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Register Number :

7234

Name of the Candidate :

M.B.A. DEGREE EXAMINATION MAY 2015.

(SELF MANAGEMENT AND CRISIS MANAGEMENT)

(SECOND YEAR)

260 — STRESS MANAGEMENT AND ANGER MANAGEMENT

Time : Three hours

Maximum : 75 marks

SECTION A

Answer any FIVE questions.

(5 × 3 = 15)

All questions carry equal marks.

1. Write short notes on :
 - (a) Illusion of stress.
 - (b) Mental sings.
 - (c) Behavior cycle.
 - (d) Signs of Anger.
 - (e) Anger.
 - (f) Deflecting.
 - (g) Negative feelings.
 - (h) Practicing.

SECTION B

Answer any THREE questions.

(3 × 10 = 30)

All questions carry equal marks.

2. What is the Stress of health perspective?
3. Discuss about the sympathetic and parasympathetic effects.
4. Explain in the forms and derivatives of anger.
5. What are the Guidelines to overcome anger?
6. Discuss about the physiological effects of meditation.

SECTION C

Answer any TWO questions.

(2 × 15 = 30)

7. What are the Professional perspective and Management perspective?
 8. Explain the various types of Stress.
 9. What are the Traits and effect of Anger?
 10. Explain the practice of higher consciousness and preparation of contemplation and Absorption.
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