The objective of the study was to study the relationship between occupational stress and job satisfaction among the among employees of an auto component manufacturing company. 92 employees working in an auto component manufacturing company participated in the study. Structured questionnaires were used to assess the level of stress and job satisfaction. The collected data was analysed 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 29% of the variance of job satisfaction was explained by occupational stress.