

## Certificate from the Supervisor

This is to certify that the thesis entitled “ **Enhancing favourable Menstrual Attitude using Yoga and Psychoeducation among Adolescent School Girls**” submitted for the degree of **Doctor of Philosophy ( Ph.D.) in Counselling Psychology** by **Srinithi, A.M. (20PHCPP002)** is the record of research work carried out by her during the period 2021 - 2025 under my guidance and supervision, and this work has not formed the basis for the award of any Degree/ Associateship/ Fellowship or similar titles in the Institute or any other University or other similar Institution of Higher Learning.

*N.V. Anudhe 23/5/25*

Signature of the

Head of the Department

*S. Gayatri Devi  
23.5.25*

Signature of the Supervisor

*[Signature]*  
*23.05.2025*

Signature of the Dean

## Declaration

I declare that the thesis entitled, “ **Enhancing favourable Menstrual Attitude using Yoga and Psychoeducation among Adolescent School Girls**” submitted for the degree of Doctor of Philosophy (Ph.D) in Counselling Psychology, is the record work carried out by **Srinithi, A.M.** (20PHCPP002) under the guidance of **Dr. S. Gayatri Devi**, M.A., M.Phil., Ph.D., Professor and Head, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore- 641043 and has not formed the basis for the award of any Degree/Diploma/ Associateship/ Fellowship or titles in this Institute or any other University or other similar Institutes of Higher Learning.

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**Signature of the Candidate**

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## Abbreviations

FSH	- Follicle Stimulating Hormone
LH	- Luteinizing Hormone
NFHS	- National Family Health Survey
MAQ	- Menstrual Attitude Questionnaire
PSS	- Perceived Stress Scale
PWB	- Psychological well-being
SDG	- Sustainable Development Goals
SKY	- Simplified Kundalini Yoga
SPE	- Simplified Physical Exercises
UNICEF	- United Nations Educational, Scientific and Cultural Organization
UNSECO	- United Nations Children's Fund
WASH	- Water, Sanitation and Hygiene
WHO	- World Health Organization