

Section 3

Ques 3

Ans:- Leadership and stress:- Generally military leadership and leadership and stress - define. But when you see it you recognize it the result of a good deal the nature of the procedure.

Q What is the best definition of stress:-

Stress:- In a medical or biological context stress is a physical, mental or emotional factor that causes bodily or mental tension. Stress can be exerted from the environment.

Q What is the nature of stress:- introduction of nature of stress:-

generally, most people use the word stress to refer to negative experiences that cause us feeling overwhelmed.

What is Concept of leadership.

Leadership is a process by which a person influence other to accept an objective and direct the organization in the way that make more.

What are the five leadership skills.

Communication is one of the most important skills of leader is the ability to communicate effectively.

Awareness

Honesty / integrity

Innovation

Developing leadership skills