


CERTIFICATE

I certify that the thesis entitled “Effectiveness of Music and Meditation on Psychological Status of Pregnant Women in Lakhimpur District, Assam” submitted to Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for the award of the degree of **Doctor of Philosophy (Ph.D.) in Human Development**, is the record of original research work done by **Sharanoor Hussain (19PHHDF003)** during the period of her study in the Department of **Human Development**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, under my guidance and supervision. The work has not formed the basis for the award of any degree, diploma, associateship, fellowship or similar titles in this Institute or any other University or Institution of Higher Learning.


 15/4/2024

**Signature of the
Head of the Department (i/c)**

Head of the Department
Department of Human Development
Avinashilingam Institute for Home Science
and Higher Education for Women
Coimbatore - 641 042

 15/4/2024

Signature of the Supervisor

 15.4.2024

Signature of the Dean

DECLARATION

I declare that the thesis entitled “**Effectiveness of Music and Meditation on Psychological Status of Pregnant Women in Lakhimpur District, Assam**” submitted to Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, in partial fulfilment of the requirements of the degree of Doctor of Philosophy (Ph.D.) in Human Development, is the record of work carried out by me during the period from **July, 2019** to **April 2024** under the guidance of **Dr. Priya M.**, Assistant Professor (ss) and Head, Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore and has not formed the basis for the award of any degree, diploma, associateship, fellowship, or similar title to any candidate of this institute or any other university and it represents entirely an independent work on the part of the candidate.



Signature of the Research Scholar



Signature of the Supervisor

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LIST OF ABBREVIATIONS

ANC	Antenatal Care
BI	Body Image
BRS	Baroreflex sensitivity
CD	Compact disc
CMD	Common mental disorder
COVID-19	Coronavirus disease 2019
FR	Family Relationships
HIV	Human immunodeficiency viruses
HR	Heart Rate
HRV	Heart rate variability
IPV	Intimate partner violence
IUI	Intrauterine insemination
IVF	In vitro fertilization
LBW	Low birth weight
LMP	Last menstrual period
NICHD	National Institute of Child Health and Human Development
OCD	Obsessive-compulsive-disorder
PaCO ₂	Partial pressure of arterial carbon dioxide
PC	Primary care
PH	Physical Health
PHC	Primary Health Centre
PPSS	Pregnancy Psychological Status Scale
PRT	Pregnancy-related thought
PS	Psychological Status
PW	Pregnant women
RAC	Research advisory committee
STAI	State-Trait Anxiety Inventory
TB	Tuberculosis
WHO	World Health Organization