

Appendix D: Consent Letter from the Adolescents and their Parents

To

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, Vadodara, Gujarat. I am conducting doctoral research on "Life Skills of urban school going adolescents in Udaipur"

As per the research design, 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, I would like to seek your kind permission for being an active and contributing part of this program. The program would be mutually gainful. I would be happy to meet you in person to clarify your queries if any.

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

I, hereby, provide my consent for participating in the above-mentioned program on Life Skills.

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Student's Name and Signature

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Parent / Guardian's Name and Signature

Residence Address.

Phone number
Email