

LIST OF RESEARCH PUBLICATIONS ON YOGA

(1985 – 2023)



Sl. No.	Division	Number of Papers
1.	<u>Division of Yoga and Life Sciences</u>	532
2.	<u>Division of Yoga and Physical Sciences</u>	105
3.	<u>Division of Yoga and Management</u>	072
4.	<u>Division of Yoga and Humanities</u>	103
5.	<u>Division of Yoga and Spirituality</u>	050
Total		862

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Division of Yoga and Life Sciences (532)

The Year 2023

1. Majumdar, V., Manjunath, N. K., Nagarathna, R., Panigrahi, S., Kanchi, M., Sahoo, S., ... & Nayak, R. (2023). Adjunct tele-yoga on clinical status at 14 days in hospitalized patients with mild and moderate COVID-19: A randomized control trial. *Frontiers in Public Health*, 11, 1054207.
2. Mishra, P., Harris, T., Greenfield, S. M., Hamer, M., Lewis, S. A., Singh, K., Nair, R., Mukherjee, S., **Manjunath, N.K.**, Tandon, N., Kinra, S., Prabhakaran, D., & Chattopadhyay, K. (2023) Yoga Programme for Type 2 Diabetes Prevention (YOGA-DP): a qualitative study exploring trial team's facilitators and challenges in conducting a feasibility trial in India. *Diabetes Therapy*, In Press
3. Sujatha, K.J., **Manjunath, N.K.**, Ahalya, P.G. (2023) Ayurveda, yoga, and acupuncture therapies in alleviating the symptom score among patients with spinal cord injury – A systematic review, *Journal of Ayurveda and Integrative Medicine*, 14, (4), 100749.
4. **Manjunath, N.K.** (2023) Transformative impact of International Day of Yoga. *International Journal of Yoga*, 16(1), 1-4.
5. Majumdar, V., & **Manjunath, N.K.** (2023) New insights into yoga and mental health. *Frontiers in Human Neuroscience*, 17, 1239411.
6. Majumdar, V., **Manjunath, N.K.**, Nagarathna, R., Narayana, S., Kanchi, M., Sahoo, S., Nagendra, H.R., Adithi, G., Mounika, R., & Rakshitha, N. (2023) Adjunct Tele-Yoga on Clinical Status at 14 Days in Hospitalized Mild and Moderate COVID-19 Patients: A Randomized Control Trial. *Frontiers in Public Health*, 11, 582.
7. **Manjunath, N.K.** (2023) Promoting personalised medicine through a Yoga-based lifestyle. *International Journal of Yoga*, 15, 173-174.
8. Kishore, D. M., Bindu, S., & **Manjunath, N.K.** (2023) Smart Yoga instructor for guiding and correcting Yoga postures in real time. *International Journal of Yoga*, 15, 254-261.

The Year 2022

9. Nagarathna, R., Sharma, M. N., Ilavarasu, J., Kulkarni, R., Anand, A., Majumdar, V., ... & Nagendra, H. R. (2022). Coping Strategy, Life Style and Health Status During Phase 3 of

