

## **DECLARATION**

I hereby declare that the thesis entitled “ **THE EFFECTIVENESS OF YOGA IN STRESS MANAGEMENT AMONG THE EMPLOYEES IN INDUSTRY**” completed and written by me has not previously formed the basis for the award of any Degree or Diploma or other similar title of this or any other University or examining body.

Place: Satara

Date: 28-06-2005



**SHALY JOSEPH**  
YCISS, Satara  
(Research Student)