

**DETAILS REQUIRED FOR UPLOADING THESIS IN SHODHGANGA**

Department : Psychology

Guide : Dr. S. Gayatri Devi

Name of the Researcher : Srinithi, A. M

**DEGREE DETAILS** : Ph.D. Counselling Psychology

Registration Date : 11.01.2021

Completed Date : 23.05.2025

Awarded Date : 18.02.2026

**THESIS DETAILS**

Title : Enhancing Favourable Menstrual Attitude  
using Yoga and Psychoeducation among  
Adolescent School Girls

Alternative Title (or Subtitle) : -

Abstract (Enclosed) : Enclosed

Note : -

Keywords : Menstrual Health, Stress, Psychological  
Well-being, Adolescents

Language : English

Coverage (e.g. English Literature) : -

Citation Reference : 314

(No. of Reference / Bibliographic  
Records)

**SUBMISSION DETAILS**

Pagination (inclusive of Annexures) :

Dimension (e.g. 35cm) : 210 x 297 mm

Accompanying Material (e.g. : CD

CD/DVD/None)

  
Signature