

**B A, BSC, BCOM DEGREE END SEMESTER EXAMINATION - MARCH 2026**

**UGP (HONS.) SEMESTER - 4: VALUE ADDED COURSE**

**COURSE: 24UPSYVAC202 - THE SCIENCE OF HAPPINESS**

*(For Regular 2024 Admission)*

Time: 1.5 Hours

Max. Marks: 50

**PART A**

**Answer Any 4 (4 marks each)**

1. **Buying a new dress**



**Spending time with friends**



Why does the boost in joy from a new object disappear so quickly compared to the happiness found in a meaningful relationship?

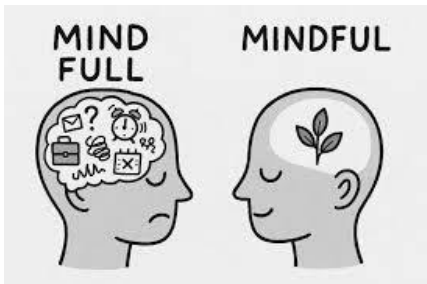
(CO1, An)

2. **"I'm a self-made millionaire and I've never been lonelier"** — *The Financial Post / Telegraph*

Explain why having more money often fails to make someone happier once their basic needs for food and safety are met.

(CO1, An)

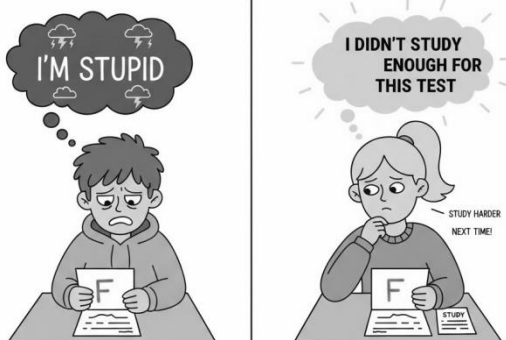
3.



Comment on the image on your left based on your understanding of mindfulness practice.

(CO3, A)

4.



Contrast these two "explanatory styles" and identify which one leads to better resilience

(CO1, E)

5. **News Headline: "Survivor of Major Accident Claims Tragedy Taught Him to Value His Family More Than Ever."** Comment on the factors contributing to bouncing back after a major trauma or tragedy. (CO1, A)
6. **"Buy experiences, not things. Memories of a trip last longer than a new sofa."** Based on research, comment on the accuracy of this quote. (CO3, An)
- (4 x 4 =16)**

**PART B**  
**Answer any 4 (5 marks each)**

7. Based on the idea that "happiness is a full-body experience," suggest five simple lifestyle changes to help our heart and immune system recover faster from stress. (CO1, C)
8. Suggest five psychological sources of happiness that students should focus on. (CO3, C)
9. Design a flowchart for a one-week "Counting Blessings" routine for a student. Specify how often they should write and what types of small daily events they should focus on to improve their sleep and optimism. (CO2, C)
10. Suggest five small "mastery steps" a person afraid of social situations can take to slowly build their confidence and "self-belief." (CO3, C)
11. Suggest five "healthy" ways person can manage their feelings of anger after being treated unfairly at work. (CO3, C)
12. Suggest four questions a graduating student should ask themselves about a new job offer to ensure the work "matches" their natural strengths and true self. (CO3, A)
- (5 x 4 = 20)**

**PART C**  
**Read the cases below and answer the questions that follow.**  
**Attempt any TWO questions (7 marks each)**

13. A person wins a huge amount of money and assumes they will never be sad again. They quit their job and stop seeing their old friends to travel the world alone. A year later, they report feeling lonely and less happy than before they won the prize.
- a. Why might having more money fail to increase a person's happiness if they lose their social connections and sense of purpose? (3 marks) (CO1, A)
- b. If things like wealth and age only count for a small part of our happiness, what are four internal changes a person can make to improve their mood? (4 marks) (CO1, An)

14. Rahul is always busy and feels that his life is a series of "problems to be solved." He rarely notices the good things happening around him. He wants to improve his relationships and his own mental energy but doesn't know what small steps to take.
- a. Suggest 3 tips for changing his focus from the bad to the good. (CO2, C)
  - b. If Rahul spent five minutes every night thinking about things he was thankful for, how might this change his health and his ability to handle stress? (4 marks) (CO2, An)
15. Sameer failed an important job interview. He tells himself, "I am just bad at interviews, and I will probably never get a good job." He feels overwhelmed and finds it difficult to start preparing for the next opportunity.
- a. How would Sameer's outlook change if he viewed this failure as a "temporary" event caused by "specific" reasons rather than a permanent flaw in himself? (3 marks) (CO1, A)
  - b. What are some ways Sameer could approach this setback to help him become more resilient in the future? (4 marks) (CO3, An)
16. Maria wants to start exercising to feel better, but she keeps saying "I'll start next week." She also has a habit of keeping her successes to herself because she doesn't want to show off to her partner.
- a. If Maria decides to share her good news with her partner, what kind of response from her partner would help her feel the happiest? Describe why celebrating together is good for their bond. (4 marks) (CO3, An)
  - b. Draw a flowchart which shows a step-by-step plan that Maria should follow in order to achieve her goal. (3 marks) (CO3, C)

**(2 x 7 = 14)**