

REFERENCES

- Alloway, T. P., Gathercole, S. E., & Pickering, S. J. (2006). Verbal and visuospatial short-term and working memory in children: Are they separable? *Child Development, 77*(6), 1698-1716.
- Alloway, T. P., Gathercole, S. E., Kirkwood, H., & Elliott, J. (2009). The cognitive and behavioral characteristics of children with low working memory. *Child Development, 80*(2), 606-621.
- An, H., Kulkarni, R., Nagarathna, R., & Nagendra, H. (2010). Measures of heart rate variability in women following a meditation technique. *International Journal of Yoga, 3*(1), 6–9.
- Baddeley, A. D. (1993). *Your Memory - A user's Guide*. New York: Avery Publishing Group.
- Barnes, V. A., Davis, H. C., Murzynowski, J. B., & Treiber, F. A. (2004). Impact of meditation on resting and ambulatory blood pressure and heart rate in youth. *Psychosomatic medicine, 66*(6), 909-914
- Berger, D. L., Silver, E. J., & Stein, R. E. K. (2009). Effects of yoga on inner-city children well-being: a pilot study. *Alternative Therapies in Health and Medicine, 15*(5), 36–42.
- Bhavanani, A. B., Ramanathan, M., & Harichandrakumar, K. T. (2012). Immediate effect of mukha bhasrika (a bellows type *prāṇāyāma*) on reaction time in mentally challenged adolescents. *Indian J Physiol Pharmacol. Apr-Jun;56*(2):174-80.
- Bhavanani, A. B., Udupa, K., Madanmohan, & Ravindra, P. (2011). A comparative study of slow and fast suryanamaskar on physiological function. *International Journal of Yoga, 4*(2), 71–76.
- Biegel, G. M., Brown, K. W., Shapiro, S. L., & Schubert, C. M. (2009). Mindfulness-based stress reduction for the treatment of adolescent psychiatric outpatients: A

- randomized clinical trial. *Journal of consulting and clinical psychology*, 77(5), 855.
- Brands, M. M., Purperhart, H., & Deckers-Kocken, J. M. (2011). A pilot study of yoga treatment in children with functional abdominal pain and irritable bowel syndrome. *Complementary therapies in medicine*, 19(3), 109-114.
- Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present : Mindfulness and Its Role in Psychological Well-Being. *Journal of Personality and Social Psychology*, 84(4), 822- 848.
- Brown, K. W., Ryan, R. M., & Creswell, J. D. (2007). Mindfulness: Theoretical Foundations and Evidence for its Salutary Effects. *Psychological Inquiry*, 18(4), 211-237.
- Büssing, A., Hedtstück, A., Khalsa, S. B. S., Ostermann, T., & Heusser, P. (2012). Development of Specific Aspects of Spirituality during a 6-Month Intensive Yoga Practice. *Evidence-Based Complementary and Alternative Medicine : eCAM*, 2012, 981523.
- Carei, T., Fyfe-Johnson, A. L., Breuner, C. C., & Brown, M. A. (2010). Randomized controlled clinical trial of yoga in the treatment of eating disorders. *Journal of Adolescent Health*, 46(4), 346-351.
- Cavallera, G. M., Gatto, M., & Boari, G. (2014). Personality, cognitive styles and Morningness-Eveningness disposition in a sample of Yoga trainees. *Medical Science Monitor : International Medical Journal of Experimental and Clinical Research*, 20, 238-46.
- Chandla, S. S., Sood, S., Dogra, R., Das, S., Shukla, S. K., & Gupta, S. (2013). Effect of short-term practice of pranayamic breathing exercises on cognition, anxiety, general well being and heart rate variability. *Journal of the Indian Medical Association*, 111(10), 662-665.
- Chinmayananda, S. (1984). *Māṇḍūkya Upaniṣat*. Sachin Publishers.

