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TITLE	Yogic Prescription for Corporate Wellness and Excellence
AUTHOR(S)	Bhandari, Rudra B.; Balkrishna, Acharya; Datt, Sharma Ganesh
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ABSTRACT	Yoga has been practiced as a complete way of life management and ecological harmony for time immemorial. Successful companies across the globe like Microsoft, IBM, and PepsiCo etc., have incorporated yoga or spirituality at their workplaces for employees' wellness and organizational excellence. In contemporary scenario, scientific researches on yoga that substantiate its positive impacts at bodily, psychic, societal, spiritual and organizational level have been made abundantly. However, there is a lack of an innovative yogic model that is holistic and supportive to boost corporate wellness (CW) and excellence (CE). So the basic aim of this paper is to propose a yogic prescription (YP) for the corporate wellness and excellence that needs to be tested in future researches.
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