

All Questions are compulsory  
Each question carries equal marks

Marks: 75

Duration: 2.5 Hrs

Q.1A) Select the correct option; (Any 8 out of 10)

(08 marks)

1. CBT stands for \_\_\_\_\_
  - a) Chronic Behavioral Therapy,
  - b) Cognitive Behavioral therapy,
  - c) Counselling Behavioral Therapy
  - d) controlling behavioral therapy
2. Failing to manage your time can lead to some consequences, like.
  - a) Less stress
  - b) Greater productivity and efficiency,
  - c) Missed deadlines
  - d) A better professional reputation
3. In OCD, \_\_\_\_\_ are to thoughts as \_\_\_\_\_ are to actions. \_\_\_\_\_ opinions,
  - a) Convictions obsessions,
  - b) Conditions obsessions,
  - c) Compulsion compulsions,
  - d) Obsessions
4. To understand anxiety disorders we need to take account of:
  - a) only biological factors
  - b) only environmental factors
  - c) both biological and environmental factors
  - d) neither biological nor environmental factors
5. \_\_\_\_\_ of challenges leads to positive impact on one's mind and consciousness
  - a) Emotions
  - b) Actions
  - c) Acceptance
  - d) Networking
6. \_\_\_\_\_ is the creation of a relaxed state of awareness of mind and body.
  - a) Meditation.
  - b) Primary.
  - c) Agenda
  - d) Task list

7. \_\_\_\_\_ may be due to anxiety where people are working in a noisy environment, unfavorable temperatures and working conditions, remote locations, overcrowded room, constant interruptions, etc.
- Stress
  - time
  - Decision latitude
  - Environmental
8. Proper \_\_\_\_\_ and \_\_\_\_\_ of individuals can reduce stress
- job Rotation, Job Enrichment
  - selection, Placement
  - Workshops, Role Of Clarity
  - Foresighted nature
9. \_\_\_\_\_ is a technique where individuals are taught to control internal body processes.
- Relaxation
  - Meditation
  - Biofeedback
  - Physical exercise
10. Tasks needs to be \_\_\_\_\_ as importance and urgency.
- To do list
  - Deadlines
  - Prioritized
  - Agenda

**B) State whether the following True or false: (Any 7 out of 10)**

**(07 Marks)**

- Technology does not lead to stress.
- Body scan is a type of relaxation technique.
- Stress in transactional model is about straight response to stressor.
- Stress is always bad.
- Stress management is a process.
- Proper recruitment and selection of individuals can reduce stress.
- High stress improves one's ability to remember information.
- Techno stress is an impact of stress due to technology.
- Once it reaches exhaustion stage, a person's body is no longer equipped to fight stress.
- Self-hypnosis is also called as auto hypnosis.

Q.2 A) Explain the consequences of Stress.

(07 Marks)

B) Explain the scenario of Stress at Workplace.

(08 Marks)

**OR**

C) What are the various types of Stress?

(08 Marks)

D) Explain the features of stress

(07 Marks)

- Q.3 A) What are the Approaches of Time Management (08 Marks)  
B) Explain the techniques of Relaxation. (07 Marks)

**OR**

- C) Explain in brief the pre-requisites for stress life? (08 Marks)  
D) What are the benefits of stress management? (07 Marks)

- Q.4 A) Discuss the stress model in detail. (08 Marks)  
B) Explain the benefits of stress management therapy. (07 Marks)

**OR**

- C) What is the importance of meditation? (08 Marks)  
D) Explain the prevention stress management mechanisms. (07 Marks)

- Q.5 A) Explain the various approaches to Stress Management. (08 Marks)  
B) Explain the role of Yoga in organisation with an example. (07 Marks)

**OR**

- Q.5C) Write Short Notes on (Any THREE out of FIVE) (15 marks)

- 1) Stress and Technology
- 2) General Adaptation Syndrome
- 3) Burnout
- 4) Eustress
- 5) Transactional model

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