

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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