



Bodh Mala – 11

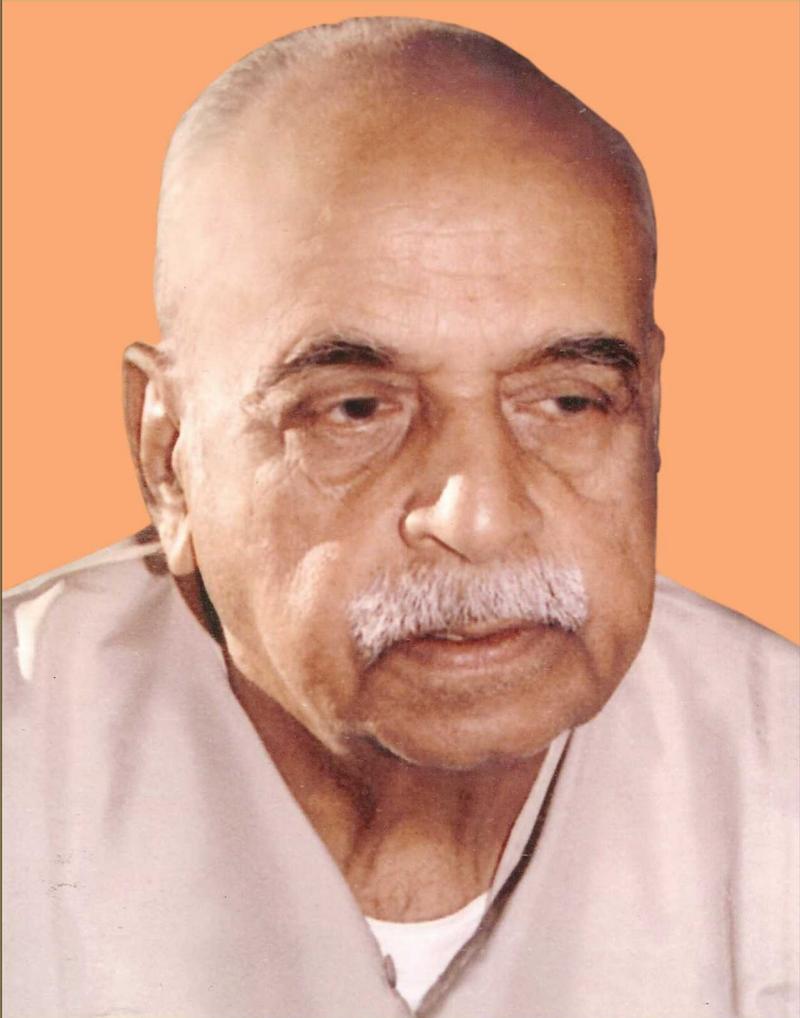
Akhila Bhāratiya Saṁskṛti Jñāna Parīkṣā

For

(All India Culture Awareness Examination)

Conducted by

Vidya Bharati Sanskriti Shiksha Sansthan



Pioneer of National Arising Moropant Pingle

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Preface

In almost all countries of the world, it is considered necessary and important to include inputs relating to their religion, culture and nationalism in the educational curriculum and, thereby, develop an awareness about these subjects among the students. Unfortunately, however, in our sacred Bhāratvarṣa, there is no concern about our dhārmika and cultural ethos being made a part of the educational system. While studied attempts were made, during the foreign rule, to create an apathy, to our dharma and culture, in post independence Bhārata too, no effective steps have been taken to induct, in our students, sentiments of pride and feelings of glory about our dharma and culture. The present state of decay in our national life owes itself, among other things, to this indifference also.

There is talk today to bring about total transformation of our Bhāratīya system of education. Need is being felt to make education, value-oriented. Efforts are being made to evolve a knowledge based society with scientific temper. In order to achieve this objective, what we need to do in the first place, is to educate our students from an emotional point of view. What we need to do is to give a preeminent position to the subjects of our eternal dharma, culture, ethics and spirit of nationalism in our system of education. Our forefathers have made matchless contribution in the spheres of knowledge and sciences with the objective of proper evolution of human society. It is necessary that our students understand this and take legitimate pride and develop self-confidence on account of these contributions of our elders. It is with these feelings that we have developed this series of books. We are confident that our Vidyālayas (schools) will be positively benefited by it.

In the present booklet, different topics have been dealt with in a nutshell. While this series would prove useful for "Saṁskṛti Jñāna Parīkṣā" (Culture Awareness Examination), We request our community of Ācāryas (teachers), to give detailed inputs, with contextual background, on these subjects so that they are motivated to undertake an in depth study there of.

Secretary

Vidya Bharati Sanskrit Shiksha Sanstha

Acknowledgement

It is an age of technological avalanche, soul-less materialism and cut-throat careerism. Our generation, getting education in the so-called English medium public schools, remains deprived of our cultural heritage. Therefore a great need was being felt for preparing an English version of the series of *Sanskriti Bodhmālā*. We wish to convey our deep and sincere gratitude to Shri Pran Nath Pankaj ji, a Chandigarh-based renowned scholar of Hindu philosophy, culture and dharma for his tireless help in bringing out the English version of the series. We feel proud of his association with this work. I do convey my thanks to Shri G.S. Mudambadithaya, President, Karnataka unit of Vidya Bharati, who alongwith his team, prepared the English version of some of the books of this series initially for using them in the schools affiliated with Vidya Bharati in Karnataka, and later permitted us for the publication of the same for using them at national level. I shall be failing in my duty if I do not convey my gratitude to Dr. Himmat Singh Sinha, retired Chairman of Dept. of Philosophy, Kurukshetra University who has devoted his precious time to editing and proof- reading work of the English scripts.

Secretary,
Vidya Bharati Sanskriti Shiksha Sansthan,
Kurukshetra

Scheme of Transliteration

Except certain standardized expressions, Sanskrit words / terms, where expressed in Roman script, have been transliterated as per the following scheme.

Vowels (स्वर)

अ a, आ ā, इ i, ई ī, उ u, ऊ ū, ऋ r, ॠ ṛ, लृ l, ए e, ऐ ai, ओ o, औ au, अं ṁ, अः ḥ.

Consonants (व्यञ्जन)

क् k, ख kh, ग् g, घ gh, ङ ṅ, च् c, छ ch, ज् j, झ jh, ञ ṅ, ट् t, ठ् th, ड् d, ढ dh, ण ṇ, त् t, थ् th, द् d, ध् dh, न् n, प् p, फ् ph, ब b, भ् bh, म् m, य् y, र् r, ल् l, व् v, श् ś, ष ṣ, स् s, ह् h, क्ष kṣ, त्र tr, ज्ञ jñ,

Each consonant has to be followed by the appropriate vowel, as required, to make the sound complete; hence क (क्+अ) would be ka. Similarly का (क्+आ) = kā, कि (क्+इ) = ki, की (क्+ई) = kī, कु (क्+उ) = ku, कू (क्+ऊ) = kū, कृ = (क्+ऋ) = kṛ and so on.

Explanatory Note (व्याख्यात्मक विवरण)

'C' का उच्चारण आम भाषा में 'स' जैसे cell या 'क' जैसे Club होता है परन्तु इस अन्तर्राष्ट्रीय पद्धति में इसका उच्चारण केवल 'च' होगा, वहां 'च' के लिए ch नहीं लिखा जाएगा जैसे carana (चरण) 'छ' के लिए ch लिखा जाएगा, जैसे chātra (छात्र) यदि च्छ लिखना हो तो cch, जैसे गच्छति = gacchati. ś = श, ṣ = ष और s = स यह अन्तर भी अपने आचार्यों को स्पष्ट सीखना पड़ेगा अन्यथा 'श' के लिए वे sh लिखेंगे। ज्ञ के लिए Jñ तो आसानी से समझ आ जाता है, ऋ के लिए r (जैसे ṛṣi). इस पद्धति का प्रयोग केवल संस्कृत शब्दावली के अनुवाद पर लागू होता है हिन्दी, हिन्दुस्तानी, उर्दू पर लागू नहीं होता।

अकारान्त अ, (क्+अ) = क और हलन्त का भेद भी संस्कृत शब्दों पर ही लागू होता है जिसे स्पष्ट समझना पड़ेगा। इसके पालन से उच्चारण दोष नहीं रहेगा।

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राष्ट्र गीत - वन्दे मातरम्

वन्दे मातरम्!