- Conboy, L. A., Noggle, J. J., Frey, J. L., Kudesia, R. S., & Khalsa, S. B. S. (2013). Qualitative evaluation of a high school yoga program: Feasibility and perceived benefits. *Explore: The Journal of Science and Healing*, 9(3), 171-180.
- Cunha, M., & Paiva, M. J. (2012). Text Anxiety in Adolescents: The Role of Self-Criticism and Acceptance and Mindfulness Skills. *The Spanish journal of psychology*, 15(02), 533-543.
- Dash, M., & Telles, S. (1999). Yoga training and motor speed based on a finger tapping task. *Indian journal of physiology and pharmacology*, 43, 458-462.
- Dvorak-Bertsch, J. D., Curtin, J. J., Rubinstein, T. J., & Newman, J. P. (2007). Anxiety moderates the interplay between cognitive and affective processing. *Psychological Science*, 18(8), 699-705.
- Elder, C., Nidich, S., Moriarty, F., & Nidich, R. (2014). Effect of transcendental meditation on employee stress, depression, and burnout: a randomized controlled study. *The Permanente Journal*, 18(1), 19–23.
- Engle, R. W. (2002). Working memory capacity as executive attention. *Current Directions in Psychological Science*, 11(1), 19-23.
- Frank, J. L., Jennings, P. A., & Greenberg, M. T. (2013). Mindfulness-based interventions in school settings: An introduction to the special issue. *Research in Human Development*, 10(3), 205-210.
- Gathercole, S. E., Pickering, S. J., Ambridge, B., & Wearing, H. (2004). The structure of working memory from 4 to 15 years of age. *Developmental psychology*, 40(2), 177-190.
- Geyer, R., Lyons, A., Amazeen, L., Alishio, L., & Cooks, L. (2011). Feasibility study: the effect of therapeutic yoga on quality of life in children hospitalized with cancer. *Pediatric Physical Therapy*, 23(4), 375-379.
- Greco, L. A., Baer, R. A., & Smith, G. T. (2011). Assessing mindfulness in children and adolescents: Development and validation of the child and adolescent mindfulness measure (CAMM). *Psychological Assessment*, 23(3), 606-14

- Hagen, I., & Nayar, U. S. (2014). Yoga for Children and Young People's Mental Health and Well-Being: Research Review and Reflections on the Mental Health Potentials of Yoga. *Frontiers in Psychiatry*, 5, 35.
- Hilt, L. M., & Pollak, S. D. (2012). Getting out of rumination: comparison of three brief interventions in a sample of youth. *Journal of abnormal child psychology*, 40(7), 1157-1165.
- Jeanne Ball (2008). Meditation for children: A Practical Guide for Parents and Teachers. Retrieved from <http://meditationasheville.blogspot.in/search/label/children%27s%20meditation>
- Keng, S.-L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*, 31(6), 1041-1056.
- Kessels, R. P., Zandvoort, M. J. van, Postma, A., Kappelle, L. J., & Haan, E. H. de. (2000). The Corsi Block-Tapping Task: standardization and normative data. *Applied neuropsychology*. 7, 252-258.
- Khalsa, S. B., Butzer, B., Shorter, S. M., Reinhardt, K. M., & Cope, S. (2012). Yoga reduces performance anxiety in adolescent musicians. *Alternative therapies in health and medicine*, 19(2), 34-45.
- Kumaran, V. S., Bhat, R. R., & Manjunath, N. K. (2012). Influence of early rising on performance in tasks requiring attention and memory.
- Kuttner, L., Chambers, C. T., Hardial, J., Israel, D. M., Jacobson, K., & Evans, K. (2006). A randomized trial of yoga for adolescents with irritable bowel syndrome. *Pain Research & Management: The Journal of the Canadian Pain Society*, 11(4), 217.
- Kuyken, W., Weare, K., Ukoumunne, O. C., Vicary, R., Motton, N., Burnett, R., Cullen, C., et al. (2013). Effectiveness of the Mindfulness in Schools Programme: non-randomised controlled feasibility study. *The British journal of psychiatry: The Journal of Mental Science*, 203(2), 126-31.

- Kuyken, W., Weare, K., Ukoumunne, O. C., Vicary, R., Motton, N., Burnett, R., & Huppert, F. (2013). Effectiveness of the Mindfulness in Schools Programme: non-randomised controlled feasibility study. *The british journal of psychiatry*, *203*(2), 126-131.
- Malboeuf-Hurtubise, C., Achille, M., Sultan, S., & Vadnais, M. (2013). Mindfulness-based intervention for teenagers with cancer: study protocol for a randomized controlled trial. *Trials*, *14*(1), 135.
- Manjunath, N. K., & Telles, S. (2004). Spatial and Verbal Memory test Scores following Yoga and Fine Arts Camps for School Children, *48*(3), 353–356.
- Manjunath, N. K., & Telles, S. (2004). Spatial and verbal memory test scores following yoga and fine arts camps for school children. *Indian J Physiol Pharmacol*, *48*(3), 353-356.
- Mendelson, T., Greenberg, M. T., Dariotis, J. K., Gould, L. F., Rhoades, B. L., & Leaf, P. J. (2010). Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth. *Journal of abnormal child psychology*, *38*(7), 985-994.
- Mrazek, M. D., Franklin, M. S., Phillips, D. T., Baird, B., & Schooler, J. W. (2013). Mindfulness training improves working memory capacity and GRE performance while reducing mind wandering. *Psychological science*, *24*(5), 776-81.
- Nagendra, H. R. (1986). *Yoga, its Basis and Applications*. Bangalore, India: Swami Vivekananda Yoga Prakashana.
- Nagendra, H. R. (2010). *Raja Yoga*. Bangalore, India: Swami Vivekananda Yoga Prakashana.
- Nagendra, H. R. (2010). *Yoga in Education*. (D. Pol, Ed.) (1st ed., pp. 15–21). Bangalore, India: Vivekananda Kendra Prakashan Trust.
- Nagendra, H. R., & Mohan, T. (1998). *Yoga in Education*. Bangalore, India: Swami Vivekananda Yoga Prakashana.

