

"Foundation of Peace" studies,

Questions from Excel Sheets

Questions from FOP-MCQ-Rev-24-April-2024-Copy-Copy.xlsx [11](#)

1. **Q:** The Upanishads are often referred to as the:
 - **A:** End Portion of Vedas
 - **B:** Shruti
 - **C:** Smriti
 - **D:** Puranas
 - **Answer:** End Portion of Vedas
2. **Q:** In Christian theology, the belief that God exists in three forms-Father, Son, and Holy Spirit-is known as:
 - **A:** Monotheism
 - **B:** Polytheism
 - **C:** Trinity
 - **D:** Dualism
 - **Answer:** Trinity
3. **Q:** Jainism emphasizes the concept of non-violence. What is this principle called in Jainism?
 - **A:** Dharma
 - **B:** Karma
 - **C:** Ahimsa
 - **D:** Satya
 - **Answer:** Ahimsa
4. **Q:** What is the ultimate goal of Jainism, often referred to as liberation from the cycle of birth and death?
 - **A:** Nirvana

- **B:** Samadhi
- **C:** Vibhuti
- **D:** Kaivalya
- **Answer:** Kaivalya

5. **Q:** What is the Sikh practice of meditation and recitation of the name of God called?

- **A:** Service
- **B:** Simaran
- **C:** Bhajan
- **D:** Naman
- **Answer:** Simaran

6. **Q:** Identify the ancient Indian scripture.

- **A:** Atharvaveda
- **B:** RuchiVeda
- **C:** VishwaPurana
- **D:** YogaVeda
- **Answer:** Atharvaveda

7. **Q:** Which piece of work stands out as being different or unrelated among the given options?

- **A:** Bible
- **B:** Odessy
- **C:** Qran (Quran)
- **D:** BhagvadGita
- **Answer:** Odessy

8. **Q:** Other popular figure in Christianity.

- **A:** Mother Mary
- **B:** Elvin
- **C:** Rodrigues
- **D:** D'souza
- **Answer:** Mother Mary

9. **Q:** Identify the figure who is not a prominent figure in Christianity.

- **A:** Mother Mary
- **B:** John the Baptist
- **C:** Paul the apostle
- **D:** Elvis
- **Answer:** Elvis

10. **Q:** Saint Dnyaneshwar is also known as:

- **A:** Sopan
- **B:** Dnyaneshwar
- **C:** Mauli
- **D:** both b and c
- **Answer:** both b and c

11. **Q:** Saint Dnyaneshwar belongs to which sampraday of Bhakti Movement?

- **A:** Brahmin
- **B:** Maratha
- **C:** Varkari
- **D:** None of the above
- **Answer:** Varkari

12. **Q:** The founder of the Bhakti Movement in Maharashtra was:

- **A:** Tukaram
- **B:** Eknath
- **C:** Namdev
- **D:** Dnyaneshwar
- **Answer:** Dnyaneshwar

13. **Q:** What is meaning of Sanjeevan?

- **A:** Dead
- **B:** Buried
- **C:** Alive

- **D:** None of the above
- **Answer:** Alive

14. **Q:** What is the meaning of Pasaydan?

- **A:** Donation of basket full of grains (Prasad)
- **B:** Donation of rupees
- **C:** Donation of clothes
- **D:** Donation of clothes (Repeated option, context implies first is likely correct if different from others)
- **Answer:** Donation of basket full of grains (Prasad)

15. **Q:** Dnyaneshwari was written in the format of:

- **A:** Ovee
- **B:** Abhang
- **C:** Bhajan
- **D:** Kirtan
- **Answer:** Ovee

16. **Q:** The essential condition of Satyagraha lead by Mahatma Gandhi was:

- **A:** Non violence
- **B:** Disobey the British government
- **C:** Become extremist
- **D:** Finite capacity for suffering
- **Answer:** Non violence

17. **Q:** Mahatma Gandhiji's idea of independent village was known as:

- **A:** Quit India Movement
- **B:** Swarajya
- **C:** Gramswaraj
- **D:** Satyagraha
- **Answer:** Gramswaraj

18. **Q:** Mahatma Gandhi is known as the:

- **A:** Father of the Nation
- **B:** Leader of the Masses
- **C:** Leader of the Nation
- **D:** People's Leader
- **Answer:** Father of the Nation

19. **Q:** What did Gandhiji face in South Africa?

- **A:** Non-Cooperation
- **B:** Violence
- **C:** Agitation
- **D:** Discrimination
- **Answer:** Discrimination

20. **Q:** The pilgrimage to Pandharpur is called as:

- **A:** Yatra
- **B:** Tirthayatra
- **C:** Vari
- **D:** Parikrama
- **Answer:** Vari

21. **Q:** The literary Creation of Tukaram Maharaj is called as:

- **A:** Geeta
- **B:** Gatha
- **C:** Dasbodh
- **D:** Bhagavat
- **Answer:** Gatha

22. **Q:** According to Varkari Sampradaya who is given the title as 'JagadGuru'?