सुजलां सुफलां मलयज-शीतलाम्,

शस्य श्यामलां मातरम्! वन्दे मातरम् ॥1॥

शुभ्र-ज्योत्स्ना-पुलकित-यामिनीम्।

फुल्ल-कुसुमित-द्रुमदल-शोभिनीम्।

सुहासिनीं, सुमधुर-भाषिणीम्।

सुखदां, वरदां, मातरम्! वन्दे मातरम् ॥2॥

कोटि-कोटि-कण्ठ कल-कल-निनाद-कराले,

कोटि-कोटि-भुजैर्धृत-खर-करवाले,

अबला केनो माँ एतो बले।

बहुबल-धारिणीं, नमामि तारिणीम्,

रिपुदल-वारिणीं मातरम्! वन्दे मातरम् ॥3॥

तुमि विद्या तुमि धर्म,

तुमि हृदि तुमि मर्म,

त्वं ही प्राणाः शरीरे।

बाहुते तुमि मा शक्ति,

हृदये तुमि मा भक्ति,

तोमारई प्रतिमा गडि मन्दिरे-मन्दिरे। वन्दे मातरम् ॥4॥

त्वं हि दुर्गा दशप्रहरण-धारिणी,

कमला कमल-दल-विहारिणी,

वाणी विद्यादायिनी, नमामि त्वाम्

नमामि कमलां अमलां अतुलाम्,

सुजलां सुफलां, मातरम्! वन्दे मातरम् ॥5॥

श्यामलां सरलां सुस्मितां भूषिताम्,

धरणीं भरिणीं मातरम्! वन्दे मातरम् ॥6॥

Invocation to *Saraswatī*, the Goddess of Learning

या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता।
या वीणावरदण्डमण्डितकरा या श्वेतपदमासना।
या ब्रह्माऽच्युतशंकरप्रभृतिभिर्देवैः सदा वन्दिता॥
सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा॥1॥

Meaning : May Goddess *Saraswatī*, the destroyer of slothfulness and ignorance, protect us. She is fair complexioned like the hues of jasmine flower, frost and necklace of pearls. She is wrapped in white garments. In her hands, *vīṇā* (lute) and *danḍa* (staff) are gracefully held. She is seated on a white lotus. *Brahmā*, *Acyuta* (Viṣṇu), *Śiva* and other gods always pay obeisance to her.

शुक्लां ब्रह्मविचारसारपरमाम् आद्यां जगद् व्यापिनीम्।
वीणापुस्तकधारिणीमभयदां जाड्यान्धकरापहाम्॥
हस्ते स्फाटिकमालिकां विदधतीं पद्मासने संस्थिताम्।
वन्दे तां परमेश्वरीं भगवतीं बुद्धिप्रदां शारदाम्॥2॥

Meaning : I salute *Śāradā* (*Saraswatī*), the Supreme Goddess, and the bestower of knowledge. She is of white complexion; She is the embodiment of the highest spiritual learning and represents its essence. She is the foremost among all forms of divine energy and is omnipresent. In her hands, she carries *vīṇā* (lute), *pustaka* (book) and rosary of crystal beads (*sphāṭika mālā*); she is remover of the darkness of ignorance and occupies the lotus-seat.

प्रार्थना

हे हंस वाहिनी ज्ञानदायिनी, अम्ब विमल मति दे।
जग सिरमौर बनायें भारत, वह बल विक्रम दे।
अम्ब विमल मति दे॥
साहस शील हृदय में भर दे, जीवन त्याग तपोमय कर दे,

संयम सत्य स्नेह का वर दे, स्वाभिमान भर दे॥1॥
लव, कुश, ध्रुव, प्रह्लाद बनें हम, मानवता का त्रास हरें हम,
सीता, सावित्री, दुर्गा माँ, फिर घर-घर भर दे॥2॥
हे हंसवाहिनी, ज्ञानदायिनी, अम्ब विमल मति दे॥

Prayer

O Mother! you ride *Haṁsa* (swan) and are the bestower of wisdom. Give us unblemished intellect. Give us the valour and power so that we may make *Bhārata*, the crest-jewel of the world.

O Mother! fill our hearts with courage and character, make our lives the symbols of renunciation and austerity. Give us the boons of self-restraint, truthfulness, and love and fill us with pride in ourselves.

May we become like *Lava*, *Kuśa*, *Dhruva* and *Prahlāda*. May we liberate humankind from fear. O Mother! may our families be full of *Śītās*, *Sāvitrīs* and *Durgās* once again.

O Mother! The rider of *Haṁsa* (Swan), bestower of knowledge, give us unblemished intellect.

1. Bhārata, The Motherland

To the North of Hindu Mahāsāgara (Indian Ocean) and the South of Himālaya is situated this great county, Bhārata. Śrī Guruji Golwalkar used to worship this land as the Universal Mother incarnate. Swamī Vivekananda had a vision of this very Motherland, in his meditation at the rock of *Śrīpādasīlā* (श्रीपादशिला). Swami Rāma Tīrtha used to say, “I am Bhārata. My body can be compared with her land. Two legs of mine are Mālābār and Cholamandalam. My feet are Kanyā Kumārī. Himālaya is my head. The Gaṅgā and the Brahmaputra – the mighty rivers – are like my hair. Deserts of Rajasthan and Gujarat are, as it were, my heart. My arms extend east and westwards”. It is the duty of every Bhārāṭīya to learn more and more about its immense and divine form.

On this sacred land, Bhārata, are situated Panca Sarovara (five lakes), holy rivers and four *dhāmas* (holy abodes) in four directions. They are the links which lend strength to its unity and integrity. Likewise, on this very land are located seven holy cities (सप्तपुरी), which lead to ultimate deliverance (मोक्ष).

अयोध्या मथुरा माया काशी काञ्ची अवन्तिका।

पुरी द्वारावती चैव सप्तैता मोक्षदायिकाः॥

These seven Purīs are :

- (a) *Ayodhyā* – Situated on the bank of river *Sarayū*, capital of Ikṣvāku (इक्ष्वाकु) dynasty and the birthplace of Lord *Rāma*.
- (b) *Mathurā* – On the right bank of *Yamunā*, this holy city was founded by *Śatrughna*, the younger brother of *Rāma*, after killing the demon *Madhura*. Birthplace of Lord *Kṛṣṇa*.
- (c) *Māyā (Haridwār)* – A great centre of pilgrimage where *Kumbha* festival is held every 12th year. Major sacred spots are ‘*Har-ki-Paudi*’ and the ‘*Temple of Dakṣa Prajāpati*’.
- (d) *Kāśī* – Situated in the Eastern Uttar Pradesh, on the bank of Gaṅgā, *Kāśī* is the most ancient city of the world. Among its famous holy places are the Temple of *Viśālākṣī Devī*,

Daśásvamedha Ghāṭa and *Viśvanātha Jyotirlingam* (विश्वनाथ ज्योतिर्लिंग) Kāśī is known as the cultural capital of Bhārata.

- (e) *Kāñcīpuram* – Kāśī of South India, Kāñcīpuram is situated in the Chingalapet district of Tamil Nadu, 40 km. South-West of Chennai. The famous temple of *Kāmākṣī Devī* is situated here. The *Kāñcīkamakoṭi Maṭha* of *Śaṅkarācārya* is situated here.
- (f) *Avantikā (Ujjain)* – the seat of administration of Emperor Vikramāditya and King Bhoja. Located on the bank of *Kṣiprā* river. The abode of *Mahākāleśvara Śiva*, one of the twelve *Jyotirlingams*. *Kumbha* festival is held here once every twelve years.
- (g) *Dvārakāpurī* – On the seashore of Saurashtra (Gujarat), this is the capital of Lord Kṛṣṇa. It is one of our four, sacred abodes (धाम). The *Śāradāpīṭha*, established by Ādi Śaṅkarācārya is situated here.

