

**EFFECT OF THE INTERNET ON MEMORY, ATTENTION, AND  
REACTION TIME IN YOUNG ADULTS**

*Project to be submitted in partial fulfillment of the requirements  
for the degree of*

**BACHELOR OF PHYSIOTHERAPY  
K.R. MANGALAM UNIVERSITY  
HARYANA**



**Submitted by:  
Anchal Sharma  
2019-2023**

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**HARYANA**



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## ACKNOWLEDGEMENT

I would like to express my deepest gratitude and appreciation to all those who have supported and guided me throughout the completion of this thesis.

First and foremost, I am immensely grateful to my esteemed guide, Mr. Badri Vishal, for his invaluable guidance, unwavering support, and constant encouragement. Your expertise, patience, and dedication have been instrumental in shaping this research work. Your insightful feedback and constructive suggestions have been truly enlightening and significantly contributed to this thesis's quality.

I am also grateful to the faculty members of Physiotherapy at KR Mangalam University for providing me with an enriching academic environment and the necessary resources to undertake this research.

I would like to express my gratitude to my family and friends for their unwavering support, understanding, and motivation throughout this endeavor. Your belief in me has been a constant source of inspiration, and I am truly fortunate to have you by my side.

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Once again, I extend my heartfelt appreciation to all those who have contributed to the successful completion of this thesis. Your support and guidance have been invaluable, and I am truly grateful for the opportunity to work with such exceptional individuals.

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**CORRELATION OF NECK PAIN WITH STRESS AND DEPRESSION  
AMONG UNIVERSITY STUDENTS**

**Research Project to be submitted in partial fulfillment of the  
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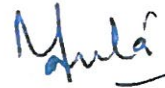
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I hereby recommended that the dissertation prepared under my supervision by Dharna Kamra entitled "Correlation of neck pain with stress and depression among university students" is a bonafide record of independent work done submitted to K.R. Mangalam University in partial fulfilment of the requirement for the degree of Bachelor of Physiotherapy from the K.R. Mangalam University, Sohna Road, Haryana and be accepted for examination.



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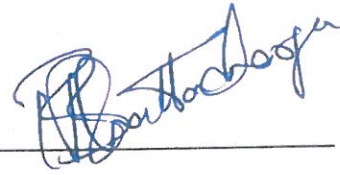
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## STUDENT'S DECLARATION

I Dharna Kamra, a bonafide student of Bachelor of Physiotherapy, School of Medical and Allied Sciences, KR Mangalam University, Sohna Road, Haryana would like to declare that this dissertation entitled "Correlation of neck pain with stress and depression in university students" is submitted by me is genuine work and carried out by me under the guidance of Ms. Mamta Shankar, Assistant Professor, K.R. Mangalam University, Sohna Road, Haryana and this work in part or full has not been submitted to any other university.

*Dharna*

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## ACKNOWLEDGEMENT

I would like to express my deepest gratitude and appreciation to all those who have supported and guided me throughout the completion of this thesis.

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**CORRELATION BETWEEN USAGE OF SEWAGE WASTE WATER  
FOR IRRIGATION OF CROPS AND PHYSICAL WELLBEING OF  
FARMERS IN SOUTHERN HARYANA**

*Project to be submitted in partial fulfillment of the requirements*

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**CORRELATION BETWEEN USAGE OF SEWAGE WASTE WATER  
FOR IRRIGATION OF CROPS AND PHYSICAL WELLBEING OF  
FARMERS IN SOUTHERN HARYANA**

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## ACKNOWLEDGEMENT

This is a moment of immense pleasure for me to acknowledge all those who have helped me to accomplish my dissertation with their guidance, support and encouragement. My heartiest thanks to almighty, my father Mr. Ajit Singh for always standing by me at every step and believing in me, my mother Mrs. Vimlesh without her support, criticism and constant prayers for my success this entire journey would not have been so great.

My deepest gratitude and respect are to my supervisor, Assistant Professor Dr. Shweta Kumar (PT). I am glad and fortunate that I got a chance to work under her guidance. The door to her office was always open whenever I had some trouble or had a question about my project. She consistently encouraged me to work hard and steered me in the right direction whenever she thought I needed it. Her immense discipline and sincerity have influenced me in completion of this research and her immeasurable guidance in the interpretation of the results has helped me in the writing of this Project.

Here's my thanks to those who inspire me the most my friends, all my classmates of my BPT batch. They made me believe in myself and gave me strength, power to deal with every obstacle of my life.

I am thankful to God for surrounding me with the best beings and making this journey a memorable learning experience. I am thankful to Dr. Ankita Samuel (PT) for helping out whenever a doubt or query raised.

My deepest gratitude goes to the research participants who shared their experiences and explanations with me and do so now with you, the reader. Their explanations breathe life into the statistics and add the human element to my research.



