

ABSTRACT

Background: As discussed earlier, *Yoga* is a comprehensive system for wellbeing which is more than *Asana* (physical postures). *Yamas* (abstinences) & *Niyamas* (observances) are foundational concepts in the science of *Yoga*. *Asteya* which means not taking anything which doesn't belong to you, not taking that which is not offered to you, including not just material objects but also time, thought, energy, emotions and ideas. *Saucha* which means by cleanliness, purification of body, speech and mind.

Aim: To develop and validate a tool of *Asteya* and *Saucha*.

Methodology: This research is mostly about tool development, and it includes 4 *Asteya* items and 4 *Saucha* items. From the Marlowe-Crowne social desirability scale, there are 13 items on social desirability. The whole sample (N=108) is made up of 60 females, 47 males, and 1 participant did not want to be identified by his/her gender. There includes a reliability test as well as exploratory factor analysis. Both quantitative and qualitative methodologies, as well as a pre-design technique were used.

Result: The *Asteya* and *Saucha* have internal reliability (Cronbach's alpha) of 0.501 and 0.474 respectively. The combined internal reliability (Cronbach's alpha) for both *Asteya* and *Saucha* is 0.567. We could extract only 1 factor; the combination of *Asteya* and *Saucha*.