Introduction to the major cities and places of pilgrimage of North-Western and Northern Bhārata.

1. *Vaiśālī* – The ancient city of Bihar, capital of the famous Licchavī Republic (लिच्छवी गणराज्य).
2. *Takṣaśilā* (now Texla) – the famous international centre of education, situated near Rawalpindi. Ācārya Cāṇakya (चाणक्य), was a graduate of and a teacher at this university. Paṇini (पाणिनि) also studied and taught here.
3. *Ekaliṅga Jī* (एकलिंग जी) – The Śiva Temple situated in Rajasthan on Udaipur–Nathdwara road, is known as Ekaliṅga Ji. It is the family deity of Maharanas of Mewar.
4. *Paśupatiṅgā* (Kathmandu) – Situated in Nepal, *Paśupatiṅgā*, deity in this temple, is one of the eight idols (*aṣṭamūrtis*) of Śiva.
5. Prayāga – On the confluence of Gaṅgā and Yamunā, it is a famous holy city of Uttar Pradesh. It is also known as

trivenī, the confluence of three rivers, because the invisible Saraswatī also meets the other two rivers here.

6. *Amritsar* – Famous for Golden Temple gurudwara. Situated in Punjab. It is here that a memorial has been erected in the memory of the martyrs of Jallianwala Bagh carnage. *Durgānā Mandir* is also situated here.

Where are the following worth-seeing and historical places situated?

(i) Amarnāth Cave (Kashmir), (ii) Char Minar [Bhagya Nagar (Hyderabad)], (iii) Brindavan Gardens (Mysore, Karnataka), (iv) Dilwara Temples, Arbudanchal (Mt. Abu, Rajasthan), (v) Vivekananda Rock Memorial (Near Kanyā Kumārī), (vi) Mahākāla Temple (Ujjain), (vii) Vijay Ghat (New Delhi), (viii) Kīrti Stambha (Chittor), (ix) Bhārata Mātā Mandir (Haridwar), (x) Gol Gumbad (Bijapur), (xi) Ajanta & Ellora Caves (Aurangabad, Jalgaon, Maharashtra), (xii) Mīnākṣi Temple (Madurai), (Xiii) Mahābalipuram (Tamil Nadu).

Eminent Places of North East and Eastern India –

- (1) *Nabadwīpa* – The birthplace of *Caitanya Mahāprabhu*, situated on the bank of Gaṅga in West Bengal.
- (2) *Jayantiyā* – This is a hillock. Shillong, the capital of Meghalaya, a beautiful hill-station is located on this hillock. A major *Śaktipīṭha*; where the Jayanti Devī temple is also situated.
- (3) *Dimapur* – Now situated in Nagaland, it has been mentioned as *Hiḍimbāpura* in the *Mahābhārata*. *Bhīmsena* married *Hiḍimbā* here.

Our States

Tamil Nadu

Geographical Data – Tamil Nadu is a sprawling state on the shore of Hindu Mahāsāgara (Indian Ocean) and Gaṅgā Sāgara (Bay of Bengal). It has 29 districts.

Area – 1,30,058 sq. km

Population	– 7,21,38,958 (According to census 2011)
Capital	– Chennai
Literacy	– 80.33%
Main hills	– Nīlagiri and Malayagiri
Main rivers	– Kāverī (Cauvery), Tāmraparnī, Pennar

Main cities and places of pilgrimage

1. *Chennai* – Capital city. Chennammā is its presiding deity; a major port. The land of action of Sage *Agastya*.
2. *Rāmeśwaram* – The Jyotirlinga (Śivaliṅga) consecrated by Lord Rāma. The Gaṅgā water brought from Gaṅgotarī is offered here and the sands from here are taken to be offered into the Gaṅgā. Every Hindu looks forward to visiting Rāmeśwaram at least once in his life. This is one of the four holy Shrines of the Hindus.
3. *Madurai* – Capital of Paṇḍyas where Mīnākṣī temple is situated. This well-planned, ancient city is a centre of education and trade.
4. *Mahābalipuram* – A city of Tamil Nadu. Its ancient name is Māmallapuram. A tourist centre with abundance of Pallava style sculpture. The stories of the Mahābhārata times are engraved here.
5. *Paksitīrtha* – Every mid-day, a bird-couple comes on this hill to partake of the *prasāda* of lord śiva.
6. *Śri Raṅgam* – A city on the banks of Kāverī, with a large temple of Lord Viṣṇu. The deity here is in a sleeping posture.
7. *Kumb(h)akoṇam* – Holy place of pilgrimage where a famous religious festival takes place once every 12 years, in which millions of people participate, like the Kumbha festival of *Prayāga*.
8. *Thanjavur* – This is known for its ancient temple. Its top most *śikhara* (शिखर, apex point) is dimensionally so erected that its shadow never falls on the earth. A huge library is also situated here, wherein rare books and

manuscripts, representing wisdom and scientific knowledge of our ancestors, are preserved.

9. *Kanyākumārī* – The confluence of three oceans, temple of Kanyākumārī, the seat of goddess *Pārvatī*'s penance and Vivekananda Rock Memorial make it a famous place.
10. *Puducherry (Pandeycherry)* – A Union Territory, the seat of the Great Yogī Aurobindo's self-realisation. A centre of education.

Literature

Many an ancient book was also written in Tamil language. Let's know a little about the Tamil literature –

1. Tolakappiyam – It is the famous work of Tamil grammar. Its author Tolakappiyam was a disciple of the sage Agastya.
2. Among the five epics, Śilapathigāram and *Maṇimekhalai* are famous for enunciating the principles of Buddhism, while in the other three, Jeevan Chintamani, Kuṇḍalakeshi and Valayapathi, the principles of Jainism have been expounded.
3. *Tamil scripts* – Vatta Elattu is written in the rounded letters and Vettu Ekattu – the script for holy scriptures, is meant for writing in Sanskr̥ta.
4. Mahākavi Kamban's *Kamba Rāmāyaṇa*. It has six *kāṇḍas* (cantos). Its *Uttarakāṇḍa* was completed by the poet Ottookkattun.
5. *Subrahmanyam* Bhārātī was the national poet whose 'Panchali Shapatham' is a national poem and the nation's cherished treasure.
6. *Tirukkural* was written by the saint *Thiruvalluvar* and is known as the Tamil Veda.

Eminent Personalities

1. Dr. Chandrashekhar Venkataraman – born on Nov. 7, 1888, in Tiruchirapalli, died Nov. 21, 1970, in Bangalore.

Passed Matriculation Examination at the age of 12. In 1909, a research paper on light diffraction. On March 16, 1928, he enunciated 'Raman Effect' and with its help, discovered the structure of more than 2000 objects. This also led to the invention of laser. Received Nobel Prize in 1930. Founded Raman Research Institute in Bangalore where he devoted his entire life to research. He also made several discoveries in the field of magnetism and of musical instruments. His message was : Independent thinking and hard work are more important for research than the equipments.

2. Mathematician Srinivas Ramanujam – A mathematician of world fame and a member of Royal Society, he was honoured with the trinity fellowship. After matriculation, he did not pass any university examination and yet got highest degrees of D.Math, Rangler Mathematics, Tripos. He was the first scholar to receive all these three degrees. He was the founder of the theory of statistics.
3. *Śrī Rāmānujācārya* – The Ācārya of *Srīvaiṣṇava sect* and exponent of *Viśiṣṭādvaita* school of philosophy, he publicly pronounced the great *mantra* (महामंत्र).
4. Chakravarti Rajagopalachari – Litterateur, statesman and the first and the last Indian Governor General of independent India.
5. Dr. Sarvepalli Radhakrishnan – World famous philosopher, educationist and the second president of Bhārata. His birthday, the 5th September, is celebrated as the Teachers Day.

