

## REFERENCES

- Access, G., & Astrup, A. (2018). Fast-food habits , weight gain , and insulin resistance ( the CARDIA study ): 15-year prospective analysis. *The Lancet*, 365(9453), 4–5.
- Aggarwal, T., Bhatia, R. C., Singh, D., & Sobti, P. C. (2008). Prevalence of obesity and overweight in affluent adolescents from Ludhiana, Punjab. *Indian Pediatrics*, 45, 500–502.
- Ahima, R. S. (2011). Digging deeper into obesity Review series introduction. *The Journal of Clinical Investigation*, 121(6), 2076–2079. <https://doi.org/10.1172/JCI58719>
- Anwar, A., Anwar, F., Joiya, H. U., Ijaz, A., Rashid, H., Javaid, A., ... Osmani, S. (2010). Prevalence of obesity among the school-going children of lahore and associated factors. *Journal of Ayub Medical College*, 22(4), 27–32.
- Balasubramaniam, M., Telles, S., & Doraiswamy, P. M. (2013). Yoga on our minds: A systematic review of yoga for neuropsychiatric disorders. *Frontiers in Psychiatry*, Vol. 3. <https://doi.org/10.3389/fpsyt.2012.00117>
- Bashir, A. (2015). Effect of yogasanas practice on obesity of school going students in yavatmal city. *International Research Journal of Physical Education and Sports Science*, 2(2), 535–543.
- Benavides, S., & Caballero, J. (2009). Ashtanga yoga for children and adolescents for weight management and psychological well being: An uncontrolled open pilot study. *Complementary Therapies in Clinical Practice*, 15, 110–114. <https://doi.org/10.1016/j.ctcp.2008.12.004>
- Bernstein, A. M., Bar, J., Ehrman, J. P., Golubic, M., & Roizen, M. F. (2014). Yoga in the Management of Overweight and Obesity. *American Journal of Lifestyle Medicine*, 8(1), 33–41. <https://doi.org/10.1177/1559827613492097>
- Bhardwaj, A., & Agrawal, G. (2013). Yoga Practice Enhances the Level of Self- Esteem in Pre-Adolescent School Children. *International Journal of Physical and Social Sciences*, 3(10), 189–199.
- Bickel, W. K., & Vuchinich, R. E. (2000). *Reframing Health Behavior Change With Behavioral Economics*. Retrieved from <https://doi.org/10.4324/9781410605061>
- Boeke, C. E., Storer-Isser, A., Redline, S., & Taveras, E. M. (2014). Childhood sleep duration and quality in relation to leptin concentration in two cohort studies. *Sleep*, 37(3), 613–620. <https://doi.org/10.5665/sleep.3510>
- Braun, T. D., Park, C. L., & Conboy, L. A. (2012). Psychological well-being, health behaviors, and weight loss among participants in a residential, kripalu yoga-based weight loss program. *International Journal of Yoga Therapy*, 9–22. Retrieved from

