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Department of Research & Development
Mid - Term Examinations - SEPTEMBER 2024

Odd Semester: Ph.D. Course Work	Date: 27/09/2024
Course Code: MBA4084	Time: 10:00am – 11:30am
Course Name: Workplace Wellbeing and Happiness	Max Marks: 50
Department: SOM	Weightage: 25%

Instructions:

- (i) Read all questions carefully and answer accordingly.
- (ii) Do not write anything on the question paper other than roll number.

Part A

Answer ALL the Questions. Each question carries 5 marks.		4Qx5M=20M
1	Name few prominent contributors in the field of Happiness.	5 Marks
2	Differentiate between Hedonic and Eudaimonic Happiness.	5 Marks
3	List the different perspectives of Psychology.	5 Marks
4	Describe the contributions of Positive Psychology.	5 Marks

Part B

Answer ALL Questions. Each question carries 15 marks.		2Qx15M=30M
5	Explain PERMA model given by Martin Seligman.	15 Marks
6	Resilience is the ability to 'bounce back' from adversity and to manage our negative emotions effectively. Explain the concept and factors impacting resilience.	15 Marks