Madhya Pradesh

Area	– 3,08,245 sq. km.
Capital	– Bhopal
Population	– 7,25,97,565 (as per census 2011)
Districts	– 51
Language	– Hindi
Literacy	– 70.63%

Geographical data – The entire Madhya Pradesh, with the exception of Narmadā and Tāptī Vallies, is a plateau. Extending through it are the Vindhya-chala and Satpura ranges. Major rivers of this state are Chambal, Betawā, Narmadā, Tāptī, Mahānadī, Sone, Payasvinī and Indrāvātī.

A special characteristic of Madhya Pradesh is the highest number of tribes it has. Tribals constitute majority of the population in 23 of its districts. Noteworthy among these tribes are Gonds (गोंड), Bhīls (भील), Orāns (ओरण), Korkons (कोरकोण) and Kols (कोल).

History – Following the reorganisation of states, the present Madhya Pradesh came into existence in 1956. Included in it are the 17 Hindi speaking districts of the erstwhile Madhya Pradesh, erstwhile Madhya Bhārata, erstwhile Vindhya Pradesh, princely state of Bhopal and Sironj Sub-division of district Kota.

Economy – Based primarily on agriculture. 52.06% of the entire land is under irrigation. Major crops of the state are millet, wheat, rice, ditch millet (कोदो), Kutko(कुटको), Sawān (सवाँ), gram etc. Commercial crops are oilseeds, cotton, sugarcane, soyabeans etc. Madhyapradesh is rich in natural resources like manganese, iron, coal, lime, stone and tin.

Major Industries – Bharat Heavy Electricals (BHEL) in Bhopal, Security Paper Mill in Hoshangabad, Bank Notes press in Dewas, News Paper Mill in Neapanagar, Alkloid factory at Neemuch. There are cement factories, automobile factory, ordnance factory, ammunition factory and 27 textile mills in Madhya Pradesh. BHEL, Bhopal is the first electrical–equipments factory of India and the biggest one of its kind in Asia.

Cultural and Tourist Centres

Madhya Pradesh abounds in architectural marvels. On their stones comes alive, even today, the ancient history. Bhim Betika, near Bhopal has been protected as world-heritage site.

The world famous archeological temples of Khajuraho, Mahākāleśwara temple of Ujjain, Sāncī Stūpa – the Buddhistic

dome; the fort of Gwalior, Gujari Mahal of Mandu fort are the specimens of the rich heritage of Madhya Pradesh. Nature has been very generous in bestowing beauty upon it. Amarkantak, the source of Narmadā and Sone rivers is the place where saints and seers in ancient time used to practise penance, a centre of tourism. Likewise, the marble rocks near Jabalpur also speak of its natural beauty. Nearby is the National Sanctuary of Kanha. Among the places worth seeing are also Bāndhavagarh, Pachmarhī and Ramban Satna. The lake of Bhopal in this state is known for its beauty and grandeur.

The very mention of *Citrakūṭa* reminds us of Lord Rāma in exile. On its ghat, Śrī Rāma appeared before the saint-poet Goswāmī Tulasīdāsa. Even today every particle of this holy place reverberates with the name of Rāma. Part of *Citrakūṭa* falls in Uttar Pradesh.

The History of Madhya Pradesh has seen many ups and downs. The brave women of this land evoke respect and reverence for women. The Maheshwar fort on the bank of Narmadā, constructed by Ahalyabai, the queen of Malwa, the *Gadhamaṇḍala* fort of Rani Durgawati, the grand statute of Maharani Lakshmi Bai at her Samadhi, close to the Gwalior fort: all of them beckon our countrymen to pay homage to and draw inspiration from them.

Madhya Pradesh is the birth place of Emperor Vikramāditya, Poet Kālidāsa, Bāṇa Bhaṭṭa, Varāha Mihira, King Bhoja and the prince among Indian musicians, Tansen, the disciple of Swāmī Haridās. Their native places have become the places of pilgrimage in our times.

Chhattisgarh

Area	–	1,35,191 sq km.
Capital	–	Raipur
Population	–	2,55,40,196 (as per census 2011)
Language	–	Hindi, The chhattisgarhi dialect is in vogue.
Literacy	–	71.4%
Districts	–	27

Chhattisgarh was carved on November 2001 out of former Madhya Pradesh by amalgamation of 16 districts of the latter. This is a tribes-majority state.

Economy - 46% of this state is covered by forests. Most of the forest area is full of medicinal leaves and herbs. Tendu leaf (*diospyros peregrina*), chironji (*chironjia sapada*), harar (*myrobalan*), bahera (*emblic myrobalan*), sal (*shorea robusta*), mahua (*madhuca latifolia*) etc. are the forest products. Since it is a plateau area, agricultural land is very little.

From the point of view of mineral products, Chhattisgarh is indeed, quite rich. Coal, copper, limestone, manganese etc. are available aplenty. The world famous diamond mine is located at the place named Divbhag in Raipur district. Bhilai steel factory and Korba BALCO factory are among the major industries. The ancient caves of Ambikapur, the sanctuary of Jagdalpur and the Buddhistic monastery of Rājnāndgāon are the worth seeing religious places. The historic cities of Champa, Jaspur and Mahasamund are the priceless legacies of this state.

Cultural and Tourist Centres — Chattisgarh has many architectural marvels. The temple of Boramdev near Kavardha and the ancient Lakṣmana Temple of Shivapur are considered a world heritage from Archological point of view. The ancient caves of Ambikapur in Bastar, Chitrākūta, the water fall of Tirathgarh and the cave of kutumsara are very famous monuments. Danteshwari Devi of Dantewada, Kamleswari Devi of Dungargarh and Mahamaya devi of Ratanpur are famous Shaktipithas. Confluence of three rivers, Rājima, Shibaī Nārāyana, the birth place of Sain Ghasidasji, Girodapurī and the birth place of Mahaprabhu Vallabhācārya champaran are the eminent religious places (where a grand fair is organized every year). The sanctuary of Jagdalpur, the Baudha stupa of Rajanandgaon are religious places worth seeing, Champa, Jasapur and Mahasamund are the heritage cities of the state.

Prominent national leaders of this state are martyr Vir Narayan Singh, Thakur Pearey Lal Singh, Barrister Chedi Lal (who is famous as the Gandhi of Chattisgarh) Pt. Sundar Lal Sharma and famous revolutionary Dr. Khūb Chand Baghel.

Padumlal Punnalal Bakhshi. Mukutdhar Pandey, Shri Kant Varma are eminent literary figures of the state.

The North - Eastern States

There are seven small states in this area, Tripura and Manipur being the ones which could never be conquered by any foreign invader. Brief introduction to these seven states is as follows —

ASSAM

Area	–	78,438 sq. km.
Capital	–	Dispur
Population	–	3,11,69,272 (as per Census 2011)
Language	–	Assamese
Literacy	–	73.18%
District	–	35

Major River - Brahmaputra (The longest river of India)

Economy – This state occupies special position due to its minerals and oil production. There are about 750 tea gardens in the state. Besides the fertilizer factory in Kamrupa, the state has oil refineries and petroleum and gas production plants.

Other industries - Sugar, jute, silk, paper, plywood, rice mills are the main industries. Among cottage industries the state has handloom, silk-worm rearing, cane and bamboo articles, brass utensils etc.

Cultural and Tourism centres - The famous *śaktipīṭha* of *Kāmākhyā Devī*, Guwāhātī and the Kāzirangā sanctuary.

Arunachal Pradesh

Area	–	83,743 sq. km.
Capital	–	Itanagar

Population – 13,82,611 (According to 2011 Census)
Literacy – 66.95%
District – 20

Languages and Tribes - Monpa, Miji, Aka, Sherdeokapen, Apatni, Tagin, Nishing, Tangsa, Vanche, Khamti, Memba. 79% of the state population comprises tribes.

