

Abbreviations

1. EEG - Electroencephalography
2. ATTA - Abbreviated Torrance Test for Adults
3. CI – Creative Innovation
4. DMN – Default Mode Network
5. CM – Cyclic Meditation
6. SH – Shavasana
7. SR – Supine Rest
8. EI – Emotional Intelligence
9. EQ – Emotional Quotient
10. CEO – Chief Executive Officer
11. CNS – Central Nervous System
12. RAS – Reticular Activating System
13. 3 A's – Attention, Arousal and Awareness
14. TTCT – Torrance Tests of Creativity Testing
15. DLPC – Dorso lateral parietal cortex
16. PFC – Pre Frontal Cortex
17. VMPFC – Ventro-medial Pre frontal Cortex
18. PPC – Posterior Parietal Cortex
19. SoC – States of Consciousness
20. PS – Proto Self
21. CS – Core Self
22. AS – Autobiographical Self
23. CDZ's – Convergent-Divergent Zones
24. CEN – Central executive network
25. ACC – Anterior Cingulate Cortex
26. PCC – Posterior Cingulate Cortex
27. SN – Salience Network
28. EAN – Executive Attention Network
29. SRN – Self Referential Network
30. BWC – Brain Wave Coherence
31. MRI – Magnetic Resonance imaging
32. fMRI – Functional magnetic resonance imaging
33. Hz – Hertz
34. SVYASA – Swami Vivekananda Yoga Anusandhana Samsthana
35. OM – Open Monitoring
36. FA – Focused Attention
37. ST – Self Transcending
38. TM – Transcendental Meditation
39. CMS – Cortical Midline Structures
40. rFC – Resting state Functional Connectivity
41. PNAS – Proceedings of the National Academy of Sciences
42. HRV – Heart Rate Variability
43. ANS – Autonomic Nervous System
44. LF – Low Frequency
45. ERP – Event- Related Potential
46. SWS – Slow wave sleep
53. REM – Rapid Eye Movement sleep
54. DT – Divergent Thinking
55. CT –Convergent Thinking.