

"A STUDY ON STRESS MANAGEMENT AMONG WORKING WOMEN"
(With special reference to Chamarajanagar District)



A Major Project Submitted to the University of Mysore as a partial fulfillment of
Requirement for the award of the Degree of

MASTER OF SOCIAL WORK

SUBMITTED BY

NAME: Sharmila B
Reg NO: SW118520

UNDER THE GUIDANCE OF

Mrs. Vanishree V

Guest Faculty,

Department of Social work,

Dr.B.R.Ambedkar Post Graduate Centre,

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OCTOBER-2020



UNIVERSITY OF MYSORE
Dr.B.R.AMBEDKAR POST GRADUATE CENTRE,
SUARNAGANGOTHRI, CHAMARAJANAGAR-571313

CERTIFICATE

This is to certify that Sharmila B bearing Register No. SW118520 has completed a MAJOR PROJECT on "A STUDY ON STRESS MANAGEMENT AMONG WORKING WOMEN" (with special reference to Chamarajanagar District) is the result of the original research work carried out by Ms.Sharmila B under the guidance of Mrs. Vanishree V.

This MAJOR PROJECT is submitted to the University of Mysore in Partial fulfillment of the requirement for the award of Master of Social Work during the academic year 2019-20.


DIRECTOR

(Prof.SHIVABASAVAI AH)

Dr. B R Ambedkar Post-Graduate Centre,
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Suvarnagangothri, Chamarajanagar-571 313.

Place: Chamarajanagar

Date: 07/10/2020



UNIVERSITY OF MYSORE
Dr.B.R.AMBEDKAR POST GRADUATE CENTRE,
SUARNAGANGOTHRI, CHAMARAJANAGAR-571313

CERTIFICATE

This is to certify that Sharmila B IV semester MSW student of Department of Social Work Post Graduate Centre, Suvamagangothri, University of Mysore,Chamarajanagar has completed her MAJOR PROJECT entitled "A STUDY ON STRESS MANAGEMENT AMONG WORKING WOMEN" (with special reference to Chamarajanagar District)under my guidance and in partial fulfilment of the requirement for the award of Master of Social Work during the academic year 2019-20.


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Place: Chamarajanagar

Date : 07/10/2020