

Bachelor of Vocation Semester-V Examination
5 BVC GEC 2
SOFT SKILL DEVELOPMENT-II

Time : Three Hours]

[Maximum Marks : 40

Note :—All questions carry equal marks.

1. (a) Define Stress. 5
- (b) Discuss the Dimensions of Stress. 5

OR

2. (a) What are the objectives of Stress Management ? 5
- (b) Discuss the nature of Stress. 5
3. (a) Discuss the three stages of burn-out. 5
- (b) Explain the role of perceptions in causing Stress. 5

OR

4. (a) Explain the ways of coping with stress. 5
- (b) What is Pressure ? 5
5. (a) How do you develop a strategy for Stress Management ? 5
- (b) What is Change Management ? 5

OR

6. (a) Elaborate the stress caused by jobs. 5
- (b) What is Self Management ? 5
7. (a) Explain the importance of Yoga. 5
- (b) Discuss the concept of 'Planning Your Next Step'. 5

OR

8. (a) Discuss the role of relaxation by music. 5
- (b) Describe the concept of 'Positive Force of Nature'. 5

