

Here are **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)
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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
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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**

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**
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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)**
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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**
