

EFFECT OF YOGA ON COUNTERPRODUCTIVE WORK BEHAVIOR

Thesis submitted by

Umesh Dwivedi

Towards the partial fulfillment of

DOCTOR OF PHILOSOPHY(YOGA)



SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

(declared as Deemed University under Section 3 of the UGC Act, 1956)

BENGALURU - 560 019

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By

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