

**Psychometric Properties of Hindi Version of Self Compassion Scale in**

**Indian Population**

**TOWARDS**

**Partial fulfilment of Master degree in Yoga Therapy (M. Sc. YT)**

**SUBMITTED BY**

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## **CERTIFICATE**

This is to certify that **Rachna Raj** who has got MSc registration with start from August 01, 2017 by Swami **Vivekananda Yoga Anusandhana Samsthana, deemed University**, has successfully completed the required training in acquiring the relevant background knowledge in Yoga Therapy and has completed the M.Sc. course of 2 years to submit this research project entitled "**Psychometric Properties of Hindi Version Self Compassion Scale in Indian Population**" as per the regulations of the University.

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## **DECLARATION**

I hereby declare that the subjected study was conducted by me at **Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) deemed University**, Bengaluru under the guidance of **RAJESH S.K., Ph.D.**

I also declare that the subject matter of my dissertation entitled **“Psychometric Properties of Hindi Version Self Compassion Scale in Indian Population”** has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

DATE:

Rachna Raj

PLACE: Bengaluru

## ACKNOWLEDGEMENT

A successful study requires guidance of who is expertise in that field. Firstly I would like to express my gratitude to the divine power, persons and all surroundings which guided and supported directly and indirectly throughout the tenure of the study.

I am extremely thankful to **Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) deemed University** for offering me the opportunity for preparing and completing the study and allowing utilizing resources.

I am with whole heartedly thankful to my research guide **Dr. Rajesh S.K.** His guidance has proved to be highly used and without him the study might not have been possible.

I am also thankful to **Dr. Judu Illavarasu** for making me to work independently and **Padmasri Didi** who supported with various aspects of this research.

I am also thankful to dear classmates MSCYT2017.

I would like to take this opportunity to extend our warm thoughts to my family and friends and whosoever helped me with their inspiration and support in making this research a wonderful learning experience.

DATE:

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**STANDARD INTERNATIONAL TRANSLITERATION CODE USED  
TO TRANSLITERATE SANSKRIT WORDS**

a	=	A	îa	=	'	pa	=	p
ä	=	Aa	ca	=	c	pha	=	)
i	=	#	cha	=	D	ba	=	b
é	=	\$	ja	=	j	bha	=	É
u	=	%	jha	=	H	ma	=	m
ü	=	^	ï	=		ya	=	y
å	=	\	öa	=	q	ra	=	r
è	=	§	öha	=	Q	la	=	l
e	=	@	òa	=	f	va	=	v
ai	=	@e	òha	=	F	ça	=	z
o	=	Aae	ëa	=	[	ña	=	;
au	=	AaE	ta	=	t	sa	=	s
à	=	A<	tha	=	w	ha	=	h
û	=	A>	da	=	d	kña	=	]
ka	=	k	dha	=	x	tra	=	Ç
kha	=	o	na	=	n	jïa	=	}
		ga	=	g	gha	=	"	

## ABSTRACT

### Background

Self-compassion imply being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

### Objectives

To measure the internal consistency of Hindi translated Version Self Compassion Scale (Neff, 2003) among adulthood. Further, to evaluate the divergent and convergent validity of Hindi version Self Compassion Scale.

### Methods

Participants were 370 adults (194 females and 176 males). Participants age ranged from 18 to 35 years with a mean of 24.58 age of years (SD=4.03). Participants were recruited from three different colleges at *Khagaria* district, Bihar, India. Participants were given self report questionnaire including demographic details, Hindi version of SCS, Short Depression-Happiness Scale (SDHS), Mindful Attention Awareness Scale (MAAS), and short Warwick-Edinburg Mantle Well-being Scale (SWEMWBS).

### Data Analysis

Computation of internal consistency (Cronbach's alpha) was done across the samples. For the construct validity, Pearson correlation coefficients were calculated between Hindi version of SCS and other constructs.

### Results

Cronbach's for the 26 item Hindi version Self Compassion Scale is 0.67 and ranged between 0.62 and 0.71 for the 6 subscales. Cronbach's alphas for the SCS subscales were .51 for self-kindness, .47 for common humanity, .50 for mindfulness, .31 for self-judgment, .17 for isolation and .62 for over-identification. SCS was found to be positively related with Mindfulness and Well being scale and negatively related with SDHS.

### Conclusion:

In summary, the current study the Hindi version of the Self-Compassion Scale has satisfactory validity. Further, research should again check its psychometric properties for Hindi version of SCS among Indian population.

**Key-words:** self compassion, mindfulness, wellbeing, depression, reliability, validity



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# Chapter 1

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## 1. INTRODUCTION

In today's era at times in their life individuals experience negative emotions such as grief, sadness and failure. Since it is needed to come over such negative emotions, they need to relieve, calm down and most importantly get over these negative emotions without any damage. To deal with and to overcome these negative emotions individuals should enhance their Self Compassion.

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism(Neff, 2003).The further growing amount of literature suggests that self-compassion motivates people to improve personal weaknesses, moral transgressions, and test performance(Breines & Chen, 2012). Further from one another study shows scores from post-course measures showed that changes in self-compassion significantly predicted positive changes in perceived stress(Davis et al., 2011).

The term self- compassion, developed by Neff which is based on Buddhist philosophy, imply being open to and moved by one's own suffering, experiencing feelings of caring and kindness toward oneself, taking an understanding, non-judgemental attitude toward one's inadequacies and failures and recognizing that one's own experience is part of the common human experience(Neff,2003).

The SCS is a 26-item self-study questionnaire with a 5-point Likert response format (from 1 = almost never to 5 = almost always). The original scale(Neff, 2009) was meant to measure the three main components of self-compassion on separate subscales, but analyses revealed a structure of 6 inter-correlated factors:

Self-kindness refers to being caring, understanding and accepting of oneself, becoming aware of, and being moved by one's own suffering (e.g., I'm kind to myself when I'm experiencing suffering).

Self –judgement involves being harsh and extremely self- critical (e.g., I'm disapproving and judgmental about my own flaws and inadequacies).

Common humanity refers to the recognition that failure and hardship are shared human experiences (e.g., I try to see my failings as part of the human condition)

Isolation is feeling of loneliness and unconnected when faced with suffering (e.g., When I fail at something that's important to me, I tend to feel alone in my failure).

Mindfulness represents the acceptance of the present moment experience and involves taking an objective stance on one's experience (e.g., When something painful happens I try to take a balanced view of the situation), and

Over-identification is the action of identifying oneself to an excessive degree with someone or something (e.g., When I fail at something important to me I become consumed by feelings of inadequacy).

## SCS ADAPTATION INTO DIFFERENT LANGUAGES

S.No.	Versions	Cronbach's Alpha
1.	<b>Spanish</b>	<p>Cronbach's <math>\alpha</math> for the 26 item SCS was 0.87 and ranged between 0.72 and 0.79 for the 6 subscales. Cronbach's alphas for the SCS subscales were .79 for self-kindness, .76 for common humanity, .72 for mindfulness, .77 for self-judgment, .73 for isolation and .76 for over-identification.</p> <p>The long (26-item) form of the SCS showed a test-retest coefficient of 0.92. The SCS exhibited a significant negative correlation with the Beck Depression Inventory, the State-Trait Anxiety Inventory and the Perceived Stress Questionnaire, and a significant positive correlation with the MAAS. The test retest correlation between the total score of the SCS form was <math>r = 0.92, p &lt; 0.001</math> and test retest period was of 2 weeks (Gracia et al., 2014).</p>
2.	<b>German</b>	<p>Cronbach's alphas for the SCS subscales were .79 for self-kindness, .73 for common humanity, .77 for mindfulness, .73 for self-judgment, .77 for isolation and .71 for over-identification. In the two-factor SCS model, alpha was .88 for the SCS positive subscale and .87 for the SCS negative subscale.</p> <p>There was a moderate positive correlation between the SCS positive (<math>.60 &lt; r &lt; .63</math>) and SCS negative (<math>.56 &lt; r &lt; .68</math>) subscales (Hupfeld &amp; Ruffieux, 2011).</p>
3.	<b>French</b>	<p>French version of the SCS, internal consistency was assessed with Cronbach's coefficients which has total score .94. Cronbach's range from .74 to .88 and for SCS subscales common humanity (.74), over-identified (.77) and isolation (.79) each had good level of reliability (<math>&gt; .70</math>), while mindfulness (.81), self-judgment (.85) and self-kindness (.89) each had a very good level of reliability (<math>&gt; .80</math>).</p> <p>The SCS scale also showed a positive correlation with positive affect (PA), a negative one with negative affect (NA) and a strong negative correlation with Beck Depression Inventory. And there is no test retest period observed (Kotsou &amp; Leys, 2016).</p>
4.	<b>Turkish</b>	<p>Turkish forms of the SCS were found to be positively correlated (<math>r = .96, p &lt; .001</math>) with Cronbach's alpha coefficient as .89 and test-retest reliability as .83. The</p>

		<p>results of the correlation analysis indicated that there was a significant relationship between SCS and Satisfaction with Life Scale( SWLS) scores (<math>r = .20, p &lt; .01</math>); SCS and positive affect(PA) scores (<math>r = .24, p &lt; .01</math>); and SCS and negative affect(NA) scores (<math>r = -.37, p &lt; .001</math>) (Deniz, Kesici, &amp; Sümer, 2008)</p>
5.	<b>Chinese</b>	<p>The internal consistency reliability was 0.85 for overall self-compassion items and Cronbach's alpha coefficients for self-kindness, self-criticism, common humanity, and mindfulness subscale were 0.86, 0.90, 0.82, and 0.84, respectively for gifted students. Confirmatory factor analysis (CFA) supported the same four-factor structure and acceptable composite reliability with some modifications (Min-Ying Tsai, 2016)</p>
6.	<b>Brazil</b>	<p>Internal consistency (Cronbach's alpha) of the 26 items of the SCS-Brazil is .92. The internal consistency for the six original subscales ranged from .75 to .81. The SCS showed a test-retest coefficient of 0.89; <math>p &lt; .0001</math>. Inter factor correlation presented a high correlation(Souza &amp; Hutz, 2016).</p>
7.	<b>Greek</b>	<p>The scale reliability using the Cronbach alpha index, which was <math>\alpha=0.86</math>. The three negative factors that indicate self-criticism (self-judgement, isolation and over identification) showed low to moderate positive correlation to experiencing of negative emotions (<math>r=0.29</math> to <math>0.41</math>), stress (<math>r=0.32</math> to <math>0.45</math>), depression (<math>r=0.29</math> to <math>0.48</math>) and anxiety (<math>r=0.23</math> to <math>0.38</math>); the negative factors also showed low to moderate negative correlation to experiencing of positive emotions (<math>r=-0.12</math> to <math>-0.24</math>), life satisfaction (<math>r=-0.15</math> to <math>-0.36</math>), presence of meaning in life (<math>r=-0.19</math> to <math>-0.24</math>), and self-esteem (<math>r=-0.38</math> to <math>-0.41</math>), which are indicative of good divergent validity.</p>
8.	<b>Slovenian</b>	<p>Cronbach's for the 26 item SCS was 0.91 and ranged between 0.66 and 0.84 for the 6 subscales. Cronbach's alphas for the SCS subscales were .84 for self-kindness, .81 for common humanity, .70 for mindfulness, .75 for self-judgment, .79 for isolation and .66 for over-identification.</p> <p>The results of the correlation analysis indicated that there was a significant relationship between SCS and Satisfaction with Life Scale( SWLS) scores (<math>r = .46,</math></p>

		p < .01); SCS and Well-being Index (r =- .43, p < .01); and SCS and Relationship questionnaire (r =.39, p < .001)
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### **SELF COMPASSION AND MENTAL HEALTH**

Self compassion has emerged as an important construct in studies of mental health and psychological therapy. There it shows relationship between compassion and psychopathology of  $r=20.54$  (MacBeth & Gumley, 2012).

The study on young adults shows self compassion could be highly propitious for reducing anxiety, depression and loss of behavioural and emotional control. It also improves general positive effect, emotional ties and life satisfaction (Bhat & Shah, 2015)

### **SELF COMPASSION AND PHYSICAL WELL-BEING**

Self compassion has been firmly established as an asset for psychological outcomes. The growing evidences show it also has benefits for physical health. Although the other research shows self compassion has negative relation with physical symptom score and positive with health-promoting behaviours (Dunne, Sheffield, & Chilcot, 2018)

### **SELF COMPASSION AND PSYCHOLOGICAL WELL-BEING**

Self compassion is found to be most effective in psychological well being. It is an adaptive way of relating to the self when considering personal inadequacies or difficult life circumstances ( Neff & McGehee, 2010)

It entails being kind and understanding toward oneself in instances of pain or failure rather than being harshly self critical and feelings in mindful awareness(Neff, Kirkpatrick, & Rude, 2007).

### **SELF COMPASSION AND EMOTIONAL WELL-BEING**

Self compassion also has an effect of emotional well being. Finding indicates that facets of self compassion have positive effect on emotional well being. The influence of self compassion on emotional well being among early and older adolescent males and females (Bluth & Blanton, 2014).

The purpose of this study was to take the version of the SCS originally developed by Neff (2003b) and adapt it for use with Hindi speaking subjects. To our knowledge, there is no Hindi version of the SCS available, and no research using the SCS has been performed with Indian populations. Thus, the purpose of the present study was to examine the psychometric properties of a Hindi translation of the SCS in a sample of Indian university students. We also see initial evidence for the reliability of the translated scale by examining its internal consistency and the scale's validity by examining its correlation with MAAS, Short-Depression Happiness Scale and SWEMWBS.

### **NEED OF THE STUDY**

As in India majority of the people speak Hindi, there is a need to have a standardized tool to measure self compassion in Hindi language .To our knowledge, there is no Hindi version of the SCS available, and no research using the SCS has been performed with Hindi speaking populations. Thus, the purpose of the present study was to examine the psychometric properties of a Hindi translation of the SCS in a sample of Indian population. Further, the study explores the reliability of the translated scale by examining its internal consistency. Furthermore, the scale's validity examined through relation with depression (divergent validity) and psychological well-being (mindfulness and wellbeing) as convergent validity.

# Chapter 2

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## 2. REVIEW OF ANCIENT LITERATURE

### Aims

To evaluate the concept *karuna*(compassion) according to ancient scriptures.

### Objectives

- ) To understand the concept of *karuna* from the perspective of *Patanjali yoga sutras* and *Hatha yoga.pradipika*
- ) To unearth idea *karuna* from the viewpoint of Bhagwad Gita.

Compassion is not simply a virtue to practice, but a holistic attitude that binds every person to everything with the bond of Divine love. One sees “reflections of the Self everywhere” (6:32) because one realizes that one's Self is the Self of all. Below are slokas described in different scriptures with more deep explanation.

### BG 12.13, 14

**AÖe svR\_%TNm mEÇ kéA @v c,  
inmRmae inrh³ smÊosuo KAM.13.**

*adve sarvabhutnma maitra karua eva ca/  
nirmamo nirahakra samaduakhasukha kam||13||*

**sNtuò> stt< yaegl ytaTma dFinz!cy>,  
mYyipRtmnaebuilyaeR mÑ'> s me iày>.14.**

*santuñöaù satataà yogé yatätmä daòhaniçcayaù/  
mayyarpitamanobuddhiryo madbhaktaù sa me priyaù||14||*

That devotee of Mine who is non-jealous possessing benevolence towards all living entities, compassionate with no sense of proprietorship; free from false ego, equal in distress and happiness, forgiving, the always content one perfecting the science of uniting the individual consciousness with the Ultimate Consciousness, self-controlled, with unflinching determination, dedicating mind spiritual intelligence upon Me is very dear to Me(Prabhupada, 1970).

### BG 6.9

**suèiNmÇayuRdasInmXySwÖe:ybNxu;u,**

**saxu:vip c pape;u smbuiivRiz:yte.9.**

*suhānmitrāryudāsēnamadhyasthadveñyabandhuṅu|  
sādhuñvapi ca pāpeṅu samabuddhirviçiṅyate||9||*

The yogis look upon all- well wisherd, friends, foes, the pious, and the sinners- with an impartial intellect. The yogi who is of equal intellect toward friend, companion, and foe, neutral among enemies and relatives, and impartial between the righteous, and sinful, is considered to be distinguished among humans.

