



Date: 14-11-2024

Dept. No.

Max. : 100 Marks

Time: 01:00 pm-04:00 pm

PART – A**Q. No. Answer any FOUR questions (not exceeding 200 words)****(4 x 5 = 20 Marks)**

- 1 Describe the basic assumption and goals of positive psychology.
- 2 Explain psychology of well being and happiness from a subjective perspective
- 3 Define and write a note on the various measures of happiness
- 4 List down the benefits of being in control with self in your day to day life
- 5 Explain virtues and strength of character.

PART – B**Answer any FOUR questions (not exceeding 500 words)****(4 x 10 = 40 Marks)**

- 6 Describe the conceptual organization of positive psychology
- 7 Compare and contrast hedonistic and eudemonic basis of happiness
- 8 Explain the ways of cultivating positive emotions
- 9 Explain the role of self control and self regulation in achieving goal in one's life
- 10 Examine the ways of enhancing forgiveness and gratitude and its impact in one's well being

PART – C**Answer any TWO questions (not exceeding 1000 words)****(2 x 20 = 40 Marks)**

- 11 Determine the ways of building human strength from a positive perspective.
- 12 Elucidate upon the search for universal motives in connection with everyday life
- 13 Explain the role of flow and optimal experiences in enhancing one's psychological well being
