Appendix-A

STUDENT STRESS SCALE (SSS)

**Instruction**

Please indicate the extent to which the following items are a source of stress to you. Indicate your responses by putting mark against any one of the categories given against each item.

1. No Stress at all
2. Slight Stress
3. A lot of Stress
4. Extreme Stress

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<tr>
<th>Item</th>
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<tr>
<td>1. Indiscipline in the classroom</td>
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<td>2. Uncertainty after leaving University/College</td>
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<td>3. Poor facilities in the faculty/College (books, material, equipments, drinking water, laboratory etc.)</td>
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<td>4. Too much demands by parents after University/College hours which disturb studies</td>
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<td>5. Difficulty in understanding classroom lectures</td>
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<td>6. Examination pressures</td>
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<td>7. Petty University/College regulation</td>
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<td>8. Lack of concentration at home/hostel when studying</td>
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<td>9. Course syllabi are not job-oriented in some subject</td>
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<td>10. Difficulties in keeping up with home work/working notes</td>
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<td>11. Adjustment problems with roommates/friends</td>
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<td>12. Worry about the future career (e.g. employment)</td>
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<td>13. Parent’s anxiety about studies</td>
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<td>14. Lack of concentration in the classroom</td>
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<td>15. Effects of watching too much T.V. on studies</td>
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<td>16.</td>
<td>Difficulties in maintaining relationship without/with opposite sex</td>
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<td>17.</td>
<td>Continuous periods of optional/compulsory subjects in daily timetable</td>
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<td>18.</td>
<td>Lack of understanding by parents about study commitments</td>
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<td>19.</td>
<td>Lack of sufficient career guidance</td>
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<td>20.</td>
<td>Monotony in daily routine</td>
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<td>21.</td>
<td>Difficulty in comprehending examination question papers</td>
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<td>22.</td>
<td>Difficulty in preparing notes from books</td>
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<td>23.</td>
<td>Fear of letting down parents</td>
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<td>24.</td>
<td>Too much homework to do each evening/night</td>
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<td>25.</td>
<td>Conflicting attitudes towards life</td>
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<td>26.</td>
<td>Teachers make too many extra demands on students</td>
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<td>27.</td>
<td>Relevance of subjects being studied</td>
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<td>28.</td>
<td>Lawlessness in the University/College campus</td>
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<td>29.</td>
<td>Delay in academic session</td>
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<td>30.</td>
<td>Worry about getting admission in higher class</td>
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<td>31.</td>
<td>Poor facilities in the University’s hostel/Colleges. Hall of the residence (food, accommodation, library, toilet, sports, entertainment etc.)</td>
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<td>32.</td>
<td>Lack of academic atmosphere in the University/College</td>
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<td>33.</td>
<td>Overindulgence by the students’ leaders</td>
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<td>34.</td>
<td>Poor guidance and coaching facilities in the University/College for studies</td>
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<td>35.</td>
<td>Disharmonious relationship between students and teacher/University administration</td>
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<td>36.</td>
<td>Worry about standards of living of roommates</td>
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<td>37.</td>
<td>Delay in declaration of examination results</td>
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<td>38.</td>
<td>Dissatisfaction with the award of marks by some teachers</td>
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<td>39.</td>
<td>Syllabi of subjects are not at par with the competitive examinations</td>
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<td>40.</td>
<td>Too much demands from the family members</td>
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<td>41.</td>
<td>Concern over physical appearance</td>
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<td>42.</td>
<td>Quality of food, at the hostel/canteens</td>
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<td>43.</td>
<td>Health worries</td>
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<td>44.</td>
<td>Financial constraints</td>
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<td>45.</td>
<td>Limited scope for recreation/entertainment facilities</td>
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<td>46.</td>
<td>Poor medical facilities at the university health service</td>
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<td>47.</td>
<td>Worry over transport charges (i.e. rickshaw)</td>
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<td>48.</td>
<td>Concern over rental charges in case accommodation is not provided by the University</td>
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<td>49.</td>
<td>General environmental cleanliness</td>
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<td>50.</td>
<td>Tension in driving a vehicle or walking on the busy streets/bad road</td>
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<td>51.</td>
<td>Fear of failure in competitive examination</td>
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<td>52.</td>
<td>Adjustment with foreign students or students from other states</td>
<td>( ) ( ) ( ) ( )</td>
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<td>53.</td>
<td>Standards of living of other students</td>
<td>( ) ( ) ( ) ( )</td>
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<td>54.</td>
<td>Parental rejection/restrictiveness</td>
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<td>55.</td>
<td>Norm/values erosion among students</td>
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<td>56.</td>
<td>Teachers absenteeism</td>
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<td>57.</td>
<td>Lack of cooperation from teachers</td>
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Appendix-B
HARDINESS SCALE (HS)

