

REPORT SYNOPSIS 1A

Topic : “*Increasing Stress and Its Impact*”

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Stress is a state of mind we are quite familiar with. Something as small as breaking the ice amongst strangers or as big as seeing your loved one facing problems makes us stressful. Stress can help us complete an assignment before the deadline or morph into depression.

In this report we will attempt to shed light on the gravity of the problem that is stress in our day to day lives.

We will explain the different APA recognized ‘types of stress and also the classification by Dr. Karl Albercht.

This will be followed by the breakdown of what exactly happens in our mind and body under the subtopic ‘Biology Of Stress’ which will cover the fight or flight reaction and the different hormonal and chemical changes involved.

After this we will list out a few of the leading causes of stress in young adults.

Data collected and reported by Cigna and Moneycontrol will help provide a statistical view of the problem of stress and hence give us a quantitative measure of the seriousness of its effects.

We will then proceed to explain in detail how stress can affect our mind, body, personality and overall well being.

The final subtopic of this report will explain to the readers the various ways through which stress can be properly managed and kept under control so as to be used efficiently to our own benefits.

The conclusion we would like the reader to infer from this report is that stress is on the rise and its dangers are something we can not ignore anymore. It would be wise to learn how to tackle this toxic feeling and turn it into something productive.