

Semester - 3<sup>rd</sup>

Paper - Managing Stress

Batch - 2016/2017

Max. marks - 45

Min marks - 15

Note :- Attempt all the questions

Q1: Define stress. Discuss the sources of stress.

Q2. Discuss General Adaptation Syndrome.

Q3:- Write a note on Jacobson's Progressive Muscular Relaxation Technique (JPMRT).

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