



SOMAIYA

VIDYAVIHAR UNIVERSITY

Somaiya School of Humanities and Social Science

QUESTION PAPERS

BRANCH: Bachelor of Science - Psychology	SEM: II
ATKT	JUN-2026

Sr. No.	Subject	Available
1.	145U18I201 – Positive Psychology	
2.	145U18C201 – Physiological Psychology	
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		



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ATKT
Psychology
Sem-II



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15 JUN 2026

March/April 2026				
Examination: End Semester Examination (UG Programme)				
Programme code: 78		Class: FY	Semester: II	
Programme: Psychology				
Name of the School: SSHSS		Name of the Department: Psychology		
Course Code: 145U18I201	Name of the Course: Positive Psychology			
Duration : 2 Hr.	Maximum Marks : 60			
Instructions: 1)Draw neat diagrams if required 2) Read each question carefully				

Question No.		Max. Marks	C O
Q1	Answer the following	15	
a)	Compare hedonic and eudaimonic well-being with relevance to real-life functioning.	8	1
b)	Can external rewards reduce intrinsic motivation? Explain with example.	7	2
	OR		
c)	A school focuses only on achievement but ignores relationships and meaning. Critically analyze using PERMA.	8	1
d)	Differentiate between high challenge-low skill and low challenge-high skill situations. How do these states affect motivation and learning?	7	2
Q2	Answer the following	15	
a)	Analyze self-compassion as a protective factor against psychological distress.	8	3
b)	Explain Positive Psychology Interventions (PPIs) and their effectiveness.	7	4
	OR		
c)	A client with mild distress benefits from gratitude journaling. Explain the mechanism and outcomes.	8	4
d)	Two individuals face the same stress but cope differently. Explain using social support and resilience.	7	3
Q3	Answer the following	15	
a)	Explain the Broaden-and-Build Theory of positive emotions.	8	1
b)	Discuss ethical concerns such as toxic positivity and overgeneralization.	7	4
	OR		
c)	A student has many friends but feels lonely. Analyze using quality vs quantity of relationships.	8	3
d)	Discuss any three virtues of VIA classification with examples.	7	2
Q4	Write a short note- (Any 3)	15	
a)	Role of positive psychology in mental health		1
b)	Feedback in maintaining engagement		2
c)	Post-traumatic growth		3
d)	Three Good Things exercise		4



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ATKT
Psychology
Sem-II

11 JUN 2026

April 2026			
Examination: In Semester Examination (UG Programmes)			
Programme code: 78		Class: FY	Semester: II
Programme: BSc Psychology			
Name of the School: Somaiya School of Humanities and Social Sciences		Name of the Department: Psychology	
Course Code: 145U18C201	Name of the Course: Physiological Psychology		
Duration: 02 Hr.	Maximum Marks: 60		
Instructions: 1)Draw neat diagrams 2)Assume suitable data if necessary			

Question No.		Max. Marks	CO
Q1	Answer the following		
a)	Explain action potential and analyze the sequence of events involved in neural impulse transmission.	7	CO1
b)	Explain the structure and functions of the brain and spinal cord in coordinating bodily activities.	8	CO2
	OR		
c)	Analyze hemispheric specialization and give difference between left and right hemisphere	8	CO2
d)	Discuss the role of glial cells and evaluate their importance in supporting neuronal functioning.	7	CO1
Q 2	Answer the following		
a)	Explain the structure and functions of the adrenal gland and its role in stress response.	7	CO3
b)	Difference between REM and NREM stages of sleep	8	CO4
	OR		
c)	Explain human sexual behavior and discuss its biological and psychological influences.	8	CO4
d)	Riya, a 20-year-old student, has recently been experiencing frequent urination, excessive thirst, and increased hunger. Despite eating normally, she has noticed unexplained weight loss. She also reports feeling constantly fatigued and occasionally experiencing blurred vision. Using your understanding of the endocrine system, identify the endocrine gland most likely responsible for these symptoms and explain in detail the functions of this gland and the hormones it secretes.	7	CO3
Q3	Answer the following		
a)	Difference between Acetylcholine and GABA	7	CO1
b)	A person is unable to comprehend spoken language after brain damage. Apply your knowledge to identify the affected area and explain the disorder.	8	CO2
	OR		
c)	Analyze the functions of pancreas and gonads and their hormonal influence on behavior.	8	CO3
d)	Explain Motivation and the theories behind motivation	7	CO4



Q4	Short Notes (Any Three)	15	
a)	Differentiate between agonists and antagonists.		CO1
b)	Parasympathetic Nervous system		CO2
c)	Pineal gland: Functions and Abnormalities		CO3
d)	Educational Psychology.		CO4