

Fourth Semester FYUGP Degree (Reg) Examination**April 2026****KU4VACPSY202 - SCIENCE OF WELLBEING**

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A**Answer any 6 questions. Each carry 2 marks.**

1. Name two common focal points used in "focused meditation".
2. What is the definition of meditation?
3. How is engagement related to the concept of flow?
4. How does meaning enhance life satisfaction?
5. What is "hedonic adaptation"?
6. What is meant by positivity ratio?
7. What is multitasking?
8. What is the relationship between challenge and skill in flow?

Section B**Answer any 4 questions. Each carry 6 marks.**

9. Explain how genetics and personality traits influence an individual's happiness.
10. Describe the role of life circumstances in the Sustainable Happiness Model and why its impact is relatively small.
11. Write a short note on spending your money happily.
12. Explain mindfulness meditation with reference to the body scan technique.
13. Explain the concept of savouring with its types.
14. Explain the difference between being mode and doing mode.

Section C**Answer any 1 questions. Each carry 14 marks.**

15. Explain different types of deep breathing techniques and discuss their role in stress management and emotional regulation.
16. Critically evaluate hedonic and eudaimonic wellbeing. Explain Subjective, psychological and social wellbeing.