

UNIVERSITY OF MYSURU

**“EFFECTS OF NIGHT SHIFT WORK UPON MENTAL
HEALTH OF EMPLOYEES”**

(WITH SPECIAL REFERENCE TO THE JK TYRE & INDUSTRIES LTD MYSURU.)

**A MAJOR PROJECT REPORT SUBMITTED TO
THE UNIVERSITY OF MYSURU AS A PARTIAL FULFILLMENT FOR THE
AWARD OF**

MASTER'S DEGREE IN SOCIAL WORK

SUBMITTED BY

GOVINDA RAJU A

P01ZZ21A0434

UNDER THE GUIDANCE OF

DR. CHANDRAMOULI

ASSOCIATE PROFESSOR

**UNIVERSITY OF MYSURU
DEPARTMENT OF STUDIES IN SOCIAL WORK
MANASAGANGOTHRI, MYSURU**

SEPTEMBER-2023

UNIVERSITY OF MYSURU

DEPARTMENT OF STUDIES IN SOCIAL WORK

MANASAGANGOTHRI, MYSURU

DECLARATION

I, Mr. **GOVINDA RAJU A** student of Fourth semester, Department of studies in Social Work, University of Mysuru, Manasagangothri Mysuru, I hereby declare that the major project entitled "**EFFECTS OF NIGHT SHIFT WORK UPON MENTAL HEALTH OF EMPLOYEES**" carried out by me and submitted the same in partial fulfilment of the requirements for the award of the degree of Master of Social Work by the University of Mysuru, Mysuru during the academic year 2023-24. Further, this project is whole or part has not been provisionally associateship fellowship or other degree of this or other University.

This work has been carried out by me under the guidance and supervision of **DR. CHANDRA MOULI**, Associate Professor department of studies in social work, University of Mysuru, Manasagangothri Mysuru.

Govinda Raju. A
Signature of the Trainee

GOVINDA RAJU A

Reg.no: P01ZZ21A0434

UNIVERSITY OF MYSURU

DEPARTMENT OF STUDIES IN SOCIAL WORK

MANASAGANGOTHRI, MYSURU

CERTIFICATE

This is to certify that the major project work entitled "EFFECTS OF NIGHT SHIFT WORK UPON MENTAL HEALTH OF EMPLOYEES" is a bonafide Major Project carried out by GOVINDA RAJU, A (P01ZZ21A0434) in partial fulfilment for the award of the degree of Master in Social Work by the Department of Studies in Social Work, University of Mysuru, Manasagangothri, Mysuru during the academic year 2023-24. The Major project has been approved as it satisfies the academic requirements in respect of project work prescribed for said degree.

This is also certified that this project report has not been submitted in part or full to any other university for any other degree.

Place: Mysuru

Date: 09.10.2023,

Research Supervisor

(DR. CHANDRAMOULI)

ASSOCIATE PROFESSOR

Dos in Social Work



CHAIRMAN
Department of Studies in Social Work
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