

# ***POSSESSION OF MOBILES IN EXAM IS UFM PRACTICE.***

Name De

Enrollment No. 32

**Jaypee Institute of Information Technology, Noida**

**Test-2 Examination, 2024**

**B.Tech, V Semester**

**Course Title : Positive Psychology**  
**Course Code : 16BINHS432**

**Maximum Time : 1 Hr**  
**Maximum Marks : 20**

<b>CO1</b>	Demonstrate an understanding of various concepts and perspectives of positive psychology
<b>CO2</b>	Apply the concepts of positive psychology in day-to-day life
<b>CO3</b>	Evaluate the interventions and strategies for overall positive functioning
<b>CO4</b>	Develop solutions for personal happiness, well-being, and mental health

**Note:** Attempt all the questions.

**Q1.** Explain the role of culture in understanding behaviour and mental health.

**[CO1 (Understanding), 3 Marks]**

**Q2.** Using Self-Determination Theory, explain how a student can apply its key components to improve their motivation and well-being after feeling low due to a recent placement drive at their college.

**[CO2 (Applying), 3 Marks]**

**Q3.** How the insights from the relationship of positive emotions and physical resources may be applied for maintaining overall health. Support your answer with appropriate examples.

**[CO2 (Applying), 4 Marks]**

**Q4.** Evaluate how positive emotions do much more than experiencing happiness with reference to Broaden-and-Build Theory.

**[CO3 (Evaluating), 4 Marks]**

**Q5.** Design a personalized framework inspired by Waterman's model that identifies and incorporates four important activities in your life. For each activity, create a plan detailing how you will engage with it to enhance your well-being.

**[CO4 (Creating), 6 Marks]**