**BG 6.32**

**AaTmaEpMyen svRÇ smm! pZyit yae=juRn,  
suom! va yid va Ê>om! s yaegl prmae mt>.32.**

*ātmaupamyena sarvatra samam paçyati yo'rjuna|  
sukham vā yadi vā duḥkham sa yogé paramo mataḥ||32||*

I regard them to be perfect yogis who see the true equality of all living beings and respond to the joys and sorrows of others as if they were their own.

We consider all the limbs of our body as ours, and are equally concerned if any of them is damaged. We are incontrovertible in the conviction that the harm done to any of our limbs is harm done to ourselves. Similarly, those who see God in all beings consider others the joys and sorrows of as theirs own. Therefore, such yogis are always the well-wishers of all souls and they strive for the eternal benefit of all. This is the *sama-darshana* (equality of vision) of perfected yogis.

**BG 16.1-3**

**ilÉgvanuvac**

**AÉy< sÄvs<zuii}aRnyaegVyviSwit>,  
dan< dmz! c y}z! c SvaXyayStp AajvRm!.1.**

*çrébhagavānuvāca  
abhayaà sattavasaàçuddhirjñānayogavyavasthitiḥ|  
dānaà damaç ca yajñaç ca svādhyāyastapa ājarvam||1||*

**Aih<sa sTy<sup>3</sup>aexSTyag> zaiNtrpEzunm!,  
dya Éute:vlaelubv< madRv< ylrcaPlm!.2.**

*ahiāsā satyakrodhastyāgaḥ çāntirapaiçunam|  
dayā bhuteñvaloluptvaà mārḍavaà hréracāpalam||2||*

**tej> ]ma x&it> zaEcmÔaehae naitmainta,  
ÉviNt sMpd< dEvlmiÉjatSy Éart.3.**

*tejaù kñamã dhâtiù çaucamadroho nâtimânitã/  
bhavanti sampadaà daévé mabhijätasya bhârata||3||*

Lord Krishna, the possessor of all opulences said: Fearlessness, pure heartedness, established in the wisdom of discrimination of spirit and matter by the science of uniting the individual consciousness with the Ultimate Consciousness, charity, self restraint, performance of sacrifice, study of Vedic scriptures, austerity, uprightness, nonviolence, truthfulness, aversion of fault finding, compassion to all being, absence of avarice, gentleness, modesty and determination. O Arjuna, radiance, forgiveness, fortitude, purity, freedom from malice, absence of pride arise in one born of the divine nature(Prabhupada, 1970).

**BG 2.15**

**y< ih n VywyNTyete pué;< pué;;RÉ,  
smÊ>osuo< xlr< sae=m&tTvay kLpte.15.**

*yaà hi na vyathayantyete puruñãà puruñarñabha/  
samaduùkhasukhaà dhéraà so'mâtatvâya kalpate||15||*

O noblest of men , that person of wise judgement equipoised in happiness and distress, whom cannot be disturbed by these is certainly eligible for liberation.

The Supreme Lord is declaring that whomever the sense objects are unable to overpower, subdue or afflict and who is equipoise in pleasure and pain not being attached to either due to spiritual knowledge becomes a fit candidate for immortality which is liberation from the material bondage of birth and death due to the acquisition of spiritual knowledge(Prabhupada, 1970).

**PYS1.33**

**mEÇIké[amuidtaepe]a[a< suoaÊ>opu{yapu{yaiv;y[a<  
ÉavnatiíÄàsadm!.33.**

*maitrékaruëãmuditopekñãëää sukhäduùkhapuëyâpuëyâviñayaëää  
bhâvanâtaçcittaprasâdanam||33||*

The Mind becomes purified by the cultivation of feeling of Amity, Compassion, Goodwill, and indifference respectively towards happy, miserable, virtuous and sinful creatures.

The four sublime attitudes Maitri(loving kindness) is a gentle, loyal acceptance with a deep sense of appreciation and regard. Karuna(compassion) is the intention and capacity to relieve and transform suffering, to lighten sorrow(Swami Satyanand Saraswati, 2002).

### **BG 6.7**

**ijtaTmn> àzaNtSy prmaTma smaiht>,  
zltae:[suoÊ>oe;u twa manapmanyae>.7.**

*jitātmanaù praçāntasya paramātmā samāhitaù|  
çétoñëasukhaduùkheñu tathā mānāpamānayoù||7||*

The yogis who have conquered the mind rise above the dualities of cold and heat, joy and sorrow, honor and dishonor. Such yogis remain peaceful and steadfast in their devotion to God.

Happiness then is the state of being independent from the need for pleasure. Such a man says Krishna,” is neither perturbed by sorrow, nor hankers after happiness”. He simply is happy, or *tushta*.

### **BG 6.40**

**pawR nEveh namuÇ ivnazStSy iv\*te,  
n ih kLya[k«Tkií\*ugRit< tat gCDit.40.**

*pārtha naiveha nāmutra vināçastasya vidyate|  
na hi kalyäëakâtkaçcidyurgatiâ tâta gacchati||40||*

The Supreme Lord said: O Parth, One who engages on the spiritual path does not meet with destruction either in this world or the world to come. My dear friend, one who strives for God-realization is never overcome by evil.

This verse asserts that God preserves the devotee both in this world and the world hereafter. This pronouncement is a great assurance to all spiritual aspirants(Gandhi, 1926).

### **Conclusion**

To summarize the whole concept of ancient scriptures we can say a compassionate person is not a dispassionate being rather is a courageous person because he is being firmly established in the consciousness of the Divine (2:56 – 6:14) and sharing one's life (and possessions) with those in need is the basis of compassion. Compassion is the total surrender of a person to the “cause of the other” within the environment of Divine creativity.

Compassion demands an effective appraisal of the dehumanizing behavioural patterns and the oppressive structures of society and enables a person realize their creativity.

# Chapter 3

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## 3. REVIEW OF SCIENTIFIC LITERATURE

There are researches carried out to check the psychometric properties of Self Compassion Scale. Researches available related to self-Compassion Scale indicates very good internal validity and reliability.

S.N	Author & Year	Sample Details	Intervention	Assessment Tools	Results	Conclusion
1.	(Neff, Hsieh, & Dejitterat, 2005)	N=222 (84 male and 138 female)	Not Applicable	SCS, Achievement Goal, Fear of Failure, Anxiety, Perceived competence, Intrinsic motivation, GPA	Positive( $r=.28$ ), Negative( $r= -.13$ ) and stronger negative( $r=-.29$ ) correlation was found between SCS and mastery goals, performance approach goals and performance avoidance goals respectively.	Self-compassion was positively related to the adoption of mastery goals in learning contexts with motivational patterns suggesting that self-compassionate individuals may be better able to see failure as a learning opportunity and to focus on accomplishing tasks at hand.
2.	(MacBeth & Gumley,	N= 4007	Not Applicable	Self-Compassion Scale	It is noted that higher levels of compassion	Increased self-compassion to lower level of mental health

	2012)				were associated with lower levels of mental health symptoms. $r = -0.54$ (compassion and psychopathology) i.e., 95% CI = $-0.57$ to $-0.51$ ; $Z = -34.02$ ).	symptoms and vice versa.
3.	(Neff & McGehee, 2010)	N = 235 adolescents & N = 287 adults.	Not Applicable	SCS, Beck Depression Inventory, State-Trait Anxiety Inventory, The Social Connectedness Scale, Family Messages Measure, Index of Family Relations, Relationship Questionnaire	Results indicated that self-compassion was strongly associated with well-being in both adolescents as well as adults. Also, family and cognitive factors were identified as predictors of individual differences in self-compassion.	Self-compassion may be an effective intervention target for teens suffering from negative self-views.
4.	(Brown & Ryan, 2003)	Group A-E, N = 5 to 25 psychologystudents & F, N = 1 to 15 U.S.	Not Applicable	Nine Convergent and Discriminant Scales and five Well-Being Scales were	MAAS was correlated with day-to-day autonomy (Sample 1: $r = .27$ , $p = .05$ ; Sample 2: $r = .27$ , $p = .05$ ).	Dispositional and state mindfulness predict self-regulated behaviour and positive emotional states.

		adults.		used.	.28, p .01) and were unrelated to day-to-day pleasant affect (Sample 1: r .08, ns; Sample 2: r .13, ns), but were strongly and inversely related to unpleasant affect experiences (Sample 1: r .49, p .0001; Sample 2: r .33, p .01).	Also, increase in mindfulness over time relate to decline in mood disturbance and stress.
5.	(NEFF, 2003)	N = 391 undergraduate students (166 men, 225 women)	Not Applicable	Marlowe-Crowne Social Desirability scale, Self-Criticism subscale, The Social Connectedness Scale, Speilberger State-Trait Anxiety Inventory etc.	Buddhists has higher Self-kindness, $F(1, 271) \frac{1}{4} 32.00, p < .001$ ; Common Humanity, $F(1, 271) \frac{1}{4} 21.99, p < .001$ ; and Mindfulness, $F(1, 271) \frac{1}{4} 16.30, p < .001$ , and low Self judgment, $F(1, 271) \frac{1}{4} 40.41, p < .001$ ; Isolation, $F(1, 271)$	Selfcompassion is significantly correlated with positive mental health outcomes such as less depression and anxiety and greater life satisfaction.

					¼ 43.78, $p < .001$ ; and Over-identification, $F(1, 271) = 44.88, p < .001$ . Also, $r = .35$ .	
6.	(Peters, Erisman, Upton, Baer, & Roemer, 2011)	N= 347	Not Applicable	BIS-11 (total score and subscales), MAAS, FFMQ subscales, and PANAS-NA subscale	Results from both studies shows that much of aspects of mindfulness are negatively correlated with elements of impulsivity, even after controlling for trait-level negative effect.	Mindfulness skills may be related to the ability to abstain from maladaptive impulsive behaviour in the presence of negative affect or distress and that specific mindfulness skills may be most helpful in addressing various impulsive behaviours.
7.	(Breines & Chen, 2012)	<b>Sample 1</b> N= 68 under-graduates (18-43 yrs). <b>Sample 2</b> N= 100 Under-graduates (18-33 yrs)	Not Applicable	Self-Compassion and SelfImprovement Scales	Results across four experiments shows Incremental beliefs were significantly different across conditions, $F(2, 65) = 3.64, p < .05, p 2 = .10$ , with a greater number of beliefs, Self-	Responding to a moral transgression, personal weakness, or test failure with self-compassion subsequently makes people more motivated to improve themselves and their performance. Also, enhanced coping skills in

		<p><b>Sample 3</b> N=86 under-graduates (18-23yrs)</p> <p><b>Sample 4</b> N= 76 adults (18-62yrs).</p>			<p>improvement motivation differed significantly across conditions, <math>F(2, 88) = 4.38, p &lt; .05, p^2 = .09</math> , with higher motivation reported, <math>F(2, 83) = 3.12, p &lt; .05, p^2 = .07, F(2, 70) = 3.33, p &lt; .05, p^2 = .10</math> , with higher scores on the state self-compassion scale in the relation to self compassion.</p>	<p>educational settings.</p>
8.	(Tennant et al., 2007)	N= 348	Not Applicable	WHO-Five Well-being Index, Short Depression Happiness Scale, Positive and Negative Affect Scale, Satisfaction With Life Scale, Global Life Satisfaction Scale, Scale of Psychological Well-being	<p>Cronbach's alpha coefficient = 0.89. Correlation = 0.83</p>	<p>Scale focus on positive aspects of mental health. As a short and psychometrically robust scale, with no ceiling effects in a population sample, it offers promise as a tool for monitoring mental well-being at a population</p>

				EQ-5D Thermometer, Emotional Intelligence Scale		level.
9.	(Joseph et al., 2004)	N= 241 psychology undergraduates (54 male, 187 female)	Not Applicable	Short Depression-Happiness Scale, Beck Depression Inventory, Oxford Happiness Inventory, NEO Five Factor Inventory.	Cronbach's alpha for Short Depression-Happiness Scale=.80 Beck Depression Inventory=.85 Oxford Happiness Inventory=.74 NEO Neuroticism=.85, NEO Extraversion=.80, NEO Openness to experience=.72, NEO Agreeableness=.66 NEO Conscientiousness=.87. Correlations(BDI (r ¼ 2:63 OHI (r ¼ :69; p , :001)	Principal components providing support of a single-component solutionconfirming that the six items can be summed to yield a single score. Good convergent validity with the full DHS, as well as with other established measures of depression and happiness, and good discriminant validity with established measures of free-floating anxiety, somatic anxiety, and hysteria.
10.	(Raes, Pommier,	<b>Sample 1</b> N= 271 Dutch	Not Applicable	Self Compassion Scale	Total SCS score 0.90. Total SCS-SF score	Shortened scale exhibits a near-perfect correlation with

	Neff, & Van Gucht, 2011)	students (18–28yrs). <b>Sample 2</b> N=185 participants via email (18–64yrs). <b>Sample 3</b> N= 415 Texas students 18–42yrs)			0.87. Correlations between the long- and short-form subscales are $r = 0.89$ for Self-Kindness, $r = 0.90$ for Self-Judgement, $r = 0.91$ for Common Humanity, $r = 0.93$ for Isolation, $r = 0.89$ for Mindfulness and $r = 0.89$ for Over-Identification.	the full SCS. Also, no substantial loss in terms of internal consistency for total scores. CFA showing shortened SCS with same higher-order factor structure as the original full scale with a ‘general’ higher-order self-compassion factor and six second-order factors corresponding to the six facets of self-compassion. Good psychometric properties were observed for the English SCS–SF as for the Dutch SCS–SF.
11.	(Van Dam, Earleywine, & Danoff-Burg, 2009)	N=283 Meditators & N= 64 Non meditators	Not Applicable	Differential item functioning. Current analytic approach. . Differences in positive	t-test value for meditators & non meditators groups = 1.10&7.40* respectively.	Higher scores on the FFMQ of meditators than non-meditators. The correlation between positively and

				and negative items. FFMQ and demographics.		negatively worded items was substantially larger in meditators.
12.	(Beaumont, Durkin, Hollins Martin, & Carson, 2016)	N = 54	Not Applicable	: (1) Professional Quality of Life Scale; (2) Self-Compassion Scale; (3) short Warwick and Edinburgh Mental Well-being Scale; (4) Compassion For Others scale	Shows that student counsellors and student cognitive behavioural psychotherapists who reported high on measures of self-compassion and well-being also reported less compassion fatigue and burnout.	Can be implied for developing new approaches in counselling and psychotherapy training. The practice of self-compassion could help student practitioners manage symptoms and subsequently improve their professional quality of life.
13.	(Sirois, Kitner, & Hirsch, 2015)	N=3252	Not Applicable	Self-Compassion Scale. Positive and Negative Affect Schedule (PANAS). Wellness Behaviours Inventory.	Self-compassion was positively associated with the practice of health-promoting behaviour. Tests of the indirect effects of selfcompassion on health behaviors	Self-compassion may be an important quality to cultivate for promoting positive health behaviours, due in part to its association with adaptive emotions.

					through positive and negative affect with multiple mediator analyses revealed small effects for each	
14.	(Duarte, Pinto-Gouveia, & Cruz, 2016)	N= 280	Not Applicable	e (Professional Quality of Life), empathy (Interpersonal Reactivity Index) and selfcompassion (Self-compassion Scale	Correlations and regression analyses showed that empathy and self-compassion predicted the three aspects of professional quality of life. Empathic concern was positively associated with compassion satisfaction as well as with compassion fatigue. Mediation models suggested that the negative components of self-compassion explain	Self-compassion might be protective for compassion fatigue whereas high levels of affective empathy may be a risk factor. Teaching self-compassion and self-care skills may be an important feature in interventions that aim to reduce burnout and compassion fatigue.

					some of these effects, and self-kindness and common humanity were significant moderators. The same results were found for the association between personal distress and compassion fatigue.	
15.	(Iskender, 2009)	N =390	Not Applicable	Self-Compassion Scale, the Self-Efficacy Scale, and the Control Belief for Learning Scale	. Results showed that there were no significant gender differences in self-compassion, self-efficacy, and control belief for learning. In correlation analysis, self-kindness correlated positively with self-efficacy and control belief for learning; self-judgment had a negative correlation with self-	Over- identification had a Negative correlation with self-efficacy and self-kindness whereas positive correlations with self-judgment and isolation.

					efficacy.	
16.	(Newsome, Waldo, & Gruszka, 2012)	N=31	Not Applicable	Perceived Stress Scale, the Mindfulness Attention Awareness Scale, and the Self-Compassion Scale	Perceived stress significantly decreased, and mindfulness and self-compassion significantly increased in response to the group.	MBSR group work with people receiving training to reduce stress and increase mindfulness & self-compassion.
17.	(Van Dam, Sheppard,	N= 504	Not Applicable	Mindful Attention Awareness Scale. Self-	Multivariate analyses in the case of the predictors,	Self-compassion is a robust and important predictor of

	Forsyth, & Earleywine, 2011)			compassion scale. The Beck Anxiety Inventory. Beck Depression Inventory. Quality of life inventory (QOLI). The Penn State Worry Questionnaire (PSWQ.	the SCS had a standardized loading >3 times the size of the loading of the MAAS. Univariate analyses: The combination of the MAAS and SCS was significantly predictive of anxious symptoms	psychological health that may be an important component of MBIs for anxiety and depression.
18.	(Tanaka, Wekerle, Schmuck, & Paglia-Boak, 2011)	N=117	Not Applicable	Childhood Trauma Questionnaire (CTQ, Self-Compassion Scale (SCS. Center for Epidemiologic Studies Depression Scale (CES-D. The General Health Questionnaire (GHQ. The Alcohol Use Disorders Identification Test.	Higher childhood emotional abuse, emotional neglect, and physical abuse were associated with lower self-compassion.	Self-compassion may be a fruitful aspect of research to pursue in an effort to better understand the impact of childhood emotional abuse on adolescent functioning, particularly considering the under-researched group of those receiving child protective services.

