

# **MINDFULNESS AND PROBLEM SOLVING AMONG SPORTS PERSONS**

**Project Work Submitted To the Department Of Studies in  
Psychology at Manasagangothri,  
University of Mysore, in Partial Fulfillment for the Award of  
Master's Degree in Psychology.**

**Submitted by**

**ARULANANTHAM THAMILINIE**

**Examination no PC 118058**

**Final year MSC**

**Under the guidance of,**

**Dr.G. VENKATESH KUMAR.**

**Professor**

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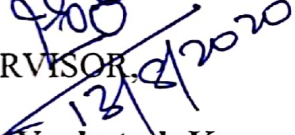
**Mysore**

# CERTIFICATE

This is to certify that the project on the topic, "mindfulness and problem solving among sports persons" submitted by the candidate, Arulanantham Thamilinie, bearing register number, PC118058, in the partial fulfilment of final semester Master's Degree in Psychology of University of Mysore is the product of bonafide research carried out by the candidate under the guidance of Professor Dr.G. Venkatesh Kumar in DoS in Psychology, university of Mysore

It is further certified that the candidate has fulfilled the basic report ordinance governing the submission of the report to the university.

  
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