PREFACE

This is a dream come true. In the words of our former President, Dr.A.P.J.Abdul Kalam,

“Dream, Dream, Dream
Dreams transform into thoughts
And thoughts result in action.”

I started dreaming about doing Ph.D. in the year 2000 when I was half-way through my MBA course. In the same year I was hospitalized and saw death face–to-face. But by the grace of Almighty, I survived. And it was then that I realized that God has created me for a purpose and unless and until I fulfill His wishes, I cannot leave this world.

Being an organizational member of a Public Sector Undertaking, the concept of stress has fascinated me, right from the time when I selected a study on Stress management for my MBA project. Stress is like a catalyst that can remove inertia and goad a person into action, or accelerate an action. However, too much of stress over a long duration, is detrimental to health and it is getting proved in companies that are constantly on the move to innovate. Leadership is indispensable for taking a company to greater heights. Leadership decides the direction of the organization. The nuances of leadership will never lose its novelty and scope for further research.

While I am submitting this thesis, there is a silent prayer in my heart full of gratitude, for the departed soul of my first guide the late Prof.N.Ranganathan.

Traveling down the memory lane, my train of thoughts takes me to my beloved father, Shri. R.Gopalakrishnan, who left me forever. He had hoped that some day I will get a doctoral degree. Though he is not with me in this world, I can feel him blessing me.

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And last, but not the least, I thank my husband Sivakumar and my daughters Deepthi and Swathi for their patience and also for helping me in data entry.

I continue my learning journey with my new passion, music and its soothing effects in alleviating stress.

G.Sobhana  
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