# Chapter 4

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## **4. AIMS & OBJECTIVES**

### **AIM OF THE STUDY**

The purpose of the present study is to prepare a Hindi translated version of Self Compassion Scale and assess the psychometric properties of it.

### **OBJECTIVES OF THE STUDY**

- ) To investigate the factor structure, reliability, and validity of the Hindi version of the new questionnaire measure.
- ) To assess the internal consistency of the Hindi version Self Compassion Scale.
- ) To replicate the finding of the English version of Self- Compassion Scale with respect to the Hindi version.

### **HYPOTHESIS**

- ) Hindi version of the Self Compassion Scale will confirm adequate internal consistencies as well as construct validity as same in the original scale.
- ) High compassion would be associated with higher levels of wellbeing.
- ) High compassion would be associated with higher levels of mindfulness.
- ) High compassion would be associated with lesser levels of depression.

### **NUL HYPOTHESIS**

Hindi version of the Self Compassion Scale doesn't confirm adequate internal consistency as well as construct validity as the same in original scale.

# Chapter 5

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## **5. METHODS**

### **SAMPLE SIZE**

Participants were 370 adults (196 females and 174 males). Participant age ranged from 18 to 34 years with a mean age of 24.58 years (SD=4.03). All participants who chose to enrol in the study, informed consent was obtained, and their responses were confidential and anonymous.

### **SOURCE OF SUBJECT**

Participants are to be recruiting from different schools and colleges of Bihar, India.

### **INCLUSION CRITERIA**

- ) Age: 18-35 years
- ) Both Genders
- ) Those who all are willing to give consent.
- ) Students who can read and understand Hindi well.

### **EXCLUSION CRITERIA**

- ) Students who are not willing to participate in the study.
- ) Students those who cannot read and understand Hindi.

### **ETHICAL CONSIDERATION**

Informed consent of the respondents was collected, voluntary nature of participation was ensured and confidentiality was assuring as part of the research process.

### **DESIGN OF THE STUDY**

Cross Sectional Design

### **PREPARATION OF HINDI VERSION SELF COMPASSION SCALE**

First draft of 26 items SCS was translated from English into Hindi by two native Hindi-speaking experts. Afterward, this translation was back-translation independently by two

bilingual experts (both native Hindi speaking). The original and back-translated versions were equated and deliberated by the authors, psychologist and the back-translator.

Finally, agreed on a common translation. Before preliminary study, the questionnaire was administered to a few emerging adults to evaluate its clarity and acceptance.

## **VARIABLES STUDIED**

### ***Socio Demographic Questionnaire***

A socio-demographic check list was developed for this study to document the following: education, gender and age.

### ***Self-Compassion Scale: -***

The SCS includes six subscales: Self-Kindness (5 items, e.g., ‘I try to be understanding and patient towards those aspects of my personality I don’t like’); SelfJudgment (5 items, e.g., ‘I’m disapproving and judgmental about my own flaws and inadequacies’); Common Humanity (4 items, e.g., ‘I try to see my failings as part of the human condition’); Isolation (4 items, e.g., ‘When I think about my inadequacies it tends to make me feel more separate and cut off from the rest of the world’); Mindfulness (4 items, e.g., ‘When something painful happens I try to take a balanced view of the situation’); and Over-Identification (4 items, e.g., ‘When I’m feeling down I tend to obsess and fixate on everything that’s wrong’).

As author of the scale gives the freedom to use her Self -Compassion Scale in research work for making dissertation or thesis she further explain that one can examine the six subscales separately or else as an overall score. For the purposes of study, only total self-compassion scores were analyzed. Responses on the SCS are given on a 5-point scale ranging from ‘Almost Never’ to ‘Almost Always,’ with higher scores representing greater self-compassion.

### **Internal Consistency**

Validation studies have reported internal consistency (alpha) coefficients for the 26-item SCS = .92.

### **Reliability**

Test–retest correlations were as follows: Self-Compassion Scale (overall score): .93; Kindness subscale: .88; Self-Judgment subscale: .88; Common Humanity subscale: .80; Isolation subscale: .85; Mindfulness Subscales: .85; and Over-Identification subscale: .88.

The SCS demonstrates concurrent validity (e.g., correlates negatively with self-criticism), convergent validity (SCS scores are significantly correlated with therapist ratings of self-

compassion), discriminant validity (e.g., no correlation with social desirability or narcissism), (Neff et al., 2007)

***Mindful Attention Awareness Scale:*** - The MAAS (Brown & Ryan, 2003) is a 15-item single-dimension measure of trait mindfulness. The MAAS measures the frequency of open and receptive attention to and awareness of ongoing events and experience. Response options ranged from 1 (almost never) to 6 (almost always). Example items include “I find it difficult to stay focused on what’s happening in the present,” “I could be experiencing some emotion and not be conscious of it until sometime later,” and “I rush through activities without being really attentive to them.” One item was modified to make it appropriate for adolescents: we changed the item “I drive places on ‘automatic pilot’ and then wonder why I went there” to “I go places on ‘automatic pilot’ and then wonder why I went there.” Item scores were reverse-coded making higher scores indicate a greater degree of mindfulness.

#### **Internal Consistency**

Good internal consistency was found for the original MAAS in a student sample  $\alpha = 0.82$  and in a general adult sample  $\alpha = 0.87$ .

#### **Reliability**

Test–retest reliability of the MAAS was also good ( $r = 0.81$ )

***The Short Depression-Happiness Scale:*** - The SDHS was developed by (Joseph et al., 2004). In its original form, the scale had 25 items. The SDHS is a six-item scale. There are 3 negative statements and 3 positive statements.

#### **Internal Consistency**

Factor coefficients of scale items ranged between .70 and .85. The reliability coefficient was reported as .86

#### **Reliability**

The SDHS was found to correlate with the Oxford Happiness Inventory  $r = .59$  and the Beck Depression Inventory  $r = -.68$ . The SDHS scores were significantly and positively associated with extraversion  $r = .58$  and agreeableness  $r = .42$  and negatively associated with neuroticism  $r = -.79$ . Associations with conscientiousness and openness to experience were not significant.

***The Short Warwick-Edinburgh Mental Well-being scale:*** - The 7 items in the SWEMWBS were originally drawn from the full version of the WEMWBS. Each item is scored on a 5-point Likert-type scale ranging from ‘None of the time’ to ‘all of the time’. The items in the SWEMWBS contain more indicators of eudemonic well-being than hedonic well-

being(Tennant et al., 2007)showed that the SWEMWBS was robust in Rasch model analysis, and produced less item bias. The metric score for SWEMWBS ranges from 7 to 35, where the highest score indicates greater mental well-being.

### **DATA EXTRACTION**

- ) Self-compassion score was calculated for each participant by reverse coding responses to the negatively worded items comprising the self-judgment(Q.no.5,12,19,23,26), isolation(Q .no. 4,13,18,25), and over-Identification (Q. no. 2,6,20,24). Then calculating the means for each of the six subscales, and finally summing the means to create a total self-compassion score.
- ) Mindfulness Attention Awareness Scale, summation of all the questions.
- ) Short depression and happiness scale calculated like this. Question number 1, 3 and 6 is reversing score (0=3, 1=2, 2=1, and 3=1). Further total score was obtained by adding up all the questions.
- ) Short Warwick-Edinburg Mental Well-Being Scale total score was obtained by adding up all the questions.

### **DATA ANALYSIS**

All statistical analyses were performed using SPSS version 16.0 (SPSS Inc., Chicago, IL, USA). Computation of internal consistency (Cronbach's alpha) was done across the samples. For the construct validity, Pearson correlation coefficients were calculated for (convergent validity) and discriminant validity.

# Chapter 6

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## 6. RESULTS

### DESCRIPTIVE STATISTICS

**Table 1: Descriptive Statistics**

Descriptive Statistics for Age						
Age	N	Mean	SD	Min	Max	Med
Male	174	21.58	4.26	18	34	20
Female	196	26.33	3.84	18	31	19
Total	370	24.58	4.03	18	34	23

The total sample was 370 of which 176 were males and 194 were females. The overall age range was 18 to 35 for the overall sample with the mean 24.58 ages and the Standard deviation being 4.03 ages. The mean age and standard deviation for males were 20.53 & 3.69. and for females it was 21.42 and 4.12.

### Frequencies for Qualitative Variables

**Table 2: Frequencies of Educational Status**

Educational Status					
Gender	PG	Percent	UG	Percent	Total
Male	42	24.13	132	75.86	174
Female	30	15.30	166	84.69	196
	72		298		370

The total number of undergraduates in males was 132(75.86%) whereas the total number of undergraduates in females was 166(84.69%). The total number of post graduates in males was 42(24.13%) whereas the total number of graduates in females was 30 (15.30%).

**Table 3: Marital Status**

<b>Marital Status</b>					
Gender	Unmarried	Percent	Married	Percent	Total
M	132	75.86	42	24.13	174
F	113	57.65	83	42.34	196
					370

The total numbers of unmarried males were 132(75.86%) whereas the total numbers of married males were 42(24.13%). The total numbers of unmarried female were 113(57.65%) whereas the total numbers of married females was 83(42.34%).

**Table 4: Currently ill**

<b>Currently ill</b>					
Gender	Not ill	Percent	ill	Percent	Total
M	156	89.65	18	10.34	174
F	183	93.36	13	6.63	196
					370

The total numbers of males not ill were 156 (89.65%) whereas the total number of males ill was 18(10.5%). The total numbers of females not ill were 183(93.39%) whereas the total numbers of females ill were 13 (6.63%).

**Table 5: Practicing Yoga**

<b>Practicing Yoga</b>					
Gender	No	Percent	Yes	Percent	Total
M	166	95.40	8	4.59	174
F	192	97.95	4	2.04	196
					370

The total number of males not practicing yoga was 166(95.40%) whereas the total number of males practicing yoga 8(4.59%). The total numbers of females not practicing yoga were 192(97.95%) whereas total numbers of females practicing yoga were 4(2.04%).

**Table 6: Cronbach's alpha**

<b>Variables</b>	<b>Mean</b>	<b>SD</b>	<b>Cronbach's alpha</b>
Self-Compassion Scale(SCS)	86.08	11.39	0.67
Mindfulness(MAAS)	55.66	11.47	0.70
Wellbeing(SWEMWBS)	25.10	4.277	0.62
Happiness Depress(SDHS)	18.14	3.44	0.63

SCS: Self-Compassion Scale  
MAAS: Mindfulness Attention awareness Scale  
SWEMWBS: Short Warwick-Edinburgh mental well being scale  
SDHS: Short Depression Happiness Scale

The internal consistency (Cronbach's alpha) was calculated for all the scales. Table 6 reports the Cronbach's alpha values for all the measures. The values showed moderate level of internal consistency of translated scale Self-Compassion Scale i.e., 0.67. Also, the Cronbach's alpha values for other scales Mindfulness Attention awareness Scale

(MAAS), Short Warwick-Edinburgh mental well being scale (SWEMWBS) and Short Depression Happiness Scale (SDHS) are 0.70, 0.62 and 0.63 respectively.

**Table 7: Raw Alpha for all individual items**

Cronbach Alpha	
Overall	raw alpha
SCS_1	0.64
SCS_2	0.64
SCS_3	0.69
SCS_4	0.64
SCS_5	0.68
SCS_6	0.63
SCS_7	0.68
SCS_8	0.63
SCS_9	0.64
SCS_10	0.70
SCS_11	0.62
SCS_12	0.64
SCS_13	0.65
SCS_14	0.69
SCS_15	0.66
SCS_16	0.63
SCS_17	0.67
SCS_18	0.64
SCS_19	0.62
SCS_20	0.65
SCS_21	0.68
SCS_22	0.64
SCS_23	0.71
SCS_24	0.63
SCS_25	0.64
SCS_26	0.66

Table 7 shows the raw alpha scores for the individual items for the SCS questionnaire.

**Table 8: Cronbach alpha (SCS Sub Scales)**

Sub Scales	Raw alpha	Std. alpha	Mean	SD
Self-Judgement Items	0.519	0.529	17.13	14.56
Common Humanity Items	0.471	0.462	10.89	11.744
Isolation Items	0.50	0.492	12.28	10.287
Self-Kindness Items	0.31	0.38	17.29	2.87
Mindfulness Items	0.173	0.177	15.43	7.248
Over-identified Items	0.620	0.626	13.06	14.470

Table 8 shows the raw alpha scores, standard alpha, mean and standard deviation for the factors, for the SCS questionnaire.

### Correlation Analysis

The inter correlations results are summarized in the table 9.

Table 9. Pearson's correlation coefficient for all measures				
(n = 370)	SCS	SDHS	SWEMWBS	MAAS
SCS	1	-.065	.022	.016
MAAS	.035	1	.145**	.203**
SWEMWBS	.022	.145**	1	-.065
SDHS	.016	.203**	-.065	1

SCS: Self-Compassion Scale  
MAAS: Mindfulness Attention awareness Scale  
SWEMWBS: Short Warwick-Edinburgh mental well being scale  
SDHS: Short depression happiness scale

\*\* . Correlation is notable at the 0.01 level (2-tailed).

Table 9 shows the correlation of SCS with other questionnaires. It shows SWEMWBS and MAAS are positively correlated with SCS. Further, SCS is showing positive correlation with SDHS. The correlation between MAAS and SCS  $r=.016$  and SDHS and SCS  $r=-.065$  were exponentially significant. However, the correlation between SWEMWBS and SCS  $r=.022$  was not significant.

# Chapter 7

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## 7. DISCUSSION

The aim of the present study was to translate and initial validation of Self-Compassion Scale into Hindi. The Cronbach's alpha .67 indicates moderate internal consistency. Construct validity of the SCS was adequate, as shown by the correlations between happiness and depression as positively related constructs and further, negatively related construct with mindfulness and well being. The results were in line with previous studies.

Internal consistency of Hindi SCS is in accordance with previous reports. Further, the Hindi version of the Self-Compassion Scale has satisfactory validity. The desired result could not be achieved may be due to lack of motivation among the participants, lengthiness of Scale and lack of samples. There is a future scope of the same research to be done again. Further, to some extent the questionnaire can be recommended for use as a trait-measure of self compassion among Indian adults.

**Table 6: Description of SCS and Cronbach's for each facet of Hindi versions of SCS (n=370)**

Variable	Alpha a	Alpha b	Alpha c	Alpha d	Alpha e	Alpha f	Alpha g	Alpha h	Alpha i	Alpha j
SCS	.67	.92	.94	.87	.86	.85	.87	.92	.91	.86

<sup>a</sup>Cronbach's for SCS-Hindi version. <sup>b</sup>Cronbach's for SCS-Turkish version, <sup>c</sup>Cronbach's for SCS-French version, <sup>d</sup>Cronbach's for SCS-German version and <sup>e</sup>Cronbach's for SCS-Greek version, <sup>f</sup>Cronbach's for SCS-Chinese, <sup>g</sup>Cronbach's for SCS-Spanish, <sup>h</sup>Cronbach's for SCS-Brazil, <sup>i</sup>Cronbach's for SCS-Slovenian, <sup>j</sup>Cronbach's for SCS-Slovak.