<http://www.ncbi.nlm.nih.gov/pubmed/23070668>

- Butzer, B., Day, D., Potts, A., Ryan, C., Coulombe, S., Davies, B., ... Khalsa, S. B. S. (2015). Effects of a Classroom-Based Yoga Intervention on Cortisol and Behavior in Second- and Third-Grade Students. *Journal of Evidence-Based Complementary & Alternative Medicine*, 20(1), 41–49. <https://doi.org/10.1177/2156587214557695>
- Carnell, S., & Wardle, J. (2007). Measuring behavioural susceptibility to obesity: Validation of the child eating behaviour questionnaire. *Appetite*, 48(1), 104–113. <https://doi.org/10.1016/J.APPET.2006.07.075>
- Charan, J., Buch, N., Goyal, J. P., Kumar, N., Parmar, I., & Shah, V. B. (2011). Prevalence of hypertension in school going children of Surat city, Western India. *Journal of Cardiovascular Disease Research*, Vol. 2, pp. 228–232. <https://doi.org/10.4103/0975-3583.89807>
- Choukem, et al. (2017). Overweight and obesity in children aged 3–13 years in urban Cameroon: a cross-sectional study of prevalence and association with socio-economic status. *BMC Obesity*, 4(1), 7. <https://doi.org/10.1186/s40608-017-0146-4>
- Claire Sweetman, J. W. & L. C. (2008). Soft drinks and “desire to drink” in preschoolers. *International Journal of Behavioral Nutrition and Physical Activity*, 5(60). Retrieved from doi:10.1186/1479-5868-5-60
- Collins, C. E., Watson, J., & Burrows, T. (2010). Measuring dietary intake in children and adolescents in the context of overweight and obesity. *International Journal of Obesity (2005)*, 34, 1103–1115. <https://doi.org/10.1038/ijo.2009.241>
- Cramer H, Thoms M, A. D. et al. (2016). Yoga in Women With Abdominal Obesity—a Randomized Controlled Trial. *Deutsches Arzteblatt Online (2016)*, 113, 645–652. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5098025/>
- Deepa, M., Pradeepa, R., Anjana, R., & Mohan, V. (2011). Noncommunicable diseases risk factor surveillance: experience and challenge from India. *Indian Journal of Community Medicine*, 36, S50-6. <https://doi.org/10.4103/0970-0218.94709>
- Desai Radhika, Tailor, Anisha, B. T. (2015). Effects of yoga on brain waves and structural activation: A review No Title. *Complementary Therapies in Clinical Practice*, 21(2), 112–118.
- Dhananjai, S., Sadashiv, Tiwari, S., Dutt, K., & Kumar, R. (2013). Reducing psychological distress and obesity through Yoga practice. *International Journal of Yoga*, 6, 66–70. <https://doi.org/10.4103/0973-6131.105949>
- Dovey, T., Staples, P., Gibson, E., & Halford, J. (2008). Food neophobia and ‘picky/fussy’ eating in children: A review. *Appetite*, 50(2–3), 181–193.

- Finlayson, G., Cecil, J., Higgs, S., Hill, A., & Hetherington, M. (2012). Susceptibility to weight gain. Eating behaviour traits and physical activity as predictors of weight gain during the first year of university. *Appetite*, 58, 1091–1098. <https://doi.org/10.1016/j.appet.2012.03.003>
- Frederick, C. B., Snellman, K., & Putnam, R. D. (2014). Increasing socioeconomic disparities in adolescent obesity. *Proceedings of the National Academy of Sciences of the United States of America*, 111, 1338–1342. <https://doi.org/10.1073/pnas.1321355110>
- Gaur, A., & Gupta, H. (2016). Incidence of Obesity among School Going Children of Urban and Rural Area of Moradabad - An Observational Study. *Imperial Journal of Interdisciplinary Research*, 2(10), 1259–1262.
- Giuseppe Derosa, Sibilla A. T. Salvadeo, Angela D'Angelo, Ilaria Ferrari, Roberto Mereu, Ilaria Palumbo, Pamela Maffioli, S. R. & A. F. G. C. (2012). Anti-obesity drugs: a review about their effects and their safety. *Expert Opinon Drug Safety*, 11, 459–471. <https://doi.org/10.1517/14740338.2012.675326>
- Goran, M. I. (2003). Obesity and Risk of Type 2 Diabetes and Cardiovascular Disease in Children and Adolescents. *Journal of Clinical Endocrinology & Metabolism*, 88(J. Clin. Endocrinol. Metab.), 1417–1427. <https://doi.org/10.1210/jc.2002-021442>
- Gothe, Neha P., McAuley, E. (2015). Yoga and Cognition: A Meta-Analysis of Chronic and Acute Effects. *Journal of Behavioral Medicine*, 77(7), 784–797. Retrieved from doi: 10.1097/PSY.0000000000000218
- Gulati, A. K., Kaplan, D. W., & Daniels, S. R. (2012). Clinical tracking of severely obese children: a new growth chart. *Pediatrics*, 130, 1136–1140. <https://doi.org/10.1542/peds.2012-0596>
- H, T. S. Nn. (1994). Breathing through a particular nostril can alter metabolism and autonomic activities.No Title. *Indian J Physiol Pharmacol.*, 38(2), 133–137.
- 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. <https://doi.org/10.3389/fpsy.2014.00035>
- Haslam, D. W., & James, W. P. T. (2005a). Obesity. *Lancet*, 366, 1197–1209. [https://doi.org/10.1016/S0140-6736\(05\)67483-1](https://doi.org/10.1016/S0140-6736(05)67483-1)
- Haslam, D. W., & James, W. P. T. (2005b). Obesity. *The Lancet*, 366(9492), 1197–1209. [https://doi.org/10.1016/S0140-6736\(05\)67483-1](https://doi.org/10.1016/S0140-6736(05)67483-1)
- Hu, F. B. (2008). Diet, Nutrition and Obesity. In *Obesity Epidemiology* (pp. 275–300).
- Jakhotia, K., Shimpi, A., & Yoga, S. R.-... journal of. (2015). Suryanamaskar: An equivalent approach towards management of physical fitness in obese females. *Ncbi.Nlm.Nih.Gov*,

