TABLE OF CONTENTS

S. No	CONTENTS	Page
1	Declaration by student	i
2	Certificate of Supervisor	ii
3	Approval of the Thesis	iii
4	Certificate for Plagiarism	iv
5	Acknowledgements	v-vi
6	List of Figures	vii
7	List of Tables	viii-x
8	Abbreviations	xi
9	Introduction	
	Background of the Study	1-6
	Rationale of the Study	6-7
	Research statement	7
	Objectives of the study	7
	Operational definition of terms	7-8
	Hypothesis	8
	Assumptions	8
	Delimitation	9
	Conceptual Framework	9-11
	Summary	11
10	Review of Literature	
	Definition of health, wellness & quality of life	13-14
	Studies on effect of cancer on stress level & quality of life of women with carcinoma breast	14-15
	Studies on side effects of chemotherapeutic drugs, stress level and quality of life in women with carcinoma breast	15-20
	Research studies on interventions for maintaining a desirable quality of life in cancer and breast carcinoma patients receiving chemotherapeutic drugs	20-23
	Studies related to scientific basis of intervention used in this study	23-24
	Studies related to usefulness of yoga in reference to quality of life and psychological wellbeing of women with breast cancer	24-28
	Summary	28

11	Materials and Methods	
	Research Approach	29
	Research Design	29
	Variables of the study	29-33
	Setting of the study	33
	Population, Sample, Sampling Technique	33-34
	Sampling Criteria	34
	Description of Tools & Reliability	36-38
	Development of intervention on yoga	38-39
	Validity of Tools	39
	Pretesting of Tools	39
	Pilot study	39
	Ethical Consideration	40
	Data collection procedure / Study protocol	40-42
	Analysis of data	44
	Summary	44
12	Results	
	Organization of results	46
	Description of Sociodemographic variables of breast cancer patients undergoing chemotherapy & comparison of Sociodemographic variables for homogeneity between control and experiment group	47-49
	Description of Clinical variables of breast cancer patients undergoing chemotherapy & Comparison of Clinical variables for homogeneity between control and experiment group	50-51
	Effectiveness of yoga on Anxiety, Depression and Stress level of breast cancer patients undergoing chemotherapy	52-57

20	Appendices	
18	Scientific paper presentation from thesis-certificate	
17	Research paper publication from thesis	
16	References	120-137
15	Summary	113-119
14	Conclusion, Implication, Recommendations	110-112
	Summary	109
	Limitations of the study	109
	Strength of the study	109
	Effectiveness of yoga on quality of life (EORTC QLQ C30 & BR 23) of breast cancer patients undergoing chemotherapy	99-109
	Effectiveness of yoga on Anxiety, Depression and Stress level of breast cancer patients undergoing chemotherapy	95-98
	Clinical variables of breast cancer patients undergoing chemotherapy	94-95
	Sociodemographic variables of breast cancer patients undergoing chemotherapy	93-94
	Organization of discussion	92
13	Discussion	
	Summary	91
	Effectiveness of yoga on quality of life (EORTC QLQ BR 23) of breast cancer patients undergoing chemotherapy	7991
	Effectiveness of yoga on quality of life (EORTC QLQ C30) of breast cancer patients undergoing chemotherapy	58-78