

Give the scientific & spiritual perspectives of 'Kundalini-Jagran.'
Throw light on the concept of development of spiritual- scientific
personality.

OR

What should be the Testing - norms of a real spiritual - scientific
person in your opinion.

Q. 5. Write short notes on any two of the following :

- (i) Aura
- (ii) Brief history of parapsychology.
- (iii) Hypnotism & suggestology
- (iv) Re-birth in the light of Jain Philosophy.



(ii)

D013

MASOLD201F

M.A./M.SC. FINAL YEAR EXAMINATION, 2010
(Correspondence Course)

Subject : Science of Living, Preksha Meditation and Yoga

PAPER -V : SPIRITUALITY AND SCIENCE

Time : 3.00 Hrs.

MM 60

Note : Attempt all questions. Each question carries equal marks.

Q. 1. Explain the elements of mind and the ways of attaining mental
health.

OR

Write the spiritual base of contemplation.

Q. 2. Explain 'Perception of Psyche Centres'.

OR

Explain Psyche and Mind.

Q. 3. Explain in detail about Psychic-colour (Lesya) Meditation. Also
write about the relationship between Psychic colours and
Emotions.

OR

(i)

Please Turn Over

Q. 4. Explain in detail the basic elements of communication.

OR

Write the salient features of an ideal motivational system.

Q. 5. Write short notes on any two of the followings :

(i) Goal Achievement.

(ii) Group Mind

(iii) Group Dynamics

(iv) Nature of Group



D014

MASOLD202F

M.A./M.SC. FINAL YEAR EXAMINATION, 2010
(Correspondence Course)

Subject : Science of Living, Preksha Meditation and Yoga
PAPER -VI : SCIENCE OF LIVING IN SELF MANAGEMENT

Time : 3.00 Hrs.

MM 60

Note : Attempt all questions. Each question carries equal marks.

Q. 1. Explain the meaning and concept of self-management.

OR

Write an article about development of self-confidence and process of achievement of self confidence.

Q. 2. Explain how sensory capabilities can be developed by Preksha Meditation and Yoga.

OR

Write the definition of memory and suggest how can the memory be enhanced.

Q. 3. Write a brief note on Time Management.

OR

What is Stress ? How can the stress be managed by Preksha Meditation.

(ii)

(i)

Please Turn Over

OR

What is Cancer ? What are its types ? What are its causative factors? Suggest some adoptable lifestyle measures for Cancer.

- Q. 4. Explain the process of acquired immunity. How Preksha Meditation can promote Immune Power.

OR

Describe the psychophysiology of emotion and motivation.

- Q. 5. Explain in detail the scientific principles of Acupressure and Magnetic therapy.

OR

In your opinion how one's life style can help establishing harmony with natural powers? Do you see any role of Preksha Meditation in that process.



(ii)

D015

MASOLD203F

M.A./M.SC. FINAL YEAR EXAMINATION, 2010

(Correspondence Course)

Subject : Science of Living, Preksha Meditation and Yoga

PAPER -VII : SCIENCE OF LIVING AND HEALTH

Time : 3.00 Hrs.

MM 60

Note : Attempt all questions. Each question carries equal marks.

- Q. 1. Critically analyze the interrelationship between Health and Environment.

OR

Explain how Science of Living is helpful in enhancing human health?

- Q. 2. Enumerate the causative factors and Preksha-Yoga management for Gastric Troubles, Acidity and Tonsillitis.

OR

Explain the etiology and pathology of liver diseases and Hernia. Suggest the Preksha-Yogic management for them.

- Q. 3. Why AIDS is known as incurable disease ? What are its causative factors ? How far Yoga and Preksha Meditation is helpful in minimizing the pains of AIDS.

(i)

Please Turn Over

Q. 4. Define Research and write its major characteristics.

OR

What is problem ? Write its characteristics.

Q. 5. Write short note on any two :

(i) Interview

(ii) Councelling

(iii) Guidance

(iv) Psychological Test.



(ii)

D016

MASOLD204F

M.A./M.SC. FINAL YEAR EXAMINATION, 2010
(Correspondence Course)

Subject : Science of Living, Preksha Meditation and Yoga
PAPER -VIII : APPLIED SCIENCE OF LIVING & RESEARCH METHODOLOGY

Time : 3.00 Hrs.

MM 60

Note : Attempt all questions. Each question carries equal marks.

Q. 1. Describe the nature of non-violence in various religions.

OR

Write in brief about Training in Non-violence.

Q. 2. What are the major causes and effect of Addiction.

OR

How Preksha Meditation is helpful in De-addiction.

Q. 3. Write the process of 'Change in Attitude' or 'View Point'.

OR

How Preksha Meditation change our behaviour.

(i)

Please Turn Over