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**BRAINWARE UNIVERSITY**

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Term End Examination 2025-2026**Programme – B.Sc.(PSY)-Hons-2024/B.Sc.(PSY)-Hons-2025****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) Distinguish a real character among the group who is not dash-avatar.

a) Rama	b) Krishna
c) Chanakya	d) Buddha
- (ii) Choose one whose feminine form as Mohini helping devas to retain their immortality.

a) Brahma	b) Vishnu
c) Mahesh	d) Buddha
- (iii) Report which of the following are the basic sources of stress?

a) The Environment	b) Physiological
c) Thoughts	d) All of the these
- (iv) Identify which of the following is NOT mandatory to maintain spiritual health?

a) Peace	b) Religion
c) Hope	d) Purpose
- (v) Predict what are the real problem of life?

a) Traffic Jams, Neighbors' issues, high prices.	b) Birth, old age, disease & Death.
c) Unemployment, poverty, corruption.	d) Relationship issues.
- (vi) Select which of the following is determined only by heredity factors?

a) Colour of eyes	b) Level of understanding
c) Interest	d) Emotional maturity
- (vii) Identify the God.

a) God is the origin of everything he owns & controls everything	b) Anyone who excel in his field
c) God is just a concept, actually there is no God	d) One who helps me is God
- (viii) Predict among the following, which is a component of Emotional Intelligence that can be improved through practice and self-reflection.

a) IQ	b) EQ
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- c) SQ d) Self-awareness
- (ix) Identify self-help strategy that focuses on changing negative thought patterns and beliefs.
- a) Self-compassion b) Visualization
- c) Positive thinking d) Gratitude Journaling
- (x) Identify to "high self-esteem" Not belongs to _____.
- a) Challenges b) Failures
- c) Shortcuts d) Responsibilities
- (xi) Articulate that "One's destination is never a place, but rather a new way of looking at things," is _____.
- a) Improvement b) Goal
- c) Drive fulfilment d) Achievement
- (xii) Discuss that Impossible says, I'm possible is an example of _____.
- a) negative thinking b) belief
- c) positive thinking d) attitude
- (xiii) Explain the most appropriate positivity in self confidence.
- a) Saying someone "I love You" b) Innocence
- c) Repression d) Love yourself
- (xiv) Select that Nervous habits (forgetting) leads to _____.
- a) more self confidence b) less self-confidence
- c) power posing d) openness
- (xv) Describe that in Positive Psychology, happiness involves all of the following Except,
- a) Having a high level of wealth b) Experiencing pleasure
- c) Being engaged in an activity d) Engaging with a meaningful activity

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Determine the contribution of Lopamudra in vedic period. (3)
3. Discover the scientific explanation of Mythology. (3)
4. Describe stress, types and symptoms. (3)
5. Articulate what is 'Self disclosure'? (3)
6. Connect stress and their management. (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. Critically appraise the Ashram Pratha (Brahmacharya, Grihastha, Vanaprastha, Sanyasa) as a psychologically adaptive life-span model. (5)
8. Express the importance of thoughts on the human body within the context of a spiritual lifestyle. (5)
9. Practice to manage stress. (5)
10. Express that you think your friends talk to their parents. (5)
11. Discriminate Brahmin and Kshatriyas. (5)
12. Evaluate the "PERMA" model of well-being in positive psychology. Provide examples for each element, and discuss how they contribute to overall happiness. (5)

OR

Explain the importance of conducting a pre-measurement of perceived stress in the context of positive living research. (5)