

BDIS (NEP) Sem.-5 Examination

SEC-356

Stress Management

December-2025

Time : 1.00 Hour]

[Max.Marks : 25

Instructions:

1. Attempt all questions.
2. Make suitable assumptions wherever necessary.
3. Figures to the right indicate full marks.

Total Marks: 25

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Q.1 Elaborate the meaning and nature of stress. Explain biological and psychological views with reference to Hans Selye and Lazarus. **10**

OR

Q.1 "Stress management focuses on response, not elimination." Discuss in depth.

Q.2 Explain the consequences of chronic stress on body and mind. How does stress affect immunity, memory and behavior? **10**

OR

Q.2 Explain how time management prevents burnout and enhances productivity.

Q.3 a.) Describe adaptive and maladaptive behaviors in stress. **5**
b.) Discuss healthy communication techniques for resolving interpersonal conflict.