8(1), 27–36. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4278132/>

- Kamath Burde, J., & Honnedevassthana Shama Rao, A. (2011). Self-actualization from an Eastern Perspective—A Preliminary Exploration. *Psychological Studies*, *56*(4), 373–377. <https://doi.org/10.1007/s12646-011-0097-7>
- Karnik, S., & Kanekar, A. (2012). Childhood obesity: A global public health crisis. *International Journal of Preventive Medicine*, *3*, 1–7.
- Kelly, Cotter, E. W., & Mazzeo, S. E. (2012). Eating Disorder Examination Questionnaire (EDE-Q): Norms for Black women. *Eating Behaviors*, *13*, 429–432. <https://doi.org/10.1016/j.eatbeh.2012.09.001>
- Kelly, T., Yang, W., Chen, C.-S., Reynolds, K., & He, J. (2008). Global burden of obesity in 2005 and projections to 2030. *International Journal of Obesity (2005)*, *32*, 1431–1437.
- Khadilkar, V. V, Khadilkar, A. V, Cole, T. J., Chiplonkar, S. A., & Pandit, D. (2011). Overweight and obesity prevalence and body mass index trends in Indian children. *International Journal of Pediatric Obesity*, *6*(2), e216–e224. <https://doi.org/10.3109/17477166.2010.541463>
- Khalsa, S. B., & S., J. C. F. B. J. O. M. S. B. (2014). Yoga in public school improves adolescent mood. *Contemp School Psychological*, *19*(3), 184–192. Retrieved from 10.1007/s40688-014-0031-9
- Kitzinger, H. B., & Karle, B. (2013). The epidemiology of obesity. *European Surgery - Acta Chirurgica Austriaca*, *45*, 80–82. <https://doi.org/10.1007/s10353-013-0196-x>
- Klein, S., Burke, L. E., Bray, G. A., Blair, S., Allison, D. B., Pi-Sunyer, X., ... Eckel, R. H. (2004). Clinical implications of obesity with specific focus on cardiovascular disease: A statement for professionals from the American Heart Association Council on Nutrition, Physical Activity, and Metabolism. *Circulation*, Vol. 110, pp. 2952–2967. <https://doi.org/10.1161/01.CIR.0000145546.97738.1E>
- Koenig, K. P., Buckley-Reen, A., & Garg, S. (2012). Efficacy of the get ready to learn yoga program among children with autism spectrum disorders: A pretest-posttest control group design. *American Journal of Occupational Therapy*, *66*, 538–546. <https://doi.org/10.5014/ajot.2012.004390>
- Kumar, P. (2002). *Effects of Yoga on Mental Health*. *2*(9), 6–12.
- Lee, H., Lee, I. S., & Choue, R. (2013). Obesity, Inflammation and Diet. *Pediatric Gastroenterology, Hepatology & Nutrition*, *16*, 143–152. <https://doi.org/10.5223/pghn.2013.16.3.143>
- Lowe, M., & Fisher, E. B. J. (1983). Emotional reactivity, emotional eating, and obesity: A naturalistic study. *Journal of Behavioral Medicine*, *6*(2), 135–149. Retrieved from

