

## **ACKNOWLEDGEMENT**

I would like to express the deepest gratitude to my guide, Dr. H. R. Nagendra for his guidance and encouragement.

I'm grateful to Martin Gluckman, Dr. Alex Hankey, Sri Srinivas Sattri, Prabhakar Joglekar, SomaYāga Priest Team and Sheshadri for helping me in the research on Agniṣṭoma Soma Yāga.

I thank Dr. Amritanshu Ram for his immense contribution in helping me understand REG concepts and in writing the papers. I thank Dr. Sushrut, Dr. Balaram Pradhan, Dr. Judu Illavarasu, and Vasudev Rao, who helped me through regular discussion and supported me during all crucial times. I thank Amitha, My friend for assisting me in excel works.

I also thank all my Ph.D. friends who helped me during various phases of my work. I also would like to thank all the participants involved in my research as subjects.

I would like to thank the entire faculty and all my friends of SVYASA who gave the base for my knowledge in ancient Vedic knowledge.

I will be always grateful to my university Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) for its support in promoting my research career. I thank all staff members of SVYASA University. I would like to thank all the colleagues of Division of Yoga-Spirituality.

I am indebted to my husband Keshavamurthy for his inspiration, motivation and consistent support during different phases of my Ph.D.

I also place on record, my sense of gratitude to one and all who, directly or indirectly, have extended their helping hand in this venture.

Finally I thank that unseen Divine without whose wish, this work wouldn't have been possible.

**Date:**

**Place: Bengaluru**

**DIVYA B R.**