OBJECTIVES OF THE STUDY

1. To determine the prevalence of holistic health and lifestyle practices among adolescents as measured by Adolescents Lifestyle Questionnaire

2. To find out the association of holistic health with lifestyle practices among adolescents.

3. To determine the pre-test knowledge score on healthy lifestyle practices

4. To find the effectiveness of LMP intervention programme in terms of A) gain in knowledge scores on holistic health, B) gain in knowledge scores on healthy lifestyle practices.

5. To find out the association of A) Post test knowledge scores of healthy lifestyle practices and B) post-test knowledge score with their selected demographic variables.

6. To make the recommendation on the basis of the result for effective implementation of structured awareness programme.