<https://doi.org/10.1007/BF00845377>

- Lowry, K. W., Sallinen, B. J., & Janicke, D. M. (2007). The Effects of Weight Management Programs on Self-Esteem in Pediatric Overweight Populations. *Journal of Pediatric Psychology*, 32(10), 1179–1195. Retrieved from <https://academic.oup.com/jpepsy/article/32/10/1179/929175>
- Nagarathna, R., & Nagendra, H. . (2014). *YOGA For OBESITY* (First). Bangalore: Swami Vivekanad Yoga Prakashan.
- Nagendra, H. R., N. R. (1983). Application of integrated approach of yoga. *A Review. Yoga Review*, 3, 173–194.
- Nagendra, H. R. (2006). *Promotion of Positive Health*. Bangalore: Swami Vivekananda Yoga Prakashana.
- Narasimhan L1, Nagarathna R, N. H. (2011). Effect of integrated yogic practices on positive and negative emotions in healthy adultsNo Title. *Interantional Journal of Yoga*, 4(1), 13–19. Retrieved from doi: 10.4103/0973-6131.78174.
- Niehues, J. R., Gonzales, A. I., Lemos, R. R., Bezerra, P. P., & Haas, P. (2014). Prevalence of Overweight and Obesity in Children and Adolescents from the Age Range of 2 to 19 Years Old in Brazil. *International Journal of Pediatrics*, 2014, 1–7. <https://doi.org/10.1155/2014/583207>
- Ogden, C., Carroll, M., Kit, B., & Flegal, K. (2014). Prevalence of childhood and adult obesity in the united states, 2011-2012. *JAMA*, 311(8), 806–814. Retrieved from <http://dx.doi.org/10.1001/jama.2014.732>
- Ogden, C. L., Carroll, M. D., Kit, B. K., & Flegal, K. M. (2014). Prevalence of childhood and adult obesity in the United States, 2011-2012. *JAMA : The Journal of the American Medical Association*, 311, 806–814. <https://doi.org/10.1001/jama.2014.732>
- Oliveros, E., Somers, V. K., Sochor, O., Goel, K., & Lopez-Jimenez, F. (2014). *The concept of normal weight obesity*. 56(Progress in Cardiovascular Diseases), 426–433. <https://doi.org/10.1016/j.pcad.2013.10.003>
- Ontology, G. (2018). *About Tools Developers Help*. 2, 2–4.
- Pal, A., Srivastava, N., Tiwari, S., Verma, N. S., Narain, V. S., Agrawal, G. G., ... Kumar, K. (2011). Effect of yogic practices on lipid profile and body fat composition in patients of coronary artery disease. *Complementary Therapies in Medicine*, 19(3), 122–127. <https://doi.org/10.1016/j.ctim.2011.05.001>
- Peck, H. L., Kehle, T. J., Bray, M. A., & Theodore, L. A. (2005). Yoga as an intervention for children with attention problems. *School Psychology Review*, 34, 415–424.