- **A:** Tukaram Maharaj
- **B:** Ramdas Swami
- **C:** Gadge Baba
- **D:** Shivaji Maharaj

- **Answer:** Tukaram Maharaj

23. **Q:** Who was a part of 'Varkari Devotional Tradition'?

- **A:** Tukaram Maharaj
- **B:** Adi shankaracharya
- **C:** Raman Maharshi
- **D:** Gadge Baba
- **Answer:** Tukaram Maharaj

24. **Q:** Kabir's doha says "I searched for a _____ Man, but failed to find one. But when i searched within myself, there was none more _____ than me"!

- **A:** Handsome
- **B:** Crooked
- **C:** Kind
- **D:** Jealous
- **Answer:** Crooked (This is a common interpretation, the original Hindi implies a wicked or bad person)

25. **Q:** Saint Kabir strongly opposed the _____ system.

- **A:** Caste
- **B:** Muslim
- **C:** Hindu
- **D:** Moksha
- **Answer:** Caste

26. **Q:** According to saint Kabir, God stays in the _____ of a devotee.

- **A:** Home
- **B:** Heart
- **C:** Mandir
- **D:** Masjid
- **Answer:** Heart

27. **Q:** Kabir by profession was:

- **A:** Weaver
- **B:** Traveller
- **C:** Preacher
- **D:** Poet
- **Answer:** Weaver

28. **Q:** "Kabira khada bazar me, Mange sabki khair, Naa kahu se dosti , Na kahu se bair" is a:

- **A:** Management lesson
- **B:** Joke
- **C:** Poem
- **D:** Song
- **Answer:** Management lesson (While a doha/poem, it conveys a life/management lesson)

29. **Q:** Kabir is famous for his:

- **A:** Dohas
- **B:** Poems
- **C:** Abhangs
- **D:** Ovis
- **Answer:** Dohas

30. **Q:** It is said that after his death ____ were found beneath Saint Kabir's body.

- **A:** Flowers
- **B:** Diamonds
- **C:** Stones
- **D:** Butterfly
- **Answer:** Flowers

31. **Q:** "Dhai akhar prem ke, padhe so pandit hoy", is said by:

- **A:** Saint Dnyaneshwar
- **B:** Abu Fazal
- **C:** Saint Kabir
- **D:** Sufi Saint Fareed

- **Answer:** Saint Kabir

32. **Q:** Both Hindu and Muslims were Kabir's disciples, known as:

- **A:** Kabir Panthis
- **B:** Varkari
- **C:** Shaiva
- **D:** Vaishnava
- **Answer:** Kabir Panthis

33. **Q:** Saint kabir said _____creates differences and disrupt communal harmony.

- **A:** Anger
- **B:** Ego
- **C:** Pride
- **D:** All of the above
- **Answer:** All of the above

34. **Q:** Kabirs verses are also found in:

- **A:** Guru Granth Sahib
- **B:** Dnyaneshwari
- **C:** Koran
- **D:** Achaar Samhita
- **Answer:** Guru Granth Sahib

35. **Q:** Which type of peace focuses on the absence of direct violence and conflict?

- **A:** Negative peace
- **B:** Positive Peace
- **C:** Structural Peace
- **D:** Cultural peace
- **Answer:** Negative peace

36. **Q:** What type of peace seeks to address the psychological traumas and emotional wounds caused by violence and conflict?

- **A:** Inner Peace

- **B:** Outer Peace
- **C:** Negative peace
- **D:** Structural Peace
- **Answer:** Inner Peace (though Psychological Peace is also a relevant term from [\[2\]](#))

37. **Q:** What type of education fosters a culture of peace and non-violence?

- **A:** Holistic
- **B:** Peace
- **C:** Religious
- **D:** Spiritual
- **Answer:** Peace

38. **Q:** Which of the following is an example of structural violence?

- **A:** Domestic abuse
- **B:** Discrimination based on race
- **C:** Armed conflict
- **D:** Gang violence
- **Answer:** Discrimination based on race

39. **Q:** Violence that occurs within the family or intimate relationships is known as:

- **A:** Community violence
- **B:** Collective Violence
- **C:** Political Violence
- **D:** Interpersonal Violence
- **Answer:** Interpersonal Violence (Domestic Violence is a specific type [\[2\]](#))

40. **Q:** Structural violence is caused by:

- **A:** Direct physical force
- **B:** Economic and social inequalities
- **C:** Environment
- **D:** Traditions
- **Answer:** Economic and social inequalities

41. **Q:** Cultural violence is caused by:

- **A:** Govt Policies
- **B:** Economy
- **C:** Traditional beliefs and practices
- **D:** Politics
- **Answer:** Traditional beliefs and practices

42. **Q:** The concept of cultural violence was introduced by:

- **A:** Mahatma Gandhi Johan Galtung (Likely meant Johan Galtung)
- **B:** Mahatma Gandhi
- **C:** Nelson Mandela
- **D:** None of them
- **Answer:** Mahatma Gandhi Johan Galtung (Johan Galtung ^[2])

43. **Q:** Which of the following is an example of indirect violence?

