

## LIST OF APPENDICES

<b>Appendix No.1</b>	Request letter by Researcher to Head Mistress of Malati Vasantdada Patil Kanya Prashala, Islampur.	<b>159</b>
<b>Appendix No.2</b>	Request letter by Researcher to Head Mistress, Kanya High School, Islampur.	<b>160</b>
<b>Appendix No.3</b>	Head Mistress Permission Letter of Malati Vasantdada Patil Kanya Prashala, Islampur.	<b>161</b>
<b>Appendix No.4</b>	Head Mistress Permission Letter of Kanya High School, Islampur	<b>162</b>
<b>Appendix No. 5</b>	List of High Schools in Islampur.	<b>163</b>
<b>Appendix No. 6</b>	List of Selected High Schools in Islampur	<b>164</b>
<b>Appendix No. 7</b>	Formulae Used for Statistical Analysis	<b>165</b>
<b>Appendix No.8 to 15</b>	Certificate by Experts	<b>166 to 173</b>
<b>Appendix No. 16</b>	Stress Test Questionnaire	<b>174</b>
<b>Appendix No. 17</b>	State Anxiety Test Questionnaire	<b>175</b>
<b>Appendix No. 18</b>	Head Mistress Certificate of Malati Vasantdada Patil Kanya Prashala, Islampur	<b>176</b>
<b>Appendix No. 19</b>	Head Mistress Certificate of Kanya High School, Islampur	<b>177</b>
<b>Appendix No.20</b>	Stress Workshop Attendance Certificate	<b>178</b>