

Self-compassion as a facilitator of the awareness and management of emotions: A thematic analysis

A

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IN

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By

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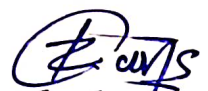
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*I **Rahul Surawat** declare that the Dissertation Report entitled “**Self-compassion as a facilitator of the awareness and management of emotions: A thematic analysis**” is prepared by me and this is my Original and Bonafede’s work and the report prepared therein is based on research by me during my Master of Art’s in Psychology under the supervision of **Dr. Gyanesh Kumar Tiwari**, Department of psychology, Dr. Harisingh Gour A Central University Sagar (M.P.).*

I further declare that to the best of my knowledge and belief this work is not submitted to this or any other University for the award of any other Degree or equivalent courses.

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Place: Sagar (M.P.)

Signature


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