

PROJECT REPORT ON

“A study on stress management and its impact on organizational performance with special reference to Karnataka soaps and detergents limited, Bangalore”

Submitted by

Monisha P

4AL21BA046

Submitted to



VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI

In partial fulfilment of the requirements for the award of the degree of

MASTER OF BUSINESS ADMINISTRATION

Under the guidance

INTERNAL GUIDE

Mrs. Harshitha Shetty

Department Of MBA

Alva's institute of engineering and technology

EXTERNAL GUIDE

Dr. Shankarappa

Assistant manager

(HRD)



ALVA'S INSTITUTE OF ENGINEERING AND TECHNOLOGY

SHOBHAVANA CAMPUS MOODBIDRI, DAKSHINA KANNADA DISTRICT. -574227

CERTIFICATE FROM THE ORGANIZATION



KARNATAKA SOAPS & DETERGENTS LIMITED.

BANGALORE-55

(A Government of Karnataka Undertaking)

No: 27, Industrial Suburb, P.B No: 5531

Bengaluru-Pune Highway, Rajajinagar, Bengaluru-560055, KARNATAKA

CERTIFICATE

NO: KSDL/HRD/AGM (TRAINING)/23-24/

Date: 30.06.2023

This is to certify that **Ms. Monisha P**, USN No. **4AL21BA046**, Student of MBA, Alva's Institute of Engineering & Technology, Shobhavana Campus, Mijar, Moodbidri-574225, has completed her 6weeks Project work on **"A Study on Stress Management and its impact on Organizational Performance"** at Karnataka Soaps & Detergents Limited Bengaluru-560055.

During Project work her academic ability and character was good.

DEPUTY GENERAL MANAGER i/c
Human Resource & Development

Place: Bengaluru

CERTIFICATE FROM THE HOD



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

(A Unit of Alva's Education Foundation @ Moodbidri)
Affiliated to Visvesvaraya Technological University, Belagavi
Approved by AICTE, New Delhi & Recognised by Government of Karnataka
Accredited by NAAC with A+ Grade and NBA (CSE & ECE)

Date: 01-09-2023

CERTIFICATE

This is to certify that **MONISHA P** bearing **USN 4AL21BA046** is a bonafide student of Master of Business Administration course of the Institute in 2021-23, affiliated to Visvesvaraya Technological University, Belgaum. Project report on **"A STUDY ON STRESS MANAGEMENT AND ITS IMPACT ON ORGANIZATIONAL PERFORMANCE WITH SPECIAL REFERENCE TO KARNATAKA SOAPS AND DETERGENTS LIMITED, BANGALORE"** is prepared by her under the guidance of **Mrs. Harshitha V Shetty**, Assistant Professor PG Department of Business Administration in partial fulfillment of the requirements for the award of the degree of Master of Business Administration of Visvesvaraya Technological University, Belgaum Karnataka.


Signature of Internal Guide


Mrs. Priya Sequeira

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DECLARATION

I, **Monisha P**, hereby declare that the Project report entitled "**A study on stress management and its impact on organizational performance**" at with reference to **Karnataka Soaps and Detergents Limited at Bangalore**, prepared by me under the guidance of, **Mrs. Harshitha Shetty and Mr Neeraj Rai** Department of Business Administration, **Alva's institute of engineering and Technology Shobha Vana campus Mijar, Moodbidri**, and external assistance by **Dr. Shankarappa, Assistant manager of Karnataka Soaps and Detergents Limited**. I also declare that this Project work is towards the partial fulfilment of the university Regulations for the award of degree of Master of Business Administration by Visvesvaraya Technological University, Belgaum. I have undergone a summer project for a period of Six weeks. I further declare that this Project is based on the original study undertaken by me and has not been submitted for the award of any degree from any other University / Institution.

Place: Mijar

Date: 2/9/2023

Monisha P
Signature of the student

ACKNOWLEDGEMENT

I wish to convey my deep sense of gratitude to my internal guide **Mrs. Harshitha Shetty and Mr Neeraj Rai** P G Department of MBA, Alva's Institute of Engineering & Technology, for having guided me on every aspect right from the beginning of the project.

I would like to extend my gratitude to my external guide **Dr. Shankarappa, Assistant manager, of (HRD)**, KS&DL Bangalore, for support and encouragement to do a meaningful study.

I sincerely thank Prof. Priya Sequeria, Head of PG department of Business Administration for all her support and encouragement to do a meaningful study.

My thanks to Dr. Peter Fernandez, Principal of Alva's institute of Engineering & Technology for his whole hearted support in all our endeavours.

I express my genuine thanks to all the teaching faculties and the support staff of the PG Department of Business Administration, Alva's institute of Engineering & Technology.

I express my deepest thanks to my parents and family members for their active role in my professional development without which my higher studies would have been just a dream.

Finally, I thank my friends for their valuable suggestions offered to me to complete this study successfully.

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EXECUTIVE SUMMERY

The main purpose of the study conducted to analysis stress management practices how will impact the organizational performance at KSDL focusing on employees of KSDL. The study aimed to gain insights that how employees are reducing their stress by practising stress management practices.

This report shows clear picture of the company's stress management practices towards employees. This executive summary is short detailed information of establishment of soap industry, how the soap industry plays a major role in India and top one sandalwood soap industries in India. And next coming to chapter one company profile of KSDL which includes history of the selected company how it got started, regarding organization profile of the company, what are its vision, mission, quality policies, product profile, promoters, financial statement of the company. Coming to second chapter it includes theocratical background of the study, Literature review about the consumer perceptions, information collected through the secondary data. In Third chapter research design it includes the statement of the problem, need for the study, objectives, hypothesis, limitation of the study and sample size of population is 100. In fourth chapter it includes collection of data through questionnaires and its analysis, interpretation. Fifth chapter includes findings of the study stress management and its impact organizational performance, suggestions and conclusion drawn from the study.

