

BBA/IDC1/MHSM(CP) (AK)

2 0 2 4

(FYUGP)

(1st Semester)

MANAGEMENT

(Interdisciplinary Course)

Paper Code : BBA/IDC1/MHSM

(Mental Health and Stress Management)

(PART : A—OBJECTIVE)

(Marks : 12½)

KEY ANSWERS FOR OBJECTIVES

1. Put a Tick (✓) mark against the correct answer in the brackets provided : $\frac{1}{2} \times 15 = 7\frac{1}{2}$

- (a) (i) Alarm
- (b) (ii) Medication
- (c) (iv) Exhaustion
- (d) (iii) Increased energy levels
- (e) (iv) physical postures

(2)

- (f) (ii) engage in physical confrontation or flee from danger
- (g) (ii) Chronic stress
- (h) (i) very effective
- (i) (iv) Norepinephrine
- (j) (iii) reinforces a positive vision of oneself
- (k) (ii) Hypothalamus
- (l) (iii) Digestive issues such as stomachaches or nausea
- (m) (ii) It has been shown to help immune system
- (n) (iii) School
- (o) (i) problem focused

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