Instructions
The items below consist of attitudes with which you may agree or you
can decide the DEGREE to which you agree or disagree. This is so
you can decide the DEGREE to which you agree or disagree. Please indicate your reaction
to each item according to the following schemes.

1. = Not at all true.
2. = A little true.
3. = Quite true.
4. = Completely true.

Please read the items carefully and give your response by putting the number in the box
(   ) at the right hand margin. Be sure to answer all on the basis of the way you fill now.
Don’t spend too much time on any one item.

1. I wonder why work at all. (   )
2. Most of life is wasted in meaningless activity. (   )
3. If you have to work, you might as well choose a career which deals with (   )
matter of life and death.
4. I find it difficult to imagine enthusiasm concerning work. (   )
5. I find it hard to believe people who actually feel that the work they perform (   )
is of value to society.
6. That human marvelous ability to think is not really such an advantage. (   )
7. The attempt to know yourself is a waste of effort. (   )
8. I am really interested in the possibility of spending my consciousness (   )
through drugs.
9. Life is empty and has no meaning in it for me. (   )
10. I desire for a simple life in which body needs are the most important things (   )
and decisions don’t have to be made.
11. The most existing thing for me is my own fantasies. (   )
12. One who does one’s best should expect to receive complete economic (   )
support form one’s society.
13. There are no conditions which justify and endangering the health, food, and (   )
shelter of one’s family or of one’s self
14. Pensions large enough provide dignified living are the right of all, when age (  ) or illness prevents one from working.
15. Politicians control our lives. (  )
16. Most of my activities are determined by the demands of society. (  )
17. Those who work for a living are manipulated by the bosses. (  )
18. No matter how hard you work, you never / really seem to reach your goals. (  )
19. No matter how hard I try, my efforts will get nothing. (  )
20. I tend to start right into a new task without spending much thinking about the best way to proceed. (  )
21. My work is carefully planned and organized before it begun. (  )
22. I like to be with people who are unpredictable. (  )
23. It upsets me to go into a situation without knowing what I can expect from it. (  )
24. Before I ask a question, I figure out exactly what it is I need to find out. (  )
25. I very seldom make detailed plans.

**Further Instructions**

Please indicate which of two statements provided in each item listed below BETTER represent your attitude.

26a. At least people get the respect they deserve in this world. (  )
     b. Unfortunately, an individual’s work often goes unrecognized no matter how hard he tries. (  )
27a. The idea that most teachers are unfair to students is nonsense. (  )
     b. Most students don’t realize the extent to which there grades are influenced by accidental happenings. (  )
28a. Without the right opportunity one can’t be an effective leader. (  )
     b. Capable people who fail to become leaders have not taken advantage of their opportunities. (  )
29a. Becoming a success is a matter of hard work; luck has little or nothing to do (  ) with it.
     b. Getting a good job depends mainly on being in the right at the right time. (  )
30a. In my case getting what I want has little or nothing to do with luck. (  )
     b. My times we might just as well decide, what to do, by flipping a coin (  )
31a. Who gets to be boss often depends on who was lucky enough to be in the right place first.
   b. Getting people to do the right thing depends upon ability; luck has little to do with it.

32a. Most people don’t realize the extent to which their lives are controlled by accidental happenings.
   b. There is really no such thing as “luck”.

