

SECTION – II

Q. 4. Case Study

(15)

A. Describe the various kinds of stress faced especially by college students.

B. State the various ways that will help to reduce their stress and help the students become mental healthy and strong.

Q. 5. Answer the following:

(10)

a) How can you prepare for a presentation to be given the next day?

OR

b) How can one build a positive attitude? State the steps to build adaptability in one's behavior?
