MAY 2025 **U/ID 22504/UCG5D**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 30 words each.

1. Define Positive Psychology.
2. What is meant by Life above zero?
3. What are the key components of wisdom?
4. Define resilience
5. Explain the concept of post-traumatic growth.
6. What are virtues and strengths of character?
7. Mention two types of courage.
8. Define emotional intelligence.
9. What is emotional Storytelling?
10. Define subjective well-being.

11. Define gratitude.

12. Write a note on triangular theory of love.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions in 200 words each.

13. Discuss the goals and assumptions of Positive Psychology.

14. Explain the concept of resilience and its role in growth through trauma.

15. Explain how emotional intelligence contribute to well-being with examples.

16. Explain the importance of self-efficacy in Positive Psychology.

17. How does optimism influence personal growth? Explain.

18. Describe the concept of flow and its benefits.

19. Explain the relationship between hope and well-being.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Explain the differences between Eastern and Western perspectives on Positive Psychology.

21. Discuss the theories of wisdom and their practical applications.

22. How do emotional intelligence and emotional storytelling contribute to psychological well-being?

23. Describe the benefits of mindfulness and spirituality.

24. Discuss the importance of flourishing relationships and a culture of appreciation in Positive Psychology.

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