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BRAINWARE UNIVERSITY

Term End Examination 2024-2025
Programme – B.Sc.(PSY)-Hons-2024
Course Name – Vedic Psychology
Course Code - BPY20202
(Semester II)

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) Recall among the following is regarded as companion of Indrani in Vedas.
 - a) Varun
 - b) Kama
 - c) Indra
 - d) Mitra
- (ii) Describe a search for the sacred and transcendent.
 - a) Spirituality
 - b) Religion
 - c) Ethics
 - d) Animism
- (iii) Determine the procedural meaning of Ratnakar become Valmiki.
 - a) Sage
 - b) Yogi
 - c) Bhaktha
 - d) Came from Ant Hill
- (iv) Identify the one who was dash-avatar in Satya yuga.
 - a) Rama
 - b) Buddha
 - c) Krishna
 - d) Narasimha
- (v) Express which of the following are the basic sources of stress
 - a) The Environment
 - b) Social Stressors
 - c) Thoughts
 - d) All of the these
- (vi) Predict the core components of Daniel Goleman's model of Emotional Intelligence (EI).
 - a) Intrapersonal & interpersonal skills.
 - b) Logical & analytical thinking
 - c) Physical fitness & Mental agility
 - d) Creativity & innovation
- (vii) Discover the term which is used in positive psychology to describe the enduring state of overall well being and life satisfaction.
 - a) Eudaimonia
 - b) Hedonism

- c) pleasure d) Apathy
- (viii) Select a common physical symptom of Acute Stress.
- a) Increased Appetite b) Muscle tension and headache
c) Improved sleep quality d) Decreased heart rate
- (ix) Select a common Self help technique for managing stress and promoting well being.
- a) Avoiding all sources of stress b) Ignoring emotional challenges
c) Practicing mindfulness and meditation d) Suppressing all negative emotions
- (x) Predict the assessment of project work done by students belongs to which type of evaluation?
- a) Summative b) Formative
c) Qualitative d) Quantitative
- (xi) Show that Self-esteem implies acceptance, respect and believe in _____.
- a) Society b) Yourself
c) Teachers d) Scientists
- (xii) Choose the most required for the growth of self-esteem is _____.
- a) Obsession b) Acceptance
c) Stress d) Doubt
- (xiii) Articulate that one is an odd characteristic among the group.
- a) Acceptance b) Humiliation
c) Safety d) Uniqueness
- (xiv) Discover that you are started comparing yourself to others this is time to _____.
- a) struggles b) celebrate your strengths
c) accomplish d) dismissing
- (xv) Distinguish among the following goals associated with achievement models connects with intrinsic motivation.
- a) Mastery goals b) Performance goals
c) Social goals d) Intrinsic goals

Group-B

(Short Answer Type Questions)

3 x 5 = 15

2. Determine the contribution of Lopamudra in vedic period. (3)
3. Describe Indian Philosophy. (3)
4. Explain Myth. (3)
5. Describe the seven chakras by name and state one very important chakra and why? (3)
6. Evaluate the vedic scholar Gargi in modern times. (3)

OR

- Criticize yajnavalkya and maitreyi conversation. (3)

Group-C

(Long Answer Type Questions)

5 x 6 = 30

7. Explain the seven chakras in their location, colour and functions. (5)
8. Illustrate the causes of stress and their dealings. (5)
9. Describe a positive change in your life. (5)
10. Determine an influential study on Relationships and Happiness. (5)
11. Evaluate Grihasta (duties and responsibilities) and Sanyas (self realization). (5)
12. Discriminate the scientific and popular view of mythology. (5)

OR

Evaluate effect of mythology on vedic femininity.

(5)
