

**F.Y.B.A. Psychology Semester - I**

**Subject: Stress Management**

**Date: 03/10/2025**

**Duration: 1 hour**

**Marks: 30 marks**

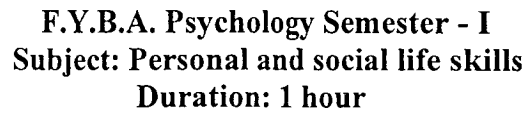
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**Instructions for the candidate:**

1. This question paper contains one page.
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

- Q 1      Answer the following      10 marks**
- A young student is working a part-time job to pay for their education while also balancing a full course load. They are constantly busy, with little time for relaxation or hobbies. They notice that they are frequently tired, prone to minor illnesses like colds, and find it difficult to remember what they have read in their textbooks. They are also worried about their financial situation, which adds another layer of pressure. They realize their body is exhausted, and they have reached a point where their usual energy levels have dropped significantly.
- a. From the perspective of stress pioneers, what is the student's body undergoing, and why is this a risk to their health?      **5 marks**
- b. What kind of behavioral and emotional changes are they exhibiting, and what are two specific techniques from the notes that could help them manage their situation?      **5 marks**
- Q 2      Answer the following**
- A      Explain the concept of Stress Management Goals.      **5 marks**
- B      Explain the various medical conditions caused due to stress?      **5 marks**
- Q 3      Answer the following**
- A      What is the role of the brain in stress Psychophysiology?      **5 marks**
- B      What is the concept of Progressive Relaxation?      **5 marks**
- Q 4      Answer the following**
- A      How does stress impact muscles and skin?      **5 marks**
- B      Explain the role of communication in Conflict resolution?      **5 marks**

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**Duration: 1 hour**

**Instructions for the candidate:**

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|-----|--|----------|
| Q 1 | Answer the following<br>Explain the 4 styles of communication in detail. | 10 marks |
| Q 2 | Answer the following   |          |
| A   | Write a short note on body image.  | 5 marks  |
| B   | Enlist the stages of team development.                                   | 5 marks  |
| Q 3 | Answer the following   |          |
| A   | Elaborate on SWOT analysis.  | 5 marks  |
| B   | State any 4 C's of communication.  | 5 marks  |
| Q 4 | Answer the following   |          |
| A   | Discuss criticism and its types.   | 5 marks  |
| B   | Write a short note on interpersonal relationships.                       | 5 marks  |

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**F.Y.B.A. Psychology Semester - I**  
**Subject: Basics of Learning & Memory**

Date: 08/10/2025

Duration: 1 hour

Marks: 30 marks

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**Instructions for the candidate:**

1. This question paper contains 1 page.
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

- Q 1 Answer the following 10 marks
- Case Study:** Arjun recently started learning to play the guitar. At first, he had trouble remembering the chord sequences while practicing a new song. He would often forget the next chord unless he focused carefully, but after practicing the same song several times, he could play it smoothly without thinking.
- At the same time, Arjun was preparing for a history quiz. He wrote down 10 important dates from his textbook. While reviewing, he noticed he could easily recall the first few and the last few dates, but the ones in the middle kept slipping his mind.
- One afternoon, while taking a break from studying, he remembered a family vacation from last year. Even though it had been months, the details of the trip came back clearly. Later, during a multiple-choice test, some answers seemed familiar, and he could recognize them immediately, but he sometimes struggled to recall them without seeing the options.
- Question: Read the case study carefully and identify and define the following memory concepts in the story:
1. Short-term / Working memory
  2. Nondeclarative / Procedural memory
  3. Long-term memory
  4. Serial position effect
  5. Recall vs Recognition
- Q 2 Answer the following
- A Explain conditioned emotional response using the little albert experiment. 5 marks
- B Explain interference theory of forgetting. 5 marks
- Q 3 Answer the following
- A Explain higher-order conditioning with an example. 5 marks
- B Explain retrograde & anterograde amnesia 5 marks
- Q 4 Answer the following
- A Explain the law of effect using Thordike's puzzle box. 5 marks
- B Explain how iconic sensory memory works. 5 marks

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**F.Y.B.A. Psychology Semester - I**  
**Subject: Methods for Studying Psychology**  
**Duration: 1 hour**

Date: 10/10/2025

Marks: 30 marks

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**Instructions for the candidate:**