- Penny Gordon-Larsen. (2001). Obesity-Related Knowledge, Attitudes, and Behaviors in Obese and Non-obese Urban Philadelphia Female Adolescents - Gordon-Larsen - 2001 - Obesity Research - Wiley Online Library. *Obesity & Research*, 9(2), 112–118. Retrieved from <https://onlinelibrary.wiley.com/doi/full/10.1038/oby.2001.14>
- Prentice, A. M., & Jebb, S. A. (2001). Beyond body mass index. *Obesity Reviews*, 2, 141–147. <https://doi.org/10.1046/j.1467-789x.2001.00031.x>
- Qi, L., & Cho, Y. A. (2008). Gene-environment interaction and obesity. *Nutrition Reviews*, Vol. 66, pp. 684–694. <https://doi.org/10.1111/j.1753-4887.2008.00128.x>
- Raine, L., Drollette, E., Kao, S. C., Westfall, D., Chaddock-Heyman, L., Kramer, A. F., ... Hillman, C. (2018). The Associations between Adiposity, Cognitive Function, and Achievement in Children. *Medicine and Science in Sports and Exercise*, 50(9), 1868–1874. <https://doi.org/10.1249/MSS.0000000000001650>
- Rangan R1, Nagendra H, B. G. (2009). Effect of yogic education system and modern education system on memory.No Title. *International Journal of Yoga*, 2(2), 55–61. <https://doi.org/doi:10.4103/0973-6131.60045>.
- Ranjani, H., Mehreen, T. S., Pradeepa, R., Anjana, R. M., Garg, R., Anand, K., & Mohan, V. (2016). Epidemiology of childhood overweight & obesity in India: A systematic review. *Indian Journal of Medical Research*, 143, 160–174. <https://doi.org/10.4103/0971-5916.180203>
- Rathi, S., Nagarathna, R., Nagendra, H. R., & Tekur, P. (2019). *Feasibility study of integrated yoga module in overweight & obese adolescents*. 12(4), 129–133. <https://doi.org/10.15406/ijcam.2019.12.00462>
- Rey-López, J. P., Vicente-Rodríguez, G., Biosca, M., & Moreno, L. A. (2008). Sedentary behaviour and obesity development in children and adolescents. *Nutrition, Metabolism, and Cardiovascular Diseases* :, 18, 242–251. <https://doi.org/10.1016/j.numecd.2007.07.008>
- Robinson, T. N., Nited, H. E. U., & Has, S. T. (1999). *Reducing Children ' s Television Viewing*. 282(16), 2–7.
- Rosenblatt, L. E., Gorantla, S., Torres, J. A., Yarmush, R. S., Rao, S., Park, E. R., ... Levine, J. B. (2011). Relaxation Response–Based Yoga Improves Functioning in Young Children with Autism: A Pilot Study. *The Journal of Alternative and Complementary Medicine*, Vol. 17, pp. 1029–1035.
- Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: a review of comparison studies. *Journal of Alternative and Complementary Medicine*, 16(1), 3–12.
- Rshikesan, P. B., Subramanya, P., & Nidhi, R. (2016). Yoga practice for reducing the male obesity and weight related psychological difficulties - A randomized controlled trial.

*Journal of Clinical and Diagnostic Research*, 10(11), OC22-OC28.  
<https://doi.org/10.7860/JCDR/2016/22720.8940>

