ACKNOWLEDGEMENT

I am grateful to almighty god who strengthened and blessed me throughout the study.

I express my very great appreciation to Dr Anice George, Professor, Manipal College of Nursing, Manipal for her continued support for my Ph.D study and research related work. Her patience, motivation and knowledge in the field of research is admirable. I am inspired by her meticulousness and unconditional support at all times. Her guidance helped me a lot from the inception to the completion of the study.

I express my heartfelt gratitude to Dr M.S. Vidyasagar, Professor of Radiotherapy and Oncology, Kasturba Medical College, Manipal for his valuable suggestions and guidance during my study.

I would like to offer my thanks to Dr Judith A Norohna, Associate Dean, MCON Manipal and Dr Baby S Nayak, Professor and PhD research coordinator, MCON Manipal for their constant support and guidance throughout my study.

I would like to express the deepest appreciation to Dr S. Sudhakar Nayak, Professor of Biochemistry, MMMC, Manipal, Dr Stanley Mathew, Professor of Surgery, KMC, Manipal, and Dr Shashidhara Y. N, Associate Professor of Community Health Nursing, MCON, Manipal for being the members of the Doctoral Committee and for their valuable suggestions and guidance throughout my study.
I express my sincere thanks to **Dr Asha Kamath**, Associate Professor in Department of Community Medicine KMC, Manipal who helped me with the required statistical guidance.

I express my sincere thanks to **Dr Donald Fernandes**, Professor and Head, Department of Radiotherapy and Oncology, Kasturba Medical College, Manipal for his support to conduct the study.

I express my sincere thanks to **Dr Gayathri S Nayak**, Professor and **Dr. Ganapathi Josisa H** from the Department of Yoga, Kasturba Medical College, Manipal for providing the training on 61 points relaxation technique and Pranayama.

I express my sincere thanks to the management and staff of the Kasturba Hospital, Manipal, Fr. Mullers Medical College, Mangalore, Kasturba Medical College Hospital, Attavar Mangalore, Mangalore Institute of Oncology, Mangalore, HCG, Hospital, Bangalore, Baptist Hospital, Bangalore and Bangalore Institute of Oncology, Bangalore for their support to conduct the study in their hospitals.

My sincere thanks to **Dr S. Sudhakar Nayak, Dr Stanley Mathew, Dr Krishna Sharon, Dr Reem Rachel Abraham, Dr Baby S Nayak, Dr Linu Sara George** and **Dr Suja Karkada** for validating the tool and booklet.

I special thanks to **Dr Robin Cohen** and **Dr Vidhubala** for their permission to use the tools

I express thanks to **Mr. Hariprasad** for translating the tools and the booklet.
My heartfelt thanks to Manipal University Press for editing the thesis and Mr. Suresh N for formatting the thesis.

My special thanks to Dr Sonia R. B. D’Souza, Ms. Shalini G Nayak, Ms. Manjula Mr. Vishnu Renjith, Mr Nageshwar V and Mrs. Leena Sequira for their support and guidance during the study.

Sincere thanks to all my colleagues in the department of Community Health Nursing and also colleagues from other Departments of MCON, MSON and all the non-teaching staff for their good wishes and support for the success of the study.

Heartfelt thanks to all the cancer patients and their caregivers who have supported me whole heartedly during this study.

I owe my gratitude to all my teachers, friends and well-wishers for their support and guidance during the study.

Malathi G Nayak