As the educational field in the modern era has been facing some changes in terms of the systems, teaching methodology, evaluation systems etc. it is very important to study the level of stress and other related aspects among the employees of the education field. Since last few years, many educational institutes have come-up in technical and management education. It is important to study on occupational stress among the employees of technical and management educational institutes.

The title of the present research study is ‘A Study on the Occupational Stress of the Employees of Technical and Management Institutes in Vadodara, Gujarat’. The sampling of 194 employees have been taken for the present study out of which 152 employees belong to teaching job-profile and 42 employees belong to non-teaching job-profile. Questionnaire has been used as a survey tool in the study. The objectives of the study are: (a) To find-out the level of occupational stress among the employees (b) To study the stressors for occupational stress (c) To study the impact of occupational stress on the employees' health, personal life, social life and performance at work-place (d)To study the strategies to manage occupational stress.

In the present study it was found that the majority of the employees in each sample group were having moderate level of occupational stress which is good for the betterment of themselves as well as for the education field. No significant difference was found in the level of occupational stress between teaching and non-teaching employees. ‘Back pain’ was found the major problem as an impact of occupational stress on health faced by the majority of the respondents of all the sample groups. ‘Spending time with family’ was found as the First most popular or desirable personal technique to manage occupational stress among the respondents of the different sample groups.

**Key Words:** Occupational Stress, Technical Institutes, Management Institutes, Employee