



स्वामी विवेकानन्द योग अनुसंधान संस्थान

Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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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 research scholar as follows:

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Registration No: PhD/Cat 2/05/Jan 2014

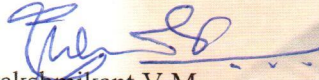
Title of the Thesis: EFFICACY OF CANONS OF EXPRESSION AND YOGA ON THE EMOTION REGULATION AMONG THE CAREGIVERS OF CHILDREN WITH NEURODEVELOPMENT DISORDERS A RANDOMIZED STUDY

Viva-Voce Examination Details: Date: 22nd December, 2020

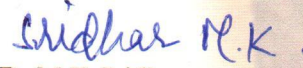
Day: Tuesday, Time: 11:00 am to 12:00 pm

Thesis Presentation: Online through Google meet

Session Link: <https://meet.google.com/xmn-gbfj-dqt>

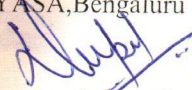

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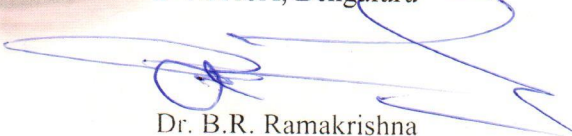

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CERTIFICATE

This is to certify that Mrs. Jayashree Ravi Hegde is a Ph.D. scholar bearing the university registration number PhD/Cat2/05/ Jan' 2014 with effect from January 14, 2014 under the Division of Yoga and Humanities. She has successfully completed the prescribed course work and other requirements for submission of thesis. The thesis entitled **“Efficacy of canons of expression and yoga on the emotion regulation among the caregivers of children with neurodevelopment disorders - a randomized study”** is based on the bonafide work carried out by her as per regulations of the university.

Further it is declared that the subject matter of this thesis has not formed the basis for the award of any degree, diploma, fellowship or similar titles previously.

Prof. M.K. Sridhar M.A, Ph.D.
(Supervisor)

Registrar, and former Dean, Yoga and Humanities, SVYASA, Bengaluru)

Date:

Place: Bengaluru

DECLARATION

I hereby declare that, the thesis titled, **“Effect of canons of expression and yoga on the emotion regulation among the caregivers of children with neurodevelopment disorders – A randomized study”** has been conducted by me at the Swamy Vivekananda Yoga Anusandhana Samsthana (SVYASA; Deemed University), Bengaluru, under the guidance of Prof. M.K. Sridhar (Registrar, and former Dean, Yoga and Humanities, SVYASA, Bengaluru), Dr. T.M. Srinivasan (Honorary Professor, Yoga and Physical Science, SVYASA, Bengaluru) and Dr. Karuna Vijayendra (Dance Historian, RASARISHI, Bengaluru) and Dr. Deepeshwar Singh (Associate professor, Yoga and Life sciences, SVYASA, Bengaluru).

I also declare that the subject matter of my thesis entitled has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date:

Jayashree Ravi Hegde

Place: Bengaluru

(Candidate)

ACKNOWLEDGEMENT

My sincere gratitude to...

My inner belief is 'life is like a creeper strongly embedded in the soil and moving in the upward direction'. The content of the soil could be a mixture of principles, ethics, aesthetics, and the bundle of several Karmas which guide our destination. I understand life is a journey with various destinations, and the sky is the limit for any accomplishment.

I am honored to pay my gratitude to the four driving forces of my life: parents, Gurus, beloved Goddess, and my family. Parents (Shri V.K. Bhat and Smt. Uma Bhat Hutgar, Uttara Kannada district, Karnataka) are my divine source from day one who adored my little talent, motivated towards better, celebrated each step of tiny accomplishments, shared my pleasure and pain, and directed towards Gurus for the best.

न गुरोरधिकं तत्त्वं न गुरोरधिकं तपः ।

न गुरोरधिकं ज्ञानम् तस्मैश्रीगुरवे नमः ॥

Na guroradhikantattvam na guroradhikantapah|

Na guroradhikam jñānamt asmaiśrīgurave namaḥ||

Meaning: there is no highest value than principles, contemplation, and wisdom. I salute Guru in those forms.

To realize those principles and wisdom, we need a Guru in the visible form. I am very much fortunate to come into contact with several Gurus, in dance, music, yoga, and social activity fields who are the sculptors for what I am today. Their wholehearted blessings made me inculcate principles, experience the contemplation, acquire a drop of knowledge in Indian classical dances based on *Nāṭyaśāstra*, and yoga, that is a torch to understand myself. I have realized several times that God thinks hundred times

better than what we think of ourselves. From the bottom of my heart, I surrender to my beloved Goddess, whom I adored through my dance productions for providing the life of an artiste, Gurus - to contemplate and experience the aesthetics, understand the ethics embedded in it.

My heartfelt thanks to my prime supervisor, Dr. M.K. Sridhar for accepting my studentship, guiding, inspiring towards completion of this work all the times. His extraordinary knowledge on Sanskrit, literatures have fanned my inner fire on those subjects. Dr. T.M. Srinivasan, my joint guide, extended his warm support throughout in crucial aspects of this work. His inspiration, affection and attention on my research work is evergreen in my memory. I am very thankful to Dr. Karuna Vijayendra for the teaching on *Nāṭyaśāstra* that lead me towards further enthusiastic readings. Words fall short to express gratitude to my one more co-supervisor, Dr. Deepeshwar Singh, for his extensive support in various stages of publication of my papers and teaching very crucial aspects of scientific publications. His guidance is beyond words in instilling confidence and make the presentations go smooth.

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I indeed indebted to my life mate Dr. Ravi Hegde, a senior scientist in MNC, a humanitarian and man of few words, for his extensive support towards my career as an artiste and sincere input at each dance

program, which contributed towards the successful list of performances. Creepers of my chord, my lovely kids Shreeraksha and Shreyas who are also growing artistes, cooperated in completion of my Ph.D. by reducing expectation towards mother's attention all the times and also modeling for few dance movements and *abhinaya* set in Appendix.

Dedication

This study, dedicated to
all the caregivers of children with
neurodevelopment disorders.

Jayashree Ravi