## **ACKNOWLEGEMENTS**



**Dr. Sony Kumari** Professor, S-VYASA, Bengaluru



Guruji Dr. H. R. Nagendra IYA: President Founder, Chancellor, S-VYASA Bengaluru.



Dr. K. B. Akhilesh
Professor and Dean of Engineering
Department of Management Studies
Indian Institute of Science Bengaluru, 560 012



Smt. Soujanya Prakash
Associate Vice-President
Human Resources, VEE-Technologies
Sona Towers, Millers road, Bengaluru 560 052

First and foremost, I bow down to the **God**, for His showers of blessings throughout my research work and for its successful completion.

I am profusely grateful to my parents **Smt. Indirani B. K.** and **Sri R. N. Raja Rao**. I owe it all to them. Many Thanks! Always under the umbrella of their blessings!

I would like to thank the following people, without whom I would not have been able to complete this research and without whom I would not have made it through my doctoral degree!

I would like to express my deep and sincere gratitude to my supervisor **Dr. Sony Kumari**, Professor, SVYASA university for her continuous guidance, mentorship and encouragement and co-supervisor **Dr. K. B. Akhilesh**, Professor, Indian Institute of Science – Management Dean, whose insight and knowledge into the subject matter steered me through this research.

I would like to thank **Dr. H.R. Nagendra**, Founder, Chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) and **Smt. Soujanya Prakash**, Vee Technologies Ltd., Bengaluru for providing the opportunity to conduct this study.

I am also thankful to the Registrar, Dean-Academics, Faculty members of PhD office and all the SVYASA university staff for their unfailing support and assistance.

Furthermore, to the staff of Vee Technologies and trainees of Yoga Instructors course of SVYASA University, who took the time to assist in the co-ordination of the participants and carrying out the intervention.

I would also like to thank all participant-staff of Vee Technologies for their kind co-operation, time, involvement, sincere presence and their individual and collective contributions for the completion of this study.

The accomplishment of my thesis would not have been possible without the help, assistance and feedback of my co-scholars at SVYASA university who have supported me all along and had to put up with my stresses and moans throughout my study. Deeply indebted to them!

I am also grateful to my in-laws **Sri N. S. Nagaraja Rao** and **Smt. Gopibai**, who have blessed me all along the way.

Finally my heartfelt Thanks! to my caring, loving and supporting husband **Sri. Vasu N. N.** and children, **Chi. Sow. Bhoomika** and **Chi. Bhuvan**, who have provided tremendous moral and emotional support throughout the journey of my PhD, which allowed my studies to go the extra mile.

My sincere gratitude to all my batch-mates, relatives, friends and well-wishers who have directly or indirectly contributed to this research!



You are all appreciated wholeheartedly.