- Indian National Lockdown for COVID-19 Pandemic—A Pan-India Survey. *Frontiers in public health*, 10, 814328.
10. Krishna D., Deepeshwar S., Prasanna K. (2022). Heartfulness meditation alters EEG Oscillations: an EEG study. *International Journal of Yoga*, 15 (3), 205.
 11. Budhi, B. R., Deepeshwar, S., & Angadi, B. (2022). Comparative Cross-sectional Study on Phasic Heart Rate Variability and Working Memory Among Young Adults. *Advances in Mind-body Medicine*, 36(4), 12-19.
 12. Kishore, D. M., Divya BR., & Manjunath, N. K. (2022). Smart Yoga Instructor for Guiding and Correcting Yoga Postures in Real-Time. *Journal of Applied Consciousness Studies*, [In Press].
 13. Kishore, D. M., Bindu, S., & Manjunath, N. K. (2022). Estimation of yoga postures using machine learning techniques. *International Journal of Yoga*, 15(2), 137.
 14. Dhansoia, V., Majumdar, V., Manjunath, N. K., Gaharwar, U. S., & Singh, D. (2022). Breathing-Focused Yoga Intervention on Respiratory Decline in Chronically Pesticide-Exposed Farmers: A Randomized Controlled Trial. *Frontiers in medicine*, 9.
 15. Ganesh, H. R. S., Subramanya, P., Rao, R. M., Vadiraj, H. S., & Udupa, V. (2022). Effects of an Integrated Yoga Program on Quality of Life, Spinal Flexibility, and Strength in Older Adults: A Randomized Control Trial. *Advances in Mind-body Medicine*, 36(1), 22-28.
 16. Ganesh, H. S., Subramanya, P., Rao, M. R., Vadhiraaj, H. S., & Udupa, V. (2022). Impact of yoga therapy in improving perceived stress, depression, and quality of life in elderly population: A randomized controlled trial. *Journal of Applied Consciousness Studies*, 10(1), 62.
 17. Jintu Kurian, Ramesh Mavathur N (2022). Impact of improved sleep quality and mood on acute and sustained phases of insulin release among pre-diabetes: An observation from Yoga and Walking based RCT. *Journal of Neurology and Clinical Neuroscience*. [In Press].
 18. Kurian, J., & Nanjundaiah, R. M. Assessing Risk and High Risk for Type 2 Diabetes Using Indian Diabetes Risk Score among Adults of Bengaluru: An Observation from A Sector Based Survey Study Conducted in Bengaluru. *Int Clin Med Case Rep Jour*. 2022; 1 (8): 1-10.

19. Dwivedi Krishna, Deepeshwar Singh, Krishna Prasanna (2022). Association between impulsiveness and quality of life among heartfulness meditators: A cross-sectional study. *Indian Journal of Mental Health*. [Accepted]
20. Deepeshwar S., Budhi B.R., (2022). Slow yoga breathing improves mental load in working memory performance and cardiac activity among yoga practitioners. *Frontiers in Psychology*, 13:968858.
21. Verma, K., Deepeshwar, S., & Srivastava, A. (2022). The Impact of Complementary and Alternative Medicine on Insomnia: A Systematic Review. *Cureus*, 14(8):e28425. doi: 10.7759/cureus.28425.
22. Verma, K., Deepeshwar, S., & Srivastava, A. (2022). Sleep Disorders and its Consequences on Biopsychosocial Health: A Narrative Review. *Yoga Mimansa* [In Press].
23. Putchavayala, C. K., Deepeshwar S., & Sashidharan, R. K. (2022). Correlation between excessive smartphone usage, basic psychological needs, and mental health of university students. *Journal of Mental Health and Human Behaviour*, [In Press]
24. Putchavayala, C. K., Deepeshwar S., & Sashidharan, R. K. (2022). A perspective of yoga on smartphone addiction: A narrative review. *Journal of Family Medicine and Primary Care*, 11(6), 2284-2291.
25. Putchavayala, C. K., Rajesh, S. K., & Deepeshwar S. (2022). Development, Content Validation, and Feasibility of Yoga Module for Smartphone Addiction. *Advances in Mind-body Medicine*, 36(2), 14-22.
26. Vaidya, V., Mavathur, D. R., & Basavapatna, D. B. R. (2022). Yoga As A Lifestyle Prescription For The Prakrti Specific Individuals To Prevent Disorders, Lead Healthy And Happy Life-A Conceptual Study. *Journal of Ayurveda and Holistic Medicine (JAHM)*, 10(3).
27. Basu-Ray, I., Metri, K., Khanra, D., Revankar, R., Chinnaiyan, K. M., Raghuram, N., Mishra, M. C., Patwardhan, B., Manjunath, N.K, Basavaraddi, I. V., Anand, A., Reddy, S., Deepak, K. K., Levy, M., Theus, S., Levine, G. N., Cramer, H., Fricchione, G. L., & Hongasandra, N. R. (2022). A narrative review on yoga: a potential intervention for augmenting immunomodulation and mental health in COVID-19. *BMC complementary medicine and therapies*, 22(1), 191. <https://doi.org/10.1186/s12906-022-03666-2>.
28. Krishna D., Deepeshwar S., Krishna P. (2022). Efficacy of yoga practices on emotion regulation and mindfulness in type 2 diabetes mellitus patients. *Yoga Mīmāṃsā* 24-30.

