INTERNATIONAL TRANSLITERATION CODE FOR SANSKRIT

a = अ	ā = आ	i = इ	ī = ई	u = उ	ū = ऊ	ṛ = ऋ
ṝ = ॠ	e = ए	ai= ऐ	o = ओ	au= औ	aṁ = अं	aḥ = अः
	ka = क	kha = ख	ga = ग	gha = घ	ṅa = ङ	
	ca = च	cha= छ	ja = ज	jha= झ	ña = ञ	
	ṭa = ट	ṭha = ठ	ḍa = ड	ḍha= ढ	ṇa = ण	
	ta = त	tha= थ	da = द	dha = ध	na = न	
	pa = प	pha = फ	ba = ब	bha = भ	ma = म	
ya = य	ra = र	la = ल	va = व	śa = श	ṣa = ष	sa = स
ha = ह	ḻa = ळ	kṣa = क्ष	jña = ज्ञ			

LIST OF ABBREVIATIONS

CM	Cyclic Meditation
MBSR	Mindfulness Based Stress Reduction
SMET	Self-Management of Excessive Tension
ONGC	Oil and Natural Gas Corporation
WHO	World Health Organization
ILO	International Labor Organization
GWI	Global Wellness Institute
CCL	Centre for Creative Leadership
MBI	Mindfulness Based Intervention
MBCT	Mindfulness Based Cognitive Therapy
MBRP	Mindfulness Based Relapse Prevention
MBRE	Mindfulness Based Relationship Enhancement
CBSM	Cognitive Behavioral Stress Management
IBMT	Integrative Body-Mind Training
DBT	Dialectical Behavior Therapy
ACT	Acceptance and Commitment Therapy
IRT	Instant Relaxation Technique
QRT	Quick Relaxation Technique
DRT	Deep Relaxation Technique
MAAS	Mindful Attention Awareness Scale
ERQ	Emotion Regulation Questionnaire
PSS	Perceived Stress Scale
PANAS	Positive and Negative Affect Scale
GHQ	General Health Questionnaire
PYS	*Patañjali yogasūtrās*