

ASUTOSH COLLEGE
INTERNAL ASSESSMENT, 2021
Semester IV. Unit : SEC-B-02
Full Marks : 10

Instructions

Please prepare the top sheet with the following specifications :

*Name, College Roll Number, CU Roll Number , CU Registration Number, Paper
Code , Subject , Subject Code*

Do scan the answer sheets such that they are perfectly legible and visible.

Time Limit – 1 hour

Word Limit – 250 words

Answer **any two** of the following :

5×2 = 10

1. Define stress. Describe the nature of stress.
2. How does stress effect your health?
3. Describe any two sources of stress.
4. Mention briefly, the possible methods of managing stress.
5. Mention about few of the most common symptoms of stress.