29. Amit K., Deepeshwar S., Chidananda K. (2022). A cross-sectional study on impulsiveness, mindfulness, and World Health Organization quality of life in heartfulness meditators. *Yoga Mīmāṃsā* 12-17.
30. Kanthi, A., Deepeshwar S., Manjunath, N. K., & Nagarathna, R. (2022). Changes in Electrical Activities of the Brain Associated with Cognitive Functions in Type 2 Diabetes Mellitus: A Systematic Review. *Clinical EEG and Neuroscience*, 15500594221089106.
31. Sujatha, K. J., & Manjunath, N. K. (2022). A Review on Hydrotherapy Practices in Ancient India. *Journal of Complementary and Alternative Medical Research*, 17(1), 22-29. <https://doi.org/10.9734/jocamr/2022/v17i130323>
32. Vidyashree, M., Deepeshwar, S., Bathala, L., Sharma, V. K., Nagarathna, R., Manjunath, N. K., ... & Nagendra, H. R. (2022). Transcranial Doppler studies in Type 2 Diabetes mellitus: A systematic review. *Diabetes Research and Clinical Practice*, 109808.
33. Dhansoia, V., Majumdar, V., Manjunath, N. K., Gaharwar, U. S., & Deepeshwar S. (2022). Breathing-Focused Yoga Intervention on Respiratory Decline in Chronically Pesticide-Exposed Farmers: A Randomized Controlled Trial. *Frontiers in medicine*, 9.
34. Deepeshwar, S., & Kumar, D. (2022). Beneficial Effect of Yoga-based Lifestyle Intervention on Anxiety and Depression in Young adults: Non-randomized Controlled Study. *International Journal of Medicine and Public Health*, 12(1).
35. Nagarathna, R., Sharma, M. N., Ilavarasu, J., Kulkarni, R., Anand, A., Majumdar, V., ... & Nagendra, H. R. (2022). Coping Strategy, LifeStyle and Health Status During Phase 3 of Indian National Lockdown for COVID-19 Pandemic—A Pan-India Survey. *Frontiers in Public Health*, 10.
36. Yamuna, U., Majumdar, V., & Saoji, A. A. (2022). Effect of Yoga on homocysteine level, symptomatology and quality of life in industrial workers with Chronic Venous Insufficiency: Study protocol for a randomized controlled trial. *Advances in Integrative Medicine*.

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37. Nair, R. G., Vasudev, M. M., & Mavathur, R. (2021). Role of Yoga and Its Plausible Mechanism in the Mitigation of DNA Damage in Type-2 Diabetes: A Randomized Clinical Trial. *Annals of Behavioral Medicine*.

