A.2 HEALTH RECORD QUESTIONNAIRE

1. Are you having any problem in the vision?
   A) Yes    B) No
2. Are you having any problem in hearing?
   B) Yes    B) No
3. Are you hearing a noise in your ears?
4. Are you feeling giddy?
5. Are you having bleeding from your nose?
6. Are you suffering from cold with head-ache?
7. Do you notice any change in your voice or hoarseness?
8. Are you having bleeding from the gums?
9. Are you suffering from severe head-ache, Migraine?
10. Have you suffered from fainting or loss of consciousness?
11. Have you suffered from fits?
12. Have you suffered from stroke in the past?
13. Are you having numbness in your limbs?
14. Are you having back pain?
15. Are you suffering from joint pains/swelling?
16. Do you have itching or skin swelling?
17. Are you suffering from cough frequently
18. Are you having copious expectoration while coughing?
19. Have you seen blood in the sputum while coughing?
20. Are you having wheezing / asthma?
21. Have you suffered from any lungs problem?
22. Are you feeling breathlessness during walking or working or on exertion?
23. Are you feeling chest pain?
24. Do you have heaviness in the chest during emotional status?
25. Are you feeling heaviness in the chest during walking?
26. Are you having palpitation?
27. Are you swelling in the legs or feet?
28. Has your doctor said that you are having heart problem?
29. Are you feeling uncomfortable while drinking water & taking food?
30. Are you having heart burn?
31. Have you ever seen blood in stools?
32. Are you suffering from diarrhea or dysentery?
33. Are you having itching around anus?
34. Has your doctor said any ulcer problem in stomach or intestine?
35. Has your doctor said any problem in liver or gallbladder?
36. Have you undergone treatment for jaundice?
37. Are you feeling burning sensation or pain while urinating?
38. Do you have any hesitation in passage of urine?
39. Have you ever seen blood in urine?
40. Have you passed any stones in urine?
41. Have you ever undergone treatment for urinary infection?
42. Are you feeling that you have any emotional problem?
43. Have you ever affected by depression?
44. Are you an alcoholic or occasional user?
45. Do you have any excessive bleeding anywhere in your body?
46. Have you ever felt sudden weight loss or gain of 5kgs in a year?
47. Has your doctor said any problem in thyroid?
48. Have you ever taken medicines for thyroid?
49. Have you ever undergone treatment for diabetes or insulin deficiency?
50. Have you taken steroids in the past?
51. Have you ever taken medicines for weight reduction?
52. Have you ever taken medicines for swelling in legs or stomach?
53. Have you ever taken medicines for allergic problems?
54. Have you undergone treatment for heart problem?
55. Have you ever taken medicines for blood pressure?
56. Have you taken iron tablets for anemia?
57. Have you ever used ointment for skin problems?
58. Have you ever taken medicine for digestion problem?
59. Have you ever taken medicine for constipation?
A.3 PSYCHOLOGICAL QUESTIONNAIRE

BEHAVIOR AT HOME:

1. I talk to my parents with love and respect
   A) Always       B) Occasionally       C) Never
2. I obey my parents orders immediately
   A) Always       B) Occasionally       C) Never
3. I move with my brothers and sisters lovely
4. I do homework daily
5. I move lovely with relatives and guests arriving my home
6. I am not getting angry at home
7. I am not lying with my parents
8. I go and worship at temples with family members
9. I return home punctually
10. I don’t get money from parents unnecessarily.

