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Gramonnati Mandal's
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Narayangaon, Tal. Junnar, Dist. Pune

NAAC- Re- accredited 'A' Grade College Affiliated to Savitribai Phule Pune University ID. No. PUPN/AC/100(1993)

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Index

Sr.No.	Name of Research Paper & Researcher	Page No.
1	VIRTUE OF E-COMMERCE ON SUPPLY CHAIN MANAGEMENT VISHAL VITTHAL PACHPUTE	1
2	TO STUDY TAX PLANNING OF SALARIED PERSON MOKAL SUSHANT RAMNATH	4
3	IMPACT & EFFECTIVENESS OF E-RECRUITMENT IN HUMAN RESOURCE MANAGEMENT ASHWINI MADHUKAR SAWANT	8
4	RECENT TRENDS IN ONLINE MARKETING ATTAR SHAFIYA YASIN	13
5	A STUDY OF IMPORTANCE & CONTEMPORARY ISSUES OF HRD ASHOK GUNAJI GANGAD	16
6	MAHATMA GANDHI NATIONAL RURAL EMPLOYMENT GUARANTEE SCHEME (MAHATMA GANDHI NREGA) SHANTABAI SITARAM THORAT	20
7	STRESS MANAGEMENT DR. S. A. BHOSALE SONALI GHOLAP	24
8	A STUDY ON HUMAN RESOURCE ACCOUNTING METHODS PRACTICES IN INDIA CHAUDHARI H.S.	31
9	FDI- A NEED IN THE ERA OF LPG. MANJIRI KAHANE	35
10	RECENT TRENDS IN COMMERCE & MANAGEMENT KATORE R.N.	40
11	KNOWLEDGE MANAGEMENT IN BANKING SECTOR OSWAL P. P.	43

STRESS MANAGEMENT

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INTRODUCTION :-

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Stress Management
Using Self-Help Techniques for Dealing with Stress



It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of managing stress. Stress management is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control.

Why is it so important to manage stress?

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life.

Effective stress management, on the other hand, helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. The following stress management tips can help you do that.

- **Tip 1: Identify the sources of stress in your life**

Stress management starts with identifying the sources of stress in your life. This isn't as straightforward as it sounds. While it's easy to identify major stressors such as changing jobs, moving, or a going through a divorce, pinpointing the sources of chronic stress can be more complicated. It's all too easy to overlook how your own thoughts, feelings, and behaviors contribute to your everyday stress levels. Sure, you may know that you're constantly worried about work deadlines, but maybe it's your procrastination, rather than the actual job demands, that is causing the stress. To identify your true sources of stress, look closely at your habits, attitude, and excuses: