

**II Semester M.Com. Degree Examination, November/December 2023**

**(CBCS Scheme)**

**(2020 – 21)**

**COMMERCE**

**Paper – 2.6 : Indian Ethos and Leadership**

Time : 3 Hours

Max. Marks : 70

**SECTION – A**



1. Answer any seven questions out of ten. Each question carries two marks. (7×2=14)
- Define the term Ethics.
  - What is meant by Social Environment ?
  - Mention two principles of Indian ethos.
  - What do you mean by ethical decision making ?
  - Give the meaning of Moral Leadership.
  - What are the determinants of Personality Development ?
  - What is the significance of emotional intelligence in the role of leader ?
  - What is the meaning of value for Indian managers ?
  - Write the meaning of brain stalling.
  - List out few stress management techniques.

**SECTION – B**

- Answer any four questions out of six. Each question carries five marks. (4×5=20)
- Explain the importance of transcultural human values in management and management education.
  - Meditation and yoga are techniques for improving inner capacity. Discuss this statement.
  - Define Indian ethos and work ethos. State the factors responsible for poor work ethos in a business organization.
  - Differentiate between Secular Values from Spiritual Values.

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6. How do spirituality helps to maintain work-life balance and entrance organizational efficiency ? Explain.
7. Discuss the relevance of value based management and its impact on the different stakeholders of a business.

### SECTION – C

Answer any two questions out of four. Each question carries twelve marks. (2×12=24)

8. "There is a close relationship between vibrant leadership and human values which deeply imparts organizational decision making and sustainability". Discuss.
9. "Values help to reduce, prevent and cope with stress". Comment on the statement from the perspective of an Indian manager.
10. Change does not occur in vacuum. There are number of factors operating both within and outside the organization which cause the change to take. Discuss the relevance of this statement in light of the forces imparting the change.
11. Write a note on the following :
  - Traits of a effective leader.
  - Self management.
  - Brain storming.
  - 360 degree feedback.

### SECTION – D

Compulsory skill based question on subject :

(1×12=12)

12. A patient with a history of fatigue, nausea, and anxiety sought help from a yoga therapy practitioner. The patient was referred to the practitioner by her oncologist when she refused treatment until after her surgery.  
She had been seen by other physicians who prescribed repeated doses of anti-nausea medication, but that did not improve her condition.  
On the first visit to the yoga therapist, the patient said she felt much better and no longer felt nauseous. She also enjoyed being in class each week with others doing the same as herself and found it helpful to have others who understood what she was going through. The practitioner suggested one more session each week for six weeks, followed by two additional sessions per week for another six weeks.

**Yoga therapy approach :**

The yoga therapy session involved a series of seated postures and movements that required the patient to focus on her breathing. It was a way for her to express herself, ground herself in the present moment and re-establish control over her body and mind.

The practitioner also suggested certain dietary changes, taking more time to chew food and drink between sips for half an hour before meals and drinking hot water with lemon every morning on an empty stomach.

The patient enjoyed taking these dietary changes that improved her health and how she felt at work. She said she could tolerate standing longer at work, which helped her get used to being there longer than usual. She also felt that the dietary changes made her feel lighter and more in control of her physical body.

**Results :**

After several weekly sessions, the patient and her family members reported a great improvement in her energy level and body functioning. She also mentioned feeling much more confident to take on maintenance responsibilities, and she was back to her normal routine of cooking and cleaning at home.

The Practitioner suggested continuing the exercises for two more weeks following the six week training. The patient continued practicing yoga at home for two hours each week after that total.

She also mentioned that she enjoyed sleeping more soundly, sleeping through the night without waking up several times during the night from feeling sick or cold.

**Questions :**

- a) Yoga is intended to have an optimizing effect. Explain the various benefits of yoga therapy.
- b) Explain how the benefits of yoga is mediated by specific factors, such as exercise, meditation, philosophy, spirituality and lifestyle.
- c) The potential benefits of yoga is modified by cultural and societal influences. Justify.

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