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**Correlation of Physical Activity with Stress Depression,  
and Anxiety in Students of various universities of  
Haryana**

*Project to be submitted in partial fulfillment of the requirements  
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**Correlation of Physical Activity with Stress, Depression, and Anxiety in  
Students of various universities of Haryana**

*Project to be submitted in partial fulfillment of the requirements  
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I hereby recommended that the dissertation prepared under my supervision by Harshit entitled "Correlation of physical activity with Stress, Depression, and Anxiety in Students of various universities of Haryana" is a bonafide record of independent work submitted to K.R. Mangalam University in partial fulfillment of the requirement for the degree of Bachelor of Physiotherapy from K.R. Mangalam University, Sohna Road, Haryana and be accepted for examination.

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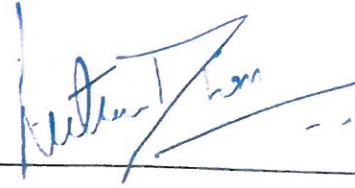
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**Mr. Nitin Dhar**

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## STUDENT'S DECLARATION

I Harshit, a bonafide student of Bachelor of Physiotherapy, K.R. Mangalam University, Sohna Road, Haryana would like to declare that this dissertation entitled "Correlation of physical activity with Stress, Depression, and Anxiety in Students of various universities of Haryana" is submitted by me is genuine work and carried out by me under the guidance of Ms. Ankita Samuel(PT) and Mr. Nitin Dhar(PT), Assistant Professor, KR Mangalam University, Sohna Road, Haryana and this work in part or full has not been submitted to any other university.

Harshit

**Harshit**

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## ACKNOWLEDGEMENT

I'd want to offer my heartfelt gratitude and appreciation to everyone who helped and led me during the completion of my thesis.

First and foremost, I want to express my heartfelt gratitude to Ms. Ankita Samuel, my renowned mentor, for her priceless advice, unshakable support, and consistent encouragement. Your knowledge, patience, and passion have been invaluable in creating this study project. Your informative remarks and helpful ideas were extremely illuminating and considerably improved the quality of this thesis.

I'd also want to thank my co-guide, Mr. Nitin Dhar, for his invaluable insights and direction during this study adventure. Your knowledge and support have helped develop my understanding and approach to the topic.

I am also appreciative to the Physiotherapy faculty Ms. Mamta Shankar at KR Mangalam University for providing me with an engaging academic atmosphere and the resources I needed to do my study.

I'd want to thank my parents for their constant support, understanding, and encouragement during this journey. Your faith in me has been a continual source of motivation, and I consider myself extremely blessed to have you on my side.

Finally, I'd want to thank everyone who voluntarily offered their time and took part in this study. This study would not have been feasible without their collaboration.

I'd want to express my deepest gratitude to everyone who helped make this thesis a reality. Your assistance and advice have been essential, and I am extremely thankful for the opportunity to work with such excellent people.

**Harshit**



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**RELATIONSHIP OF NON-SPECIFIC LOW BACK PAIN WITH BACK  
STRENGTH, SLEEP QUALITY AND HEALTH RELATED QUALITY  
OF LIFE IN UNIVERSITY TEACHERS- A CORRELATIONAL STUDY**

*Project to be submitted in partial fulfillment of the requirements*

*for the degree of*

**BACHELOR OF PHYSIOTHERAPY**

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**RELATIONSHIP OF NON-SPECIFIC LOW BACK PAIN WITH BACK  
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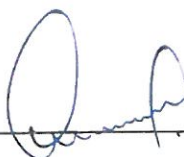
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I hereby recommended that the dissertation prepared under my supervision by Dhuruv Mehra entitled "Relationship Of Non Specific Low Back Pain With Back Strength, Sleep Quality And Health Related Quality Of Life In University Teachers – A Correlational Study" is a bonafide record of independent work done submitted to K. R. Mangalam University in partial fulfillment of the requirement for the degree of Bachelor of Physiotherapy from the School of Medical and Allied Sciences, K. R. Mangalam University, Sohna Road, Haryana and be accepted for examination.



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STUDENT'S DECLARATION

I Dhuruv Mehra, a bonafide student of Bachelor of Physiotherapy, School of Medical and Allied Sciences, K. R. Mangalam University, Sohna Road, Haryana would like to declare that this dissertation entitled "Relationship Of Non Specific Low Back Pain With Back Strength, Sleep Quality And Health Related Quality Of Life In University Teachers – A Correlational Study" is submitted by me is genuine work and carried out by me under the guidance of Dr. Gurpreet Singh (PT) and Dr. Charu Chhabra(PT), Assistant Professor, K. R. Mangalam University, Sohna Road, Haryana and this work in part or full has not been submitted to any other university.



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## ACKNOWLEDGEMENT

I would like to express my deepest gratitude and appreciation to all those who have supported and guided me throughout the completion of this thesis.

First and foremost, I am immensely grateful to my esteemed guide, Mr. Gurpreet Singh, for his invaluable guidance, unwavering support, and constant encouragement. Your expertise, patience, and dedication have been instrumental in shaping this research work. Your insightful feedback and constructive suggestions have been truly enlightening and have significantly contributed to the quality of this thesis.

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