

**A STUDY ON “EXTENT OF SLEEP QUALITY AMONG THE
POST-GRADUATE STUDENTS AND ITS RELATIONSHIP
WITH MENTAL HEALTH”, WITH SPECIAL REFERENCE TO
UNIVERSITY OF MYSORE, MANASAGANGOTRI, MYSURU.**

**A MAJOR PROJECT REPORT SUBMITTED TO THE UNIVERSITY OF MYSORE
AS A PARTIAL FULFILMENT FOR THE AWARD OF
MASTER'S DEGREE IN SOCIAL WORK**

SUBMITTED BY

**SAFIYA RAHMAN
(PO1ZZ21AO428)**

UNDER THE GUIDANCE OF

Mr. SUKESH.P

Guest Faculty

Department of Studies in Social Work

University of Mysore,

Manasagangotri, Mysuru.

**Department of Studies in Social Work University of Mysore
Manasagangotri, Mysuru -570006**

OCTOBER - 2023

DECLARATION

I **Ms. SAFIYA RAHMAN** student of fourth semester, Department of Studies in Social Work, University of Mysore, Manasagangotri, Mysuru, hereby declare that the major project entitled **A STUDY ON "EXTENT OF SLEEP QUALITY AMONG THE POST-GRADUATE STUDENTS AND ITS RELATIONSHIP WITH THE MENTAL HEALTH"**, WITH SPECIAL REFERENCE TO **UNIVERSITY OF MYSORE, MANASAGANGOTHRI CAMPUS, MYSURU**, has been carried out and submitted the same in the partial fulfilment of the requirements for the award of the degree of Master of Social Work by the University of Mysore, Manasagangotri, Mysuru during the academic year 2023-24.

Further, we declare that the matter embodied in the report has not been submitted previously by anybody for the award of any degree or diploma to any other university.

This work has been carried out under the guidance and supervision of **Mr. SUKESH. P**, Guest Faculty, DOS in Social Work, University of Mysore, Manasagangotri, Mysuru.

Place: MYSURU

Date: 10-10-2023


(Signature of the Student)

SAFIYA RAHMAN

IVth Semester

Reg.No. PO1ZZ21A0428

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

CERTIFICATE

This is to certify that the major project work entitled **A STUDY ON "EXTENT OF SLEEP QUALITY AMONG THE POST-GRADUATE STUDENTS AND ITS RELATIONSHIP WITH THE MENTAL HEALTH", WITH SPECIAL REFERENCE TO UNIVERSITY OF MYSORE, MANASAGANGOTHRI CAMPUS, MYSURU**, is a bonafide major project work carried out by **Ms. SAFIYA RAHMAN (PO1ZZ21AO428)** in partial fulfilment for the award of the degree of Master of Social Work by the Department of Studies in social Work, University of Mysore, Manasagangotri, 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 the 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

SUKESH. P

Department of Studies in Social Work
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Chairperson

Department of Studies in Social Work
University of Mysore,
Manasagangotri, Mysuru

Date: 10-10-2023

Place: MYSURU

CHAIRPERSON
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