

## CONTENTS

<b>Sl. No.</b>	<b>DETAILS</b>	<b>PAGE No.</b>
<b>1.0</b>	<b>INTRODUCTION</b>	1
<b>2.0</b>	<b>LITRARY RESEARCH</b>	25
<b>2.1</b>	<b>REVIEW OF ANCIENT LITERATURE</b>	32
<b>3.0</b>	<b>REVIEW OF SCIENTIFIC LITERATURE</b>	36
<b>4.0</b>	<b>AIMS AND OBJECTIVES</b>	40
<b>4.1</b>	<b>AIMS OF THE STUDY</b>	40
<b>4.2</b>	<b>OBJECTIVES OF THE STUDY</b>	40
<b>4.3</b>	<b>JUSTIFICATION OF THE STUDY</b>	41
<b>4.4</b>	<b>HYPOTHESIS</b>	41
<b>5.0</b>	<b>METHODS</b>	42
<b>5.1</b>	<b>DESIGN OF THE STUDY</b>	42
<b>5.2</b>	<b>AREA OF THE STUDY</b>	42
<b>5.3</b>	<b>SOURCES OF DATA</b>	42
<b>5.4</b>	<b>POPULATION OF THE STUDY</b>	43
<b>5.5</b>	<b>SAMPLE SOURCE</b>	43
<b>5.5.1</b>	<b>INCLUSION CRITERIA</b>	43
<b>5.5.2</b>	<b>EXCLUSION CRITERIA</b>	43
<b>5.6</b>	<b>ETHICALCONSIDERATION</b>	43
<b>5.7</b>	<b>INTERVENTIONS</b>	43
<b>6.0</b>	<b>DATA ANALYSIS AND RESULTS</b>	45
<b>7.0</b>	<b>APPRAISAL</b>	155
<b>7.1</b>	<b>PROCESS OF <i>KARMA YOGA</i></b>	155
<b>7.2</b>	<b>SUMMARY OF THE FINDINGS</b>	156
<b>7.3</b>	<b>SUGGESTIONS</b>	160
<b>7.4</b>	<b>FUTURE AREA OF RESEARCH</b>	161
<b>7.5</b>	<b>CONCLUSION</b>	162
<b>7.6</b>	<b>IMPLICATIONS OF THE STUDY</b>	162
<b>7.7</b>	<b>APPLICATIONS OF THE STUDY</b>	162
<b>7.8</b>	<b>STRENGTH OF THE STUDY</b>	162
<b>7.9</b>	<b>LIMITATION OF THE STUDY</b>	163

<b>8.0</b>	<b>REFERENCES</b>	164
<b>9.0</b>	<b>APPENDICES</b>	168
<b>9.1</b>	<b>INFORMED CONSENT FORM</b>	168
<b>9.2</b>	<b>QUESTIONNAIRES</b>	174
<b>9.2.1</b>	Questionnaire 1 – Job Satisfaction	174
<b>9.2.2</b>	Questionnaire 2 – Work Motivation	177
<b>9.2.3</b>	Questionnaire 3 – Job Involvement	182
<b>9.3</b>	<b>INSTITUTIONAL ETHICAL COMMITTEE APPROVAL</b>	184