

LIST OF TABLES

Table No.	Title	Page No.
1	RAGAS AND ITS EFFECTIVENESS	76
2	DISTRIBUTION OF SAMPLE BASED ON THE DEMOGRAPHIC VARIABLES	88
3	CHI-SQUARE TEST OF HOMOGENEITY OF THE SAMPLE	89
4	CORRELATION BETWEEN DEPRESSION, RESILIENCE AND SELF-ESTEEM IN THE SAMPLE	90
5	MEAN AND SD OF LEVEL OF DEPRESSION IN CARNATIC MUSIC THERAPY GROUP	91
6	F-VALUE FOR DEPRESSION IN CARNATIC MUSIC THERAPY GROUP	92
7	POST HOC ANALYSIS OF DEPRESSION IN CARNATIC MUSIC THERAPY GROUP	92
8	COMPARISON OF MEAN DIFFERENCE OF DEPRESSION IN CARNATIC MUSIC THERAPY GROUP	94
9	MEAN AND SD OF LEVEL OF RESILIENCE IN CARNATIC MUSIC THERAPY GROUP	96
10	F-VALUE FOR RESILIENCE IN CARNATIC MUSIC THERAPY GROUP	96
11	POST HOC ANALYSIS OF RESILIENCE IN CARNATIC MUSIC THERAPY GROUP	96
12	COMPARISON OF MEAN DIFFERENCE OF RESILIENCE IN CARNATIC MUSIC THERAPY GROUP	98
13	MEAN AND SD OF LEVEL OF SELF-ESTEEM IN CARNATIC MUSIC THERAPY GROUP	99
14	F-VALUE FOR SELF-ESTEEM IN CARNATIC MUSIC THERAPY GROUP	100
15	POST HOC ANALYSIS OF SELF-ESTEEM IN CARNATIC MUSIC THERAPY GROUP	100

Table No.	Title	Page No.
16	COMPARISON OF MEAN DIFFERENCE OF SELF-ESTEEM IN CARNATIC MUSIC THERAPY GROUP	102
17	MEAN AND SD OF LEVEL OF DEPRESSION IN PRANAYAMA GROUP	103
18	F-VALUE FOR DEPRESSION IN PRANAYAMA GROUP	103
19	POST HOC ANALYSIS FOR DEPRESSION IN PRANAYAMA GROUP	104
20	COMPARISON OF MEAN DIFFERENCE OF DEPRESSION IN PRANAYAMA GROUP	106
21	MEAN AND SD OF LEVEL OF RESILIENCE IN PRANAYAMA GROUP	108
22	F-VALUE FOR RESLIENCE IN PRANAYAMA GROUP	108
23	POST HOC ANALYSIS OF RESILIENCE IN PRANAYAMA GROUP	108
24	COMPARISON OF MEAN DIFFERENCE OF RESILIENCE IN PRANAYAMA GROUP	110
25	MEAN AND SD OF LEVEL OF SELF ESTEEM IN PRANAYAMA GROUP	110
26	F-VALUE FOR SELF-ESTEEM IN PRANAYAMA GROUP	111
27	POST HOC ANALYSIS FOR SELF-ESTEEM IN PRANAYAMA GROUP	111
28	COMPARISON OF MEAN DIFFERENCE OF SELF-ESTEEM IN PRANAYAMA GROUP	113
29	MEAN AND SD OF LEVEL OF DEPRESSION IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	113
30	F-VALUE FOR DEPRESSION IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	114
31	POST HOC ANALYSIS FOR DEPRESSION IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	114
32	COMPARISON OF MEAN DIFFERENCE OF DEPRESSION IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	116

Table No.	Title	Page No.
33	MEAN AND SD OF LEVEL OF RESILIENCE IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	117
34	F-VALUE FOR RESILIENCE IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	117
35	POST HOC ANALYSIS FOR RESILIENCE IN CARNATIC MUSIC & PRANAYAMA GROUP	118
36	COMPARISON OF MEAN DIFFERENCE OF RESILIENCE IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	120
37	MEAN AND SD OF LEVEL OF SELF-ESTEEM IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	121
38	F-VALUE FOR SELF-ESTEEM IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	121
39	POST HOC ANALYSIS FOR RESILIENCE IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	122
40	COMPARISON OF MEAN DIFFERENCE OF SELF-ESTEEM IN CARNATIC MUSIC THERAPY AND PRANAYAMA GROUP	124
41	MEAN AND SD OF LEVEL OF DEPRESSION IN CONTROL GROUP	125
42	F-VALUE FOR DEPRESSION IN CONTROL GROUP	125
43	POST HOC ANALYSIS FOR DEPRESSION IN CONTROL GROUP	126
44	COMPARISON OF MEAN DIFFERENCE OF DEPRESSION IN CONTROL GROUP	128
45	MEAN AND SD OF LEVEL OF RESILIENCE IN CONTROL GROUP	128
46	F-VALUE FOR RESILIENCE IN CONTROL GROUP	129
47	POST HOC ANALYSIS FOR RESILIENCE IN CONTROL GROUP	129
48	COMPARISON OF MEAN DIFFERENCE OF RESILIENCE IN CONTROL GROUP	131
49	MEAN AND SD OF LEVEL OF SELF-ESTEEM IN CONTROL GROUP	131

Table No.	Title	Page No.
50	F-VALUE FOR SELF-ESTEEM IN CONTROL GROUP	132
51	POST HOC ANALYSIS FOR SELF-ESTEEM IN CONTROL GROUP	132
52	COMPARISON OF MEAN DIFFERENCE OF SELF-ESTEEM IN CONTROL GROUP	134
53	COMPARISON OF MEAN DIFFERENCES OF DEPRESSION IN MULTIPLE GROUPS	134
54	COMPARISON OF MEAN DIFFERENCES OF RESILIENCE IN MULTIPLE GROUPS	135
55	COMPARISON OF MEAN DIFFERENCES OF SELF-ESTEEM IN MULTIPLE GROUPS	136

LIST OF FIGURES

FIGURE NO.	TITLE	PAGE NO.
1	LEVEL OF DEPRESSION AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CARNATIC MUSIC THERAPY	93
2	LEVEL OF RESILIENCE AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CARNATIC MUSIC THERAPY	97
3	LEVEL OF SELF-ESTEEM AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CARNATIC MUSIC THERAPY	101
4	LEVEL OF DEPRESSION AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF PRANAYAMA	105
5	LEVEL OF RESILIENCE AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF PRANAYAMA	109
6	LEVEL OF SELF-ESTEEM AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF PRANAYAMA	110
7	LEVEL OF DEPRESSION AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CARNATIC MUSIC THERAPY AND PRANAYAMA	115
8	LEVEL OF RESILIENCE AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CARNATIC MUSIC THERAPY AND PRANAYAMA	119
9	LEVEL OF SELF-ESTEEM AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CARNATIC MUSIC THERAPY AND PRANAYAMA	123
10	LEVEL OF DEPRESSION AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CONTROL GROUP	127
11	LEVEL OF RESILIENCE AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CONTROL GROUP	130
12	LEVEL OF SELF-ESTEEM AMONG THE SAMPLE DURING BEFORE, AFTER AND FOLLOW-UP OF CONTROL GROUP	133

LIST OF APPENDICES

APPENDIX NO.	TITLE	PAGE NO.
I	PERSONAL DATA SHEET	164
II	BECK'S DEPRESSION INVENTORY	165
III	BHARATHIAR UNIVERSITY RESILIENCE SCALE	169
IV	THE ROSENBERG'S SELF ESTEEM SCALE	172