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**2<sup>nd</sup> South Asia Conference on  
Multidisciplinary Research 2019**

08 – 09 November 2019 Colombo, Sri Lanka

**07 October 2019**

Ms. H. M. N. N. Dasanayaka,  
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Dear Ms. H. M. N. N. Dasanayaka,

This is to inform you that the abstract of your research paper titled “A SYSTEMATIC REVIEW ON THE EFFECTS OF MEDITATION ON LENGTH OF HUMAN TELOMERES IN HEALTHY INDIVIDUALS” has been peer reviewed by the scientific committee and accepted for Oral Presentation at the 2<sup>nd</sup> South Asia Conference on Multidisciplinary Research 2019 (SAMR'19) on 08 November 2019 at the Grand Oriental Hotel, Colombo 01.

SAMR'19 is an annual international research conference organized by The International Research & Development Institution (TIRDI). The abstracts of the registered participants will be published in print with ISBN 978-955-3751-02-7 number in the conference book and all the accepted papers will be published as part of the conference proceedings with ISSN number.

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We hope to meet you at the SAMR'19 in Colombo.

With warm regards

Wasantha De Silva  
Conference Convener- SAMR'19  
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# Book of Abstracts

2<sup>nd</sup>  
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Conference on  
Multidisciplinary  
Research  
2019



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### **A SYSTEMATIC REVIEW ON THE EFFECTS OF MEDITATION ON LENGTH OF HUMAN TELOMERES IN HEALTHY INDIVIDUALS**

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Meditation creates a clear, stable, and calm mind by training attention and awareness. Empirical evidence shows that meditation practices such as insight, mindfulness (MM), Zen (ZM), loving-kindness (LKM), and heartfulness reduce the shortening in human telomere lengths (TL), thus delaying cellular aging. This systematic review investigated the effects of meditation on TL. PubMed, Google Scholar, and Scopus were searched using the terms “telomeres”, “telomerase”, “meditation”, and “mindfulness”. Randomized controlled-trials (RCT) and case-control studies (CCS) which recruited healthy participants were selected. The intervention groups in RCT and meditators in CCS practised various meditation techniques. The comparison factors were: pre-and post-meditation TL difference in RCT and TL of meditators and controls in CCS. Two reviewers using a pre-designed data collection form independently extracted data. Out of 62 articles, two CCS with 42 controls and 35 meditators practicing either ZM or LKM, and one RCT with 142 participants who practised either MM or LKM for 12 weeks were eligible for inclusion. All three studies had low risk of bias. One CCS showed female LKM meditators had significantly longer median relative TL than controls ( $p=0.007$ ). The second CCS showed ZM meditators had significantly longer median TL than controls ( $p=0.005$ ). In the RCT, LKM group had a significantly smaller decrease in the TL ( $p=0.024$ ) than controls, and the MM group showed no significant differences ( $p=0.37$ ). As this review included only few studies, strong conclusions cannot be made. However, LKM and ZM techniques were shown to reduce TL shortening. More RCT are needed to investigate the effects of meditation on TL.

**Keywords:** Zen meditation, Loving-kindness meditation, Mindfulness meditation, Telomere lengths

### **ETHNIC AND POLITICAL DRESS OF WOMEN: SOCIO-CULTURAL INFLUENCES AND ARTISTIC REVIEW IN SRI LANKAN CONTEXT DURING AND AFTER POSTCOLONIAL PERIOD**

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Sri Lanka was governed by three nations and British impact was enormous on dress culture of women during early 20<sup>th</sup> century. However, after independency in 1948 it was dramatically changed due to the patriotic influences on female dress and highly impacted on ethnic and political dress of women. That was a turning point of female dress fashion and this study focused to analyze Sri Lankan women's dress culture and its influencing factors during and after postcolonial period. The analysis of this study is based on how and why the dress of women who lived during and after postcolonial period was changed in style. Further, argued the causes that were affected to change the dress code and different kind of dress preferences of women. The objectives of this study are to examine the influences of dress fluctuations and style preferences of women with special reference to political and ethnic dress. Inductive qualitative methodology was determined as data analyzing process and multiple methods used to gather the data. As conclusion, predicted ethnic and political dress fashion of female in Sri Lanka during and after postcolonial period.

**Keywords:** Women, Fashion, Sri Lanka, Ethnic and Political Dress