



**SURESH
GYAN VIHAR**
UNIVERSITY
Accredited by NAAC with 'A' Grade

INTERNAL ASSIGNMENT - 1

Course	MBA	Occupational Stress Management
Semester	4	
Total Marks:	15	

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

- A.** Write a note on Occupational stressors. Explain the strategies to improve personal coping mechanism.
- B.** How biofeedback can be used in stress management?
- C.** What are some causes of stress?

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

- A.** Explain environmental pressure.
- B.** What is working balance?
- C.** Explain low stress.
- D.** Negative Relationship
- E.** What is cause of stress?



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INTERNAL ASSIGNMENT - 2

Course	MBA	Occupational Stress Management
Semester	4	
Total Marks:	15	

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

- A.** Explain the strategies to remove the stress.
- B.** Explain the impact of weak relationship on work life.
- C.** What are the effects of stress on academicians?

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

- A.** What is rest?
- B.** Research Methodology
- C.** Stress Prevention
- D.** Spirituality
- E.** Explain inherent pre-disposition.