

**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

K.R. MANGALAM UNIVERSITY

HARYANA



Submitted by:

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2019-2023

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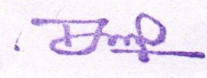
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CERTIFICATE BY GUIDE

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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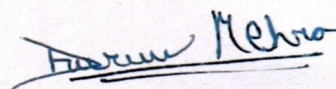
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STUDENT'S DECLARATION

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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Dhurv Mehra

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