

2025

M.Sc. 1st Semester Examination
NUTRITION AND DIETETICS

Paper : NUDO407VC

[Indian Knowledge System (IKS)]

Full Marks : 25

Time : One Hour

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

Group - A

Answer any *two* questions : $2 \times 2 = 4$

1. Why Ayurveda a part of the Indian Knowledge System?
2. What is the scope of IKS in science and technology?
3. Write down the significance of the Indian Knowledge System (IKS).
4. What is food taboos?

Group - B

Answer any *two* questions : $4 \times 2 = 8$

5. Write down the role of Gurukul and Pathashala as a centre of education in India.

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6. Briefly describe the Importance of Indian Knowledge System in NEP 2020.
7. Discuss the role of Yoga in promoting physical, mental and emotional well-being according to IKS.
8. Write about two ancient fermented foods and their benefits.

Group - C

Answer any *one* question : $8 \times 1 = 8$

9. Write about the three Doshas of Ayurveda. Write the key elements of Arthashastra. $3+5$
10. Explain the relevance of traditional food culture in promoting nutrition, sustainability, and well-being in the modern era.

Internal Assessment : 5 marks
