ACKNOWLEDGEMENT

The studies embodied in the thesis were partially carried out as a part of the Senior Research Fellowship project of the Indian Council of Medical Research on "Electromyographic and biomechanical analysis of VDU operators in relation to postural stress and musculoskeletal discomfort" at the National Institute of Occupational Health, Ahmedabad, India. The author gratefully acknowledges the kind permission of the director of the institute, Dr. H.N. Saiyed, in undertaking these studies.

The author is deeply indebted to Dr. P.K. Nag, Deputy Director (SG), Occupational Physiology Division of National Institute of Occupational Health, Ahmedabad, for his valuable, expert and unique guidance. The constant encouragement and appreciation from Dr. Nag, throughout the process of preparing this work was a great motivating factor to the author, without which it would have been an unsuccessful attempt.

The author respectfully acknowledges the valuable suggestions, moral support and help received from Dr. Anjali Nag, AD of the institute. Author would be always indebted to the fellow researchers Ms. Heer Vyas, Ms. Swati Pal, Mr. Kalpesh Gosai for helping in experimentation and data analysis of the study. Author also remains thankful to other departmental colleagues, Dr. S.P. Astekar, Mr. M.S. Vaghela, Ms. Beena G. Shah and Mr. Doulat Kshirsagar.
With deep admiration and indebtedness, the author expresses gratitude to the management of BSNL, Mumbai and UCO Bank, Ahmedabad, for allowing their respective employees to take part in the study. Special thanks to Mr. L.K Baidya, A.D., BSNL, Mumbai and Mr. K.S.Parmar, Manager, UCO Bank, Khanpur Branch, Ahmedabad, for their immense help. The sincere support from Dr. Asim Saha and family is heartily acknowledged.

The author also expresses her gratitude to all of her subjects for their cooperation and cordial assistance.

Above all I would like to express my love and gratitude to my husband, my parents, my brother and sister, and all my family members who inspired me every moment to accomplish the most desired objective.

Era Poddar

July, 2006