

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**MSc DEGREE EXAMINATION MAY 2018
(Second Semester)**

Branch – APPLIED PSYCHOLOGY

YOGA PSYCHOLOGY

Time: Three Hours

Maximum: 75 Marks

SECTION -A (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 x 6 = 30)

- 1 a Explain the nature of Indian psychology.
OR
b Enumerate the limitations of Western Psychology.
- 2 a Elucidate the states of consciousness.
OR
b Briefly explain the paths of yoga.
- 3 a Discuss the features of yogic diet.
OR
b Explain pranic healing.
- 4 a Explain integral yoga.
OR
b Bring out the nature of self – inquiry.
- 5 a Examine the features of whirling meditation.
OR
b Elucidate Jewish meditation.

SECTION -B (45 Marks)

Answer any THREE questions

ALL questions carry EQUAL Marks (3 x 15 = 45)

- 6 Bring out the link between religion and spirituality.
- 7 Outline various types of yoga.
- 8 Bring out the therapeutic effects of asanas.
- 9 Examine the doctrines of J. Krishnamurthy.
- 10 Discuss the salient features of Transcendental meditation.