



Seat No. : _____

DM-106

December-2025

Integrated MBA (GBM), Sem.-V SEC-ELC-356 : Stress Management (Global Business Management)

Time : 1:00 Hour]

[Max. Marks : 25

- Instructions :**
- (1) Figures to the right indicate Full Marks.
 - (2) Do not write anything on the question paper.
 - (3) Simple calculator is allowed. Do not use a scientific calculator.

1. Explain Stress and what are the causes of it ? Write about different types of stresses with examples. **10**

OR

1. 'Stress free life – My way of creating one', explain / elaborate with examples. **10**

2. "Effective Time Management and Communication helps in reducing stress." Elaborate with examples. **10**

OR

2. Explain Individual and Workplace Stressors. What techniques can an individual use to reduce them ? **10**

3. Write any 5 : (1 mark each) **5**

- (1) A co-operative working environment is a blessing – if yes : why, if not : why not ?
- (2) Good relationships with family and friends helps in living a good life – if yes : why, if not : why not ?
- (3) Giving importance to oneself is not important – if yes : why, if not : why not ?
- (4) Spending time in nature has calming effects on our mind – if yes : why, if not : why not ?
- (5) Stress is not good for our mental and physical well being – if yes : why, if not : why not ?
- (6) 'Live and let live' should be one's life's motto – if yes : why, if not : why not ?
- (7) Speaking our worries out loud help us to think about them better – if yes : why, if not : why not ?