

## Appendix C: Consent Letter from the School Principal



Department of  
Human Development and Family Studies  
Faculty of Home Science

The Maharaja Sayajirao University of Baroda  
University Road, Vadodra - 390 002, INDIA  
Ph. C/o (+91 0265) 792227 Telegram: HOMSCIENCC

Ref No HDFS/FHS/

Date .

To  
The Principal

I, Sonal Verma, am a doctoral student in the Department of Human Development and Family Studies, Faculty of Home Science, Maharaja Sayajirao University of Baroda, Vadodra, Gujarat. I am conducting doctoral research on "Life Skills of urban school going adolescents in Udaipur"

As per the research plans, I would be preparing and implementing a program on developing life skills among adolescents in the form of an integral package on the physical, psychological, social, mental and sexual aspects of development. This program focuses on Life Skills\* development of adolescents to equip them to effectively for facing the realities of life. [\* Life Skills has been defined by WHO as the abilities for adaptive and positive behavior that enable an individual to deal effectively with the demands and challenges of everyday life.]

For this purpose, we are in the process of identifying schools that would be willing to cooperate with us, and enable us to implement the program for their students. The program would be mutually gainful. We would be happy to meet you in person to discuss the details of the same.

We would be thankful for your support.

Looking forward to a positive response

With regards,

Sonal Verma  
Ph D Scholar  
Dept of HDFS

Shagufa Kapadia, Ph. D.  
Reader and Guide  
Dept. of HDFS

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I, hereby, provide my consent for conducting the research program on Life Skills in this school.

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Principal's Signature  
Phone number.  
Email