**ST. JOSEPH’S COLLEGE (AUTONOMOUS), BENGALURU -27**

**M.Sc. COUNSELING PSYCHOLOGY– IV SEMESTER**

**SEMESTER EXAMINATION: APRIL 2023**

**(Examination conducted in May 2023)**

**PY 0221: POSITIVE PSYCHOLOGY**

**Time: 1 Hour Max Marks: 35**

**This paper contains ONE printed page and THREE parts.**

**PART-A**

**Answer any ONE of the following (1x10=10)**

1. What are the characteristics of being ‘Mindful’? Explain how can it be used in emotional regulation, eating, exercise and listening.

OR

1. Write a detailed note on ‘Forgiveness’ as a positive trait. Elaborate on the benefits of forgiveness in interpersonal relationships and overall mental health.

**PART-B**

**Answer any ONE of the following (1x10=10)**

1. Elucidate on the features and benefits of the positive cognitive state of “Flow” by Mihaly Csikszentmihalyi. Support it by identifying any one incident from your life where you would have experienced the same.

OR

1. Define Resilience. What are the protective factors for psychosocial resilience among children and youth?

**PART-C**

**Answer any ONE of the following (1x15=15)**

1. Do you think it’s crucial to have a strengths-based approach while practicing psychotherapy in Indian setting? If yes, elaborate on how the learnings from positive psychology can be assimilated into your current approach that you have as a therapist.

**OR**

1. What are the cautions a therapist should exercise while practicing positive psychology techniques in therapy session in lieu with ethical guidelines of nonmaleficence?

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