Fatigue is that state, following a period of mental or bodily activity, characterized by a lessened capacity or motivation for work and reduced efficiency of accomplishment, usually accompanied by a feeling of weariness, sleepiness, irritability, or loss of ambition; may also supervene when, from any cause, energy expenditure outstrips restorative processes and may be confined to a single organ.

Medical Dictionary

Sensation of boredom and lassitude due to absence of stimulation, monotony, or lack of interest in one’s surroundings is termed as fatigue.
Fatigue is physical and/or mental exhaustion that can be triggered by stress, medication, overwork, or mental and physical illness or disease.

www.healthline.com

Experiment of mosso on dogs

Characteristics of fatigue

1. Fatigue is a product of activity, thought, environment.
2. It resists to the efficiency of the work, task.
3. Mental or physical or both kind of weakness can be felt by it.
4. It is a period of inattention.
5. Fatigue is individual.
6. Main constituent for physical fatigue is lactic acid and carbon dioxide.
7. Chief condition for mental fatigue is emotions and interests.
8. Fatigue state is recoverable.

Types of fatigue

- Muscular
- Mental
- Sensory

- Time table (time for rest, to refresh, etc)
- Time period of an activity
- Develop interest, good habits
- Change in activity to break monotony
- Teaching method, technique
- Create healthy and cheerful environment through democratic management
- Physical infrastructure of institute and classroom should be healthy (air/ventilation, light, temperature etc)
- Teach various exercises and yoga
- Guide for proper posture