

## ACKNOWLEDGEMENTS

First and foremost I would like to extend my sincere gratitude to my research guide **Dr. V. DURAISAMI, Assistant Professor**, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai for encouraging me to this field of yoga and for the dedicated help, advice, inspiration and continuous support throughout my dissertation work. His enthusiasm and Integral view on research has made me complete my research in a successful manner and compile my dissertation on time.

The investigator expresses a deep sense of gratitude to **Dr. SHEILA STEPHEN**, Vice-Chancellor, Tamil Nadu Physical Education and Sports University, Chennai for providing her an opportunity to conduct this study.

The investigator expresses a deep sense of gratitude to **Dr. V. GOPINATH**, Registrar, Tamil Nadu Physical Education and Sports University, Chennai for providing her an opportunity to conduct this study.

The investigator expresses a deep sense of gratitude to **Dr. C. ARUMUGAM**, Controller of Examinations , Tamil Nadu Physical Education and Sports University, Chennai for providing her an opportunity to conduct this study.

It is an honor for me to show my deepest gratitude to **Dr. S. SELVALAKSHMI**, Assistant Professor Head i/c, Department of Yoga, for making it possible to carry out this work in the department. Without her guidance and persistent help this dissertation would not have been possible..

The investigator expresses a deep sense of gratitude to **Dr. J. ANITHA**, Assistant Professor, Tamil Nadu Physical Education and Sports University, Chennai for providing her great guidance advice and valuable suggestions and statistics supervision towards the successful completion of the study.

The investigator expresses a humble thanks to **Dr.N.ASHOKKUMAR**, Assistant Librarian, Tamilnadu Physical Education and Sports University, Chennai for permitting me to use the Library and other existing sources necessary to complete my thesis.

The investigator expresses a humble gratitude and heartfelt thanks to **Dr.VENKATESAN**, Assistant Professor, Research coordinator, Tamilnadu Physical Education and Sports University, Chennai for their guidance and valuable suggestions support and timely help offered throughout the study for the successful completion.

I extend my sincere thanks to **Dr. R. Geetha Rani**, Principal, Shri Krishnasamy College for Women , Chennai, for her co-operation help and support rendered for the whole study.

I would like to offer my special thanks to all **the subjects**, who took part in the study for their sincere co-operation and dedication in collection of data.

I would thank my fellow batch mates for being so kind and helpful towards me during the fulfillment of the course. A special word of thanks to my husband **M.Srimalazhgan** and my father **A. Subramaniam** and my children **S.L.Devarakshini , S.L.Harinarayan** for the patients and sacrifice , without which I could not have completed this thesis. Finally I would thank lord almighty for giving me peace and strength throughout my journey.

**S.LOGANAYAGI**