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Paper ID: SH001 **Course Code: C-SHAW 1**

Examination (January - 2024)
Certificate Programme in The Science of Happiness at Work
Introduction to Science of Happiness

Time Allowed: 2 Hours **Max. Marks: 70**

Instructions for the Students

1. The question paper shall consist of 70 Multiple Choice questions.
2. All questions are compulsory. Each question carries 1 mark.
3. There will be no negative marking.

Q 1 From the word "psychology" originated? a) USA b) Greek c) England d) None of the above	Q 2 Psychology is a – a) Biological science b) Physical science c) Social science d) Chemical science
Q 3 Psychophysics is a study of ? a) Perception illness b) Movement perception c) Psychological perception or physical stimuli d) None of the above	Q 4 People lost their touch with reality when they are _____ a) Psychopathic b) Psychotic c) Manic d) Neurotic
Q 5 What are some of the advantages of attention? a) A calmer mind b) Improved focus c) Higher levels of cheerfulness and good fortune d) All of the above	Q 6 Who proposed the biopsychosocial model? a) Freud b) Sontag c) Engel d) None of these
Q 7 Self pride motivated feelings relate to: a) personal attributes, goals, wants, and needs b) other people's needs and wants c) external traits and abilities d) physical and social settings	Q 8 What is the 'flow state'? a) Being relaxed going and 'going with the flow' b) Holding a optimistic mindset c) Overcoming from challenges d) Being totally captivated and engrossed in something
Q 9 Emotions are: a) detached reactions to experiences in our environment b) personal responses to experiences in our environment c) biological changes to experiences in our environment d) behavioural changes to experiences in our environment	Q 10 Psychology is a methodical study of_____and _____. a) Behaviour, mental progressions b) Mental sickness, Mental wellbeing c) Physical states, mental states d) None of the above

Q 11 Seligman refers to three facets of optimism versus pessimism. What are they? a) Permanence, Pervasiveness, Personalisation b) Persuasiveness, Pervasiveness, Personalisation c) Permanence, Pervasiveness, Positivity d) Permanence, Perspective, Personalisation	Q 12 What does PERMA stand for? a) Positive Emotions, Empathy, Relationships, Meaning, Actualisation b) Positive Emotions, Engagement, Relationships, Meaning, Authenticity c) Positive Emotions, Energy, Relationships, Mental Health, Achievement d) Positive Emotions, Engagement, Relationships, Meaning, Achievement
Q 13 Which is the below best description of the term mental health? a) A person state of expressive wellbeing b) A individual's capacity to handle routine stress and able to work efficiently contributing to their community c) .One's capability to seek help when feeling concerned d) A sickness that can affect the way a person feels or acts	Q 14 What does the term well-being include? a) Well-being includes good physical health, happy state of mind b) Well-being comprises living in a big house and affluent area c) Well-being includes being liked by all your peers d) None of the above
Q 15 Which of the following part of the brain is responsible for transferring short-term memory to long-term memory? a) Cerebellum b) Amygdala c) Hippocampus d) None of the above	Q 16 Which of the following Greek philosopher believed that knowledge is acquired through learning and experience? a) Aristotle b) Plato c) Archimedes d) None of the above
Q 17 Which of the following is the idea by which we can access the personality of someone by studying their face? a) Physiognomy b) Phrenology c) Physiology d) Somatology	Q 18 People lost their touch with reality when they are _____ a) Psychopathic b) Psychotic c) Manic d) Neurotic
Q 19 The process of using psychological methods by a trained psychologist for helping people with psychological problems is called as - a) Psychoanalysis b) Psychotherapy c) Psychiatry d) None of the above	Q 20 In India, first psychological laboratory was established at – a) Delhi university b) Bombay university c) Calcutta university d) None of the above
Q 21 Which of the following facial expression is recognized universally? a) Raised eyebrows b) Pursed lips c) Smiling d) None of the above	Q 22 Which of the following is the overt behaviour? a) Do each and every thing b) A person perform what he/she sense c) A person perform what he/she see d) None of the above

