

**INFLUENCE OF EXERCISE BENEFIT AND BARRIERS ON
EXERCISE ADHERENCE AMONG YOUNG ADULTS**

Dissertation submitted to the University of Mysore

in partial fulfilment of the requirements for the

Master Degree in Psychology

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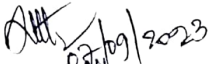
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CERTIFICATE

I hereby certify that this Research work entitled "INFLUENCE OF EXERCISE BENEFIT AND BARRIERS ON EXERCISE ADHERENCE AMONG YOUNG ADULTS" has been prepared by MANOJ N, with registration number P01ZZ21S0215, in partial fulfilment of the requirement for the Master Degree in Psychology, under my supervision. The dissertation is his bonafide work and has not been submitted to any University or for any other publication or any other person either fully or partially.


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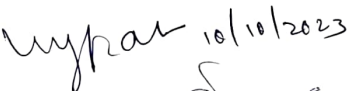
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