

**2025**

**( FYUGP )  
( 6th Semester )**

**PSYCHOLOGY  
( MAJOR )**

**Paper : C-PSY-15**

**( Positive Psychology )**

**Full Marks : 75**

**Pass Marks : 40%**

**Time : 3 hours**

**The figures in the margin indicate full marks  
for the questions**

1. (a) Elucidate on the history of positive psychology. Differentiate between the Western and Eastern perspectives of positive psychology. 5+10=15

**Or**

- (b) Elaborate on the Eastern perspectives on positive psychology. 15

2. (a) Compare and contrast the hedonic and eudaemonic views of happiness with suitable examples. 15



Or

- (b) Briefly discuss on the various factors affecting well-being. Elaborate on the source of resilience in adulthood.

$7\frac{1}{2} + 7\frac{1}{2} = 15$

3. (a) Evaluate the benefits of being optimistic. Elaborate on the source of self-efficacy.

$7 + 8 = 15$

Or

- (b) What is mindfulness? What are the benefits of mindfulness? Discuss the essential steps to mindfulness.

$5 + 5 + 5 = 15$

4. (a) What do you understand by pro-social behaviours? Elucidate on the portals of altruism.

$5 + 10 = 15$

Or

- (b) Elucidate on the role of gratitude and forgiveness in the light of positive psychology.

15

5. (a) Elucidate on the importance of well-being in workplace and education.

15

Or

- (b) Briefly explain the importance of well-being in ageing.

15

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