

DECLARATION

I hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of **Dr. Sony Kumari**, Division of Yoga and Management, S-VYASA Deemed-to-be University, Bengaluru.

I also declare that the subject matter of my thesis entitled “**Impact of SMET Yoga Program on Organisational Citizenship Behaviour, Positive Affectivity, Negative Affectivity and Occupational Stress of Employees; A Randomised Controlled Study**” has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.

JYOTHI VASU
(Candidate)

Dr. SONY KUMARI
(Guide)

DATE: August 2021

PLACE: BENGALURU