



## BRAINWARE UNIVERSITY

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**Term End Examination 2024-2025**  
**Programme – B.Sc.(PSY)-Hons-2023**  
**Course Name – Indian Psychology**  
**Course Code - BPY30001**  
**( Semester III )**

**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) Select the emotions corresponds to the rasa of Vira (heroic) and Jugupsa (disgust).
  - a) Utsaha and Bibhatsa
  - b) Bhaya and Rati
  - c) Bhaya and Sringara
  - d) Hasya and Raudra
- (ii) Identify the category encompasses the essential desire for actions cause and effect .
  - a) Anand
  - b) Cit
  - c) Sat
  - d) Karma
- (iii) Select which of the following is a benefit of incorporating Indian psychology into health practices
  - a) Cognitive restructuring
  - b) Emotional regulation
  - c) Integration of body, mind, and spirit
  - d) Behavioral modification
- (iv) Identify the concept of karma in Indian psychology
  - a) All actions have consequences
  - b) Suffering is an illusion
  - c) Happiness is externally derived
  - d) Mental health is purely biological
- (v) Identify which Indian philosopher is known for integrating concepts of mind and education
  - a) Swami Vivekananda
  - b) Mahatma Gandhi
  - c) Rabindranath Tagore
  - d) Sri Aurobindo
- (vi) Identify is the primary focus of Indian psychology in the context of rehabilitation
  - a) Economic development
  - b) Mental well-being and holistic healing
  - c) Political governance
  - d) Advancement
- (vii) Select the concept which emphasizes the interconnectedness of mind, body, and spirit
  - a) Behaviourism
  - b) Rationalism
  - c) Integral Approach
  - d) Mindfulness
- (viii) Identify Indian philosopher whose ideas significantly influence modern psychological practices in rehabilitation
  - a) Swami Vivekananda
  - b) Karl Marx

- c) Mahatma Gandhi  
(ix) Select which is not the techniques of mastery over phenomenal world.  
a) Body maintenance  
c) Spiritual practice  
(x) Select what is not a yoga path .  
a) Karma  
c) Bhakti  
(xi) Select which is not the division of life  
a) Dharma  
c) Garhasthya  
(xii) Select in Indian philosophy, particularly Vedanta, the true Self is referred to as:  
a) Ahimsa  
c) Atman  
(xiii) Identify the psychologists theory which focuses on the development of identity through life stages, including, identity crisis and role confusion  
a) Carl Jung  
c) Erik Erikson  
(xiv) Identify which is not the quality of Rajas personality.  
a) Passion  
c) Goodness  
(xv) Identify the basic principle of Bhakti Yoga  
a) Detachment from the material world  
c) Transcendence
- d) Plato  
b) Mind control  
d) Physical exercises.  
b) Dhyana  
d) Jnana  
b) Brahmacharya  
d) Sannyasi  
b) Moksha  
d) Dharma  
b) Sigmund Freud  
d) B.F. Skinner  
b) Restlessness  
d) Action  
b) Happiness  
d) Pleasures of Life .

#### Group-B

(Short Answer Type Questions)

3 x 5=15

2. Discuss the early life of Sri Aurobindo Ghosh. (3)
3. Review Mahatma Gandhi Concept of Brahmacharya . (3)
4. Differentiate self-concept from the perspectives of Carl Rogers and Erik Erikson. (3)
5. Describe Buddha tradition concept of consciousness. (3)
6. Evaluate the impact of Sri Aurobindo writings on modern spirituality. (3)

OR

- Select the concept of integral yoga as developed by Sri Aurobindo. (3)

#### Group-C

(Long Answer Type Questions)

5 x 6=30

7. Describe 6 realms of existence . (5)
8. Describe the eightfold path of Buddhism . (5)
9. Express how culture can impact self identity. (5)
10. Distinguish between traditional health approaches and those informed by positive psychology. (5)
11. Classify the key elements of positive psychology that contribute to health. (5)
12. Analyze the role of education in the rehabilitation process. (5)

OR

- Discriminate between traditional rehabilitation approaches and those informed by positive psychology. (5)

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