

ACKNOWLEDGEMENT

The investigator is highly indebted to her guide **Dr. V. DURAISAMI**, Assistant Professor, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai for his expert and efficient guidance and continuous encouragement for the successful completion of this thesis.

The investigator expresses a deep sense of gratitude to **Dr. A. M. MOORTHY**, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai for his expert guidance, and tamily suggestions of my studies all of which led the successful completion of this study.

The investigator expresses a deep sense of gratitude to **Dr. T. RADHA KRISHNAN**, Registrar, Tamil Nadu Physical Education and Sports University, Chennai for his expert guidance, and tamily suggestions of my studies all of which led the successful completion of this study.

The investigator highly thanks to **Dr. C. ARUMUGAM**, Controller of Examinations, Tamil Nadu Physical Education and Sports University, Chennai for his valuable guidance and suggestions.

The investigator acknowledges with deep sense of gratitude to Professor **Dr. R. ELANGO VAN**, Head of the Department in Yoga, Tamil Nadu Physical Education and Sport University, Chennai for his direct and indirect help for the successful completion of this thesis.

The investigator highly thanks to **Dr. S. SELVA LAKSHMI**, Assistant Professor, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai for his valuable guidance and suggestions.

The investigator highly thanks to **other staff members** of Tamil Nadu Physical Education and Sports University, Chennai for her valuable guidance and suggestions.

I express my humble gratitude and heartfelt thanks to **Dr. I.Babu**, Director of the Yoga Mission International for giving an opportunity to work on this problem and the wholehearted co-operation, support and timely help offered throughout the study.

I express my humble gratitude and heartfelt thanks to **Mrs. M. Shameem Nisha** founder of the Yoga Mission International for giving an opportunity to work on this problem and the wholehearted co - operation, support and timely help offered throughout the study.

Mrs. S. VAISHNAVI