Q 23 Which of the following comprises the short list of six 'core' virtues? a) wisdom, courage, love, leadership, temperance, spirituality/transcendence b) wisdom, courage, love, justice, temperance, optimism c) wisdom, courage, love, justice, temperance, spirituality/transcendence d) None of the above	Q 24 The gratifications are concerned with _____ a) eudaimonia b) the bodily senses and the emotions and positive perceptions c) enacting personal strengths and virtues (right action) d) both 'a' and 'b' above
Q 25 The pleasures are concerned with _____ a) eudaimonia b) the bodily senses and the emotions and positive perceptions c) enacting personal strengths and virtues (right action) d) both 'a' and 'b' above	Q 26 Seligman speculates that one of the reasons for the high rates of depression in our society is that Western culture a) is psychologically fat and flabby b) Has corrupt moral standards c) Has a terribly unhealthy diet d) None of the above
Q 27 If a student studies and practices hard with enjoyment and interest, it is known as? a) Cognitive engagement b) Healthy adjustment c) Behavioural engagement d) Emotional engagement	Q 28 Study of qualities of a person is called as the a) Nomothetic approach b) Idiographic approach c) General approach d) None of the above
Q 29 The feeling of tension is known to be - a) Anxiety b) Depression c) Panic d) None of the above	Q 30 Who made it clear that once a person's basic needs are met, they move on to realization? a) Stevenson and Wolfers b) Abraham maslow c) Carl Rojers d) Martin seligman
Q 31 Human beings are generally hedonistic, they are basically selfish and animal alike,_____said. a) Jonathan Haidt b) Abraham Maslow c) Peterson d) Sigmund freud	Q 32 Who said that the science that studies human strengths and virtues is positive psychology? four essential mental needs.? a) Martin seligman b) Sheldon and King c) Sheldon and King d) Veenhoven
Q 33 All human beings have the ability to achieve good things and are motivated to live a good life, was said by _____ a) Martin Seligman b) Barbara Fredrickson c) Linley and joseph d) Talben-Shahar	Q 34 Who proposed the PERMA model of happiness? a) Stevenson and Wolfers b) Martin Seligman c) Carl Rojers d) None of the above
Q 35 Who is the father of Positive Psychology? a) Martin Seligman b) Carl Rojers c) Stevenson d) None of the above	Q 36 Compared to pessimists, optimists tend to a) Be less able to cope with stress b) Experience more distress c) Doubt about solving the problem d) Be confident about solving the problem

Q 37 According to positive psychology, happiness involves all of the following except a) Experiencing Pleasure b) Having good wealth c) Being engaged in an activity d) Engaged in a meaningful activity	Q 38 What is the state of liking and an all-inclusive and comprehensive state of the mind that creates inner harmony? a) Prosperity b) Happiness c) Innateness d) Self-organize
Q 39 What are the basic desires of every human being for which they are working? a) Physical facilities b) Realization and understanding c) Happiness and prosperity d) Continuous happiness and prosperity	Q 40 To maintain harmony we have to work at four levels of living .Identify second level of living. a) Self b) Family c) Nature d) Society
Q 41 Samridhi means? a) Happiness b) Wealth c) Prosperity d) Health	Q 42 If we will maintain relationship with other human beings on the basis of right understanding then there will be a) Mutual prosperity b) Mutual happiness c) Happiness d) Prosperity
Q 43 What is the emotional state of being happy? a) Happiness b) .Joy c) Pleasure d) All of these	Q 44 What is the first level of living? a) Society b) Individual c) Family d) Nature
Q 45 Happiness may be defined as? a) Being in harmony b) If there is synergy in it then I like to be in that state c) If there is harmony in it then I like to be in that state / situation d) All the above	Q 46 What is the nature of self? a) Conscious b) Physio-chemical c) Biochemical d) Semi-conscious
Q 47 Where should begin while setting a goal? a) The between b) The beginning c) With the end in the mind d) None of the above	Q 48 An Individual Purpose Testimonial is used to? a) better comprehend your corporation's mission statement b) Help you clearly define who you are and where you want to be in life c) Have a personal financial statements relations d) None of the above

