

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA
Swami Vivekananda Yoga Anusudhana
A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempgowda Nagar, Bangalore 560 019, India)

BS T 201 Yoga Psychology and Counseling

DATE: 23.05.2012

Time: 3 Hours

Max. Marks: 100

Answer should be brief and to the point.

I. Answer the following:

14 x 2 = 28 Marks

1. Psychology.
2. Illusion.
3. Hallucination.
4. Stress.
5. Delusion.
6. Guna.
7. DSM.
8. Intelligence.
9. IQ.
10. Reflection.
11. Yoga .
12. Health.
13. Defense mechanism
14. Phobia

II. Answer the following:

7 x 6 = 42 Marks

1. Mental Retardation
2. Explain common features of serious mental disorder
3. Anxiety Disorder
4. Do's and don'ts while counseling
5. Qualities of the counselor
6. Schematic representation of Jnana yoga
7. Alcohol Dependence

III. Answer the following:

3 x 10 = 30 Marks

1. Explain the stages/phases of counseling?
2. Methods of counseling
3. Depression