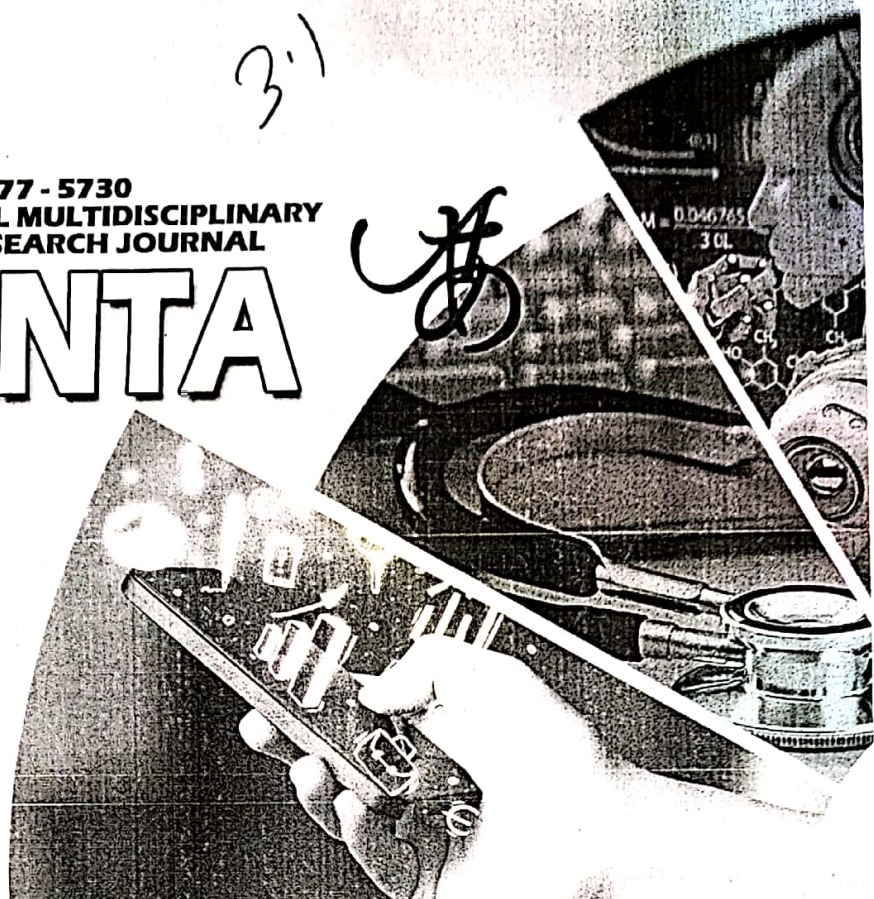
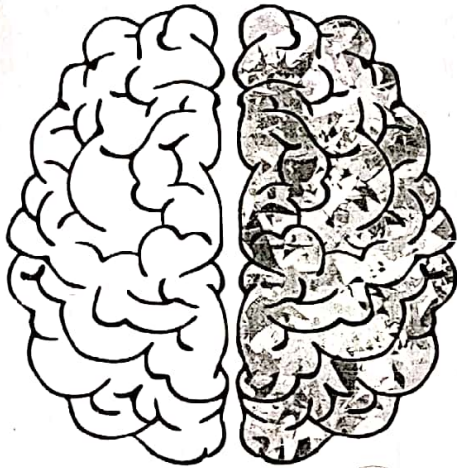


ISSN 2277 - 5730  
AN INTERNATIONAL MULTIDISCIPLINARY  
QUARTERLY RESEARCH JOURNAL

# AJANTA

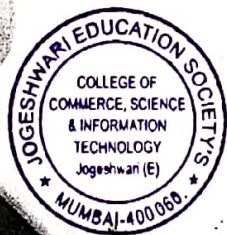


Peer Reviewed Referred and  
UGC Listed Journal  
(Journal No. 40776)

