

INSTITUTIONAL ETHICAL COMMITTEE APPROVAL



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

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RES/IEC-SVYASA/157/2019

24/Dec/2019

To,
Mrs Kadambini Achariya,
Research Scholar,
S-VYASA Yoga University,
Bengaluru.

Reference:

"Immediate Effect of Mantra Chanting on Psycho physiological Variables across the group of Participant Adopting Different Style"

Dear Mrs KadambiniAchariya,

We have received from you the following study related documents vide your letter dated 18th Sep 2019

1	Project Proposal
2	Informed consent form

Ethics committee meeting was held on 17th October 2015 between 2:00 PM and 5:00 PM at Eknath Bhavan, Bengaluru. Above documents were examined and discussed in the meeting.

APPROVED

INSTITUTIONAL ETHICS
SVYASA, BANG



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This is to confirm that neither Mrs Kadambini Achariya nor any staff participating in this study were involved in the voting procedures and decision making.

The Institutional Review Board / Institutional 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,

Dr. Ramesh M. N,
Member Secretary,
Institutional Ethics Committee,
S-VYASA, Bengaluru.

SIX LETTER CANCELLATION TEST

INTRODUCTIONS:

1. SEARCH OUT TARGET LETTER GIVEN BELOW AND CANCEL THEM BY SLASH(/)
2. CANCEL AS MANY AS POSSIBLE WITHIN THE GIVEN TIME.
3. START AND STOP ONLY WHEN TOLD.

TARGET LETTERS ARE:- P,D,M,Q,S,K

O	X	D	N	T	K	X	Q	J	P	T	I	Z	F	F
V	A	U	I	C	U	A	G	H	A	J	K	O	T	C
H	Z	H	K	Z	I	F	Q	D	O	H	U	A	K	Z
I	D	K	O	P	M	J	X	I	E	S	C	G	H	P
L	G	G	Q	M	O	G	Q	O	I	K	P	A	X	Z
G	Z	S	W	Y	J	L	I	P	D	S	A	M	N	C
I	J	D	S	C	P	A	Z	V	Q	R	D	O	T	X
P	K	A	X	L	H	X	S	O	A	W	E	Y	P	T
T	I	Q	S	F	T	F	T	J	O	I	O	Q	U	I
R	R	Y	Y	Z	L	O	P	U	U	E	R	S	Q	H
K	H	R	T	Y	U	I	A	H	P	L	L	R	B	C
F	V	J	H	X	V	J	K	P	M	N	A	T	H	Q
S	V	K	S	Q	E	T	Y	H	S	S	P	E	J	R
W	B	O	A	A	V	B	C	M	F	N	Q	S	K	I
K	N	Q	A	Z	D	Q	I	N	G	H	X	P	I	P

TOTAL ATTEMPTED:

WRONGLY ATTEMPTD:

NOT ATTEMPTED:

SIX LETTER CANCELLATION TEST

INTRODUCTIONS:

1. SEARCH OUT TARGET LETTER GIVEN BELOW AND CANCEL THEM BY SLASH(/)
2. CANCEL AS MANY AS POSSIBLE WITHIN THE GIVEN TIME.
3. START AND STOP ONLY WHEN TOLD.

TARGET LETTERS ARE:- A,K,V,M,C,Z

A	X	D	N	T	O	X	Q	J	P	T	I	Z	F	N
V	S	U	I	C	P	A	G	H	A	J	K	O	T	C
H	Z	H	K	Z	I	F	Q	D	O	H	U	X	K	Z
I	D	K	O	P	M	J	X	I	E	S	C	G	H	P
L	G	G	Q	M	O	G	Q	H	I	K	P	A	X	Z
Y	Z	S	W	G	J	L	I	P	D	S	A	M	N	C
I	J	D	S	C	P	A	Z	V	Q	R	D	O	T	X
P	K	A	X	L	H	X	A	O	A	W	E	Y	P	T
T	I	Q	S	F	T	F	T	J	K	I	O	Q	U	I
R	R	Y	Y	Z	L	O	P	U	U	E	R	S	Q	H
K	H	R	T	Y	U	I	O	O	P	L	L	R	B	C
F	V	K	H	X	V	J	K	P	M	N	A	T	H	Q
S	V	K	S	Q	E	T	Y	H	S	S	P	E	J	R
W	B	O	A	A	V	B	C	M	F	N	Q	S	K	I
J	N	Q	A	Z	D	Q	I	F	G	H	A	P	I	U

TOTAL ATTEMPTED:

WRONGLY ATTEMPTD:

NOT ATTEMPTED:

SIX LETTER CANCELLATION TEST

INTRODUCTIONS:

1. SEARCH OUT TARGET LETTER GIVEN BELOW AND CANCEL THEM BY SLASH(/)
2. CANCEL AS MANY AS POSSIBLE WITHIN THE GIVEN TIME.
3. START AND STOP ONLY WHEN TOLD.

TARGET LETTERS ARE:- Z,P,S,T,U,D

H	X	D	N	T	O	X	Q	J	P	T	I	Z	F	I
V	A	U	N	C	P	A	G	H	A	J	K	O	T	C
H	Z	H	K	Z	I	F	Q	D	O	H	U	X	K	Z
I	D	K	O	P	V	J	X	I	E	S	C	G	H	P
L	G	G	Q	M	O	G	Q	H	I	K	P	A	X	Z
Y	Z	S	W	G	J	L	I	P	D	S	A	M	N	C
A	J	D	S	C	P	I	Z	V	Q	R	D	O	T	X
P	K	A	X	L	H	X	S	O	A	W	E	Y	P	T
T	I	Q	S	F	T	F	T	J	K	I	O	Q	U	I
R	R	Y	Y	Z	L	O	P	U	U	E	R	S	Q	H
K	H	R	T	Y	U	I	O	O	P	L	L	R	B	C
F	V	J	H	X	M	J	K	P	V	N	A	T	A	Q
K	M	K	S	Q	E	T	Y	H	S	S	P	E	J	R
W	B	O	A	A	V	B	C	M	F	N	Q	S	K	I
S	N	Q	A	Z	D	Q	N	F	G	H	A	P	N	U

TOTAL ATTEMPTED:

WRONGLY ATTEMPTD:

NOT ATTEMPTED:

SIX LETTER CANCELLATION TEST

INTRODUCTIONS:

1. SEARCH OUT TARGET LETTER GIVEN BELOW AND CANCEL THEM BY SLASH(/)
2. CANCEL AS MANY AS POSSIBLE WITHIN THE GIVEN TIME.
3. START AND STOP ONLY WHEN TOLD.

TARGET LETTERS ARE:- B,V,L,Q,E,H

V	X	D	N	T	O	P	Q	J	P	T	I	Z	F	N
V	V	U	I	C	P	A	G	H	V	J	K	O	T	B
H	Z	H	T	Z	I	F	Q	D	O	H	U	P	K	Z
I	D	K	O	P	M	J	P	I	E	S	C	G	H	P
L	G	G	Q	M	M	G	Q	H	I	K	P	A	X	Z
Y	Z	S	W	G	J	L	I	P	D	S	A	M	N	C
I	J	D	S	C	P	A	Z	A	Q	R	D	O	T	X
P	K	A	X	L	H	X	S	O	A	W	E	Y	P	T
T	I	Q	S	F	K	F	T	J	K	I	O	Q	U	I
R	R	Y	Y	Z	L	O	X	U	U	E	R	S	Q	H
K	H	R	T	Y	U	I	O	O	P	L	L	R	C	C
F	A	J	H	X	V	J	K	P	M	N	A	T	H	Q
S	V	K	S	Q	E	T	Y	H	S	S	P	E	J	R
W	C	O	A	A	A	B	C	M	F	N	Q	S	K	I
K	N	Q	A	Z	O	Q	I	F	G	H	A	P	I	U

TOTAL ATTEMPTED:

WRONGLY ATTEMPTD:

NOT ATTEMPTED:

SIX LETTER CANCELLATION TEST

INTRODUCTIONS:

1. SEARCH OUT TARGET LETTER GIVEN BELOW AND CANCEL THEM BY SLASH(/)
2. CANCEL AS MANY AS POSSIBLE WITHIN THE GIVEN TIME.
3. START AND STOP ONLY WHEN TOLD.

