

Acknowledgement

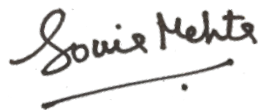
The Progression of this Book **Holistic Yoga: H³ (Health, Happiness and Harmony)** would not have been possible without the valuable contribution of the Faculty members, Research scholars and students of different universities and colleges of India who have submitted their research papers on time.

Under this column I wish to acknowledge my debt to all those who have helped me to complete this volume. First and foremost I would like to express my heartfelt gratitude to **Honble Shri Shekhar Dutt ji**, Former Governor of Chhattisgarh for very kindly consented to write a message for this volume and for sparing his valuable time to be the Chief Guest of our National Conference held on 10th 11th November, 2017.

I am highly grateful to Prof. H.S. Prasad, Head-Department of Philosophy, University of Delhi for writing a foreword of this volume, for going through a rigorous screening process of selecting 20 top research papers out of 118 papers received for the conference from various universities and colleges across the India, being a member of editorial board and finally for contributing his own research paper and making this volume an asset for researches in the field of Yoga, Philosophy, Psychology, Physiology and Health.

A Special thanks to the Principal Dr. Savita Roy, Daulat Ram College for her constant support, guidance and encouragement for the conference, for writing a foreword of this volume, for being a member of editorial board and for being there always as a guiding force in all my endeavors.

Last but not the least, I bring on record the unwavering support of my dearest husband and lovely son.



Dr. Sonia Mehta
*Senior Assistant Professor,
Department of Philosophy
Daulat Ram College
University of Delhi*