



A PROJECT REPORT ON

“A study on impact of importance and methods of stress management in an organization.”

SUBMITTED TO

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

UNDER THE GUIDANCE OF
PROF. KAJAL JAISINGHANI

FOR THE PARTIAL FULFILLMENT OF BACHELOR OF BUSINESS
MANAGEMENT

(T.Y.B.B.A 2023-24) SEMESTER – V

BY:

NISHTA CHULANI (22155/B211012)

ROLL. NO AND SEAT NO.:- 22155 (B211012)

SUBJECT CODE- BB42106C



SADHU VASWANI MISSION'S

St Mira's College for Girls, Pune

Autonomous (Affiliated by Savitribai Phule Pune University)

Reaccredited by NAAC-A Grade, Cycle-3

(AETS, COMMERCE, SCIENCE, BSc (Computer Science), BBA, BBA
(CA))

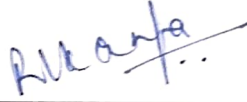
6, Koregaon road, Pune-411001. (INDIA)

CERTIFICATE

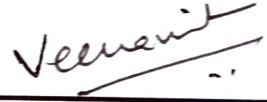
This is to certify that Ms. Nishta Chulani (22155/B211012) has successfully completed in Project titled Stress Management in HR specialization. The same constitutes a part of T.Y.B.B.A curriculum for the academic year 2023-24.



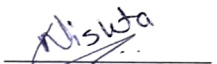
Project Guide
Examiner
(Kajal Jaishinghani)



Course Coordinator
(Mrs. Rekha Kankariya)



External
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Student's Sign