TARGET LETTERS ARE:- O,S,N,W,I,P

L	X	D	N	T	O	X	Q	J	P	T	I	Z	F	N
V	A	U	I	C	P	A	G	H	A	J	K	O	T	C
H	Z	H	K	Z	I	F	Q	U	O	H	U	X	K	Z
I	D	K	O	P	M	J	X	I	E	S	C	G	H	P
L	G	G	Q	M	O	G	Q	H	I	K	P	A	X	Z
Y	Z	S	W	G	J	L	I	P	D	S	A	M	N	C
I	J	D	S	C	P	A	Z	V	I	R	D	O	T	X
P	K	L	X	L	H	X	S	O	A	W	E	Y	P	T
T	I	Q	S	F	T	F	T	J	K	I	O	Q	U	I
R	R	Y	Y	Z	A	O	P	U	U	E	R	S	Q	H
K	H	R	T	E	U	I	O	O	P	L	L	R	B	C
F	V	J	H	X	V	J	K	P	M	N	L	T	H	Q
S	V	K	S	Q	Y	T	Y	H	S	S	P	E	J	R
W	B	O	I	A	V	B	C	M	F	N	Q	S	K	I
K	N	Q	A	Z	D	Q	I	F	G	H	A	P	I	D

TOTAL ATTEMPTED:

WRONGLY ATTEMPTD:

NOT ATTEMPTED:

SIX LETTER CANCELLATION TEST

INTRODUCTIONS:

1. SEARCH OUT TARGET LETTER GIVEN BELOW AND CANCEL THEM BY SLASH(/)
2. CANCEL AS MANY AS POSSIBLE WITHIN THE GIVEN TIME.
3. START AND STOP ONLY WHEN TOLD.

TARGET LETTERS ARE:- P,D,M,Q,S,K

A	X	D	N	T	O	X	Q	J	P	T	I	Z	F	N
V	A	U	I	C	P	A	G	H	A	J	K	O	T	C
H	Z	H	K	Z	I	F	Q	D	O	H	U	X	K	Z
I	D	K	O	P	M	J	X	I	E	S	C	G	H	P
L	G	G	Q	M	O	G	Q	H	I	K	P	A	X	Z
Y	Z	S	W	G	J	L	I	P	D	S	A	M	N	C
I	J	D	S	C	P	A	Z	V	Q	R	D	O	T	X
P	K	A	X	L	H	X	S	O	A	W	E	Y	P	T
T	I	Q	S	F	T	F	T	J	K	I	O	Q	U	I
R	R	Y	Y	Z	L	O	P	U	U	E	R	S	Q	H
K	H	R	T	Y	U	I	O	O	P	L	L	R	B	C
F	V	J	H	X	V	J	K	P	M	N	A	T	H	Q
S	V	K	S	Q	E	T	Y	H	S	S	P	E	J	R
W	B	O	A	A	V	B	C	M	F	N	Q	S	K	I
K	N	Q	A	Z	D	Q	I	F	G	H	A	P	I	U

TOTAL ATTEMPTED:

WRONGLY ATTEMPTD:

NOT ATTEMPTED:

WECHSLER MEMORY SCALE

NAME:

AGE:

SEX:

DATE:

(A) DIGITS FORWARD:

4) 3689.....
 4286..... 68342.....

6) 248761.....
 178642.....

8) 32168794.....
 97341865.....

(B) DIGITS BACKWARD:

3) 382.....
 514.....

5) 68214.....
 43290.....

7) 1874369.....
 4738901.....

5) 48264.....

7) 4689321.....
 1846329.....

SCORE.....

4) 9723.....
 6894.....

6) 831045.....
 623901.....

SCORE.....

