# CONTENTS

<table>
<thead>
<tr>
<th>Chapter No.</th>
<th>Titles</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Declaration</td>
<td>i</td>
</tr>
<tr>
<td></td>
<td>Acknowledgement</td>
<td>ii-iii</td>
</tr>
<tr>
<td></td>
<td>Preface</td>
<td>iv-v</td>
</tr>
<tr>
<td></td>
<td>Words of profound Gratitude</td>
<td>vi</td>
</tr>
<tr>
<td></td>
<td>Abbreviations used in the study</td>
<td>vii</td>
</tr>
<tr>
<td></td>
<td>List of Tables</td>
<td>viii-ix</td>
</tr>
<tr>
<td></td>
<td>List of figures</td>
<td>x</td>
</tr>
</tbody>
</table>

## CHAPTER-I

### 1.1 The concept of stress

### 1.2 Causes of stress

### 1.3 Operative causes of stress

### 1.4 Coping skills adopted by working women

### 1.5 Concept of stress-management

### 1.6 Skill of time management

### 1.7 Meaning of Yoga

### 1.8 Concept of yoga

### 1.9 Benefits of yoga according to Acharya Balakrishna

### 1.10 A complete Yoga program

### 1.11 Evolution of Yoga

### 1.12 Operational definitions

1-43
CHAPTER-II
REVIEW OF RELATED LITERATURE
2.1 Studies conducted in India
2.2 Studies conducted Abroad
2.3 Statement of the problem
2.4 Need and justification of the study
2.5 Objectives of the study
2.6 Hypotheses of the study
2.7 Delimitations of the study

CHAPTER-III
METHODOLOGY
3.1 Introduction
3.2 Descriptive Survey Method
3.3 Design of the Present Study
3.4 Population and Sample
3.5 Description of Sample
3.6 Tools used for data collection
3.7 A brief discussion of the tools
3.8 Data collection
3.9 Kamrup District (A Profile)
CHAPTER-IV
ANALYSIS AND INTERPRETATION OF DATA

4.1 Data analysis

4.2 Interpretation of data

4.3 Objective-wise analysis and interpretation of data

4.4 Characteristics of the respondents

4.5 Statistical techniques used

4.6 Analysis and interpretation

CHAPTER-V
FINDINGS, DISCUSSIONS, SUGGESTIONS AND CONCLUSION

5.1 Introduction

5.2 Major Findings

5.3 Suggestion for further studies

5.4 Conclusion

5.5 Summary

BIBLIOGRAPHY

APPENDICES

Occupational Stress Index (Scale)

Questionnaire

Photo Gallery