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Total No. of Questions: 16] [Total No. of Printed Pages: 3

PGD-452

M.Sc. (Final) Examination, 2022 YOGA STUDIES AND THERAPY MANAGEMENT

Paper - MYS-VI

(Psychology and its Relevance to Yoga)

Time: 3 Hours [Maximum Marks: 75

Section-A (Marks : $2 \times 10 = 20$)

Note: Answer all ten questions (Answer limit 50 words). Each question carries 2 marks.

Section–B (Marks: $5 \times 5 = 25$)

Note: Answer *five* questions, selecting at least *one* question from each Unit (Answer limit **200** words). Each question carries **5** marks.

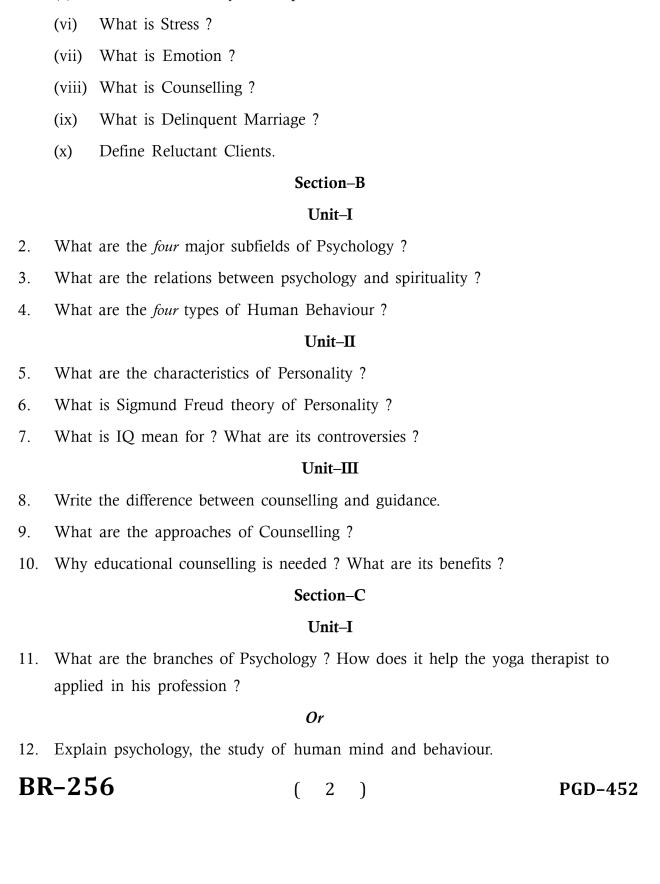
Section–C (Marks: $10 \times 3 = 30$)

Note: Answer three questions, selecting one question from each Unit (Answer limit500 words). Each question carries 10 marks.

Section-A

- 1. (i) Define Psychology according Watson.
 - (ii) What is Psychology?
 - (iii) What is the scope of Psychology?

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What is Development Psychology?

What is Personality Development?

(iv)

(v)

Unit-II

13. What are the characteristics of Personality? Write down its assessment.

Or

14. What is the concept of stress and its causes according to yoga text?

Unit-III

15. Define Psychotherapy. Describe briefly its related fields.

Or

- 16. Write short notes on the following:
 - (a) Reluctant clients and pre-marital counselling
 - (b) Counselling and guidance expectation