

# UNIVERSITY OF MYSORE

**"A STUDY ON WORK LIFE BALANCE OF EMPLOYEES"**

**AT GILWOOD FASHION PVT.LTD UNIT-2, Somanahalli,  
Maddur Taluk, Mandy district.**

*A Major project report submitted to*

*The University of Mysore as a partial fulfillment for the award of*

*Master's degree in social work*

## **SUBMITTED BY**

RESHMA M R

(Reg No - SW119833)

SUSHMA A J

(Reg No - SW119839)

## **UNDER THE GUIDANCE OF**

**Dr.Chandramouli**

**Dr.jyothi H P**

**Research guide**

**Research guide**

**Dos in social work**

**Dos in social work**

**University of Mysore**

**University of Mysore**

**Manasagangothri, Mysore**

**Manasagangothri, Mysore**

UNIVERSITY OF MYSORE

DEPARTMENT OF STUDIES IN SOCIAL WORK

MANASAGANGOTHRI, MYSORE

OCTOBER - 2021

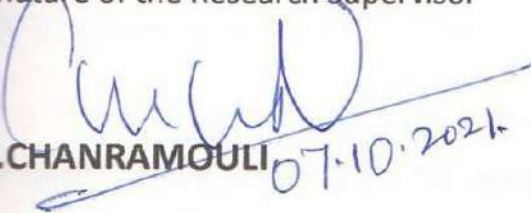
## DECLARATION

We Ms. Reshma M R and Ms. Sushma A J student of fourth semester, MSW Department of studies in social work, University of Mysore, Manasagangothiri, Mysuru, hereby declare that the major project entitled "A STUDY ON WORK LIFE BALANCE OF EMPLOYEES" has been carried out by us and submitted the same in partial fulfillment of the requirements for the award of the degree of Master of Social Work by the university of Mysore, Manasagangothiri, Mysuru during the academic year 2020-2021.

Further, we declare that the matters embodied in the report have not been submitted previously by anybody for the award of any degree or diploma to this University or any other University.

This work has been carried out under the guidance and supervision of Dr, Jothi H P, Chairperson, and associate professor and Dr, Chandramouli associate professor, DOS in Social Work, University of Mysore, Manasagangothiri,

Signature of the Research Supervisor

  
Dr. CHANRAMOULI 07.10.2021

Associate professor,  
DOS in Social Work.  
University of Mysore,  
Manasagangothiri, Mysore

**Dr. Chandramouli**  
Associate Professor,  
Department of Studies in Social Work  
University of Mysore  
Manasagangothiri, Mysuru - 570 006



Dr. JYOTHI H P

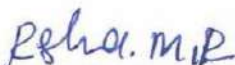
**Dr. Jyothi H. P.**  
Associate Professor  
Department of Studies in Social Work  
DOS in Social Work  
University of Mysore  
Manasagangothiri, Mysuru - 570 006  
University of Mysore,

Manasagangothiri, Mysore

Signature of the social work trainees

Date : 07.10.2021

Place : Mysore

  
RESHMA M R

  
SUSHMA A J

## CERTIFICATE

This is certify that the major project work entitled **"A STUDY ON WORK LIFE BALANCE OF EMPLOYEES"** is a bonafide Major Project carried out by **RESHMA M R (SW119833) AND SUSHMA A J (SW119839)** in partial fulfillment for the award of the degree of Master in Social Work by the department of studies in Social Work, University of Mysore, Manasagangothri, Mysore during the academic year 2020-2021. The Major project has been approved as it satisfies the academic requirements in respect of project work prescribed for the said degree.

This is also certified that this project report has not been submitted in part or full to any other university for any other degree.

Research Supervisor

  
07.10.2021.

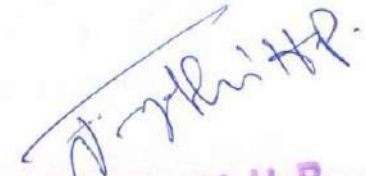
**Dr. CHANRAMOULI**

Associate professor,

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University of Mysore,

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Dr. JYOTHI H P  
Associate Professor  
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## GILWOOD FASHIONS PVT. LTD.

New No. 13, (Old No. 655), 11th 'C' Main Road, 5th Block, Jayanagar, Bangalore - 560 041. Karnataka, INDIA  
Ph : 080-41160068 E-mail : info@gilwoodfashions.com Web : www.gilwoodfashions.com  
CIN : U17121KA2009PTC050677 GSTIN : 29AADCG5224A1Z1 PAN : AADCG5224A

DATE: 30.09.2021

### TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. Sushma A J (SW119839) Studying MSW at University Of Mysore, Manasagangothri. Has done the project on "A Study On Work Life Balance Of Employees" at "Gilwood Fashions Pvt Ltd" Somanahalli, Maddur Tq, Mandya Dist. Completed successfully from 17.04.2021 to 30.09.2021.

We wish her all the very best for her future Endeavor.

For Gilwood Fashions Pvt Ltd.

*Venkatesh K H*

Venkatesh K H

HR Manager.



**Office** : New No. 13, (Old No. 655), 11th 'C' Main Road, 5th Block, Jayanagar, Bangalore - 560 041. KARNATAKA, INDIA. Ph : 080-41160068  
**Factory** : Plot No. 15, Sy. No. 29/2 & 29/1P, KIADB, Somanahalli Industrial Area Maddur Taluk, Mandya Dist - 571429. KARNATAKA, INDIA. Phone : 08232-298008, 08232-298033



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DATE: 30.09.2021

## TO WHOM SO EVER IT MAY CONCERN

This is to certify that **Ms. Reshma M R (SW119833)** Studying **MSW** at **University Of Mysore, Manasagangothri**. Has done the project on **"A Study On Work Life Balance Of Employees"** at **"Gilwood Fashions Pvt Ltd"** Somanahalli, Maddur Tq, Mandya Dist. Completed successfully from 17.04.2021 to 30.09.2021.

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