

**BDLA (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.**

		Marks
Q.1	Explain the importance of communication in managing workplace or academic stress with suitable examples.	(10)
	OR	
Q.1	Evaluate the role of feedback, appreciation, and open dialogue in boosting employee motivation and work quality.	
Q.2	Explain how communication and social support help in reducing emotional stress.	(10)
	OR	
Q.2	“Stress management is not about removing stress, but handling it wisely.” Discuss.	
Q.3	Write notes on the following:	(5)
	Time Management as a stress reduction practice	
	Stress and Conflict in Relationships	

