**ORGANIZATION BEHAVIOR**

**ASSIGNMENT**

**(DATE OF SUBMISSION: 28th March, 2020)**

1. What do you mean by STRESS? Write it’s meaning and definition along with an example.
2. Explain various Symptoms of Stress and explain them. With diagram.
3. Define various sources of Stress with example on different levels like:
* Individual level
* Group level
* Organizational level
1. What are the effects of Stress?What is Burnouts?
2. How can we manage stress and what are it’s strategies? Explain
3. Write Short Notes on:
* Stressors
* Extra Organizational Stressors

**(Mail Id:** **alfishaalam.vgoi@gmail.com****)**