



DECLARATION

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I hereby declare that the matter embodied in the thesis entitled 'Management of Stress and Enhancement of Self-efficacy in Adolescents through Positive Therapy' is the result of investigation carried out of by me in the Department of Psychology, Avinashilingam University for Women, Coimbatore, under the supervision of **Dr. HEMALATHA NATESAN**, Professor & Head, Department of Psychology, Avinashilingam University for Women, Coimbatore and it has not been submitted for the award of any Degree / Diploma / Associateship / Fellowship of any other University or Institute.


5-5-2007
Signature of the Supervisor


Signature of the Candidate