## ACKNOWLEDGEMENTS

The investigator expresses his profound gratitude to his guide **Dr.A.M. MOORTHY,** Principal, Koviloor Andavar College of Physical Education, Koviloor, for the valuable and expert guidance and supervision extended throughout this study.

The research scholar is grateful to Professor **Dr. Mrs. GRACE HELENA**, Vice Chancellor (officiating), Tamil Nadu Physical Education and Sports University, Chennai, for providing necessary encouragement for completing the dissertation.

The researcher extends grateful acknowledgement to **Dr. R. ELAGOVAN**, Professor and Head, Department of Yoga, **Dr. S. THIRUMALAI KUMAR**, Associate Professor, Department of Physical Education, **Mrs. S. SELVALAKSHMI** and **Mr. V. DURAISAMI**, Assistant Professors, Department of Yoga, **Mr. P. KUMARAVELU**, Assistant Professor, Department of Physical Education, and other Heads of the Departments and all Faculty members of the Tamil Nadu Physical Education and Sports University for their gracious gestures to take up the study and for their moral support.

The investigator wishes to record his sincere thanks to the Librarian, Tamil Nadu Physical Education and Sports University and the Librarian, Alagappa University, Karaikudi for their help in collecting the materials relevant to this study.

Deep sense gratitude to the parents and teachers of Sreevatsa Viswanathan Vivekananda Vidyalaya Junior colleges, chitlapakkam, chennai, who permitted the scholar to take up the subjects without hesitation and with full commitment.

Deepest appreciation goes to the Lab Technician Mr. K. THIRUKKALATHY, Megha Clinical Lab, Chromepet, Chennai-44 for his wonderful cooperation in collecting the physiological and heamotological variables.

The his gratitude research scholar records sincere to Mr.R.SEETHARAMAN, General Manager Coimbatore, Asst. (Cargo), Mrs.P.V.ANURADHA, M.A., B.Ed., the Principal, Sreevatsa Viswanathan Vivekananda Vidyalaya Junior college, Chitlapakkam, Chennai for encouraging him to take his higher studies and providing all needed facilities to undertake the yoga practices programme all days in the school premisses.

SAKTHIVEL.N