DECEMBER 2023 **U/ID 22504/UCG5D**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions each in 30 words.

1. Who coined the term positive Psychology? When did this field established?

2. What are the goals of positive Psychology?

3. What does Resilience mean?

4. Define wisdom.

5. How does Baumgardner define Courage?

6. Define Happiness.

7. Enlist the components of Emotional Intelligence.

8. What does self-efficacy mean?

9. What is mindfulness?

10. How does spirituality benefit people?

11. Define Altruism.

12. What are the different types of Love?

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions each in 200 words.

13. Discuss about the assumptions of Positive Psychology.

14. Write notes on the strengths of character.

15. How is wisdom put into action?

16. Explain the effect of hope on mental health.

17. What are the benefits of Flow?

18. Describe the impact of forgiveness on Inter personal relationships.

19. Explain the reasons for people to engage in helping behaviour.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions each in 500 words.

20. Compare and contrast the Eastern and western perspectives of Positive Psychology.

21. Write the meaning, types and the process of developing courage.

22. Give a detailed account on Emotional Intelligence.

23. Narrate the various benefits of mindfulness on physical and mental health.

24. Write in detail about the societal implications of altruism and gratitude.

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