

**IMBA/BBA in ITF (NEP) Sem.-5 Examination
SEC-356**

Stress Management

Time : 1.00 Hour]

December-2025

[Max.Marks : 25

Instructions:

- **Figures to the right indicate Full Marks.**
- **Do not write anything on the question paper.**
- **Simple calculator is allowed. Do not use a scientific calculator.**

Q.1	‘Managing stress as an individual and in an organisation is not easy,’ how will you handle the situations when they arise? <p align="center"><u>OR</u></p>	10
Q.1	What is your understanding of Stress and what are the causes of it? Explain different types of stress with examples.	10
Q.2	“Time Management,” an effective key in reducing the effects of stress. Explain with examples. <p align="center"><u>OR</u></p>	10
Q.2	What are the causes of Stress in our life and at Work? What remedies/actions can one take to reduce them, explain with examples?	10
Q.3	Write any 5: (1 mark each) <ol style="list-style-type: none"> 1. ‘Stress affects our health’ - if yes : why, if not : why not? 2. Spending quality time with family makes people happy - if yes : why, if not : why not? 3. Making a list of tasks helps in managing time better - if yes : why, if not : why not? 4. Distress is good for an individual - if yes : why, if not : why not? 5. Meditation helps in positive thinking - if yes : why, if not : why not? 6. Hobby is not important in Life - if yes : why, if not : why not? 7. Being calm in a situation is important - if yes : why, if not : why not? 	5