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| Trim: Jan – Mar 24 | | |
| Maximum Marks: 25 Examination: ETE Exam Date: 13.4.24 Duration:90 min | | |
| Programme code: 12 Programme: MBA (PT) -HRM | Class: SY | Semester/Trimester: VI |
| College: K. J. Somaiya Institute of Management | Name of the department/Section/Center: | |
| Course Code: | Name of the Course: EMPLOYEE WELLNESS | |
| Instructions: Question no. 1 is compulsory - 10 marks. Answer any 3 questions (5 Marks each) from Question 2 to Question 6. | | |

| Question No. | | Max. Marks |
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| 1. | <p>M/s Steel Strong a pan India company producing Steel Rods for construction conducted a HR Audit to gauge their level of Employee engagement. In the last 6 months they have been facing higher attrition combined with high level of absenteeism too.</p> <p>The Board of directors asked the HR Head to make Employee Wellness a focus area and work out a plan for a successful Employee Wellness program.</p> <p>a) What are types of employee wellness program the HR Head can start? - (5 marks)</p> <p>b) What steps should the HR Head take to start an employee wellness program? -(5 marks)</p> | 10 |
| 2. | What are the ways to improve Employee Health as well as Occupational Health? | 5 |
| 3. | Describe ways by which employers can address and improve Workplace Mental Health. | 5 |
| 4. | Resilient people fight stressful events, pull through those experiences, and grow from them. What is Resilience Training? | 5 |
| 5. | What are the Key advantages of effective employee time management? What are some key practices to improve employee time management? | 5 |
| 6. | What are ways companies can promote Employee Financial Wellness? | 5 |