

**“CAUSES OF STRESS AND STRESS MANAGEMENT
AMONG THE EMPLOYEES OF BIG BAZAAR” IN
MYSORE CITY**

By

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Project Report to the University of Mysore in partial fulfillment of the
requirements of IV Semester MBA Degree Examination - 2020

B.N. Bahadur Institute of Management Sciences,

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CHAIRPERSON CERTIFICATE

This is to certify that **Mr, Thongphanh DUANGSAVATH**, a student of IV semester M.B.A. course in this institute has prepared this project report entitled **“A Study on Causes of Stress and Stress Management among the Employees of Big Bazaar in Mysore City”** in partial fulfilment of the requirements of M.B.A. degree examination of 2020.

Date:.....

Place: Mysore


**Prof. AISHA M. SHERIFF
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GUIDANCE CERTIFICATE

The project report entitled “A Study on Causes of Stress and Stress Management among the Employees of Big Bazaar in Mysore City” is prepared by Mr. Thongphanh DUANGSAVATH in partial fulfillment of the requirements of MBA under my guidance. This report is submitted to the University of Mysore in partial fulfillment of the requirements of IV semester MBA Degree Examination of 2020.

Date:.....

Place: Mysore



Dr. AMULYA.M

(PROJECT GUIDE)