33a. With enough effort we can wipe out political corruption.
   b. It is difficult people to have control over things politicians do in office.

34a. Many times I feel that I have little influence over the things that happen to me.
   b. It is impossible for me to believe that chance or luck plays an important role in my life.

35a. What happens to me is my own doing.
   b. Sometime I feel that I don’t have enough control over the direction of my life is taking.

36a. Most of the time I can’t understand why politicians behave the way they do.
   b. Ultimately the people are responsible for bad government on a nation as well as on local basis.
Appendix-C

Achievement Motivation Scale (AMS)

Instruction

Kindly, read each of the following statements and its three alternative responses. Then you have to select one most suitable response out of them and tick (✓) against the selected responses.

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| 1 | I believe that after 10 years, I will | a. Earn a lot of money.  
   |   | b. Achieve my desired vocation   
   |   | c. Be known as a renowned person in my area of work. |
| 2 | I will like to study those subjects in which | a. Less labour is needed.  
   |   | b. Higher probability of success is definite.  
   |   | c. Generally difficulty is felt. |
| 3 | I will like to study those subjects in which | a. Less labour is needed.  
   |   | b. Higher probability of success is definite.  
   |   | c. Generally difficulty is felt. |
| 4 | I feel happy when I | a. Remain busy with my friends.  
   |   | b. Get an opportunity of leadership.  
   |   | c. Get an opportunity to help any person. |
| 5 | In future, I will like to adopt an occupation which | a. Required least responsibility.  
   |   | b. Provides the opportunity to help others.  
   |   | c. Contains more opportunity of promotion. |
| 6 | When I start any work I, | a. Leave it when I feel bored.  
   |   | b. Leave it when it seems to be difficult.  
   |   | c. Never leave it incomplete. |
7. **At my leisure I like to**
   a. Gossip with my friends.
   b. Play with my classmates.
   c. Extend my co-operation in social welfare activities.

8. **I like to**
   a. Do light works.
   b. Repair the broken articles/things.
   c. Collect information about the new inventions.

9. **If I were an engineer, I would like to**
   a. Earn money.
   b. Construct beautifully designed buildings
   c. Be involved in the researches related to new technologies.

10. **Before starting any work I**
    a. Prepare its plan.
    b. Discuss it with the experienced persons.
    c. Perceive the probable problems and find out their solutions.

11. **I study at home list**
    a. My parents will rebuke me.
    b. I will be blamed for being unsuccessful in the examination.
    c. I will fail in the examination.

12. **I wish that in future I**
    a. Should be known as a politician.
    b. Should be able to help others
    c. Should become a successful and renowned social worker.

13. **I like to become rich by**
    a. Doing any type of work.
    b. Winning a lottery.
    c. Earning money through hard work.

14. **At leisure I like to read**
    a. The detective (jasusi) novels and film magazines.
    b. Comics.
    c. Knowledgeable books.

15. **I wish to be recognized in the society by**
    a. Leading religious functions.
    b. Serving the patients.
    c. By doing something extra-ordinary.
16. I will feel very happy if
   a. I get an opportunity to guide and supervise the work of others.
   b. People honor my ability and seek my help.
   c. People accept my guidance with full faith and confidence.

17. I pay respect to those who
   a. Leave their work incomplete on doubting its success.
   b. Change their goal on getting other work.
   c. Continue their efforts till the goal is achieved.

18. Leave their work incomplete on doubting its success.
   a. Feel happy of being free from study.
   b. Feel irritated.
   c. Complete my work in the light of a candle/kerosene lamp.

19. If I were a doctor I would like to
   a. Earn money.
   b. Provide free medicine to the patients.
   c. Be a successful surgeon.

20. I like do some such work by which I may be counted among the
    b. Respectable persons of the society.
    c. Famous people of the country.

21. I like to utilize my knowledge in the task through which I may get
    a. Money.
    b. Fame.
    c. Self-satisfaction.

22. According to my opinion, the most important achievement of life is
    a. Happy family life.
    b. Participation in the social welfare activities.
    c. To work for the fulfillment of the needs of the country.

