

Sample Question Paper

Psychology 222

Time: 3 Hours

Max Marks: 100

Note:

- i. This question paper consists of 48 questions in all.
- ii. All questions are compulsory.
- iii. Marks are given against each question.

iv. **Section A** consists of:

a. **Q.No. 1 to 20**- Multiple Choice type questions (MCQs) carrying 1 mark each. Select and write the most appropriate option out of the four options given in each of these questions. An internal choice has been provided in some of these questions. You have to attempt only one of the given choices in such questions.

b. **Q.No. 21 to 32**- Objective type questions. **Q.No. 21 to 29** carry 02 marks each (with 2 sub- parts of 1 mark each) and **Q.No 30-32** carries 04 marks (with 4 sub-parts of 1 mark each). Attempt these questions as per the instructions given for each of the questions 21-32.

v. **Section B** consists of:

a. **Q.No. 33 to 38** - Very Short questions carrying 02 marks each to be answered in the range of 30 to 50 words.

b. **Q.No. 39 to 44** - Short Answer type questions carrying 03 marks each to be answered in the range of 50 to 80 words.

c. **Q.No. 45 to 48** - Long Answer type questions carrying 05 marks each to be answered in the range of 80 to 120 words.

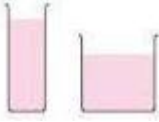
Q.No.	<i>Section A</i>	Marks	Total marks
1A.	<p>Identify the approach/ perspective of psychology described:</p> <p>This approach focuses on biological structures and phenomena such as the brain, genes, hormones, etc. to understand the dynamics of behaviour.</p> <p>a. Biological Approach b. Behaviorist Approach c. Humanistic Approach d. Psychoanalytic Approach</p> <p>or</p>	1x1	1
1B	<p>This approach focuses on the study of information processing capacity of the individual. It assumes that humans differ from each other only in terms of how they process information.</p> <p>a. Behaviorist Approach b. Humanistic Approach c. Psychoanalytic Approach d. Cognitive Approach</p>		
2.	<p>Identifying the measure of personality which uses unstructured or ambiguous stimuli. The basic assumption of this technique is that individuals project their unconscious needs, desires, emotions on ambiguous stimuli.</p> <p>a. Situational measures b. Self report measures c. Observation measures d. Projective measures</p>	1x1	1

5A.	<p>Identify important agents of child socialization.</p> <ul style="list-style-type: none"> a. Parents, Religion & Shopping b. Parents, School & Physical Appearance c. Parents, School & Shopping d. Parents, Peer Group & Television <p>or</p>	1x1	1
5B.	<p>Select an important skill that allows children to fit in with groups and helps in creating interpersonal relationships.</p> <ul style="list-style-type: none"> a. Controlling one's emotions b. Aggressive c. Empathetic d. Both a and c 		
6.	<p>Select the odd one which is not an element of communication.</p> <ul style="list-style-type: none"> a. Communication is a two-way process b. Commonness of understanding c. information is provided with a specific method d. There is no need of any message 	1x1	1
7.	<p>Select social factors which influence non-verbal communication.</p> <ul style="list-style-type: none"> a. Hierarchy, Position of Authority, Eating Habits & Interpersonal Relations b. Hierarchy, Body Language, Gender & Interpersonal Relations c. Hierarchy, Position of Authority, Gender & Interpersonal Relations d. Hierarchy, Eating Habits, Gender & Interpersonal Relations 	1x1	1
8.	<p>Identify the process of coping with stress if the person is not moving towards any solution, but only using methods to make himself/ herself feel comfortable.</p> <ul style="list-style-type: none"> a. Task-oriented Coping b. Defense-oriented Coping c. Compromise-oriented Coping d. Attack-oriented Coping 	1x1	1

