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investment the world over, its various types,  
the methodology adopted top FDI countries

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and agencies engaged and other important aspects.

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that the project report entitled “ STRESS  
MANAGEMENT OF EMPLOYEES ” is  
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to the strain from the conflict between our  
external environment and us, leading to

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emotional and physical pressure. In our fast paced world, it is impossible to live without stress, whether you are a student or a working adult.

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adopt stress management techniques.

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objectives of the study , therefore ,the causes and effects of stress in banking sector employees .findings from this study may help in reducing stress of the employees in banking sector. .To know about the different stress affecting the employees in the organization.

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study is intended to assist students to  
increase their awareness of stress. The



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The study is dependent mostly on the primary data collected from the senior manager of H.R. SCOPE OF THE

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Manager must first acknowledge or recognize that he or she is being under stress and then develop self-discipline before proceeding to learn and practice what are the techniques to manage stress. Learning to

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manage stress successfully begins with our willingness to take an honest look at ourselves.

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results from poor communication, which in turn increases job stress.

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people and their jobs, ... Organizational  
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(OPM3)

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organization and daily lives due to globalization, information technology revolution, and speed of life. The most important effects of these can be seen in the business world, and they can manifest themselves as changes that organizations make in their structures, strategies, activities, and technologies.

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