



Seat No. : _____

DK-108

December-2025

5 Year Int. M.Sc. IT IMS & Cyber Security, Sem.-V

SEC-356 : Stress Management

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.

1. Describe the General Adaptation Syndrome (GAS) model. Explain in detail all three stages using examples. 10

OR

1. Discuss how can you deal with small stresses using ABC model. 10

2. Discuss in detail how practicing yoga on daily basis can help us reduce stress. 10

OR

2. (A) Discuss what is Emotional Intelligence (EI) and how high EI can help us in combating stress ? 5

- (B) Give few examples of emotional stress in workplace. 5

3. Fill in the blanks : (Answer any **five**) 5

(1) The three common workplace stressors at work are interpersonal stressor, task-related stressor and _____ stressor.

(2) _____ is short term, motivating and exciting.

(3) Adaptive and _____ are two types of ways to deal with stress.

(4) Pomodoro technique is used to _____ time.

(5) Low morale in organization is _____ level stress.

(6) Long term effects of stress create false or _____ memories.

DK-108