

Seat No. : _____

AD-155

April-2019

F.Y. M.B.A. Integrated, Sem.-II

Stress Management

Time : 2 Hours]

[Max. Marks : 50

1. The causes of stress don't exist objectively, and individuals differ in what they see as a stressor in the first place. – Explain statement with relevant points. **10**

OR

What do you understand by the word “Emotion” ? Discuss functions of emotions with example of the Social Readjustment Rating Scale.

2. Write a short note on any **two** from the following : **10**
- (A) Physical and Behavioural symptoms of stress.
- (B) Functionally dependent stressors.
- (C) Five strategies for turning stress into productive energy.

3. ‘Every job has potential stress agents.’ – identify major sources of work stress and explain in detail. **10**

OR

Elaborate different technique of conflict resolution based on pragmatism and compromise.

4. Write a note on strategies which may be adopted by organization to prevent, minimize and overcome stress of their employees. **10**
5. Discuss various types of Yoga poses for stress relief. **10**
