

BDPD (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 | |
-