- **A:** Physical assault in a public space
- **B:** Economic sanctions leading to food shortages
- **C:** Domestic violence within a household
- **D:** Hate speech directed towards a particular group
- **Answer:** Economic sanctions leading to food shortages

44. **Q:** What does the term 'peace' mean?

- **A:** Rejection of dialogue and cooperation
- **B:** The absence of conflict plus the existence of dialogue, understanding and cooperation
- **C:** The rejection of weapons of mass destruction.
- **D:** The absence of conflict.
- **Answer:** The absence of conflict plus the existence of dialogue, understanding and cooperation

45. **Q:** What is peace education?

- **A:** To cultivate a culture of peace based on human rights
- **B:** To teach about negotiation processes in contemporary history.

- **C:** To teach about armed conflict
- **D:** None of them
- **Answer:** To cultivate a culture of peace based on human rights

46. **Q:** Is there any role for the youth in the prevention of conflict?

- **A:** Youth is a key actor for an effective prevention of conflict.
- **B:** There might be a role, but minimal.
- **C:** There is no role for the youth on this.
- **D:** Only youth can prevent conflicts
- **Answer:** Youth is a key actor for an effective prevention of conflict.

47. **Q:** Who is considered the "father of peace studies"?

- **A:** Martin Luther King Jr.
- **B:** Mahatma Gandhi
- **C:** Johan Galtung
- **D:** Nelson Mandela
- **Answer:** Johan Galtung

48. **Q:** In peace and conflict studies, what is meant by "negative peace"?

- **A:** Complete absence of conflict
- **B:** Temporary cessation of violence
- **C:** Superpower dominance
- **D:** Armed resistance movements
- **Answer:** Temporary cessation of violence (More accurately, absence of direct violence [\[2\]](#))

49. **Q:** Direct violence can be prevented by Peace Keeping.

- **A:** Yes
- **B:** Not sure
- **C:** May be
- **D:** None of these
- **Answer:** Yes

50. **Q:** Peace building is:

- **A:** Short term
- **B:** Temporary
- **C:** Long term
- **D:** Permanent
- **Answer:** Long term

51. **Q:** Negative peace is associated with:

- **A:** Indirect form of violence
- **B:** Social violence
- **C:** All forms of direct violence
- **D:** Gender violence
- **Answer:** All forms of direct violence (Specifically, absence of direct violence ^[21])

52. **Q:** Inner peace can be attained by means of:

- **A:** Prayers
- **B:** Meditation
- **C:** Wisdom
- **D:** all of these
- **Answer:** all of these

53. **Q:** In sufi tradition the word PIR means:

- **A:** The Supreme God
- **B:** The greatest of all Sufi Saints
- **C:** The orthodox teacher
- **D:** The Guru of the Sufies
- **Answer:** The Guru of the Sufies

54. **Q:** Who was the Guru of Sant Kabir?

- **A:** Ramanuja
- **B:** Ramanada
- **C:** Vallabhacharya
- **D:** Namdeva

- **Answer:** Ramanada

Questions from FOP-Mocktest-1.xlsx ^[3]

1. **Q:** In which language was Buddhist scripture developed ?

- **A:** Pali & Sanskrit
- **B:** Gujrati
- **C:** Marathi
- **D:** English
- **Answer:** Pali & Sanskrit

2. **Q:** Gautama Buddha was moved by.....

- **A:** Beautiful nature
- **B:** Sufferings of humanity
- **C:** Education
- **D:** Kingship
- **Answer:** Sufferings of humanity

3. **Q:** Who was the one to compiled all 4 Vedas ?

- **A:** Naradmuni
- **B:** Valmiki
- **C:** Ved Vyasa
- **D:** AryaBhatta
- **Answer:** Ved Vyasa

4. **Q:** Vedas are also known as.....

- **A:** Shruti
- **B:** Songs
- **C:** Smriti
- **D:** None of the above
- **Answer:** Shruti

5. **Q:** What does the word "Sikh" mean.....

- **A:** Founder
 - **B:** Learner
 - **C:** Worker
 - **D:** Leader
 - **Answer:** Learner
6. **Q:** What is the name of the ceremony in which all Sikhs eat together, as well that of the room where it takes place?
- **A:** Takht
 - **B:** Langar
 - **C:** Adi Granth
 - **D:** Nishan Sahib
 - **Answer:** Langar
7. **Q:** Important concept in Christianity is.....
- **A:** Grace
 - **B:** Guilt
 - **C:** Gratitude
 - **D:** All of the above
 - **Answer:** All of the above (Guilt, Grace, and Gratitude is mentioned in ^[41])
8. **Q:** It is believed that God revealed the 10 Commandments to -
- **A:** Moses
 - **B:** Luke
 - **C:** Matthew
 - **D:** John
 - **Answer:** Moses
9. **Q:** The day of crucifixion of Christ is popularly known as -
- **A:** Easter
 - **B:** Christmas
 - **C:** Lent

- **D:** Good Friday
- **Answer:** Good Friday

10. **Q:** What is Gurudwara?