Internal consistency of Hindi version Self Compassion Scale is in accordance with previous reports is 0.67. Further, the Hindi version of the Self Compassion Scale had satisfactory validity. Future research should examine the factor analysis to assess the structural validity of the Hindi version of the Self- Compassion Scale. Also, shorter version of the Self

Compassion Scale should be explored to understand the compassion from ancient Indian scriptures.

# Chapter 8

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## **8. APPRAISAL**

### **SUMMARY OF THE FINDINGS**

In summary, the current study found that the Hindi version Self- Compassion Scale has moderate reliability and satisfactory construct validity.

### **LIMITATIONS OF THE STUDY**

The present study suffers from several limitations. The sample in this study consisted solely of early adulthood, which limits the generalize ability of the present findings. Factor analysis and test-retest reliability were not tested.

### **SUGGESTIONS FOR FUTURE STUDIES**

Future studies should evaluate the psychometric properties of the questionnaire in general-population samples and clinical samples. Further explore the development of shorter version of the scale. Future studies should explore the factor analysis to assess the structural validity of the Hindi version of the Self- Compassion Scale especially.

### **CONCLUSION**

In summary, the current study the Hindi version of the Self-Compassion Scale has satisfactory validity. Further, research should again check its psychometric properties for Hindi version of SCS among Indian population keeping in consideration the translation process properly and good administration.

# Chapter 9

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# Chapter 10

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## 10. APPENDIX

### DEMOGRAPHIC & INFORM CONCERN SHEET

1. Gender: \_\_\_\_\_ 2. Age: \_\_\_\_\_  
3. Education: \_\_\_\_\_ 4. Marital Status: \_\_\_\_\_  
5. Are you currently **ill**? Yes \_\_\_\_\_ No \_\_\_\_\_  
6. Are you practicing any Yogic techniques (e.g. Asana, Pranayama, mindfulness, meditation, etc.) Yes [  ] No [  ]  
If **YES**, please state the practices..... & **how often** do you practice? Only in times of real need [  ] 1-2 times a year [  ] Once a month [  ] Weekly [  ] Daily [  ]  
If **NO**, Are you interested to learn any **Yogic techniques** (Asana, Pranayama, Meditation, etc.) Yes [  ] No [  ]  
7. How important is **spirituality** in your life? (1 = very low to 5 = very high) 1 2 3 4 5

By signing this form, I am agreeing that I am 18 years of age or older and am agreeing to participate in this project voluntarily.

Date:

Participant's Signature

**funsZ'k&**uhps vkids nSfud thou ds vuqHkoksA ls tqMs dqN okD; fn;s x;s gSaA fuEufyf[kr  
1&5 ekiu ds vuqlkj d`lk;k ;g bafxr dhft, fd vki fdruh ckjackjrk mUgs vuqHko djrs gSaA  
d`lk;k ;g crk;sa fd vki dSlk vuqHko djrs gSa u fd vki D;k lksprs gks fd vkidk vuqHko dSlk  
gksuk pkfg;sa d`l;k gj ,d okD; dks nwljs okD;ksa ls vyx eku ds mRrj nhft,A

**¼ 1- dHkh ugh] 2- cgqr de ckj]] 3- dHkh dHkh] 4- cgqr ckj] 5- ges'kk] ½**

1-eSa vius xyrh vkSj v;ksX;rk dks ys dj vius&vki ls vlarq"V gwWA 1 2 3 4 5

2-tc eSa mnkl eglwl djrk gwW rks eSa mu lHkh xyh phtksa esa vius&vki dks Mqck gqvk  
xz"r eglwl djrk gwWA 1 2 3 4 5

3-tc gkykr esjs fy, dkQh cqjk gks tkrk gS rks esjs thou esa dkQh ijs'kkuh;k vkrh gS vkSj  
lHkh esjs vius ns[k dj xqtj tkrs gSA 1 2 3 4 5

4- tc eSa vius deh;ksa ds ckjs esa lksprk gwW rks eSa vius&vki dks nqfu;k ls vyx vkSj  
tqnk jgus dks eglwl djrk gwWA 1 2 3 4 5

5-eSa vius&vki dks l;kj djuk pkgrk gwW tc eSa vius&vki esa nnZ Hkjk eglwl djrk gwWA  
1 2 3 4 5

6-tc eSa fdlh pht esa vlQy gksrk gwWa tks esjs fy, t:jh gks] rks eSa vius deh;ksa ls u"V  
gksrk gqvk eglwl djrk gWwA 1 2 3 4 5

7-tc eSa vius&vki dks fupk vkSj vyx eglwl djrk gWw rks eq>s /;ku vkrk gS fd esjs tSlS bl  
nqfu;k esa vkSj Hkh dksbZ yksx gSA 1 2 3 4 5

8-tc le; cgqr dfBu pyrk gS] rks eSa vius vki dks Mqck gqvk eglwl djrk gWwA 1 2 3 4 5

9- tc dksbZ eq>s fujk'k djrk gS rks eSa vius Hkkoukvksa dks laHkkyus dh dksf'k'k djrk  
gWqA 1 2 3 4 5

10-tc eS dqN ekeyksa esa v;ksX; eglwl djrk gwW rks eSa vius&vki esa ;kn djus dh  
dksf'k'k djrk gwW fd cgqr lkjs yksxksa }kjk eq>s esjs dfe;ksa dk ,glkl fnyk;k tkrk gSA 1 2  
3 4 5

11-eSa vius O;fDrRo dks ysdj dqN ekeyks esa /kS;Z vkSj cjkLr ugha dj ldrkA 1 2 3 4 5

12-tc eS cgqr cqjs oDr ls xqtj jgk gksrk gwW rks eSa vius&vki dks dkeyrk ls izksRlkgu  
djrk gWwa ftldh eq>s t:jr gksrh gSA 1 2 3 4 5

13-tc eSa mnkl eglwl djrk gWw rks eSa ,slk eglwl djrk gwW fd nqfu;k esa vkSj yksx esjs  
ls T;knk [kq'k jgrs gSA 1 2 3 4 5

14-tc dqN nnZ Hkjk gksrk gS rks eSa fLFkrh ds vuqlkj larqyu cuk;s j[kus dh dksf'k'k djrk  
gWwA 1 2 3 4 5

15-eS vius vIQyrk dks ekuo voLFkk ds :i esa ns[kus dk iz;kl djrk gWqA 1 2 3 4 5

16-tc eSa dksbZ pht pkgrk gwW vkSj og eq>s ugha feyrk gS rks eSa vius&vki esa fujk'k eglwl djrk gWwA 1 2 3 4 5

17-tc eSa fdlh vko';d dke esa vIQy gksrk gWw rks eSa mls laHkkouk ds :i esa ns[krk gWwA 1 2 3 4 5

18-tc eSa okLro esa la?kZ" k dj jgk gksrk gwWa rks eSa eglwl djrk gwW fd vU; ykssax Hkh bls vklku le; O;rhr djrsa gksxsaA 1 2 3 4 5

19-eSa vius vki ds izfr n;kyq gwW tc eSa cqjs oDr ls xqtj jgk gksrk gwWA 1 2 3 4 5

20-tc dksbZ eq>s fujk'k djrk gS rks eSa vius Hkkoukvksa ds ne ij vkxs c<+rk gWwA 1 2 3 4 5

21-tc eSa cgqr gh cqjs oDr ls IQj djrk gwW rks esjk fny cSBk gqv eglwl djrk gSA 1 2 3 4 5

22-tc eSa vius&vki esa mnkl eglwl djrk gWw rks eSa vius ftKklk vkSj [kqys Hkkoukvksa rd igwWpus dk iz;kl djrk gWwA 1 2 3 4 5

23-eSa vius xyrh;ksa vkSj dfe;ksa ds fy, cjkLr djrk gWwA 1 2 3 4 5

24-tc esjs lkFk dqN nnZ Hkjk gksrk gS rks eq>s vius ?kVuk dks ysdj vk?kkr¼pksV½ eglwl gksrk gSA 1 2 3 4 5

25-tc eSa fdlh pht esa vIQy gksrk gWw tks esjs fy, t:jh gS rks eq>s vius vIQyrk ij vdsykiu eglwl gksrk gSA 1 2 3 4 5

26-eq>s vius O;fDrRo dks ysdj le> vkSj /kS;Z cuk;s j[kus dh dksf'k'k djrk gWwA 1 2 3 4 5

**funsZ'k&**uhps vkids nSfud thou ds vuqHkoksa ls tqMs dqN okD; fn;s x;s gSaA fuEufyf[kr  
1&6 ekiu ds vuqlkj d`lk;k ;g bafxr dhft, fd vki fdruh ckjackjrk mUgs vuqHko djrs gSaA  
d`lk;k ;g crk;sa fd vki dSlk vuqHko djrs gSa u fd vki D;k lksprs gks fd vkidk vuqHko dSlk  
gksuk pkfg;sa d`l;k gj ,d okD; dks nwljs okD;ksa ls vyx eku ds mRrj nhft,A

**¼ 1- yxHkx ges'kk] 2- cgqr T;knkckj] 3- dHkh dHkkj] 4- de ckj] 5- cgqr de ckj] 6-  
yxHkx dHkh ugh a½**

1- eSa fdlh Hkkouk dks eglwl dj jgk gksrk@jgh gksrh gWwa vkSj dqN nsj ckn gh eq>s  
mls ckjs esa ,glk gksrk gSA

1 2 3 4 5 6

2- eSa viuh ykijokgh] mfpr /;ku uk nsus ;k fdlh vkSj fo"k; ij lkspus ds dkj.k dk;Z@phtksa  
dks fcxkM+@rksM ysrk@ysrh gWwa A

1 2 3 4 5 6

3- tks dqN orZeku esa gksrk gS ml ij eSa /;ku dsafnzs ugha dj ikrk@ikrh gWwa A

1 2 3 4 5 6

4- tc eSa dgha tk jgk gksrk@gksrh gWwa rks eSa rst j¶rkj ls pyrk@pyrh gWwa vkSj jkLrs  
ds vuqHkoksa ij /;ku ugha nsrk@nsrh gWw A

1 2 3 4 5 6

5 eSa 'kkjhfd ruko vkSj d"V dks rc rd eglwl ugha djrk@djr gWwa tc rd og esjk /;ku uk  
[khps A

1 2 3 4 5 6

6- tSlS gh eq>s igyh ckj fdlh O;fDr dk uke crk;k tkrk gS] eS dqN {k.k ckn gh ml O;fDr dk  
uke Hkwy tkrk@tkrh gWwa A

1 2 3 4 5 6

7- ,slk izrhr gksrk gS fd fcuk psrukiwoZd ;g tkus fd eSa D;k dj jgk@jgh gwWa] eSa  
\*Lopkfyfyr\* :i ls dk;Z djrk jgrk@jgrh gwi A

1 2 3 4 5 6

8- eSa dk;ksZa dks tYnckth esa fcuk vf/kd /;ku fn, gq, djrk@djrj gwiA

1 2 3 4 5 6

9- eSa vius y{; dh izkflr ds fy, bruk eXu gks tkrk@tkrh gWwa fd ;g Hkwy tkrk@tkrh  
gWwa fd eSa vius y{; rd igqWpus ds fy;s bl le; ¼orZeku esa½ D;k dj jgk@jgh gWaw A

1 2 3 4 5 6

10- eSa dk;Z ;k fu;qDr deZ dks Lopkfyfyr <ax ls djrk@djrj gwi fcuk ;g /;ku fn;s fd eSa D;k  
dj jgk@jgh gwiA

1 2 3 4 5 6

11- eSa fdlh dh ckr dks ,d dku ls lqurs gq, nqljh vksj viuk dk;Z Hkh djrk@djrj jgrk@jgrh  
gwii A

1 2 3 4 5 6

12- eSa Lor% gh fofHkUu LFkkuksa ij igqWap tkrk@tkrh gWwa vksj fQj vk'pZ;pfd  
gksrk@gksrh gWwa fd eSa ogkWa D;ksa igqWapk@igqWaph A

1 2 3 4 5 6

13- eSa vius vki dks Hkfo"; ;k Hkwr dh ckrksa esa iwokZf/kd`r ikrk@ikrh gWwa A

1 2 3 4 5 6

14- eSa vius vkidks fcuk /;ku fn, dk;Z djrs gq, ikrk@ikrh gwiA

1

2 3 4 5 6

15- eSa uk'rk ¼LusDI½ [kkrk@[kkrh gWwa ;s /;ku fn;s fcuk fd eSa [kk jgk@jgh gWwaA

1 2 3 4 5 6

**,lOMCyw0bZ0,e0MCyw0ch0,l0**

uhps dqN okD; fn, x;s gSa tks Hkkoukvksa vkSj fopkjks ds ckjs esa gSaA —  
i;k fn, x;s lkjkh esa fpUg yxk, tks fiNys nks llrkg esa vkids vuqHko dk lcls vPNh rjg  
o.kZu djrk gSA

¼ 1- dHkh ugha] 2- dHkh dHkkj] 3-dHkh&dHkh] 4- vf/kdre] 5- ges'kk]a½

1- eSa Hkfo'; ds ckjs esa vk'kkoknh jgk gwiA

1 2 3 4 5

2- eSa [kqn dks mi;ksxh le>rk jgk gwiA

1 2 3 4 5

3- eSa vkjkensg eglwl djrk jgk gwiA

1 2 3 4 5

4- eSa leL;kvksa dk vPNs <ax ls lkeuk djrk jgk gwiA

1 2 3 4 5

5- eSa Li'V lksprk jgk gwiA

1 2 3 4 5

6- eSa nwljs yksxksa ds lkFk utnhdh eglwl djrk jgk gwiA

1 2 3 4 5

7- eSa oLrqvksa ds ckjs esa vius eu dks fuf'pr djus esa leFkZ jgk gwiA

1 2 3 4 5

**,lOMh0,p0,l0**

uhps fn, dqN okD;ksa esa ykx dSlk vuqHko djrs gS fn;k x;k gSA —i;k gj ,d dks i<+s vkSj tks vki dk vuqHko vkt dks “kkfey dj ds fiNys lkr fnuksa esa jgk ml oxZ esa fpUg vafdr dhft,A

dqN okD; ldkjkRed Hkkoukvksa dks n’kkrs gSa] dqN udkjkRed Hkkoukvksa dksA vkus fiNys lkr fnuksa esa vyx&vyx le; ij ldkjkRed ,oa udkjkRed le; ij ldkjkRed ,oa udkjkRed Hkkoukvksa dk vuqHko fd;k gksxkA

**¼ 1- dHkh ugha] 2- dHkh dHkkj] 3-dHkh&dHkh] 4- vf/kdre] a½**

- 1- eSa ,slk eglwl djrk gwj fd eSa vius thou esa vlarq’V jgk gwjA  
1 2 3 4
- 2- eSa Lo;a dks lq[kh eglwl djrk jgk gwjA  
1 2 3 4
- 3- eq>s mnklh dk vuqHko jgk gSA  
1 2 3 4
- 4- eq>s yxk gS fd eSa tSlk gwj mlh esa] eSa cgqr izQqfYyr FkkA  
1 2 3 4
- 5- eq>s yxk fd thou vkuUne; jgkA 1 2  
3 4
- 6- eq> yxk fd thou vFkZghu FkkA 1 2  
3 4

<b>GENDER</b>	<b>AGE</b>	<b>EDUCATION</b>	<b>MARITAL_STATUS</b>	<b>CURRENTLY_ILL</b>	<b>PRACTISING_YOGA</b>	<b>IMP_SPRITUALITY</b>
M	32	GRAD	Married	No	No	5
F	24	B.A	Married	No	No	3
M	33	I.Sc	Married	No	No	4
F	20	B.A	Single	No	Yes	4
M	21	GRAD	Single	No	No	3
M	22	B.A	Single	No	No	5
M	19	I.Sc	Single	No	No	5
M	25	B.E	Single	No	No	4
M	34	I.Sc	Married	No	No	3
F	27	GRAD	Married	No	No	2
M	22	B.A	Single	Yes	No	3
F	23	D.El.Ed	Single	No	No	3
F	30	I.Sc	Married	No	No	1
F	22	B.A.	Single	No	No	5
M	32	B.A.	Married	No	No	3
F	22	I.Sc	Single	No	No	3

