List of Figures

1. Fig.1- Bar graph, showing different therapeutic effect on Pre and Post conditions of Acute Stress Disorder.

2. Fig. 2- Comparison of different therapeutic effects through bar graph on Acute Stress Disorder.

3. Fig. 3- Bar graph, showing different therapeutic effect on Pre and Post conditions of Specific Phobia.

4. Fig.4- Comparison of different therapeutic effects through bar graph on Specific Phobia.

5. Fig.5- Bar graph, showing different therapeutic effect on Pre and Post conditions of Social Phobia.

6. Fig.6- Comparison of different therapeutic effects through bar graph on Social Phobia.

7. Fig.7- Bar graph, showing different therapeutic effect on Pre and Post conditions of General Anxiety Disorder.

8. Fig.8- Comparison of different therapeutic effects through bar graph on General Anxiety Disorder.

9. Fig.9- Bar graph, showing different therapeutic effect on Pre and Post conditions of Post Traumatic Stress Disorder.

10. Fig.10- Comparison of different therapeutic effects through bar graph on Post Traumatic Stress Disorder.

11. Fig.11- Bar graph, showing different therapeutic effect on Pre and Post conditions of Panic Disorder.
12. Fig.12- Comparison of different therapeutic effects through bar graph on Panic Disorder.

13. Fig.13- Bar graph, showing different therapeutic effect on Pre and Post conditions of Obsessive Compulsive Disorder.

14. Fig.14- Comparison of different therapeutic effects through bar graph on Obsessive Compulsive Disorder.

15. Fig.15- Bar graph showing the mean performance of respondents belonging to Acute Stress Disorder group as function of Jacobson Progressive Muscles Relaxation Technique.

16. Fig.16- Bar graph showing the mean performance of respondents belonging to Specific Phobia group as function of Jacobson Progressive Muscles Relaxation Technique.

17. Fig.17- Bar graph showing the mean performance of respondents belonging to Social Phobia group as function of Jacobson Progressive Muscles Relaxation Technique.

18. Fig.18- Bar graph showing the mean performance of respondents belonging to General Anxiety Disorder group as function of Jacobson Progressive Muscles Relaxation Technique.

19. Fig.19- Bar graph showing the mean performance of respondents belonging to Post Traumatic Stress Disorder group as function of Jacobson Progressive Muscles Relaxation Technique.
20. Fig. 20- Bar graph showing the mean performance of respondents belonging to Panic Disorder group as function of Jacobson Progressive Muscles Relaxation Technique.

21. Fig.21- Bar graph showing the mean performance of respondents belonging to Obsessive Compulsive Disorder group as function of Jacobson Progressive Muscles Relaxation Technique.

22. Fig.22- Bar graph showing the mean performance of respondents belonging to Acute Stress Disorder group as function of Yoga Nidra.

23. Fig.23- Bar graph showing the mean performance of respondents belonging to Specific Phobia group as function of Yoga Nidra.

24. Fig.24- Bar graph showing the mean performance of respondents belonging to Social Phobia group as function of Yoga Nidra.

25. Fig.25- Bar graph showing the mean performance of respondents belonging to General Anxiety Disorder group as function of Yoga Nidra.

26. Fig.26- Bar graph showing the mean performance of respondents belonging to Post Traumatic Stress Disorder group as function of Yoga Nidra.

27. Fig.27- Bar graph showing the mean performance of respondents belonging to Panic Disorder group as function of Yoga Nidra.
28. Fig.28- Bar graph showing the mean performance of respondents belonging to Obsessive Compulsive Disorder group as function of Yoga Nidra.

29. Fig.29- Bar graph showing the mean performance of respondents belonging to Acute Stress Disorder group as function of Cognitive Restructuring Therapy.

30. Fig.30- Bar graph showing the mean performance of respondents belonging to Specific Phobia group as function of Cognitive Restructuring Therapy.

31. Fig.31- Bar graph showing the mean performance of respondents belonging to Social Phobia group as function of Cognitive Restructuring Therapy.

32. Fig.32- Bar graph showing the mean performance of respondents belonging to General Anxiety Disorder group as function of Cognitive Restructuring Therapy.

33. Fig.33- Bar graph showing the mean performance of respondents belonging to Post Traumatic Stress Disorder group as function of Cognitive Restructuring Therapy.

34. Fig.34- Bar graph showing the mean performance of respondents belonging to Panic Disorder group as function of Cognitive Restructuring Therapy.

35. Fig.35- Bar graph showing the mean performance of respondents belonging to Obsessive Compulsive Disorder group as function of Cognitive Restructuring Therapy.

36. Fig.36- Application of Structured intellect (Fact vs Fiction), Self-made.

37. Fig.37- Mood rating chart.