

Traditional Knowledge in Professional domain: Town planning and architecture
Construction, Health, wellness and Psychology-Medicine, Agriculture, Governance and public administration, United Nations Sustainable development goals.

Multiple-Choice Questions (MCQs) with answers based on the topics of Traditional Knowledge in Professional Domains, including **Town Planning, Architecture, Health, Agriculture, Governance, and the UN Sustainable Development Goals (SDGs)**.

1. Town Planning and Architecture

1. **Which ancient civilization in India had a well-planned drainage system and grid-based town planning?**
 - a) Mauryan Empire
 - b) Gupta Empire
 - c) Harappan Civilization
 - d) Chola Dynasty

✓ **Answer: c) Harappan Civilization**
2. **Which Indian architectural science focuses on spatial harmony and alignment with natural forces?**
 - a) Ayurveda
 - b) Vastu Shastra
 - c) Siddha
 - d) Tantra

✓ **Answer: b) Vastu Shastra**
3. **Which Indian city was designed using Vastu principles and is considered a well-planned city?**
 - a) Delhi
 - b) Jaipur
 - c) Mumbai
 - d) Chennai

✓ **Answer: b) Jaipur**
4. **Which traditional Indian architectural feature helps in passive cooling?**
 - a) Glass walls
 - b) Thick mud walls and courtyards
 - c) Steel and concrete structures
 - d) Asbestos roofs

✓ **Answer: b) Thick mud walls and courtyards**
5. **Which traditional water harvesting structure is famous in Rajasthan?**
 - a) Dams
 - b) Stepwells (Baolis)
 - c) Borewells
 - d) Canals

✓ **Answer: b) Stepwells (Baolis)**

2. Health, Wellness, and Psychology (Medicine)

6. **Which Indian medical system is based on the Tridosha theory (Vata, Pitta, Kapha)?**
 - a) Homeopathy
 - b) Ayurveda
 - c) Unani
 - d) Allopathy

✓ **Answer: b) Ayurveda**
7. **Which practice is NOT a part of Ayurveda?**
 - a) Panchakarma
 - b) Rasayana therapy

- c) Antibiotic treatment
 - d) Herbal medicine
 - ✓ **Answer: c) Antibiotic treatment**
8. Which of the following is an ancient Indian system of medicine developed in Tamil Nadu?
- a) Siddha
 - b) Unani
 - c) Ayurveda
 - d) Naturopathy
 - ✓ **Answer: a) Siddha**
9. What is the traditional pulse diagnosis method in Ayurveda known as?
- a) ECG
 - b) Naadi Pariksha
 - c) MRI
 - d) Panchakarma
 - ✓ **Answer: b) Naadi Pariksha**
10. Which herb is commonly used in Ayurveda for treating diabetes?
- a) Basil
 - b) Neem
 - c) Mint
 - d) Aloe Vera
 - ✓ **Answer: b) Neem**

3. Agriculture

11. Which Indian state became the first fully organic farming state?
- a) Punjab
 - b) Sikkim
 - c) Gujarat
 - d) Karnataka
 - ✓ **Answer: b) Sikkim**
12. Which farming practice involves using cow dung and urine as bio-fertilizers?
- a) Zero Budget Natural Farming (ZBNF)
 - b) Hydroponics
 - c) GM crops
 - d) Intensive farming
 - ✓ **Answer: a) Zero Budget Natural Farming (ZBNF)**
13. Which traditional farming technique helps conserve soil moisture?
- a) Drip irrigation
 - b) Monocropping
 - c) Mulching
 - d) Chemical fertilizers
 - ✓ **Answer: c) Mulching**
14. Which plant is often used in India for natural pest control in agriculture?
- a) Neem
 - b) Eucalyptus
 - c) Rose
 - d) Cotton
 - ✓ **Answer: a) Neem**
15. Which traditional Indian farming method involves cultivating multiple crops together to enhance soil fertility?
- a) Monoculture
 - b) Crop rotation
 - c) Terrace farming

- d) Shifting cultivation
✓ Answer: b) Crop rotation

4. Governance and Public Administration

16. Which traditional governance system in India focused on local self-governance?
a) Feudalism
b) Panchayati Raj
c) Bureaucracy
d) Centralized Rule
✓ Answer: b) Panchayati Raj
17. Which act in India empowers tribal communities to manage their own natural resources?
a) Right to Education Act
b) PESA Act
c) GST Act
d) Land Acquisition Act
✓ Answer: b) PESA Act
18. Which ancient Indian text contains references to governance and public administration?
a) Arthashastra
b) Ramayana
c) Mahabharata
d) Vedas
✓ Answer: a) Arthashastra
19. Which ancient Indian empire is known for a well-structured bureaucracy?
a) Maurya Empire
b) Chola Empire
c) Mughal Empire
d) Vijayanagara Empire
✓ Answer: a) Maurya Empire
20. Which institution is responsible for local governance in villages in India?
a) Lok Sabha
b) Rajya Sabha
c) Gram Panchayat
d) High Court
✓ Answer: c) Gram Panchayat

5. United Nations Sustainable Development Goals (SDGs)

21. How many SDGs are included in the UN 2030 Agenda?
a) 10
b) 12
c) 17
d) 20
✓ Answer: c) 17
22. Which SDG focuses on climate action?
a) SDG 10
b) SDG 13
c) SDG 6
d) SDG 4
✓ Answer: b) SDG 13
23. Which SDG promotes sustainable cities and communities?
a) SDG 3
b) SDG 11
c) SDG 8

- d) SDG 5
✓ **Answer: b) SDG 11**
24. Which of the following aligns with SDG 2 (Zero Hunger)?
a) Organic farming
b) Genetic modification
c) Large-scale deforestation
d) Chemical fertilizers
✓ **Answer: a) Organic farming**
25. Which traditional Indian water conservation method helps achieve SDG 6 (Clean Water & Sanitation)?
a) Johads
b) Borewells
c) Deforestation
d) Industrial discharge
✓ **Answer: a) Johads**

This set covers 25 questions. Do you want me to generate 20 more questions or refine these?
Here are 20 more MCQs to complete the set of 45, continuing from the previous topics.