Q 49 When writing out your goals, what are the top 4 things you should keep in mind? a) Money , time vacation and resources b) Benefits, challenges, strategies and rewards c) Mind, Body ,Spirit and Other people d) None of the above	Q 50 Creating a detailed strategy plan for your goals will help you? a) Understand and implement each task b) Give you a start and end date c) Identify your team and resources d) All of the above
Q 51 To attain accomplishment and equilibrium in your life, one should set goals in what areas of your life? a) Financial and relationships b) Fun/Recreation and community c) Personal and professional d) All of the above	Q 52 An average goal without action is merely a? a) Verbal Statement b) Wish c) Thought d) All of the above
Q 53 The goal can be described as a) The continuous chase the objective until it is achieved b) The destination of a journey c) The objective of a person's efforts an aim or desires result d) All of the above	Q 54 Which of the following individuals connects to the term 'emotional intelligence'? a) Goleman b) Weschler c) Sternberg d) Ekman
Q 55 More research is necessary to confirm the assumption that_____cause positive changes to quality of life. a. lifestyle changes b. research findings c. survey data d. questionnaire responses	Q 56 Which of the following processes are important in explaining obesity? a. food environment b. physical activity c. individual psychology d. all of these
Q 57 When the body is in a state of internal stability, it is said to be in a state of? a. resistance b. allostasis c. homeostasis d. alarm	Q 58 The body's main stress hormone is? a. ACTH b. cortisol c. epinephrine d. norepinephrine
Q 59 The study of mental distress is known as? a. psychosomatics b. psychoanalytics c. psychopathology d. psychodynamics	Q 60 The diagnosis of mental illness is generally carried out by which of the following? a. a clinical psychologist b. a counsellor c. a psychiatric nurse d. a psychiatrist
Q 61 What does the biopsychosocial model NOT postulate? a. that there is a single cause to a disease b. health and illness have many causes c. that there are connections between mental	Q 62 Seligman describes a longitudinal study which linked positive emotions to productivity in occupational settings. In this regard, how do happier people differ from their less happy counterparts at work?

events and biological changes d. that infectious diseases have been replaced by chronic diseases	a) They receive better evaluations from their supervisors b) They get paid more money c) They tend to be more extraverted and smoke more d) Both 'a' and 'b' above
Q 63 Which of the under mentioned statement is true regarding emotion and cognition? a) High stress impedes learning b) Interest impedes learning c) High stress promote learning d) Disinterest promotes learning	Q 64 Which of the following is an example intrinsic motivation? a) Completing the project to impress the teacher b) Playing a musical instrument for personal enjoyment c) Studying to avoid being scolded d) Participating in a quiz for money
Q 65 The word *affect* refers to? a) Emotions b) Drives c) Actively pursuing your goals d) The opposite of cause	Q 66 What does the primacy debate have to say about the relationship between emotion and cognition? a) Thoughts come before emotions b) Emotions come before thoughts c) Some emotion occurs first, followed by thoughts: Some thought occurs first, followed by emotions d) None of the above
Q 67 Being able to successfully recover from negative life events is known as? a) Resilience b) Positive effect c) Coping d) None of the above	Q 68 Which of the following is NOT an internal motivational force? a) Needs b) Goals c) Attitudes d) Feedback
Q 69 Unhappy individuals display which of the following symptoms? a) Physical symptoms b) Cognitive symptoms c) Behavioural symptoms d) All of the above	Q 70 Psychology is said to be the scientific study of _____and_____. a) Behaviour, mental processes b) Mental illness, Mental health c) Physical states, mental states d) None of the above