



स्वामी विवेकानन्द योग अनुसंधान संस्थान  
**Swami Vivekananda Yoga Anusandhāna Samsthāna**

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Eknath Bhavan, # 19, Gavipuram Circle, Kemppegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.org Website: www.svyasa.org

### Certificate

The doctoral committee confirms that this is an authentic and approved copy of the thesis and it has been reviewed and approved by two experts.

The doctoral committee recommends the award of PhD degree to the candidate as follows:

Name of the Student: MR. SURESH N

Registration No: PhD/Cat2/09/August 11

Title of the Thesis: **DEVELOPMENT OF PERSONALITY MODEL BASED ON TRIGUNA CONCEPT OF SAMKHYA PHILOSOPHY**

Viva-Voce Examination Details:

Date: 27<sup>th</sup> September, 2019

Day: Friday

Venue: Tarangini, Chancellor Office, S-VYASA, Bengaluru

*S. Srikanta Swamy*  
27/9/2019

Dr S Srikanta Swamy  
Reviewer & Examiner  
Academic Consultant,  
Research and Analysis Wing  
NAAC, Bengaluru

*Dinakara G* 27/9/2019

Dr Dinakara G  
Reviewer  
Prof & HOD, MBA Dept,  
Sri Venkateshwara College of  
Engineering, Belagavi

*Sridhar NK*  
27/9/19

Dr M K Sridhar  
Research Supervisor & Dean,  
Division of Yoga and Humanities  
S-VYASA, Bengaluru

*R Chandrasekhar*

Dr R Chandrasekhar  
Dean of Academics  
S-VYASA, Bengaluru



**स्वामी विवेकानन्द योग अनुसंधान संस्थान**  
**Swami Vivekananda Yoga Anusandhāna Samsthāna**  
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)  
Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019  
Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645  
E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

## **CERTIFICATE**

**This thesis titled “DEVELOPMENT OF PERSONALITY MODEL BASED ON TRIGUNA CONCEPT OF SAMKHYA PHILOSOPHY” is submitted to the Department of Yoga and Management, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), University of Bengaluru, for the award of the Degree of Doctor of Philosophy by SURESH N.**

**I certify that this is the result of bona-fide research work carried out by him under my supervision and guidance at Swami Vivekananda Yoga Anusandhana Samsthana**

**(S-VYASA), University of Bengaluru, during the period from 2011 to 2019.**

**I further certify that this research work has not formed the basis for award of any Degree or Diploma, in this or any other University.**

**This thesis is fit for submission to the Swami Vivekananda Yoga Anusandhana Samsthana**

**(S-VYASA), University of Bengaluru for the award of the Degree of Doctor of Philosophy**

**DATE: 01-07-2019**

**Dr. M.K. SRIDHAR**

**BANGALURU**

**GUIDE**

## **DECLARATION**

**I hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University), Bengaluru, under the guidance of Dr. M.K.Sridhar Dean, Division of Yoga and Humanities, S-VYASA Yoga University, Bengaluru.**

**I also declare that the subject matter of my thesis titled “DEVELOPMENT OF PERSONALITY MODEL BASED ON TRIGUNA CONCEPT OF SAMKHYA PHILOSOPHY” has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.**

**N.SURESH  
CANDIDATE**

**Date: 01-7-2019  
Place: BENGALURU**

## **ACKNOWLEDGEMENTS**

I express my profound gratitude to my guide Dr. M.K.SRIDHAR Ph.D. Fulbright Scholar (2000) with South Carolina University, USA Formerly Dean of Academics, and Currently Dean, Division of Yoga and Humanities for his constant encouragement, support, suggestions, reviews and persuasion at every stage of my PhD work. Discussions, suggestions and reviews made from time to time by Dr. K.M.Nagendra, Professor and Director, BIMS have been very insightful which took my work in the right direction and also helped me to get into finer details of the research work. I am very thankful to Sri Dr. H.R.Nagendra (Chancellor, S-VYASA Yoga University) who inspired me to join PhD course. I also greatly appreciate his work to bring Yoga applications to address modern day problems across the world. I am extremely thankful to him for sharing his valuable knowledge through class room teachings during PhD course.

I am grateful to Dr.G.S.Venugopal, former Professor R.V.Institute of Management and Dr. R. Nagarathna, Dr.D.R. Rajashekar Swamy Former Professor RVIM, Dr.S.Ranganath Professor of Sanskrit NMKRV College for sharing their valuable knowledge with me on the topic of research through face to face discussions as well as through emails. I thank Dr.R Chandrasekhar, Dean of Academics, Dr.Subramanyam,Advisor to Hon'ble Chancellor, Dr. Srinidhi K Parthasarathi Registrar S-VYSA Yoga University for their sincere co-operation and Dr Rajesh for coordinating the PhD program as well as for his helpful class work sessions. I also would like to thank Dr. Judu Ilavarasu, for his time to time friendly support in terms of suggestions and encouragement. I thank Dr Itagi Ravi Kumar for his constant

support. I thank all faculty members of SVYASA Yoga University for helping me with their valuable knowledge from time to time. I thank Sri Ashok Kumar, Sri Govindaraj, Dr.Sudhir Deshpande whose devotion towards yoga and passion towards their students, was instrumental in shaping my research interest in the field of Yoga and Management. My special thanks to Dr Soubhagyalaxmi Mohanty, PhD Coordinator-PhD Programme and J. Venkatesh of Ph.D. Office for support in my PhD Programme. I would like to thank my fellow researcher Pammi Sesha Srinivas, Smt. Gouri Nagasree and Smt. Jayashree for time to time support as well for their constant encouragement.

I am indebted to my dear parents Late Dr.K.A.Narayanan Retired Professor of Mathematics N.I.T.K. Suratkal (Formerly K.R.E.C.) and Smt. K.A.Nagalakshmi whose constant support, encouragement, care and affection which helped me to continue my course work despite all hardships.

My wife Jahnvi Suresh also needs special mention for her continuous support in taking care of home needs as well as taking care of two children's educational needs during my study period along with her constant encouragement and support for my work. She was the source of inspiration for taking PhD work. I shall be failing in my duty if I don't express my sincere thanks to my two children Suraj Bharadwaj and Nivedita Bharadwaj for their constant care and affection to continue my PhD work.

My thanks to my mother in law Smt.Tara Srinivasan and my brother in law Sri. V.S. Harish, his wife Smt.Trivani Harish and their two children for the encouragement during Ph.D work.

I would like to thank my elder brother Sri.N.Venkatesh and My sister in law

Smt. A.N.Sandhya Venkatesh for showing keen interest in my work.

I prostrate to the lotus feet of my spiritual gurus Mata Amrutandamayee, Sri Satya Baba and Swami Chinmayananda for lending their helping hand at every stage of my PhD work.

My Special thanks to Sri. N.Satyanarayana and Sri. N.S.Praveen Kumar both ardent devotees of Sri SATYA SAI BABA for constantly praying for my successful completion of my work.

My sincere thanks to Dr. T.V. Raju, former Director of R V Institute of Management and present Director Dr.Purshottam Bung for their cooperation in my PhD work. I also thank all my faculty colleges for their support in my work. I thank all the respondents for filling the questionnaire in time.

Last but not the least; I would like to dedicate my thesis work to the lotus feet of my beloved parents Late Dr.K.A.Narayanan and Smt. K.A.Nagalakshmi who are the source of inspiration for my quest for knowledge.

N.SURESH

Date: 01-07-2019

Place: Bengaluru