Roll No: | | | | | | | | | | | |

PRESIDENCY UNIVERSITY

GAIN MORE KNOWLEDGE
REACH GREATER HEIGHTS

Presidency University Act, 2013 of the Karnataka Act No. 41 of 2013 | Established under Section 2(f) of UGC Act, 1956
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Bengaluru

Mid Term Examinations - October 2026

Date: 08/10/2026 **Time:** 09:30 AM - 11:00 AM

Course Code: BSY1104 **Course Name:** Psychology of Well Being

Semester: First Semester **Max. Marks:** 50 **Weightage:** 50%

CO - Levels	CO1	CO2
Marks	50	40

PART A: Answer Following Questions. 10 M

Q.N.	Questions	M	CO	BT
1	What is flow?	2	CO1	BT1
2	Define Eudaimonia.	2	CO1	BT1
3	How neuron function?	2	CO1	BT1
4	Who experiences PTG?	2	CO1	BT1
5	What is dopamine?	2	CO1	BT1

PART B : Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
6	Illustrate the concept of flourishing with a suitable example.	10	CO1	BT2
7	Compare Positive psychology with Indian psychology.	10	CO1	BT2

PART C: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
8	Explain strength based approaches.	10	CO1	BT2
9	Outline the biological aspects of well-being.	10	CO1	BT2

PART D: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
10	Demonstrate the process of resilience through a suitable real-life example.	10	CO2	BT3
11	Develop the protective factors explaining the General Adaptation Syndrome.	10	CO2	BT3

PART E: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
12	Develop evidence-based interventions to deal with stress.	10	CO2	BT3
13	Illustrate the use of optimistic approaches in a self-care situation.	10	CO2	BT3