

CERTIFICATE

This is to certify that the thesis entitled “ **THE EFFECTIVENESS OF YOGA IN STRESS MANAGEMENT AMONG THE EMPLOYEES IN INDUSTRY** ” which is being submitted herewith for the award of the Degree of Doctor of Philosophy in Social Work of **Shivaji University**, Kolhapur is the result of the original research work completed by **Srimati Shaly Joseph** under my supervision and guidance and to the best of my knowledge and belief the work embodied in the thesis has not formed earlier the basis for the award of any Degree or similar title of this or any other university or examining body.

Place: Pune

Date: 28-06-2005



Dr. Cherian P. Kurien

**Professor-Bioinformatics & Public
Health Programme, International
Institute of Information Technology,
Pune
(Research Guide)**