

A STUDY OF STRESS MANAGEMENT TECHNIQUES IN IT SECTOR IN INDIA**Dr. Paneru U. P.***Director of Physical Education and Sports, PDEA'S, Annasaheb Waghire Science, Arts and Commerce College, Otur, Junnar, Pune***Dr. Lohote P.K.***Director of Physical Education and Sports, Mahatma Phule College, Pimpri, Pune***Abstract:**

This century has had a place with the Information Technology Sector. How associations can use IT to get an advantage in an exceptionally focused market will be the way to progress. Driving the way would be the associations that are in the IT business. The IT blast has carried with it, its own arrangement of difficulties to associations. How to set up frameworks and processes that are tuned in to the IT transformation, how to strategize and contend in the IT period? and so on. In any case, a noteworthy test that the IT business as such has been confronting is in the field of Human Resource Management. The idea of work in today's aggressive world is changing at hurricane speed. Presently like never before previously, work pressure represents a danger to the soundness of representatives and thusly to the strength of association albeit word-related pressure and stress the executives have accepted tremendous significance in any association. The work-life and the issues that are experienced in the day by day work life has been mixed with our ways of life for as far back as quite a long while. Work puts pressure on the board projects and the usage of measures to lessen mental weight and a person's feeling of control are conceivable approaches to neutralize the contrary impacts of an unpleasant circumstance.

Keywords: Study, IT Sector, Stress Management, Techniques etc.**Introduction:**

In the present situation where there is a ton of rivalry, development, and change officials in all associations can't keep away from strain, stress, and uneasiness in their everyday work. Just persevering, taught, prompt and rationally ready officials can endure the work weights and strike a harmony between work life and individual life. They are presented to pressure and strain for significant lots which may show numerous sicknesses like hypertension, high/low circulatory strain, a sleeping disorder, misery, spinal pains, headache, spondylitis, and so forth. This thusly results in the general decline in the official's effectiveness and profitability; therefore, there is a weakening of human capital in the association. Yoga is the response for mending worry among working people. This across the board equation goes about as a relieving specialist for wore out Indian corporate and is quickly developing on the prominence graphs. It fills in as a reviver of psyche, body, and soul. The systems of yoga contain physical stances (asanas), breath extension and improvement (pranayama), unwinding and reflection methods (dhyana), combined with the logic of basic and regular way of life the executives. It improves the vitality of the individual and builds up an inspirational disposition. It has been bore witness to by numerous individuals as a total across the board comprehensive equation for stress the board. In this way understanding the effect in numerous associations when an ordinary session of yoga is directed and indicated by their representative prerequisites

Objectives of the Research:

1. To understand the meaning of Stress.
2. To understand the basic types of Stress.