

TIME TABLE FOR CERTIFICATE COURSE IN POSITIVE PSYCHOLOGY
2017-2018

DATE	DAY	NAME OF FACULTY ENGAGING THE CLASS	TIME
4/8/17	MONDAY	SB	3.30-4.30
5/8/17	TUESDAY	SK	3.30-4.30
6/8/17	WEDNESDAY	SB	3.30-4.30
7/8/17	THURSDAY	SK	3.30-4.30
8/8/17	FRIDAY	SB	3.30-4.30
9/8/17	SATURDAY	SK	3.30-4.30
11/8/17	MONDAY	SB	3.30-4.30
13/8/17	WEDNESDAY	SK	3.30-4.30
16/8/17	SATURDAY	SB	3.30-4.30
17/8/17	MONDAY	SK	3.30-4.30
19/8/17	WEDNESDAY	SB	3.30-4.30
23/8/17	SATURDAY	SK	3.30-4.30
24/8/17	MONDAY	DA	3.30-4.30
25/8/17	TUESDAY	SB	9.30 – 4.30
30/8/17	SATURDAY	SK	3.30-4.30
5/9/17	THURSDAY	SK	3.30-4.30
6/9/17	FRIDAY	SB	3.30-4.30
13/9/17	FRIDAY	DA	3.30-4.30
6/11/17	TUESDAY	DA	3.30-4.30

TIME TABLE FOR CERTIFICATE COURSE IN POSITIVE PSYCHOLOGY
2017-2018

10/11/17	FRIDAY	SB	3.30-4.30
8/1/17	MONDAY	SB	3.30-4.30
9/1/17	TUESDAY	SK	3.30-4.30
3/1/17	WEDNESDAY	DA	3.30-4.30

SK -SHABEEBA

SB- SEBIN

DA- DHANYA



STUDENT LIST POSITIVE PSYCHOLOGY (2017-2018)									
SL.NO	ROLL.NO	NAME	1/2	3/4	5/6	7/8	9/10	11/12	13/14
1	154301	ASNA JAHAN A	X	X	X	X	X	X	X
2	154302	FADIYAH MOHAMED ALI MT	X	X	X	X	X	X	X
3	154303	FEBINA UM	X	X	X	X	X	X	X
4	154304	FIDHA VV	X	X	X	X	X	X	X
5	154305	JUNAIHA MARIAN	X	X	X	X	X	X	X
6	154306	MUSTHAHSINA MP	X	X	X	X	X	X	X
7	154307	NASBEEN M	X	X	X	X	X	X	X
8	154308	SULFATH KP	X	X	X	X	X	X	X
9	154309	MOHAMED SIDDIQUE VP	X	X	X	X	X	X	X
10	154310	FATHIMA NAHNA	X	X	X	X	X	X	X
11	154311	FATHIMA SHAHANA A	X	X	X	X	X	X	X
12	154312	MUFEEDA PT	X	X	X	X	X	X	X
13	154313	SHAHANAS PP	X	X	X	X	X	X	X
14	154314	SHASIYA C M A	X	X	X	X	X	X	X
15	154315	SUHAILATH A	X	X	X	X	X	X	X
16	154316	ASWINI DAS.P.K	X	X	X	X	X	X	X
17	154317	ATHIRA P	X	X	X	X	X	X	X
18	154318	AYSHA ANMOL	X	X	X	X	X	X	X
19	154319	FARHANA K	X	X	X	X	X	X	X
20	154320	JEFSEENA P	X	X	X	X	X	X	X
21	154321	MEHJA IFRATH AV	X	X	X	X	X	X	X
22	154322	MUHAZEENA	X	X	X	X	X	X	X
23	154323	NP MEHJABIN MOHAMMED	X	X	X	X	X	X	X
24	154324	SAHIBA C	X	X	X	X	X	X	X
25	154325	SUBAIDA JASMIN VP	X	X	X	X	X	X	X
		Sign & faculty.							



