

PRN:.....
Time: 2 hours 30 minutes

Total Marks 60

- Numbers on the right indicate marks.
- Mention question number for all answers
- Write answers in appropriate sequence

Q1 Answer any two from the following questions (16)

- 1 Define positive psychology and explain its major assumptions and goals.
- 2 Define self-esteem and explain the darker side of self-esteem.
- 3 Write a detailed note on association of positive emotions and well-being.
- 4 From an application perspective, explain the given statement- 'Finding the positive in negative' with relevant examples.

Q2 Answer any two from the following questions (16)

- 1 Write a detailed note on goals that create self-regulation problems.
- 2 Write a detailed note on how optimism works in coping behavior.
- 3 Define mindfulness and explain any two mindfulness based psychotherapies.
- 4 Explain in detail attributes of mindful awareness.

Q3 Answer any two from the following questions (16)

- 1 Explain the theoretical and practical implications of the empathy-altruism hypothesis.
- 2 Write a detailed note on moral systems of morality.
- 3 Mention the ways of fostering morality in children and explain in detail Fostering Morality Through Affiliations. Give relevant examples.
- 4 Write a detailed note on moral pitfalls.

(12)

Q4 Answer in short (Any Four)

- 1 Define flow with a relevant example.
- 2 What are the key points of Fredrickson's theory of positive emotions?
- 3 Write briefly about the PERMA model.
- 4 Define optimism and pessimism.
- 5 What is Aversive-Arousal Reduction altruism?
- 6 Give meaning of collectivism as a motivator of altruism.