38. Swathi, P. S., Bhat, R., & Saoji, A. A. (2021). Effect of trataka (Yogic Visual Concentration) on the performance in the corsi-block tapping task: A repeated measures study. *Frontiers in Psychology, 12*.
39. Mooventhan, A., Bharti, S., Nivethitha, L., & Manjunath, N. K. (2021). Effect of ice massage to head and spine on blood pressure and heart rate variability in patients with hypertension: A pilot study. *International Journal of Therapeutic Massage & Bodywork, 14(3), 22*.
40. Majumdar, V., Snigdha, A., Manjunath, N. K., Nagarathna, R., Mavathur, R., Singh, A., ... & Nagendra, H. R. (2021). Study protocol for yoga-based lifestyle intervention for healthy ageing phenotype in the older adults (yHAP): a two-armed, waitlist randomised controlled trial with multiple primary outcomes. *BMJ open, 11(9), e051209*.
41. Patil, S. S., Singh, A., Nagarathna, R., & Nagendra, H. R. (2021). Development and validation of vikrti measuring scale—A pilot study. *INDIAN JOURNAL OF AYURVEDA & INTEGRATIVE MEDICINE KLEU, 2(2), 78*.
42. Kaur, N., Majumdar, V., Nagarathna, R., Malik, N., Anand, A., & Nagendra, H. R. (2021). Diabetic yoga protocol improves glycemc, anthropometric and lipid levels in high risk individuals for diabetes: a randomized controlled trial from Northern India. *Diabetology & Metabolic Syndrome, 13(1), 1-10*.
43. Saoji, A. A., Swathi, P. S., & Raghavendra, B. R. (2021). The role of trataka in ameliorating visual strain and promoting psychological well-being during prolonged use of digital displays: A randomized controlled trial. *Work, (Preprint), 1-7*.
44. Patil, S. S., Raghuram, N., Singh, A., Rajesh, S. K., Ahmed, S., & Hongasandra, N. (2021). A Prospective Study on Type-2 Diabetic Complications and Efficacy of Integrated Yoga: A Pan India 2017. *Annals of Neurosciences, 28(1-2), 21-28*.
45. Gaihre, A., Sasidharan, R. K., Bista, S., Poudel, L., Khadka, R., Rajbhandari, B. (2021). Impact of Yoga and Physical Exercise on psychological Wellbeing among Substance Abusers: A Randomized Controlled Trial. *Journal of Complementary and Integrative Medicine*.

46. Gaihre, A., Sasidharan, R. K., Bista, S., Khadka, R., Poudel, L. (2021). Stress and Sleep in Addictive Behaviour and Application of Yoga-based Interventions. *One Health Journal of Nepal*, [In Press].
47. Bista S., Jasti N., Bhargav H., Sinha S., Gupta S., Prahlada R., Chaturvedi SK., Gangadhar BN. (2021). Yoga based lifestyle intervention for type 2 diabetes: a prospective single blind randomized controlled study. *Frontiers Public Health*, [In Press].
48. Bista S., Jasti N., Bhargav H., Sinha S., Gupta S., Chaturvedi SK., Gangadhar BN. (2021). Medical Application of Gas Discharge Visualization Imaging in Health and Disease: A Systematic review of Literature. *Alternative Therapies in Health and Medicine*, [In Press].
49. Maity, K., Majumdar, V., Singh, A., & Anand, A. (2020). A recipe for Policy research in AYUSH educational and research programs. *J Integr Med Case Rep*, 2(1), 1-3.
50. Jogdand, R. P., Sunuwar, S. M., Singh, A., & Nagrathna, R. Integrated Approach of Yoga Therapy towards Chronic Low Back Pain: A Case Report. *Physiotherapy*, 13, 14.
51. Tripathi, S., Metri, K. G., Sharma, P., Singh, A., & Sharma, A. (2021). Ayurveda and Yoga Therapy for Allergy and Asthma. In the *Textbook of Allergy for the Clinician* (pp. 376-380). CRC Press.
52. Anusuya, U. S., Mohanty, S., & Saoji, A. A. (2021). Effect of Mind Sound Resonance Technique (MSRT–A yoga-based relaxation technique) on psychological variables and cognition in school children: A randomized controlled trial. *Complementary Therapies in Medicine*, 56, 102606.
53. Swathi, P. S., Raghavendra, B. R., & Saoji, A. A. (2021). Health and therapeutic benefits of Shatkarma: A narrative review of scientific studies. *Journal of Ayurveda and integrative medicine*.
54. Dhargave, P., Nalini, A., Nagarathna, R., Sendhilkumar, R., James, T. T., Raju, T. R., & Sathyaprabha, T. N. (2021). Effect of yoga and physiotherapy on pulmonary functions in children with duchenne muscular dystrophy–A comparative study. *International Journal of Yoga*, 14(2), 133.

