CONTENTS

SECTION NO	CONTENTS	PAGE NO.
1.0	SECTION 1: INTRODUCTION	
1.1	ADOLESCENCE	1
1.2	ANGER	2
1.3	PHYSIOLOGY OF ANGER	3
1.4	TAXONOMY OF ANGER	5
1.5	ANGER ASSESSMENT	7
1.6	ANGER MANAGEMENT	8
1.7	YOGA AND ANGER MANAGEMENT	9
1.8	SPIRITUAL PERSPECTIVE	10
2.0	SECTION 2: LITRARY RESAERCH ON ANGER	
2.1	BACKGROUND AND SCOPE	12
2.2	EARLIER WORKS ON ANGER	13
2.3	AIM & OBJECTIVES	13
2.4	METHODOLOGY	14
2.5	SCRIPTURAL SOURCES OF ANGER : TEXT WISE STUDY OF ANGER	
2.5.1	Overall concept of anger in the spiritual lore	15
2.5.2	Thaittiriya Upanishad	16
2.5.3	Manyu Sukta	19
2.5.4	Sri Rudram – Namakam & Chamakam	20
2.5.5	Brihadaranyaka Upanishad	22
2.5.6	Mahanarayana Upanishad	23

2.5.7	Srimad Mahabharata	26
2.5.8	Srimad Ramayana	29
2.5.9	Srimad Bhagavata	31
2.5.10	Puranas	32
2.5.11	Srimad Bhagavad Gita	34
2.5.12	Yoga in general	39
2.5.13	Patanjali Yoga Sutras	41
2.5.14	Yoga Vasista	45
2.5.15	Ayurveda	47
2.5.16	Viveka Chudamani	48
2.5.17	Tirukurral	50
2.5.18	Subhashita	51
2.5.19	Maha Sankalpa	52
2.5.20	Manu Smriti	52
2.6	SUMMARY & CONCULSION	53
3.0	SECTION 3 : REVIEW OF SCIENTIFIC LITERATURE ON ADOLESCENT ANGER & YOGA	
3.1	JUSTIFICATION FOR THE STUDY	58
3.2	INCLUSION CRITERIA	58
3.3	EXCLUSION CRITERIA	58
3.4	METHODS	58
3.4.1	Concept of Anger	59
3.4.2	Prevalence of Anger & related issues in Adolescents	59
3.4.3	Adolescent Anger & its outcomes	60
3.4.4	Anger Taxonomy	61
3.4.5	Anger Assessment	62

3.4.6	Anger Management Program	64
3.4.7	Yoga Education in Schools	65
4.0	SECTION 4 - AIMS AND OBJECTIVES	
4.1	AIM OF THE STUDY	69
4.2	OBJECTIVES OF THE STUDY	69
4.3	JUSTIFICATION OF THE STUDY	69
4.4	HYPOTHESIS & NULL HYPOTHESIS	70
5.0	SECTION 5: METHODS – 4 PHASES	
5A	SECTION 5 A : PREVALENCE STUDY	
5A.1	PARTICIPANTS	71
5A.1.1	Sample size	71
5A.1.2	Selection and source of participants	71
5A.1.3	Inclusion criteria	72
5A.1.4	Exclusion criteria	72
5A.1.5	Ethical consideration	72
5A.2	DESIGN OF THE STUDY	72
5A.3	VARIABLES STUDIED	72
5A.4	MEASUREMENT TOOLS	73
5A.5	PROCEDURE – SURVEY STUDY	73
5A.6	DATA EXTRACTION	74
5A.7	DATA ANALYSIS	74
5B	SECTION 5 B : SCALE DEVELOPMENT	
5B.1	PARTICIPANTS	75
5B.1.1	Sample size	75

5B.1.2	Selection and source of participants	75
5B.1.3	Inclusion criteria	75
5B.1.4	Exclusion criteria	75
5B.1.5	Ethical consideration	76
5B.2	DESIGN OF THE STUDY	76
5B.3	OPERATIONAL DEFINITION	76
5B.4	PROCEDURE OF SCALE DEVELOPMENT	77
5B.5	STAGE 1 – CONSTRUCTION OF SCALE	77
5B.6	STAGE 2 - VALIDITY & RELIABILITY TESTS	79
5B.7	STAGE 3 – FIELD STUDY	80
5 C	SECTION 5 C : YOGA MODULE DEVELOPMENT	
5C.1	Source	81
5C.1.1	IAYT (Integrated Approach to Yoga Therapy)	82
5C.1.2	MEMT (Mastering Emotion Technique)	83
5C.2	DESIGN OF THE MODULE	83
5C.3	DEVELOPMENT PROCESS	84
5C.3.1	Opening & Closing Prayers Selection	84
5C.3.2	Asanas & Pranayamas Selection	84
5C.3.3	Development of Short Meditations	85
5C.3.4	Knowledge Points Selection	86
5C.3.5	Home Practice & Dairy Maintenance	87
5C.4	MODULE VALIDATION	87
5D	SECTION 5 D : PRE-POST INTERVENTION STUDY	
5D.1	PARTICIPANTS	88
5D.1.1	Sample	88

