HYPOTHESES-

- The hypotheses will be tested at 0.05 level of significance.
- $H_1$: There will be significant difference between pretest and posttest insight score of adolescents on health and lifestyle practice.
- $H_2$: There will be significant difference between pre-test and post-tests scores of 1) Knowledge on healthy lifestyle practices 2) knowledge on health.
- $H_3$: There will be significant association of post-test score on 1) knowledge on lifestyle practices 2) knowledge of health with the selected demographic variables.