- **A:** Place of worship
- **B:** Proper name for the turban
- **C:** Holy Book
- **D:** The religious leader of a district
- **Answer:** Place of worship

11. **Q:** When Christians speak of 'Grace', they mean God's

- **A:** Love
- **B:** Justice
- **C:** Mercy
- **D:** Power
- **Answer:** Love (often associated with unmerited favor or love)

12. **Q:** Taoism is seen more as a philosophy than it is a.....

- **A:** Avatar
- **B:** Yogic Decision
- **C:** Religion
- **D:** Spirituality
- **Answer:** Religion

13. **Q:** Which type of religion Sikhism is?

- **A:** Polytheism
- **B:** Monotheism
- **C:** Atheist
- **D:** Ditheism
- **Answer:** Monotheism

14. **Q:** What is meaning of Moksha?

- **A:** Spirituality

- **B:** Science
- **C:** Libration (Liberation)
- **D:** Philosophy
- **Answer:** Libration (Liberation)

15. **Q:** In Christianity, who is the leader of Roman Catholic Church?

- **A:** King
- **B:** Pope
- **C:** Prophet
- **D:** Mystic
- **Answer:** Pope

16. **Q:** The term Islam means.....

- **A:** Submission
- **B:** Love
- **C:** Purity
- **D:** Faith
- **Answer:** Submission

17. **Q:** What is the English translation of "The Tao" ?

- **A:** Almighty God
- **B:** The Way
- **C:** The Universe
- **D:** Wind-Water
- **Answer:** The Way

18. **Q:** In Sikhism, what do you mean by 'Kirt Karo'?

- **A:** Doing Kirtan
- **B:** Believe in God
- **C:** Help Others
- **D:** Making and earning honestly
- **Answer:** Making and earning honestly

19. **Q:** Christian places of worship include

- **A:** Churches
- **B:** Chapels
- **C:** Cathedrals
- **D:** All of the above
- **Answer:** All of the above

20. **Q:** The term Upanishad means....

- **A:** To go
- **B:** To sit nearby or close by
- **C:** To recite
- **D:** To sing
- **Answer:** To sit nearby or close by

21. **Q:** 12 disciples of Jesus are known as his -

- **A:** Friends
- **B:** Brothers
- **C:** Relatives
- **D:** Apostles
- **Answer:** Apostles

22. **Q:** How many Vedas are there in indian literature?

- **A:** 1
- **B:** 2
- **C:** 5
- **D:** 4
- **Answer:** 4

23. **Q:** Christian holidays include.....

- **A:** Christmas
- **B:** Good Friday
- **C:** Easter

- **D:** All of the above
- **Answer:** All of the above

24. **Q:** What is the name of last prophet in Islam?

- **A:** Prophet Muhammad
- **B:** Prophet Isa
- **C:** Prophet Ibrahim
- **D:** Prophet Iqbal
- **Answer:** Prophet Muhammad

25. **Q:** In Islam, how many times in a day prayer is done?

- **A:** 3 times
- **B:** 4 times
- **C:** 5 times
- **D:** 6 times
- **Answer:** 5 times

26. **Q:** Which is the Holy book of Sikhism?

- **A:** Guru teachings
- **B:** Guru Granth Sahib
- **C:** Vedas
- **D:** Guru Tantra
- **Answer:** Guru Granth Sahib

27. **Q:** Jainism derives its name from word Jina Means?

- **A:** Meditator
- **B:** Fighter
- **C:** Disciple
- **D:** Conquerer
- **Answer:** Conquerer

28. **Q:** Gautama Buddha is a founder of which religion?

- **A:** Jainism

- **B:** Confucius
- **C:** Buddhism
- **D:** Hinduism
- **Answer:** Buddhism

29. **Q:** In Sikhism, what does 'Ek Onkar' mean?

- **A:** There is only one way for happiness
- **B:** There is only One God
- **C:** There is only one way of living
- **D:** None of the above
- **Answer:** There is only One God

30. **Q:** The chapters of the Quran are known as -

- **A:** Surah
- **B:** Sunnahs
- **C:** Sufis
- **D:** Mannat
- **Answer:** Surah

31. **Q:** In Islam, the supreme central focus and authority is

- **A:** Allah
- **B:** Caliph
- **C:** Imam
- **D:** Masiha
- **Answer:** Allah

32. **Q:** Christianity began in the Roman Province of -

- **A:** Japan
- **B:** Bhutan
- **C:** Judea
- **D:** All of the above
- **Answer:** Judea

33. **Q:** Theory of Four Noble Truth is established by whom?

- **A:** Mahavira
- **B:** Gautam Buddha
- **C:** Vallabhacharya
- **D:** Pope
- **Answer:** Gautam Buddha

34. **Q:** The main principles of Jainism are -

- **A:** Ahimsa
- **B:** Satya
- **C:** Aparigraha
- **D:** All of above
- **Answer:** All of above

35. **Q:** The concluding portion of the Vedas is known as

- **A:** Vedanta
- **B:** Puranas
- **C:** Mythology
- **D:** History
- **Answer:** Vedanta

36. **Q:** How many Tirthankars are there in Jainism?

