

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: PhD
Semester: 4th Sem
Subject Code: YHSPHD21105
Date: 29.06.2021
Examination Mode: Online

Batch: Aug, 2019
Semester Period: March 2021 to July 2021
Subject Name: Assessment of Creativity
Time: 10.00 am to 12.00 noon
Max. Marks: 50

General Instructions:

1. Use A4 size plain sheets for writing answers.
2. Use black or blue ball point pen.
3. Write your examination Roll Number, Program Name, Subject Code, Subject Name, Date of Exam, Total No. of Pages used, on the first page of Answer Script ().
4. Write down all the questions on a separate paper and then start writing.
5. Specify the page number on right-hand corner of the page (down).
6. Scan the papers after writing the answers.
7. Scan answer script in pdf format and upload in google classroom, and get confirmed by the chief superintendent.

Note: Do not write your Name, Registration No, Father's Name on any part of the answer script.

Short Essay: (Attempt any SIX) – 5 Marks for each Question

6 * 5 = 30 marks

1. What Are the Sources of Creativity and Innovation in Individuals??
2. Define Creative Thinking and what is Sternberg “Triarchic theory”?
3. Write a brief note on “The Torrance Tests of Creative Thinking” and its figural component?
4. Explain the four aspects of Divergent Thinking?
5. What Techniques Stimulate Creativity and Innovation in the Workplace?
6. Explain the Differentiated Model of Giftedness and Talent (DMGT).
7. What is the future of Gifted Identification Systems from the research perspective?
8. Describe the salient features of Creativity Assessment Packet (CAP)?

Long Essay: (Attempt any TWO) – 10 Marks for each Question

2 * 10 = 20 marks

9. What Educational and Pedagogical Techniques Have Proven Effective in Promoting Innovation and Creativity?
10. How Can Creativity be assessed and What is the Impact of Assessment on Creativity?
11. Explain “The Theory of Multiple Intelligences”?
12. What are the four major ways of assessing creativity? Explain each type stating the Advantages and Disadvantages with examples?

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Program: PhD
Semester: 4th Semester
Subject Code: YMSPHD21104
Date: 29.06.2021
Examination Mode: Online

Batch: Aug, 2019
Semester Period: Jan 2021 to July 2021
Subject Name: Mental health and well being at
workplace
Time: 10.00 am to 12.00 pm
Max. Marks: 50

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Short Essay: (Attempt any SIX) – 5 Marks for each Question

6 * 5 = 30 marks

1. What are the different aspects of Mental Health and Well Being at Workplace?
2. What are the Ancient Indian Views on wellbeing at work place?
3. Explain in detail major categories of mental illness, their symptoms at the workplaces
4. How managers can respond in relation to the mental health/illness at workplace
5. What is the meaning of 'Positive Mental Health at Workplace'?
6. What are the different implications of mental health at workplace?
7. What is the relevance of stress in mental health and wellbeing?

Long Essay: (Attempt All) – 10 Marks for each Question

2 * 10 = 20 marks

8. Illustrate mental health and wellbeing at workplace in context with current pandemic and its relevance to the current business ecosystem where most of the corporate world has adopted "Work from Home (WFH) model"
9. What is Mental Health and Well Being at Workplace and what are the strategies to create a culture of good mental health and wellbeing in organization? – Explain in detail.

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Program: PhD

Semester: 4th Sem

Subject Code: YMSPHD21104

Date: 29.06.2021

Examination Mode: Online

Batch: Aug, 2019

Semester Period: March 2021 to July 2021

Subject Name: Ramayana and Management

Time: 10.00 am to 12.00 noon

Max. Marks: 50

General Instructions:

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Short Essay: (Attempt any SIX) – 5 Marks for each Question

6 * 5 = 30 marks

1. Name & briefly explain the 4 'Upayas' used frequently in Ramayana which can help in negotiation, conflict resolution, employee engagement and other areas
2. What are the 16 qualities told by Valmiki which he expected in an ideal manager/ leader. Enlist them.
3. Hanuman's communication principles are followable even today for successful accomplishment of tasks. Name a few.
4. Briefly explain any 1 Ethics-Compliance-Governance issue from Ramayana and how was it handled by Rama, giving appropriate judgement reasons.
5. Show any 1 incident where Sugreeva showed good 'Faith & Trust in his team members'
6. Explain any few Anger management lessons from Ramayana
7. Name any 4 qualities of the ministers of Dasharatha applicable for today's consultants and intellectual service providers.

Long Essay: (Attempt any TWO) – 10 Marks for each Question

2 * 10 = 20 marks

8. Rama is considered a Universal Time-less leader who can be emulated by all levels of managers. Briefly explain a few leadership lessons we can learn from his life.
9. Right Decision making, as per Rules of Ethics and which is beneficial to all stakeholders, is an art mastered by very few. What decision making lessons can we learn from Ramayana which can be implemented by modern managers.
10. Explain a few aspects of Finance, Accounting and Governance as explained by Rama to Bharata in Valmiki Ramayanam.

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A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: PhD

Semester: 4th Sem

Subject Code: YLSPHD21102

Date: 29.06.2021

Examination Mode: Online

Batch: Sep, 2020

Semester Period: March 2021 to July 2021

Subject Name: Biomechanics of Yogasana

Time: 10.00 am to 12.00 noon

Max. Marks: 50

General Instructions:

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Short Essay: (Attempt any SIX) – 5 Marks for each Question 6 * 5 = 30 marks

1. Write in details about the type of motion and role of muscles in body motion
2. Differentiate between spasticity, flaccidity and rigidity
3. Classify Yogasana in various categories and give examples. Explain briefly the definitions of asana according to various yoga ancient texts
4. Explain the concepts of autogenic and reciprocal inhibition during muscle activity
5. Explain the physiology of muscle spindles and Golgi tendon organ in muscle contraction
6. Explain the physiology of neuromuscular junction with a diagram. Add a note on EMG (Electromyograph)
7. Explain the principle of Center of gravity, Line of gravity and base of support

Long Essay: (Attempt any TWO) – 10 Marks for each Question 2 * 10 = 20 marks

8. Write in detail the pathology of back pain and write a yoga module as treatment with rationale
9. Write in detail about the role of asana practice in rehabilitation and fitness
10. Explain the concepts of static and dynamic practices in yoga. Add a note on isometric and isotonic contractions