

Seat No. : _____

AH-101

April-2023

Int. MBA, Sem.-II

Stress Management

Time : 2 Hours]

[Max. Marks : 50

1. Discuss in detail : 10
 - (i) The problem focused and emotion focused coping of stress
 - (ii) Cognitive component of stress
 - (iii) Signs of stress

2. What is the cost of stress ? Discuss the common sources of stress at workplace. 10

3. (A) Elaborate different ways to live longer life. 5
(B) Explain all the nuances of importance of communication to manage stress. 5

4. (A) Discuss all the qualities of spiritual values of corporate culture stress. 6
(B) 'What will be soothing for one person might be boring or unpleasant for another'
Elaborate this by discussing all the senses. 4

OR

- (B) Describe non-physical approaches of lifestyle that reach the back through brain. 4

5. (A) Elaborate different ways of leading stress-free life. 6
(B) Describe any 5 range of practical aids and techniques of Yoga to maintain healthy mind. 4

OR

- (B) Describe all the nuances of living better life with the help of novel ways to manage stress. 4