ASSOCIATE LEARNING

First Presentation

Second Presentation

Third presentation

Onion – knife
 Night – sleep
 Coat – king
 Candle- matchbox
 Blue – ocean
 Floor – health
 Green- grass
 Food – green
 Shoes – rag
 wood – sick

Night – sleep
 Floor – health
 Shoes – rag
 Green – grass
 wood – sick
 Candle- matchbox
 Coat – king
 Onion – knife
 Blue – ocean
 Food – green

Food – green
 Night – sleep
 Blue – ocean
 Floor – health
 Onion – knife
 Green – grass
 Coat – king
 Candle- matchbox
 wood – sick
 Shoes – rag

WECHSLER MEMORY SCALE

NAME:

AGE:

SEX:

DATE:

(A) DIGITS FORWARD:

4) 9832.....
4268.....

5) 26749.....
53046.....

6) 184306.....
1376429.....
418329.....

7)

5842637.....

8) 76841329.....
17384926.....

SCORE.....

(B) DIGIT BACKWARDS:

3) 412.....
2835.....

4)

639.....

9246.....

5) 76301.....

6)

836214.....
47381.....

531908.....

7) 8543209.....
9623518.....

ASSOCIATE LEARNING

First Presentation

Second Presentation

Third Presentation

Dark – night
Star – glittering
Black – chair
Hair – band
Saree – red
Green – key
Paper – seizer
Dry – ring
Vehicle – rapid
Flower – black

Black – chair
Vehicle – rapid
Dry – ring
Hair – band
Flower – black
Dark – night
Paper – seizer
Star – glittering
Saree – red
Green – key

Star – glittering
Green – key
Paper – seizer
Flower - black
Vehicle – rapid
Dark – night
Dry – ring
Hair – band
Black – chair
Saree – red

WECHSLER MEMORY SCALE

NAME: AGE: SEX: DATE:

(A) DIGITS FORWARD:

4) 4123.....

3689.....

6) 247984.....

1863749.....

613582.....

5284319.....

8) 37214958.....

62938415.....

5) 59412.....

87935.....

7)

SCORE.....

(B) DIGITS BACKWARD:

3) 538.....

843.....

5) 75301.....

836214.....

47381.....

531908.....

7) 8540392.....

6923518.....

4) 4638.....

8594.....

6)

SCORE.....

ASSOCIATE LEARNING:

First Presentation

Cool – breeze

Fan – rice

Cell – phone

Pillow – cover

Soap – fruits

Door – cotton

Red – rose

Train – smooth

Gas – fire

Vegetable – pen

Second Presentation

Gas – fire

Soap – fruits

Red – rose

Pillow – cover

Fan – rice

Cool – breeze

Cell – phone

Train – smooth

Door – cotton

Vegetable – pen

Third Presentation

Door – cotton

Train – smooth

Vegetable – pen

Red – rose

Cell – phone

Soap – fruits

Gas – fire

Pillow – cover

Fan – rice

Cool – breeze

WECHSLER MEMORY SCALE

NAME:

AGE:

SEX:

DATE:

(A) DIGITS FORWARD:

4) 7520.....
1874.....

6) 246917.....
9574213.....
719654.....

8531906.....
8) 49715238.....
46753182.....

5) 17086.....
29506.....
7)

SCORE.....

(B) DIGITS BACKWARD:

3) 197.....
268.....

5) 62915.....
19735.....

7) 8541609.....
4185069.....

4) 3617.....
8341.....
6) 918632.....
596841.....

SCORE.....

ASSOCIATE LEARNING:

First Presentation

Black – coffee

Hot – tea

Phone – hot

Salty – water

Window – metal

Dry – cloth

Computer – book

Cold – winter

Ear – ring

Mirror – fire

Second Presentation

Ear – ring

Cold – winter

Mirror – fire

Dry – cloth

Phone – hot

Black – coffee

Hot – tea

Window – metal

Salty – water

Computer – book

Third Presentation

Salty – water

Window – metal

Hot – tea

Computer – book

Black – coffee

Dry – cloth

Mirror – fire

Ear – ring

Cold – winter

Phone – hot

WECHSLER MEMORY SCALE

NAME: AGE:

SEX:

DATE:

(A) DIGITS FORWARD:

4) 6915.....
2839.....

6) 184325.....
837149.....

8) 63581270.....
38294510.....