- Nagendra, H. R., & Nagarathna, R. (1997). *New perspectives in stress management*. Bangalore, India: Swami Vivekananda Yoga Prakashana.
- Nagendra, H. R., & Nagarathna, R. (2003). *Yoga for Positive Health*. Bangalore, India: Swami Vivekananda Yoga Prakashana.
- Naveen, K. V, Nagarathna, R., Nagendra, H. R., & Telles, S. (1997). Yoga breathing through a particular nostril increases spatial memory scores without lateralized effects. *Psychological Reports*, *81*(2), 555–61.
- Noggle, J. J., Steiner, N. J., Minami, T., & Khalsa, S. B. S. (2012). Benefits of yoga for psychosocial well-being in a US high school curriculum: a preliminary randomized controlled trial. *Journal of Developmental and Behavioral Pediatrics : JDBP*, *33*(3), 193–201.
- Noggle, J. J., Steiner, N. J., Minami, T., & Khalsa, S. B. S. (2012). Benefits of yoga for psychosocial well-being in a US high school curriculum: a preliminary randomized controlled trial. *Journal of Developmental & Behavioral Pediatrics*, *33*(3), 193-201.
- Patil, S. G., Mullur, L. M., Khodnapur, J. P., Dhanakshirur, G. B., & Aithala, M. R. (2013). Effect of yoga on short-term heart rate variability measure as a stress index in subjunior cyclists: a pilot study. *Indian J Physiol Pharmacol*. Apr-Jun; *57*(2):153-8.
- Patra, S., & Telles, S. (2009). Positive impact of cyclic meditation on subsequent sleep. *Medical Science Monitor : International Medical Journal of Experimental and Clinical Research*.
- Patra, S., & Telles, S. (2010). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology Biofeedback*, *35*(2), 135-140.
- Petter, M., Chambers, C. T., & Chorney, J. M. (2013). The effects of mindful attention on cold pressor pain in children. *Pain Research & Management: The Journal of the Canadian Pain Society*, *18*(1), 39.

- Pradhan, B., & Nagendra, H. (2010). Immediate effect of two yoga-based relaxation techniques on attention in children. *International Journal of Yoga*, 3(2), 67–9.
- Pradhan, B., & Nagendra, H. R. (2009). Effect of yoga relaxation techniques on performance of digit-letter substitution task by teenagers. *International Journal of Yoga*, 2(1), 30–4.
- Rangan, R., Nagendra, H., & Bhat, G. R. (2009). Effect of yogic education system and modern education system on memory. *International Journal of Yoga*, 2(2), 55–61.
- Rose, J. (2009). Identifying and Teaching Children and Young People with Dyslexia and Literacy Difficulties. An independent report from Sir Jim Rose to the Secretary of State from Children, Schools and Families. DCSF-00659-2009.
- Saltz E. (1970). Manifest anxiety: Have we missed the data? (Psychological Review) *Psychol Rev.*77:568–73.
- Sarang, P. S., & Telles, S. (2006). Oxygen consumption and respiration during and after two yoga relaxation techniques. *Applied Psychophysiology and Biofeedback*, 31(2), 143–53.
- Sarang, S. P., & 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.
- Sharma, V. K., M, R., S, V., Subramanian, S. K., Bhavanani, A. B., Madanmohan, Thangavel, D. (2014). Effect of fast and slow *prāṇāyāma* practice on cognitive functions in healthy volunteers. *Journal of Clinical and Diagnostic Research : JCDR*, 8(1), 10–3.
- Sibinga, E. M., Kerrigan, D., Stewart, M., Johnson, K., Magyari, T., & Ellen, J. M. (2011). Mindfulness-based stress reduction for urban youth. *The Journal of Alternative and Complementary Medicine*, 17(3), 213-218.

