

LIST OF FIGURES

Figure No.	Caption	Page
1	Conceptual Framework based on Imogene King's theory	12
2	Movement of the diaphragm and the abdominal wall during	31
3	Systematic Relaxation in Shavasana position	31
4	Alternate nostril breathing	32
5	Schematic representation of research design	35
6	Study protocol	43
7	CONSORT diagram	45
8	Line graph showing comparison of Mean \pm SD of Depression scores between control and experiment group	55
9	Line graph showing comparison of Mean \pm SD of Global Health Status scores between control and experiment group	65
10	Line graph showing comparison of Mean \pm SD of Physical Function scores between control and experiment group	65
11	Line graph showing comparison of Mean \pm SD of Role Function scores between control and experiment group	65
12	Line graph showing comparison of Mean \pm SD of Emotional Function scores between control and experiment group	65
13	Line graph showing comparison of Mean \pm SD of Fatigue scores between control and experiment group	75
14	Line graph showing comparison of Mean \pm SD of Insomnia scores between control and experiment group	75
15	Line graph showing comparison of Mean \pm SD of Loss of Appetite scores between control and experiment group	75
16	Line graph showing comparison of Mean \pm SD of Constipation scores between control and experiment group	75
17	Line graph showing comparison of Mean \pm SD of Body image scores between control and experiment group	85
18	Line graph showing comparison of Mean \pm SD of Future Perspectives scores between control and experiment group	85
19	Line graph showing comparison of Mean \pm SD of Systemic therapy side effects scores between control and experiment group	89
20	Line graph showing comparison of Mean \pm SD of Breast symptoms scores between control and experiment group	89
21	Line graph showing comparison of Mean \pm SD of Arm symptoms scores between control and experiment group	89
22	Line graph showing comparison of Mean \pm SD of Upset by hair loss scores between control and experiment group	89