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