9A.	<p>Difficulties in married life can be classified as which type of stressor?</p> <p>a) Major life event b) Daily hassle c) Chronic role strain d) Trauma</p>	1x1	1										
10A. 10B.	<p>Jaspreet has an exam in the coming week for which she hasn't started studying. She feels extremely tense and anxious. Which type of coping should she use in this situation?</p> <p>a) Only problem focused coping b) Only emotion focused coping c) Compromise-oriented Coping d) Both problem focused and emotion focused coping</p> <p>Or</p> <p>Match the following</p> <table border="1" data-bbox="293 947 1169 1137"> <thead> <tr> <th>Category of disorder</th> <th>Disorder</th> </tr> </thead> <tbody> <tr> <td>a.Mood Disorder</td> <td>i. Obsessive compulsive disorder</td> </tr> <tr> <td>b.Childhood Disorder</td> <td>ii. Bipolar disorder</td> </tr> <tr> <td>c.Anxiety disorder</td> <td>iii. Schizophrenia</td> </tr> <tr> <td>d.Psychotic disorder</td> <td>iv. ADHD</td> </tr> </tbody> </table> <p>a) a-iv, b-iii, c-ii, d-i b) a-i, b-iii, c-ii, d-iv c) a-ii, b-iv, c-i, d-iii d) a-i, b-ii, c-iii, d-iv</p>	Category of disorder	Disorder	a.Mood Disorder	i. Obsessive compulsive disorder	b.Childhood Disorder	ii. Bipolar disorder	c.Anxiety disorder	iii. Schizophrenia	d.Psychotic disorder	iv. ADHD	1x1	1
Category of disorder	Disorder												
a.Mood Disorder	i. Obsessive compulsive disorder												
b.Childhood Disorder	ii. Bipolar disorder												
c.Anxiety disorder	iii. Schizophrenia												
d.Psychotic disorder	iv. ADHD												
11.	<p>Shreya's boss uses an Authoritarian leadership style. Which of the following behaviors is she likely to be involved in?</p> <p>a. Encourages participation of employees b. Uses threats and punishment c. Consults with the employees d. Involve in two way communication</p>	1x1	1										
12	<p>A psychologist has limited time and money and wants to study the pattern of opinions, attitudes, beliefs and values of the people. Psychologist would use _____</p> <p>a. Case study b. Psychometric assessment c. Observation d. Survey method</p>	1x1	1										

13.	<p>A researcher is manipulating an independent variable in a natural setting using naturally occurring groups to form experimental and control groups. Which type of experiment is this?</p> <p>a. Quasi experiment b. Laboratory experiment c. Control experiment d. Classical experiment</p>	1x1	1
14A.	<p>Ashok has a high need for _____ because he likes to study and investigate new things.</p> <p>a. Power b. Love c. Exploration d. Affiliation</p> <p>Or</p>	1x1	1
14B.	<p>Ekta loves to help her mother in taking care of her siblings and their grandmother. She has a high need for _____</p> <p>a. Nurturance b. Achievement c. Affiliation d. Exploration</p>		
15A.	<p>i. Raju gets rewarded by his parents with chocolates for every good grade he obtains in school. Which type of reinforcement Raju is receiving?</p> <p>a. Intermittent reinforcement b. Continuous reinforcement c. Fixed reinforcement d. Partial reinforcement</p> <p>or</p>	1x1	1
15B.	<p>You love to play football just for your own pleasure without any competition. Which kind of interest is this?</p> <p>a. Internalized interest b. Externalized interest c. Extrinsic interest d. Intrinsic interest</p>		

16.	A psychologist wants to measure the intelligence and personality of the candidates appearing for a job position. Which psychological tool the psychologist is most likely to use? a. Case study b. Observation c. Survey d. Psychological test	1x1	1
17.	A psychologist wants to study the opinion and attitude of people towards a new product launched in the market . Which psychological tool the psychologist is most likely to use? a. Survey b. Psychological test c. Case study d. Interview	1x1	1
18 A.	Rohit believes that he failed in the examination because the question paper was tough. This is an example of _____ a. Magical thinking b. External attribution c. Superstitious belief d. Internal attribution Or	1x1	1
18 B.	Zara said “I should have studied more and then I could have come first and been awarded the scholarship. This is an example of a. Counterfactual thinking b. Superstitious belief c. Optimistic Bias d. Self serving Bias		
19A.	A common tendency to believe that we are more likely than others to experience positive events. This is known as a. Pessimistic Bias b. Observer Bias c. Self serving Bias d. Optimistic Bias Or	1x1	1
19B.	Humans have a tendency to notice and search for information that supports one’s beliefs and ignore information that does not conform to it. This is called _____ a. Actor-observer effect b. Confirmation Bias c. Self serving Bias d. Observer Bias		

