


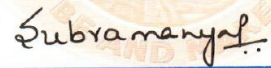
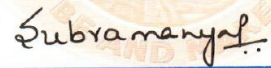
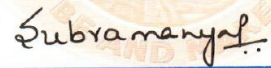
Appendix 1.0

LIST OF PUBLICATIONS FROM THIS RESEARCH

Sl. No.	Title	Journal/Conference	Authors
1	Effect of yoga intervention on mindfulness, perceived stress, emotion regulation and affect: A study on senior managers in an Indian multinational corporate	International Journal of Indian Culture and Business Management Vol. 22, No. 1, 2021, pp.37–52	T.S. Sreekumar Dr. H.R. Nagendra Dr. Judu V. Ilavarasu
2	Mediating role of mindfulness: Positive affect and perceived stress among employees	SCMS Journal of Indian Management Vol. 16, No. 4, Oct - Dec 2019, pp.75-86	T.S. Sreekumar Dr. H.R. Nagendra Dr. Judu V. Ilavarasu
3	Mindfulness and Yoga: A parallel and comparative analysis	International Journal of Yoga - Philosophy, Psychology and Parapsychology Vol. 8, No. 1, Jan - June 2020, pp.13–20	T.S. Sreekumar Dr. H.R. Nagendra Dr. Judu V. Ilavarasu
4	Mindfulness in Workplace: A Yoga based intervention for psychological wellbeing – Poster Presentation	International Conference on Frontiers in Yoga Research and Applications, Jan 3-6, 2020, Bengaluru	T.S. Sreekumar
Note: Full papers are provided at the end of the thesis.			

Appendix 2.0

ETHICS COMMITTEE APPROVAL

	<p>स्वामी विवेकानन्द योग अनुसंधान संस्थान Swami Vivekananda Yoga Anusandhāna Samsthāna (Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956) Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019 Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645 E-mail: svyasa@svyasa.edu.in Website: www.svyasa.edu.in</p>				
RES/IEC-SVYASA/94/2016	April 24, 2017				
To, Dr. H R Nagendra Chancellor, S-VYASA University, Bangalore.					
Reference:					
"Efficacy of Cyclic Meditation on Mindfulness and Psychological Wellbeing in Workplace". - Committee Approval of the above mentioned study.					
Dear Dr. H R Nagendra,					
We have received from you the following study related documents vide your letter dated August 20, 2016					
<table border="1"><tr><td>1</td><td>Project Proposal</td></tr><tr><td>2</td><td>Informed consent form</td></tr></table>		1	Project Proposal	2	Informed consent form
1	Project Proposal				
2	Informed consent form				
Ethics committee meeting was held on September 24, 2016 at 2:00 PM to 5:00 PM at Eknath Bhavan, Bangalore. Above documents were examined and discussed in the meeting. After due consideration, the committee has decided to approve conducting the aforementioned study.					
<table border="1"><tr><td>APPROVED  INSTITUTIONAL ETHICS COMMITTEE SVYASA, BANGALORE</td></tr></table>		APPROVED  INSTITUTIONAL ETHICS COMMITTEE SVYASA, BANGALORE			
APPROVED  INSTITUTIONAL ETHICS COMMITTEE SVYASA, BANGALORE					



स्वामी विवेकानन्द योग अनुसंधान संस्थान
Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Ekmath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.edu.in Website: www.svyasa.edu.in

This is to confirm that neither Dr. H R Nagendra nor any staff participating in this study were involved in the voting procedures and decision making.

The Institutional Review Board / Independent Ethics Committee (IEC) are expected to be informed about the progress of the study / any changes in the protocol and patient information / informed consent. The investigators are also expected to submit a copy of the final report to IEC for records.

This approval is valid up to the completion of the study at the site.

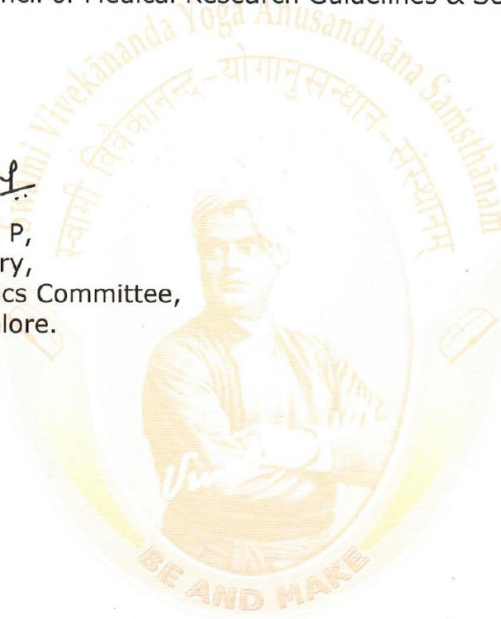
Please submit to the IEC, the status report of the study as per the SOPs.

The IEC is organized & operates according to the requirements of ICH-GCP, Indian Council of Medical Research Guidelines & Schedule Y.

Best Wishes,

Subramanya P.

