



Maharashtra Shikshan Samiti's

MAHARASHTRA MAHAVIDYALAYA

Tq. Nilanga Dist. Latur (MS)

Best Rural College Award by S.R.T.M. University, Nanded

NAAC Re-accredited with Grade B+ (CGPA 2.62) III Cycle

Record Book

B.A., B.Com., B.Sc., B.C.A., B.Voc.(WPT/FPPS), M.Sc. (CS), M.Com.



Maharashtra Shikshan Samiti's

MAHARASHTRA MAHAVIDYALAYA, NILANGA



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Tq. Nilanga, Dist. Latur

A Study on Series Among Employees
in SBI (Research project)

Certificate

Exam. Seat No.: GF 61827

Roll No. : _____

College Index No. 314

Class : B. Com B.S.

Exam. Batch No.: _____

Division : _____

This is to certify that Mr./Miss. Mugale Poojash Shingis
has satisfactorily completed the practical course in the subject. Marketing
as per the syllabus laid down by the board / University during the academic
year 20 22 / 20 23

Batch Incharge

Date : 25 / 04 / 2023

बहिःस्थ परीक्षक

Head
Department Of Commerce
Head of the Dep.
Maharashtra Mahavidyalaya, Nilanga



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Introduction :-

Stress is a state of mind that reflects certain reactions in the human body and is experienced by a sense of anxiety, tension and depression and is caused by such demands of the environment or internal process that cannot be met by the resources available or mental to the person. Stress is anything that changes our physical, emotional, behavioural or mental state. In today's changing and competitive work environment stress level is increasing both in the workers as well as the managers. As a result of this work stress, more and more workers and managers are showing sign of chronic fatigue. In most cases, stress leads to reduce efficiency of an employee and which in turn leads to reduce productivity. Stress is highly individualistic in nature. Some people have high tolerance for stress and thrive well in face of several stressors in the environment. Some individuals will not perform well unless they experience a level of stress which motivate them to do better. On the other hand some people have very low level of tolerance for stress and they show sign of