## **CERTIFICATE**

This is to Certify that Ms. Rajita Singhal bearing Register Number: PC190032 of Course: M.Sc Psychological Counselling, Semester: IV has satisfactorily completed the requirements for Practical 2: Dissertation titled Effect of Mindfulness Based Psycho-education on Enhancing level of Psychological Well-Being Among Secondary School Teachers.

Signature of the Guide

Date:

Signature of the Co-Guide

Signature of the Head of the Department

Indian Institute Sychology and Research

#85, Hosur Road, Bengaluru - 560 095

DATE OF EXAMINATION:

INTERNAL EXAMINER:

**EXTERNAL EXAMINER:** 

lauch

Y. TSHATZGAV J

3/ netroz 1