55. Sharma, K., Battu, P., Anand, A., Nagarathna, R., Kaur, N., Malik, N., ... & Nagendra, H. R. (2021). Management of Type II Diabetes by Modulating the Modifiable Risk Factors: A Future Roadmap for Prevention of Cerebrovascular Complications. *Annals of Neurosciences*, 09727531211000041.
56. Nagarathna, R., Madhava, M., Patil, S. S., Singh, A., Perumal, K., Ningombam, G., & Nagendra, A. H. R. (2021). Cost of Management of Diabetes Mellitus: A Pan India Study. *Annals of Neurosciences*, 0972753121998496.
57. Patil, S. S., Nagarathna, R., & Nagendra, H. R. (2021). A self-rating scale to measure states of tridosha in children. *Indian Journal of Ayurveda & Integrative Medicine Kleu*, 2(1), 3.
58. Nagarathna Raghuram, V. R., Vijaya Majumdar, R. S., Amit S., S. P., Akshay Anand, I. J., & Srikanta Bhaskara, J. R. B. (2021). Effectiveness of a yoga-based lifestyle protocol (YLP) in preventing diabetes in a high-risk Indian cohort: a multicenter cluster-randomized controlled trial (NMB-trial). *Frontiers in endocrinology*, 12.
59. Maity, K., Nagarathna, R., Anand, A., Patil, S. S., Singh, A., Rajesh, S. K., ... & Nagendra, H. R. (2021). Sleep Disorders in Individuals With High Risk for Diabetes in Indian Population. *Annals of Neurosciences*, 0972753121998470.
60. Mehra, P., Anand, A., Nagarathna, R., Kaur, N., Malik, N., Singh, A., ... & Nagendra, H. R. (2021). Role of mind–Body intervention on lipid profile: A cross-sectional study. *International Journal of Yoga*, 14(2), 168.
61. Venkatrao, M., Nagarathna, R., Majumdar, V., Patil, S. S., Rathi, S., & Nagendra, H. (2021). Prevalence of Obesity in India and Its Neurological Implications: A Multifactor Analysis of a Nationwide Cross-Sectional Study. *Annals of Neurosciences*, 0972753120987465.
62. Mohanty, S., Nagarathna, R., Metri, K., Patil, S., Kumar, S., Singh, A., & Nagendra, H. R. (2021). Trends of Hypertension and Neurological Diseases in India: A Nationwide Survey Reporting the Distribution Across Geographical Areas. *Annals of Neurosciences*, 0972753120987457.

63. Nagarathna, R., Kumar, S., Anand, A., Acharya, I. N., Singh, A. K., Patil, S. S., ... & Nagendra, H. R. (2021). Effectiveness of Yoga Lifestyle on Lipid Metabolism in a Vulnerable Population—A Community Based Multicenter Randomized Controlled Trial. *Medicines*, 8(7), 37.
64. Nagarathna, R., Anand, A., Nanda, S., Patil, S. S., Singh, A., Rajesh, S. K., & Nagendra, H. R. (2021). Is the Indian Dietary Pattern Associated With Type 2 Diabetes? A Pan-India Randomized Cluster Sample Study. *Annals of Neurosciences*, 09727531211005226.
65. Chatterjee S, Mondal S, Deepeshwar S. (2021). Effect of 12 Weeks of Yogic Training on Neurocognitive Variables: A Quasi-Experimental Study. *Indian Journal of Community Medicine*, 46(1):112-116
66. Sivapuram, M. S., Srivastava, V., Kaur, N., Anand, A., Nagarathna, R., Patil, S., ... & Nagendra, H. R. (2021). Ayurveda Body–Mind Constitutional Types and Role of Yoga Intervention Among Type 2 Diabetes Mellitus Population of Chandigarh and Panchkula Regions. *Annals of Neurosciences*, 09727531211000040.
67. Manjunath, N. K., Majumdar, V., Rozzi, A., Huiru, W., Mishra, A., Kimura, K., ... & Nagendra, H. R. (2021). Health Perceptions and Adopted Lifestyle Behaviors During the COVID-19 Pandemic: Cross-National Survey. *JMIR formative research*, 5(6), e23630.
68. Majumdar V, Atmakur S, Manjunath NK (2021) R2 - Study protocol for yoga-based lifestyle intervention for healthy aging phenotype in the older adults (yHAP): a two-armed, wait-list randomized controlled trial with multiple primary outcomes. *BMJ Open* 2021;;1–9. doi: bmjopen-2021-051209
69. Nagarathna, R., Kurian, J., Vijayakumar, V., Nagendra, H. R., & Mavathur, R. N. (2021). 1160-P: Does Yoga Reduce the Risk of Conversion from Prediabetes to Diabetes by Improving Acute Phase Insulin Release? An Observation from an RCT. *Diabetes*
70. Kurian, J., Vijayakumar, V., Mooventhan, A., & Mavathur, R. (2021). Effect of yoga on plasma glucose, lipid profile, blood pressure and insulin requirement in a patient with type 1 diabetes mellitus. *Journal of Complementary and Integrative Medicine*.

