

UNIVERSITY OF MYSURU

**“A STUDY ON THE IMPORTANCE OF
COUNSELING PRACTICE TO COPE WITH STRESS
AMONG THE POST GRADUATE STUDENT OF
MANASAGANGOTTHRI UNIVERSITY OF MYSORE,”**

A Major project report submitted for the partial fulfilment of academic
requirements for the award of Master's Degree in Social Work to
University of Mysore

Submitted by

SUMAN S P

P01ZZ21A0238

Under the supervision of

SUKESH P

Guest Faculty

DoS in Social Work

**UNIVERSITY OF MYSORE
DEPARTMENT OF STUDIES IN SOCIAL WORK
MANASAGANGTRI, MYSURU**

September - 2023

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

CERTIFICATE

This is to certify that the major project work entitled "**A Study on the Importance of counseling practice to cope with stress among the post graduate student of Manasagangothri University of Mysore,**" it is a bonified Major project carried out by **Suman S P (P01ZZ21A0238)** in partial fulfilment for the award of the Degree of Masters in Social Work by the Department of Studies in Social Work, University of Mysore, Manasagangothri, Mysore during the academic year **2022-2023**. The major project has been approved as it satisfied 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.



(Sukesh P)

Guest Faculty
DoS in Social Work
Manasagangothri



(Dr. Jyothi H P)

Chairperson and Associate Professor
DoS in Social Work
Manasagangothri

CHAIRPERSON

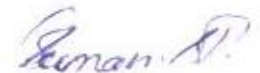
Department of Studies in Social Work
University of Mysore
Manasagangothri, Mysuru-570006

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DECLARATION

I **SUMAN S P** student of Fourth semester, Department of Studies in Social Work, Manasagangotri Mysuru, University of Mysore. I hereby declare that major project entitled **"A Study on the Importance of counseling practice to cope with stress among the post graduate student of Manasagangotri Campus, University of Mysore,"** carried out and submitted the same in partially fulfilment of the requirement for the award of the Degree of Master of Social Work by the University of Mysore, Mysuru during the academic year 2022-2023. Further, the matter embodied in the award of any degree or diploma to any other University.

This work has been carried out by me under the guidance and supervision of **Sukesh P, Guest Faculty**, Department of Studies in Social Work, University of Mysore, Manasagangotri, Mysuru.



Signature of the Trainee

SUMAN S P