violence and U.S. regional culture*". American Psychologist 48 (4): 441-449.
- ❖ OKUBO TOMOO (2005) . *A Test of the Goodness of Fit Hypothesis in Adolescents and Young Adults*: Psychological Needs and Subjective Adjustment in School Environments. Japanese Journal of Educational Psychology. VOL.53; NO.3; PAGE.368-380.
- ❖ Parker, Jeffrey G.; Asher, Steven R. (1987), '*Peer relations and later personal adjustment: Are low-accepted children at risk?*', Psychological Bulletin, Vol 102(3), Nov, 357-389.
- ❖ Pauline S. Jensen, Dianna T. Kenny (2004), *The effects of yoga on the attention and behavior of boys with Attention-Deficit/hyperactivity Disorder (ADHD)*, Journal of Attention Disorders May 2004, vol. 7, No. 4 205-216
- ❖ Powel L, Gilchrist M, Stapley J. *A journey of self-discovery: an intervention involving massage, yoga and relaxation for children with emotional and behavioural difficulties attending primary schools*. Eur J Spec Needs Education. 2008;23(4):403-412.
- ❖ Palsane, M, N., 1970, *Health and parental education as factors in personal adjustment*. Psych.Stu., 15 : 55-58.
- ❖ Pandey, Jagadish and Tiwari, B. S., 1982, *Influence of urban and rural environment and age on social adjustment*. Ind. Psych. Rev., 23 (2) : 16-19.

- ❖ Pathak. A. N., 1990, *Pattern of high and low creative tribals*. Ind. Psy. Rev., 35 (3-4) 1. 14.
- ❖ Raub, James A (2002). Psychological effects of hathayoga on musculoskeletal and cardiopulmonary function: *A literature review*. *Journal of Alternative and Complementary Medicine*; Dec 8 (6):797-812.
- ❖ Rogers, Mary Jo; Holmbeck, Grayson N. (1997), have stated in their research, *'Effects of interparental aggression on children's adjustment: The moderating role of cognitive appraisal and coping'*, *Journal of Family Psychology*, Vol 11(1), Mar, 125-130.
- ❖ R. Kannappan and R. Lakshmi Bai (2008). *Efficacy of Yoga: Cognitive and Human Relationship Training for Correcting Maladjustment Behaviour in Deviant School Boys*. *Journal of the Indian Academy of Applied Psychology*, April 2008, Vol. 34, Special Issue, 60-65.
- ❖ Singh, Savita, Malhotra V, Singh KP, Madhu SV, Tandon OP. (2004). Role of yoga in modifying certain cardiovascular functions in type 2 diabetic patients. *The Journal of Association of Physicians of India*. Mar;52:203-6.
- ❖ Storch, Eric A.; Bagner, Daniel M.; Geffken, Gary R.; Baumeister, Audrey L.(2004), *'Association Between Overt and Relational Aggression and Psychosocial Adjustment in Undergraduate College Students'*, *Violence and Victims*, Vol.19, No. 6, pp. 689-700(12).

- ❖ Stueck, M., & Gloeckner, N. (2005) *Yoga for children in the mirror of the science: Working spectrum and practice fields of the training of relaxation with elements of yoga for children*. Early Child Development and Care, 175(4), (2005). 371 -377.
- ❖ Saraswati, SwamiNiranjanananda (1997), *Yoga and education*. Yoga. 8 (6) pp. 1-15.
- ❖ Saraswati, Swami Satyananda (1980), *Yoga from Shore to Shore*, Bihar School of Yoga.
- ❖ Saraswati, Swami Satyananda (1990), *Yoga Education for Children*, Bihar School ofYoga.
- ❖ Selvamurthy, W. (1993), Yoga and stress management: A *physiological perspective*. *Proceedings of the 80th session of Indian Science Congress* (Part IV). Goa.
- ❖ Shahnaz. P. (1995). *A study of adjustment among disadvantaged students, prespective in psychological research*; 17 & 18 (1&2), 56-58.
- ❖ Shalu and Audichya. S., 2006, *A study on school adjustment of rural adolescents*. Ind. Psych.Rev.. 66 (2) : 93-96.
- ❖ Sirohi, M. S, 2002. *Differential effects of religions on personality development, mental health and religiosity of adolescent students*. J. Edu. Res. Extn. . 39 (2) : 1-19.
- ❖ Suryamani. Swami (1990). *Yogic Management of Stress, Bihar School of Yoga, Munger*.

- ❖ Telles, S., Naveen K.V. (1997). Yoga for rehabilitation : an overview. *Indian journal of medical sciences*. Apr;51(4):123-7.
- ❖ Telles, S., Reddy S.K., Nagendra H.R. (2000). Oxygen consumption and respiration following two yoga relaxation techniques. *Applied Psychophysiology & Biofeedback*. **25**, 221-7.
- ❖ Todaro, J.F., Shen B.J., et al. (2003). Effect of negative emotions on frequency of coronary heart disease (The Normative Aging Study). *The American Journal of Cardiology*; **Oct 15;92(8):901-6**.
- ❖ Taimini IK. The science of Yoga: The Yoga-Sutras of Patanjali in Sanskrit. Quest Books: 1999.
- ❖ Timothy L. Hopea and Karen L. Bierman (1998) . *Patterns of Home and School Behavior Problems in Rural and Urban Settings*. *Journal of School Psychology*. Volume 36, Issue 1, Spring 1998, Pages 45-58 . Copyright © 1998 Society for the Study of School Psychology Published by Elsevier Ltd.
- ❖ Vempati, R.P., Telles, Shirley (1999). Yoga based isometric relaxation versus supine rest: A study of oxygen consumption, breath rate and volume and autonomic measures. *Journal-of-Indian-Psychology*; **17**, 46-52.
- ❖ Werner, Nicole E.; Crick, Nicki R. (1999), '*Relational aggression and social-psychological adjustment in a college sample*', *Journal of Abnormal Psychology*, Vol 108(4), Nov, 615-623.
- ❖ Wong, C.K., Freedman S.B. (1997). Usefulness of laboratory mental stress test in patients with stable coronary artery disease. *Clinical Cardiology*. **Apr 20; (4): 317-9**.

- ❖ West J. Otte C, Geher K, et al. *Effects of Hatha yoga and African dance on perceived stress, affect, and salivary cortisol*. Ann Behav Med. 2004;28(2):114-118.
- ❖ Yadav, R.K., Ray R.B., Vempati R., Bijlani R.L. (2005). Effect of a comprehensive yoga-based lifestyle modification program on lipid peroxidation. *Indian Journal of Physiology & Pharmacology*. Jul-Sep; 49 (3):358-62.
- ❖ Yogendra, J., et al. (2004). Beneficial effects of yoga lifestyle on reversibility of ischemic heart disease: caring heart project of International Board of Yoga. *The Journal of the Association of Physicians of India*.-52:283-9.

In this study urban and rural residence is considered. The urban and rural areas have their own distinctive features and they differ predominantly with each other in terms of homogeneity, integrity, occupations, environmental differences, social traditions, differences in size of communities, differences in physical facilities and educational level. Urban and rural residence also differentiated on the basis of psychological attributes. â€| SUBSCRIBE TODAY! Subscribe to Questia and enjoy