





CERTIFICATE

This is to certify that the dissertation entitled, "A COMPARATIVE STUDY OF SELF-ESTEEM AND MENTAL HEALTH WELLBEING OF ADOLESCENTS ENGAGED /NON- ENGAGED IN SPORTS" submitted to Punjab University, Chandigarh in partial fulfilment of the requirements for the degree of Master of Science (Home Science) in Human Development and Family Relations, is faithful record of bonafide research carried out by Ms. Meghna Duhan under our guidance and supervision, and that no part of this dissertation had been submitted for any other degree or diploma.

The assistance and help received during the course of study have been fully acknowledged.


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CERTIFICATE


This is to certify that the dissertation entitled “A STUDY OF WELL-BEING, STRESS, LONELINESS AND HAPPINESS AMONG MARRIED AND WIDOWED OLDER PEOPLE IN CHANDIGARH” submitted for the degree of Master of Science (Home Science) in Human Development and Family Relations, to Panjab University, Chandigarh, is a bona fide research work carried out by Ms. Mehak Puri under my guidance and supervision and that no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of the study have been fully acknowledged.


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CERTIFICATE

This is to certify that the dissertation entitled “A STUDY OF MARITAL ADJUSTMENT, LIFE STRESS AND HAPPINESS AMONG WORKING AND NON-WORKING MARRIED WOMEN IN CHANDIGARH” submitted for the degree of Master of Science (Home Science) in Human Development and Family Relations, to Panjab University, Chandigarh, is a bonafide research work carried out by Ms. Madhu under my guidance and supervision and that no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of the study have been fully acknowledged.

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This is to certify that the dissertation entitled “A Study of sexual desire and sexual attitude among young adults in relation to satisfaction with life and sensation seeking” submitted for the degree of Master of Science (Home Science) in Human Development and Family Relations of Panjab University, Chandigarh, is a record of work carried out by Ms. **KulsumRehman** under my supervision and no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the study have been fully acknowledged.

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This is to certify that the dissertation entitled “A STUDY OF TRANSPHOBIA IN RELATION TO STEREOTYPES, AND PEER PRESSURE AMONG YOUNG ADULTS.” submitted for the degree of **Master of Science (Home Science) in Human Development and Family Relations** of Panjab University, Chandigarh, is a record of work carried out by **Ms AANCHAL SHARMA** under my supervision and no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the study have been fully acknowledged.


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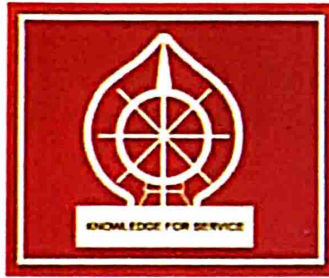
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This is to certify that the dissertation entitled “A study of Helicopter Parenting in Relation to Home Environment, Resilience, Anxiety, Psychological Wellbeing, Achievement Values and Anxiety Among Adolescents” submitted for the degree of Master of Science (Home Science) in Human Development and Family Relations of Panjab University, Chandigarh, is a bona fide research work carried out by Ms. Prabhleen Kaur Dutt under my supervision and no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of the study have been fully acknowledged.

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This is to certify that the dissertation entitled “Predictors of Happiness among Young Adults in Romantic Relationship” submitted for the degree of Master of Science (Home Science) in Human Development and Family Relations, to Panjab University, Chandigarh, is a bona fide research work carried out by Ms. Sudevi Sekhri under my guidance and supervision and that no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of the study have been fully acknowledged.

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This is to certify that the dissertation entitled “EMOTIONAL INTELLIGENCE, SELF-ESTEEM AND FRIENDSHIP AS CORRELATES OF HAPPINESS AMONG ADOLESCENTS (16-18 YEARS)” submitted for the degree of Master of Science (Home Science) in Human Development and Family Relations of Punjab University, Chandigarh, is a bonafide research work carried out by Ms. MARGESI MEFRI SOIBAM under my supervision and no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of study have been fully acknowledged.

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This is to certify that the dissertation entitled “Internet gaming addiction as a contributing factor leading to stress among adolescents in Chandigarh” submitted for the degree of **Master of Science (Home Science) in Human Development and Family Relations**, to Panjab University, Chandigarh, is a bona fide research work carried out by Ms. Nisha Devi under my guidance and supervision and that no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of the study have been fully acknowledged.

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This is to certify that the dissertation entitled "To assess the knowledge, attitude and practices related to parenting skills of mothers of infants" submitted for the degree of **Master of Science (Home Science) in Human Development and Family Relations**, to Panjab University, Chandigarh, is a bona fide research work carried out by **Deepanshi** under my guidance and supervision and that no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of the study have been fully acknowledged.


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This is to certify that the dissertation entitled “**Social Media Addiction in Adolescents as Related to Depression and Anxiety.**” submitted for the degree of **Master of Science (Home Science) in Human Development and Family Relations**, to Panjab University, Chandigarh, is a bona fide research work carried out by **Ms. Meenakshi** under my guidance and supervision and that no part of this dissertation has been submitted for any other degree or diploma. The assistance and help received during the course of the study have been fully acknowledged.


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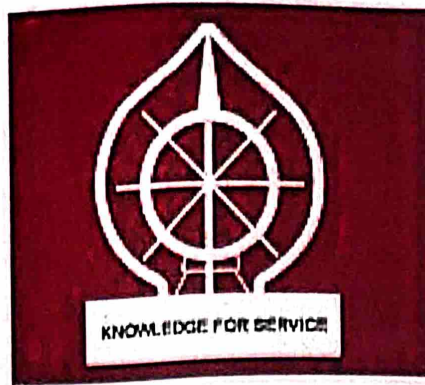
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This to certify that the dissertation entitled “**Social Media addiction as related to self-esteem, social support and general well-being**” submitted for the degree of **Master of science (Home Science) in Human Development and Family Relations** to Panjab University, Chandigarh, is a bona fide research work carried out by **Ms. Neha Rai** under my guidance and supervision and no part of this dissertation has been submitted for other degree or diploma. The assistance and help received during the course of the study has been fully acknowledged.

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