M	24	B.A.	Single	No	No	1
F	25	B.E.	Single	No	No	3
F	28	B.Sc	Married	No	No	4
M	33	M.Sc.	Married	No	Yes	5
F	28	B.A.	Married	No	No	1
F	25	I.Sc	Single	Yes	No	3
F	34	I.Sc	Married	No	No	3
F	33	B.A.	Married	No	Yes	4
M	30	I.Sc	Married	No	No	3
F	21	I.Sc	Single	No	No	5
F	20	I.Sc	Single	No	No	5
F	29	I.Sc	Single	No	No	2
F	20	D.El.Ed	Single	No	No	3
F	25	B.A	Married	No	No	3
M	29	I.Sc	Married	No	No	4
M	27	Dis.Mgmt	Married	No	Yes	4
M	27	I.Sc	Single	No	Yes	4

M	25	I.Sc	Married	No	Yes	3
M	25	GRAD	Single	No	Yes	5
M	27	M.A.	Single	Yes	No	4
F	28	GRAD	Married	No	No	3
F	27	GRAD	Married	No	No	4
F	28	M.A.	Married	No	No	2
M	19	GRAD	Single	No	Yes	5
M	24	B.Sc	Single	No	No	5
M	23	B.A.	Single	No	No	5
F	21	GRAD	Single	No	No	3
M	22	B.Sc	Single	No	Yes	4
M	21	B.Sc	Single	No	No	5
F	27	B.A.	Married	No	No	2
F	22	B.A.	Married	No	No	2
M	23	GRAD	Single	No	No	5
M	26	B.A.	Single	No	No	3
M	23	GRAD	Single	No	No	1

F	22	B.Sc	Single	No	No	3
F	20	I.Sc	Single	No	No	5
F	22	I.A.	Married	No	No	2
F	22	B.A.	Single	No	No	3
F	22	B.A.	Married	No	Yes	4
F	20	I.Sc	Single	No	No	3
M	22	GRAD	Single	No	No	3
F	31	GRAD	Married	No	No	3
M	21	B.A.	Single	No	Yes	4
F	22	I.Sc	Single	No	Yes	3
F	23	I.Sc	Married	Yes	No	3
F	20	I.A.	Single	No	No	4
F	20	I.A.	Single	No	Yes	5
M	23	I.Sc	Married	No	No	5
F	21	I.A.	Married	No	No	2
F	23	GRAD	Single	No	No	1
F	23	GRAD	Single	No	No	1

M	19	I.Sc	Single	No	No	3
F	25	B.Com	Married	No	No	5
M	26	B.Com	Married	No	No	3
F	22	I.Sc	Single	Yes	No	3
M	28	M.A.	Single	No	No	3
M	31	GRAD	Married	No	No	2
M	20	I.Sc	Single	No	No	5
F	20	I.Sc	Single	No	No	5
F	25	M.A.	Married	Yes	Yes	4
F	26	M.A.	Married	No	Yes	5
F	33	M.Sc.	Married	Yes	No	4
F	27	B.Com	Married	No	Yes	3
M	28	B.A.	Married	No	No	4
M	27	I.Sc	Single	No	No	2
M	22	B.A.	Single	No	No	5
M	18	I.Sc	Single	No	No	2
M	20	I.Sc	Single	No	No	3

M	21	I.A.	Single	No	No	1
M	23	B.A.	Single	No	No	5
M	22	I.Sc	Single	No	No	5
F	22	GRAD	Married	No	No	3
M	21	I.Sc	Single	No	No	4
M	25	I.A.	Single	No	Yes	4
M	22	I.Sc	Single	No	No	2
M	26	I.Sc	Single	Yes	No	3
M	25	I.Sc	Married	No	Yes	3
M	25	GRAD	Single	No	Yes	5
M	27	M.A.	Single	Yes	No	4
F	28	GRAD	Married	No	No	3
F	22	B.A.	Single	No	No	3
F	22	B.A.	Married	No	Yes	4
F	20	I.Sc	Single	No	No	3
M	22	GRAD	Single	No	No	3
F	31	GRAD	Married	No	No	3

M	21	B.A.	Single	No	Yes	4
F	22	I.Sc	Single	No	Yes	3
F	23	I.Sc	Married	Yes	No	3
M	33	I.Sc	Married	No	No	4
F	20	B.A	Single	No	Yes	4
F	20	B.A	Single	No	Yes	4
M	32	GRAD	Married	No	No	5
F	24	B.A	Married	No	No	3
M	33	I.Sc	Married	No	No	4
F	20	B.A	Single	No	Yes	4
M	21	GRAD	Single	No	No	3
M	22	B.A	Single	No	No	5
M	19	I.Sc	Single	No	No	5
M	25	B.E	Single	No	No	4
M	34	I.Sc	Married	No	No	3
F	27	GRAD	Married	No	No	2
M	22	B.A	Single	Yes	No	3

F	23	D.El.Ed	Single	No	No	3
F	30	I.Sc	Married	No	No	1
F	22	B.A.	Single	No	No	5
M	32	B.A.	Married	No	No	3
F	22	I.Sc	Single	No	No	3
M	24	B.A.	Single	No	No	1
F	25	B.E.	Single	No	No	3
F	28	B.Sc	Married	No	No	4
M	33	M.Sc.	Married	No	Yes	5
F	28	B.A.	Married	No	No	1
F	25	I.Sc	Single	Yes	No	3
F	34	I.Sc	Married	No	No	3
F	33	B.A.	Married	No	Yes	4
M	30	I.Sc	Married	No	No	3
F	21	I.Sc	Single	No	No	5
F	20	I.Sc	Single	No	No	5
F	29	I.Sc	Single	No	No	2

F	20	D.El.Ed	Single	No	No	3
F	25	B.A	Married	No	No	3
M	29	I.Sc	Married	No	No	4
M	27	Dis.Mgmt	Married	No	Yes	4
M	27	I.Sc	Single	No	Yes	4
M	25	I.Sc	Married	No	Yes	3
M	25	GRAD	Single	No	Yes	5
M	27	M.A.	Single	Yes	No	4
F	28	GRAD	Married	No	No	3
F	27	GRAD	Married	No	No	4
F	28	M.A.	Married	No	No	2
M	19	GRAD	Single	No	Yes	5
M	24	B.Sc	Single	No	No	5
M	23	B.A.	Single	No	No	5
F	21	GRAD	Single	No	No	3
M	22	B.Sc	Single	No	Yes	4
M	21	B.Sc	Single	No	No	5

F	27	B.A.	Married	No	No	2
F	22	B.A.	Married	No	No	2
M	23	GRAD	Single	No	No	5
M	26	B.A.	Single	No	No	3
M	23	GRAD	Single	No	No	1
F	22	B.Sc	Single	No	No	3
F	20	I.Sc	Single	No	No	5
F	22	I.A.	Married	No	No	2
F	22	B.A.	Single	No	No	3
F	22	B.A.	Married	No	Yes	4
F	20	I.Sc	Single	No	No	3
M	22	GRAD	Single	No	No	3
F	31	GRAD	Married	No	No	3
M	21	B.A.	Single	No	Yes	4
F	22	I.Sc	Single	No	Yes	3
F	23	I.Sc	Married	Yes	No	3
F	20	I.A.	Single	No	No	4

F	20	I.A.	Single	No	Yes	5
M	23	I.Sc	Married	No	No	5
F	21	I.A.	Married	No	No	2
F	23	GRAD	Single	No	No	1
F	23	GRAD	Single	No	No	1
M	19	I.Sc	Single	No	No	3
F	25	B.Com	Married	No	No	5
M	26	B.Com	Married	No	No	3
F	22	I.Sc	Single	Yes	No	3
M	28	M.A.	Single	No	No	3
M	31	GRAD	Married	No	No	2
M	20	I.Sc	Single	No	No	5
F	20	I.Sc	Single	No	No	5
F	25	M.A.	Married	Yes	Yes	4
F	26	M.A.	Married	No	Yes	5
F	33	M.Sc.	Married	Yes	No	4
F	27	B.Com	Married	No	Yes	3

M	28	B.A.	Married	No	No	4
M	27	I.Sc	Single	No	No	2
M	22	B.A.	Single	No	No	5
M	18	I.Sc	Single	No	No	2
M	20	I.Sc	Single	No	No	3
M	21	I.A.	Single	No	No	1
M	23	B.A.	Single	No	No	5
M	22	I.Sc	Single	No	No	5
F	22	GRAD	Married	No	No	3
M	21	I.Sc	Single	No	No	4
M	25	I.A.	Single	No	Yes	4
M	22	I.Sc	Single	No	No	2
M	26	I.Sc	Single	Yes	No	3
M	25	I.Sc	Married	No	Yes	3
M	25	GRAD	Single	No	Yes	5
M	27	M.A.	Single	Yes	No	4
F	28	GRAD	Married	No	No	3

F	22	B.A.	Single	No	No	3
F	22	B.A.	Married	No	Yes	4
F	20	I.Sc	Single	No	No	3
M	22	GRAD	Single	No	No	3
F	31	GRAD	Married	No	No	3
M	21	B.A.	Single	No	Yes	4
F	22	I.Sc	Single	No	Yes	3
F	23	I.Sc	Married	Yes	No	3
M	33	I.Sc	Married	No	No	4
F	20	B.A	Single	No	Yes	4
F	20	B.A	Single	No	Yes	4
M	32	GRAD	Married	No	No	5
F	24	B.A	Married	No	No	3
M	33	I.Sc	Married	No	No	4
F	20	B.A	Single	No	Yes	4
M	21	GRAD	Single	No	No	3
M	22	B.A	Single	No	No	5

M	19	I.Sc	Single	No	No	5
M	25	B.E	Single	No	No	4
M	34	I.Sc	Married	No	No	3
F	27	GRAD	Married	No	No	2
M	22	B.A	Single	Yes	No	3
F	23	D.El.Ed	Single	No	No	3
F	30	I.Sc	Married	No	No	1
F	22	B.A.	Single	No	No	5
M	32	B.A.	Married	No	No	3
F	22	I.Sc	Single	No	No	3
M	24	B.A.	Single	No	No	1
F	25	B.E.	Single	No	No	3
F	28	B.Sc	Married	No	No	4
M	33	M.Sc.	Married	No	Yes	5
F	28	B.A.	Married	No	No	1
F	25	I.Sc	Single	Yes	No	3
F	34	I.Sc	Married	No	No	3

F	33	B.A.	Married	No	Yes	4
M	30	I.Sc	Married	No	No	3
F	21	I.Sc	Single	No	No	5
F	20	I.Sc	Single	No	No	5
F	29	I.Sc	Single	No	No	2
F	20	D.El.Ed	Single	No	No	3
F	25	B.A	Married	No	No	3
M	29	I.Sc	Married	No	No	4
M	27	Dis.Mgmt	Married	No	Yes	4
M	27	I.Sc	Single	No	Yes	4
M	25	I.Sc	Married	No	Yes	3
M	25	GRAD	Single	No	Yes	5
M	27	M.A.	Single	Yes	No	4
F	28	GRAD	Married	No	No	3
F	27	GRAD	Married	No	No	4
F	28	M.A.	Married	No	No	2
M	19	GRAD	Single	No	Yes	5

M	24	B.Sc	Single	No	No	5
M	23	B.A.	Single	No	No	5
F	21	GRAD	Single	No	No	3
M	22	B.Sc	Single	No	Yes	4
M	21	B.Sc	Single	No	No	5
F	27	B.A.	Married	No	No	2
F	22	B.A.	Married	No	No	2
M	23	GRAD	Single	No	No	5
M	26	B.A.	Single	No	No	3
M	23	GRAD	Single	No	No	1
F	22	B.Sc	Single	No	No	3
F	20	I.Sc	Single	No	No	5
F	22	I.A.	Married	No	No	2
F	22	B.A.	Single	No	No	3
F	22	B.A.	Married	No	Yes	4
F	20	I.Sc	Single	No	No	3
M	22	GRAD	Single	No	No	3

F	31	GRAD	Married	No	No	3
M	21	B.A.	Single	No	Yes	4
F	22	I.Sc	Single	No	Yes	3
F	23	I.Sc	Married	Yes	No	3
F	20	I.A.	Single	No	No	4
F	20	I.A.	Single	No	Yes	5
M	23	I.Sc	Married	No	No	5
F	21	I.A.	Married	No	No	2
F	23	GRAD	Single	No	No	1
F	23	GRAD	Single	No	No	1
M	19	I.Sc	Single	No	No	3
F	25	B.Com	Married	No	No	5
M	26	B.Com	Married	No	No	3
F	22	I.Sc	Single	Yes	No	3
M	28	M.A.	Single	No	No	3
M	31	GRAD	Married	No	No	2
M	20	I.Sc	Single	No	No	5

F	20	I.Sc	Single	No	No	5
F	25	M.A.	Married	Yes	Yes	4
F	26	M.A.	Married	No	Yes	5
F	33	M.Sc.	Married	Yes	No	4
F	27	B.Com	Married	No	Yes	3
M	28	B.A.	Married	No	No	4
M	27	I.Sc	Single	No	No	2
M	22	B.A.	Single	No	No	5
M	18	I.Sc	Single	No	No	2
M	20	I.Sc	Single	No	No	3
M	21	I.A.	Single	No	No	1
M	23	B.A.	Single	No	No	5
M	22	I.Sc	Single	No	No	5
F	22	GRAD	Married	No	No	3
M	21	I.Sc	Single	No	No	4
M	25	I.A.	Single	No	Yes	4
M	22	I.Sc	Single	No	No	2

M	26	I.Sc	Single	Yes	No	3
M	25	I.Sc	Married	No	Yes	3
M	25	GRAD	Single	No	Yes	5
M	27	M.A.	Single	Yes	No	4
F	28	GRAD	Married	No	No	3
F	22	B.A.	Single	No	No	3
F	22	B.A.	Married	No	Yes	4
F	20	I.Sc	Single	No	No	3
M	22	GRAD	Single	No	No	3
F	31	GRAD	Married	No	No	3
M	21	B.A.	Single	No	Yes	4
F	22	I.Sc	Single	No	Yes	3
F	23	I.Sc	Married	Yes	No	3
M	33	I.Sc	Married	No	No	4
F	20	B.A	Single	No	Yes	4
F	20	B.A	Single	No	Yes	4
M	32	GRAD	Married	No	No	5

F	24	B.A	Married	No	No	3
M	33	I.Sc	Married	No	No	4
F	20	B.A	Single	No	Yes	4
M	21	GRAD	Single	No	No	3
M	22	B.A	Single	No	No	5
M	19	I.Sc	Single	No	No	5
M	25	B.E	Single	No	No	4
M	34	I.Sc	Married	No	No	3
F	27	GRAD	Married	No	No	2
M	22	B.A	Single	Yes	No	3
F	23	D.El.Ed	Single	No	No	3
F	30	I.Sc	Married	No	No	1
F	22	B.A.	Single	No	No	5
M	32	B.A.	Married	No	No	3
F	22	I.Sc	Single	No	No	3
M	24	B.A.	Single	No	No	1
F	25	B.E.	Single	No	No	3

F	28	B.Sc	Married	No	No	4
M	33	M.Sc.	Married	No	Yes	5
F	28	B.A.	Married	No	No	1
F	25	I.Sc	Single	Yes	No	3
F	34	I.Sc	Married	No	No	3
F	33	B.A.	Married	No	Yes	4
M	30	I.Sc	Married	No	No	3
F	21	I.Sc	Single	No	No	5
F	20	I.Sc	Single	No	No	5
F	29	I.Sc	Single	No	No	2
F	20	D.El.Ed	Single	No	No	3
F	25	B.A	Married	No	No	3
M	29	I.Sc	Married	No	No	4
M	27	Dis.Mgmt	Married	No	Yes	4
M	27	I.Sc	Single	No	Yes	4
M	25	I.Sc	Married	No	Yes	3
M	25	GRAD	Single	No	Yes	5

M	27	M.A.	Single	Yes	No	4
F	28	GRAD	Married	No	No	3
F	27	GRAD	Married	No	No	4
F	28	M.A.	Married	No	No	2
M	19	GRAD	Single	No	Yes	5
M	24	B.Sc	Single	No	No	5
M	23	B.A.	Single	No	No	5
F	21	GRAD	Single	No	No	3
M	22	B.Sc	Single	No	Yes	4
M	21	B.Sc	Single	No	No	5
F	27	B.A.	Married	No	No	2
F	22	B.A.	Married	No	No	2
M	23	GRAD	Single	No	No	5
M	26	B.A.	Single	No	No	3

