

**UNIVERSITY OF MYSORE**  
**“A STUDY ON STRESS LEVEL  
MANAGEMENT OF WOMEN  
WORKERS IN GARMENT SECTOR”**

**(WITH SPECIAL REFERENCE TO THE AHP APPAREL PVT LTD  
UNIT-45, SRIRANGAPATNA.)**

**A Major project report submitted to  
The University of Mysore as a partial fulfilment for the award of  
Master’s degree in social work**

**SUBMITTED BY**

**SOWMYA KR**

**PO1ZZ21A0292**

**II MSW**

**UNDER THE GUIDANCE OF**

**Mr. MUKESH PAVAN KUMAR M**

**UNIVERSITY OF MYSORE  
DEPARTMENT OF STUDIES IN SOCIAL WORK  
MANASAGANGOTHRI, MYSORE**

**September- 2023**

**UNIVERSITY OF MYSORE**  
**DEPARTMENT OF STUDIES IN SOCIAL WORK**  
**MANASAGANGOTHRI, MYSORE**  
**DECLARATION**

I, **SOWMYA K. R.** student of Fourth semester, Department of studies in Social Work, Manasagangothri Mysore, University of Mysore, I hereby declare that major project entitled “**STRESS LEVEL MANAGEMENT OF WOMEN WORKERS IN GARMENT SECTOR**” carried out by me and submitted the same in partial fulfilment of the requirements for the award of the degree of Master of Social Work by the University of Mysore, Mysore during the academic year 2023-2024. Further, the matter embodied in the award of any degree or diploma to any other University.

This work has been carried out by me under the guidance and supervision of **MUKESH PAVAN KUMAR M**, guest faculty, Department of studies in social work, University of Mysore, Manasagangothri Mysore,

*Sowmya K.R*

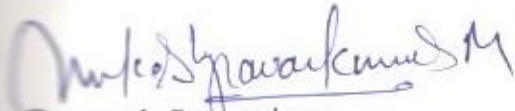
Signature of the Trainee

Sowmya K R

**UNIVERSITY OF MYSORE**  
**DEPARTMENT OF STUDIES IN SOCIAL WORK**  
**MANASAGANGOTTHRI, MYSORE**  
**CERTIFICATE**

This is to certify that the major project work entitled “**STRESS LEVEL MANAGEMENT OF WOMEN WORKERS IN GARMENT SECTOR**” it is a bona fide Major Project carried out by **SOWMYA K R** in partial fulfilment 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 2023-2024. The Major project has been approved as it satisfies the academic requirements in respect of project work prescribed for 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

**MUKESH PAVAN KUMAR M**

Guest faculty

Department of studies in Social Work

University of Mysore

Manasagangothri, Mysore



Approved by

**HOD OF THE DEPARTMENT**

Department of studies in social work

University of Mysore

Manasagangothri, Mysore

**CHIEF MAN**  
Department of Studies in Social Work  
University of Mysore  
Manasagangothri, Mysuru-570008

Place: Mysore

Date: 11-10-2023