23.	<p>Answer any two of the following questions with reference to perception and extrasensory perception</p> <p>i. State any two applications of perception in your daily life.</p> <p>ii. Jai has an ability to perceive another person's thoughts or the ability to read someone else's mind. This ability is known as _____</p> <p>iii. Komal tends to predict future events. She has the ability of _____</p> <p>iv. Rashmi can move inanimate objects only through concentration without touching them. She has the ability of _____</p>	1x2	2
24.	<p>Answer any two the following questions:</p> <p>i. State any two developmental tasks for adolescents</p> <p>ii. Mention any two of the physiological changes that adolescents go through.</p> <p>iii. _____ refers to the understanding that even if people adopt clothing, hair style, and behavior associated with the other sex they would still retain their current sexual identity.</p> <p>iv. _____ relates to a given society's beliefs about the traits and expected behaviours supposedly characteristic of males and females.</p>	1x2	2
25.	<p>i. A child is unable to see the world from someone else's point of view. According to you, which stage of cognitive development the child is at?</p> <p>ii. A child when asked to tell which glass has more quantity says glass A. What does it show?</p> <div style="text-align: center;">  <p>A B</p> </div>	1x2	2
26.	<p>i. Which type of parenting style is best according to you?</p> <p>ii. Illustrate with example any one socializing agent for yourself.</p>	1x2	2

27.	<p>Harish is a first year college student designing an advertisement for clean India campaign for the college students. Answer the following question</p> <p>i. Design a tagline for his campaign</p> <p>ii. Which emotions can be useful in making the advertisement effective?</p>	1x2	2
28.	<p>Write <i>any two</i> of the most appropriate learning principle involved in attitude formation in the following situations :</p> <p>i. Rajesh and his friends think that it is ‘cool’ to smoke and drink. They ask Ajay to start smoking. They praise and accept him as a part of the group as he starts to smoke.</p> <p>ii. Seema sees her elder brother playing with the stray dogs regularly. She now thinks dogs are friendly and starts to play with them.</p> <p>iii. Raju doesn’t like the taste of sprouts. He starts to dislike anything which is similar to the color of sprouts</p> <p>iv. Disha sees an advertisement for a cold drink on television. She purchases the soft drink and eventually starts to like it. She developed a positive attitude towards cold drink through _____</p>	1x2	2
29.	<p>Answer the following questions :</p> <p>i. Give two examples of input from the environment in an organization.</p> <p>ii. Give one example of extrinsic and intrinsic interest each from your daily life.</p>	1x2	2

30.	<p>i While selecting a psychological test, a psychologist finds that the test does not yield consistent and dependable scores. It means that the test is not _____</p> <p>ii. A psychologist wants to measure the numerical ability of Individuals using a psychological test. The test has questions on numerical ability and language abilities as well. In this case we can say that the test lacks _____</p> <p>iii. A psychologist who is doing research on the childhood development pattern is observing children playing football in a playground. What type of observation s/he is likely to be involved in ?</p> <p>iv. In a psychological test, any interpretation of score requires the development of _____</p>	1x4	4
31.	<p>Answer any four of the following questions :</p> <p>i. According to you, what is the most important initiative that can be undertaken for sustainable development?</p> <p>ii. From your experience mention any impact that you suffered as a result of crowding</p> <p>iii. Calculate the IQ of a 36 year old male.</p> <p>iv. DAT, GATB are used to measure _____</p> <p>v. Varun has just joined his office. What can be the most important strategy in order to develop his productivity at work?</p> <p>vi. _____ provides information on the nature of work, skills required, the salary, work timings and other benefits.</p>	1x4	4

32.	<p>Identify any four of the psychological disorder based on the description</p> <ul style="list-style-type: none"> i. In this disorder, psychological problems have physical symptoms but these diseases have psychological causes. ii. Symptoms like incoherent thinking, faulty perception, disturbances in motor activity, and flat or inappropriate emotions are common in this disorder. Hallucinations and delusions are common withdrawing individuals into the world of fantasy. iii. A disorder in which several distinct personalities emerge in the same individual at different times. iv. This disorder involves extreme and irrational fear of something. v. A type of dissociative disorder in which apart from the memory loss the person also assumes a new identity. vi. A type of mood disorder in which the mental state of a person is characterized by sadness, loss of interest and pleasure in routine activities, disturbances in sleep or loss of sleep, poor appetite etc. 	1x4	4
-----	--	-----	---

33.	Discuss the relationship between attitudes and behavior.	2	2
34.	Explain the determinants of organizational climate with appropriate examples.	2	2
35.	Describe two aspects of attitude with examples.	2	2
36.	Differentiate between leadership styles on the basis of the nature of relationship with workers.	2	2
37.	Define selective attention and state the different factors affecting attention.	2	2
38.	Explain personality development as per Indian model of personality.	2	2
39.	<p>A. Illustrate what kind of support a school should provide to address the individual differences in the classroom?</p> <p style="text-align: center;">Or</p> <p>B. Being a psychologist, explain what are projective tests? Identify two major uses of projective technique in measuring personality?</p>	3	3

