

PARUL UNIVERSITY
FACULTY OF MANAGEMENT
BBA Winter 2019 - 20 Examination

Semester: 3
Subject Code: 06101233
Subject Name: Stress Management

Date: 05/12/2019
Time: 02:00 pm to 04:30 pm
Total Marks: 60

Instructions

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

Q.1 Do as Directed.**A). Multiple choice type questions/Fill in the blanks. (Each of 1 mark)****(05)**

1. Stress Management is about learning
 - a) How to Avoid the Pressure of life
 - b) 'a' and 'b' Both
 - c) Development of Pressure Removal Skill
 - d) None of these
- 2 Which of the following are basic sources of Stress..
 - a) Social Stress
 - b) Thoughts
 - c) Physiological
 - d) All of Above
- 3 Which of the following is the example of Negative Stress...
 - a) Unemployment
 - b) profit or gain
 - c) Happiness
 - d) Buying new house
- 4 Which of the following is not intrinsic to the job?
 - a) Noise
 - b) Lighting
 - c) Hygiene
 - d) None of Above
- 5 Which of the following is the effect of stress on industry?
 - a) Premature Retirement
 - b) Ineffective management
 - c) Premature Death
 - d) All of Above

B). Define the following. (Each of 1 mark)**(05)**

1. THALAMUS
2. AMYGDALA
3. Role Conflict
4. Emotion
5. Tangible Support

C). Direct questions. (Each of 1 mark)**(05)**

1. What is New Mammalian Brain?
2. What is Alarm effect of Stress?
3. What is Stress management?
4. What is overload Work effect on mind?
5. Stress Inoculation Training has which three aspects?

Q.2 Answer the following questions.**A). Explain Various Potential Sources of Stress in brief.****(07)****B). Explain Organizations Stressors.****(08)****Q.3 Answer the following questions.****A). Explain various relaxation Techniques.****(07)****B). Explain Pranic Benefits of Yogic Breathing.****(08)****Q.4 Attempt any two questions. (Each of 7.5 mark)****(15)**

- A)** Explain various points of Dealing with Conflict.
- B)** Explain five stages for turning Stress into productive Energy.
- C)** Explain 7 chakras of body.
- D)** Explain various points for making happy and healthy life.