ACKNOWLEDGEMENTS

Before, I say more, I must acknowledge my very great debt to Swami Shri Shridharananda Guruji. This thesis draws upon a majestic tree of knowledge of Yoga. It was Swami Shri Shridharananda Guruji who developed the technique of "Atma Vidya Parisheelana Yoga" which has been used for this study; without which this thesis has no roots and it would lack originality.

In the course of the successful completion of this thesis, I am highly obliged to many, particularly my guide Dr. A. A. Pal without whose invaluable guidance, understanding and encouragement I would not have been able to complete this study at all. It was he who initiated me to the rich world of Yoga.

I am indebted to teachers Dr. P. S. Halyal, Dr. Havalappanavar, Dr. V. A. Amminabhavi, Shri. Shanmukh V. Kamble and staff of The Department of Studies and Research in Psychology, Karanatak University ,Dharwad.

I owe a great deal to Smt. Jayashree S. Bhudihalmath for her encouragement.

I am failing in my duty if I do not acknowledge the kind cooperation of the managers, who constitute the sample of the study and are sincerely interested in Yoga, without whose participation there would have been no proof of concept.
I thank my grand father Shri. I. F. Annigeri (Rtd. Lecturer in English) for correcting linguistic mistakes in my writing.

I am proud to express my deep sense of gratitude to my mother and father for everything and giving me a global perspective of life and my identity.

I heartily thank my sister, brother and sister-in-law for enormously benefiting me with feedback, criticism and suggestions.

I sincerely must acknowledge my debt to my aunt and uncle for their kind and positive attitude towards my work and me.

I thank Shri. Javali for the statistical analysis of data.

I am grateful to those people, for their contributions to this effort that have influenced and supported me and have done so at a distance through their love, care and confidence.

Finally and perhaps most importantly, I would like to thank the world for contributing to my thinking.

Yasmin D. Nadaf