

Assessment Procedure

The Science of Well Being- CVAC026

The assessment procedure of the course 'Science of Well Being' was done by a descriptive exam and GD. The total mark of the exam was 50 (40 for exam and 10 for GD). Those who secured a minimum of 50 % in exams and GD were declared passed. A sample question paper is given below:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA VALUE ADDED CERTIFICATE COURSE EXAMINATION 2019 THE SCIENCE OF WELL BEING

TIME: 2 Hours

MAX. MARKS: 50

Answer any four questions. Each question carries 10 marks.

1. What is the difference between personal well-being and subjective well-being?
2. How do we counteract our annoying features of the mind?
3. Explain the strategies to build healthier habits
4. The role of positive emotions in positive psychology
5. Describe how you socially committed to your chosen rewirement.
6. How can you design your environment to help you change your behaviors?

4x10 = 40

Group Discussion

(10 marks)

Topic: If we aren't happy, how will that affect our family, friends, and world around us?

1x10 = 10



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