Name:

Roll. No.



MES KEVEEYAM COLLEGE VALANCHERY

CC/PSY/01- POSITIVE PSYCHOLOGY
2017-2018

Time : 1½ Hrs

Maximum Mark : 40

PART A : Answer the following question

(5X1=5)

1. Define positive psychology?
2. According to Seligman, appreciation of beauty, gratitude, hope, forgiveness & humor are routes to which virtue?
3. Perceived ability to produce pathways to achieve desired goals and to motivate oneself to use those pathways is called.....
4. Explain model of hope?
5. Explain self determination theory?

PART B : Write short answers in a sentence or two (any five)

(5X2=10)

1. Define psychological well-being
2. What is optimism?
3. Define empathy
4. What is gratitude?
5. What you meant by eudaimonic happiness?

PART C : Answer any three of the following questions in a paragraph

(3X5=15)

1. Write the theories of well-being in detail?
2. Describe about sources of resilience?
2. Discuss about the mindfulness meditation?
3. Describe forgiveness?

PART D : Write essays on any one of the following.

(1X10=10)

1. Describe the difference between eudaimonia hedonia?
2. Give a detail account of happiness.



CERTIFICATE COURSE(2017-2018)

SL NO	REG. NO	NAME	ASSIGNMENT (5)	INT. EXAM (5)	EXAM (40)	TOTAL (50)	GRADE
1	154301	ASNA JAHAN A	5	3.5	35	43.5	A
2	154302	FADIYAH MOHAMED ALI MT	5	3	29	37	B
3	154303	FEBINA UM	5	4.5	28.5	38	B
4	154304	FIDHA VV	5	4	27.5	36.5	B
5	154305	JUNAIHA MARJAN	5	3.5	26	34.5	B
6	154306	MUSTHAHSINA MP	5	4	33	42	A
7	154307	NASBEEN M	4	4	32	40	A
8	154308	SULFATH KP	5	4	30.5	39.5	B
9	154309	MOHAMED SIDDIQUE VP	5	4	29	38	B
10	154310	FATHIMA NAHNA	4	3.5	31.5	39	B
11	154311	FATHIMA SHAHANA A	5	4.5	28	37.5	B
12	154312	MUFEEDA PT	3	2.9	19	24.9	C
13	154313	SHAHANAS PP	4	4.5	24	32.5	B
14	154314	SHASIYA C M A	5	3	37.5	45.5	A
15	154315	SUHAILATH A	5	3.5	36	44.5	A
16	154316	ASWINI DAS.P.K	4	4	30.5	38.5	B
17	154317	ATHIRA P	5	4.5	20.5	30	B
18	154318	AYSHA ANMOL	5	4.8	19	38.8	B
19	154319	FARHANA K	5	3.9	20.5	29.4	C
20	154321	JEFSEENA P	5	4	23	32	B
21	154322	MEHJA IFRATH AV	4	3.7	25	32.7	B
22	154323	MUHAZEENA	5	4.6	26	35.6	B
23	154324	NP MEHJABIN MOHAMMED	5	2.9	39	46.9	A
24	154325	SAHIBA C	5	4	38	47	A
25	154326	SUBAIDA JASMIN VP	4	3	34	41	A