- Sibinga, E., Perry-Parrish, C., Chung, S. E., Johnson, S. B., Smith, M., & Ellen, J. M. (2013). School-based mindfulness instruction for urban male youth: A small randomized controlled trial. *Preventive medicine, 57*(6), 799-801.
- Spielberger, C., Gorsuch, R., & Lushene, R. (1970). Manual for the State-Trait Anxiety Inventory. Palo Alto, CA: *Consulting Psychologists Press*.
- Spinazzola, J., Rhodes, A. M., Emerson, D., Earle, E., & Monroe, K. (2011). Application of yoga in residential treatment of traumatized youth. *Journal of the American Psychiatric Nurses Association, 1078390311418359*.
- Subramanya, P., & Telles, S. (2009a). Effect of two yoga-based relaxation techniques on memory scores and state anxiety. *Bio Psycho Social Medicine, 3*, 8.
- Subramanya, P., & Telles, S. (2009b). Changes in midlatency auditory evoked potentials following two yoga-based relaxation techniques. *Clinical EEG and Neuroscience, 40*(3), 190–195.
- Subramanya, P., & Telles, S. (2009c). Performance on psychomotor tasks following two yoga-based relaxation techniques. In *Perceptual and motor skills* (Vol. 109, pp. 563–576).
- Swami Muktibodhananda (1985). *Hatha Yoga Pradipika*. Munger, India: Yoga Publications Trust.
- Tahan, F., Eke, G. H., & Bicici, E. (2014). Is Yoga Training Beneficial for Exercise-induced Bronchoconstriction?. *Alternative therapies in health and medicine, 20*(2), 18-23.
- Tan, L., & Martin, G. (2012). Taming the Adolescent Mind: Preliminary report of a mindfulness-based psychological intervention for adolescents with clinical heterogeneous mental health diagnoses. *Clinical child psychology and psychiatry, 1359104512455182*.
- Teixeira, R., Zachi, E., Roque, D. T., Taub, A., & Ventura, D. F. (2011). Memory span measured by the spatial span tests of the Cambridge Neuropsychological Test

- Automated Battery in a group of Brazilian Children and adolescents. *Dementia & Neuropsychologia* 5(2), 129-134.
- Teixeira, R., Zachi, E., Roque, D. T., Taub, A., & Ventura, D. F. (2011). Memory span measured by the spatial span tests of the Cambridge Neuropsychological Test Automated Battery in a group of Brazilian Children and adolescents. *Dementia & Neuropsychologia* 5(2), 129-134.
- Telles, S., Singh, N., Kumar, A. B., Kumar, A., & Balkrishna, A. (2013). Effect of yoga or physical exercise on physical, cognitive and emotional measures in Children: a randomized controlled trial. *Child Adolesc Psychiatry Ment Health*. 7;7(1):37.
- Tran, M. D., Holly, R. G., Lashbrook, J., & Amsterdam, E. A. (2001). Effects of Hatha Yoga Practice on the Health-Related Aspects of Physical Fitness. *Preventive Cardiology*, 4(4), 165–170.
- Tyagi, A., & Cohen, M. (2014). Yoga and hypertension: a systematic review. *Alternative Therapies in Health and Medicine*, 20(2), 32–59.
- Verbeken, S., Braet, C., Goossens, L., & Van Der Oord, S. (2013). Executive function training with game elements for obese children: a novel treatment to enhance self-regulatory abilities for weight-control. *Behaviour Research and Therapy*, 51(6), 290–9.
- Vinchurkar, S. A., Singh, D., & Visweswaraiyah, N. K. (2014). Self-reported measures of mindfulness in meditators and non-meditators: A cross-sectional study. *International journal of yoga*, 7(2), 142-146.
- Vugt, M. K. van, & Jha, A. P. (2011). Investigating the impact of mindfulness meditation training on working memory: a mathematical modeling approach. *Cognitive, affective & behavioral neuroscience*, 11(3), 344-353.
- Vytal, K., Cornwell, B., Arkin, N., & Grillon, C. (2012). Describing the interplay between anxiety and cognition: From impaired performance under low cognitive load to reduced anxiety under high load. *Psychophysiology*, 49(6), 842-852.

White, L. S. (2009). Yoga for children. *Pediatric nursing*, 35(5), 277-283.

Williams-Orlando, C. (2012). Yoga therapy for anxiety: a case report. *Advances in mind-body medicine*, 27(4), 18-21.