40.	Describe the concept of adolescence in the Indian perspective.	3	3
41.	Explain any three health promoting behaviors.	3	3
42.	Define organization as a system along with subsystems of an organization.	3	3
43.	A. Explain three factors which you feel may influence productivity and excellence. Or B. Discuss the key strategies for developing productivity at work	3	3
44.	A. Relate three Gunas of the theory of Triguna with personalities related to respective Gunas. Or B. According to Sri Aurobindo, discuss the organization and levels of consciousness .	3	3
45.	A. With the help of an example, describe the process of perception. Or B. Illustrate with examples the different laws of perceptual grouping.	5	5
46.	A. Describe problems caused by physical and cognitive changes during old age. Also suggest strategies to cope up with problems during old age. Or B. Discuss the factors determining the patterns of transition in adolescence.	5	5
47.	Differentiate between mental ill-health and mental illness. Identify eight indicators of poor mental health as commonly observed in the surroundings.	5	5
48.	Describe the theory of Pancha Koshas (five sheaths of human existence).	5	5

Marking Scheme Psychology-222

Q.No	VALUE POINTS	Distribution Of Marks	Total Marks
1.	A. a. Biological Approach	1x1	1
	B. d. Cognitive Approach		
2.	d. Projective measures	1x1	1
3.	A. (c.) I and II	1x1	1
	B. (d.) Both (b) & (c)		
4.	A. (a). Acquisition	1x1	1
	B. (c) observational learning		
5.	A. (d). Parents, Peer Group & Television	1x1	1
	B. (d). Both a and c		
6.	(d). There is no need of any message	1x1	1
7.	c. Hierarchy, Position of Authority, Gender & Interpersonal Relations	1x1	1
8.	b. Defense-oriented Coping	1x1	1
9.	A. (a.) Chronic role strain	1x1	1
10.	A. (d.) Both problem focused and emotion focused coping	1x1	1
	B. (c.) a-ii, b-iv, c-i, d-iii		
11.	b. Uses threats and punishment	1x1	1
12.	d. Survey method	1x1	1
13.	a. Quasi experiment	1x1	1
14.	A. (c.) Exploration	1x1	1
	B. (a.) Nurturance		
15.	A. (b.) Continuous reinforcement	1x1	1
	B. (d.) Intrinsic interest		
16.	d. Psychological test	1x1	1
17.	a. Survey	1x1	1
18.	A. (b.) External attribution	1x1	1
	B. (a.) Counterfactual thinking		
19.	A. (d.) Optimistic Bias	1x1	1
	B. (b.) Confirmation Bias		
20.	A. (d.) carbon dioxide, methane, and CFC	1	1
	B. (a.) Noise Pollution		
21.	<i>Any two</i> to be attempted i.) dependent ii.) independent iii.) cause-effect relationship. iv.) organismic	1x2	2
22.	i.) Feeling scared helps in the fight/ flight reaction ii.) Display rules	1x2	2

23.	Any two to be attempted i.) Eyewitness testimony, illusions, movie making (any other relevant example) ii.) Clairvoyance iii.) Precognition iv.) Psycho-kinesis	1x2	2
24.	Any two to be attempted : i.) • Achieving a masculine or feminine social role, • Achieving assurance of economic independence. (<i>any other relevant point</i>) ii.) Surge in growth, puberty and development of secondary sexual characteristics (<i>any other relevant point</i>) iii.) Gender consistency iv.) Gender roles	1x2	2
25.	i.) Pre-operational stage ii.) Centration	1x2	2
26.	i.) Authoritative style as it is firm, consistent parenting, where reasons given for discipline. ii.) family, peers, media and school (with relevant example)	1x2	2
27.	i.) Clean India, Healthy India (any relevant tagline) ii.) Happiness and pride for Clean India (any other relevant emotion)	1x2	2
28.	Any two to be attempted : i.) Instrumental learning (Behavior is Rewarded) ii.) Observational learning iii.) classical conditioning iv.) Observational learning	1x2	2
29.	i.) Human Resource (HR), Capital, Technology, Material, and Information (<i>any two</i>). ii.) Studying to get a job- extrinsic Plays volleyball because one enjoys it- Intrinsic (Any other relevant example)	1x2	2
30.	i.) reliable ii.) validity iii.) Naturalistic observation iv.) Norms	1x4	4
31.	Any four are to be attempted : i.) water conservation, waste segregation (any other relevant example) ii.) Anger, frustration (any other relevant example) iii.) Cannot be calculated as the age is more than 18 years iv.) Aptitude v.) Training and development vi.) Job description	1x4	4

