

SEMESTER EXAMINATION-2021
CLASS - ... CERTIFICATE COURSE...
PAPER CODE:STC-101
PAPER TITLE: ARTOF HAPPINESS

Time: 3 hour

Max. Marks: 70

Min. Pass: 40%

Note: Question Paper is divided into two sections: **A and B**. Attempt both the sections as per given instructions.

SECTION-A (SHORT ANSWER TYPE QUESTIONS)

Instructions: Answer any five questions in about 150 words (5 X 6 = 30 Marks) each. Each question carries six marks.

Question-1: What is resilience and tools to help us become more resilient?

Question-2: Explain the science of Empathy and positive emotion?

Question-3: What is Happiness? How does happiness Matter to us in today lifestyle?

Question-4: How Spiritualism and Happiness related to each other? What is the source gaining happiness?

Question-5: How does happiness matter in Successes of us?

Question-6: What are Gratitude and happiness and its challenges?

Question-7: What are the relationship between gratitude and happiness?

Question-8: How does yoga help in practicing happiness?

Question-9: What is compassion? Why is it matter to us?

Question-10: How do we connect romantic relationship with family and friendships?

SECTION-B (LONG ANSWER TYPE QUESTIONS)

Instructions: Answer any FOUR questions in detail. Each (4 X 10 = 40 Marks) question carries 10 marks.

Question-11: How does stress can be managed through Happiness? Discuss with suitable example?

Question-12: How do we explore the attributes of perfectionism and how to overcome them?

Question-13: Explain a Mental habit which helps in getting happiness.

Question-14: What is the Importance of practicing happiness in life and health?

Question-15: Explain Mindfulness and its benefits for mind, brain and body.

Question-16: Discuss the role of happiness in day to day life of a Person.

Question-17: Discuss the role played by society in shaping our personality.

Question-18: How does Happiness helps in improving productivity?

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