

Time: 2 ½ Hours

75 Marks

Note – All questions are compulsory.

Q.1.A. State whether the following statements are True or False: (Any 8) (8)

1. Stress is a vulnerable part of life.
2. Techno stress is an impact of stress due to technology.
3. Stress has only mental pressure and no physical effect on the body.
4. Organizations can help individuals in managing stress by enriching work process.
5. Adrenaline and cortisol are stress hormones.
6. Breath focus is a relaxation technique.
7. Multitasking helps in stress management.
8. In resistance stage, the body begins to break down physically.
9. Primary level interventions are proactive.
10. Meditation puts the brain into instability.

Q.1.B. Match the Pairs. (Any 7) (7)

A	B
1. Goal setting	A. Focusing on the present moment to reduce anxiety
2. Mindfulness Meditation	B. Low Latitude, High Strain
3. Passive Job	C. Hyperactivity
4. Stress	D. Secondary level of intervention
5. Reactive Strategies	E. Setting realistic and achievable objectives
6. Pranayama	F. Stress Reaction due to mental thinking of a person
7. Acceptance oriented approach	G. Lack of power
8. Eustress	H. Repetitive and intrusive actions
9. Health Realization Model	I. Control of breath
10. OCD	J. Exercising

- Q.2. A. Describe the sources of Stress. (8)
- B. Explain the difference between stress and burnout. (7)
- OR
- C. What are the consequences of stress? Explain. (8)

D. Elaborate the Stress Response Curve. (7)

Q.3 A. What are the various relaxation techniques? Explain. (8)

B. Explain how an organization manages the stress of the employees. (7)

OR

C. Explain the importance of time management. (8)

D. Enumerate the different types of stress disorders. (7)

Q.4. A. Describe the Transactional model of Stress management. (8)

B. Explain types of stress management interventions. (7)

OR

C. Explain the concept and stages of GAS (General adaptation syndrome). (8)

D. Describe the importance of Pranayama and mantras in stress control. (7)

Q.5. A. Elaborate – Stress and social media. (8)

B. Explain the benefits of Stress Management Therapy. (7)

OR

C. Write short notes – (Attempt any 3) (15)

a) Features of stress.

b) Stress Counselling.

c) Role of meditation in stress.

d) Stress monitor.

e) Future of stress Management