5) 13742.....
83057.....

7) 1824395.....
4793108.....

SCORE.....

(B) DIGITS BACKWRD:

3) 643.....
196.....

5) 63910.....
596403.....
86125.....

183756.....

7) 3290581.....
4195720.....

4) 5974.....
6148.....

6)

SCORE.....

ASSOCIATE LEARNING:

First Presentation

Second Presentation

Third Presentation

Ignite – fuel

Wood – fire

Food – spicy

Green – tea

Saline – water

River – fish

Thread – book

Cup – shine

Knife – ring

Food – spicy

Food – spicy

Ignite – fuel

Knife – ring

Gun – fly

Wood – fire

Wood – fire

Green – tea

Thread – book

River – fish

Ignite – fuel

Food – spicy

Gun – fly

Thread – book

Cup – shine

Saline – water

River – fish

Green – tea

Cup – shine

Knife – ring

Gun – fly

WECHSLER MEMORY SCALE

NAME: AGE: SEX: DATE:

(A) DIGITS FORWARD:

4) 7240.....	5) 16370.....
1948..... 49610.....	
6) 592718.....	7) 1847295.....
805274.....	9138475.....
8) 90248751.....	
4918620.....	SCORE.....

(B) DIGITS BACKWRD

3) 185.....	4) 1963.....
749..... 7026.....	
5) 93718.....	6) 837261.....
73951.....	610395.....
7) 1839506.....	
7295614.....	SCORE.....

ASSOCIATE LEARNING:

First Presentation	Second Presentation	Third Presentation
Pen – ink	light – metal	<i>Colour – dust</i>
<i>Star – milk</i>	<i>photo - switch</i>	Smoking – fire
Long – drive	tall- zebra	<i>Star – milk</i>
Smoking – fire	table - cloth Long – drive	
<i>Bottle – paper</i>	<i>Colour – dust</i>	table - cloth
Light – metal	Pen – ink	tall- zebra
Table – cloth	Long – drive	light – metal
<i>Colour – dust</i>	<i>Bottle – paper</i>	<i>photo - switch</i>
Tall – zebra	Smoking – fire	Pen – ink
<i>Photo – switch</i>	<i>Star – milk</i>	<i>Bottle – paper</i>

First recall	EASY:	HARD	Second Recall	EASY
HARD				
Shoes		<i>food</i>	
.....				
Green		<i>wood</i>	
.....				
Blue		<i>Coat</i>	
.....				
<i>Wood</i>	night		
Candle		<i>Floor</i>	
Onion		Blue
<i>Coat</i>	candle		
<i>Food</i>	shoes		
Night		Onion
<i>Floor</i>	Green		
Total	Total

Third Recall	EASY	HARD
<i>floor</i>		
Shoes	
<i>Coat</i>		
Green	
Night	
<i>Food</i>		
Onion	
<i>Wood</i>	
Blue	
Candle	
Total

EASY:	Presentation 1):	HARD:	Presentation 1):
	Presentation 2):		Presentation 2):
	Presentation 3):		Presentation 3):
	TOTAL:		TOTAL:

.....

TOTAL SCORE = $\frac{\text{Total-easy} + \text{Total-hard}}{2}$

First recall	EASY:	HARD	Second Recall	EASY
HARD				
<i>Black</i>		Hair
<i>Green</i>		<i>Flower</i>	
.....				
Paper		Dark
Star		Saree
Vehicle		<i>Green</i>	
.....				

Dark			<i>Black</i>	
.....				
<i>Dry</i>	Paper		
Hair			Vehicle
<i>Flower</i>	Star
Saree			<i>Dry</i>	
.....				
Total	Total

Third Recall	EASY	HARD
Vehicle		
Star		
Dark		
Saree		
<i>Black</i>
Hair		
<i>Dry</i>
<i>Flower</i>
Paper		
<i>Green</i>
Total

EASY: Presentation 1):	HARD: Presentation 1):
Presentation 2):	Presentation 2):
Presentation 3):	Presentation 3):
TOTAL:	TOTAL:

TOTAL SCORE = $\frac{\text{Total-easy} + \text{Total-hard}}{2}$

First recall	EASY:	HARD	Second Recall	EASY
HARD				
Pillow			Gas	
<i>Vegetable</i>	<i>Fan</i>	
Cool			red	
Red			<i>Train</i>	
<i>Train</i>	<i>Soap</i>	
Door			cool	
<i>Soap</i>	<i>Vegetable</i>	
Gas			cell	
Cell			pillow	
<i>Fan</i>	door	
Total	Total

Third Recall	EASY	HARD
Cool		
<i>Fan</i>		
Pillow		

$$\text{TOTAL SCORE} = \frac{\text{Total-easy} + \text{Total-hard}}{2}$$

First recall	EASY:	HARD	Second Recall	EASY
HARD				
<i>Cup</i>		river	
Wood		<i>thread</i>	
Food		food	
River		<i>Gun</i>	
<i>Thread</i>		green	
Saline		saline	
<i>Gun</i>		<i>Knife</i>	
Ignite		ignite	
<i>Knife</i>		<i>cup</i>	
Green		wood	
Total	Total

Third Recall	EASY	HARD
Food		
Saline		
<i>Gun</i>		
Ignite		
<i>Thread</i>		
Green		
<i>Knife</i>		
Wood		
River		
<i>Cup</i>		
Total

EASY:	Presentation 1):	HARD:	Presentation 1):
	Presentation 2):		Presentation 2):
	Presentation 3):		Presentation 3):
	TOTAL:		TOTAL:

$$\text{TOTAL SCORE} = \frac{\text{Total-easy} + \text{Total-hard}}{2}$$

First recall	EASY:	HARD	Second Recall	EASY
HARD				
Light	long			
<i>Photo</i>	<i>Bottle</i>			
Tall	<i>Photo</i>			
<i>Star</i>	Tall			
Smoking		Smoking		
Table	Light			
<i>Colour</i>	pen			
<i>Bottle</i>	<i>Colour</i>			

Long	Table		
pen		<i>Star</i>	
Total	Total
.....					
Third Recall		EASY	HARD		
Smoking				
<i>Colour</i>				
Table				
<i>Star</i>				
Long				
<i>Photo</i>				
Pen				
Light				
<i>Bottle</i>				
Tall				
Total		
EASY:		Presentation 1):	HARD:	Presentation 1):
		Presentation 2):		Presentation 2):
		Presentation 3):		Presentation 3):
		TOTAL:		TOTAL:
TOTAL SCORE = $\frac{\text{Total-easy} + \text{Total-hard}}{2}$					

Urkund Analysis Result

Analysed Document: Kadambini Thesis 19 12 19.docx (D61429834)
Submitted: 12/19/2019 11:53:00 AM
Submitted By: plagiarismcheck@svyasa.edu.in
Significance: 3 %

Sources included in the report:

Trabalho- Psicologia do Desporto-Margarida_Campos.pdf (D40468735)
Trataka.docx (D41720835)
<https://www.divyajivan.org/mantra.htm>
<https://topslide.net/document/mantra-for-diseases-dhanwantari-mantra-god-of-ayurvedic-medicine-ayurveda-0d883317-745c-45bf-9393-df8681d4d7b3>
https://www.researchgate.net/publication/303907891_Yoga_and_heart_rate_variability_A_comprehensive_review_of_the_literature
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Instances where selected sources appear:

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LIST OF PUBLICATIONS FROM THIS DOCTORAL THESIS

1. Scientific review on *mantra* and Autonomic nerves system, <https://www.ncbi.nlm.nih.gov/nlmcatalog/9202144>, Qualitative health research.
2. Effect of different styles of *mantra* chanting on cognitive variables Accepted, <https://www.ncbi.nlm.nih.gov/nlmcatalog/373024>, Indian journal of psychology, Calcutta : Indian Psychological Association.
3. A Comparative Study on Different Japa Techniques on Heart Rate Variability Spectrum Published, <http://www.ijoy.org.in/text.asp?2019/12/4/1/263551>, International Journal of Yoga: Medknow, 2019, 12, 4, 1—28.