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Publications

PUBLICATIONS

- **Siddha Self-Inquiry for Flow, Bliss, and Uvagai: Mindfulness for Intuitive Lifestyle in Complex Cardiac Disease** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
Chockalingam, A., Bettencourt, B., Anand, K., Dorairajan, S., Anbuganapathi, G., Srinivas, S., Chockalingam, V.
2022
- **Adolescent psychological well-being and adulthood cardiovascular disease risk: longitudinal association and implications for care quality management** *BENCHMARKING-AN INTERNATIONAL JOURNAL*
Srinivas, S., Anand, K., Chockalingam, A.
2021
- **Encouraging Flow: A State Of Calm and Deep Focus May Improve Exercise Compliance in Cardiac Rehabilitation.** *Missouri medicine*
Chockalingam, A., Anand, K.
2021; 118 (6): 556-560
- **Higher Consciousness Through Self-Inquiry Can Improve Cardio Metabolic Outcomes, Mental Health, and Resilience.** *Missouri medicine*
Chockalingam, A., Dorairajan, S., Anand, K.
2021; 118 (2): 97-102
- **Longitudinal association between adolescent negative emotions and adulthood cardiovascular disease risk: an opportunity for healthcare quality improvement** *BENCHMARKING-AN INTERNATIONAL JOURNAL*
Srinivas, S., Anand, K., Chockalingam, A.
2020; 27 (8): 2323-2339