

Department of Humanities & Social Sciences
Minor Test II (1st semester, 2019-2020)
Applied Positive Psychology (HUL 361)

Time: 1 Hour

Maximum Marks: 20

Attempt all the questions. Note: Write your answers under highlighted sub headings.

Q.1. Write answers in brief.

(2x4=8)

- General adaptation syndrome (GAS) model of stress by Hans Selye (1976).
- Happiness increasing Socio-cultural factors in Indian setting.
- Keyes' Mental Health Continuum.
- Define Stress.
- Differentiate between Psychosomatic disorders / Psycho- physiological disorders and Somato psychological disorders.

Q.2. Write short notes on the following:

- 'Psycho-Spiritual Intervention Programme' which is discussed in the class.
- Average to A+: Realizing Strengths in Yourself and Others.
- Describe at least 5 happiness increasing strategies, highlighted by the researchers in their researches.
- Explain at least 5 stress management techniques underlined by the researchers.

(4x3=12)