

ACKNOWLEDGEMENT

It is with great pleasure the researcher record her indebtedness for her guide, **Dr. R. Elangovan**, Professor & Head, Department of yoga, Tamil Nadu Physical Education and Sports University, Chennai, for his amazing counsel and valuable guidance in selecting the ideal topic. He patiently provided the vision, encouragement and advice necessary for the scholar to proceed through the doctoral program and complete my dissertation. He gave a moral support and freedom to finish the research work in a successful manner.

The research scholar is grateful to **Dr. M. Grace Helina**, Vice Chancellor (O), Tamil Nadu Physical Education and Sports University, Chennai who graciously permitted to pursue the Doctoral degree in Yoga.

Sincere thanks to **Dr. P. Samraj**, Registrar (i/c), **Dr. Ramakrishnan**, Controller of Examinations (i/c), and all the Head of the Departments, faculty and staff members of the Tamil Nadu Physical Education and Sports University for their support in the successful completion of this research work.

The investigator expresses her humble gratitude and heartfelt thanks to the other **Faculty members of Yoga Department** for having given the opportunity to work on this problem and the whole-hearted co-operation, support and timely help offered throughout the study for the successful completion.

The investigator wishes to record her sincere thanks to **Dr. N. Ashok Kumar**, Librarian, Tamil Nadu Physical Education and Sports University, Chennai, who helped for collection of related literature in the library.

The investigator owes her thanks to the **Librarians** of Anna Centenary Library and Madras University, Chennai who helped for collection of valuable sources in their library for the completion of this dissertation.

The investigator takes this opportunity to express her deep sense of gratitude to **Indian Council of Social Science Research (ICSSR), New Delhi** for their recognition, financial support and encouragement in carrying out this doctoral research study successfully.

The researcher wishes to place on record her profound indebtedness with deep felt gratitude to **Dr. N. Chandrasekaran** who has helped her in making everything a meaningful reality.

The researcher wishes to express her profound sense of gratitude to **Dr. Latha Sathis**, Managing Trustee, Krishnamacharya Yoga Mandiram, Chennai and **Mr. Swaminathan**, CEO, Krishnamacharya Yoga Mandiram, Chennai for allowing collecting related literature from their research studies.

Words are inadequate to express the investigator's deep sense of gratitude to **Ramakrishna Mission Ashrama, T. Nagar** for providing space in conducting the experimental program of this study and for their support.

The **respondents** of this study have made the whole thing a meaningful reality without their consent and whole hearted participation, this research would not have been a fruitful one.

The researcher extends her whole hearted thanks to **Mrs. Savithri Ravikrishnan** who helped her in various ways in completing this study and her family for their continuous, constant encouragement and valuable suggestions.

The investigator sincerely thanks to colleagues who are pursuing Doctor of Philosophy in Tamil Nadu Physical Education and Sports University, Chennai, for their cooperation and help for the successful completion of this study. Sincere gratitude is also extended to various other persons who involved directly or indirectly at various stages of this work.

Last but not least, this study would not have been completed on time without the moral support of **family and friends** and the investigator is indebted to their cooperation.

V. SUBBULAKSHMI