Sl. No	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	
1	1	2	1	2	5	1	4	1	3	5	2	2	5	3	5	2	5	2	5	1	2	4	3	1	2	4
2	2	1	3	1	4	3	5	2	4	5	1	3	2	4	2	1	5	3	5	5	3	4	5	2	3	4
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4	2	2	3	2	4	2	4	5	3	2	4	4	5	5	2	4	5	3	4	4	5	2	1	2	5	5
5	3	2	3	2	3	1	2	1	4	1	3	5	1	4	2	1	5	1	4	2	5	4	1	2	2	4
6	1	2	2	2	4	1	2	2	5	1	3	4	1	5	2	2	5	2	5	1	5	4	1	2	2	5
7	1	2	1	3	5	4	4	3	2	3	2	1	4	5	4	3	2	3	4	5	2	5	5	3	4	5
8	2	4	1	2	5	1	3	1	5	1	2	4	2	5	1	2	5	1	5	1	4	5	1	1	2	5
9	1	5	3	4	3	1	5	3	5	3	3	3	3	4	5	1	1	1	1	1	1	1	3	1	1	5
10	1	3	1	3	3	2	1	1	5	2	1	4	1	5	1	1	4	2	5	3	4	4	1	1	2	5
11	3	1	2	1	3	1	5	1	5	4	3	4	5	3	5	3	5	3	4	3	4	4	5	2	5	5
12	4	2	3	3	5	3	1	3	3	5	5	1	4	3	1	3	2	4	1	3	2	3	4	5	4	3
13	3	5	1	4	5	3	4	3	1	4	4	5	3	5	1	5	3	4	1	4	1	2	4	4	5	5
14	3	5	2	4	4	5	4	5	2	4	3	1	3	5	1	3	5	3	2	4	2	3	5	4	4	3
15	4	5	5	5	4	4	4	2	4	5	2	5	2	1	2	4	4	2	4	2	3	3	4	4	2	1
16	1	2	1	3	5	1	4	3	2	3	1	4	5	5	4	1	4	3	2	3	3	5	3	1	3	4
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18	4	5	2	4	5	5	5	3	2	4	5	1	3	4	2	2	5	4	2	3	4	3	4	4	4	4
19	2	5	3	1	1	4	5	2	5	2	3	4	3	5	3	5	5	5	3	3	4	5	3	5	5	5
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21	1	3	1	3	1	3	5	1	5	4	1	4	3	5	2	1	4	4	5	3	1	2	1	3	2	5
22	2	4	1	5	2	4	1	2	5	1	4	3	2	5	1	3	5	1	1	1	1	3	5	1	4	5
23	3	5	1	4	5	1	2	1	5	1	4	5	1	5	1	5	3	1	4	1	1	5	4	1	5	5
24	3	2	1	4	1	5	3	5	5	2	3	3	2	5	1	3	5	4	4	2	2	3	5	1	2	4
25	3	5	3	4	3	3	3	4	4	4	2	2	3	4	2	5	4	2	4	4	3	4	1	4	3	5
26	1	5	3	4	1	4	2	2	5	4	3	2	3	5	2	4	2	4	2	4	4	4	5	3	4	5
27	4	5	5	2	1	2	3	4	5	2	5	4	5	2	1	2	4	2	2	4	2	5	3	1	2	2
28	3	2	3	3	5	2	1	3	3	5	5	1	4	2	4	3	2	4	3	3	1	2	4	2	4	3
29	1	3	1	1	2	3	3	1	5	3	3	3	3	5	3	3	3	3	3	1	1	4	3	3	3	4
30	1	4	4	3	5	3	5	3	5	1	1	5	1	2	4	1	3	3	5	3	1	5	5	1	2	5
31	2	1	1	2	1	1	1	3	5	5	2	5	2	2	4	1	5	1	5	1	4	5	1	1	5	5
32	5	1	1	1	3	5	1	1	5	1	1	3	1	5	1	1	1	1	5	3	1	5	1	1	1	5
33	2	4	2	4	1	3	2	4	4	1	4	3	5	4	4	4	2	4	3	4	4	1	2	1	5	4
34	1	2	1	2	5	1	4	1	3	5	2	2	5	3	5	2	5	2	5	1	2	4	3	1	2	4
35	2	1	3	1	4	3	5	2	4	5	1	3	2	4	2	1	5	3	5	5	3	4	5	2	3	4
36	4	5	2	4	5	5	5	3	2	4	5	1	3	4	2	2	5	4	2	3	4	3	4	4	4	4
37	2	2	3	2	4	2	4	5	3	2	4	4	5	5	2	4	5	3	4	4	5	2	1	2	5	5

Sl. No	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	SCS	
38	3	2	3	2	3	1	2	1	4	1	3	5	1	4	2	1	5	1	4	2	5	4	1	2	2	4
39	1	2	2	2	4	1	2	2	5	1	3	4	1	5	2	2	5	2	5	1	5	4	1	2	2	5
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41	2	4	1	2	5	1	3	1	5	1	2	4	2	5	1	2	5	1	5	1	4	5	1	1	2	5
42	1	5	3	4	3	1	5	3	5	3	3	3	3	4	5	1	1	1	1	1	1	1	3	1	1	5
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45	4	2	3	3	5	3	1	3	3	5	5	1	4	3	1	3	2	4	1	3	2	3	4	5	4	3
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49	1	2	1	3	5	1	4	3	2	3	1	4	5	5	4	1	4	3	2	3	3	5	3	1	3	4
50	2	2	3	2	4	2	3	1	5	4	4	4	3	3	4	4	5	4	5	5	1	4	3	2	4	4
51	4	5	2	4	5	5	5	3	2	4	5	1	3	4	2	2	5	4	2	3	4	3	4	4	4	4
52	2	5	3	1	1	4	5	2	5	2	3	4	3	5	3	5	5	5	3	3	4	5	3	5	5	5
53	1	5	3	4	3	1	5	3	5	3	3	3	4	5	1	1	1	1	1	1	1	3	1	1	1	5
54	1	3	1	3	1	3	5	1	5	4	1	4	3	5	2	1	4	4	5	3	1	2	1	3	2	5
55	2	4	1	5	2	4	1	2	5	1	4	3	2	5	1	3	5	1	1	1	1	3	5	1	4	5
56	3	5	1	4	5	1	2	1	5	1	4	5	1	5	1	5	3	1	4	1	1	5	4	1	5	5
57	3	2	1	4	1	5	3	5	5	2	3	3	2	5	1	3	5	4	4	2	2	3	5	1	2	4
58	3	5	3	4	3	3	3	4	4	4	2	2	3	4	2	5	4	2	4	4	3	4	1	4	3	5
59	1	5	3	4	1	4	2	2	5	4	3	2	3	5	2	4	2	4	2	4	4	4	5	3	4	5
60	4	5	5	2	1	2	3	4	5	2	5	4	5	2	1	2	4	2	2	4	2	5	3	1	2	2
61	3	2	3	3	5	2	1	3	3	5	5	1	4	2	4	3	2	4	3	3	1	2	4	2	4	3
62	1	3	1	1	2	3	3	1	5	3	3	3	3	5	3	3	3	3	3	1	1	4	3	3	3	4
63	1	4	4	3	5	3	5	3	5	1	1	5	1	2	4	1	3	3	5	3	1	5	5	1	2	5
64	2	1	1	2	1	1	1	3	5	5	2	5	2	2	4	1	5	1	5	1	4	5	1	1	5	5
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16	1	3	3	1	3	4	3	4	4	3	3	6	2	4	2
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63	6	6	5	1	6	1	3	2	6	3	5	6	5	6	5
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74	5	3	5	5	5	5	3	5	2	4	3	6	4	3	3

SI. No	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS
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77	5	6	5	2	2	2	1	4	5	2	3	2	5	3	3
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107	1	2	3	2	1	6	3	3	4	2	2	6	2	4	3
108	1	3	4	5	1	1	4	3	6	1	1	4	3	2	1
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110	3	1	5	6	1	2	4	2	4	5	6	5	3	4	6
111	3	4	3	4	2	6	5	3	2	4	1	5	3	6	2

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123	5	2	5	3	6	5	5	2	4	5	3	6	6	3	6
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147	2	5	5	1	2	2	3	2	3	4	4	2	2	3	4
148	3	3	5	6	3	5	5	6	4	4	3	6	2	4	6

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154	3	4	5	5	4	6	6	3	1	3	3	5	3	6	6
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157	3	3	5	3	1	4	6	5	4	5	2	6	6	5	5
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179	5	5	2	3	6	6	6	4	6	5	5	6	6	3	3
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183	1	6	6	3	1	6	3	3	3	3	3	5	3	3	6
184	1	6	6	1	3	6	4	5	5	1	6	1	6	1	3
185	1	4	5	1	3	1	4	1	2	3	1	1	6	1	3

SI. No	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS
185	1	4	5	1	3	1	4	1	2	3	1	1	6	1	3
186	5	3	3	1	3	6	1	3	3	3	3	3	3	6	2
187	1	3	3	1	3	4	3	4	4	3	3	6	2	4	2
188	2	3	4	6	3	6	6	6	2	5	2	6	3	6	6
189	2	6	5	3	6	1	4	6	5	2	2	6	4	3	4
190	3	3	4	5	1	4	2	3	3	5	5	6	6	5	3
191	3	5	4	1	4	5	3	4	5	4	6	3	5	5	3
192	4	4	4	4	3	4	3	4	3	4	3	4	3	4	1
193	2	3	4	2	3	4	3	1	5	5	2	6	5	4	3
194	4	4	4	4	5	4	5	3	4	4	3	3	3	3	3
195	4	1	2	1	1	6	1	4	3	5	1	3	4	6	3
196	1	3	5	3	3	6	4	3	1	6	3	3	4	6	6
197	3	5	4	1	4	5	3	4	5	4	4	5	4	5	3
198	3	5	4	1	2	6	6	3	1	4	3	6	3	6	3
199	2	6	5	3	1	3	3	3	5	5	5	5	5	4	6
200	3	5	5	1	2	3	2	2	1	3	5	2	4	1	1
201	2	6	6	3	1	3	1	3	3	2	5	3	3	6	3
202	1	3	2	2	1	5	4	1	5	2	3	6	6	6	6
203	3	4	4	4	4	2	2	4	4	3	5	2	5	2	5
204	3	6	3	2	4	5	3	3	6	2	5	3	6	1	5
205	3	5	6	5	1	6	6	6	33	6	2	6	6	6	6
206	2	3	6	5	6	5	6	6	2	5	2	6	1	6	6
207	2	6	5	5	2	4	2	5	5	5	2	4	5	3	5
208	3	6	3	4	2	2	5	3	5	2	2	6	4	4	3
209	6	2	1	6	6	3	5	6	6	5	6	5	6	5	4
210	2	5	3	5	1	5	2	5	1	1	2	6	6	6	1
211	1	6	5	6	1	5	1	4	2	1	5	5	6	5	3
212	2	5	2	4	2	5	4	5	2	6	6	3	6	5	6
213	2	6	2	4	2	5	4	5	2	5	6	6	6	6	6
214	2	6	5	4	2	6	5	5	5	5	4	5	4	6	4
215	3	5	5	3	4	5	4	4	5	6	4	4	3	5	3
216	5	5	3	4	4	4	4	5	4	4	4	3	5	5	4
217	1	3	4	4	1	1	3	3	4	3	3	3	3	6	6
218	1	3	3	3	1	6	5	1	6	5	1	2	3	1	6
219	2	6	4	3	1	5	3	6	2	3	6	6	3	6	5
220	1	3	3	6	1	3	6	1	6	6	2	4	1	5	3
221	3	3	4	4	3	3	2	4	2	2	3	2	3	4	3
222	1	6	5	6	3	5	4	3	5	5	3	6	4	4	5

Sl. No	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS
222	1	6	5	6	3	5	4	3	5	5	3	6	4	4	5
223	1	4	5	3	1	2	5	5	3	6	4	6	1	6	3
224	1	5	5	3	3	5	3	5	4	5	5	6	3	6	3
225	2	4	5	3	1	6	3	4	5	3	5	6	6	6	6
226	3	4	6	6	5	6	5	6	6	6	2	6	3	6	3
227	2	3	3	3	3	3	2	2	2	3	2	2	3	4	3
228	2	5	6	4	2	6	4	4	1	4	3	2	1	5	5
229	2	4	3	5	3	5	2	5	3	5	4	3	1	4	3
230	3	3	4	6	2	3	6	1	3	4	2	5	5	4	3
231	2	3	4	3	5	5	3	5	2	5	4	3	1	3	3
232	3	3	5	6	5	4	4	5	6	3	3	6	3	6	1
233	2	2	5	5	1	5	3	2	3	6	4	6	2	3	6
234	6	6	5	1	6	1	3	2	6	3	5	6	5	6	5
235	5	3	4	2	6	1	4	4	1	2	2	4	3	5	4
236	4	3	3	2	4	2	5	4	3	3	3	4	6	3	3
237	3	2	3	2	4	2	3	3	2	1	1	2	4	1	1
238	3	3	3	2	3	2	3	2	1	1	3	2	3	1	6
239	2	5	6	4	2	6	4	4	1	4	3	2	1	5	5
240	3	3	6	6	6	6	6	6	5	3	6	6	6	6	6
241	3	3	3	4	3	4	2	3	5	3	4	3	4	3	3
242	2	5	5	2	6	6	3	4	5	3	6	6	5	3	3
243	2	3	6	5	6	6	6	6	6	5	6	6	6	6	6
244	2	4	3	6	4	5	4	3	3	3	3	5	4	4	5
245	5	3	5	5	5	5	3	5	2	4	3	6	4	3	3
246	1	4	4	2	6	2	4	2	6	3	3	6	4	5	3
247	3	4	5	5	1	6	4	5	6	3	3	6	3	5	6
248	5	6	5	2	2	2	1	4	5	2	3	2	5	3	3
249	2	5	5	6	1	3	5	5	5	6	6	3	2	2	3
250	3	5	3	2	3	6	4	1	3	3	2	6	4	5	6
251	1	5	5	6	5	5	5	5	4	5	4	4	5	6	3
252	4	3	5	3	5	5	6	5	6	6	6	6	6	6	4
253	3	5	4	1	4	5	3	4	5	4	4	6	3	4	3
254	3	4	5	5	1	6	4	5	6	3	3	6	3	5	6
255	1	3	6	5	4	3	1	1	2	3	5	4	4	5	3
256	4	5	2	3	1	3	4	1	3	2	1	2	3	4	3
257	5	3	5	2	5	3	6	5	1	1	5	3	3	3	3
258	1	5	6	6	1	6	6	2	6	6	4	6	1	3	6
259	2	5	5	2	3	6	3	4	4	3	5	6	5	3	5

Sl. No	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS
259	2	5	5	2	3	6	3	4	4	3	5	6	5	3	5
260	5	3	3	5	5	3	4	5	5	6	3	4	6	6	6
261	2	3	3	5	1	6	2	2	1	5	2	2	1	5	6
262	3	1	5	4	1	6	6	1	1	2	2	6	1	6	6
263	1	3	4	3	4	3	4	3	5	3	1	4	6	2	3
264	3	5	6	5	1	6	6	6	33	6	2	6	6	6	6
265	2	3	6	5	6	5	6	6	2	5	2	6	1	6	6
266	2	6	5	5	2	4	2	5	5	5	2	4	5	3	5
267	3	6	3	4	2	2	5	3	5	2	2	6	4	4	3
268	2	4	5	3	1	6	3	4	5	3	5	6	6	6	6
269	3	4	6	6	5	6	5	6	6	6	2	6	3	6	3
270	2	3	3	3	3	3	2	2	2	3	2	2	3	4	3
271	2	5	6	4	2	6	4	4	1	4	3	2	1	5	5
272	2	4	3	5	3	5	2	5	3	5	4	3	1	4	3
273	3	3	4	6	2	3	6	1	3	4	2	5	5	4	3
274	2	3	4	3	5	5	3	5	2	5	4	3	1	3	3
275	3	3	5	6	5	4	4	5	6	3	3	6	3	6	1
276	3	3	1	2	2	6	1	3	1	1	1	6	3	2	2
277	1	3	5	6	2	6	4	3	6	6	5	6	3	2	6
278	1	2	3	2	1	6	3	3	4	2	2	6	2	4	3
279	3	5	5	5	3	1	5	1	5	5	5	2	3	5	6
280	3	4	5	5	3	5	5	3	3	4	3	5	2	5	6
281	3	3	1	5	4	3	4	2	3	4	3	2	3	4	2
282	3	4	2	3	4	1	3	2	1	3	3	3	2	4	1
283	6	5	5	6	6	6	6	6	6	6	4	6	6	6	6
284	2	2	2	2	1	1	3	3	2	2	4	2	2	2	2
285	6	1	3	4	6	6	6	5	6	4	3	6	2	6	6
286	3	4	2	3	2	3	4	3	2	3	5	3	2	3	2
287	2	2	3	2	3	2	3	3	2	3	2	5	3	4	2
288	6	6	6	4	3	5	3	5	5	4	6	6	6	5	6
289	5	4	3	3	5	3	6	4	4	6	4	6	6	6	6
290	2	3	4	2	4	1	3	3	3	2	4	2	4	2	2
291	3	6	2	6	3	2	5	2	5	2	5	3	5	3	5
292	3	3	4	2	2	2	3	1	2	1	6	2	3	3	6
293	4	5	6	6	4	6	6	6	6	6	4	6	5	4	6
294	2	5	1	1	1	3	1	4	1	5	1	3	5	5	2
295	1	1	6	6	6	5	6	1	1	1	1	6	6	6	6
296	4	2	5	6	2	6	5	5	3	5	2	6	3	5	6

