



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – February 2025

Semester-II

Class: I PG Time: 2 hrs

Major: MBA, MBA (IT), M.Com, M.Com, CA, M.A. Economics, Max. Marks: 60

M.A. English., M.Sc. Clinical Psychology, M.Sc.

Clinical Embryology

23MAPI01 Positive Psychology

CO 1: Identify and classify positive emotions, measuring emotions, effects and obstacles of happiness

CO 2: Delineate and evaluate intrinsic motivation, meta-motivational states, reversal theory, flow and its implications

CO 3: Recognise and appraise the neuro-biology of hope, optimism and emotional intelligence

CO 4: Identify and classify giftedness, creativity and wisdom

CO 5: Predict and analyze positive traits, motives and self-efficacy

Part – A

Choose the correct answer

6 x 1 = 6

1. Positive Psychology was proposed by CO1K1
a. Seligman b. Freud c. James d. Maslow
2. Identify the universal emotion CO1K1
a. fear b. aggression c. depression d. fatigue
3. Positive psychology began as a new domain of psychology in the year CO2 K1
a. 1979 b. 1988 c. 1998 d. 1999
4. Identify the type of motivation occurs when a person acts on external reward CO2K1
a. Extrinsic b. Achievement c. Attitude d. Intrinsic
5. Unrealistically unfavorable attitudes that people have towards themselves or to people that are close to them is known as CO3 K1
. Positive illusions b. Negative illusions c. Hallucinations d. Delusions
6. The state of courage and desire towards positive aspects of life is CO3 K2
a. Attitude b. Hope c. Happiness d. contentment

Part B

Answer the following

Answer should not exceed 4 words or two pages

3x6=18

- 7.a. Classify positive and negative emotions CO1K3
(Or)
- 7.b. Understand the universal emotions. CO1K2
- 8.a. Explain Intrinsic Motivation with suitable examples. CO2 K2
(Or)
- 8.b. Analyze your competencies using SWOC. CO2 k4
- 9.a. Explicate the need for optimism. CO3 K2
(Or)
- 9.b. Understand Emotional Intelligence. CO3 K2

Part C

Answer the following

Answer should not exceed 600 words or three pages

3 x 12 = 36

- 10.a. Analyze the impact of Positive and Negative affect over behaviour CO1K3
(Or)
- 10.b. Elaborate on strategies to enhance happiness across life span. CO1K4
- 11.a. Elucidate the significance of flow in life. CO2K3
(Or)
- 11.b. Describe your personality type and mention the traits you possess. CO2K3
- 12.a. Elucidate the need for Hope and Optimism in sustaining good health. CO3K2
(Or)
- 12.b. Enumerate the need and scope of positive psychology. CO3 K4

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Staff In-charge: Mrs. Srinithi, A.M.