



**THE ANSWERS MUST BE ATTEMPTED ON THE ANSWER SHEET PROVIDED**

**Q.1. Answer the following short questions. (10x3=30)**

1. What is flourishing? How it promotes positive psychological characteristics?
2. Briefly explain wellbeing and its measurement.
3. Compare and contrast personal and transpersonal gratitude.
4. Discuss positive and negative consequences of flow experiences? What are the various methods to measure flow?
5. What is happiness? Describe the sources and factors of happiness?
6. Explain different types of hope and their role in wellbeing.
7. Briefly describe classification of human strengths.
8. Differentiate between Religiosity and Spirituality.
9. Differentiate between physical and moral courage with the help of examples.
10. Describe three components/aspects of happiness as described in Authentic Happiness Theory by Seligman.

**Q.2. Answer the following Questions. (3x10=30)**

1. Explain genetic and neurologic basis of Altruism and how it can be cultivated.
2. Write a detailed note on Positive Emotional States and Processes.
3. Explain the historical evolution of Positive Psychology.