

Reg.No.

--	--	--	--	--	--	--	--	--	--	--	--

D.K.M.COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1
SEMESTER EXAMINATIONS

APRIL – 2019

15CPHR2E

ELECTIVE : STRESS AND TIME MANAGEMENT

Time : 3 Hrs

Max. Marks : 75

SECTION-A (5x6=30)

Answer ALL the questions.

1. (a) What is stress? Explain the different level of stress.
(Or)
(b) List out the various symptoms of stress.
2. (a) Explain the different types of stress.
(Or)
(b) What is Good Stress and bad stress? Explain with examples.
3. (a) What are the outcomes of stress in an organization?
(Or)
(b) "Meditation for peace and yoga for life" – Elaborate the statement.
4. (a) Explain the basic principles and characteristics of time management.
(Or)
(b) Explain the various techniques of time management.
5. (a) What is procrastination? Explain the main causes of procrastination.
(Or)
(b) Explain the functions of time management.

SECTION-B (3x15 =45)

Answer any THREE of the following questions.

6. "*Stress is inevitable* and it is associated with both harmful and beneficial qualities" Comment.
7. Discuss in detail on various stressors that causes occupational stress.
8. Suggest the various stress management techniques for employees working in BPO industry to manage stress.
9. Explain the measures to overcome procrastination.
10. Describe the three generations of time management concepts with examples.

* * * * *