32.	<p><i>Any four are</i> to be attempted :</p> <p>i.) Psychosomatic ii.) Schizophrenia iii.) Dissociative identity disorder iv.) Phobia v.) dissociative fugue vi.) Depression / Major Depressive disorder</p>	1x4	4
33.	<p>There are certain special conditions under which attitudes can predict behavior:</p> <ul style="list-style-type: none"> ● When attitudes are strong and consistent, - they better predict behavior. ● Weak, unimportant and ambiguous attitudes - less likely to predict behavior. ● When one is conscious of one's attitude - it is also easily recalled and possible to predict behavior. ● When attitudes have been formed through direct experience - prediction of behavior is more accurate. ● When one acts under social pressure, attitude - less likely to predict behavior as behavior may expressed in diverse ways. 	2/5x5	2
34.	<p>Following are the relevant determinants of the organizational climate:</p> <ul style="list-style-type: none"> ● <u>Organizational Structure</u>: It is the framework of authority – responsibility relationship in an organization. ● <u>Technology</u>: The nature of technology employed by an organization also influences the organizational climate. ● <u>External Environment</u>: External events or factors that have relevance for employees may also affect the climate. ● <u>Management Policies and Practices</u>: Managers and others contribute significantly to the creation of achievement oriented climate leading to greater productivity. 	1/2x4	2
35.	<p>The aspects of Attitude are -</p> <p><u>Cognitive aspect</u> –It refers to the thinking that brings about the development of a belief about the attitude object. Example –Thinking that all spiders are poisonous and dangerous.</p> <p><u>Affective aspect</u> – It refers to the direction (positive or negative feeling), intensity of a person's evaluation or the emotion experienced towards the attitude object. Example – I am scared of spiders</p> <p><u>Behavioural aspect</u> – It is the likelihood of acting in a certain manner towards the attitude object. Example – I will avoid spiders and scream if I see one.</p> <p>(Any two with relevant example)</p>	1/2x4	2

36.	<table border="1"> <thead> <tr> <th data-bbox="279 217 552 275">Leadership Style</th> <th data-bbox="552 217 1182 275">Nature of Relationships with Workers</th> </tr> </thead> <tbody> <tr> <td data-bbox="279 275 552 398">Authoritarian:</td> <td data-bbox="552 275 1182 398">Management directs and uses threats and punishment to enforce orders and get the work done by subordinates. Involves one way downward communication.</td> </tr> <tr> <td data-bbox="279 398 552 555">Paternalistic:</td> <td data-bbox="552 398 1182 555">Basically authoritative but permits some participation to subordinates. Involves two-way communication between boss and subordinates. Rewards and threats are employed to enforce the orders.</td> </tr> <tr> <td data-bbox="279 555 552 645">Consultative:</td> <td data-bbox="552 555 1182 645">Orders are issued and goals set after consultation with the employees. Team work is encouraged to some extent.</td> </tr> <tr> <td data-bbox="279 645 552 734">Participative:</td> <td data-bbox="552 645 1182 734">Employees are fully involved in setting the goals and two-way communication becomes the norm.</td> </tr> </tbody> </table>	Leadership Style	Nature of Relationships with Workers	Authoritarian:	Management directs and uses threats and punishment to enforce orders and get the work done by subordinates. Involves one way downward communication.	Paternalistic:	Basically authoritative but permits some participation to subordinates. Involves two-way communication between boss and subordinates. Rewards and threats are employed to enforce the orders.	Consultative:	Orders are issued and goals set after consultation with the employees. Team work is encouraged to some extent.	Participative:	Employees are fully involved in setting the goals and two-way communication becomes the norm.	½x4	2
Leadership Style	Nature of Relationships with Workers												
Authoritarian:	Management directs and uses threats and punishment to enforce orders and get the work done by subordinates. Involves one way downward communication.												
Paternalistic:	Basically authoritative but permits some participation to subordinates. Involves two-way communication between boss and subordinates. Rewards and threats are employed to enforce the orders.												
Consultative:	Orders are issued and goals set after consultation with the employees. Team work is encouraged to some extent.												
Participative:	Employees are fully involved in setting the goals and two-way communication becomes the norm.												
37.	<p>‘Selective attention’ is a process in which we give priority to a particular incoming sensory message.</p> <p>Determinants of Attention include :</p> <ul style="list-style-type: none"> • <u>Physical factors</u>: repetition, contrast, shape, size, brightness and contrast do affect our attention. • <u>Motives and attention</u>: Motives also play a role in shaping our perception. For Example, if a person is hungry food-related words are more likely to gain his/her attention than non-food words. 	1 ½ x 2	2										
38.	<p>The Indian thinkers visualized human existence in terms of an integrated structure having spiritual as well as material aspects. In Upanishads the self, the atman or the consciousness is considered as the real core of personality. Consciousness is the eternal and immutable aspect of existence. Thus according to Indian models, personality cannot be taken as physical appearance (body) only. It extends to the different levels of existence incorporating the physical, social and spiritual levels.</p> <p>Theory of Triguna and Theory of Panch Kosha can be mentioned.</p>	2	2										