- **A:** 22
- **B:** 23
- **C:** 24
- **D:** 25
- **Answer:** 24

37. **Q:** Jainism derives its name from word Jina Means? (Repeated Question)

- **A:** Meditator
- **B:** Fighter
- **C:** Disciple

- **D:** Conquerer
- **Answer:** Conquerer

38. **Q:** Gautama Buddha is a founder of which religion? (Repeated Question)

- **A:** Jainism
- **B:** Confucius
- **C:** Buddhism
- **D:** Hinduism
- **Answer:** Buddhism

39. **Q:** Buddhist philosophy is based on.....

- **A:** Idealism
- **B:** Four Noble Truth
- **C:** God
- **D:** Realism
- **Answer:** Four Noble Truth

40. **Q:** In which religion Thirthankars are the spiritual leaders?

- **A:** Jainsism
- **B:** Buddhism
- **C:** Sikhism
- **D:** Christianity
- **Answer:** Jainsism

41. **Q:** Which of the folllowing religion is not originated in India?

- **A:** Hinduism
- **B:** Buddhism
- **C:** Judaism
- **D:** Jainism
- **Answer:** Judaism

42. **Q:** The recent of the four major religions is

- **A:** Jainism

- **B:** Buddhism
- **C:** Hinduism
- **D:** Sikhism
- **Answer:** Sikhism

43. **Q:** Which religion does not practice monotheism?

- **A:** Islam
- **B:** Christianity
- **C:** Judaism
- **D:** Hinduism
- **Answer:** Hinduism (Generally, though some sects are monotheistic)

44. **Q:** Place of worship for Muslims is known as

- **A:** Mosque
- **B:** Temple
- **C:** Church
- **D:** Stupas
- **Answer:** Mosque

45. **Q:** Muhammad the prophet in Islam is

- **A:** Scientist
- **B:** A messenger
- **C:** Light
- **D:** Educator
- **Answer:** A messenger

46. **Q:** Faith in only one god is

- **A:** Monotheism
- **B:** Polytheism
- **C:** Multi-Cultural
- **D:** Multi-Religious
- **Answer:** Monotheism

47. **Q:** was one of the core teachings of lord Mahavira.

- ☐ **A:** Rituals
- ☐ **B:** Ahimsa
- ☐ **C:** Bhakti
- ☐ **D:** Philanthropy
- ☐ **Answer:** Ahimsa

48. **Q:** Spirituality refers to....

- ☐ **A:** Self search
- ☐ **B:** Seeking meaning and purpose
- ☐ **C:** inner peace
- ☐ **D:** All of above
- ☐ **Answer:** All of above

Questions from FOP-Mocktest-2.xlsx ^[4]

1. **Q:** Where was Jesus Christ born?

- ☐ **A:** Iraq
- ☐ **B:** Jerusalem (Bethlehem, near Jerusalem, is traditionally cited)
- ☐ **C:** Mecca
- ☐ **D:** Medina
- ☐ **Answer:** Jerusalem (Contextually, Bethlehem is the precise answer, but Jerusalem is the closest major city provided)

2. **Q:** What is the literal meaning of "Buddha"?

- ☐ **A:** Enlightened one (Enlightened one)
- ☐ **B:** Yogi
- ☐ **C:** Sanyasi
- ☐ **D:** Sadhaka
- ☐ **Answer:** Enlightened one (Enlightened one)

3. **Q:** Upanishads talk about....

- **A:** Self-purification
- **B:** Self-transformation
- **C:** Self-inquiry
- **D:** All of above
- **Answer:** All of above

4. **Q:** The word 'Veda' has been derived from the root word 'Vid' which means.....

- **A:** sacredness
- **B:** Doctrine
- **C:** Knowledge
- **D:** Divinity
- **Answer:** Knowledge

5. **Q:** Which of the following Vedas is rendered musically?

- **A:** Sama Veda
- **B:** Rig Veda
- **C:** Yajur Veda
- **D:** Atharv Veda
- **Answer:** Sama Veda

6. **Q:** Which of the following Vedic literature refers to the 'to sit near the feet of'?

- **A:** Vedangas
- **B:** Upanishads
- **C:** Aranyakas
- **D:** Brahmanas
- **Answer:** Upanishads

7. **Q:** In the early Vedic-period, Varna system was based on

- **A:** Money
- **B:** Birth
- **C:** Occupation
- **D:** Race

- **Answer:** Occupation

8. **Q:** The Upanishads are the____

- **A:** Great Epics
- **B:** Story books
- **C:** Source of Hindu Philosophy
- **D:** Law books
- **Answer:** Source of Hindu Philosophy

9. **Q:** Vedic culture evolved from which civilisation?