Major Rivers - Barahmaputra and Lohit.

Economy – 80% of the population has agriculture as its mainstay. Forests are the major source of income in this area.

Crops – Rice, maize, millet, pearl millet, wheat and mustard are the main crops.

Industry – Flour mills, plywood, plating, rice mills, fruit preservation, crushers, handloom and handicrafts are the major industries.

Cultural and Tourism Centers – The ruins of Ita fort, the ancient Buddhist monastery in Tawang and the *Bauddha* Vihar in Dishang. Places worth seeing are the old city of Malini Than, *Paraśurāma Kuṇḍa* and Namdapha sanctuary. Sela pass and Bomdi-la are those places from where the Chinese entered to invade India in 1962. There is a Martyr's Memorial to commemorate 4000 Indian soldiers who laid down their lives during the Chinese war.

Meghalaya

Area – 22,429 sq. km
Capital – Shillong
Population – 29,64,004 (as per Census 2011)
Literacy – 75.48%
District – 7

Languages – Khasi, Garo, Assamese, Hindi and English are the main languages.

Major Hills – Garo, Khasi and Jayantiya are the major hills.

Main Rivers– Krishnai, Kalu, Mugai etc. are the main rivers.

Economy – Agriculture – 80% of Meghalaya's population

depends on agriculture. Rice and maize are the main crops. Among the other crops are the bay-leaf (तेजपत्ता), sugarcane, cotton, jute and betel-nut (or areca-nut). Forest products make significant contribution to the state's economy.

Minerals and Industries – Sillimanite, limestone, dolomite and quartzite are the major mineral products. Meghalaya Plywood Ltd, Meghalaya Essences and Chemicals, Meghalaya Fayto Chemicals and cement factories are the major industries.

Cultural and Tourist centres – Uniyan Lake, Kellong Rock, Nohan Singathiang Falls, the Majhali centre of Ranikor and the unbroken rock pillars of Nartiang.

Mizoram

Area	–	21081 sq. km
Capital	–	Aizawl
Population	–	10,91,014 (as per census 2011)
Languages	–	Mizo and English
Literacy	–	91.58%
District	–	8

Economy – Agriculture – 87% of the population of this state depends upon agriculture. Maize and rice are the major crops. Pulses, sugarcane, chillies, ginger, tobacco, turmeric, banana and pineapple are the other crops. This state is famous for fibre free ginger.

Industry – Cottage industries are relatively more developed in this state. Number of handloom and handicrafts related industries is more. Silk industry of this state is also famous.

Nagaland

Area	–	16,579 sq. km.
Capital	–	Kohima
Population	–	19,80,602 (as per census 2011)
Literacy	–	80.11%
Languages	–	English, Nagamiz and Hindi
Major rivers	–	Dhanshri, Doyang, Dikhu and Jhanjhi.
District	–	11

Economy – Rice is the only major food product. There is one sugar mill, one paper mill and a kitplywood factory in the state. Limestone, coal, and sand are the major minerals. Handlooms and silkworm rearing are the mainstay of the state's economy.

Manipur

Area	–	22,327 sq. km
Capital	–	Imphal
Population	–	27,21,756 (as per census 2011)
Languages	–	Manipuri and English
Literacy	–	79.85%
District	–	11

Economy – Rice and Maize are the chief crops. Handloom is the major industry, TV assemblage factory, bamboo and cane cottage industries are the other industries. From the point of view of silk-worm rearing, Manipur is the first state which has initiated Oak Tussore industry. Industries related to leather products, edible oils, oil extraction have also developed here.

Cultural and Tourist centres – Radha Govind Ji Temple of Imphal; Viṣṇu Temple of Bishnupur; Lokatak, the biggest lake of fresh water in Eastern India; the only floating National Garden in the world, Keevul Tayajao and the Orchid gardens of Khogampet are the centres of cultural and tourists interest. The *Rāsa Nr̥tya* of Manipur is a major tourist attraction.

Tripura

Area	–	10,491 sq. km.
Population	–	36,71,032 (as per census 2011)
Capital	–	Agartala
Literacy	–	95%
Language	–	Bangla, Kakborak, Tripuri and Manipuri are the major languages.
District	–	8

Economy – Major crops – Rice, wheat, sugarcane, potato, oilseeds, jute etc.

Major industries – Tea is the biggest industry of the state. Jute factory, aluminium utensils, wood cutting, steel furniture, medicines, rice mills, PVC pipes, leather products, plywood, fruit-canning and oil mills are also there. Handloom is the major cottage industry of the state.

Cultural and Tourist centres – Neer Mahal, Sefi waters, Dambur lake, Kamal sagar, Jampui Hill, Unakoti, Matahari, Radha Kishorepur *Śakti-pīṭha* etc.

Greater India

अस्त्युत्तरस्यां दिशि देवतात्मा, हिमालयो नाम नगाधिराजः।

पूर्वापरौ तोयनिधीवगाह्य, स्थितः पृथिव्यामिव मानदण्डः॥ (कालिदास)

In Kumārasambhava, the great poet Kālidāsa says that Himālaya, the king of mountains, situated in the north of Bhārata, surrounded by eastern and western seas, is like the measuring – rod of the world. The highest peak of the world is a Himālayan peak which is known as “Gauri Śankara” (Sāgaramāthā or Everest). Himālaya defines the boundaries of undivided Bhārata.

The following *śloka* of *Viṣṇu Purāṇa* is notable –

उत्तरं यत् समुद्रस्य हिमाद्रेश्चैव दक्षिणम्

वर्षं तद्भारतं नाम भारती यत्र सन्ततिः।

Gaṅgā, Yamunā, Brahmaputra, Satluj, Jehlam, Vyāsa, Cināb, Rāvī etc are the rivers that make our country verdant. They are all originated from Himālaya. Because of her culture and civilization, many foreigners have paid obeisance to the *Bhārata-Mātā* and called it ‘*Deva-Bhūmi*, gods’ abode. *Bharata khaṇḍa*, *Āryāvartta*, *Saptasindhu* etc. are the ancient names of Bhārata.

Blessed is the land called Bhāratavarṣa which is celebrated in the songs of the gods also. Even after enjoying the divine luxuries of heaven, gods wish to be born in India as human beings:

‘गायन्ति देवाः किल गीतिकानि धन्यास्तु ये भारतभूमिभागे।
स्वर्गापवर्गस्य च हेतुभूते भवन्ति भूयः पुरुषाः सुरत्वात्॥

Bhārata, due to her culture alone, had earned the pride of being called *Viśvaguru*, the mentor of the World. Lord Manu has called her the source of inspiration and learning for humanity and said –

एतद्देशप्रसूतस्य, सकाशादग्रजन्मनः।

स्वं-स्वं चरित्रं शिक्षेरन् पृथिव्यां सर्वमानवाः। (मनुस्मृति)

If, says Manu, anyone wishes to learn virtuous conduct, he must learn it from the wise men of Bhāratavarṣa. Many cultures rose in the world and died after a while but Indian Culture stands proud even today, giving the message of immortality to the world. This culture is the basis of the unity of India.

Patriotic Song

मातृ-भू की मूर्ति मेरे हृदय-मन्दिर में विराजे॥
कोटि हिन्दू हिन्दवासी, मातृ मंदिर के पुजारी,
प्राण का दीपक संजोए, आरती माँ की उतारी
लक्ष्य के पथ पर बढ़ें हम, स्वार्थ का अभिमान त्यागें॥1॥
स्वर लहरियाँ उठ रही हैं, मात तव आराधना की,
कोटि हृदयों में उठी है, चाह तेरी साधना की,
शंख ध्वनि संघोष करती आज रण का साज साजे॥2॥
हाथ में हो अरुण केतु, और पावों में प्रभञ्जन,
शत्रु शोणित, विजयश्री से, आज माँ का करें अर्चन,
विजयश्री का मुकुट फिर से मातृ-मस्तक पर विराजे॥3॥

My heart is the shrine where the image of my Motherland is installed.