Volume-VIII, Issue-I  
January - March - 2019  
Part - I

*P. S. Helar*  
PRINCIPAL

IMPACT FACTOR  
INDEXING 2018  
www.sjifactor.co  
JOGESHWARI EDUCATION SOCIETY'S  
COLLEGE OF COMMERCE SCIENCE  
& INFORMATION TECHNOLOGY  
Caves Road, Jogeshwari (E), Mumbai



## Ajanta Prakashan

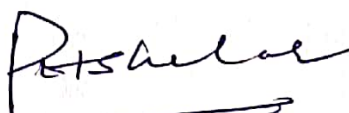


## CONTENTS OF PART - I



S. No.	Title & Author
16	A Study on Mutual Fund Investor's Preference for Investment through Offline Mode and Mobile Apps With Reference to Mumbai Asst. Prof. Khan Rameeza Dr. Shaukat Ali
17	Economic, Social, Cultural and Environmental Impact of Tourism on Indian Economy Mrs. Pooja M. Talreja
18	Digital Transformation in Indian Banking Sector: Opportunities and Challenges Dr. Alka Pandey
19	A Study on Purchasing Behaviour of Organic Food Products in Mumbai City Dr. Veena Prasad Asst. Prof. Stephen Pillai
20	The Comparative Study of Online Buying Behavior of Customers of Western Suburban Region and Harbour Suburban Region of Mumbai with Reference to Past Experience Mrs. Anjali Vachhani
21	Stress Management Prof. Prachi Devang Shah
22	Empowering Women in Rural Areas through Self Employment Dr. Prof Noman Khatib
23	SWOC Analysis of E-Commerce Sector in India Prof. Ansari Salim Ahmed Nasim Ahmed
24	Women Empowerment through Entrepreneurship in India Ohol Pradeep Sahebrao Munde Dhananjay Fulchand
25	A Comprehensive Analysis of Goods and Services Tax (GST) in India Prof. Jigna Bhavesh Sadhu



  
 II **PRINCIPAL**  
 JOGESHWARI EDUCATION SOCIETY'S  
 COLLEGE OF COMMERCE SCIENCE  
 & INFORMATION TECHNOLOGY  
 Caves Road, Jogeshwari (E), Mumbai-400 060.

## 21. Stress Management

**Prof. Prachi Devang Shah**

Assistant Professor, Assistant Professor at JES College of Commerce and Information  
Technology

### Abstract

Stress is a complex concept. It is an inevitable result of work and personal life. Certain principles and methods of preventing stress management can be used to create healthier environment. Stress management with its different techniques can improve the efficiency of individual and hence can create healthier environment in the surrounding place which can solve various problem and bring effective result to achieve goals. Stress if taken positively works as a great asset and can be used as a tool to achieve peak performance. Stress management is unconscious preparation to fight against the fear which not only develops the confidence but also boosts the potential of an individual which eventually gives benefits to the organisations.

### Introduction

Today's new era is full of luxury, all facility are available at the doorstep. Modern era is having lots of means and modes of facilities then traditional one. But the unwanted fruit of modern time is 'Stress'. Stress is inevitable for every individual. It is unavoidable and hence this project is about Stress, its types and stress management, causes and consequences, effects of stress, and how to manage the stress.

### Objective

Not a single organization or workplace is free from Stress. This is competitive era which come with the by product called "Stress". When a situation cannot be avoided then one must learn to tackle with situation and once it is learned it will not affect on one's confidence but it will also have impact on behavior, performance, attitude etc. Hence the main objective of this topic "Stress Management" is to understand the concept of stress, its sources and effects and ways to manage stress.

### Scope of the Study

This paper provides all the important reasons of stress which will enhance the performance of Individual as well as organisations. Techniques of Stress Management helps to

PART - I / Peer Reviewed and Listed Journal No. : 40776



*Prachi Shah*  
**PRINCIPAL**

JOGESHWARI EDUCATION SOCIETY'S  
COLLEGE OF COMMERCE SCIENCE  
& INFORMATION TECHNOLOGY  
Caves Road, Jogeshwari (E), Mumbai-400 060.

159