

**J C Bose University of Science and Technology, YMCA, Faridabad**  
**Mechanical Engineering Department**  
**Essence of Indian Traditional Knowledge (MC-02)**  
**2<sup>nd</sup> Sessional Test, 5<sup>th</sup> Semester, November 2025**

Maximum Marks: 30

Maximum Time: 90 Minutes

Note: All questions carry equal marks; attempt any three.

- Q 1.** What is the etymological meaning of the word Veda? Describe the importance of Vedic knowledge in shaping ancient Indian philosophy, science, and spirituality. (10)
- Q 2.** Explain the division of each Veda into Samhitas, Brahmanas, Aranyakas, and Upanishads and describe their respective purposes. (10)
- Q 3.** How Yoga contributes to the holistic development of body, mind, and spirit. Also, elaborate on the importance of integrating Yoga into modern health systems for achieving sustainable physical and mental health. (10)
- Q 4.** Describe the Ayurvedic approach to holistic health care, focusing on the balance between body, mind, and environment. Additionally, explain how Ayurveda and Yoga work together to enhance physical, psychological, and spiritual well-being. (10)