



**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 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?



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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. 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.