- **A:** Mayan
- **B:** Harrapan Civilisation
- **C:** Greece Civilisation
- **D:** African Civilisation
- **Answer:** Harrapan Civilisation (More accurately, it developed in the Indian subcontinent, with debates on its relationship with the Indus Valley/Harappan Civilization)

10. **Q:** Which of the following is the oldest of the Vedas?

- **A:** Yajur Veda
- **B:** Rig Veda
- **C:** Sama Veda
- **D:** Atharv Veda
- **Answer:** Rig Veda

11. **Q:**was the 24th and last Tirthankar in Jainism.

- **A:** Vardhman Mahavir
- **B:** Rishabhdev
- **C:** Ajitnath
- **D:** Neminath
- **Answer:** Vardhman Mahavir

12. **Q:** The language in which Lord Buddha preached?

- **A:** Urdu

- **B:** Pali
- **C:** Hindi
- **D:** Hebrew
- **Answer:** Pali

13. **Q:** Which of the following is not included in Three Jewels त्रिरत्न of Jainism?

- **A:** Right Knowledge
- **B:** Right Conduct
- **C:** Right Faith
- **D:** Creator
- **Answer:** Creator

14. **Q:** Identify the Buddhist literature from the following

- **A:** Upanishads
- **B:** Tripitakas
- **C:** Gita
- **D:** Brahmsutra
- **Answer:** Tripitakas

15. **Q:** The language in which Lord Mahavir preached?

- **A:** Urdu
- **B:** Hindi
- **C:** Prakrit
- **D:** Marathi
- **Answer:** Prakrit

16. **Q:** Is Ek Onkar a moolmantra of which religion?

- **A:** Judaism
- **B:** Buddhism
- **C:** Sikhism
- **D:** Islam
- **Answer:** Sikhism

17. **Q:** Siddhartha Gautama was the founder of

- **A:** Judaism
- **B:** Sikhism
- **C:** Buddhism
- **D:** Islam
- **Answer:** Buddhism

18. **Q:** The belief that there are many gods is referred to as _____

- **A:** Monotheism
- **B:** Metaverse
- **C:** Multi Cult
- **D:** Polytheism
- **Answer:** Polytheism

19. **Q:** Which one is sect in Jainism?

- **A:** Shwetambar
- **B:** Thervada
- **C:** Samartha
- **D:** Hinyana
- **Answer:** Shwetambar

20. **Q:** Which one is a school in Buddhism?

- **A:** Shwetambar
- **B:** Digambar
- **C:** Samartha
- **D:** Mahayana
- **Answer:** Mahayana

21. **Q:** Important teaching in Christianity are

- **A:** Group,Game,Gambling
- **B:** Guilt, Grace, and Gratitude
- **C:** Group,Guide,Gratitude

- **D:** Guide,Gamble,Game
- **Answer:** Guilt, Grace, and Gratitude

22. **Q:** Sahada,Salah,Swam,Zakat and Hajj are the five pillars described in which religion?

- **A:** Buddhism
- **B:** Jainism
- **C:** Judaism
- **D:** Islam
- **Answer:** Islam

23. **Q:** 5th pillar of Islam Hajj meaning.....

- **A:** Donation
- **B:** Prayer
- **C:** A pilgrimage to Mecca
- **D:** Service
- **Answer:** A pilgrimage to Mecca

24. **Q:** Meaning of Zakat is.....

- **A:** A pilgrimage
- **B:** Charity or alms-giving
- **C:** Prayer
- **D:** Worship
- **Answer:** Charity or alms-giving

25. **Q:** Teachings of Guru Nanak Dev Ji

- **A:** Nam Simran
- **B:** Kirt Karo
- **C:** Wand Chakho
- **D:** All of above
- **Answer:** All of above

26. **Q:** The Sikh religion is strictly

- **A:** Monotheistic

- **B:** Polytheistic
- **C:** Non-God
- **D:** Multi-Cult
- **Answer:** Monotheistic

27. **Q:** Who is a founder of Sikhism?

- **A:** Guru Gopal
- **B:** Guru Govind (Guru Gobind Singh was the 10th Guru, Guru Nanak was the founder)
- **C:** Guru Nanak
- **D:** Guru Amarjit
- **Answer:** Guru Nanak

28. **Q:** Name the holy book of the Sikhs

- **A:** Guru Kitaab
- **B:** Guru Granth Sahib
- **C:** BhagvadGita
- **D:** Upanishads
- **Answer:** Guru Granth Sahib

29. **Q:** Who is credited with founding the philosophical system of Taoism?

- **A:** Lao-Tzu
- **B:** Prophet Mohamad
- **C:** Confucius
- **D:** Kong Qiu
- **Answer:** Lao-Tzu

30. **Q:** Pranayam means...

- **A:** Prayers
- **B:** Yogic Breathing
- **C:** Happiness
- **D:** Bliss
- **Answer:** Yogic Breathing

31. **Q:** Hinduism is religion.

