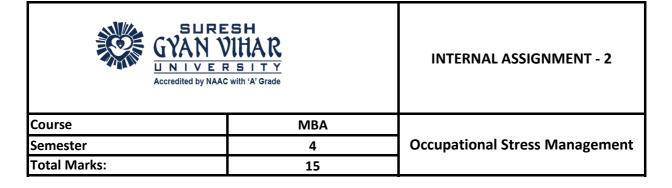


## Q.1. Write answers for any two questions from below. (5 marks each – Word limit – 500)

- **A.** Write a detailed note on Stress Management through music therapy.
- **B.** Write a detailed note on Concept of Stress- a Modern Disease.
- **C.** Explain how to look towards stress?

## Q.2. Write short notes on all of the following topics (1 mark each - Word limit - 100)

- A. What is constructive pressure?
- **B.** Explain anticipatory stress.
- **C.** Define alcohol.
- **D.** Explain developmental crisis.
- E. What is cause of stress?



## Q.1. Write answers for any two questions from below. (5 marks each – Word limit – 500)

- A. What are the symptoms of Stress? What are the remedies to avoid stress?
- **B.** What are some causes of stress?
- **C.** What are the reasons of workplace stresses? Explain the causes of stress in the workplace.

## Q.2. Write short notes on all of the following topics (1 mark each - Word limit - 100)

- A. Define relaxation.
- B. Research Methodology
- C. Stress and Burnout
- **D.** Spirituality
- **E.** Explain environmental pressure.