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TIME TABLE FOR THE SHORT TERM COURSE POSITIVE PSYCHOLOGY- 2018-2019

DATE	DAY	NAME OF FACULTY ENGAGING THE CLASS	TIME
1/10/18	TUESDAY	SB	3.30-4.30
5/10/18	SATURDAY	SK	3.30-4.30
7/10/18	MONDAY	DA	3.30-4.30
8/10/18	TUESDAY	SB	3.30-4.30
9/10/18	WEDNESDAY	SK	3.30-4.30
12/10/18	SATURDAY	SK	3.30-4.30
14/10/18	MONDAY	DA	3.30-4.30
16/10/18	WEDNESDAY	DA	3.30-4.30
19/10/18	SATURDAY	SB	3.30-4.30
21/10/18	MONDAY	SB	3.30-4.30
23/10/18	WEDNESDAY	SK	3.30-4.30
26/10/18	SATURDAY	SK	3.30-4.30
28/10/18	MONDAY	DA	3.30-4.30
29/10/18	TUESDAY	DA	9.30 – 4.30
2/11/18	SATURDAY	SK	3.30-4.30
7/11/18	THURSDAY	SB	3.30-4.30
8/11/18	FRIDAY	SK	3.30-4.30
15/11/18	FRIDAY	SB	3.30-4.30
19/11/18	TUESDAY	SB	3.30-4.30
22/11/18	FRIDAY	DA	3.30-4.30

25/11/18	MONDAY	SB	3.30-4.30
26/11/18	TUESDAY	SB	3.30-4.30
27/11/18	WEDNESDAY	DA	3.30-4.30

SK –SHABEEBA

SB- SEBIN

DA- DHANYA



[illegible]

[illegible]



MES KEVEEYAM COLLEGE VALANCHERY

CC/PSY/01- POSITIVE PSYCHOLOGY

2018-2019

Time : 1½ Hrs

Maximum Mark : 40

PART A : Answer the following question

(5X1=5)

1. Who is the father of positive psychology?
2. According to Seligman, appreciation of beauty, gratitude, hope, forgiveness & humor are routes to which virtue?
3. The study field involved in exploring the origins of health and strength is:
4. Perceived ability to produce pathways to achieve desired goals and to motivate oneself to use those pathways is called.....
5. Who introduced cognitive model of hope?

PART B : Write short answers in a sentence or two (any five)

(5X2=10)

1. Define psychological well-being
2. What is optimism?
3. Define empathy
4. What is gratitude?
5. What you meant by hedonic and eudaimonic?

PART C : Answer any three of the following questions in a paragraph

(3X5=15)

1. Write the theories of well-being in detail.
2. Describe about sources of resilience.
2. Discuss about the goals of positive psychology.
3. Describe neurobiology of optimism.

PART D : Write essays on any one of the following.

(1X10=10)

4. Describe the difference between eastern and western perspectives in positive psychology.
5. Give a detail account of happiness.

CERTIFICATE COURSE(2018-2019)

