

.List of tables

Table no.	Title	Page no.
5.1	Raw scores on Pre intervention and Post intervention of Bar-on EQiYV scale obtained by students	178
5.2	Paired sample t-test scores of Pre intervention and Post intervention on the six categories of Bar-on EQiYV scale	195
5.3	The areas of conflict leading to stress in the sample group of students	196
Case study 1		
5.4	Table showing the Bar-on EQiYV profile of the student	218
5.5	Table showing the areas of stress reported by the student	219
Case study 2		
5.6	Table showing the Bar-on EQiYV profile of the student	223
5.7	Table showing the areas of stress reported by the student	225
Case study 3		
5.8	Table showing the Bar-on EQiYV profile of the student	229
5.9	Table showing the areas of stress reported by the student	230
Case study 4		
5.10	Table showing the Bar-on EQiYV profile of the student	232
5.11	Table showing the areas of stress reported by the student	233