

Seat No. : _____

LH-126

April-2014

F.Y. M.B.A. (KS) (Integrated)

Stress Management

Time : 2 Hours]

[Max. Marks : 50

1. Which are the potential sources of stress ? **10**

2. Which factors affect quality of work life of a person ? Write in detail. **10**

OR

Describe conflict mapping strategy.

3. Explain importance of communication in reducing stress. **10**

4. Emotional stress can contribute to an actual physical reaction in the back. Discuss the non physical approaches and mind – body moves to de-stress your back. **10**

OR

How social support can help to provide against stress ? Also discuss three aspects of inoculation training.

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

(b) Discuss the benefits of doing yoga. **5**

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