

FIRST SEMESTER FYUGP EXAMINATION NOVEMBER 2025

Improvement/Supplementary (2024 Admissions)
MULTI DISCIPLINARY COURSE
PSY1FM105(4): SCIENCE OF WELL BEING

Time: 1 ½ Hrs.

Maximum Marks: 50

M – Mark BL - Bloom's Taxonomy Level (1 to 6) CO - Course Outcome

Section A: Answer all questions. Each carries 2 marks.				
Ceiling: 16 Marks				
No.	Question	M	BL	CO
1.	State the key elements of flow.	2	1	CO1
2.	What is the central objective of positive psychology?	2	2	CO1
3.	Discover two ways by which one can incorporate 'Meaning' into their lives.	2	3	CO2
4.	Mention two methods to maintain relationships.	2	3	CO2
5.	Give two reasons why marriage can lead to happiness.	2	2	CO3
6.	Define subjective well-being.	2	1	CO1
7.	Give a reason for the decrease in physical activity in the current era.	2	2	CO4
8.	How does our physical health influence our mental health.	2	3	CO4
9.	Suggest two methods to improve eudaimonic happiness.	2	3	CO1
10.	List two benefits of meditation.	2	1	CO1
Section B: Answer all questions. Each carries 6 marks.				
Ceiling: 24 Marks				
No.	Question	M	BL	CO
11.	How can we enhance our happiness through relationships with friends?	6	3	CO3
12.	Can the government of a country influence the happiness level of its citizens? Analyze.	6	4	CO3
13.	Explain the different facets of wellbeing.	6	5	CO4
14.	Discuss the role of hormones and neurotransmitters in maintaining well-being.	6	2	CO4
15.	Compare and contrast mindfulness and meditation.	6	4	CO1
Section C: Answer any one question. Each carries 10 marks. (1 x 10 = 10 Marks)				
No.	Question	M	BL	CO
16.	Develop a self-improvement plan for an individual using the six dimensions of Ryff's model.	10	6	CO1
17.	How does nutrition and sleep affect our well-being?	10	2	CO4