CHAPTER I    INTRODUCTION

1.1 OVERVIEW

1.2 STATEMENT OF THE PROBLEM

1.3 CONCEPTS
   1.3.1 Anger
   1.3.2 Homeopathy
   1.3.3 REBT
   1.3.4 Yoganidra

1.4 PRESENT STUDY
   1.4.1 Significance of the Study
   1.4.1 Objectives

1.5 SUMMARY
CHAPTER II  REVIEW OF LITERATURE

2.1 INTRODUCTION

2.2 ANGER

2.3 HOMEOPATHY

2.4 REBT

2.5 YOGANIDRA

2.6 SUMMARY

CHAPTER III  METHODOLOGY

3.1 INTRODUCTION

3.2 OPERATIONAL DEFINITIONS, AND HYPOTHESES

3.2.1 Operational Definitions

3.2.2 Hypothesis

3.3 METHOD

3.3.1 Subjects

3.3.2 Tools

3.3.3 Procedure

3.3.4 Statistical Analyses

3.4 SUMMARY