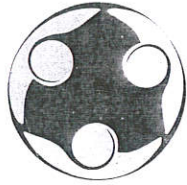
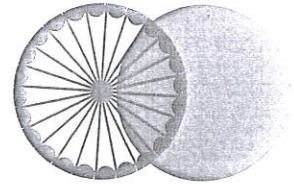


The 12<sup>th</sup> Anniversary  
**India-Japan Fest**

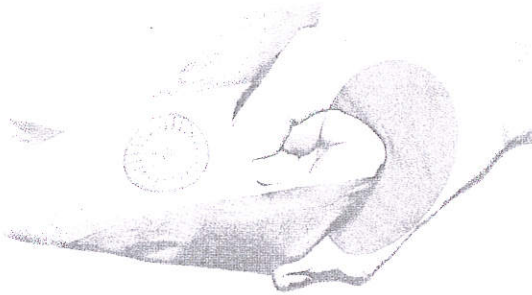


**BICON-2017**  
OCTOBER 11-14, 2017



**Work, Stress and Health**

**Leading Innovations and Strategies towards Stress Management**  
Department of Commerce & Management and Information Technology



Organised & Sponsored by :



**BIYANI GROUP OF COLLEGES**

Approved by AICTE & Affiliated to RTU, UOR, RUHS  
Sector No. 3, Vidhyadhar Nagar, Jaipur, Rajasthan (India)

*Seerat*  
**Principal**

**Kanoria PG Mahila Mahavidyalaya**  
**JAIPUR**

In collaboration with :



Faculty of System Science and Technology  
Akita Prefectural University  
**秋田県立大学**



**KYUSHU**  
**UNIVERSITY**

[www.byaniconference.com](http://www.byaniconference.com)



Leading Innovations and Strategies towards Stress Management

## The 12<sup>th</sup> Anniversary India-Japan Fest



# BICON-2017



The Proceedings of Conference  
Volume - I

## Work, Stress and Health

Leading Innovations and Strategies towards Stress Management

October 11, 2017

ISBN : 978-93-83462-92-6

Organized by :



*Seenu*  
Principal

Kanoria PG Mahila Mahavidyalaya  
JAIPUR

Biyani Girls College  
Department of Commerce & Management and Information Technology  
Jaipur, India

12<sup>th</sup> Biyani International Conference (BICON-17) ISBN: 978-93-83462-92-6



...han, India

India

India



...tube.com/RadioSelfie



## Artificial Intelligence a New Tool for Managing Stress

**Dr. Jayanti Goyal**

HOD, Kanoria Girls PG College, Jaipur, Rajasthan

### Abstract

Artificial Intelligence has begun to impact our lives in several ways. Artificial intelligence is seen as the next sign of technological development with tools that can think, plan, and execute tasks that mimic human performance without stress or the need for a break from work. From artificial intelligence powered smartphone apps to wearable technologies, new innovations are helping people find and attach with meditation and stress-relief methods best suited for their everyday life. There are various popular smartphone apps, like Headspace and Calm, which consist of libraries of different meditations, structured programs and push reminders. They also offer support to keep a consistent practice and to increase the time spent meditating. To mitigate drop-off, an app called Aura uses artificial intelligence to collect demographic information about its users..

Today, we have a bit of increase between modern, academic studies proving the health benefits of this ancient practice and the maturity of the Internet and technology, which together are making this the moment for innovation. In recent years, technologists have developed tools and applications to address these concerns, putting the quest for calm within reach. But stress relief technology is most influential, when it records and measures specific physiological responses to stress. The response from the sensors reflects reaction of individuals and their body to stressful events. Hardware and sensors are improving, but the challenge lies in creating algorithms to meaningfully interpret the data. Bringing more meaning to people's lives is an essential function for these stress managing technology to integrate effortlessly into the wide variety of lifestyles.

*Seera* □□□  
Principal  
Kanoria PG Mahila Mahavidyalaya  
JAIPUR