**STRESS DETECTION AND REDUCTION IN**

**IT PROFESSIONALS**

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Nowadays, IT industries are developing at a rapid pace in the market by introducing new technologies and deadlines and it requires its employees to cope up with its pace which leads to stress. Hence the system aims to develop a system to detect the stress level of IT professionals and provide them with remedies to reduce stress. The system uses mini-Xception model to identify the emotions of the employee and classify them. Based on the stress level of the employee the system provides remedies such as playing classic music, offering to meditate, play stress reduction games, meditate for a few minutes, provide food coupons to the employees, and participation in sports activities. The dataset used is FER2013 dataset that has more than 30000 images to train the system. This stress detection and reduction system can also be applied to other industries such as banking sector, mechanical industries. This system helps in reducing stress in employees and thereby promoting an healthy work environment and work culture making the employees to be motivated, focused and efficient.