The objective of the study was to study the relationship between occupational stress and job satisfaction among the employees of IT Industry. Eighty-five employees working in IT Industry participated in the study. Structured questionnaires were used to assess the level of stress and job satisfaction. The collected data was analyzed with Mean, Standard Deviation, Correlation, regression and ANOVA tests. Results revealed that there was a significant negative correlation between occupational stress and job satisfaction. Regression analysis revealed that approximately twenty-seven per cent of the variance of job satisfaction was explained by occupational stress.