

**A STUDY ON THE IMPACT OF MENTAL HEALTH IN ADULTS
DURING MIDLIFE CRISIS IN KOTTAYAM DISTRICT, KERALA**

A Dissertation Submitted to The Registrar of Evaluation, St Aloysius College (Autonomous)
Mangalore, as a partial requirement for the Master's Degree in Social Work

BY

JERIN SOJAN

219117



ESTD : 1880

Approved by

Dr. Shwetha Rasquinha

HOD
MSW Department
St. Aloysius College (Autonomous)
Mangalore-575 003

Approved by,

Rev Dr. Praveen Martis SJ

Rev Dr. Praveen Martis SJ

Principal

Department of PG Studies and Research IN Social Work

St Aloysius College (Autonomous)

Mangaluru -03

May 2023