1. This question paper contains 1 page
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

- |     |   |          |
|-----|---|----------|
| Q 1 | Answer the following  | 10 marks |
| A   | Distinguish between probability and non probability sampling with examples. |          |
| Q 2 | Answer the following  |          |
| A   | Explain the importance of scientific methods in psychology research.        | 5 marks  |
| B   | Describe ethnography in qualitative research.                               | 5 marks  |
| Q 3 | Answer the following  |          |
| A   | Explain control variables in experiments.                                   | 5 marks  |
| B   | Write a note on document analysis as a research method.                     | 5 marks  |
| Q 4 | Answer the following  |          |
| A   | Discuss ethical guidelines for research involving animals.                  | 5 marks  |
| B   | Write a note on the advantages and disadvantages of qualitative research.   | 5 marks  |

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**F.Y.B.A. Psychology Semester - I**

**Subject: Logical Reasoning**

**Date: 11/10/2025**

**Duration: 1 hour**

**Marks: 30 marks**

**Instructions for the candidate:**

1. This question paper contains 1 page.
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

**Q 1      Answer the following      10 marks**

**a.** A student caught cheating says: "But sir, think about how much stress exams put on us!" Identify the fallacy and explain.

**b.** "Why would anyone buy a car that gets such terrible gas mileage? It's bad for the environment and costs a fortune!" Identify and define the unstated premise and conclusion.

**Q 2      Answer the following**

**A      Define an argument in logic with examples.      5 marks**

**B      How does begging the question fallacy work?      5 marks**

**Q 3      Answer the following**

**A      Differentiate between a Proposition and a Sentence with examples.      5 marks**

**B      What is a fallacy in logic? And why does it happens?      5 marks**

**Q 4      Answer the following**

**A      What makes an argument a "good argument"?      5 marks**

**B      Explain the appeal to authority fallacy with examples.      5 marks**

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**F.Y.B.A. (SFC) Psychology Semester - I**  
**Subject: Effective Communication Skills-I**  
**Duration: 1 hour**

Date: 13/10/2025

Marks: 30 marks

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**Instructions for the candidate:**

1. This question paper contains one page
2. Q.1 is Compulsory.
3. Attempt any 2 from Q. 2 to Q.4.
4. Answers to each new question should begin on a fresh page.
5. Figures on the right-hand side indicate full marks.

- Q 1    Explain 7C of Communication. **10 marks**
- Q 2    Answer the following.
- A    What are the benefits of upward communication? **5 marks**
- B    Explain Pie Chart and its importance with diagram. **5 marks**
- Q 3    Answer the following.
- A    Explain the importance of communication. **5 marks**
- B    What are the principles of effective presentation? **5 marks**
- Q 4    Answer the following.
- A    Explain the important factors involved in Body Language. **5 marks**
- B    Explain telephone etiquette. **5 marks**

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F.Y.B.A. Psychology Semester I  
Subject: Environmental Studies-I

