

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (YT)
Subject: Research Methodology & Statistics
Sem Period: February, 2022 – July, 2022
Date: 25.06.2022
Examination Mode: Back Paper

Semester: 5th Sem
Subject Code: BSYTT 503
Batch: August, 2019
Time: 09.30 am to 12.30 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. When a test actually measures what it purports to measure, we say that it has good
A. Reliability.
B. Validity.
C. Variance.
D. Correlation
2. A representative sample is essential in
A. Survey Method
B. Experimental Method
C. Case Study
D. Clinical Method
3. Which of the following is an example of a non-random sampling method?
A. Convenience Sampling
B. Stratified random Sampling
C. Simple random Sampling
D. Cluster Sampling
4. Which of the following is not a method of data collection
A. Questionnaires
B. Interviews
C. Experiments
D. Observations
5. The data type procured using Likert Scale is
A. Nominal
B. Ordinal
C. Ratio
D. Interval
6. The full form of APA reference style is
A. American Psychological Association
B. American Physical Association
C. American Psychological Assembly
D. Accessible Psychological Association
7.research must be organised and undergo planning.
A. All of the following.
B. Historical
C. Artistic
D. Scientific
8. A correlational study determines whether or not two are correlated.
A. Designs
B. Observations
C. Variables
D. Data Sets

9. A summary of statistics that represents the centre point or value of data set is known as

- A. Mean
- B. Median
- C. Mode
- D. All the above

10. A literature review is a critical and in depth evaluation of previous research, which includes

- A. News Paper Articles
- B. Archives
- C. Previous Research
- D. All the above

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

- 11. What is Research design?
- 12. Mention various online and offline sources of scientific literature.
- 13. What is plagiarism?
- 14. What is informed consent?
- 15. What is cluster sampling?
- 16. What is Internal validity?
- 17. What is reliability and its types?
- 18. What is Skewness?
- 19. List qualities of a good researcher.
- 20. What is Hypothesis.
- 21. Write the full form of IJOY, DOI.

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

- 22. Write a short note on Research Ethics.
- 23. Explain levels of measurement with examples.
- 24. Explain Reliability in detail.
- 25. What are measures of dispersion? Calculate the values for measures of dispersion of 80,80,72,87,75,75,70.
- 26. What is Descriptive statistics, Explain in detail.
- 27. Explain Normal distribution.
- 28. Explain measures of central tendency – mean, median and mode

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

- 29. What is the importance of sampling in research? Explain different types of sampling methods.
- 30. Explain various research designs.
- 31. What is frequency of a data? Plot a frequency graph for the following data
 $X = \{6, 4, 8, 6, 4, 8, 7, 8, 4, 5, 6, 6, 3, 7, 9\}$.
- 32. Explain in details about reporting the Research (Order of Dissertation).
- 33. Explain different types of research viz, Basic Research Vs Applied Research; Quantitative Research Vs Qualitative Research

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (YT)
Subject: Yoga and Human Consciousness
Sem Period: Feb, 2022 – July, 2022
Date: 24.06.2022
Examination Mode: Back Paper

Semester: 5th Sem
Subject Code: BSYTT 502
Batch: August, 2019
Time: 09.30 am to 12.30 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. The word 'psychology' has its origin in two Greek words _____ and _____
2. The main unit of investigation in psychology is the individual _____
3. Psychology is the study of _____, _____, and _____.
4. _____ helps us acquiring new knowledge and skills through experience and practice.
5. Wilhelm Wundt established the first experimental _____ at the University of Leipzig, in Germany.
6. From where did Gestalt theory originate?
7. When did Gestalt theory originate?
8. Explain the meaning of the word Gestalt.
9. Is it possible to get rid of illusion?
10. Give an example of illusion.

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

11. Give definition of attention by Sharma R N.
12. Give definition of attention by Dumville.
13. Give the meaning of illusion.
14. Give the meaning of perception.
15. Give the meaning of sensation.

16. Give the meaning of attention.
17. What are the two determinants of attention?
18. State the internal determinants of attention.
19. State the external determinants of attention.
20. Define learning.
21. Define the term psychology and mention at least 2 fields of Psychology.

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

22. Explain Learning and its four theories.
23. Explain psycho analytic learning.
24. Explain Id, ego and superego.
25. Give the definition of behaviour and its types along with positive and negative terms connected to them.
26. Give at least five everyday examples to explain classical conditioning.
27. Explain the scope of psychology
28. Explain the basic psychological processes.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

29. Define the term Psychology and bring out the scope of psychology.
30. Explain the Classical and Operant Conditioning.
31. Explain the Psychoanalytic Model.
32. Definition of Behaviour and its Types.
33. Explain in detail the Cognitive and Affective Aspects.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (Yoga Therapy)
Subject: Yoga Psychology and Counselling
Sem Period: Feb, 2022 – July, 2022
Date: 27.06.2022
Examination Mode: Back Paper

Semester: 5th Semester
Subject Code: BSYTET2 601
Batch: August, 2019
Time: 09.30 am to 12.30pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. is delusion
2. is identification
3. involves relaxation in therapy
4. Is the type of counselling, where solution is directly given
5. Smriti is a vritti because
6. Token economy technique is used in
7. Self-understanding is a part of
8. is doubt
9. Mind which is concentrated always is.....
10. The klesha which is the cause of other kleshas is.....

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

11. What is Behavior?
12. What is Psychotherapy?
13. What is Vairagya?
14. What is Abhinevesha?
15. What is Anavasthitatva?
16. What is overt sensitization?
17. What is flooding?
18. What is time out?
19. What is smriti?
20. What is social skill training?
21. What is Shaping?

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

22. Write the phases of counselling
23. Explain the method to control the vrittis
24. Write the required qualities of counsellor
25. Write the steps of counselling
26. Explain systemic desensitization technique
27. Write the assumptions of behaviour therapy
28. Write about chittavikshepa
29. Write about mind mapping?

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

30. Explain Astanga Yoga
31. Explain steps of directive counselling
32. Explain chittavrittis
33. Explain concept of types of disease according to Yoga vashitha
34. Explain four avasthas of consciousness