71. Manjunath, N. K., Majumdar, V., Rozzi, A., Huiru, W., Misra, A., Kimura, K., Nagarathna, R., & Nagendra, H. R. (2021). A Cross-National Survey on Health Perceptions and Adopted Lifestyle-Related Behavior during the COVID-19 Pandemic. *JMIR formative research*, 5(6):e23630.
72. Nivethitha, L., Mooventhan, A., & Manjunath, N. K. (2021). Evaluation of cardiovascular functions during the practice of different types of yogic breathing techniques. *International Journal of Yoga*, 14(2), 158.
73. Acharya, R., Mahapatra, G. P., & Acharya, K. (2021). Yoga and Wellness—Key Insights from the Study on General Yoga Programme. *NHRD Network Journal*, 14(1), 51-63.
74. Surendra Singh Sankhala, Nagendra, H. R., Deepeshwar, S. (2021). Changes in Bioenergy Field of Children with Autism Following Non-pharmacological Interventions: A Randomized Controlled Study. *Int J Med. Public Health*. 2021; 11(1):57-62

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75. Chobe, S., Chobe, M., Metri, K., Patra, S. K., & Nagarathna, R. (2020). Impact of Yoga on cognition and mental health among elderly: A systematic review. *Complementary Therapies in Medicine*, 52, 102421.
76. Vegaraju, P., Hankey, A., & Mavathur, R. (2020). Variations in microbial growth rates explained by traditional knowledge. *International Journal of Yoga-Philosophy, Psychology and Parapsychology*, 8(1), 33.
77. Arumugam, G., Nagarathna, R., Majumdar, V. *et al.* (2020). Yoga-based lifestyle treatment and composite treatment goals in Type 2 Diabetes in a rural South Indian setup-retrospectively. *Scientific Reports* 10, 6402 <https://doi.org/10.1038/s41598-020-63133-1>
78. Mishra, SK, HS, Nagarathna, Anand, Bhutan, Sivapuram, Singh, Nagendra, (2020). Knowledge, Attitude, and Practice of Yoga in Rural and Urban India, KAPY 2017: A Nationwide Cluster Sample Survey. *Medicines*, 7(2), 8– doi:10.3390/medicines7020008.
79. Mishra, Amit; Podder, Vivek; Modgil, Shweta; Khosla, Radhika; Anand, Akshay; Nagarathna, Raghuram; Singh, Amit Kumar; Nagendra, Hongasandra R. (2020). Perceived stress and depression in prediabetes and diabetes in an Indian population—A call for a mindfulness-based intervention. *General Hospital Psychiatry*, S0163834319304980–. doi:10.1016/j.genhosppsy.2020.01.001.
80. Mishra, Amit; Chawathey, Shreyas A.; Mehra, Priya; Nagarathna, R.; Anand, Akshay; Rajesh, S.K.; Singh, Amit; Patil, Suchitra; Sai Sivapuram, Madhava; Nagendra,

Hongasandra Ramarao (2020). Perceptions of benefits and barriers to Yoga practice across rural and urban India: Implications for workplace Yoga. *Work*, 65(4), 721–732. doi:10.3233/WOR-203126.

