

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

School of Liberal Education
Bachelor of Arts Honours in Applied Psychology
Semester End Examination - Nov 2023

Duration : 180 Minutes
Max Marks : 100

Sem V - K1UA502T - Positive Psychology

General Instructions

Answer to the specific question asked

Draw neat, labelled diagrams wherever necessary

Approved data hand books are allowed subject to verification by the Invigilator

- 1) Define mindfulness. K1 (2)
- 2) Explain some strategies or exercises to enhance empathy in individuals K2 (4)
- 3) Explain the potential effects of practicing compassion on mental well-being and interpersonal relationships? K2 (6)
- 4) Identify the features of self-reflection and its contribution in developing self-awareness. K3 (9)
- 5) Identify the hedonistic view of happiness that focuses upon immediate pleasure and gratification. K3 (9)
- 6) Evaluate the significance of social support and relationships in fostering a fulfilling and meaningful life. K5 (10)
- 7) Analyze the need and importance of positive psychology. K4 (12)
- 8) Explain positive consequences of flow experience. K5 (15)
- 9) Explain the advantages and disadvantages of flow experience. K5 (15)
- 10) Discuss how the practice of mindfulness in Buddhism can help individuals become more aware of their emotional experiences and promote a positive emotional state. K6 (18)