46.	<p>A. Problems caused by Physical Changes – Problem in joint movement, Reduced speed of performance, Reduced fine motor skills, Bones are more susceptible to fracture; Coordination, stability and balance get reduced, Hearing loss, Eyesight loss</p> <p>Strategies to cope up –</p> <ul style="list-style-type: none"> ● Eat a healthy diet. ● Include physical activity in your daily routine. ● Manage stress ● Get enough sleep ● Get adequate amounts of calcium and vitamin ● Avoid substance abuse ● Schedule regular checkups <p>Problems caused by Cognitive Changes – Memory loss, Speaking problems, Vocabulary loss, Reduced attention span, Loss/reduction of reasoning and judgment power, Complex decision making, Feeling increasingly overwhelmed by making decisions and plans, Having a hard time to understand directions/instructions, Becoming more impulsive.</p> <p>Strategies to cope up -</p> <ul style="list-style-type: none"> ● Stay mentally active ● Develop an attitude of flexibility ● Greater use of information ● Problem solving strategies rather than withdrawing or isolating. ● Increase self-confidence, self-reliance, self - esteem ● Develop healthy attitude ● Learn and maintain effective coping skills ● Explore new ways of coping with problems. <p style="text-align: center;">Or</p> <p>B. Factors determining the patterns of transition in adolescence :</p> <ul style="list-style-type: none"> ● Speed of transition ● Length of transition ● Discontinuities in training ● Degree of dependency: ● Ambiguous status ● Conflicting demands ● Degree of realism ● Motivation <p>(Any 5 points with explanation)</p>	<p>1</p> <p>1½</p> <p>1</p> <p>1½</p> <p>1x5</p>	<p>5</p>
-----	---	--	----------

47.	<p>Mental ill-health is defined as the absence of the qualities of positive mental health in the individual. For example if someone among you often displays negative feelings and attitudes about others, you can assume that this person is displaying the characteristics of mental ill-health.</p> <p>Mental illness is a broad term which includes almost all the disorders of behavior which are caused by faulty perception, emotion, thinking and attitude.</p> <p>Indicators of poor mental health as commonly observed in the surroundings are -</p> <ol style="list-style-type: none"> 1. Haphazard and disorganized daily life routine. 2. Short-tempered and irritating behaviour 3. Anger and aggressive behaviour, Restlessness. 4. Increased or poor appetite and indigestion. 5. Irregular sleeping pattern such as insomnia, disturbed sleep, or narcolepsy (excess sleep). 6. Poor interpersonal relationships. 7. Anxiety and worry. 8. Negative attitude toward self and others. 9. Withdrawing from relationships. 10. Irregular and abnormal physiological conditions 11. Excessive use of drugs, Cigarette smoking and use of tobacco in other forms <p>(Any other relevant point, total 9 points)</p>	<p>1</p> <p>1</p> <p>1/3 X 9</p>	5
48.	<p>Theory of Panch Koshas (Five Sheaths of Human Existence)</p> <p>Taittiriya Upanishad gives the concept of Panch Koshas and their development</p> <ol style="list-style-type: none"> 1. Annamaya Kosha : The Food Sheath 2. Pranamaya Kosha: The Vital Sheath 3. Manomaya Kosha: The Mental Sheath 4. Vijnanmaya Kosha: The Intellectual Sheath 5. Anandamaya Kosha: The Blissful sheath <p>(explanation of each point)</p>	1x5	5