

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai — 600 044.

B.Sc. (Psy) END SEMESTER EXAMINATIONS NOVEMBER - 2023

SEMESTER - I

21UPCAT1001 - Introduction to Indian Psychology

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Elucidate the fundamental assumptions of Indian Psychology.
2. Examine the teachings of Upanishads regarding different states of consciousness and how they influence factors shaping an individual's personality.
3. Contrast the concepts of Nyaya and Mimamsa within the context of Indian psychology, highlighting their unique perspectives and contributions.
4. Elaborate on and interconnect the different paths of yoga, discussing their unique philosophies and practices in the pursuit of spiritual growth and self-realization.
5. Explain the Four Noble Truths of Buddhism, outlining their significance and impact on the Buddhist philosophy and way of life.
6. Compare how Buddhism, Jainism, and Sufism interpret metaphysical energy.
7. Design a practical Vipassana-based mindfulness routine for stress management in daily life.
8. Diagnose Bhagavad Gita's impact on organizational behaviour for enhancing leadership and teamwork.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Compare and contrast the Eastern and Western approaches to psychology.
10. Propose an integrative approach that applies Advaita Vedanta principles to address the challenges of modern-day stress and anxiety, emphasizing mindfulness and self-awareness.
11. Analyze the fundamental principles of Integral Yoga as propounded by Sri Aurobindo, exploring how this approach integrates various aspects of human experience to attain higher states of consciousness and well-being.

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12. Dissect the historical development and fundamental practices of Sufism, elucidating their role in shaping individual spirituality and fostering community unity.
13. Appraise the applicability of the teachings of Thirukkural in Indian psychology for ethical and moral guidance, and evaluate their impact on societal and individual well-being.
