

REV-01
BPY/05/10

2025/12

**BA PSYCHOLOGY
FIFTH SEMESTER
PSYCHOLOGY IN INDIAN CONTEXT
BPY - 501
(USE OMR FOR OBJECTIVE PART)**

**SET
A**

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

(Objective)

Marks: 20

Choose the correct answer from the following:

1×20=20

- The Vedas are primarily considered as:
 - Philosophical treatises
 - Revealed knowledge (Śruti)
 - Epic narratives
 - Ritual manuals only
- In Samkhya philosophy, Purusha is described as:
 - Dynamic and active matter
 - The intellect (Buddhi)
 - Pure consciousness and eternal observer
 - The ego or individuality
- Which of the following is *not* one of the three Gunas in Samkhya?
 - Sattva
 - Rajas
 - Tamas
 - Dharma
- What kind of philosophy did the Buddha introduce to the world?
 - Mystical and ritualistic philosophy
 - Extremely pragmatic and scientific philosophy
 - Exclusively royal and political philosophy
 - Traditional Vedic philosophy
- In which century was the Buddha born?
 - 4th century B.C.
 - 5th century B.C.
 - 6th century B.C.
 - 7th century B.C.
- In Sufism, the process of self-purification is achieved through:
 - Sacrificial rituals and priestly practices
 - Meditation, introspection, and ethical living
 - Political authority and social control
 - Study of external scriptures only
- Which kosha is associated with vital energy and physiological processes?
 - Anandamaya Kosha
 - Manomaya Kosha
 - Pranamaya Kosha
 - Vijnanamaya Kosha

8. "Anahata Chakra" is located in which part of the body?
 - a. Throat
 - b. Heart region
 - c. Forehead
 - d. Navel
9. In the Bhagavad Gita, "Karma Yoga" primarily emphasizes:
 - a. Knowledge and wisdom
 - b. Action without attachment to results
 - c. Devotion to God
 - d. Renunciation of all actions
10. The Panchakosha model is found in which Upanishad?
 - a. Mundaka Upanishad
 - b. Taittiriya Upanishad
 - c. Chandogya Upanishad
 - d. Kena Upanishad
11. In Mandukya Upanishad, Turiya is described as:
 - a. Dream state
 - b. Waking state
 - c. Deep sleep
 - d. Transcendental awareness
12. Which of the following is the highest of the seven chakras?
 - a. Anahata
 - b. Sahasrara
 - c. Manipura
 - d. Muladhara
13. In Indian thought, "Self" is primarily considered as
 - a. Body
 - b. Consciousness principle
 - c. Memory
 - d. Ego only
14. "Atman" in Vedanta is
 - a. Changing
 - b. Eternal and pure consciousness
 - c. A material entity
 - d. A mental function
15. The Buddhist view denies the concept of
 - a. Consciousness
 - b. Continuity
 - c. Permanent self (Anatta)
 - d. Experience
16. The three doshas in Ayurveda are
 - a. Rajas, Tamas, Sattva
 - b. Vata, Pitta, Kapha
 - c. Earth, Water, Fire
 - d. Ida, Pingala, Sushumna
17. Self-acceptance involves
 - a. Ignoring one's flaws
 - b. Comparing oneself with others
 - c. Seeking constant approval
 - d. Fully accepting one's strengths and weaknesses
18. Practicing gratitude helps in
 - a. Reducing stress and improving emotional health
 - b. Increasing material wealth
 - c. Enhancing competitiveness
 - d. Avoiding responsibility

19. Forgiveness primarily contributes to
- a. Weakening relationships
 - b. Avoiding conflict resolution
 - c. Ignoring justice
 - d. Inner peace and emotional healing
20. Happiness in Indian thought is rooted in
- a. Sense gratification
 - b. Realization of true self
 - c. External validation
 - d. Accumulation of wealth

(Descriptive)

Time : 2 hrs. 30 min.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. What is your comprehension of the Vedas? Expand upon it with regard to Indian Psychology. 10
2. What is the meaning of Panchakosha? Elucidate the five koshas, or sheaths, of human existence as per Indian psychology, and delineate their significance in comprehending the holistic essence of personality. 4+6=10
3. Elaborate on the Chakra system in Kundalini Yoga. Describe the seven Chakras, their locations, psychological functions, and their significance in holistic mental health. 10
4. Elucidate the notion of Sufism and delineate its principal teachings and fundamental components in detail. 2+8=10
5. Elucidate the notion of health and mental well-being as per the principles of Ayurveda, Unani, and Buddhist philosophies. 10

6. Examine how comprehending the essence of reality affects human perception, behaviour, and spiritual wellness. 10
7. Explain the psychological and spiritual value of self-acceptance, gratitude, and forgiveness. 4+6=10
8. What constitutes suffering? Explain suffering from the standpoint of different spiritual traditions such as Christianity, and Hinduism. 10

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