(1) Millions of Hindus, the children of Hindustan, are the worshippers at this altar of the Mother. With the flame of

their life-breath, they perform the Mother's *āratī* with a resolve to keep marching towards their goal, surrendering their small egos and petty selfishness.

- (2) O Mother! songs of your worship reverberate the atmosphere. Millions of hearts swell with a single desire, that of dedicating their lives to you. This army of your children has sounded the conch shell to declare war on your enemies.
- (3) Ochre flag in hands and hurricane in their feet, they march on, determined to consecrate the mother with the blood of enemy and gift of conquest. Once again, her head shall be adorned with the crown of victory.

My heart is the shrine where the image of my Motherland is installed.

2. Progeny of Bhārata–Hindu Society

Whenever the Bhāratiya life stream faced stagnation, some great man was born to give Hindu society a fresh direction. Let us also know something about such personages who attained immortality on account of their awakening the society by dint of their outstanding contribution to knowledge.

(A) Lord Buddha

1. The *Śākya Kṣatriyas* ruled the foot hills of Himālaya. Lord Buddha was born there in 623 BC in the gardens of Lumbini in the territory of Kapilavastu, the capital of the rulers.
2. His childhood name was *Siddhārtha*. He was married to *Yaśodharā*.
3. The name of Lord Buddha's father was *Śuddhodana* and mother's name was Mahāmāya.
4. Once he chanced upon a sick man on the verge of death. On another day, he saw an old person and on yet another, he saw a corpse being taken to the cremation ground. Thereafter he happened to see a Saṁnyāsī oozing

quietude and bliss. These four incidents had a deep impact on him and he lost all attachment to the world.

5. His son's name was Rāhula. One night Siddhārtha left his home leaving behind his son and wife.
6. At a distance of 10 km. from Gayā in Bihar, in Bodh Gayā, Buddha attained self-realisation under the Bodhi tree.
7. He left his mortal frame at the age of 80 years, in 543 BC in Kushinagar.
8. Truth and Non-Violence are the basic tenets of Buddhism. Mahatma Gandhi made them the guiding stars of his life.
9. Buddhism enunciates the Eight fold path for freedom from sufferings; 1. Right Vision 2. Right Endeavour 3. Right Speech 4. Right Resolve 5. Right Action 6. Right Subsistence 7. Right Thinking and 8. Right Meditation.

(B) Lord Mahāvīra

1. Rṣabhadeva was the first *Tīrthanikara* of Jainism and Mahāvīra was the 24th.
2. Mahāvīra was born on Caitra Śukla (bright fortnight) Trayodaśī (13) 599 B.C. in a palace in a city called kuṇḍa-gram in Bihar.
3. Mahāvīra attained *nirvāṇa* (final release) at the age of 72 near *Rājagrha*, in the district Pawapuri (Nalanda)
4. In early age completed his education in Gurukula.
5. After getting initiation at Jnatrakhand Garden (Vaishali), he was called Mahavira.
6. Performed perseverance for 12 years. He attained the Kaivalya Jnana on the bank of river Rijuvalika on the tenth day of the bright half of the month of Vaisakh.
7. Lord Mahavir has described 18 sins : Violence, A lie, stealing, sexual indulgence (coitus), not to accumulate more than need, wrage, pride, fear, greed, attachment,

malice, conflicts, false blemish, backbiting, slander, sexual enjoyment, jealousy, false philosophy.

8. At the age of 72, Mahavir attained final liberation (nirvana) at Pawapuri (Nalanda) near Rajagrha District.
9. The basic teachings of Jainism are i) Non violence ii) Truth iii) Non-stealing iv) Non-possession and v) Celibacy

(C) Ten Gurus of Sikh Panth or sect

1. Guru Nank Dev was the founder of the Sikh Panth
2. His disciples came to be known as Sikhs
3. Guru Nanak was born in 1469 A.D. in Nankana Sahib which is in West Punjab (now in Pakistan).
4. In this Guru Tradition, there are ten Gurus of Sikhs – (1) Guru Nanak Dev (2) Guru Angad Dev (3) Guru Amardas (4) Guru Ramdas (5) Guru Arjundev (6) Guru Hargobind (7) Guru Hari Rai (8) Guru Harikrishna (9) Guru Teg Bahadur (10) Guru Gobind Singh.
5. It was the fifth Guru Arjundev Ji who, having refused to be converted to Islam, was murdered by being put into a boiler full of boiling oil. He preferred to die a martyr's death instead of converting to Islam.
6. Guru Gobind Singh was the tenth Guru of the Sikh Panth. He founded Khalsa Panth and gave military training to his followers.
7. Every baptised Sikh wears five marks of identity : (1) Kesh (Hair) (2) Kanghā (comb) (3) Kripān (Sword) (4) Kadā (Steel bracelet) and (5) Kachhā (underwear of Knee-length).

Immortal Martyrs

1. Which revolutionary made a counter announcement of reward for the head of Sir Temple, the Governor of Mumbai?
(Vasudev Balwant Phadke)
2. Name the brothers who avenged the tyranny of Mr. Rand, the Flag Commissioner of Pune and in turn, smilingly kissed the gallows.
(Chaphekar Brothers)

3. Who was the great founder of Kūkā movement in which 68 kūkā soldiers laid down their lives by being tied to the mouth of mortar? (Rāma Singh Kūkā)
4. Who went all the way to England and killed Curzon Vayali? (Madan Lal Dhingra)
5. Name the great leader who opposed Simon Commission. (Lala Lajpat Rai & Tunguturi Prakasham Pantulu)
6. Who said, "Swaraj is my birth right and I shall have it"? (Lokmānya Bāl Gangādhar Tilak)
7. Who avenged the carnage of the unarmed Indians at Jallianwala Bagh? (Udham Singh)
8. Name the proud lover of his religion who did not renounce Hindu *Dharma* even though his skin was plucked with burning pincers by the Mughal rulers. (Banda Bairagi)

Science of *Yoga*

The Indian Science of *Yoga* is very ancient. Pātañjala *Yoga-Sūtras* of Maharṣi Patañjali is a very famous work. The eight-fold *yoga* described in the Pātañjala *Yoga Sūtras* is as follows –

1. *Yama* – Non Violence, Truth, Celibacy, Non Stealing and Non Possession (अहिंसा, सत्य, ब्रह्मचर्य, अस्तेय, अपरिग्रह) are the five *yamas*.
2. *Niyama* – Contentment, purity, austerity (equipoise in joy and sorrow), study of scriptures and respectful obeisance to God (संतोष, शौच, तप, स्वाध्याय, ईश्वरप्रणिधान) are *five niyamas*.
3. *Āsana* – "*Sthira-sukham-āsanam*". Steady and comfortable posture.
4. *Prāṇāyama* – Control of breath. It has three activities: *pūraka, kumbhaka, recaka*.
5. *Pratyāhāra* – To draw the senses from their objects and the mind into the conscience (*antaḥ-karaṇa*).

6. *Dhāraṇā* – To concentrate on the subject of meditation.
7. *Dhyāna* – Singleminded attentiveness to one aim. Steadfast contemplation.
8. *Samādhi* – The soul attains its real state of consciousness.