23. I usually think to
    a. Make as many friends as I could.
    b. Help the poor and needy persons.
    c. Remove the social evils and mischief.

24. When I take-up my work I try to
    a. Complete it within due course of time.
    b. Do it neatly and cleanly.
    c. Do it better than others.
25. I like to make friends who
a. Believe that success depends upon fate and god.
b. Start their work without any hesitation.
c. Have the caliber to lead their work successfully?

26. When I fail to follow any lesson then
a. I leave that lesson.
b. I take help from others to understand that lesson.
c. Try again and again to follow that lesson.

27. I feel happy to
a. See others in trouble.
b. See others happy.
c. Assist others.

28. I start any work with the aim to complete it
a. As soon as possible.
b. In an organized manner and get the praise of others.
c. With full competence.

29. In writing, articles I give importance to
a. The length of the article.
b. Handwriting.
c. Language and thoughts.

30. I like to be involved in such work
a. Which will give me an opportunity to gather/gain some extra competence?
b. Through which I may get an opportunity to know my weaknesses and improve them.
c. In which chance of success are rate.

31. I feel proud of those friends who
a. Achieve pass marks in examination.
b. Provide help to weaker students.
c. Get brilliant success in examination.

32. I feel the most important work in life is to
a. Earn money.
b. Motivate others for better work.
c. Achieve excellent competence in work.

33. I like those people who
a. Are honest towards their job.
b. Are conscious towards their job.
c. Do their job with full devotion and honesty.
34. I often desire to
   a. Be recognized as a leader.
   b. Achieve the ability to do something meaningful.
   c. Serve the patients.

35. When I do any work I like to start it
   a. Without any pre-thinking.
   b. Systematically.
   c. With full efficiency.

36. I felt the progress of an occupation depends on
   a. Sources of income.
   b. Contact with the influential persons.
   c. Hard labor.

37. I respect those persons who
   a. Work because they feel it it’s their duty.
   b. Work to keep them busy.
   c. Indulge themselves in the work with full devotion and competence.

38. On visualizing an injured person in an accident I feel
   a. People should help him.
   b. It is enough to inform the police.
   c. It is my duty to hospitalize him as soon as possible.

39. I like to work for
   a. Myself.
   b. Others.
   c. The nation.

40. I feel sad when
   a. I am punished by the teacher.
   b. My work is compared with others.
   c. I fail achieve my goal.
Appendix-D

Problem Solving Ability Test

Instructions

This test is intended to know your ability. Hence, read each problem carefully and understand it before giving the response.

1. Each problem is followed by a number of possible responses among which only one response is correct. Write the serial number of only that response which you think is correct in the given space.

2. You have to complete this test within 45 minutes time. If you do so before time then check your answers

1. If 3 clothes get dried in 2 hours then how much time will it take for 9 clothes to dry?

(a) 2 hours  (c) 4 hours  
(b) 6 hours  (d) 3 hours

2. There are six oranges in a basket and without peeling them they are distributed among six children in such a way that each child gets a whole orange and while one orange is left in the basket. How is it possible?

Answer……………………………………………………………………………
……………………………………………………………………………………

3. Ram has a bundle of 70 Rupee notes. If the number of first note is 1418 then what will be the number of the last note?

(a) 1486  (c) 1488
(b) 1487  (d) 1489

4. A cat eats a rat in a minute. How much time will it take for 100 cats to eat 100 rats?

(a) 100 minutes  (b) 1 minutes  (c) 10 minutes

5. A student needed 25% marks for passing the exam. He got 35 marks and failed by 15 marks. What were the maximum marks in that paper?

(a) 50  (b) 200
(c) 100  (d) 400
6. If a figure is added to its double and then its half is subtracted leaving 25, then what will be the number?
   (a) 25   (b) 15
   (c) 10   (d) 50

7. Ram finishes a work in 5 days and Shyam finishes the same in 20 days. If both of them work together, then in how many days will they finish it?
   (a) 8 days   (b) 5 days
   (b) 6 days   (d) 4 days

8. There are two taps in a water drum. One fills it in 12 hours and the other empties it in 9 hours, if both the taps are opened together then how much time will it take for the drum to fill up?
   (a) 8 hours   (b) 10 hours
   (b) 18 hours   (d) it will never fill up.

