

School of Liberal Education

Department of Humanities
Mid Term Examination

Exam Date: 27 Sep 2023
Time : 90 Minutes
Marks : 50

Sem V - K1UA502T - Positive Psychology

*Your answer should be specific to the question asked
Draw neat labeled diagrams wherever necessary*

- 1) Explain mindfulness. What are the benefits of mindfulness? K2 (2)
- 2) Define Optimism. K1 (3)
- 3) Explain, What role does mindfulness play in Eastern approaches to Positive Psychology, and how does it compare to Western mindfulness practices? K2 (4)
- 4) Explain the theory of PERMA by Seligman. K2 (6)
- 5) How wellbeing helps in the development of positivity in an individual. K3 (6)
- 6) Explain how Joy and happiness develops positive attitude in a personality. K3 (9)
- 7) Analyze briefly the various factors affecting wellbeing. K4 (8)
- 8) Analyze the difference of western and Indian perspectives of positive psychology. K4 (12)

OR

Analyze, how positive thinking can be practiced. K4 (12)