# PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

## MSc DEGREE EXAMINATION DECEMBER 2025
(First Semester)

Branch – **APPLIED PSYCHOLOGY**

## INDIAN PSYCHOLOGY

Time: Three Hours           Maximum: 75 Marks

### SECTION-A (10 Marks)
Answer ALL questions
ALL questions carry EQUAL marks     (10 × 1 = 10)

| Question No. | Question | K Level | CO |
|---|---|---|---|
| 1 | Define Atman.<br>a) The individual soul or self beyond body and mind<br>b) The physical body<br>c) The five senses<br>d) The external world | K1 | CO1 |
| 2 | Name the four Purusharthas.<br>a) Dharma, Artha, Kama, Moksha<br>b) Karma, Bhakti, Jnana, Raja<br>c) Sattva, Rajas, Tamas, Moksha<br>d) Shraddha, Smriti, Dhyana, Samadhi | K1 | CO1 |
| 3 | What are the three Pramanas commonly listed in Indian epistemology?<br>a) Pratyaksha, Anumana, Shabda<br>b) Karma, Bhakti, Jnana<br>c) Sattva, Rajas, Tamas<br>d) Manas, Buddhi, Ahamkara | K1 | CO2 |
| 4 | Give one key difference between Nyaya and Vaisheshika systems.<br>a) Nyaya emphasizes logic, Vaisheshika focuses on categories of reality<br>b) Both focus only on devotion<br>c) Nyaya is Buddhist, Vaisheshika is Jain<br>d) Both reject perception as valid knowledge | K1 | CO2 |
| 5 | List any two limbs of Patanjali's Ashtanga Yoga.<br>a) Yama and Niyama    b) Karma and Jnana<br>c) Dharma and Artha    d) Sattva and Rajas | K1 | CO3 |
| 6 | State the Four Noble Truths in one sentence.<br>a) Suffering exists, cause of suffering, cessation of suffering, path to end suffering<br>b) Life is only joy<br>c) Meditation alone removes pain<br>d) Karma alone causes suffering | K1 | CO3 |
| 7 | What are the Trigunas?<br>a) Sattva, Rajas, Tamas    b) Dharma, Artha, Moksha<br>c) Yama, Niyama, Samadhi    d) Karma, Bhakti, Jnana | K1 | CO4 |
| 8 | What does Navarasa refer to?<br>a) The nine basic human emotions expressed in art and literature<br>b) The three states of mind<br>c) Four Purusharthas<br>d) Five senses | K1 | CO4 |
| 9 | Name one principle of Sattvavajaya Chikitsa.<br>a) Controlling the mind and strengthening positive thoughts<br>b) Herbal medicine<br>c) Body detoxification<br>d) Use of rituals | K1 | CO5 |
| 10 | What are the three Doshas in Ayurveda?<br>a) Vata, Pitta, Kapha    b) Sattva, Rajas, Tamas<br>c) Dharma, Artha, Moksha    d) Atman, Manas, Buddhi | K1 | CO5 |

## SECTION - B (35 Marks)
### Answer ALL questions
### ALL questions carry EQUAL Marks

(5 × 7 = 35)

| Question No. | Question | K Level | CO |
|---|---|---|---|
| 11.a. | Explain how the concept of Karma influences personality development. | K3 | CO1 |
| | (OR) | | |
| 11.b. | Apply Bhagavad Gita's Nishkama Karma to reduce performance anxiety. | | |
| 12.a. | Apply Nyaya's Anumana to memory and mindfulness. | K4 | CO2 |
| | (OR) | | |
| 12.b. | Analyze a perceptual dispute using Nyaya's five-step inference. | | |
| 13.a. | Design a 4-session plan using Patanjali's Ashtanga for worry. | K4 | CO3 |
| | (OR) | | |
| 13.b. | Compare Vipassana and Metta for effects on rumination. | | |
| 14.a. | Apply Triguna model to temperament in counselling. | K4 | CO4 |
| | (OR) | | |
| 14.b. | Describe Advaita counselling techniques for low self-esteem. | | |
| 15.a. | Design a 6-week Yoga + Sattvavajaya program for depression. | K4 | CO5 |
| | (OR) | | |
| 15.b. | Describe two Yoga practices for mild depression. | | |

## SECTION -C (30 Marks)
### Answer ANY THREE questions
### ALL questions carry EQUAL Marks

(3 × 10 = 30)

| Question No. | Question | K Level | CO |
|---|---|---|---|
| 16 | Apply Upanishadic concepts in counselling existential anxiety. | K5 | CO1 |
| 17 | Compare Samkhya dualism and Advaita non-dualism in emotion regulation. | K5 | CO2 |
| 18 | Critically discuss evidence for Ashtanga Yoga in anxiety treatment. | K5 | CO3 |
| 19 | Create a culturally grounded assessment based on Triguna/Ayurveda. | K5 | CO4 |
| 20 | Explain Siddha or Ayurveda principles for mental health. | K5 | CO5 |

Z-Z-Z          END