- Rshikesan PB, S. P. (2016). Effect of integrated approach of yoga therapy on male obesity and psychological parameters – A randomised controlled trial. *Journal of Clinical and Diagnostic Research*, 10(10), KC01-KC06.  
<https://doi.org/10.7860/JCDR/2016/21494.8727>
- S., A., Todd, S. J., Street, J. Z., & Hills, A. P. (2015). Overweight and Obese Adolescent Girls: The Importance of Promoting Sensible Eating and Activity Behaviors from the Start of the Adolescent Period No Title. *International Journal of Environmental Research and Public Health*, 12(2), 2306–2329.
- S, D. (2009). Complications of obesity in children and adolescents. *International Journal of Obesity*, 33(1), S60–S65. <https://doi.org/10.1038/ijo.2009.20>
- Sarnali, T. T., & Pk, M. M. (2010). Obesity and Disease Association: A Review. *Anwer Khan Modern Medical College Journal*, 1(2), 21–24.
- Sarnali, T. T., & PK, M. M. (1970). Obesity and Disease Association: A Review. *Anwer Khan Modern Medical College Journal*, 1(2), 21–24. <https://doi.org/10.3329/akmmcj.v1i2.7461>
- Schwartz, M. W., Seeley, R. J., Zeltser, L. M., Drewnowski, A., Ravussin, E., Redman, L. M., & Leibel, R. L. (2017). Obesity Pathogenesis: An Endocrine Society Scientific Statement. *Endocrine Reviews*, 38(4), 267–296. <https://doi.org/10.1210/er.2017-00111>
- Seo, D. Y., Lee, S., Figueroa, A., Kim, H. K., Baek, Y. H., Kwak, Y. S., ... Han, J. (2012). Yoga training improves metabolic parameters in obese boys. *Korean Journal of Physiology and Pharmacology*, 16(3), 175–180.  
<https://doi.org/10.4196/kjpp.2012.16.3.175>
- Seth, A., & Sharma, R. (2013). Childhood obesity. *Indian Journal of Pediatrics*, pp. 309–317. Retrieved from <https://doi.org/10.1007/s12098-012-0935-5>
- Shamah Levy, T., Morales Ruán, C., Amaya Castellanos, C., Salazar Coronel, A., Jiménez Aguilar, A., & Méndez Gómez Humarán, I. (2012). Effectiveness of a diet and physical activity promotion strategy on the prevention of obesity in Mexican school children. *BMC Public Health*, Vol. 12, p. 152. <https://doi.org/10.1186/1471-2458-12-152>
- ShaneMcIveraPaulO’Halloranb1MichaelMcGartlandc2. (2009). Yoga as a treatment for binge eating disorder: A preliminary study. *Elsevier Ltd.*, 17(4), 196–202. Retrieved from <https://doi.org/10.1016/j.ctim.2009.05.002>
- Sharma, M., & Knowlden, A. P. (2012). Role of Yoga in Preventing and Controlling Type 2 Diabetes Mellitus. *Journal of Evidence-Based Complementary and Alternative Medicine*, 17(2), 88–95. <https://doi.org/10.1177/2156587212438899>

- Shimpi, A., Shyam, A., Sancheti, P., Jakhotia, K., Rairikar, S., Mhendale, P., & Hatekar, R. (2015). Suryanamaskar: An equivalent approach towards management of physical fitness in obese females. *International Journal of Yoga*, Vol. 8, p. 27–36. <https://doi.org/10.4103/0973-6131.146053>
- Sigmund, E., El Ansari, W., & Sigmundová, D. (2012). Does school-based physical activity decrease overweight and obesity in children aged 6-9 years? A two-year non-randomized longitudinal intervention study in the Czech Republic. *BMC Public Health*, Vol. 12, p. 570. <https://doi.org/10.1186/1471-2458-12-570>
- Sudheer Deshpande, H R Nagendra, and R. N. (2009). A randomized control trial of the effect of yoga on Gunas (personality) and Self esteem in normal healthy volunteers. *Int J Yoga.*, 1(2), 13–21. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3017961/>
- Suglia, S. F., Clark, C. J., & Gary-Webb, T. L. (2013). Adolescent obesity, change in weight status, and hypertension: Racial/ethnic variations. *Hypertension*, 61(2), 290–295. <https://doi.org/10.1161/HYPERTENSIONAHA.111.00214>
- Taheri, S., Lin, L., Austin, D., Young, T., & Mignot, E. (2004). Short Sleep Duration Is Associated with Reduced Leptin, Elevated Ghrelin, and Increased Body Mass Index. *PLoS Medicine*, 1(3), e62. <https://doi.org/10.1371/journal.pmed.0010062>
- Tekur, P., Nagarathna, R., Chametcha, S., Hankey, A., & Nagendra, H. R. (2012). A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: An RCT. *Complementary Therapies in Medicine*, 20(3), 107–118. <https://doi.org/10.1016/J.CTIM.2011.12.009>
- Telles, S., Nagarathna, R., & Nagendra, H. R. (1995). Autonomic changes during “OM” meditation. *Indian Journal of Physiology and Pharmacology*, 39(4), 418–420. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/8582759>
- Telles S, Nagarathna R, N. H. R. (2008). Physiological Measures of Right Nostril Breathing. *The Journal of Alternative and Complementary Medicine*, 2(4). Retrieved from <https://doi.org/10.1089/acm.1996.2.479>
- Telles, S., Gaur, V., & Balkrishna, A. (2009). Effect of a yoga practice session and a yoga theory session on state anxiety. *Perceptual and Motor Skills*, Vol. 109, pp. 924–930. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/20178291>
- Telles, S., Nagarathna, R., & Nagendra, H. R. (1994). Breathing through a particular nostril can alter metabolism and autonomic activities. *Indian Journal of Physiology and Pharmacology*, 38, 133–137.
- Telles, S., Narendran, S., Raghuraj, P., Nagarathna, R., & 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. <https://doi.org/10.2466/pms.1997.84.1.251>



