

FIRST SEMESTER FYUGP EXAMINATION NOVEMBER 2024**MDC****PSY1FM105(4) SCIENCE OF WELL BEING****Time : 1 Hrs 30 Mins****Maximum Marks : 50**

BL - Bloom's Taxonomy Level (1 to 6)

CO - Course Outcome

Section A				
Answer all questions. Each carries 2 marks.				
Ceiling Marks : 16				
No.	Question	M	BL	CO
1.	Define the broaden-and-build theory of positive emotions.	2	1	CO1
2.	What is the role of culture in the well-being of co-habiting couples?	2	2	CO3
3.	Explain how social support influences well-being.	2	2	CO3
4.	What are the positive emotions associated with present?	2	1	CO1
5.	Differentiate momentary pleasures and enduring gratifications	2	4	CO1
6.	Discuss the relationship between wealth and happiness?	2	3	CO1
7.	Explain the relationship between sleep deprivation and cognitive functioning	2	2	CO4
8.	List the percentage wise distribution of carbohydrate, protein, fibre and fat we need a day	2	3	CO4
9.	List two activities that can improve the hedonic well-being	2	1	CO1
10.	What is Mindfulness-Based Eating Awareness Training (MB-EAT)?	2	2	CO4
Section B				
Answer all questions. Each question carries 6 marks.				
Ceiling Marks : 24				
No.	Question	M	BL	CO
11.	Compare Ryff's model of well-being with the PERMA model.	6	4	CO1 CO2
12.	How does positive emotions make us creative	6	3	CO1
13.	Design a 3-day meal plan for college students including breakfast and lunch, considering various dietary requirements	6	6	CO4
14.	Differentiate between hedonic and eudaimonic happiness	6	4	CO1
15.	Discuss how mindfulness affects decision making	6	4	CO1
Section C				
Answer any 1 question. Each carries 10 marks. (1X10=10 Marks)				
No.	Question	M	BL	CO
16.	Imagine that a close friend of yours is struggling with low well-being, feeling demotivated, disconnected, and generally unhappy. Using principles from positive psychology Develop a comprehensive support plan to help your friend improve their well-being. Describe specific actions you would suggest and explain why these actions are likely to be effective	10	6	CO2
17.	Write a detailed note on the role of physical health in improving mental health	10	2	CO4
