



SNS COLLEGE OF TECHNOLOGY, COIMBATORE-35.

(AUTONOMOUS)



**DEPARTMENT OF MECHATRONICS ENGINEERING
19HST105- ESSENCE OF INDIAN TRADITIONAL KNOWLEDGE**

2 mark Question Bank

1. What is Indian traditional knowledge?

- Indian traditional knowledge refers to the body of knowledge that has been developed over centuries within Indian culture, encompassing fields such as medicine, agriculture, architecture, music, philosophy, and spirituality.

2. How is Ayurveda related to Indian traditional knowledge

- Ayurveda, a system of traditional medicine, is a significant part of Indian traditional knowledge. It focuses on holistic health and well-being through natural remedies, diet, and lifestyle practices.

3. What role does Yoga play in Indian traditional knowledge?

- Yoga is a key component, emphasizing physical, mental, and spiritual practices aimed at achieving harmony and balance. It includes asanas (postures), pranayama (breathing exercises), and meditation.

4. How does Indian traditional knowledge approach agriculture?

- It promotes sustainable agricultural practices such as crop rotation, organic farming, and the use of natural fertilizers and pesticides, ensuring environmental conservation and soil health.

5. What is the significance of Vastu Shastra in Indian traditional knowledge?

- Vastu Shastra is the ancient Indian science of architecture and construction. It provides guidelines for designing homes and buildings to harmonize with natural forces, enhancing well-being and prosperity.

6. How are music and dance integral to Indian traditional knowledge

- Indian classical music and dance forms, like Bharatanatyam and Hindustani music, are deeply embedded in traditional knowledge. They are not just art forms but also means of spiritual expression and cultural storytelling.

7. What is the concept of 'Dharma' in Indian traditional knowledge?

- 'Dharma' refers to the moral and ethical duties and responsibilities in life. It is a fundamental principle guiding individual behavior and social harmony, promoting righteousness and justice.

8. How does Indian traditional knowledge contribute to environmental conservation?

- It includes practices such as reverence for nature, worship of rivers and trees, and principles of sustainability, encouraging a balanced and respectful relationship with the environment.

9. What are the Upanishads, and how do they contribute to Indian traditional knowledge?

- The Upanishads are ancient philosophical texts that explore profound spiritual concepts and the nature of reality. They contribute to Indian traditional knowledge by providing insights into metaphysics, ethics, and the human experience.

10. How is Indian traditional knowledge preserved

- It is preserved through ancient texts, oral traditions, rituals, festivals, and the continuous practice and teaching by knowledgeable practitioners and institutions.

11. What is the role of festivals in Indian traditional knowledge

- Festivals play a crucial role by embodying cultural values, seasonal cycles, and religious beliefs. They help in passing on traditions, fostering community spirit, and celebrating the interconnectedness of life.

12. How does Indian traditional knowledge view health and wellness?

- It views health as a state of complete physical, mental, and spiritual balance. Practices like Ayurveda, Yoga, and meditation are designed to maintain and restore this balance.

13. What is the importance of the 'Gurukul' system in Indian traditional knowledge?

- The 'Gurukul' system is an ancient method of education where students live with their teacher (guru) and learn through direct observation, practice, and instruction, ensuring the transmission of knowledge in an immersive environment.

14. How does Indian traditional knowledge address mental health?

- It addresses mental health through meditation, mindfulness, and philosophical teachings that promote inner peace, self-awareness, and emotional resilience.

15. How does the principle of 'Vasudhaiva Kutumbakam' reflect Indian traditional knowledge?

- 'Vasudhaiva Kutumbakam' means 'the world is one family'. This principle reflects Indian traditional knowledge by promoting universal brotherhood, compassion, and interconnectedness, encouraging a global perspective of unity and respect for all life.

16. What are the major religions that originated in India?***

- The major religions that originated in India are Hinduism, Buddhism, Jainism, and Sikhism.

17. What is the central belief of Hinduism?***

- The central belief of Hinduism is the concept of Dharma (duty/ethics), Karma (action and consequence), and Moksha (liberation from the cycle of rebirth).