9. A figure is added by the same figure and then the same is subtracted. The leftover is multiplied by the same resulting into 25. What will be the figure?
   (a) 25   (b) 10
   (c) 5   (d) 15

10. A man is 5 years elder than his wife who is 10 times elder than her son. If the boy becomes 8 years old after 3 years, then what is the present age of the man?
    (a) 60 yrs   (b) 45 yrs
    (b) 55 yrs   (d) 50 yrs

11. If the sides of a triangle are 42, 12 and 28 inches respectively; then what will be its area?
    (a) 14112   (b) 1764
    (c) 84   (d) Nothing

12. If Mohan earn 20% profit than Sohan in a business, how much less does Sohan suffer on account of Mohan?
    (a) 20% loss   (b) Neither profite nor loss
    (c) 10% loss   (d) 40% looseness
13. What are those two figures that result in a sum of 10 and have a difference of 2?

(a) 8:2  (b) 5:5  
(c) 10:2  (d) 6:4

14. Toofan Express starts from Bombay to Delhi at a speed of 80 km/hr. On the other hand a passenger train moves from Delhi to Bombay at a speed of 12 km/hr. These trains meet at a junction, which train will be nearer to Delhi?

(a) Toofan Express  (b) Passenger  
(b) Both  (d) None

15. A man is 10 years elder than his wife and his wife is 20 years elder than her daughter. What will be the man’s age when his daughter will be 8 years old after 4 years?

(a) 34  (b) 38 
(b) 36  (d) 32

16. Ram drives his scooter at a speed of 30 miles per hour and takes 10 minutes rest after one hour. If he has to cover 110 miles then how much time will he take if he starts at 10.30 A.M. from his house?

(a) 3 hour  (b) 4.10 hours 
(b) 3.15 hours  (d) 3.30 hours

17. Ram, Shyam and Mohan have invested Rs. 3000, Rs. 2500 and Rs. 1750 in a business. After one year they gain Rs. 4930 profit. What amount will Mohan get from the profit?

(a) Rs. 1,190  (b) Rs. 1,240 
(c) Rs. 1,400  (d) Rs. 1,700

18. The expenditure of whitewashing of a room is Rs. 40. If a room of double length, height and width is to be whitewashed, what will be the expenditure?

(a) Rs.120  (b) Rs. 80 
(b) Rs. 200  (d) Rs. 160
19. A quarter part of an electric pole was colored red, 1/5 part black, 1/3 part white leaving 13 meter length of the pole, then what will be the total length of the pole?

(a) 73 meter  (b) 60 meter
(b) 52 meter  (d) 37 meter

20. Find out the next number of the series.

(a) 3, 5, 10, 12, 24, 26…………………………(52)  Answer (  )
(b) 8, 4, 12, 42 , 20…………………………..(66)  Answer (  )
(c) 25, 27, 23, 30, 32………………………….(28)  Answer (  )

21. Geeta and Sita start walking in opposite directions. Geeta walks 5 miles, Sita 6 miles. After that both turn to their right and walk 2 miles each. Again they turn right and walk 3 miles each. After walking so much, how far are they from each other?

(a) 23 miles  (b) 4 miles
(c) 3 miles  (d) 5 miles

22. A man had a hobby of traveling. He spent 1/3 part of his life in touring; 1/6 part touring England, ¼ Italy, 3 ½ years in Franck and 1/5 part in America. If it is 1978 at present then in which year was he born?

(a) 1918  (b) 1978
(c) 1908  (d) 1938
Appendix-E
Personal Data Sheet (PDS)

Name………………………………………………

Class………………………………………………

Age……………Sex…..M ( )/F ( )

Address……………………………………………………………………

………………………………………………………………………………

Tele/Mobile No……………………………………

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