APPENDICES
APPENDIX-I

Consent letters from the Principals of Schools
CONSENT FORM

This consent form will be used as a part of the research study for the submission of my doctoral dissertation entitled ‘Impact of Indian Music on anxiety and stress levels at adolescent stage of human development’ at the Department of Music, Punjab University, Chandigarh. The research is an experimental study which involves examination of anxiety and stress levels of adolescents studying in class VIII-IX in your esteemed school. This study will entail the use of paper and pencil tests which the adolescents have to fill in order to check their pre and post anxiety and stress levels viz. academic stress, family stress and social stress in the form of questionnaires. It also involves a segment i.e. treatment phase in which the adolescents will be listening to various kinds of Indian music for a period of three months on alternate days. I assure not to disturb the existing time-table of the school and will adjust my timings according to the time allotted by you.

I give my consent to Ms. Richa Sharma, Research scholar at Department of Music, Punjab University, Chandigarh to carry her research work and indulge the students of class VIII and IX of my school in her experimental work. I understand that the study is strictly confidential and for research purposes only. No individual will be identified although the research results may be published.


Time: As per allotted by school authorities

Official Stamp & Signature

Principal / Dasmesh T Public High School
Railon Road, Ropar
CONSENT FORM

This consent form will be used as a part of the research study for the submission of my doctoral dissertation entitled 'Impact of Indian Music on anxiety and stress levels at adolescent stage of human development' at the Department of Music, Punjab University, Chandigarh. The research is an experimental study which involves examination of anxiety and stress levels of adolescents studying in class VIII-IX in your esteemed school. This study will entail the use of paper and pencil tests which the adolescents have to fill in order to check their pre and post anxiety and stress levels viz. academic stress, family stress and social stress in the form of questionnaires. It also involves a segment i.e. treatment phase in which the adolescents will be listening to various kinds of Indian music for a period of three months on alternate days. I assure not to disturb the existing time-table of the school and will adjust my timings according to the time allotted by you.

I, Adarsh Sharma, Principal, Blue Bird High School, Ropar, give my consent to Ms. Richa Sharma, Research scholar at Department of Music, Punjab University, Chandigarh to carry her research work and indulge the students of class VIII and IX of my school in her experimental work. I understand that the study is strictly confidential and for research purposes only. No individual will be identified although the research results may be published.


Time: As per allotted by school authorities
CONSENT FORM

This consent form will be used as a part of the research study for the submission of my doctoral dissertation entitled 'Impact of Indian Music on anxiety and stress levels at adolescent stage of human development' at the Department of Music, Punjab University, Chandigarh. The research is an experimental study which involves examination of anxiety and stress levels of adolescents studying in class VIII-IX in your esteemed school. This study will entail the use of paper and pencil tests which the adolescents have to fill in order to check their pre and post anxiety and stress levels viz. academic stress, family stress and social stress in the form of questionnaires. It also involves a segment i.e. treatment phase in which the adolescents will be listening to various kinds of Indian music for a period of three months on alternate days. I assure not to disturb the existing time –table of the school and will adjust my timings according to the time allotted by you.

I, Neklam Bhalla, give my consent to Ms. Richa Sharma, Research scholar at Department of Music, Punjab University, Chandigarh to carry her research work and indulge the students of class VIII and IX of my school in her experimental work. I understand that the study is strictly confidential and for research purposes only. No individual will be identified although the research results may be published.

Time: As per allotted by school authorities

Official Stamp & Signature

Principal
New Model High School
Roop Nagar (Punjab)
Affiliated to Pb. School Edu. Board
CONSENT FORM

This consent form will be used as a part of the research study for the submission of my doctoral dissertation entitled ‘Impact of Indian Music on anxiety and stress levels at adolescent stage of human development’ at the Department of Music, Punjab University, Chandigarh. The research is an experimental study which involves examination of anxiety and stress levels of adolescents studying in class VIII-IX in your esteemed school. This study will entail the use of paper and pencil tests which the adolescents have to fill in order to check their pre and post anxiety and stress levels viz. academic stress, family stress and social stress in the form of questionnaires. It also involves a segment i.e. treatment phase in which the adolescents will be listening to various kinds of Indian music for a period of three months on alternate days. I assure not to disturb the existing time –table of the school and will adjust my timings according to the time allotted by you.

I, Meenakshi Gautam, principal of Gurukul Public High School, Ropar, give my consent to Ms. Richa Sharma, Research scholar at Department of Music, Punjab University, Chandigarh to carry her research work and indulge the students of class VIII and IX of my school in her experimental work. I understand that the study is strictly confidential and for research purposes only. No individual will be identified although the research results may be published.

Time: As per allotted by school authorities

Principal
Gurukul Public High School,
Affiliated To P.S.E.B.,
No. 10235, ROPAR