BRAINWARE UNIVERSITY

Term End Examination 2025-2026
Programme – B.Sc.(FND)-Hons-2024/B.Sc.(FND)-Hons-2025
Course Name – Holistic Health and Happiness
Course Code - BFD10001
(Semester I)

Full Marks : 60 **Time : 2:30 Hours**

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A
(Multiple Choice Type Question) 1 x 15=15

1. *Choose the correct alternative from the following :*

(i) Choose the term that describes a holistic and all-encompassing state of mind that fosters inner harmony and positive regard.
a) Prosperity b) Happiness
c) Innateness d) Self-organized

(ii) Examine your understanding about lesson of Root or Base Chakra?
a) Intuition b) Relationships
c) Survival d) Feelings

(iii) Choose which of the following is not a component of physical fitness?
a) Endurance b) Alertness
c) Strength d) Agility

(iv) Choose which of the following is the cause of mental stress?
a) Alcohol b) Music
c) Sports d) Swimming

(v) Choose the Throat Chakra deals with relationships and our ability to _____.
a) Love b) Empathize
c) Communicate d) Have Self Control

(vi) Report the Three model paths that appreciate the spirit are:
a) karma yoga, chit yoga, bhakti yoga b) sat yoga, chit yoga, ananda yoga
c) jnana yoga, bhakti yoga, karma yoga d) jnana yoga, sat yoga, chit yoga

(vii) Choose which of the following is determined only by heredity factors?
a) Colour of eyes b) Level of understanding
c) Interest d) Emotional maturity

(viii) Choose the physical, environmental and social causes of the stress state are termed?
a) Stress b) Stressors
c) Distress d) None of these

(ix) Identify an aspect of emotional intelligence (EI) as per Goleman's model, involves understanding one's emotions & managing them effectively.

a) Intrapersonal intelligence
b) Interpersonal intelligence
c) Logical Intelligence
d) Musical Intelligence

(x) Discover the term which is used in positive psychology to describe the endwing state of overall well being and life satisfaction.

a) Eudaimonia
b) Hedonism
c) pleasure
d) Apathy

(xi) Choose the factor which is considered on of the key component of happiness according to the PERMA model developed by Martin Seligman.

a) Wealth
b) Health
c) Relationship
d) Achievement

(xii) Choose the color associated with Brow or Third Eye chakra.

a) Indigo
b) Blue
c) Green
d) Red

(xiii) Choose one of the stimulant of the Heart chakra.

a) Focusing on your breath
b) Spending time with friends
c) Shavasana
d) None of these

(xiv) Choose a symptom of long-term stress.

a) Dry mouth
b) Headaches
c) Nausea
d) Increased sweating

(xv) Identify that the ability to take "balanced decision" is related to _____.

a) Affect
b) Behaviour
c) Cognition
d) Drive

Group-B

(Short Answer Type Questions) 3 x 5=15

2. Explain the characteristics of a mentally healthy person. (3)
3. Explain Muladhara Chakra in the context of pelvic plexus. (3)
4. Explain the principles of happy life. (3)
5. Explain stress, types and symptoms. (3)
6. Evaluate the components of Emotional Intelligence. (3)

OR

Explain the concept of 'Flow' in Positive Psychology and how does it relate to happiness. (3)

Group-C

(Long Answer Type Questions) 5 x 6=30

7. Explain the health benefits of positive thinking. (5)
8. Illustrate the types and advantages of doing physical exercises. (5)
9. Illustrate various causes and correlates of happiness. (5)
10. Illustrate atleast three positive ways to deal with the stress. (5)
11. Explain Physiological, psychological and spriritual benefits of meditation. (5)
12. Explain the various stages of relationship development. (5)

OR

Explain the Goleman's model of Emotional Intelligence. (5)

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