BEHAVIOR WITH FRIENDS:

11. I don’t get angry on my friends
    A) Always       B) Occasionally       C) Never
12. I am not lying to my friends.
13. I don’t quarrel with my friends
15. I don’t comment badly on teachers with my friends
16. I don’t indulge in unwanted talks and cinemas
17. I don’t tease my friends
18. I don’t indulge in any love affairs
19. I don’t talk bad words
20. In sports, I don’t feel sad while my friends defeat me and excited while i win them.
BEHAVIOR AT CLASS:

21. I do listen to lessons carefully
   A) Always       B) Occasionally       C) Never
22. I do obey to the teachers
23. I do come to class punctually
24. I do move lovely with my classmates
25. I don’t lie to the teachers
26. I don’t malpractice in exam
27. I don’t sleep in the class
28. I don’t have the habits of smoking and drinking.
29. I do involve in co-curricular and extracurricular activities
30. I don’t move with girl students beyond the limits
### A.4 LIST OF PRESENTED PAPERS

<table>
<thead>
<tr>
<th>S.No</th>
<th>Research Papers</th>
<th>Presented in Conferences</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>“A Study on upgrading personalities of the students by enhancing their AURA and CHAKRAS through Vethathiri Maharishi’s Nine-Centre Meditation”</td>
<td>ISIS conference at Delhi on 29-31.3.2013 &amp; Banaras Hindu University, Varanasi on 27-28.7.2013</td>
</tr>
<tr>
<td>3</td>
<td>“A Study on uplifting physiological personalities of the students by Vethathiri Maharishi’s Nine-Centre Meditation using Health Record method”</td>
<td>Bishop college conference, Trichy on 15.02.14</td>
</tr>
<tr>
<td>4</td>
<td>“A Study on enriching psychological personalities of the students by Vethathiri Maharishi’s Nine-Centre Meditation using Questionnaire method”</td>
<td>Mother Teresa University conference, Kodaikanal on 25-26.8.14</td>
</tr>
<tr>
<td>5</td>
<td>“A Study on elevating physiological and psychological personalities of the students by Vethathiri Maharishi’s Nine-Centre Meditation”</td>
<td>SRM University Conference, Chennai on Jan 24-25.2014 &amp; MS University conference, Tirunelveli on 13.3.2014</td>
</tr>
<tr>
<td>6</td>
<td>“A Study on improving physiological and psychological personalities of the Students by Vethathiri Maharishi’s Nine-Centre Meditation using Electroencephalography”</td>
<td>Bon Secours college conference, Thanjavur on 5-6.12.2014 &amp; Alagappa University Conference on 19-20.3.2015</td>
</tr>
</tbody>
</table>
### A.5 LIST OF PUBLISHED PAPERS

<table>
<thead>
<tr>
<th>S.No</th>
<th>Research papers</th>
<th>Published in Journals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>“A Study on upgrading personalities of the students by enhancing their AURA and CHAKRAS through Vethathiri Maharishi’s Nine-Centre Meditation”</td>
<td>Scrutiny International Research Journal of Health and Medical Sciences, Volume 1, Issue 1, September, 2014</td>
</tr>
<tr>
<td>2</td>
<td>“A Study on promoting physiological personalities of the students by Vethathiri Maharishi’s Nine-Centre Meditation using Quantum Resonance Magnetic Analyzer”</td>
<td>National Journal of AYUSH-Volume 3, Issue 1, Jan-April 2014</td>
</tr>
<tr>
<td>3</td>
<td>“A Study on uplifting physiological personalities of the students by Vethathiri Maharishi’s Nine-Centre Meditation using Health Record method”</td>
<td>ASANA –International Yoga Journal- November, 2013</td>
</tr>
<tr>
<td>4</td>
<td>“A Study on enriching psychological personalities of the students by Vethathiri Maharishi’s Nine-Centre Meditation using Questionnaire method”</td>
<td>Aayvagam-International Journal of Research and Multidisciplinary- Volume 1, Issue 4, May 2013</td>
</tr>
<tr>
<td>5</td>
<td>“A Study on improving physiological and psychological personalities of the Students by Vethathiri Maharishi’s Nine-Centre Meditation using Electroencephalography”</td>
<td>International Journal of Educational and Psychological Research – Official publication of Islamic Azad University, Iran - Volume 1, Issue 2, April-June, 2015</td>
</tr>
</tbody>
</table>