Sant Tradition

1. Sant Tukārām was born in 1665 A.D. in _____
(Maharashtra)
2. Sant Tukārām was a devotee of Lord _____ (*Viṭṭhala*)
3. God had to send his personal _____ to take Sant Tukārām alive to *Vaikunṭha* (Paradise) , (*Hansavimāna*)
4. Sant Jñāneśwara was born on the 8th day of the dark-half of the lunar fortnight of *Bhādrapada* of *Vikrama* era 1332. His father was _____ and mother _____.
(Viṭṭhala Pant, Rukmiṇī Devi).
5. _____ wrote *Jñāneśwārī*, a commentary on the *Gītā* in Marathi, at the young age of fifteen. (Sant Jñāneśwara)
6. Sant Jñāneśwara took live *samādhi* on _____ in the *Vikrama* era 1377.
(the thirteenth day of dark lunar fortnight of *Māgha*)
7. Sant Ekanātha blessed _____ by his birth in the city of *Paīṭhaṇa* (Maharashtra), on the bank of *Godāvarī* in the *Vikrama* year 1590. (Sūrya Nārāyana)
8. _____ relived the history of *Dhruva* by sitting in deep meditation of Lord *Kṛṣṇa* at the age of _____ on the *Śūlabhañjana* hill. (Sant Ekanātha, seven years)
9. Sant Ekanātha saw God in each living being. Once he was going to _____. He was carrying the holy water of *Gaṅgā* from *Gangottarī* in a *kānwar* (a stick with slings with pitchers of water hanging at both ends) for consecrating *Rāmeśwara* when he saw a donkey writhing due to thirst. He gave the *Gaṅgā* water to the donkey to

drink. Pleased with Ekanātha at this, the Lord appeared before him. (Rāmeśwaram).

10. Guru _____, was the chief disciple of _____, the famous Sant of Nepal. (Gorakhanātha, Matseyendra Nātha)
11. Gorakhanātha founded _____ (the Nātha Cult)
12. Gorakhanātha vehemently opposed _____, _____, _____, and _____. (lethargy, carelessness, sensual pleasure and discriminative behaviour)

3. The Hindu View of Life

A race is going on today to earn money, hoard it and, with that, satisfy passions and desires for pleasure. People indulge in profligacy, pillage and plunder, robbery, kidnapping, corruption and dishonesty in order to earn more and more money and gather items of luxury for appeasement of senses. In spite of that, there is no happiness, no peace. Why? The answer is simple. We look for peace and happiness by following the life-style of the Western nations. We engage ourselves in the worldly pleasures and pursue the appeasement of senses. Consequently, we find ourselves engulfed in the midst of an ocean of selfishness and exploitation. The Hindu View of Life advocates pursuit of *Artha* (Wealth) and *Kāma* (Desire) by following the principles of *Dharma* (the Moral Laws). We have closed our eyes to that ideal. We have the story of king *Yayāti* who, despite getting several rounds of youth to enjoy the pleasures of senses, could never attain satiety. The moral is that peace and satisfaction are attainable only by following the moral discipline and controlling senses.

Action without Attachment

Shri Kṛṣṇa tells Arjuna in the Gita –

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूमतिसङ्गोऽस्त्वकर्मणि॥

“O Arjuna! You have the right only to work and have no authority on its consequences/ results. Let not the results of action be your motive, but, also, do not be attached to inaction.” How true! One does not know what, when if at all, and how much fruit shall one reap of one’s actions. Nor is it in our hands. Will the action, performed with its result in mind, not go in vain? If we initiate action with the results smothering in our mind, we shall not be able to concentrate on work. Even if we did work, the work would become burden, life would be monotony, saturated with despair and fatigue. Then there is the natural law. Every action has its reaction. So, where there is action, there has to be the result. If, however, the fruit is not forthcoming, it only means that the work is incomplete, not taken to its conclusion. Work is not being performed with attention, intellect, labour and commitment. Work would become a source of joy if we apply our body, mind, labour and intellect and carry it out with complete commitment. This, then, is the work without attachment, i.e. without concern for fruit.

Life, therefore, means performance of action. When we study only to earn a certificate, study becomes dull and burdensome. It, on the other hand, gives joy, brings enthusiasm and becomes interesting if we study to learn and gain knowledge. In fact, the Hindu philosophy of life goes to the extent of saying that even donation should be given without any expectation ‘दानमपाकांक्षम्’ i.e., donate without expecting returns.

Quiz

1. Why is there no peace and happiness despite competing for riches? (Because of lust for collecting items of luxury and worldly pleasures)
2. Which is the right path to satisfy needs of wealth and desires? (A conduct supported by *Dharma*)
3. What does ‘*Niṣkāma Karma*’ (action without attachment)

mean? (Not to anticipate the desired result while performing the action)

4. On what do we have the right and on what we haven't?
(To work we have the right, not to the fruits thereof)
5. When does work become a source of joy?
(If we work with our heart and soul in it)
6. When shall we enjoy our studies?
(When we study not just for a certificate but for knowledge and learning).
7. What, according to the Hindu Philosophy of life, should be the motive even of donation?
(To donate without expecting returns)

Unity and Diversity

Following are the factors which have kept the *Bhāratīya* spirit of 'Unity in Diversity' unimpaired :-

1. Bhārata is our Motherland and Holy Land. It is our sacred duty to protect it. In the recent times, when we were attacked by the Chinese (in 1962) and Pakistan (in 1965, 1971, 1999), the entire Bhārata from Himālaya to Indian Ocean, stood up in retaliation with one heart, one force and one voice.
2. The mother of the languages of all our states is *Sanskṛta*, the language of gods.
3. *Vedas*, *Upaniṣads*, *Śāstras*, *Purāṇas* and the other holy scriptures written in Sanskṛta, are held in great esteem throughout the country.
4. The epics of *Ramāyaṇa* and *Mahābhārata* have been celebrated in all languages.
5. Ten incarnations of God, including our ideal deities, Śrī Rāma and Śrī Kṛṣṇa, as also the *Matsya* incarnation (God in the form of Fish), *Kūrma* (God as Tortoise), *Varāha* (God as Boar), *Nṛsimha* (God as Man-Lion) *Vāmana* (Dwarf),

Paraśurāma, Buddha and Kalki, are the beloved rulers of Indian hearts.

6. Gaṅgā waters are sacred for all Indians. From Haridwar in North, Gaṅgājāla is taken on the kāmvars (a stick with slings with pitchers of water hanging at both ends on the shoulders of a pilgrim) to Rāmeśwaram in South to be offered to the *Hindu Mahāsāgara*. From there the sands are taken to be dispersed in *Gaṅgottarī*. These are the symbols of our faith and unity of India.
7. To witness the colossal spirit of the unity of Bhārata, one has to see them at places like Rāmeśwaram and Śrī Śailam, Mallikārijuna (Andhra Pradesh) and at Pūrṇa Kumbha and Semi Kumbha festivals.
8. Jagadguru Ādi Śankarācārya established four Maṭhas at four dhāmas (abodes) in four directions at Jagannātha Purī in the East, Badarinātha in the North, Dwārakapurī in the West and Rāmeśwaram in the South to symbolize the spirit of Unity of India.
9. All Indians attach emotional sanctity to the sacred rivers such as Gaṅgā and Godāvarī, places of pilgrimage such as Kāśī and Rāmeśwaram, and lakes like Mānasarovara on Mount Kailāśa, Brahma Sarovara (Kurukṣetra), and Puṣkara (Ajmer). This evidences the feelings of reverence of our countrymen in the cultural Bhārata.
10. The sixteen *Samskāras* (sacraments) are recognized throughout India.
11. This Bhārata is our Mother. We are her sons and daughters. It is this emotion that unites us.

Our Social–Reform Organisations

(A) Ārya Samāj

Q.1 Who established Ārya Samāj, when and where?

- A. On the 5th day of the bright half of the month of Caitra, Vikrama year 1932 (April 10, 1875 A.D.), Swami Dayanand Saraswati founded it in Kankarwadi (Mumbai)

Q.2 What are the main objectives of Ārya Samāj

- A. To build society through men of exemplary moral conduct and use them as resources for :
1. Wiping out the evil practices operating in the society and by spreading the Vedic education with a view to removing ignorance and superstitions.
 2. Spreading the use of Hindi and Sanskr̥ta languages through a network of educational institutions and thereby knitting the society together.
 3. Reawakening a sense of pride among the countrymen by inculcating love and respect for our ancient culture and civilization.
 4. Working for the welfare of the humanity and protection of the Hindus.

