

ACKNOWLEDGEMENTS

I express my deep gratitude to Dr. Sudheer Deshpande for his valuable guidance throughout the project.

I express my profound gratitude to Guruji Dr. H. R. Nagendra for giving me an opportunity to work on Nadi Tarangini and for his valuable guidance, support and continuous encouragement throughout the project, without which it would not have been possible to complete my Ph.D on time.

I express my gratitude to Dr. Narayana Dutt for his valuable review comments which has helped in improving the quality of thesis.

I am extremely thankful to Dr. Pooja More for her help in data collection from various yoga camps conducted by S-VYASA and for her valuable review comments while reviewing the scientific papers. I am thankful to Dr. Aniruddha Joshi for his support in processing the Nadi Tarangini data and for reviewing the scientific papers.

I am thankful to Dr. Aarti Jagannath for providing me the opportunity to collect data from Hesaraghatta and Kalyan Nagar yoga camps. I express my sincere thanks to Dr. Judu Ilavarasu for his guidance and support throughout my Ph.D which helped me in improving the quality of the scientific papers. I am extremely thankful to all staff members and students of S-VYASA who helped me during data collection in various yoga camps. I am thankful to particularly all staff members of S-VYASA for their co-operation throughout my Ph.D.

I would like to thank my family members for their co-operation and support.