

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

School of Liberal Education**Master of Arts in Applied Psychology****Mid Term Examination - Mar 2024****Duration : 90 Minutes****Max Marks : 50****Sem IV - PSY6041 - 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) Explain the concept of positive workplace. K2 (2)
- 2) What do you understand by resilience? K1 (3)
- 3) Explain trauma in the context of psychological and emotional well-being? K2 (4)
- 4) Explain mindfulness? What are the benefits of mindfulness? K2 (6)
- 5) Identify the different types of hope and their role in positive psychology? K3 (6)
- 6) Identify the various factor affecting well being? K3 (9)
- 7) Analyze the intervention strategies of Positive Psychology. K4 (8)
- 8) Analyze the potential gender-related differences in the experience of subjective well-being and happiness. K4 (12)

OR

Examine Positive psychology literally means the science and applications related the study of psychological strength and positive emotions K4 (12)