

**QP CODE**

**Enrollment Number:** .....

**H1136**

**Name:** .....

**B.A DEGREE EXAMINATIONS, MARCH 2026**

**Fifth Semester**

**B.A Philosophy**

**B21PH02SE– Psychology and Counselling Tools in Guru’s Philosophy**

**(2023 January Admissions)**

**Time: 3 Hours**

**Max Marks: 70**

**Section A**

**Answer any ten of the following questions in a word or sentence each. Each question carries 1 mark.**

1. Define psychology.
2. What is meant by Maya?
3. What is the non-controversial way of life?
4. What is meant by absolute reality?
5. Define counselling.
6. Mention common methods used in psychology.
7. Name the father of experimental psychology.
8. What is meant by life skills?
9. What is meant by counselling technique?
10. What is vocational education?
11. Define Critical thinking.
12. What is self-awareness?
13. Who is Wilhelm Wundt?
14. What is problem-solving skill?
15. What is social equality?

**(1X10=10)**

**Section B**

**Answer any ten of the following questions in two or three sentences each. Each question carries 2 marks.**

16. Explain the meaning of psychology.
17. What is counselling process?
18. Write any two qualities of an effective counsellor.
19. Explain types of counselling.

20. Evaluate the absolute approach of Sree Narayana Guru.
21. Explain Guru's idea of non-violence.
22. Describe Indian psychology briefly.
23. Explain MSE (Mental Status Examination).
24. Explain the concept of mind in Indian thought.
25. Explain Guru's idea of universal brotherhood.
26. State and explain counselling in Guru's perspectives.
27. Differentiate between modern counselling and Guru's philosophy of counselling.
28. Describe the specialities of Sree Narayana Guru as a counsellor.
29. Explain guidance and counselling.
30. What method emphasized by Sree Narayana Guru use to empower individuals, especially from marginalised communities?

**(2X10=20)**

### **Section C**

**Answer any five of the following questions in a paragraph each. Each question carries 4 marks.**

31. Explain the development of psychology as a science.
32. Describe briefly the concept of mind in Indian perspective.
33. Explain the importance of counselling in modern society.
34. Describe the absolute philosophy of Sree Narayana Guru.
35. Write a brief note on Daivadaśakam.
36. Explain relevance of critical thinking in counselling.
37. Demonstrate the characteristic features of a counsellor.
38. Explain the significance of absolute philosophy.
39. What are the ways to integrate Sree Narayana Guru's philosophy in modern counselling?
40. Discuss Guru's views on mind and consciousness.

**(4X5=20)**

### **Section D**

**Answer any two of the following questions in two pages each. Each question carries 10 marks.**

41. Explain psychology from Western and Indian perspectives.
42. Illustrate the ultimate goal of human life according to Atmopadesha Śatakam.
43. Evaluate the basic tools used in counselling.
44. Analyse the goals and characteristic features of counselling.

**(10X2=20)**