Sl. No	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS
296	4	2	5	6	2	6	5	5	3	5	2	6	3	5	6
297	1	3	2	1	1	1	6	5	3	3	4	6	6	6	2
298	5	2	3	1	3	4	3	5	3	6	3	4	3	3	3
299	2	5	6	6	6	6	6	6	3	6	5	6	6	6	6
300	3	2	3	1	1	1	1	2	2	3	2	6	3	6	3
301	3	6	6	5	3	3	6	6	5	6	1	6	6	6	6
302	2	4	3	4	3	3	2	3	4	4	3	4	3	4	4
303	3	2	4	3	2	6	3	2	4	4	2	6	3	3	6
304	3	1	2	1	6	3	3	3	5	4	6	4	1	5	4
305	1	1	2	3	2	5	3	1	2	2	3	4	4	3	4
306	1	1	4	5	6	1	2	1	1	5	1	3	3	1	1
307	3	1	2	1	1	3	3	1	1	3	1	4	3	5	6
308	3	5	3	4	4	1	4	2	5	2	5	2	5	3	5
309	2	5	6	1	4	1	3	5	2	4	1	4	3	2	4
310	4	4	4	2	2	3	3	4	5	3	3	5	2	4	2
311	3	3	4	3	2	6	5	4	6	3	2	6	3	6	6
312	4	3	3	2	3	3	3	2	4	3	4	5	4	4	5
313	5	3	2	3	2	4	4	5	5	5	3	5	2	4	4
314	3	4	4	5	5	6	6	3	4	5	3	6	2	5	5
315	3	2	3	5	2	4	2	5	6	2	4	2	3	2	4
316	5	4	3	3	4	2	4	3	5	5	5	2	5	2	2
317	3	6	1	5	6	3	6	3	2	5	4	5	3	5	6
318	3	5	4	5	2	4	5	2	3	5	3	2	5	3	5
319	2	3	3	2	4	5	1	3	3	5	3	4	3	3	4
320	3	2	2	3	1	6	3	4	3	4	2	5	3	6	5
321	5	5	3	5	2	4	3	4	2	4	2	5	6	3	2
322	2	2	1	2	3	4	2	3	3	4	2	4	2	4	2
323	4	2	5	1	1	2	1	1	3	2	4	3	3	2	1
324	3	6	1	5	3	6	4	6	2	4	5	1	2	4	1
325	3	3	5	2	2	3	4	3	5	5	4	6	4	5	6
326	2	5	6	6	6	4	2	4	5	2	1	1	2	3	1
327	4	3	1	5	4	1	2	4	6	5	3	4	4	5	6
328	6	1	3	4	6	6	6	5	6	4	3	6	2	6	6
329	3	4	2	3	2	3	4	3	2	3	5	3	2	3	2
330	2	2	3	2	3	2	3	3	2	3	2	5	3	4	2
331	6	6	6	4	3	5	3	5	5	4	6	6	6	5	6
332	5	4	3	3	5	3	6	4	4	6	4	6	6	6	6
333	2	3	4	2	4	1	3	3	3	2	4	2	4	2	2

Sl. No	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS	MAAS
333	2	3	4	2	4	1	3	3	3	2	4	2	4	2	2
334	3	6	2	6	3	2	5	2	5	2	5	3	5	3	5
335	3	3	4	2	2	2	3	1	2	1	6	2	3	3	6
336	4	5	6	6	4	6	6	6	6	6	4	6	5	4	6
337	2	5	1	1	1	3	1	4	1	5	1	3	5	5	2
338	1	1	6	6	6	5	6	1	1	1	1	6	6	6	6
339	4	2	5	6	2	6	5	5	3	5	2	6	3	5	6
340	1	3	2	1	1	1	6	5	3	3	4	6	6	6	2
341	5	2	3	1	3	4	3	5	3	6	3	4	3	3	3
342	2	5	6	6	6	6	6	6	3	6	5	6	6	6	6
343	3	2	3	1	1	1	1	2	2	3	2	6	3	6	3
344	3	6	6	5	3	3	6	6	5	6	1	6	6	6	6
345	2	4	3	4	3	3	2	3	4	4	3	4	3	4	4
346	3	2	4	3	2	6	3	2	4	4	2	6	3	3	6
347	3	1	2	1	6	3	3	3	5	4	6	4	1	5	4
348	1	1	2	3	2	5	3	1	2	2	3	4	4	3	4
349	1	1	4	5	6	1	2	1	1	5	1	3	3	1	1
350	3	1	2	1	1	3	3	1	1	3	1	4	3	5	6
351	3	5	3	4	4	1	4	2	5	2	5	2	5	3	5
352	2	5	6	1	4	1	3	5	2	4	1	4	3	2	4
353	4	4	4	2	2	3	3	4	5	3	3	5	2	4	2
354	3	3	4	3	2	6	5	4	6	3	2	6	3	6	6
355	4	3	3	2	3	3	3	2	4	3	4	5	4	4	5
356	5	3	2	3	2	4	4	5	5	5	3	5	2	4	4
357	3	4	4	5	5	6	6	3	4	5	3	6	2	5	5
358	3	2	3	5	2	4	2	5	6	2	4	2	3	2	4
359	5	4	3	3	4	2	4	3	5	5	5	2	5	2	2
360	3	6	1	5	6	3	6	3	2	5	4	5	3	5	6
361	3	5	4	5	2	4	5	2	3	5	3	2	5	3	5
362	2	3	3	2	4	5	1	3	3	5	3	4	3	3	4
363	3	2	2	3	1	6	3	4	3	4	2	5	3	6	5
364	5	5	3	5	2	4	3	4	2	4	2	5	6	3	2
365	2	2	1	2	3	4	2	3	3	4	2	4	2	4	2
366	4	2	5	1	1	2	1	1	3	2	4	3	3	2	1
367	3	6	1	5	3	6	4	6	2	4	5	1	2	4	1
368	3	3	5	2	2	3	4	3	5	5	4	6	4	5	6
369	2	5	6	6	6	4	2	4	5	2	1	1	2	3	1
370	4	3	1	5	4	1	2	4	6	5	3	4	4	5	6

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
1	1	1	1	1	1	2	2	3	2	4	3	3	3
2	3	5	3	3	3	3	4	4	3	4	3	4	1
3	1	1	1	5	5	3	3	3	2	3	1	2	3
4	5	5	4	4	5	5	3	3	3	2	4	4	1
5	5	5	1	4	5	1	3	4	3	2	2	3	2
6	5	5	3	4	2	5	3	2	2	3	2	2	3
7	4	5	3	3	3	4	1	1	4	2	3	4	3
8	4	5	3	3	4	4	4	4	4	3	4	4	2
9	2	3	2	3	4	3	2	2	4	3	3	4	4
10	5	4	2	4	2	3	1	2	3	2	3	2	3
11	3	2	3	3	4	3	3	1	2	3	4	2	3
12	4	4	2	4	4	2	1	3	2	1	2	3	1
13	5	5	1	4	5	1	3	3	3	4	3	2	3
14	5	3	1	5	5	1	5	3	4	3	4	4	3
15	5	5	3	5	5	1	5	2	4	2	2	4	2
16	2	2	4	3	3	5	2	2	3	2	4	3	1
17	3	5	1	5	4	2	1	2	2	3	3	2	1
18	3	4	2	3	4	3	4	2	3	2	2	2	1
19	4	5	3	4	4	3	4	4	3	2	3	3	2
20	4	4	4	4	4	3	3	3	3	2	3	4	3
21	3	3	3	3	3	3	3	1	4	2	4	4	2
22	2	5	3	4	3	2	3	4	2	4	1	3	1
23	4	3	2	4	5	1	3	1	4	2	1	4	4
24	4	3	2	5	4	2	2	4	2	3	1	4	2
25	5	5	3	5	5	5	5	2	3	2	2	1	1
26	4	4	5	5	4	3	2	1	4	1	3	1	1
27	5	5	1	4	5	1	3	4	2	3	2	2	1
28	4	5	5	4	3	4	5	3	1	2	1	1	1
29	1	1	2	4	4	2	3	3	2	4	2	2	2
30	5	5	4	4	4	2	5	1	4	2	3	4	1
31	4	5	3	4	4	4	3	4	3	2	3	4	1
32	4	3	3	2	3	2	5	3	2	3	2	1	2
33	2	4	2	4	1	5	1	1	4	2	4	3	3
34	1	5	4	4	4	4	4	1	4	3	1	4	1
35	5	4	4	4	4	4	4	3	3	4	4	3	1
36	3	4	4	4	5	4	4	3	2	2	4	1	2
37	3	5	4	4	4	3	4	1	4	3	4	4	2

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
38	4	1	2	5	3	2	1	2	4	3	3	4	1
39	5	5	3	4	5	4	5	1	4	3	4	4	1
40	4	4	4	4	5	3	4	1	4	1	3	4	1
41	5	5	4	5	3	4	4	2	4	2	3	2	2
42	5	5	4	5	3	4	4	3	4	2	4	3	1
43	5	2	4	4	3	4	3	2	2	3	3	3	3
44	3	3	4	4	5	2	3	2	4	3	2	3	2
45	3	3	4	4	5	2	3	2	3	1	3	4	1
46	5	5	4	5	4	4	4	4	2	3	1	4	3
47	5	4	4	5	4	1	3	2	4	3	4	4	1
48	5	5	3	5	4	4	5	3	4	4	4	2	2
49	1	3	5	5	5	3	5	2	2	2	3	3	2
50	2	3	2	3	4	2	1	1	4	3	4	4	1
51	5	5	2	4	3	2	4	3	4	4	2	3	1
52	5	4	3	4	4	4	5	3	3	2	3	3	2
53	5	5	4	5	4	5	3	4	2	3	4	4	2
54	3	5	3	3	3	3	3	3	3	3	4	4	2
55	5	1	3	4	4	2	4	3	3	3	4	3	2
56	2	3	2	3	4	2	1	2	2	3	4	4	3
57	5	5	5	5	5	5	1	1	4	1	4	4	1
58	4	4	2	4	3	1	2	2	4	3	4	4	1
59	1	5	1	4	4	4	4	3	3	2	2	2	2
60	4	5	2	4	3	1	2	2	3	2	2	1	2
61	5	3	3	2	5	2	3	2	3	3	1	3	2
62	4	4	3	2	3	3	4	2	3	4	4	4	1
63	3	5	5	2	3	2	3	2	3	2	4	3	1
64	1	4	2	3	3	2	3	2	4	2	4	4	1
65	1	2	4	2	1	2	4	4	3	4	1	2	2
66	5	4	3	5	4	4	3	4	3	2	4	2	2
67	5	4	3	5	5	3	3	3	3	2	4	3	1
68	5	5	5	5	5	5	1	1	4	3	3	3	1
69	3	2	3	4	5	2	5	4	3	3	3	3	4
70	5	5	5	4	4	5	5	3	3	3	2	3	1
71	4	4	4	4	4	4	4	3	2	4	1	3	4
72	1	5	2	5	4	4	4	3	3	4	3	3	1
73	4	5	4	4	3	3	4	3	3	4	4	3	1
74	5	5	5	5	5	5	1	2	3	3	4	2	1

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
75	4	4	5	3	3	3	4	3	4	2	4	2	3
76	2	4	4	5	5	3	3	3	4	3	4	2	3
77	4	5	4	5	4	4	4	1	4	3	3	3	1
78	4	5	3	4	5	3	4	1	4	3	2	3	1
79	5	4	4	4	5	4	4	1	4	2	4	4	1
80	4	5	5	5	5	5	5	1	3	4	3	3	1
81	4	4	4	4	5	4	2	2	4	2	3	3	1
82	4	4	5	5	4	3	2	1	4	2	2	4	1
83	2	4	4	5	5	3	3	2	3	4	3	2	3
84	4	2	4	4	4	4	4	1	4	2	3	4	1
85	4	4	1	4	5	3	3	3	3	3	3	3	3
86	5	4	2	5	5	5	5	3	1	2	3	1	1
87	1	5	5	3	3	5	5	1	4	2	4	4	2
88	4	4	4	4	4	4	4	1	4	2	3	3	1
89	4	5	3	5	4	2	3	4	4	3	1	3	1
90	2	5	4	5	5	4	4	1	4	3	4	4	2
91	4	4	3	3	4	2	4	3	4	3	2	2	1
92	1	5	1	2	4	5	5	2	4	3	4	4	1
93	1	5	4	4	4	4	4	2	4	2	4	4	1
94	5	4	4	4	4	4	4	1	4	2	3	4	4
95	3	4	4	4	5	4	4	3	3	2	3	4	2
96	3	5	4	4	4	3	4	2	4	3	3	4	3
97	3	5	3	3	3	3	3	2	4	2	2	4	1
98	5	1	3	4	4	2	4	2	3	2	1	3	1
99	2	3	2	3	4	2	1	4	2	4	4	3	1
100	5	5	5	5	5	5	1	1	4	4	1	4	1
101	4	4	2	4	3	1	2	1	4	1	3	3	1
102	1	5	1	4	4	4	4	2	3	3	2	4	1
103	4	5	2	4	3	1	2	3	2	4	3	2	1
104	5	3	3	2	5	2	3	2	4	2	2	2	1
105	1	1	1	5	5	3	3	3	4	2	4	4	1
106	5	5	4	4	5	5	3	1	4	2	1	4	1
107	5	5	1	4	5	1	3	2	2	3	3	2	2
108	4	4	5	4	3	5	4	1	1	3	4	4	1
109	2	3	2	4	2	4	2	1	2	3	3	2	3
110	4	5	3	4	5	4	4	3	2	3	1	2	1
111	3	4	3	4	2	3	4	3	4	2	3	4	2

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
112	2	3	5	5	1	2	5	3	3	2	4	2	3
113	5	2	4	2	3	4	2	1	2	3	1	2	3
114	4	5	3	4	5	3	3	3	3	3	3	3	1
115	4	5	3	4	5	4	5	2	4	2	4	4	1
116	3	3	4	4	3	4	3	3	4	3	3	3	2
117	4	2	3	4	3	3	4	3	3	4	2	4	1
118	4	2	3	4	3	3	3	3	3	4	2	4	1
119	4	3	3	4	4	4	5	2	3	4	4	1	1
120	4	3	2	3	4	2	4	3	2	2	1	4	3
121	5	3	2	3	2	1	4	2	4	4	3	4	2
122	4	4	3	3	2	4	5	3	4	2	4	4	1
123	3	4	2	4	4	3	3	3	2	2	3	3	1
124	3	4	3	4	4	4	5	3	4	2	4	3	1
125	3	3	3	2	4	4	3	2	3	4	3	3	2
126	3	3	2	3	3	4	2	2	4	3	3	4	1
127	5	3	2	4	2	5	5	2	4	2	3	4	3
128	4	1	4	3	1	4	3	1	4	4	4	4	1
129	5	5	3	4	4	2	3	3	4	2	4	3	1
130	5	5	4	2	2	3	4	3	4	4	2	3	1
131	4	4	2	4	3	4	3	2	4	3	2	4	1
132	5	5	4	5	5	4	5	1	4	2	4	4	1
133	5	5	4	3	5	5	3	1	4	1	4	4	1
134	4	4	3	4	4	3	2	4	1	4	1	1	4
135	4	4	4	3	4	3	4	3	4	3	4	3	3
136	5	5	4	4	4	3	4	1	4	2	4	4	2
137	5	5	3	4	4	3	4	3	3	3	3	2	1
138	1	4	3	4	3	3	5	2	2	3	4	3	1
139	4	3	3	2	2	4	3	3	3	2	2	1	2
140	4	3	2	2	3	1	3	3	1	2	3	2	1
141	4	4	2	3	3	4	4	3	3	4	2	3	4
142	4	3	5	4	4	3	5	2	2	3	2	2	1
143	5	5	4	5	4	3	4	2	4	2	4	4	1
144	4	4	3	3	3	4	4	2	3	3	2	2	1
145	5	4	2	4	3	4	3	3	4	1	4	3	1
146	4	5	4	5	5	3	5	1	4	1	3	4	1
147	4	4	3	4	4	2	2	3	2	2	2	2	2
148	4	5	2	4	3	4	4	3	5	2	5	4	1

