

## Assessment Procedure

### **The Science of Well Being- CVAC026**

The assessment procedure of this course was done by a descriptive exam and GD. The total mark for the exam was 40 and for GD it was 10. The minimum percentage to pass the exam was 50 %. Those who secured minimum pass marks in both were declared qualified. A sample question paper is given below:

## **CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**

### **Value Added Certificate Course Examination 2018**

### **The Science of Well Being**

**TIME: 2 Hours**

**MAX. MARKS: 50**

**Answer any four questions. Each question carries 10 marks.**

1. Explain the strategies to build healthier habits
2. If we aren't happy, how will that affect our family, friends, and world around us?
3. What is the difference between personal well-being and subjective well-being?
4. How we counteract our annoying features of the mind?
5. The role of positive emotions in positive psychology
6. Describe how you socially committed to your chosen rewirement.

4x10 = 40


### **Group Discussion**

**(10 marks)**

**Topic:** How can you design your environment to help you change your behaviors?

1x10 = 40



  
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