



Seat No. : _____

DK-110

December-2025

5 Year Int. M.Sc. IT, Sem.-V

SEC-356 : Stress Management

[Software Development (Web & Mobile)]

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. Write in detail about Impact of Stress on memory and learning. **10**

OR

1. Define Stress and explain types with examples. **10**

2. (a) What is work-life balance ? **5**

(b) Define procrastination. **5**

OR

2. Write in detail how practicing yoga in our daily life can help us deal with stress. **10**

3. Find out if the following statements are **TRUE** or **FALSE**.

Answer any **FIVE** statements. **5**

(1) Distress is a long term event.

(2) All stress is good for you.

(3) Stress can decrease your performance sometimes.

(4) Consuming drugs is excellent way to deal with stress.

(5) Negative self-talk is one of internal sources of stress.

(6) Using emotional intelligence in workplace, decreases the probability of personal conflicts.

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