Declaration

I, Johnson C. John; hereby declare that this thesis entitled “The relevance of school counseling among adolescence to control exam anxiety with special reference to Pathanamthitta District” is a bonafide record of research work done by me during the course of research and that the thesis has not previously formed the basis for the award to me of any degree, diploma, fellowship or associateship, fellowship or other similar title or recognition.

Kottayam

May 2012

Johnson C. John