5D.1.2	Sample size and Sampling Technique	88
5D.1.3	Selection and source of participants	88
5D.1.4	Inclusion criteria	89
5D.1.5	Exclusion criteria	89
5D.1.6	Ethical consideration	89
5D.2	DESIGN OF THE STUDY	90
5D.3	VARIABLES STUDIED & MEASUREMENT TOOLS	90
5D.5.1	Time & Duration of Yoga Intervention	91
5D.5.2	Yoga Module	91
5D.5.3	Procedure for Scale Administration	93
5D.6	DATA EXTRACTION	94
5D.7	DATA ANALYSIS	94
6.0	SECTION 6: ANALYSIS & RESULTS	
6.1	ANALYSIS OF PHASE A : PREVALENCE STUDY	95
6.2	ANALYSIS OF PHASE B : SCALE DEVELOPMENT STUDY	100
6.3	ANALYSIS OF PHASE D: PRE-POST STUDY	106
6.4	RESULTS OF PHASE A – PREVALENCE STUDY	110
6.5	RESULTS OF PHASE B : SCALE DEVELOPMENT STUDY	110
6.6	RESULTS OF PHASE C : MODULE DEVELOPMENT STUDY	110
6.7	RESULTS OF PHASE D: PRE-POST STUDY	110
7.0	SECTION 7: DISCUSSIONS	111
8.0	SECTION 8 : APPRAISAL	
8.1	CONCLUSION	114

8.2	IMPLICATIONS OF THE STUDY	114
8.3	SUGGESTIONS FOR FUTURE STUDIES	115
8.4	SPECIAL MENTION	117
8.5	INDICATORS FOR PROJECT EVALUATION	120
9	SECTION 9: REFERENCES	122
10	SECTION 10 : APPENDICES	
10.1	ADOLESCENT ANGER ASSESSMENT SCALE	131 - 136
10.2	INTEGRATED YOGA MODULE FOR ANGER MANAGEMENT	137 - 146
10.3	LETTERS FROM THE SCHOOL - JKV	
10.4	LETTERS FROM THE SCHOOL - AHS	
10.5	STAXI 2 CA SCALE	
10.6	NOTE ABOUT THE STUDY – GIVEN TO PARENTS AND CHILDREN	
10.7	CONSENT FORM & ASSENT FORM TEMPLATE	
10.8	DAIRY SHEET - TEMPLATE	
10.9	DEMOGRAPHIC FORM	
10.10	DIET QUESTIONNAIRE	
10.11	PARENT ASSESSMENT FORM	
10.12	RAW DATA – MAIN STUDY – 187 samples	
10.13	RAW DATA – Scale Devt – 757 samples	
10.14.	ANGER SCALE SENT FOR REVIEW	
10.15	YOGA MODULE SENT FOR REVIEW	
10.16	IEC letter	
10.17	Published Paper - 1	
10.18	Published Paper – 1	

10.19	Published Paper – 1	
10.20	Published Paper - 1	
10.21	Profile of Alaka Mani TL	
10.22	Profile of co-guide, Yoga Ratna Dr. S N Omkar	
10.23	Profile of co-guide, Dr. Manoj Kumar Sharma	
10.24	Profile of guide, Dr. H R Nagendra	

LIST OF TABLES

Table Number	Description	Page Number
Table 1	Bhagavad Gita verses on Anger and its related topics	35
Table 2	Adolescent Anger Scales and domains they measure	63
Table 3	Yoga Intervention studies assessing anger	67
Table 4	Scope and Justification for the study	70
Table 5	Age wise and Gender wise details of the samples	71
Table 6	Sample Details	89
Table 7	Mean and Standard Diviation of Raw Scores	96
Table 8	Intensity of anger among boys and gilrs	97
Table 9	Pearson Correlation of Anger Experience, Expression and Control	100
Table 10	Rotated component Matrix	101
Table 11	Field Test – Paired sample test statistics	102
Table 12	Test – re test total mean scores, gender wise	102
Table 14	Paired Sample Test	102
Table 15	Item wise factor loading	103
Table 16	Items in the scale and their predominent domain	103
Table 17	Test of normality for pre data	108
Table 18	Mean and Standard Diviation – group wise	108
Table 19	Paired Sample Test	109
Table 20	Mean and Standard Diviation – Pre and Post data of both groups	109

LIST OF GRAPHS AND PICTURES

Figure No.	Description	Page No.
Figure 1	HPA Axis activity during anger	3
Figure 2	Brain Activity during anger arousal	4
Figure 3	Physiological changes during anger	5
Figure 4	Pancha Kosha concept of human existence	18
Figure 5	Pictorial representation of Trikara Concept	54
Figure 6	Yoga Practice at Jyoti Kendriya Vidhyalaya	92
Figure 7	Yoga Practice at Auden High School (3 pictures)	92
Figure 8	Scale Administration at Auden High School	93
Figure 9	Graphical Representation of anger scores (5 graphs)	98
Figure 10	Overall pre-post scores group wise	108
Figure 11	Graphical Representation of scores School wise – JKV	108
Figure 12	Graphical Representation of scores School wise – AHS	108
Figure 13	Graphical representation of overall results – girls	109
Figure 14	Graphical representation of overall results – boys	109
Figure 15	Pre submission presentation at Tirupati	117
Figure 16	Poster Presentations at Kaivalya Dham and NIMHANS	117