

FY MBA (O) Semester-2 Examination**Stress Management****Time : 2-00 Hours]****April-2024****[Max. Marks : 50**

Q1. What is stress? How does stress impact on human emotions?

[10]

OR

Explain stress and share biological components of stress.

Q2. What is the effect of stress on quality of work life?

[10]

OR

Write different type of stress amongst Managers and Leaders.

Q3 Answer any two:

[10]

a) How to live longer life? share techniques.

b) What is sound therapy for stress?

c) Write Importance of communication in stress.

Q4. What are Stress coping strategies? Discuss.

[10]

OR

What is Mind-body- spirit technique to manage stress? Discuss.

Q5. What is Stress Management? What are the 5A's to manage the stress.

[10]

OR

Q5 How yoga can reduce stress? Explain the steps and process of reducing stress through yoga.

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