

Dr. Babasaheb Ambedkar Open University
Term End Examination July – 2026

Course Name : BBA
Subject Name : Stress Management
Subject Code : BBAAEC404

Date : 16-08-2026
Time : 03:00pm to 04.00pm
Max Marks : 35

Answer the following Questions.		Marks
Q-1	What is Stress? Write Sources of Stress. OR Write different approaches of Stress Management.	10
Q-2	Explain Three Levels of Stress Management in detail. OR What is Yoga? Write its importance in Stress Management.	10
Q-3 (A)	Write a short note on (any Two) 1 Work Stress 2 Chronic Stress 3 Effects of stress on the immune system 4 Benefits of Stress Management	10
Q-3 (B)	MCQ 1 Which is a Common body Sign of Stress? a) Relaxed muscles b) Headache c) Smiling d) Clam breathing 2 Which emotion Shows Stress? a) joy b) Peace c) Fear d) Hope 3 Environmental stress Factor include: a) noise and pollution b) peer pressure c) job insecurity d) family conflicts 4 The Principles of stress management includes _____. a) avoid b) Change c) accept d) All of The above 5 The Full Form of GAS is _____. a) General adaptation Syndrome b) Goal Accepts Services c) Go as Soon d) All of The above	05
