

Summative examination [S] QP Template

INDIAN MARITIME UNIVERSITY-MICRO CREDIT COURSE

Course title— Introduction to Stress and Fatigue –Management on board ships

Total marks-100

Time allowed- 3 hrs

Pass marks- F+S= 60%

Section A

All questions are compulsory—each Question is of 10 marks.

Q 1- Short Answer type-

Q 2 True/ false type-

Section B

Answer any 4 Questions—Each Question carries 20 marks.

Q 3. Define stress? Explain few triggers of stress at work-stations and remedial measures.

Q4. How is 'fatigue' different from 'tiredness'? Give an example of fatigue related disorders found in seafarers.

Q5. Briefly write about role of machine learning as predicting tool for stages of depression.

Q6. Write short notes on [a] Circadian rhythms [b] Sleep-debt

Q7 Describe 'Bullying' and 'trolling' through cyber as the menace to mental well-being.