

UNIVERSITY OF MYSORE

A study on

"Practice of physical exercise or activity and its effects with special reference to the students of social work, university of mysore, manasagangothri campus, Mysuru"

**A Major Project Report Submitted To
The University of Mysore as A Partial Fulfillment for The Award Of
Master's Degree in Social Work**

SUBMITTED BY

PUTTAMANI T.K

(Reg.NO) PO1ZZ21A0272

UNDER THE GUIDANCE OF

MUKESH PAVAN KUMAR M

GUEST FACULTY

DEPARTMENT OF STUDIES IN SOCIAL WORK

UNIVERSITY OF MYSORE

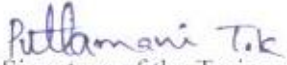
MANASAGANGOTHRI, MYSURU

SEPTEMBER-2023

DECLARATION

I, **PUTTAMANI T.K** student of fourth semester MSW, Department of studies in Social Work, University of Mysore, Manasagangothri, Mysuru, hereby declare that the major project entitled "Practice of physical exercise or activity and its effects with special reference to the students of social work, university of mysore, manasagangothri campus, Mysuru " has been carried out by me and submitted the same in partial fulfillment of the requirements for the award of the degree of Master of Social Work by the University of Mysore, Mysuru during the academic year 2023-24. This project in whole or part has not been provisionally submitted for any other degree, diploma, Associateship, fellowship or other Degree of this or other University.

This work has been carried out by me under the guidance and supervision of **MUKESH PAVAN KUMAR M**, Guest Faculty, Department of studies in social work, University of Mysore, Manasagangothri Mysuru.


Signature of the Trainee

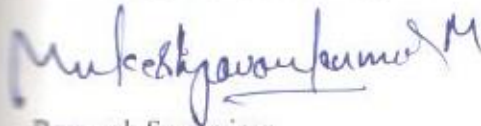
PUTTAMANI T.K

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

CERTIFICATE

This is to certify that the major project work entitled "Practice of physical exercise or activity and its effects with special reference to the students of social work, university of mysore, manasagangothri campus, Mysuru". It is a bonafide Major Project carried out by **PUTTAMANI T.K (PO1ZZ21A0272)** in partial fulfillment for the award of the degree of Master in Social Work by the department of studies in Social Work, University of Mysore, Manasagangothri, Mysuru, during the academic year 2023-24. The Major project has been approved as it satisfies the academic requirements in respect of the 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.



Research Supervisor

(MUKESH PAVAN KUMAR M)

Guest Faculty

Dos.in Social Work



Approved by

Chairperson

Department of studies in social work

University of Mysore

CHAIRMAN
Manasagangothri, Mysuru.
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Manasagangothri, Mysuru-570008

Place: Mysuru

Date: 10.10.2023.