- **A:** Monotheistic
- **B:** Multi-Cult
- **C:** Polytheistic
- **D:** Non- God
- **Answer:** Polytheistic (Often described as henotheistic or having polytheistic manifestations of a singular ultimate reality)

32. **Q:** Who is known as Adi Kavi(First Poet)?

- **A:** Valmiki
- **B:** Vyasa
- **C:** Kalidas
- **D:** Bhavbhuti
- **Answer:** Valmiki

33. **Q:** Maya meansaccordingly to Vedic philosophies.

- **A:** False
- **B:** Happiness
- **C:** Bliss
- **D:** Illusion
- **Answer:** Illusion

34. **Q:** A set of attitudes, practices, and beliefs about life is called

- **A:** Diversity
- **B:** Religion
- **C:** Government
- **D:** Caste
- **Answer:** Religion

35. **Q:** Who is a founder of Islam?

- **A:** Abraham
- **B:** Moses

- **C:** David
- **D:** The Prophet Muhammad
- **Answer:** The Prophet Muhammad

36. **Q:** What is the holy month of fasting for Muslims called?

- **A:** Ashadi
- **B:** Muharram
- **C:** Ramadan
- **D:** Rajab
- **Answer:** Ramadan

37. **Q:** The holy book of Islam is.....

- **A:** Bible
- **B:** Torah
- **C:** Quran
- **D:** Gita
- **Answer:** Quran

38. **Q:** Vedas are called as

- **A:** Apaurashey
- **B:** Long Gita
- **C:** Dharma Gita
- **D:** GitaGovinda
- **Answer:** Apaurashey

39. **Q:** Samhita is a part of Vedas comprising...

- **A:** Collection of Mantras
- **B:** Collection of Texts
- **C:** Collection of Yagnyas
- **D:** None of the above
- **Answer:** Collection of Mantras

40. **Q:** Rigveda, Samaveda, Yajurveda, Atharvaveda are called as...

- **A:** Kruti
- **B:** Shruti
- **C:** Purana
- **D:** Manvantar
- **Answer:** Shruti

41. **Q:** Brahmacharya (student), Grihastha (householder), Vanaprastha (forest walker/forest dweller), and Sannyasa (renunciate) are called as System.

- **A:** Ashram
- **B:** Varna
- **C:** Purushartha
- **D:** Ghanapatha
- **Answer:** Ashram

42. **Q:** Dharma, Artha, Kama, and Moksha are collectively called as

- **A:** Four Purushartha
- **B:** Four Ashrama
- **C:** Four Varna
- **D:** Four Vighraha
- **Answer:** Four Purushartha

43. **Q:** Upanishadas are the

- **A:** Philosophical principles and ideas from Vedas
- **B:** Philosophical principles and ideas from Puranas
- **C:** Philosophical principles and ideas from Bhagavad Gita
- **D:** Philosophical principles and ideas from Ramayana
- **Answer:** Philosophical principles and ideas from Vedas

44. **Q:** Where is pilgrimage Mecca situated at?

- **A:** Russia
- **B:** Srilanka
- **C:** Saudi Arabia

- **D:** India
- **Answer:** Saudi Arabia

45. **Q:** Where is pilgrimage Kashi situated at?

- **A:** Maharashtra
- **B:** Madhya Pradesh
- **C:** Uttar Pradesh
- **D:** Hariyana
- **Answer:** Uttar Pradesh

46. **Q:** Which three are known as Abrahamic Religion?

- **A:** Islam, Christianity, Jainism
- **B:** Jainism, Hinduism, Buddhism
- **C:** Islam, Taoism, Christianity
- **D:** Islam, Christianity, Judaism
- **Answer:** Islam, Christianity, Judaism

47. **Q:** As per the Islam, There is no god but, and is his messenger

- **A:** Allah, Rehman
- **B:** Allah, Muhammad
- **C:** Allah, Akbar
- **D:** Allah, Kabir
- **Answer:** Allah, Muhammad

48. **Q:**interprets the relationship between individual soul and supreme soul.

- **A:** Upanishads
- **B:** Ramayana
- **C:** Charvaka
- **D:** Panini
- **Answer:** Upanishads

49. **Q:** During which month of the Islamic lunar calendar do Muslims fast from dawn to sunset?

- **A:** Ramadan

- **B:** Muhharam
- **C:** Dul-Hijjah
- **D:** Zakat
- **Answer:** Ramadan

50. **Q:** What is the term for the almsgiving obligation for Muslims to help those in need?

- **A:** Hajj
- **B:** Swam (Sawm - fasting)
- **C:** Zakat
- **D:** Shahada
- **Answer:** Zakat

51. **Q:** The Upanishads are often referred to as the: (Repeated Question from [1])

- **A:** End Portion of Vedas
- **B:** Shruti
- **C:** Smriti
- **D:** Puranas
- **Answer:** End Portion of Vedas

Additional Questions and Answers

These questions are based on the provided study material Foundations-of-Peace_StudyMaterial_April_2025.pdf [2] and aim to cover key concepts for your exam.

