

Q-3 Explain nature of leadership. Explain meaning and definition of stress.

Ans The many definitions of leadership each have a different emphasis some definitions consider leadership an act our behaviour, such as initiating structure so group members know how to complete a task, other consider a leader to be the center our nuclei of group activity, an in statement of goal achievement who has a certain personality, a form of persuasion and power and the are inducing compliance.

stress is the body's reaction to any change that require an adjustment of response. The body reacts to these changes with physical, mental and emotional responses. stress is a normal part of life. you can experience stress from your environment your body, and your thoughts even positive life changes such as a promotion a marriage or the birth a child produce stress.