

**IMPACT OF SMET YOGA PROGRAM ON ORGANISATIONAL
CITIZENSHIP BEHAVIOUR, POSITIVE AFFECTIVITY,
NEGATIVE AFFECTIVITY AND OCCUPATIONAL STRESS OF
EMPLOYEES; A RANDOMISED CONTROLLED STUDY**

Thesis submitted by

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PhD/Cat2/05/Aug12

Towards the partial fulfillment of

DOCTOR OF PHILOSOPHY (YOGA)

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Submitted to

THE DIVISION OF YOGA & MANAGEMENT

Swami Vivekananda Yoga Anusandhana Samsthana

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

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