



Relationship between *Bhavana Yoga*, Emotion Regulation and Well-being: A Qualitative Study

**A RESEARCH PROPOSAL FOR DISSERTATION SUBMITTED TO
DOCTOR HARISINGH GOUR VISHWAVIDYALAYA
FOR PARTIAL FULFILLMENT OF THE DEGREE OF**

Master of Arts

IN

PSYCHOLOGY

**In the School of Humanities & Social Sciences
In the Department of Psychology**

By

Muskan Jain

Under the Supervision of

Dr. D. N. Sharma

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Registration No.: Y22225009



मनोविज्ञान विभाग DEPARTMENT OF PSYCHOLOGY

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CERTIFICATE

This is to certify that *Miss. Muskan jain(Y22225009)*, a student of Masters of (M. A .) IV Semester in Psychology, Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar (M.P.) India, has submitted this Dissertation Report entitled “*Relationship between Bhavana Yoga, Emotion Regulation and Well-being: A qualitative study*” under my supervision. It is the Original work of the candidate and it has not previously formed the basis for the award of any Degree, Diploma, or other equivalent courses. The Dissertation work represents independent work on the part of the candidate.

Place: Sagar (M. P.)

Signature

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Date: 14.08-2024

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