

**BDVC (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.

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