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
149	4	4	3	5	3	4	4	3	2	2	2	3	1
150	5	5	3	4	4	3	3	1	2	1	4	4	3
151	3	2	3	5	4	4	3	3	3	2	3	3	2
152	1	3	2	3	1	2	1	1	2	1	2	2	1
153	3	4	4	4	5	3	2	2	3	3	2	4	3
154	4	5	3	4	5	4	3	1	4	2	3	3	2
155	4	3	3	4	4	3	4	1	4	2	2	4	1
156	3	4	2	2	2	3	3	2	2	3	2	3	3
157	5	4	5	5	5	1	4	3	2	2	1	1	3
158	3	4	1	3	5	1	3	4	1	4	1	1	3
159	4	3	3	4	3	2	5	2	2	2	1	2	1
160	2	4	3	4	3	3	4	2	1	4	3	2	2
161	3	4	4	4	4	2	3	3	3	4	3	4	1
162	3	5	3	2	4	4	4	3	3	4	2	2	2
163	4	5	3	5	5	4	5	2	4	2	3	2	2
164	4	5	3	5	4	4	4	2	2	4	3	4	2
165	4	5	3	5	4	5	5	4	3	2	1	2	1
166	4	4	3	4	5	3	3	3	3	2	3	3	3
167	5	5	2	4	3	3	4	1	1	2	3	2	1
168	5	4	3	3	4	2	4	3	4	3	4	3	1
169	4	4	3	2	2	3	3	4	3	4	3	2	3
170	4	5	4	5	5	3	4	1	3	2	4	4	1
171	4	3	4	4	4	3	4	2	4	2	3	4	2
172	2	3	3	3	2	3	3	3	2	3	3	2	1
173	3	4	2	4	2	1	2	4	1	4	2	1	3
174	5	4	1	4	4	5	4	4	1	4	3	2	1
175	5	1	3	1	1	1	1	1	1	4	3	4	2
176	4	5	4	4	4	2	2	2	3	2	1	2	1
177	5	5	5	5	5	3	5	4	4	3	4	3	2
178	3	3	2	4	4	3	4	1	4	2	3	3	1
179	4	4	4	4	3	4	3	2	4	3	2	4	3
180	3	4	3	4	4	5	5	1	1	3	3	4	3
181	5	4	3	3	4	4	4	4	2	2	1	3	1
182	3	2	4	2	4	3	4	2	3	2	4	3	2
183	5	4	2	3	4	5	4	3	2	4	2	2	3
184	5	4	3	5	4	5	4	1	4	2	4	3	1
185	4	4	4	3	4	3	4	2	3	3	2	2	3

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
187	3	3	4	4	3	4	3	3	4	3	3	3	2
188	5	4	4	4	4	2	4	2	4	3	4	3	1
189	5	4	2	4	5	5	4	3	1	4	2	1	4
190	5	4	3	4	2	5	5	3	4	3	3	3	1
191	4	3	2	5	2	5	5	1	4	4	4	4	1
192	4	5	3	4	2	5	3	1	4	3	4	3	2
193	3	5	2	4	4	4	5	1	4	1	4	4	1
194	5	5	4	4	5	4	5	3	4	2	4	3	1
195	5	5	3	4	2	3	5	3	3	3	4	3	3
196	4	4	5	5	5	4	3	2	4	1	4	3	4
197	4	4	5	4	3	4	5	4	3	4	2	3	3
198	3	5	5	4	5	4	5	3	2	4	4	1	2
199	3	4	3	4	4	4	2	2	3	2	2	3	1
200	5	1	2	2	5	2	4	1	3	3	1	3	1
201	2	3	1	4	3	3	4	1	3	2	4	1	1
202	4	3	2	3	3	3	3	2	2	3	2	2	2
203	4	5	3	5	3	1	4	1	3	1	4	1	1
204	3	4	5	4	5	4	4	2	3	3	4	4	4
205	4	3	4	3	4	5	4	1	4	3	4	3	1
206	4	3	4	3	4	5	4	1	4	3	4	4	1
207	5	5	5	4	4	5	1	3	2	3	4	2	1
208	5	5	5	4	4	5	1	3	2	3	4	2	1
209	4	4	2	5	4	2	5	4	4	2	3	4	3
210	4	5	2	5	2	3	1	2	4	2	2	4	1
211	4	3	3	2	4	4	2	3	3	3	4	2	1
212	5	4	3	4	4	3	3	2	4	3	1	1	1
213	4	3	3	2	4	3	3	3	4	2	2	1	1
214	4	4	3	4	4	3	2	3	3	2	3	3	3
215	4	5	3	5	4	3	2	4	4	1	4	4	1
216	5	3	4	5	5	4	3	3	3	3	1	4	4
217	3	5	5	3	3	2	4	3	3	2	3	4	3
218	4	3	4	4	5	5	2	2	3	3	3	4	2
219	3	3	5	4	1	4	3	2	2	3	4	1	2
220	5	4	3	3	4	4	2	3	4	2	2	3	2
221	5	4	2	3	4	2	4	3	4	3	2	3	4
222	4	3	3	3	3	4	1	2	1	2	2	2	2

SI. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
223	4	1	2	4	4	2	3	3	3	2	3	3	1
224	4	5	3	5	3	3	5	4	3	2	1	3	2
225	5	5	4	4	5	4	3	4	4	2	4	4	1
226	5	5	4	5	5	3	3	3	3	4	3	4	3
227	5	5	5	5	5	5	5	2	3	2	3	3	2
228	5	5	2	4	4	3	4	2	4	3	4	3	2
229	5	3	4	5	5	4	3	4	3	4	1	3	4
230	5	4	5	1	5	5	1	1	3	1	4	4	2
231	4	4	2	4	4	3	2	1	3	2	3	2	1
232	5	5	2	4	3	1	2	1	4	2	4	4	1
233	5	3	4	3	2	3	4	4	4	2	3	3	2
234	4	4	4	3	4	4	5	1	3	3	2	3	1
235	5	5	2	3	4	3	4	4	3	2	3	3	4
236	5	4	3	4	4	2	2	1	4	2	3	3	1
237	4	3	5	3	5	3	2	3	4	2	2	3	1
238	4	4	4	4	4	3	2	1	3	3	4	3	1
239	5	4	5	5	5	5	5	3	4	2	1	4	1
240	4	4	3	4	3	5	4	3	2	2	3	3	2
241	4	4	4	4	4	5	4	2	4	2	2	3	2
242	4	5	4	5	5	4	5	2	1	2	4	4	1
243	5	4	3	5	5	5	5	1	2	3	2	3	3
244	4	4	4	4	4	4	5	3	4	2	2	4	1
245	4	4	3	4	4	3	3	1	3	2	4	4	1
246	3	5	3	4	2	5	3	4	4	2	3	2	3
247	2	4	4	5	5	4	4	1	4	2	4	4	1
248	3	4	2	4	2	4	3	4	3	4	2	2	2
249	5	5	2	1	1	2	2	4	2	3	4	2	4
250	4	3	2	4	4	3	3	3	4	2	3	4	3
251	4	4	4	4	4	3	4	2	4	3	3	2	1
252	2	3	1	3	3	2	2	2	3	3	2	2	3
253	3	3	2	4	4	3	4	2	3	2	2	3	2
254	2	4	3	4	4	3	3	2	2	2	1	1	1
255	4	3	4	4	4	3	3	2	3	3	3	3	1
256	1	1	1	1	1	2	1	2	2	2	2	4	3
257	3	2	2	2	2	3	3	3	2	2	1	2	3
258	4	4	4	4	4	4	5	1	4	2	4	4	1
259	4	5	4	4	5	4	2	2	4	3	2	3	1

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
260	4	5	4	4	3	3	4	2	4	2	4	3	2
261	2	3	2	2	2	3	3	3	1	4	3	1	2
262	4	4	2	4	4	4	4	1	4	3	4	4	1
263	1	2	3	2	4	1	2	1	2	3	4	2	4
264	3	5	1	3	1	5	5	4	4	4	1	4	4
265	3	4	2	4	3	4	3	2	3	2	3	2	1
266	4	3	3	4	3	2	3	1	4	3	3	4	3
267	3	2	2	4	4	4	4	2	2	3	3	3	2
268	4	3	4	2	2	4	2	2	3	3	2	2	1
269	2	4	4	4	4	1	2	2	4	2	4	4	2
270	4	3	4	3	2	4	3	4	3	2	1	4	1
271	3	3	4	3	4	2	6	4	2	4	1	2	1
272	5	5	4	4	4	3	4	2	3	3	3	4	1
273	4	4	3	4	3	4	4	2	4	2	1	4	1
274	4	5	1	5	5	2	5	4	1	4	4	4	1
275	5	2	3	2	3	4	2	4	3	3	4	4	1
276	3	3	2	4	3	2	4	2	3	2	3	2	4
277	3	5	3	3	3	3	2	2	3	2	2	1	2
278	4	4	3	5	4	2	5	2	3	3	4	3	1
279	4	5	3	3	4	2	1	3	3	3	4	4	2
280	4	4	3	4	4	3	4	2	4	3	2	2	1
281	1	1	1	1	1	2	2	2	1	3	1	3	1
282	3	5	3	3	3	3	4	2	4	3	4	4	1
283	1	1	1	5	5	3	3	1	4	2	3	4	1
284	5	5	4	4	5	5	3	4	2	4	1	1	3
285	5	5	1	4	5	1	3	3	3	3	2	4	1
286	5	5	3	4	2	5	3	4	3	3	1	2	1
287	4	5	3	3	3	4	1	2	4	2	4	4	3
288	4	5	3	3	4	4	4	2	4	2	4	4	1
289	2	3	2	3	4	3	2	1	4	2	4	4	1
290	5	4	2	4	2	3	1	2	4	3	3	4	1
291	3	2	3	3	4	3	3	2	1	3	2	4	3
292	4	4	2	4	4	2	1	3	4	3	4	3	2
293	5	5	1	4	5	1	3	2	4	1	4	4	1
294	5	3	1	5	5	1	5	4	1	4	4	3	4
295	5	5	3	5	5	1	5	1	4	1	4	4	1
296	2	2	4	3	3	5	2	3	3	2	4	3	2

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
297	3	5	1	5	4	2	1	4	4	2	2	4	1
298	3	4	2	3	4	3	4	4	3	4	3	3	4
299	4	5	3	4	4	3	4	2	4	3	3	4	1
300	4	4	4	4	4	3	3	1	4	3	4	4	3
301	3	3	3	3	3	3	3	1	4	2	4	4	1
302	2	5	3	4	3	2	3	3	2	4	3	2	2
303	4	3	2	4	5	1	3	2	3	2	4	4	3
304	4	3	2	5	4	2	2	4	3	4	3	3	3
305	5	5	3	5	5	5	5	3	2	2	4	3	2
306	4	4	5	5	4	3	2	1	4	1	4	4	1
307	5	5	1	4	5	1	3	1	3	3	3	3	1
308	4	5	5	4	3	4	5	2	2	2	3	3	2
309	1	1	2	4	4	2	3	2	2	3	1	1	3
310	5	5	4	4	4	2	5	3	2	2	3	2	1
311	4	5	3	4	4	4	3	1	4	2	4	4	1
312	4	3	3	2	3	2	5	2	3	3	2	3	2
313	2	4	2	4	1	5	1	4	3	3	2	3	1
314	1	5	4	4	4	4	4	3	2	3	2	3	2
315	5	4	4	4	4	4	4	4	3	4	2	1	2
316	3	4	4	4	5	4	4	3	2	2	3	1	2
317	3	5	4	4	4	3	4	2	3	2	2	3	2
318	4	1	2	5	3	2	1	3	2	1	2	2	3
319	5	5	3	4	5	4	5	2	4	2	4	4	4
320	4	4	4	4	5	3	4	3	2	3	3	1	1
321	5	5	4	5	3	4	4	2	4	1	2	3	1
322	5	5	4	5	3	4	4	1	2	3	2	2	3
323	5	2	4	4	3	4	3	1	3	2	3	3	1
324	3	3	4	4	5	2	3	3	4	3	3	2	1
325	3	3	4	4	5	2	3	2	4	2	1	3	1
326	5	5	4	5	4	4	4	3	2	3	3	3	4
327	5	4	4	5	4	1	3	4	2	3	3	1	1
328	5	5	3	5	4	4	5	3	3	3	2	4	1
329	1	3	5	5	5	3	5	4	3	3	1	2	1
330	2	3	2	3	4	2	1	3	4	2	4	4	3
331	5	5	2	4	3	2	4	2	4	2	4	4	1
332	5	4	3	4	4	4	5	1	4	2	4	4	1
333	5	5	4	5	4	5	3	2	4	3	3	4	1

Sl. No	WBS	WBS	WBS	WBS	WBS	WBS	WBS	SDHS	SDHS	SDHS	SDHS	SDHS	SDHS
334	3	5	3	3	3	3	3	2	1	3	2	4	3
335	5	1	3	4	4	2	4	3	4	3	4	3	2
336	2	3	2	3	4	2	1	2	4	1	4	4	1
337	5	5	5	5	5	5	1	4	1	4	4	3	4
338	4	4	2	4	3	1	2	1	4	1	4	4	1
339	1	5	1	4	4	4	4	3	3	2	4	3	2
340	4	5	2	4	3	1	2	4	4	2	2	4	1
341	5	3	3	2	5	2	3	4	3	4	3	3	4
342	4	4	3	2	3	3	4	2	4	3	3	4	1
343	3	5	5	2	3	2	3	1	4	3	4	4	3
344	1	4	2	3	3	2	3	1	4	2	4	4	1
345	1	2	4	2	1	2	4	3	2	4	3	2	2
346	5	4	3	5	4	4	3	2	3	2	4	4	3
347	5	4	3	5	5	3	3	4	3	4	3	3	3
348	5	5	5	5	5	5	1	3	2	2	4	3	2
349	3	2	3	4	5	2	5	1	4	1	4	4	1
350	5	5	5	4	4	5	5	1	3	3	3	3	1
351	4	4	4	4	4	4	4	2	2	2	3	3	2
352	1	5	2	5	4	4	4	2	2	3	1	1	3
353	4	5	4	4	3	3	4	3	2	2	3	2	1
354	5	5	5	5	5	5	1	1	4	2	4	4	1
355	4	4	5	3	3	3	4	2	3	3	2	3	2
356	2	4	4	5	5	3	3	4	3	3	2	3	1
357	4	5	4	5	4	4	4	3	2	3	2	3	2
358	4	5	3	4	5	3	4	4	3	4	2	1	2
359	5	4	4	4	5	4	4	3	2	2	3	1	2
360	4	5	5	5	5	5	5	2	3	2	2	3	2
361	4	4	4	4	5	4	2	3	2	1	2	2	3
362	4	4	5	5	4	3	2	2	4	2	4	4	4
363	2	4	4	5	5	3	3	3	2	3	3	1	1
364	4	2	4	4	4	4	4	2	4	1	2	3	1
365	4	4	1	4	5	3	3	1	2	3	2	2	3
366	5	4	2	5	5	5	5	1	3	2	3	3	1
367	1	5	5	3	3	5	5	3	4	3	3	2	1
368	4	4	4	4	4	4	4	2	4	2	1	3	1
369	4	5	3	5	4	2	3	3	2	3	3	3	4
370	2	5	4	5	5	4	4	4	2	3	3	1	1

