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PYS 455

II Semester M.Sc. Examination, September/October 2022
PSYCHOLOGY
Positive Psychology

Time : 3 Hours

Max. Marks : 70

I. Answer **any five** of the following (**Concepts**) : **(5×2=10)**

- 1) Positive emotion.
- 2) List the 5 virtues in Confucianism teachings.
- 3) Self-control.
- 4) Mindfulness.
- 5) Attributes.
- 6) Forgiveness.

II. Answer **any three** of the following (**Short** notes) : **(3×5=15)**

- 7) Write a note on social intelligence.
- 8) Types of happiness.
- 9) Describe the means of fostering flow.
- 10) Characteristics of Wisdom.

III. Answer **any three** of the following (**Essay** questions) : **(3×15=45)**

- 11) Elaborate the positive communities and positive youth development.
 - 12) Explain types of Happiness and examine the types of happiness.
 - 13) Enumerate the positive coping strategies and discuss mindfulness and meditation.
 - 14) Explain the wisdom and discuss the gratitude, zest, love and kindness.
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