

## ACKNOWLEDGEMENTS

I would like first to thank Supreme Father because without Him this study would not have been possible who has been the greatest sources of strength and support in my life.

It is with real pleasure the researcher record his indebtedness for his guide **Dr. K. VAITHIANATHAN**, Vice Chancellor (Rtd), Tamil Nadu Physical Education and Sports University, Chennai for his counsel and valuable guidance during the preparation of the dissertation, since the day began working on the origin of my studies, He helped me to come up with this topic and guided me for the development of this study. He gave me a moral supports and freedom to finish my studies in a successful manner.

The researcher is grateful to **Dr. M. GRACE HELINA**, Vice Chancellor (i/c), Tamil Nadu Physical Education and Sports University, Chennai for the overall supervision for the completion of this dissertation.

Sincere thanks to **Dr. P. SAMRAJ**, The Registrar (i/c), Tamil Nadu Physical Education and Sports University, Chennai, **Dr. R. RAMAKRISHNAN**, Controller of Examinations (i/c), Tamil Nadu Physical Education and Sports University, Chennai, **Dr. R. ELANGO VAN**, Professor & Head, Department of yoga, and all the Head of the Departments, faculty and staff members of the Tamil Nadu Physical Education and Sports University, Chennai for their direct and indirect help for the successful completion of this dissertation.

## **ACKNOWLEDGEMENTS (CONTD...)**

The investigator expresses humble gratitude and heartfelt thanks to the other Staff 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 successful completion.

The investigator wishes to record his sincere thanks to the Librarian of Tamil Nadu Physical Education and Sports University, Chennai and Librarians Bharathidasan University, Anna centenary library, who helped for collection of related literature in their library.

The researcher extends his whole hearted thanks to all the staffs of the Hospitals, Crèches in and around Chidambaram and the Pregnant Mothers with their infants who happily participated in the study conduct this research, and the subjects for their whole hearted participation for doing this research work.

The investigator sincerely thanks to his family members, 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.

Last but not the least my sincere gratitude is also extended to various other persons involved directly at various stages of work.

**C. V. JAYANTHY**