



# ST. FRANCIS DE SALES COLLEGE

A FRANSALIAN INSTITUTE OF HIGHER EDUCATION **AUTONOMOUS**

HAAC A GRADE • AFFILIATED TO BANGALORE UNIVERSITY • AICTE APPROVED • 2(F) & 12 (B) RECOGNITION OF UGC • ISO 9001:2015 CERTIFIED  
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## END SEMESTER EXAMINATION – APRIL 2025

### PSYCHOLOGY – I SEMESTER MSC

#### 24MSC12A – INDIGENOUS PSYCHOLOGY

**Time: 3 Hours**

**Max. Marks: 70**

**Instruction:** *Answer should be written completely in English.*

**Answer all the questions. All the questions carry equal marks.**

**(14X5=70)**

1. a. Elucidate on Transpersonal psychology. Why is it an important concept in Indigenous psychology?  
OR  
b. Discuss the current research trends in Indian psychology.
2. a. Discuss different states of consciousness according to the Mandukya Upanishads.  
OR  
b. Describe the Jainism culture and differentiate between Shwethambaras and Digambaras.
3. a. Discuss Buddha's take on concepts like mindfulness and Nirvana.  
OR  
b. Explain the five Skandas and the four noble truths.
4. a. Discuss the role of Yoga in personality development and well-being. Do you think that schools and colleges should make Yoga a part of the curriculum? Justify your statement.  
OR  
b. Explain the stages of Ashtanga Yoga. Discuss the role of nadis and chakras in maintaining well-being.
5. a. Discuss any two alternative healing techniques that can help relieve stress. Justify your answer.  
OR  
b. Compare and contrast between naturopathy and siddha.

