

Roll No.																			
----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--



PRESIDENCY UNIVERSITY

BENGALURU

End - Term Examinations – December 2025	
Date: 19 – 12- 2025	Time: 09.30am to 12.30pm

School: SOLAS-UG	Program: BAE/P	
Course Code : PSY1002	Course Name: Positive Psychology	
Semester: I	Max Marks: 100	Weightage: 50%

CO - Levels	C01	C02	C03	C04	C05
Marks	31	31	34	34	-

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 3 marks.

10Q x 3 M=30M

1.	Who first used the term “Positive Psychology” in 1954? Which perspective of psychology did he belong to?	3 Marks	L1	C01
2.	What does ‘life above zero’ mean?	3 Marks	L1	C01
3.	List any three strengths under courage	3 Marks	L1	C02
4.	Describe the VIA Inventory.	3 Marks	L1	C02
5.	Who proposed the Broaden-and-Build Theory of Positive Emotions? What are the words broaden and build associated with?	3 Marks	L1	C03
6.	State the two main components of Snyder’s Hope Theory.	3 Marks	L1	C03
7.	Expand PANAS and what does it PANAS measure?	3 Marks	L1	C03
8.	State any two key interventions to promote gratitude.	3 Marks	L1	C04
9.	Define gratitude in the context of positive psychology.	3 Marks	L1	C04
10.	Name any two applications of positive psychology in health settings.	3 Marks	L1	C04

Part B

Answer Any Four Questions. Each Question Carries 10 Marks.

4Q x 10M=40M

11.	Explain the three pillars of Positive Psychology with examples.	10 Marks	L2	CO1
Or				
12.	Discuss the three components of happiness and how they contribute to overall well-being.	10 Marks	L2	CO1
13.	What is the VIA Inventory and how does it assess character strengths?	10 Marks	L2	CO2
Or				
14.	Describe the role of culture in shaping character strengths. Give examples.	10 Marks	L2	CO2
15.	Explain protective factors that contribute to resilience in children.	10 Marks	L2	CO3
Or				
16.	Explain the Broaden-and-Build Theory of Positive Emotions with examples.	10 Marks	L2	CO3
17.	Discuss forgiveness, its benefits and shortcomings.	10 Marks	L2	CO4
Or				
18.	What are the conditions and characteristics of flow experiences? Explain	10 Marks	L2	CO4

Part C

Answer Any Two Questions. Each Question Carries 15 Marks.

2Q x 15M=30M

19.	Design an intervention using the Broaden-and-Build Theory to improve student well-being.	15 Marks	L3	CO3
Or				
20.	Suggest strategies to build resilience in adolescents facing family conflict.	15 Marks	L3	CO3
21.	Suggest a positive psychology-based health plan for positive and healthy aging.	15 Marks	L3	CO4
Or				
22.	Design a workshop to enhance love and positive relationships among married couples.	15 Marks	L3	CO4