Information Technology (402)

Class X

Assignment 6

Part A : Employability Skills :
(Self Management Skills : Stress Management Techniques)

Note : - Solve the following in classwork copy :-

(A) Answer the following questions.
   1. What is stress?
   2. Explain briefly survival stress.

(B) Activity :
   For a week, observe any one person of your choice on his/her " stress management Techniques". Write your observation in 100 words.