

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

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

**Program:** MSc (YT)  
**Subject:** Yogic Counselling  
**Sem Period:** Aug, 2021 – Dec, 2021  
**Date:** 15<sup>th</sup> Dec, 2021  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Sem  
**Subject Code:** MSTDE 301  
**Batch:** Sep, 2020  
**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:

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

1. What is Dharana?
2. What is the benefit one gets by following Aparigraha as a mahavratam?
3. Mind body connection.
4. Write the steps of Jnana Yoga.
5. Write any four expressions to be avoided during counselling.
6. Write any four immediate goals of counselling.
7. What is Yogic Counselling?
8. What is stress?
9. How is Yogic Counselling different from Modern Psychological Counselling?
10. What is Moksha?
11. What is the knowledge that is required for a counsellor for doing Yogic counselling?

**Short Essay: (Attempt any Eight) – 5 Marks for each Question 8\* 5 = 40 Marks**

12. Explain the different stages of counselling.
13. What is meant by open ended questions and closed ended questions? Give two examples for each.
14. What is the principle of counselling to overcome problems due to Heredity?
15. Explain the role of Kriyas in yogic Counselling
16. Explain converting problems into opportunities with examples.
17. Describe panchakosa concept in light of yogic counselling.
18. List 5 methods of gaining the patient's trust within the intake meeting.

19. List Niyamas and also mention the benefit of following each one of them as a Mahavrata?
20. Describe the technique for chitta shuddhi.

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

21. Please write the dialogue between the counsellor and the counselee for the following case. A student of MSc approaches the counsellor. My roommates want fan always and I feel shivering with fan here. Many times I am not able to sleep. I feel sleepy in the class and can not understand the subject properly. Please help me out of this.
22. Please write the dialogue between the counsellor and the counselee for the following case. A student of MSc approaches the counsellor. My mother sent me sweets from home by courier as it is my birthday today. Yesterday itself parcel came to me. Though I got tempted, I did not even tasted it because mother sent me for my birthday. Today I saw that my friends finished it yesterday night itself. They say that they are awake watching cricket match and felt hungry; hence they opened it and had it. They got a big grand cake for my birthday. In their mind may be thinking that its compensated. But I felt like crying. My birthday is totally spoiled. Please help me. How to live like this.
23. Mrs Leela was depressed because she suspected that her husband was having extramarital relationship with his colleague. Now she is much more depressed that her suspicion was based on false information given by a jealous neighbour. She understood that her husband and his colleague are just good friends but have no immoral sexual relationship. She feels very guilty and does not know why she suspected her husband's character. Write the dialogue between counsellor and counselee.
24. What is meant by Hypersensitivity? What are the health problems that one may get due to Hyper sensitivity? Explain the principle of Yogic counselling for each one of them.
25. Write the role of Snayu shudhi (asana) and pranashudhi (pranayama) in treatment of disease through Yogic counselling in Yogic Management.