

# **STRESS AND STRESS MANAGEMENT IN IT INDUSTRY**

MANOJKRISHNAN C. G.



**STRESS AND  
STRESS MANAGEMENT IN  
IT INDUSTRY**

# **STRESS AND STRESS MANAGEMENT IN IT INDUSTRY**

**Dr. MANOJKRISHNAN C. G**

Associate Professor - HR  
University of Kerala  
TKM Institute of Management  
Karuvellil, Kollam, Kerala.

**Dr. K. S. CHANDRASEKAR**

Professor and Director  
School of Business Management and Legal Studies  
University of Kerala, Kariyavattom  
Thiruvananthapuram

**Dr. K. P. V. RAMANAKUMAR**

Member - Board of Management  
Dean (Admissions) & Director  
Faculty of Management Studies  
Sri Chandrasekharendra Saraswathy Viswa Mahavidyalaya (Deemed University)  
Kanchipuram



**Vijay Nicole Imprints Private Limited**  
CHENNAI



**Published by**



**Vijay Nicole Imprints Private Limited**

No. 936, Second Floor, Jayadurga Complex, Bazaar Road  
Ram Nagar (Opp. Reliance Fresh), Chennai – 600 091  
Phone: +91 - 44 - 4386 9302, 72002 58368  
Email: vni @vijaynicole.co.in Website: www.vijaynicole.co.in

**STRESS AND STRESS MANAGEMENT IN IT INDUSTRY**

ISBN: 978-81-8209-443-7

**Copyright © 2016, Vijay Nicole Imprints Private Limited**

No part of this publication may be reproduced or distributed in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise or stored in a database or retrieval system without the prior written permission of the publishers and copyright holders. The program listings (if any) may be entered, stored and executed in a computer system, but they may not be reproduced for publication.

Information contained in this work has been obtained by publishers, from sources believed to be reliable. However, neither publishers nor copyright holders guarantee the accuracy or completeness of any information published herein, and neither publishers nor copyright holders shall be responsible for any errors, omissions, or damages arising out of use of this information. This work is published with the understanding that publishers and copyright holders are supplying information but are not attempting to render engineering or other professional services. If such services are required, the assistance of an appropriate professional should be sought.

Laser typeset and Printed at: **Maven Learning Private Limited**, Chennai - 600 091

# CONTENTS

<i>Preface</i>	<i>xi</i>
<i>Acknowledgement</i>	<i>xiii</i>
<i>List of Abbreviations</i>	<i>xv</i>

<b>CHAPTER 1 DEVELOPMENT OF INFORMATION TECHNOLOGY INDUSTRY IN INDIA</b>	<b>1</b>
1.1 Introduction	1
Synonyms	1
1.2 Features of IT Industry at a Glance	3
1.3 Recent Trends in the I.T Industry	4
1. Software as a Service (SaaS)	4
2. Virtualization	4
3. Enterprise Mobility	5
4. Energy – Efficient Data Centers	5
5. Security, Risk and Compliance	5
6. Social Networking	5
7. Web 2.0	6
1.4 Indian I.T Industry	6
Formative Years (till 1991)	7
1991-2001	8
2001- Present	9
I.T/ITES Industry Revenue Trends	9
Segment Wise Export Revenue Trends in I.T – ITES Industry	10
Segment Wise Domestic Revenue Trends in I.T – ITES Industry	11
Major Investments in India's Domestic IT Market	11
Government Initiative in India's Domestic IT Market	11
Top 8 I.T Hubs in India	12
1.5 Department of I.T – Government of India	12
Policies & Schemes	13
Export Promotion Schemes	13
1.6 Software Technology Parks (STP's)	14
Benefits Under STP Scheme	14
STPI Hyderabad	17