6. Town Planning and Architecture (Continued)

26. Which ancient Indian text provides guidelines on town planning and architecture?
a) Charaka Samhita
b) Manasara
c) Upanishads
d) Rigveda
✓ **Answer: b) Manasara**
27. Which region in India is famous for its traditional courtyard-style homes called Nalukettu?
a) Punjab
b) Kerala
c) Rajasthan
d) West Bengal
✓ **Answer: b) Kerala**
28. What is the primary purpose of jali (lattice) work in traditional Indian architecture?
a) Decorative purposes only
b) Providing ventilation and cooling
c) Strengthening walls
d) Preventing entry of insects
✓ **Answer: b) Providing ventilation and cooling**
29. Which architectural structure in India was built for water conservation during the medieval period?
a) Qutub Minar
b) Rani Ki Vav
c) Red Fort
d) Sun Temple
✓ **Answer: b) Rani Ki Vav**
30. Which of the following is an example of sustainable urban planning in ancient India?
a) Harappan drainage system
b) Mughal gardens
c) British colonial cities
d) IT hubs
✓ **Answer: a) Harappan drainage system**

7. Health, Wellness, and Psychology (Continued)

31. Which traditional Indian practice involves breath control techniques for mental and physical well-being?
- a) Acupuncture
 - b) Ayurveda
 - c) Pranayama
 - d) Homeopathy
- ✓ Answer: c) Pranayama
32. Which of the following is a key concept in Unani medicine?
- a) Tridosha theory
 - b) Humor-based theory (Balgham, Safra, Dam, Sauda)
 - c) Panchakarma
 - d) Acupressure
- ✓ Answer: b) Humor-based theory (Balgham, Safra, Dam, Sauda)
33. Which Indian meditation practice was revived and made popular by Gautama Buddha?
- a) Kundalini Yoga
 - b) Vipassana
 - c) Raja Yoga
 - d) Hatha Yoga
- ✓ Answer: b) Vipassana
34. Which Ayurvedic therapy focuses on detoxification through five purification techniques?
- a) Panchakarma
 - b) Nadi Pariksha
 - c) Rasayana Therapy
 - d) Shirodhara
- ✓ Answer: a) Panchakarma
35. Which of the following is a traditional Indian approach to mental health and wellness?
- a) CBT (Cognitive Behavioral Therapy)
 - b) Pranayama and Meditation
 - c) Psychoanalysis
 - d) Electroconvulsive Therapy (ECT)
- ✓ Answer: b) Pranayama and Meditation

8. Agriculture (Continued)

36. Which traditional Indian farming practice prevents soil erosion on hilly terrains?
- a) Drip irrigation
 - b) Terrace farming
 - c) Monoculture
 - d) Crop burning
- ✓ Answer: b) Terrace farming
37. Which of the following is NOT a traditional Indian farming technique?
- a) Agroforestry
 - b) Organic composting
 - c) Genetic modification
 - d) Mixed cropping
- ✓ Answer: c) Genetic modification
38. Which of the following is a traditional water conservation practice used in Rajasthan?
- a) Borewell extraction
 - b) Johads
 - c) Chemical irrigation
 - d) Plastic mulching
- ✓ Answer: b) Johads

39. Which Indian community is famous for conserving indigenous seed varieties?
- a) Bishnoi Community
 - b) Marathas
 - c) Parsis
 - d) British settlers
- ✓ Answer: a) Bishnoi Community
40. Which government scheme promotes traditional and organic farming in India?
- a) Green Revolution
 - b) Paramparagat Krishi Vikas Yojana (PKVY)
 - c) Digital India
 - d) Start-up India
- ✓ Answer: b) Paramparagat Krishi Vikas Yojana (PKVY)

9. Governance and Public Administration (Continued)

41. Which ancient Indian text extensively discusses the principles of statecraft, diplomacy, and governance?
- a) Arthashastra
 - b) Bhagavad Gita
 - c) Ramayana
 - d) Manusmriti
- ✓ Answer: a) Arthashastra
42. Which community-led environmental movement in India is associated with tree conservation?
- a) Swadeshi Movement
 - b) Chipko Movement
 - c) White Revolution
 - d) Quit India Movement
- ✓ Answer: b) Chipko Movement
43. Which of the following is a traditional conflict resolution mechanism in Indian villages?
- a) Nyaya Panchayat
 - b) Supreme Court
 - c) British Judiciary
 - d) Interpol
- ✓ Answer: a) Nyaya Panchayat
44. Which traditional Indian administrative system influenced modern Panchayati Raj?
- a) Feudalism
 - b) Chola village administration
 - c) Mughal governance
 - d) British bureaucracy
- ✓ Answer: b) Chola village administration
45. Which UN Sustainable Development Goal aligns with indigenous forest conservation practices?
- a) SDG 3 – Good Health and Well-being
 - b) SDG 15 – Life on Land
 - c) SDG 5 – Gender Equality
 - d) SDG 9 – Industry, Innovation, and Infrastructure
- ✓ Answer: b) SDG 15 – Life on Land

Conclusion

These 45 MCQs comprehensively cover **Traditional Knowledge in Professional Domains** such as **Town Planning, Architecture, Health, Agriculture, Governance, and Sustainable Development Goals (SDGs)**.