

3.2.2 Funding for psychosomatic domains and clinical research in the following areas by government and / or non government agencies

Academic Year	Title/s of research project / clinical trials/yoga protocols etc	Name of the Principal Investigator/Co Investigator	Project period	Year of Award	Details of the Funding agency	Type (Government/Non Government)	Amount in Lakhs	Funds provided in INR
1	An integrative treatment for lymphedema: a single group study evaluating benefits and exploring mechanisms	Dr. Shirley Telles	2019	2022	Patanjali Research Foundation, Trust	Non Government		
2	Yoga Research: A Narrative Review	Dr. Shirley Telles	2021	2022		Non Government		
3	Cerebrovascular dynamics associated with yoga breathing and breath awareness	Dr. Shirley Telles	2020	2022		Non Government		
4	Perceptions about the benefits and negative outcomes of yoga practice by yoga naïve persons: A cross-sectional survey	Dr. Shirley Telles	2019	2022		Non Government		
5	Smartphone excessive use,	Dr. Shirley Telles	2020	2022		Non Government		

sleep and beliefs about wellbeing in university students who practice yoga compared with those with no experience of yoga							
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6	Yoga instructors' reported benefits and disadvantages associated with functioning online: A convenience sampling survey	Dr. Shirley Telles	2020	2021		Non Government		
7	A PubMed-Based Exploration of the Course of Yoga Research from 1948 to 2020		2020	2021		Non Government		
8	Mirror tracing task in yoga practitioners and non-yoga practitioners: A cross-sectional comparative study		2020	2021		Non Government		
9	Benefits and Adverse Effects Associated with Yoga Practice: A Cross-Sectional Survey from India		2019	2020		Non Government		
10	Positioning yoga in the COVID-19 pandemic		2020	2020		Non Government		

11	Body Temperature in Practitioners of a Yoga Breathing Technique Considered to be Heat Generating		2019	2020		Non Government		
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12	Yoga as an add on Therapy in the Management of Migraine	Dr. Shirley Telles	2020	2020		Non Government		
13	Body Temperature and Energy Expenditure During and After Yoga Breathing Practices Traditionally Described as Cooling		2019	2020		Non Government		
14	The Impact of Yoga on Teachers' Self-Rated Emotions		2017	2019		Non Government		
15	Performance in a Corsi Block- tapping Task following High-frequency Yoga Breathing or Breath Awareness		2017	2019		Non Government		
16	Immediate Effect of a Yoga Breathing Practice on Attention and Anxiety in Pre-Teen Children		2018	2019		Non Government		

17	Mental Wellbeing, Quality of Life, and Perception of Chronic Illness in Yoga-Experienced Compared with Yoga-Naïve		2017	2019	Non Government		
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	Patients						
18	Changes in Shape and Size Discrimination and State Anxiety after Alternate-Nostril Yoga Breathing and Breath Awareness in One Session Each	Dr.Shirley Telles	2017	2019	Non Government		
19	Quality of Life in Yoga Experienced and Yoga Naïve Asian Indian Adults with Obesity		2017	2019	Non Government		
20	Yoga as a Holistic Treatment for Chronic Illnesses: Minimizing adverse events and safety concerns		2019	2019	Non Government		
21	Effect of yoga on vigilance, self rated sleep and state anxiety in Border Security Force personnel in India		2017	2019	Non Government		

22	Self Esteem and Performance in Attentional Tasks in School Children after 4½ Months of Yoga		2017	2019		Non Government		
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23	Anthropometric variables as predictors of aspects of quality of life in persons with central obesity	Dr.Shirley Telles	217	2018		Non Government		
24	Neurophysiological Changes Determined by the EEG with Yoga Breathing Practices: A Mini Review		2018	2018		Non Government		
25	Twelve Weeks of Yoga or Nutritional Advice for Centrally Obese Adult Females		2017	2018		Non Government		
26	A Brief Overview of Yoga for Children with Physical and Mental Needs		2017	2018		Non Government		
27	Changes in vigilance, self rated sleep and state anxiety in military personnel in India following yoga		2016	2018		Non Government		
28	A Brief Overview of Yoga for Respiratory Disorder		2017	2018		Non Government		

29	Increased Mental Well-being and Reduced State Anxiety in Teachers After Participation in a Residential Yoga Program	Dr. Shirley Telles	2017	2018		Non Government		
30	The association between the Lipid Profile and Fasting Blood Glucose with Weight Related Outcomes in Healthy Obese Adults		2017	2018		Non Government		
31	Changes in reaction time after yoga bellows type breathing in healthy female volunteers		2017	2018		Non Government		
32	Stress and coping strategies: The impact on health		2017	2018		Non Government		

\* AND \*\* INDICATES - FINANCIAL BALANCE STATEMENTS MAY BE REFERRED