

## CONTENT

<b>CHAPTER</b>	<b>TITLE</b>	<b>PAGE</b>
<b>No.</b>		<b>No.</b>
1.	<b>INTRODUCTION</b>	1
2	<b>THEORETICAL REVIEW</b>	27
3	<b>REVIEW OF LITERATURE</b>	54
4	<b>RESEARCH METHODOLOGY</b>	72
5	<b>SOCIO DEMOGRAPHIC INFORMATION</b>	112
6	<b>OCCUPATIONAL STRESS OF EMPLOYEES</b>	125
7	<b>EFFECTIVENESS OF YOGA IN REDUCTION OF STRESS &amp; EFFECTS OF EMPLOYEES.</b>	141
8	<b>EFFECTIVENESS OF YOGA IN REDUCTION OF STRESS LEVEL OF EMPLOYEES</b>	170
9	<b>EFFECTIVENESS OF YOGA IN IMPROVING JOB SATISFACTIONS AND JOB PERFORMANCE</b>	180
10	<b>SUMMARY, SUGGESTION AND CONCLUSION BIBLIOGRAPHY APPENDICES TOOLS OF DATA COLLECTION PROFILE OF THE COMPANY PHOTOGRAPHS OF YOGA TRAINING</b>	195