

# **A STUDY ON STRESS MANAGEMENT PRACTICES**

## **IN HDFC BANK, CHAMARAJANAGAR**

DEPARTMENT OF BUSINESS ADMINISTRATION

**Project Work Submitted to the University of Mysore**

**For the Award of the Degree of**

**MASTERS OF BUSINESS ADMINISTRATION**

*By*

**Ms. Pooja R**

**IV Semester MBA**

**P01ZW21M0039**

*Under the Guidance of*

**Dr. Mahesh R., MBA, Ph.D.,**

**Professor & Co-coordinator**

**Department of Business Administration**

**Dr. B. R. AMBEDKAR POST GRADUATE CENTRE,  
SUVARNAGANGOTRI, UNIVERSITY OF MYSORE,  
CHAMARAJANAGAR – 571313.**

**AUGUST 2023**

**UNIVERSITY OF MYSORE**

**DEPARTMENT OF BUSINESS ADMINISTRATION**

**MYSORE – 570 006**

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**Dr. Mahesh R., MBA., Ph.D.,**

**Professor**

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**CERTIFICATE**

I hereby certify that the project Report entitled "*A Study on Stress Management Practices in HDFC Bank, Chamarajanagar*" is a bonafide record of research work carried out by *Ms. Pooja R.* under my guidance. This project or any part of it has not been submitted to any other University or Institution for the award of any degree or diploma.

Date : 28-08-2023

Place : Chamarajanagar



**(Dr. Mahesh R)**

Professor & Co-ordinator,  
Dr. B.R. Ambedkar Post Graduate Centre,  
Suvarnangotri,  
Chamarajanagar - 571313