



THE ANSWERS MUST BE ATTEMPTED ON THE ANSWER SHEET PROVIDED

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

- 1. Write a short note on forgiveness.**
- 2. Define altruism and its types.**
- 3. What is Emotion Focused Coping? List down its advantages and disadvantages.**
- 4. Differentiate between Religiosity and Spirituality.**
- 5. Explain different types of hope and their role in wellbeing.**
- 6. What is the contribution of Seligman in advancement of Positive Psychology?**
- 7. Briefly describe broaden and build theory of positive emotions.**
- 8. Name and define attachment styles.**
- 9. Differentiate between physical and moral courage with the help of examples.**
- 10. How positive emotions are important for physical health?**

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

- 1. Write a detailed note on gratitude, its types, measurement and how it can be cultivated.**
- 2. Explain classification and measurement of human strengths in detail.**
- 3. What is wellbeing? Discuss different theories of wellbeing.**