

Roll No. : .....

Total No. of Questions : 16 ]

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# 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 × 10 = 20)

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

## Section-B

(Marks : 5 × 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 × 3 = 30)

*Note* :- Answer *three* questions, selecting *one* question from each Unit (Answer limit 500 words). Each question carries 10 marks.

## Section-A

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

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- (iv) What is Development Psychology ?
- (v) What is Personality Development ?
- (vi) What is Stress ?
- (vii) What is Emotion ?
- (viii) What is Counselling ?
- (ix) What is Delinquent Marriage ?
- (x) Define Reluctant Clients.

### **Section-B**

#### **Unit-I**

- 2. What are the *four* major subfields of Psychology ?
- 3. What are the relations between psychology and spirituality ?
- 4. What are the *four* types of Human Behaviour ?

#### **Unit-II**

- 5. What are the characteristics of Personality ?
- 6. What is Sigmund Freud theory of Personality ?
- 7. What is IQ mean for ? What are its controversies ?

#### **Unit-III**

- 8. Write the difference between counselling and guidance.
- 9. What are the approaches of Counselling ?
- 10. Why educational counselling is needed ? What are its benefits ?

### **Section-C**

#### **Unit-I**

- 11. What are the branches of Psychology ? How does it help the yoga therapist to applied in his profession ?

*Or*

- 12. Explain psychology, the study of human mind and behaviour.

**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