

**BA PSYCHOLOGY
FIFTH SEMESTER
PSYCHOLOGY IN THE INDIAN CONTEXT
BPY - 501**

**SET
B**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1. In Indian philosophy, the 'self' is often understood as 'Atman.' What does 'Atman' refer to?
 - a. The ego or personality
 - b. The physical body
 - c. The individual soul or inner essence
 - d. The intellect or reasoning faculty
2. Which state of consciousness, according to Vedanta philosophy, is characterized by dreamless sleep and a sense of deep rest?
 - a. Jagrat (waking state)
 - b. Swapna (dream state)
 - c. Sushupti (deep sleep state)
 - d. Turiya (transcendental state)
3. In Indian thought, the idea of 'self as consciousness' suggests that:
 - a. Consciousness is a function of the mind
 - b. The self is merely a product of physical processes
 - c. Consciousness is the essential nature of the self
 - d. Self and consciousness are independent of each other
4. In Indian philosophy, which of the following best defines the relationship between self and identity?
 - a. Identity is external and defined by social roles, while the self is an inner essence beyond roles
 - b. Identity and self are identical and inseparable
 - c. Self is constantly changing, while identity is permanent
 - d. Self is a concept only applicable in social contexts
5. According to Indian psychology, which of the following states of consciousness is most associated with the experience of dreams?
 - a. Turiya
 - b. Sushupti
 - c. Jagrat
 - d. Swapna
6. In Ayurveda, health is defined as a balance between which of the following elements?
 - a. Body, mind, and social status.
 - b. Doshas (Vata, Pitta, Kapha), Agni (digestive fire), and Dhatus (tissues)
 - c. Soul, spirit, and emotions
 - d. Desires, needs, and wants

7. The Unani system of medicine focuses on the balance of four bodily humors. Which of the following is not one of the four humors?
 - a. Blood
 - b. Bile
 - c. Phlegm
 - d. Chakra
8. In Buddhist philosophy, suffering (dukkha) is considered to be caused by:
 - a. Lack of knowledge
 - b. Attachment and desire
 - c. Imbalance of body fluids
 - d. Weak willpower
9. In the Unani system, the concept of health is often related to:
 - a. Harmony among spiritual forces
 - b. Equilibrium of the four humors
 - c. Psychological well-being alone
 - d. Control over sensory desires
10. Which of the following Buddhist practices is primarily aimed at understanding and alleviating suffering?
 - a. Mindfulness and meditation
 - b. Physical exercise and diet
 - c. Chanting for mental control
 - d. Regular fasting and purification
11. Which of the following texts is considered the oldest and forms the foundation of Indian philosophy?
 - a. Upanishads
 - b. Vedas
 - c. Samkhya Sutra
 - d. Bhagavad Gita
12. The Upanishads primarily focus on the concept of 'Brahman' and 'Atman.' What does 'Atman' refer to?
 - a. Universal Law
 - b. Cosmic Creator
 - c. Individual Soul
 - d. Sacred Hymn
13. The constituents of Manas are thought, mood and _____.
 - a. Intellect
 - b. behaviour
 - c. Emotion
 - d. None of the Above
14. In the Samkhya system, which of the following pairs represents the fundamental dualism of reality?
 - a. Karma and Dharma
 - b. Purusha and Prakriti
 - c. Samsara and Nirvana
 - d. Brahman and Atman
15. Who has proposed the three typologies of knowledge?
 - a. Scheffler
 - b. Aristotle
 - c. Plato
 - d. None of the Above
16. Who has given the conceptualization of Manas?
 - a. Adi Shankara
 - b. Dr. Thirunavukarasu
 - c. Vyasa
 - d. None of the Above

17. Manas is that part of the mind that is of concern for study of _____.
- a. Health
 - b. behaviour
 - c. Mental illness
 - d. All of the Above
18. A prior knowledge is about knowledge _____.
- a. Based on experience
 - b. Independent of experience
 - c. Somewhat related to experience
 - d. None of the Above
19. Sufism, a mystical branch of Islam, focuses on:
- a. Devotion to gods
 - b. Rigorous rituals and sacrifices
 - c. Direct experience of the Divine
 - d. Logical interpretation of scriptures
20. Tantra philosophy is unique for its focus on:
- a. Rituals and esoteric practices
 - b. Renunciation and meditation
 - c. Logical reasoning and debate
 - d. Ascetic living and celibacy

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(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

1. Discuss the core practices and beliefs of Buddhism, including the significance of the Four Noble Truths and the Eightfold Path in guiding practitioners in the field of psychology towards enlightenment. 10
2. Explain the Ayurvedic approach to diagnosing and treating mental health disorders. 10
3. How does Sufism promote social harmony and inclusivity in India? 10
4. What do you understand by Manas? State its several characteristics along with its constituents. 10
5. Explain the concept of knowledge. What are the different types of knowledge in Indian Psychology? 10
6. "Describe the states of consciousness as outlined in Indian philosophy – waking (Jāgrat), dreaming (Svapna), deep sleep (Suṣupti), and the transcendental fourth state (Turiya). How does the progression through these states contribute to self-awareness and spiritual growth?" 6+4=10
7. "Discuss the concept of the 'Self' in Indian philosophy, including its different dimensions – Metaphysical Self, Psychological Self, and Social Self. Illustrate how these dimensions interact and shape an individual's identity within the context of Indian cultural and spiritual beliefs." 10
8. Describe the ways in which practices like Santosha (contentment), Kshama (forgiveness) contribute to mental clarity, resilience, and spiritual well-being. 5+5=10

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