

Time: 2½ Hours

Total Marks: 75

Note – All Questions are compulsory.

1. Objective type questions

(15)

Q.1.A. State True or False. (Any 8)

(08)

1. Primary level stress management interventions are preventive and proactive in nature.
2. Time management is the process of organizing and planning the division of time between specific activities.
3. Meditation is an exercise with numerous health benefits by improving physical, mental and emotional wellbeing.
4. Transfers may lead to stress as they affect the entire routine of a person. (true) unit 1
5. Technology does not lead to stress.
6. High stress improves one's ability to remember information.
7. General adaptation syndrome is a five – stage response that the body has to stress.
8. Eustress is a negative form of stress.
9. Body scan is a type of relaxation technique.
10. Stress has only mental pressure, but no physical effect on the body.

Q.1.B. Match the columns: (Any 7)

(07)

Column 'A'	Column 'B'
a) Negative impact of technology	1) Sudden attacks of intense terror
b) Role Ambiguity	2) Worry about non - specific life events
c) Role Clarity	3) "control of breath"
d) Panic Disorder	4) Fear of losing job
e) Exhaustion	5) Less motivation and hope
f) Burn out	6) Lack of training
g) Distress	7) Stress reduction
h) Stress audit	8) Final stage in GAS
i) Pranayama	9) Planned
j) Generalized anxiety disorder	10) Negative stress.

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2. (A) Explain the various reasons for Stress at the workplace. (08)
(B) What are the various types of Stress? (07)

OR

- (C) Differentiate between Stress and Burnout. (08)
(D) Explain the relation between Stressors and Stress. (07)

3. (A) Explain in detail the approaches of Time Management. (08)
(B) Explain the role of Organization in Managing Stress. (07)

OR

- (C) Explain the term anxiety and mechanism to cope up with anxiety. (08)
(D) What is Stress Management? Explain its importance. (07)

4. (A) Explain the concept stages of General Adaptation Syndrome (GAS) in detail. (08)
(B) Explain two models of Stress Management. (07)

OR

- (C) Elaborate the Physical, Mental and Spiritual benefits of Meditation. (15)

5. (A) Explain the futuristic approach of Stress Management. (08)
(B) Discuss the Stress Audit Process. (07)

OR

5. Write short notes – (Attempt any 3) (15)
a. Relaxation Techniques.
b. Consequences of Stress.
c. Stress assessment tools
d. Pre-requisites of a stress-free life.
e. Stress and Technology.
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