

BDME (NEP) Sem.-5 Examination

SEC-356

Stress Management

Time : 1.00 Hour]

December-2025

[Max.Marks : 25

Instructions:

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

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.