

**ABES ENGINEERING COLLEGE, GHAZIABAD**  
**Department of Mechanical Engineering**

**Soft Skills (BAS 205)**

<b>QUESTION BANK (UNIT-5)</b>		<b>Unit 5</b>
<b>Topic</b>	<b>Applied Grammar and Usage</b>	
<b>Course</b>	<b>B. Tech</b>	
<b>Semester</b>	<b>2</b>	

<b>Q. NO.</b>	<b>Short Answer Type Questions:-</b>
1.	Define mental health.
2.	Define mental illness.
3.	What are the effects of good mental health at the workplace?
4.	What are the effects of bad mental health at the workplace?
5.	Define Stress.
6.	What are the probable symptoms of stress?
7.	Define leadership.
8.	Enlist the four factors of leadership.
9.	What is eustress?
10.	What is stress management?
<b>Q. NO.</b>	<b>Long Answer Type Questions</b>
11.	Describe the three interrelated components of workplace health.
12.	What are the implications of mental health at the workplace?
13.	Explain the qualities of a good leader.
14.	Elaborate on External stressors of stress.
15.	Elaborate on Internal stressors of stress.
16.	Elaborate on the causes of stress.
17.	Write a short note on 4 A's techniques of stress management.
18.	Elaborate on 5 step framework of Managing stress given by Owen Moran.
19.	"Effective leaders should be compassionate." Explain
20.	"Coping strategies for stress can be adopted at the individual level as well as the organizational level". Discuss