- Telles, S., Naveen, V. K., Balkrishna, A., & Kumar, S. (2010). Short term health impact of a yoga and diet change program on obesity. *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research*, 16(1), CR35-40.
- Telles, S., Naveen, V., Science, A. B.-M., & 2009, U. (2009). Short term health impact of a yoga and diet change program on obesity. *Medscimonit.Com*, 15(12). Retrieved from <https://www.medscimonit.com/abstract/index/idArt/878317/new/1/act/3>
- Telles, S., Singh, N., Bhardwaj, A. K., Kumar, A., & Balkrishna, A. (2013). Effect of yoga or physical exercise on physical, cognitive and emotional measures in children: a randomized controlled trial. *Child and Adolescent Psychiatry and Mental Health*, 7(1), 37. Retrieved from <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=3826528&tool=pmcentrez&rendertype=abstract>
- 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 and Adolescent Psychiatry and Mental Health*, 7, 37. <https://doi.org/10.1186/1753-2000-7-37>
- Thakur, K. (2013). Effects of Surya Namaskara on Selected Psychological Parameters of School Boys. *International Journal of Health Sciences and Research (IJHSR)*, 3, 65–69.
- Thivel, D., Tremblay, M. S., & Chaput, J.-P. (2013). Modern Sedentary Behaviors Favor Energy Consumption in Children and Adolescents. *Current Obesity Reports*, 2(1), 50–57. <https://doi.org/10.1007/s13679-012-0032-9>
- Vallath Nandini. (2010). Perspectives on Yoga Inputs in the Management of Chronic PainNo Title. *Indian J Palliat Care.*, 16(1), 1–7.
- Van Der Kruk, J. J., Kortekaas, F., Lucas, C., & Jager-Wittenaar, H. (2013). Obesity: A systematic review on parental involvement in long-term European childhood weight control interventions with a nutritional focus. *Obesity Reviews*, 14, 745–760. <https://doi.org/10.1111/obr.12046>
- Webber, L., Hill, C., Saxton, J., Van Jaarsveld, C. H. M., & Wardle, J. (2009). PEDIATRIC HIGHLIGHT Eating behaviour and weight in children. *International Journal of Obesity*, 33(1), 21–28. <https://doi.org/10.1038/ijo.2008.219>
- WHO. (2000). Obesity: preventing and managing the global epidemic. Report of a WHO consultation. *World Health Organization Technical Report Series*, 894, i–xii, 1-253. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/11234459>
- WHO. (2012). WHO | Obesity and overweight. *World Health Organisation Media Centre Fact Sheet No. 311*.