



Seat No. : _____

TC-115

Five Years M.B.A. Integrated (K.S.)

F.Y. MBA

April-2013

Stress Management

Time : 2 Hours]

[Max. Marks : 50

1. Define Stress. Bring out the relationship between stress and emotions. **10**
2. Define conflict. Explain along with an example various levels of conflict that are part of corporate work life. **10**
3. Explain stress management techniques involving 'mind'. **10**
4. Explain how should an individual lead stress free life. **10**
5. Fill in the blanks : **10**
 - (1) _____ coined the general adaptation syndrome (G.A.S.)
 - (2) 'Roles' are _____ cause of stress.
 - (3) Positive effect of stress is known as _____.
 - (4) Ancient Indian stress management practices preached by saints is called _____.
 - (5) _____ & _____ are two major personality styles that determine stress reactions in human beings.