Dr. Subramanya P,
Member Secretary,
Institutional Ethics Committee,
S-VYASA, Bangalore.



Appendix 3.0 INFORMED CONSENT FORM

A SAMPLE COPY

INFORMED CONSENT FORM

Title of the Study:

Efficacy of cyclic meditation on mindfulness and psychological wellbeing in working professionals

Investigator: Sreekumar T.S, Research Scholar S-VYASA

Guide: Dr H.R. Nagendra, Chancellor S-VYASA

Co-Guide: Dr K. B. Akhilesh, Senior Professor, IISc

About the Project:

Mindfulness has been known to influence many positive outcomes in an individual which are of significant organizational interest. The primary aim of the current study is to examine the efficacy of cyclic meditation on mindfulness and psychological wellbeing in working professionals.

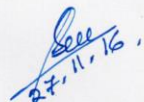
Intervention Details: The participants will undergo a five day intervention on SMET and are further expected to continue their daily practice of 35 minutes of cyclic meditation on their own with standardized guided CD instructions.

Assessment Details: The assessments that will be used for the study are mindfulness attention awareness scale, emotion regulation questionnaire, positive and negative affect schedule and perceived stress scale. Data for the same will be collected from participants both before and after the 5 day intervention and also post 1 month of their individual practices.


In addition data on participant personality traits as measured by gunas, using vedic personality inventory, will be collected once prior to the 5 day SMET intervention. Also feedback on participant experience will be collected post the intervention.

All the information obtained during the study will be kept confidential. You can withdraw from the study at any point of time unconditionally.

I hereby have understood the above & consent voluntarily to participate in the study.


Signature of the participant

S. Sen,


Signature of the investigator
Sreekumar T.S.

MINDFULNESS ATTENTION AWARENESS SCALE (MAAS)

Day-to-Day Experiences

Instructions: Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what *really reflects* your experience rather than what you think your experience should be. Please treat each item separately from every other item.

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

I could be experiencing some emotion and not be conscious of it until some time later.	1	2	3	4	5	6
I break or spill things because of carelessness, not paying attention, or thinking of something else.	1	2	3	4	5	6
I find it difficult to stay focused on what’s happening in the present.	1	2	3	4	5	6
I tend to walk quickly to get where I’m going without paying attention to what I experience along the way.	1	2	3	4	5	6
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	1	2	3	4	5	6
I forget a person’s name almost as soon as I’ve been told it for the first time.	1	2	3	4	5	6
It seems I am “running on automatic,” without much awareness of what I’m doing.	1	2	3	4	5	6
I rush through activities without being really attentive to them.	1	2	3	4	5	6
I get so focused on the goal I want to achieve that I lose touch with what I’m doing right now to get there.	1	2	3	4	5	6
I do jobs or tasks automatically, without being aware of what I’m doing.	1	2	3	4	5	6
I find myself listening to someone with one ear, doing something else at the same time.	1	2	3	4	5	6

I drive places on 'automatic pilot' and then wonder why I went there.	1	2	3	4	5	6
I find myself preoccupied with the future or the past.	1	2	3	4	5	6
I find myself doing things without paying attention.	1	2	3	4	5	6
I snack without being aware that I'm eating.	1	2	3	4	5	6

MAAS Scoring: To score the scale, simply compute a mean of the 15 items. Higher scores reflect higher levels of dispositional mindfulness.

PERCEIVED STRESS SCALE (PSS)

INSTRUCTIONS:

The questions in this scale ask you about your feelings and thoughts during THE LAST MONTH. In each case, please indicate your response by placing an “X” over the circle representing HOW OFTEN you felt or thought a certain way.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
	0	1	2	3	4
1. In the last month, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. In the last month, how often have you felt nervous and “stressed”?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. In the last month, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. In the last month, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. In the last month, how often have you felt that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. In the last month, how often have you been angered because of things that were outside your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PSS Scoring: To score the scale, simply compute a mean of the 10 items. Higher scores reflect higher levels of perceived stress.

POSITIVE AND NEGATIVE AFFECT SCHEDULE (PANAS)

Worksheet 3.1 The Positive and Negative Affect Schedule (PANAS; Watson et al., 1988)

PANAS Questionnaire

This scale consists of a number of words that describe different feelings and emotions. Read each item and then list the number from the scale below next to each word. **Indicate to what extent you feel this way right now, that is, at the present moment OR indicate the extent you have felt this way over the past week (circle the instructions you followed when taking this measure)**

1	2	3	4	5
Very Slightly or Not at All	A Little	Moderately	Quite a Bit	Extremely

_____ 1. Interested	_____ 11. Irritable
_____ 2. Distressed	_____ 12. Alert
_____ 3. Excited	_____ 13. Ashamed
_____ 4. Upset	_____ 14. Inspired
_____ 5. Strong	_____ 15. Nervous
_____ 6. Guilty	_____ 16. Determined
_____ 7. Scared	_____ 17. Attentive
_____ 8. Hostile	_____ 18. Jittery
_____ 9. Enthusiastic	_____ 19. Active
_____ 10. Proud	_____ 20. Afraid

