The research presented here has used both qualitative as well as quantitative ways to identify the vital reasons and factors of burnout among Information Technology workers in Bangalore District of Karnataka State. The study has been done in phases. In the first phase of this study starts with the meeting with the target population of IT employees and determining the factors that cause the emotional exhaustion, stress and burnout. In the next part of study, continuation of questionnaire set up has been made with all possible criteria to know detail about the causes, factors, results and survey was conducted. In third phase, the analysis of the survey and plans for prevention for the stated problem has been found out. The findings of the research indicated that job security, work overload, long working hours, project pressure and constant network connectivity with different gazettes are the vital reasons for burnout. There are also different burnout prevention methods found in the survey and that will help the employees as well as the organization to reduce burnout and its effects. The main reason for this study is to search out the ways for fighting the burnout phenomena. It aims to build a work place without stress and providing employees better working and family environment.