

Seat No. : \_\_\_\_\_

## **AM-119**

**April-2015**

**F.Y. M.B.A., Integrated**

**Stress Management**

**Time : 2 Hours]**

**[Max. Marks : 50**

1. Explain the major sources of Managerial stress in detail. **10**

**OR**

(a) Explain type A and type B personality with their characteristics. **5**

(b) Explain the relation between stress and emotions. **5**

2. Explain the major physical and behavioural symptoms of stress. **10**

**OR**

Explain the conflict resolution steps in detail.

3. What care should be taken while communicating in stressful situations ? Discuss. **10**

4. (a) What are the strategies available for turning stress into productive energy ? **5**

(b) What is the non-physical approach towards managing stress ? **5**

5. Write short notes on any of the following : **10**

(a) Subjective and Objective stress

(b) Controlling mind while doing Yoga

**OR**

What are the steps involved in Yogic Path ?

\_\_\_\_\_