81. Amit Mishra, Vivek Podder, Shweta Modgil, Radhika Khosla, Akshay Anand, Raghuram Nagarathna, Rama Malhotra, Hongasandra Ramarao Nagendra (2020). Higher Perceived Stress and Poor Glycemic Changes in Prediabetics and Diabetics Among Indian Population. *Journal of Medicine and Life* Vol. 13, Issue 2.
82. Sharma, K. S., Pailoor, S., Choudhary, N. R., Bhat, P., & Shrestha, S. (2020). Integrated Yoga Practice in Cardiac Rehabilitation Program: A Randomized Control Trial. *The Journal of Alternative and Complementary Medicine*.
83. Mohanty, S., Singh, A., & Avti, P. (2020). Integrative Medicine as a Panpharmacon for COVID-19 Pandemic: A Call for Global Advocacy. *Annals of Neurosciences*.1-3.
84. Nadholta, P., Bali, P., Singh, A., & Anand, A. (2020). Potential benefits of yoga in pregnancy-related complications during the COVID-19 pandemic and implications for working women. *Work*, (Preprint), 1-11.
85. Kishore, D. M., Manjunath, N. K., Metri, K., Babu, N., & Basavaraj, A. (2020). Depression, Anxiety and Stress among Nurses Working in a Tertiary Care Centre in Southern India. *Asian Journal of Medicine and Health*, 18(9):147-152.
86. Papillon, P., & Rajesh, S. K. (2020). Relationship between Spiritual Health, Mindfulness and Emotion Regulation among French Emerging Adults. *Cellmed*, 10(1): 3-1.
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88. Jasti, N., Bhargav, H., Babu, H., & Nagarathna, R. (2020). Challenging Case in Clinical Practice: Yoga Therapy for Parkinson's disease. *Alternative and Complementary Therapies*,26(2): 57-60.
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91. Mishra, A., Podder, V., Modgil, S., Khosla, R., Anand, A., Nagarathna, R., & Nagendra, H. R. (2020). Perceived stress and depression in prediabetes and diabetes in an Indian population-A call for a mindfulness-based intervention. *General Hospital Psychiatry*, 64:127-128.
92. Mishra, A. S., HS, V., Nagarathna, R., Anand, A., Bhutani, H., Sivapuram, M. S., & Nagendra, H. R. (2020). Knowledge, Attitude, and Practice of Yoga in Rural and Urban India, KAPY 2017: A Nationwide Cluster Sample Survey. *Medicines*, 7(2): 8.
93. Nagarathna, R., Tyagi, R., Battu, P., Singh, A., Anand, A., & Nagendra, H. R. (2020). Assessment of risk of diabetes by using Indian Diabetic risk score (IDRS) in the Indian population. *Diabetes Research and Clinical Practice*, 162, 108088.
94. Mishra, A., Podder, V., Modgil, S., Khosla, R., Anand, A., Nagarathna, R., & Nagendra, H. R. (2020). Higher Perceived Stress and Poor Glycemic Changes in Pre Diabetics and Diabetics among Indian Population. *Journal of Medicine and Life*, 13(2): 132.
95. Nagendra H. R. (2020). Yoga for COVID-19. *International Journal of Yoga*, 13(2), 87–88.
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99. Mishra, A., Chawathey, S. A., Mehra, P., Nagarathna, R., Anand, A., Rajesh, S. K., & Nagendra, H. R. (2020). Perceptions of benefits and barriers to Yoga practice across rural and urban India: Implications for workplace Yoga. *Work*, 65(4):721-732.
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