1. **Q:** What is the main social purpose of peace education according to Betty Reardon?
 - **A:** To eliminate social injustice, reject violence, and abolish war by transforming social structures and patterns of thought[2].
2. **Q:** Explain the difference between "negative peace" and "positive peace" as conceptualized by Johan Galtung.
 - **A:** **Negative peace** refers to the absence of direct violence or war, like a ceasefire, but doesn't address underlying conflict causes[2]. **Positive peace** goes further, aiming to eliminate structural and cultural violence by establishing justice, equality, and conditions for overall well-being and development[2].

3. **Q:** What are the three main types of violence identified by Johan Galtung? Briefly describe each.

○ **A:**

- **Direct Violence:** Intentional physical or psychological harm, like assault or war^[2].
- **Structural Violence:** Harm embedded in social, economic, and political structures, leading to inequality and preventing people from meeting basic needs (e.g., poverty, discrimination)^[2].
- **Cultural Violence:** Aspects of culture (religion, ideology, language, art, science) that legitimize direct or structural violence, making them seem normal or acceptable (e.g., racism, sexism)^[2].

4. **Q:** What are the four Purusharthas in Hindu philosophy, and what does each represent?

○ **A:** The four Purusharthas are the fundamental goals of human life:

- **Dharma:** Righteousness, duty, ethical conduct^[2].
- **Artha:** Material well-being, economic prosperity, acquired ethically^[2].
- **Kama:** Desire, sensory and aesthetic pleasure, pursued within moral boundaries^[2].
- **Moksha:** Liberation from the cycle of birth and death, spiritual enlightenment^[2].

5. **Q:** What does the term 'Vedanta' refer to, and why are Upanishads called 'Vedanta'?

○ **A:** 'Vedanta' means the "end of the Vedas." Upanishads are called 'Vedanta' because they form the concluding portions of the Vedas and contain their philosophical essence or ultimate wisdom^[2].

6. **Q:** Briefly explain the concept of 'Ahimsa' and its significance in Jainism and Buddhism.

○ **A:** 'Ahimsa' means non-violence in thought, word, and deed.

- In **Jainism**, it is a central tenet, emphasizing extreme care to avoid harming any living being^[2].
- In **Buddhism**, it is part of the Eightfold Path and reflects compassion towards all sentient beings^[2].

7. **Q:** What is 'Satyagraha' and what are its core principles as advocated by Mahatma Gandhi?

- **A:** Satyagraha, meaning "truth force" or "soul force," is Mahatma Gandhi's philosophy and practice of nonviolent resistance. Its core principles include truth, non-violence (Ahimsa), self-suffering (tapasya), and a refusal to harm the opponent, aiming to convert them through love and patience^{[1][2]}.

8. **Q:** According to the study material, what is the significance of "Vasudhaiva Kutumbakam"?

- **A:** "Vasudhaiva Kutumbakam" is a Sanskrit phrase meaning "the world is one family." It signifies a global outlook, emphasizing unity, interconnectedness, and a sense of shared humanity, which is foundational to universal peace and harmony^[2].

9. **Q:** What are some tools of cultural violence mentioned in the study material?

- **A:** Tools of cultural violence include cultural norms that endorse discrimination, stereotypes and prejudices, racist or sexist language, and language-based discrimination that reinforces social hierarchies^[2].

10. **Q:** How does peace education contribute to social transformation?

- **A:** Peace education fosters understanding of conflict causes, equips individuals with nonviolent conflict resolution skills, and promotes critical analysis of social structures that perpetuate injustice, thereby empowering individuals to work towards a more harmonious and just society^[2].

11. **Q:** What are the two main parts each Veda is divided into, and what do they deal with?

- **A:** Each Veda is divided into *karma kanda* and *jnyan kanda*. *Karma kanda* deals with Samhitas (mantras) and Brahmanas (rituals and actions for material gains). *Jnyan kanda* deals with Aranyakas and Upanishads (knowledge and philosophical wisdom for spiritual understanding)^[2].

12. **Q:** Why are Vedas also known as 'Shruti'?

- **A:** Vedas are known as 'Shruti' (literally "hearing") because they belong to an oral tradition where the divine truths were heard by sages and transmitted orally through generations before being compiled in written form^[2].

13. **Q:** What is the role of a 'Pir' in Sufi tradition?

- **A:** In Sufi tradition, a 'Pir' is a spiritual guide or master, the Guru of the Sufis, who leads disciples on the spiritual path^{[1][2]}.

14. **Q:** What are the five pillars of Islam?

- **A:** The five pillars of Islam are:

- **Shahada:** The declaration of faith.
- **Salah:** Performing ritual prayers five times a day.
- **Zakat:** Almsgiving or charity to the needy.
- **Sawm:** Fasting during the month of Ramadan.
- **Hajj:** Pilgrimage to Mecca, if able^[4].

15. **Q:** How can inner peace be cultivated according to the study material?

- **A:** Inner peace can be cultivated through practices such as prayer, meditation, wisdom, and by addressing emotions like worry, anxiety, greed, and hatred^{[1][2]}.