18. What are the Four Noble Truths in Buddhism?***

- The Four Noble Truths are: 1) Life is suffering (Dukkha), 2) The cause of suffering is desire (Tanha), 3) The cessation of suffering is attainable (Nirvana), and 4) The path to the cessation of suffering is the Eightfold Path.

19. What is the Jain principle of Ahimsa?

- Ahimsa, or non-violence, is a fundamental principle in Jainism, emphasizing the avoidance of harm to all living beings through thoughts, words, and actions.

20. How do Sikhs view the concept of God?

- Sikhs believe in one God, who is formless, eternal, and the creator of all. God is referred to as Waheguru, and Sikhs emphasize devotion, honest living, and equality.

21. What is the significance of the Bhagavad Gita in Hindu philosophy?

- The Bhagavad Gita is a sacred Hindu text that is part of the Mahabharata. It presents a conversation between Prince Arjuna and the god Krishna, covering topics like duty, righteousness, and the nature of reality.

22. What is the Eightfold Path in Buddhism?

- The Eightfold Path consists of: Right Understanding, Right Intent, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration. It is a guide to ethical and mental development to achieve Nirvana.

23. What are the main teachings of Guru Nanak, the founder of Sikhism?

- Guru Nanak's main teachings include the belief in one God, the equality of all humans, the importance of community service, and the rejection of caste distinctions and ritualism.

24. How do Jains practice Sallekhana?

- Sallekhana is a voluntary, peaceful, and spiritual practice of fasting to death, undertaken by Jains when they feel their life is near its natural end or when suffering becomes unbearable, aiming for a serene and detached exit from the world.

25. What is the role of the Vedas in Hinduism?

- The Vedas are the oldest and most authoritative scriptures of Hinduism, comprising hymns, rituals, and philosophical teachings. They are considered divine knowledge revealed to ancient sages.

26. How does the concept of Karma influence Hindu and Buddhist practices?

- In both Hinduism and Buddhism, Karma refers to the law of cause and effect where one's actions (good or bad) determine future experiences. This belief influences ethical behavior, spiritual practices, and the pursuit of liberation.

27. What is the significance of meditation in Indian religious practices?

- Meditation is a key practice in Hinduism, Buddhism, Jainism, and Sikhism. It is used to attain higher states of consciousness, self-realization, inner peace, and liberation from the cycle of birth and rebirth.

28. How do Hindus celebrate the festival of Diwali?

- Diwali, the festival of lights, is celebrated by Hindus to commemorate the victory of light over darkness and good over evil. It involves lighting oil lamps, decorating homes, exchanging gifts, and performing religious rituals.

29. What is the Jain festival of Paryushana?

- Paryushana is an important Jain festival of self-purification and reflection, observed with fasting, prayer, and penance. It culminates in the celebration of forgiveness and seeking pardon from others for any harm caused.

30. What is the role of the Guru Granth Sahib in Sikhism?

- The Guru Granth Sahib is the central religious scripture of Sikhism, regarded as the eternal Guru. It contains the teachings and hymns of Sikh Gurus and other saints, and it guides Sikhs in their spiritual and daily lives.

31. How does Indian traditional knowledge contribute to sustainable living?

Indian traditional knowledge promotes sustainable living through practices such as organic farming, use of natural resources, and emphasis on ecological balance. Techniques like crop rotation, Ayurvedic medicine, and the concept of 'Vasudhaiva Kutumbakam' (the world is one family) reflect an intrinsic respect for nature and the environment, advocating for a lifestyle that is in harmony with the Earth.

32. In what ways is Indian traditional knowledge preserved and transmitted across generations?

Indian traditional knowledge is preserved and transmitted through a combination of ancient texts (such as the Vedas, Upanishads, and Puranas), oral traditions, folklore, and practical demonstrations by gurus and practitioners. Institutions like gurukuls and modern educational setups also play a crucial role in maintaining and disseminating this knowledge, ensuring its continuity and relevance in contemporary society.