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DECLARATION

I, AYUB GHASEMIAN, hereby declare that this thesis entitled “Effectiveness of Life Skills Training on Psychological Distress, Balanced Emotional Empathy and Autonomy among Adolescent Students” is the result of the research study carried out by me under the guidance of Dr. G. VENKATESH KUMAR, Professor of Psychology, Department of Studies in Psychology, Manasagangotri, University of Mysore.

I further declare that this thesis has come out of my own efforts and has not been submitted in part or full to this or any other university for the award of any Degree, Diploma or such other title.

Dr. G. VENKATESH KUMAR, Ph.D. AYUB GHASEMIAN
Professor and Guide Signature of the Candidate

Dr. P. PRAKASH, Ph.D.
Chairman

Date:
Place: Mysore