SL NO	REG. NO	NAME	ASSIGNMENT (5)	INT. EXAM (5)	EXAM (40)	TOTAL (50)	GRADE
1	164301	ARSHAD AMAN	5	4	33	42	A
2	164302	AJLA K	4	2	26		B
3	164303	ANJALA HASNA P V	5	4	34	43	A
4	164304	AYSHA BAHJATH M	5	5	31	41	A
5	164305	AYSHA FEBIN	2	4	30	36	B
6	164306	HASANATHUNNISA	5	3.5	35	43.5	A
7	164307	JISNA P	5	3	29	37	B
8	164308	RMBNA K	5	4.5	28.5	38	B
9	164309	SAFWA U	5	4	27.5	36.5	B
10	164310	SHIFAH M	5	3.5	26	34.5	B
11	164311	SYED ZAEEM JIFRI	5	4	33	42	A
12	164312	MANEESHA SULTHANA M	4	4	32	40	A
13	164313	MARIYAM MANEESHA V E A	5	4	30.5	39.5	B
14	164314	SANI BALKEES P.P	5	4	29	38	B
15	164315	SHAHANA K.P	4	3.5	31.5	39	B
16	164316	SHAMA PARVEEN N	5	4.5	28	37.5	B
17	164317	SREELAKSHMI K P	3	2.9	19	24.9	C
18	164318	SWATHIJA DAS K.V	4	4.5	24	32.5	B
19	164319	MOHAMMED SALIM P.K	5	3	37.5	45.5	A
20	164320	SUHAIL M	5	3.5	36	44.5	A
21	164321	AKHILA P MOHANDAS	4	4	30.5	38.5	B
22	164322	FATHIMA HANA V.K	5	4.5	20.5	30	B
23	164323	FATHIMATHUL SABIRA C	5	4.8	19	38.8	B
24	164324	HANNA K	5	3.9	20.5	29.4	C
25	164325	HASEENA THASNEEM K.K	5	4	23	32	B
26	164326	KARTHIKA K.T	4	3.7	25	32.7	B
27	164327	LEMISHA SHAREEN P.K	5	4.6	26	35.6	B
28	164328	RIZVABI M.A	5	2.9	39	46.9	A
29	164329	SADIYA BEEGAM	5	4	38	47	A
30	164330	VASUDHA S BABU	4	3	34	41	A
31	174301	Shahana Sherin T.P	5	3.5	35	43.5	A
32	174302	Shirin O.P	5	3	29	37	B
33	174303	Binshiya M.C	5	4.5	28.5	38	B
34	174304	Fathima Nidha T	5	4	27.5	36.5	B
35	174305	Febin Rasheed	5	3.5	26	34.5	B
36	174306	Kripa K. Das	5	4	33	42	A
37	174307	Krishnapriya K	4	4	32	40	A
38	174308	Linsha V.P	5	4	30.5	39.5	B
39	174309	Mubsira	5	4	29	38	B
40	174310	Shamma sulaiman	4	3.5	31.5	39	B
41	174311	Thasleena Parveen	5	4.5	28	37.5	B
42	174312	Muhammed Arshad P	3	2.9	19	24.9	C
43	174313	Muhammed Faiz T	4	4.5	24	32.5	B

44	174315	Anila K	5	3	37.5	45.5	A
45	174316	Athira E	5	3.5	36	44.5	A
46	174317	Drishya K	4	4	30.5	38.5	B
47	174318	Fathima sahla	5	4.5	20.5	30	B
48	174320	Harshida M.V	5	4.8	19	38.8	B
49	174321	Midhuna K	5	3.9	20.5	29.4	C
50	174322	Misna K	5	4	23	32	B
51	174323	Mufeeda.M.K	4	3.7	25	32.7	B
52	174324	Musfira Bhilsha A.P	5	4.6	26	35.6	B
53	174325	Rasheedha P.K	5	2.9	39	46.9	A
54	174326	Sajna Sherin Arattuthodika	5	4	38	47	A
55	174327	Sana K	4	3	34	41	A
56	174328	Selva serin Thalappalli Arakkal	5	4.5	32	41.5	A
57	174329	Shabla Sherin K	5	4.4	31	40.4	A
58	174330	Shajima Imdhisal	3	4.2	30.5	37.7	B
59	174331	Shana habeeb T	5	3.9	28.5	37.4	B
60	174332	Shifali	5	3.3	27	35.3	B
61	174333	Shilja KP	4	3	23	30	B
62	174334	Sruthy M	5	4.8	21	30.8	B
63	174335	Vrinda N.K	5	3.5	20.5	29	C
64	174336	Anchal Patannapurat	3	2.9	20	25.9	C

Sol



M E S KEVEEYAM COLLEGE VALANCHERY



Malappuram-Kerala
(NAAC Accredited with 'A' Grade)
Phone: 0494 -2642670, www.meskvcollege.org,
Email:principal@meskvcollege.org

No cc/psy/43-89 Certificate

This is to certify that the following candidate has successfully completed
the certificate course *positive psychology*.....
conducted by Department of *Bsc psychology*.....
during the academic year *2018 -2019*.....

Name *Arshad pathanapural*
Programme and Semester *Bsc Psychology, 3rd Semester*..
College Enrolment No *174336*.....
Grade Awarded *C*.....



Place : Valanchery

Date : *2/12/18*


Principal
M.E.S KEVEEYAM COLLEGE
VALANCHERY, PIN- 676 552
MALAPPURAM