The craving need of food, security, freedom, satisfaction, happiness and good health had enlightened the modern human to strive for better living standards and sophisticated lifestyle. As a result, with the effortful advancement, globalization, industrialization, and sophistication we have easeful facilities in hand, controlled environments, and better living standard, but unfortunately all this sophistication could not brought to the contentment, of mind, rather it has increased multiple of stress and vulnerability of psycho-physical diseases for modern man. Therefore, we are looking for sources of more and higher mental satisfaction, and well being. In this regard Indian spiritual yogic life style and spiritual behavior has been found to be highly effective in managing mental health and psychological wellbeing. The present study has made an attempt in the same direction to find out correlates of positive health among working population.

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