

Reg. No.: .....

**First B.Sc. Nursing (Ayurveda) Degree Regular Examinations  
November 2024**

**Sociology and General Psychology**

**Time: 3**

**Max Marks: 100**

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers
- Write SECTION A, SECTION B and SECTION C in separate Answer books. Do not mix up questions from Section A, Section B and Section C.

**QP Code: 105009**

**Section A- Ayurvedic Part**

**Max Marks: 50**

**Essay**

**(4x10=40)**

1. Define Vyayama (व्यायाम). Discuss the benefits, indications, samyak lakshana (सम्यक् लक्षण) and atiyoga lakshana (अतियोगा लक्षण) of Vyayama. (2+2+2+2+2)
2. Describe the procedure of Abhyanga (अभ्यंग) along with its benefits and Contra indications. (4+3+3)
3. Explain Janapadodhwamsa bhavas (जनपदोद्ध्वंस भावः) and their characteristics of pollution.
4. Discuss Mental health under SatwaSara Lakshana (सत्त्वसार लक्षण) of Charakacharya.

**Short Notes**

**(4x2½=10)**

5. Anjanam (अञ्जनम्) - Classification, benefits and timing of application.
6. Gandusha (गण्डुषः) – Procedure and types.
7. Activities to be avoided in the evening hours (सन्ध्या चर्य).
8. Classification of Satwa (सत्त्वम्) by Charakacharya.

**QP Code: 106009**

**Section B – Sociology**

**Max Marks: 25**

**Essay**

**(10)**

1. Define marriage. Explain different forms of marriage in India.

**Short Notes**

**(5x3=15)**

2. Write a note on family welfare programs
3. Explain cultural lag
4. Differentiate nuclear family and joint family
5. Explain social disorganization and its causes
6. Explain substance abuse as a social problem

**QP Code: 107009**

**Section C – Psychology**

**Max Marks: 25**

**Essay**

**(7)**

1. Define Psychology and explain the theories of forgetting in detail.

**Short Notes**

**(6x3=18)**

2. Explain any two methods of psychology
3. Explain causes of frustrations
4. Explain emotions during health and illness
5. Explain types of attention and factors influencing attention
6. Explain any two stress management techniques
7. Describe the uses of psychology in Ayurveda nursing

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