ACKNOWLEDGEMENTS

The scholar expresses his gratitude to his supervisor **Dr.R.Elangovan**, **Professor & Head of the Department of Yoga,** Tamil Nadu Physical Education and Sports University, for his valuable continual support, guidance, encouragement and timely help provided throughout the study for successful completion. He guided me more than a supervisor, as a mentor to achieve certification, teaching, professional & scientific approach, exposure to media, practical and theoretical knowhow in various therapeutic aspects. His dedication, source of encouragement is inspiration to me throughout my life.

The scholar would like to extend a deep sense of gratitude to **Prof.Dr.A.M.Moorthy, Vice-Chancellor**, Tamil Nadu Physical Education and Sports University, Chennai for providing me an opportunity to conduct this study.

Sincere thanks go to **Dr.T.Radhakrishnan**, **Registrar**, **Dr.V.Muruguvalavan**, **Controller of Examinations (i/c)**, Tamil Nadu Physical Education and Sports University, Chennai for their direct and indirect help for the successful completion of this dissertation.

The investigator expresses humble gratitude and heartful thanks to **Dr.S.Selva Lakshmi, Dr.V.Duraisami** and all the Head of the Departments, faculty and staff members of the Tamil Nadu Physical Education and Sports University, Chennai for their valuable assistance for the successful completion of this dissertation.

The investigator wishes to record his sincere thanks to **Dr.S.Ashok Kumar**, **Librarian** of Tamil Nadu Physical Education and Sports University, Chennai and Anna centenary library who helped for collection of related literature in their library. x The investigator sincerely thanks to the students of various categories and scholars 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.

Scholar expresses humble gratitude and heartful thanks to the subjects and

Dr.K.Baraneedharan, Diabetologist, Sukra Diabetes Care & Research Centre, Chennai, for the whole-hearted co-operation and support.

The researcher extends his whole hearted thanks to the **Members** and **Staff of Patanjalee Institute of Yoga & Therapy,** Chennai for permitting to conduct this research and the subjects for their whole hearted participation for doing this research work.

Scholar extends grateful thanks to Miss.Kumareshwari, Ms.Rajinder Kaur, Ms.Kamakshi.R, Ms.Madhana and Mr.SelvaKumaran for their typing and DTP support.

Acknowledgements would be incomplete without mentioning my beloved Members of the Family for their blessings and moral support.

G.RAMAKRISHNAN