“Experience is the best teacher”. The saying plays a very pivotal role in our curriculum where in we try and understand the nuances of the theoretical world with a blend of practical experience. It’s very important to understand how and where to implement what we have studied. Knowledge in itself is a continuous process. Getting practiced knowledge is an important thing for existence for any business concern in the competition prevailing in an industry a total awareness is the first and foremost thing necessary from all aspects, working smarter seems to be as important as working harder and longer.

This research gives us a detailed idea of what is stress, stages of stress, causes of stress, type of stress, Job stressors, stress management and strategies of coping stress. After the theoretical part the researcher included the research part which includes research methodology, research design, data analysis, findings and conclusion. The knowledge garnered through this exposure with the outside world will help us in taking a giant leap towards understanding employee’s behavior and preferences.