

WORK STRESS case study solution



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Short Description

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Description

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Ravi Khanna, 36, a senior foreign bank executive based at Bombay, is leading a comfortable life which, anybody can dream of. He often has to go to abroad for his routine business work. Very recently his bank has started some new banking schemes to enhance the business like credit cards, portfolio management and personal loans, etc. This all has increased his workload tremendously.

Although there is sufficient staff to look after all those sections independently and he does not have to bother for the day-to-day working, but after all being at the helm of affair, he has to supervise everything. And since he is so meticulous in his planning and working, he expects the same from others also, and this is where he is many a times a disappointed man. He becomes tense. At the end of each day ultimately he finds himself amidst the heap of unfinished, pending papers and files. The year end was coming close; he was getting increasingly busy finalizing the annual accounts and balance sheet, plus his usual routine work. This heavily busy schedule one day took the toll.

What happened, in the morning while getting ready for work he was standing in front of the dressing table mirror in his bedroom fixing his tie knot, suddenly he felt some giddiness and before he could realize what was happening, he fell flat on the floor with the loud noise. His wife Sunita, who was preparing morning breakfast for him, came running in the bedroom. She was too shocked to speak anything, she just cried. Ravi's mother who was in pooja room, came running and rang up the family doctor. It took some time for the doctor to reach but in the meantime Ravi gained consciousness. Everyone in the family was so much worried as the doctor examined him and advised him complete bed rest. But Ravi, as usual, was quite casual about this whole incidence, as he tried to brush it aside but the doctor and Ravi's mother did not give in. He was taken to a reputed hospital where all investigations were carried out and ultimately he was diagnosed as a diabetic having high blood pressure.

1. What in your opinion was Ravi Khanna's main problem? What other Problems did he have? What was his coping style?

2. How could he cope with his personal and professional life to be more effective?

Details

1. Case study solved answers

2. pdf/word in 24-48 hrs

3. Fully Solved with answers