

**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.

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

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

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

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

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

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