

## Certificate

This is to certify that the thesis entitled “**Efficacy of Carnatic Music Therapy and Pranayama for Managing Depression**” submitted to the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641 043, in partial fulfilment of the requirements for the award of the degree of **Doctor of Philosophy in Counselling Psychology**, is a record of original research work done by **Priyadarsini A.C.** during the period of her study in the Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641 043, under my supervision and guidance and the thesis has not formed the basis for the award of any Degree / Diploma / Associateship / Fellowship or similar title to any candidate of any other University or Institute.

*N. S. Rohini*  
Signature of the <sup>19.8.16</sup>

**Head of the Department**

*N. S. Rohini*  
Signature of the Supervisor <sup>19.8.16</sup>

*Pawathi* 19/8/16  
Signature of the Dean

## Declaration

I hereby declare that the thesis entitled “**Efficacy of Carnatic Music Therapy and Pranayama for Managing Depression**” submitted to the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641 043, in partial fulfilment of the requirements for the award of Degree of **Doctor of Philosophy in Counselling Psychology**, is a record of original research work done by me under the supervision and guidance of **Dr. N.S. Rohini Ph.D., Professor & Head**, Department of **Psychology**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641 043 and it has not formed the basis for the award of any Degree / Diploma / Associateship / Fellowship or similar title to any candidate of any other University or Institute.

*N. S. Rohini*  
19.8.16  
Signature of the Supervisor

*Pooja*  
Signature of the Candidate