**GOVERNMENT DEGREE COLLEGE, GANDERBAL**

**Department of Psychology**

**SEMESTER 3RD**

**SKILL ENHANCEMENT COURSE**

**Course Title: MANAGING STRESS *MAX. MARKS: 60***

***MIN. MARKS: 24***

**Course Code: PSY316S**

*NOTE: Attempt all 4 questions. Each question carries equal marks.*

Q1. What is stress? Discuss the various sources of stress.

Q2. What are problem focused and emotion focused approaches to stress?

Q3. What are the various signs and symptoms of stress?

Q4. Discuss yoga and meditation as ways of reducing stress.

**Instructions:**

1. The assignment is to be submitted through email on gdcgbl3s@gmail.com

2. Last date of submission of assignment is 08/08/2020.

3. The Assignment must be handwritten.

4. Use A4 size ruled paper for writing the Assignment (write on one side of page only).

5. Assignment should not be more than 10 pages and should be converted into a single PDF file using camscanner.

6. Students are advised to preserve hard copy of Assignment and they should be able to produce as and when demanded by the College/University.

7. Do not copy answers from other students. Rejection or acceptance of an Assignment will be the sole discretion of the HOD/Course coordinator with valid reasons.

8. Title page of Assignment must contain the following information (COMPULSORY):

|  |  |
| --- | --- |
| Name of the candidate |  |
| Semester Category (Fresh/Backlog) |  |
| Batch |  |
| Examination Roll no. |  |
| Registration no. |  |
| Subject |  |
| Course Title |  |
| Course Code |  |
| Mobile no |  |
| Email id |  |
| Signature of candidate |  |
| Date of submission |  |

9. Students must write Page number, Roll number, Registration number on the top right corner of each page