

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

FINAL EXAMINATION

BST 201 Yoga Psychology and Counseling

Date : 19-May-2011

Time : 2 Hr

Max Marks: 50

General Instructions:

- Marks for each question are indicated against it.
- Answer should be brief and to the point.

Q 1. Define the following topics (Answer any 10 questions).

10*2=20

1. Yoga,
2. Psychology
3. Intelligence
4. Learning
5. Anxiety
6. Depression
7. Perception
8. Counselling
9. Alcohol dependence
10. Guna
11. Reflection
12. Hallucination

Q 2. Explain briefly (Answer any 5 questions).

6*5=30

1. Explain the stages/phases of counseling?
2. Define emotional intelligence and its components?
3. Explain Mental Retardation and degree of retardation?
4. What are skills required to be an effective and good counsellor?
5. Explain Multistore/dual memory model with a net diagram,?
6. Explain common features of serious mental disorder?
7. What are the different technique/methods of counselling?

******Wish You All the Best******