Date: 15/10/2025

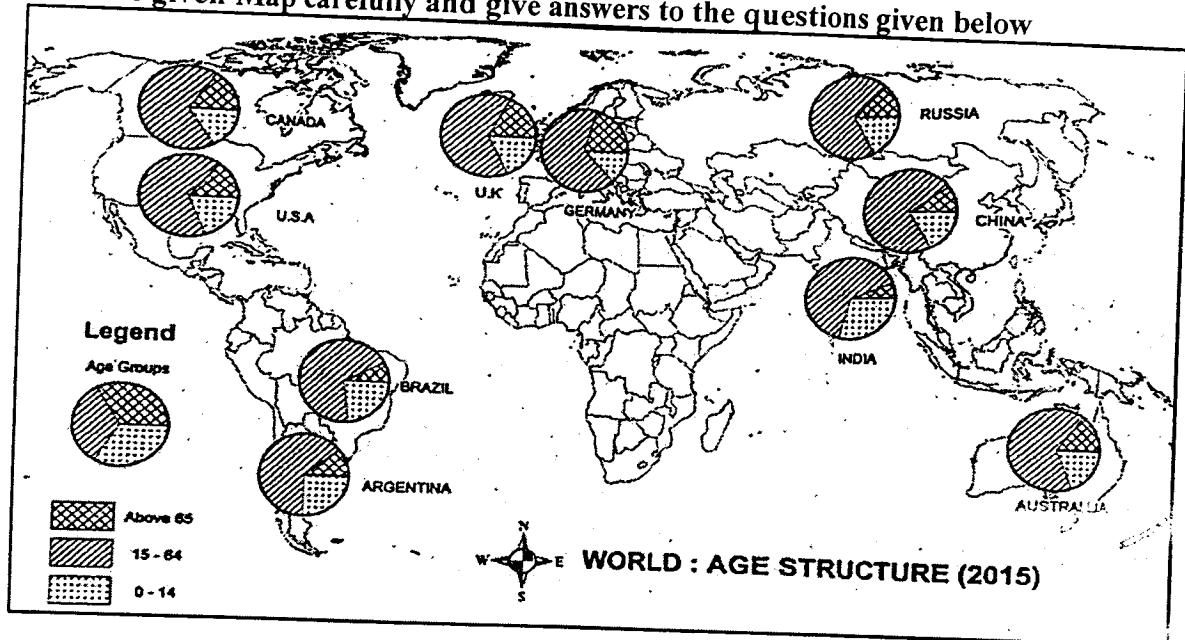
Duration: 1 hour

Marks:30

- Instructions: - (1) Question No. 1 is compulsory  
(2) Attempt any Two questions from Question nos 2, 3 & 4  
(3). Figures to the right indicate full marks

Q:1 Read the given Map carefully and give answers to the questions given below

10



1. What is the theme of the map? 1
2. Which cartographic technique is used to represent the theme? 1
3. According to the map, which country shows the maximum percentage of elderly population and give reasons for your answer. 2
4. According to the map, which country shows the maximum percentage of dependent minor population and give reasons for your answer. 2
5. With the help of the scale, find out the approximate percentage of population between the age group of 15-64 years in China. 1
6. State the composition of age structure of Indian population. 3

Q:2 Answer the following questions:

- A) Explain the term Ecosystem and classify its types. 10
- B) Describe the factors influencing the utilization of the natural resources? 5

Q:3 Answer the following questions:

- A) Elucidate the concept & discuss on significance of Ecological footprint 10
- B) Deliberate on the need and methods for Management & conservation of soil 5

Q:4 Write Short Notes on:

- A) Trophic Cascades 10
- B) Energy Crisis 5

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**F.Y.B.A. Psychology – Semester I**  
**BASICS OF INDIAN KNOWLEDGE SYSTEM**

Date: 17/10/2025

Duration: 1 hour

Total Marks: 30

**Instructions:**

1. Q.1 is Compulsory.
2. Attempt **any 2** from Q. 2 to Q.4.
3. Figures to the right indicate full marks.

1. Read the passage and answer the following questions given below: -

10

**PASSAGE: -**

The introduction of metals, especially iron, marked an important phase in the history of deforestation in India. In the early Vedic period, the Aryans probably did not know iron, using the word ayas for metals in general. Archaeological findings suggest that iron appeared in India between 1000 and 800 B.C., and its tools made the cutting of large trees much easier. This innovation allowed agricultural groups to settle in forested regions, particularly as the Aryans moved eastward into the Gangetic plains.

When the Aryans arrived in north-west India, described in the Rigveda as Sapta Sindhas or the land of seven rivers, they began settling around 1400 B.C., first in Punjab and later across wider regions. Being both pastoral and agricultural, they required land for crops and grazing. To meet these needs, forests were cleared using fire, stone axes, and eventually iron implements. The burning of the Khandava forest in the Mahabharata symbolically represents such destruction through fire and deforestation.

During the early Vedic phase, forests were not destroyed for city building, as India had no major urban centers after the fall of the Harappan culture. Between this decline and the rise of the "second urbanization" around the 6th century B.C., historians note a thousand-year "Dark Age." Throughout this period, the Aryans lived amidst forests, mainly along riverbanks, clearing areas for villages and farmlands. Wood was central to their lives, used for cottages, carts, chariots, and fuel. Clearing of forest tracts also became necessary for creating roads and pathways to connect settlements.

Thus, Aryan expansion steadily accelerated deforestation, driven by agriculture, animal rearing, and communication needs. From ancient times, human survival and progress in India relied heavily on forest exploitation, laying the roots of deforestation deep in its early history.

**Questions:-**

1. What role did iron play in the history of deforestation in India?
2. How did the Aryans clear forests before the use of iron implements?
3. What does the burning of the Khandava forest in the Mahabharata symbolize?
4. Why were forests cleared during the early Vedic phase?
5. How was wood important in the lives of the Aryans?

**2. Answer the following:**

- a. Explain wastewater management practices in Ancient India.
- b. Describe the historical perspective of ancient tourism in India.

**3. Answer the following:**

- a. Explain the significance of town planning in Ancient India with suitable examples.
- b. Explain how Ancient Indian Stone masonry techniques influence other civilizations?

**4. Answer the following:**

- a. Explain the features of town planning during the Indus Valley Civilization.
- b. Discuss the role of early trade routes of the world in promoting tourism and cultural exchanges in Ancient India.