

Duration: 2.5 Hrs

Marks: 75

All Questions are compulsory
Each question carries equal marks

Q.1A) State whether the following True or false: (Any 8 out of 10)

(08 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.

B) Match the Column: (Any 7 out of 10)

(07 Marks)

1. Deep Breathing Exercises	a. Allocating time effectively to prioritize tasks.
2. Time Management	b. Connecting with friends and family for emotional support.
3. Physical Exercise	c. Focusing on the present moment to reduce anxiety.
4. Mindfulness Meditation	d. Engaging in activities that promote physical well-being.
5. Positive Affirmations	e. Using positive statements to shift mindset.
6. Healthy Eating	f. Establishing limits to protect personal and mental space.
7. Social Support	g. Incorporating nutritious foods for overall well-being.
8. Setting Boundaries	h. Setting realistic and achievable objectives.
9. Goal Setting	i. Performing breathing exercises to calm the mind and body.
10. Relaxation Techniques	j. Employing methods to unwind and release tension.

Q.2 A) Explain the sources of Stress. (08)

B) Explain the reasons of Stress at Workplace. (07)

OR

C) What are the various types of Stress? Explain with example. (08)

D) Explain the impact of stress (07)

Q.3 A) What are the Approaches of Time Management (08)

B) Explain the techniques of Relaxation. (07)

OR

C) What is anxiety? What are the mechanisms for coping anxiety? (08)

D) What role does an organization play to reduce stress level in individuals? (07)

Q.4 A) Elucidate General Adaptation Syndrome and Cognitive Appraisal Model with the help of suitable diagrams. (08)

B) Describe various positive mechanisms of dealing with day to day work related stress. (07)

OR

C) What is the importance of meditation in stress relaxation? (08)

D) Explain the stress audit process? (07)

- Q.5 A) Explain mindfulness and biofeedback as techniques of stress management (08)
B) Explain the factors affecting eustress? (07)

OR

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

- a) Stress vs Stressors
- b) General Adaptation Syndrome
- c) Distress
- d) Social media and stress
- e) Burnout
