

ACKNOWLEDGEMENTS

Great and mighty is my Lord, to Him all glory, honor, praise and thanks for leading me in every effort to the completion of this work. His mighty presence, guidance, tender care was ever felt throughout the research process.

I am extremely grateful to Dr. Vijay Dhasmana, Vice Chancellor, Swami Rama Himalayan University for giving me an opportunity to pursue and complete my Ph.D in SRHU.

My sincere thanks to Dr. Vijendra D Chauhan, Advisor (Academics), SRHU for his guidance, and support provided during the process of the study.

With profound gratitude I express my heartfelt regards towards my esteemed, keen and visionary supervisor Dr. Sunil Saini, whose invaluable guidance has enabled me to pursue this research project with all its intricacies and challenges from its inception to the end.

My sincere thanks to Dr. Renu Dhasmana, for providing constant support in completion of this study.

My deepest and sincere thanks to Dr. Sanchita Pugazhendi, Dean & Principal Himalayan College of Nursing for giving her valuable time, expert guidance and support throughout the research process.

My heartfelt gratitude to Dr. Kusum (Kathleen McKeehan) Nursing Advisor for teaching me to learn and practice yoga, to be able to teach to breast cancer patients and guiding me in developing and implementing the yoga intervention and supporting me throughout the period of Ph D work.

My gratitude to Dr. John Clarke for guiding me in developing yoga intervention and planning the study.

My sincere thanks to Dr. Uma Bhardwaj, Dean, Research, SRHU, for motivating and encouraging to complete this research.

My sincere thanks to Mr. Hemchandra Sati, Statistician for helping and guiding me with analysis of the data.

My gratitude to Mrs. Priti Bhati and Mr. Vijender Sharma, Staff Nurses, Day Care Center, Cancer Research Institute for helping, supporting and encouraging me during data collection period.

My thanks to my daughter Ms. Karuna Prakash, for having sincerely assisted me in entering the data.

My gratitude to Ms. Jane Poet for giving her valuable time in editing the manuscript

My sincere thanks to all the breast cancer patients, for willingly participating in the study and giving me an opportunity to be part of their crucial journey while going through six cycles of chemotherapy.

I am indebted to my husband Mr. Daniel Prakash and my daughters Karuna, Danita and Maj. Lorena Danish & Son in Law Mr. Vishwas Danish for their love, prayer support and encouragement extended to me during the Ph. D. work

With grateful heart

Kamli Prakash