2026

(FYUGP)

(7th Semester)

PSYCHOLOGY

(MINOR)

Paper Code : M–PSY–7

(History and Foundations of Psychology)

Full Marks : 75
Pass Marks : 40%

Time : 3 hours

The figures in the margin indicate full marks for the questions.

(PART : A—OBJECTIVE)

(*Marks* : 25)

I. Choose the correct answer : 1×15=15

1. Which of the following is based upon the view that science is the only foundation for true knowledge?
   (a) Realism
   (b) Positivism
   (c) Epistemology
   (d) Existential phenomenology

2. A participatory methodology where researchers and participants collaborate as equal co-researchers throughout the entire research process is known as

(a) cooperative inquiry

(b) social constructionism

(c) post-positivism

(d) None of the above

3. _____ is a collection of ancient Hindu texts that delve deep into the nature of existence, consciousness and the ultimate reality.

(a) The Bhagavad Gita

(b) Samkhya

(c) Yoga

(d) The Upanishads

4. The illusion or appearance of the phenomenal world which distracts individuals from realizing their true nature is

(a) Atman

(b) Brahman

(c) Maya

(d) Manas

5. _____ integrates physical postures, breath control and meditation, fostering a holistic approach to health and spirituality.

   (a) Moksha

   (b) Tantra

   (c) Yoga

   (d) Vedas

6. Which perspective considers the unconscious mind in determining human behaviour?

   (a) Cognitive perspective

   (b) Psychoanalysis

   (c) Behaviorism

   (d) Functionalism

7. Wertheimer, Köhler and Koffka were the major contributors of which school of psychology?

   (a) Humanistic

   (b) Existential

   (c) Psychoanalysis

   (d) Gestalt

8. Who is regarded as the founder of Behaviorism?

   (a) John B. Watson

   (b) Sigmund Freud

   (c) B. F. Skinner

   (d) Abraham Maslow

9. Ghalb refers to

   (a) soul

   (b) self

   (c) divine

   (d) heart

10. Gardner Murphy's book, *The Minds of Men* was published in the year

    (a) 1956

    (b) 1953

    (c) 1963

    (d) 1952

11. Which form of Buddhism is known as the 'thunderbolt' and is believed to be the fastest way to reach nirvana?

    (a) Theravada Buddhism

    (b) Vajrayana Buddhism

    (c) Zen Buddhism

    (d) Mahayana Buddhism

12. In which year was the first department of psychology established in India?

(a) 1917 (b) 1913

(c) 1915 (d) 1916

13. The Indian Association of Clinical Psychology (IACP) was founded in which year?

(a) 1974 (b) 1968

(c) 1970 (d) 1967

14. At which level of the self, do wants and desires dominate, but the person repents from time to time and follow higher impulses?

(a) Pleased self

(b) Regretful self

(c) Contended self

(d) Inspired self

15. Which of the following branches focused on the fundamental conditions of the human existence such as death, freedom, isolation and meaninglessness?

(a) Ontology

(b) Social constructionism

(c) Existential psychology

(d) None of the above

II. Write short notes on any *five* of the following : 2×5=10

1. Epistemology
2. The Bhagavad Gita
3. Cognitive revolution
4. Nirvana
5. Greek heritage in psychology
6. Yoga

(PART : B—DESCRIPTIVE)

(*Marks* : 50)

1. *(a)* Elaborate on existential phenomenology and cooperative inquiry as knowledge paradigms. 10

Or

(b) Elucidate on critical perspective and social constructionism with reference to paradigms of western psychology.

2. *(a)* Critically examine the contribution of structuralism and functionalism in development of psychology. 10

Or

(b) Discuss the major principles of humanistic and existential perspectives of psychology.

3. *(a)* Elaborate on the shift towards addressing social concerns in Indian psychology during the 1970s. 10

Or

(b) Write a note on the disciplinary identity crisis in India and paradigmatic concerns.

4. *(a)* Write a note on Yoga and its significance in Indian psychology. 10

Or

(b) Elaborate on the primacy of self-knowledge in Indian psychology.

5. *(a)* Discuss the different levels of the self in Sufism. 10

Or

(b) Discuss the essential concepts of psychology in Sikhism.

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