

Question Paper Code : 1657

MBA (CM) (Semester-II) Examination, 2018

STRESS MANAGEMENT

[CM-023]

Time : Three Hours]

[Maximum Marks : 70

Note : Answer **five** questions in all. Question **No.1** is **compulsory**. Besides this, **one** question is to be attempted from each unit.

1. Briefly explain the following : [3×10=30]
- (a) Stress Reactions
 - (b) Distress
 - (c) Individual Differences
 - (d) Cognitive Therapy
 - (e) Fight or flight reaction
 - (f) Sleep disorder
 - (g) Transformation

- (h) Rest out
- (i) Coping
- (j) Meditation

UNIT-I

2. Describe the concept of stress. Discuss the Stress Management. [10]
3. Write detailed notes on : [5+5=10]
 - (a) Hans Selys
 - (b) General Adaptation Syndrome

UNIT-II

4. What are sleep disorders ? Explain the symptoms of sleep disorder. [10]
5. Explain the role of Positive Psychotherapy in managing stress with example. [10]

UNIT-III

6. What is NLP ? Discuss its techniques. [10]
7. Explain the role of Yoga in organisation with an example. [10]

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UNIT-IV

8. Explain the various approaches to Stress Management. [10]
9. Briefly discuss the following : [5+5=10]
 - (a) Regulation of sleeping regime
 - (b) Emotional tension reduction

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