Scoring Instructions:

Positive Affect Score: Add the scores on items 1, 3, 5, 9, 10, 12, 14, 16, 17, and 19. Scores can range from 10 – 50, with higher scores representing higher levels of positive affect. Mean Scores: Momentary = 29.7 ($SD = 7.9$); Weekly = 33.3 ($SD = 7.2$)

Negative Affect Score: Add the scores on items 2, 4, 6, 7, 8, 11, 13, 15, 18, and 20. Scores can range from 10 – 50, with lower scores representing lower levels of negative affect. Mean Score: Momentary = 14.8 ($SD = 5.4$); Weekly = 17.4 ($SD = 6.2$)

*Copyright © 1988 by the American Psychological Association. Reproduced with permission. The official citation that should be used in referencing this material is Watson, D., Clark, L. A., & Tellegan, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54(6), 1063–1070.*

Appendix 5.0 RAW DATA

For both leadership and offshore studies, the complete set of raw data and code used for ‘R’ analysis are both uploaded in the below link on Open Science Framework.

<https://osf.io/mdhrk/>

Illustrative sample raw data for both studies is also provided below.

STUDY ONE – LEADERSHIP GROUP – ILLUSTRATIVE SAMPLE RAW DATA

ID	maastot1	maasmean1	maastot2	maasmean2	maastot	maasmean3	reapptot1	supptot1	erqtot1	reapptot2	supptot2	erqtot2	reapptot3	supptot3	erqtot3	posaffect1	negaffect1	posaffect2	negaffect2	posaffect3	negaffect3	psstot1	psstot2	psstot3
1	82	5.4	86	5.7	90	6	36	4	40	NA	NA	NA	29	4	33	46	15	49	10	48	10	8	8	3
2	66	4.4	65	4.3	76	5.0	NA	NA	NA	NA	NA	NA	32	12	44	36	10	39	10	45	10	21	16	11
3	63	4.2	74	4.9	NA	NA	31	19	50	26	19	45	NA	NA	NA	33	17	40	10	NA	NA	9	11	NA
4	61	4.0	71	4.7	67	4.4	19	13	32	31	19	50	20	18	38	37	15	36	10	45	10	17	14	14
5	63	4.2	67	4.4	68	4.5	31	14	45	34	18	52	15	11	26	32	16	33	10	22	17	11	8	18
6	84	5.6	76	5.0	84	5.6	34	22	56	36	25	61	42	17	59	28	14	30	16	33	15	11	13	8
7	79	5.2	72	4.8	NA	NA	26	15	41	29	14	43	NA	NA	NA	30	17	28	10	NA	NA	12	13	NA
8	73	4.8	71	4.7	70	4.6	NA	NA	NA	NA	NA	NA	36	20	56	34	21	42	12	35	15	11	10	14
9	54	3.6	67	4.4	NA	NA	29	20	49	24	12	36	NA	NA	NA	35	26	28	10	NA	NA	12	18	NA
10	39	2.6	31	2.0	51	3.4	25	8	33	30	21	51	31	22	53	19	37	35	11	27	25	32	31	26

STUDY TWO – OFFSHORE GROUP – ILLUSTRATIVE SAMPLE RAW DATA

ID	maastot1	maasmean1	maastot2	maasmean2	maastot	maasmean3	reapptot1	supptot1	erq tot1	reapptot2	supptot2	erqtot2	reapptot3	supptot3	erqtot3	posaffect1	negaffected1	posaffect2	negaffected2	posaffect3	negaffected3	pss tot1	psstot2	psstot3
1	68	4.5	71	4.7	74	4.9	18	12	30	28	13	41	35	9	44	38	24	46	11	40	15	16	18	11
2	48	3.2	48	3.2	NA	NA	32	19	51	31	17	48	NA	NA	NA	30	20	33	10	NA	NA	18	17	NA
3	46	3.0	75	5	80	5.3	18	16	34	29	17	46	24	20	44	27	20	32	27	40	12	13	11	9
4	81	5.4	73	4.8	68	4.5	34	23	57	34	17	51	33	23	56	43	16	40	23	34	30	21	20	19
5	74	4.9	78	5.2	68	4.5	28	22	50	17	12	29	30	20	50	36	11	46	11	35	22	13	12	20
6	65	4.3	73	4.8	65	4.3	36	13	49	41	19	60	31	14	45	48	23	50	15	46	12	20	14	4
7	67	4.4	73	4.8	76	5.0	25	11	36	37	11	48	40	9	49	39	17	47	14	42	20	11	0	10
8	57	3.8	46	3.0	57	3.8	32	17	49	28	16	44	32	16	48	45	25	38	22	38	20	16	17	15
9	62	4.1	63	4.2	65	4.3	34	22	56	23	14	37	31	17	48	36	15	42	22	40	16	13	13	13
10	37	2.4	28	1.8	62	4.1	32	18	50	38	25	63	15	4	19	37	23	40	20	37	22	19	15	11