(B) Ramakrishna Mission

1. Ramakrishna Mission was founded by Swami Vivekananda on 1st May 1897 A.D. in Kolkata.
2. Shri Ramakrishna Paramhansa was the Spiritual Master of Swami Vivekananda. The objectives of Ramakrishna Mission are to spread Shri Ramakrishna's philosophy and teachings based on Vedānta and to serve poor, destitute, uneducated and hapless people of this country.
3. The headquarters of Ramakrishna Mission and Math are located in Belur, a suburb of Kolkata.

(C) Rashtriya Swayamsewak Sangh (RSS)

Rashtriya Swayamsewak Sangh was founded by Dr. Keshav Rao Baliram Hedgewar on Vijayadaśamī day in the year 1925 in Nagpur. It aims at uniting the Hindu society and developing in each individual a sense of discipline, feelings of patriotism and strength of character. Through such persons, Rashtriya Swayamsewak Sangh endeavors to reinstate the country to its highest glory by bringing about all round progress in our social life.

(D) Vanavāsī Kalyāṇa Āśrama

Vanavāsī Kalyāṇa Āśrama was founded by Śri Deshpande in Jaspur City of Madhya Pradesh (now Chhattisgarh) with a view to bringing the Vanavāsī society into the country's mainstream and helping them achieve progress in social, educational and economic fields. This institution is today running hundreds of service projects, salient among these are educational institutions, hostels, dispensaries, vocational training centres and cottage industries.

Some of the other organizations devoted to social reforms are as follows —

1. Brahma Samāj – Raja Ram Mohan Roy founded this organisation in 1828 in Kolkata to eradicate social evils and for the awakening of women.
2. Indian Social conference – Founded by Mahadev Govind Ranade for social reforms.
3. Yug Nirman Yojana – the lamp of this Yojana was lit on the Basant Panchami Day in 1938, with the publication of Akhand Jyoti Journal. The great ascetic Acharya Shri Ram established Gāyatrī Tapobhūmi in Mathura in the year 1953 and published the Charter of 'Yug Nirman Yojana'. Gayatrī Mantra is the cornerstone of this Yojana.

Food Hymn

अन्न ग्रहण करने से पहले विचार मन में करना है।
किस हेतु से इस शरीर का रक्षण पोषण करना है॥
हे परमेश्वर! एक प्रार्थना नित्य तुम्हारे चरणों में।
लग जाये तन मन धन मेरा मातृभूमि की सेवा में॥

Before we take food, we must pause to think why do we have to protect and nurture this body. O Almighty! this is one prayer that we offer daily at your feet, " May my body, mind and wealth be dedicated to the service of my Motherland."

2. ब्रह्मार्पणं ब्रह्महविर् ब्रह्माग्नौ ब्रह्मणाहुतम्।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म समाधिना॥(गीता 4.24)

Brahman is the ladle, Brahman the oblation, it is offered by Brahman in the fire which is Brahman, Brahman alone he attains who sees Brahman in action.

3. ॐसह नावतु सह नौ भुनक्तु सहवीर्यङ्करवावहे।
तेजस्विनावधीतमस्तु मा विद्विषावहे॥
ॐशान्तिः! शान्तिः!! शान्तिः!!! (कठोपनिषद्, शान्तिपाठ)

May He protect us both (the Teacher and the Disciple); May we eat together (none may starve in the country) May we work together with vigour; May we express valour to protect our Nation). May our study make us illumined (so that, by dint of our organized austerities and learning our Nation rises and shines); may there be no dislike between us.

ॐPeace, ॐpeace, ॐpeace.

Ekātmatā Stotram – The Hymn of Unity

1. रामकृष्णो दयानन्दो रवीन्द्रो राममोहनः।
रामतीर्थोऽरविदंश्च विवेकानन्द उद्यशाः॥

Ramakrishna Paramhansa, Swami Dayanand, Rabindranath Tagore, Raja Ram Mohan Roy, Swami Rama Tirtha, Sri Aurobindo and Swami Vivekananda, are all revered persons.

2. दादाभाई गोपबन्धुः तिलकोगांधिरादृताः।
रमणो मालवीयश्च श्री सुब्रह्मण्यभारती॥

Revered Dadabhoy Nauroji, Gopabandhu Das, Lokmānya Bal Gangadhar Tilak, Mahatma Gandhi, Ramana Maharṣi and Subrahmaṇya Bhāratī, are to be meditated upon.

3. सुभाषः प्रणवानन्दः क्रातिवीरो विनायकः
ठक्करो भीमरावश्च फुले नारायणो गुरुः॥

Netaji Subhas Chandra Bose, Praṇavānanda, Krantivīrā (the jewel among revolutionaries) Vinayāk Damodar Savarkar, Thakkar Bappa, Bhimrao Ambedkar, Jyotirao Phule and Nārāyaṇa Guru, are all worth keeping in memory.

4. संघशक्तिप्रणेतारौ केशवो माधवस्तथा।

स्मरणीयाः सदैवैते नवचैतन्यदायकाः॥

Respected Dr. Keshav Baliram Hedgewar and Guru Ji Śri Madhav Sadashiv Rao Golwalkar, pioneers of the *Sanghaśakti* (the Power of Unity or the Force of Rashtriya *Swayamsevak* Sangh). All these great personages are worthy remembering every morning as the harbingers of new awakening.

5. अनुक्ता ये भक्ताः प्रभुचरणसंसक्तहृदयाः।

अनिर्दृष्टा वीरा अधिसमरमुद्ध्वस्तरिपवः।

समाजोद्धर्तारः सुहितकर विज्ञान-निपुणाः

नमस्तेभ्यो भूयात् सकलसुजनेभ्यः प्रतिदिनम्॥

Many devotees who have surrendered their self in the feet of God but have been left out here, those who have smashed in battlefield the enemies who dared to attack the honour and integrity of our country but could not be referred to in this prayer and others left our social reformers and devoted to social welfare, eminent scientists and other luminaries, we salute them all with reverence.

6. इदमेकात्मतास्तोत्रं श्रद्धया यः सदा पठेत्।

स राष्ट्रधर्मनिष्ठावान् अखण्डं भारतं स्मरेत्॥

Whosoever recites this hymn of unity with full sincerity, he delves in nationalist faith, would be actively reflecting on the glory of united Bhārāta.

Food and Behaviour

By food we mean the kind of diet we should eat and the purpose thereof. Behaviour implies the manner in which we should conduct ourselves in the family and society for the

welfare of all with purity of thought and righteousness so that there is harmony all around us.

Quiz.

Q.1 What type of food should we eat and when?

A. We should eat only when we are hungry. Our food should be *Sāttvika* (Pure and Good), easy to digest and tasteful. It should be properly chewed.

Q.2 What is meant by 'tasteful' and 'easy to digest'?

A. Food should be properly cooked (neither in raw condition nor overcooked). It should be delicious and according to one's taste. Digestible food is the one which does not have an overdose of chillies, spices, tartness etc. and not harsh on the intestines.

Q.3 What is the method of eating?

A. Sit in a clean place, in a comfortable posture. Have a vessel of water by your side, meditate upon God, chant the food-*mantra* and then eat peacefully with a concentrated mind.

Q4. What is the purpose of eating?

A. We do not live to eat but eat to live. We take food to protect life. In the following poem, the purpose of eating has been summed up -

अन्न ग्रहण करने से पहले विचार मन में करना है।

किस हेतु से इस शरीर का रक्षण-पोषण करना है?

हे परमेश्वर! एक प्रार्थना नित्य तुम्हारे चरणों में।

लग जाए तन-मन-धन मेरा मातृ-भूमि की सेवा में।।

Before taking food, we must remind ourselves the purpose of eating and, resultantly, protecting and nourishing this body. Bowing before you, I pray, O God, may my heart, body and belongings, all be dedicated to the service of my Motherland.

Q5. In what way we should observe the principles of behaviour?

- A. 1. There should be uniformity in thinking, speaking and doing.
2. Regularly follow Yama, Niyama, Bodily postures and regulation of Breath (Prānāyāma).
3. Observe always the discipline of behaviour and good manners.

The Scientific Basis of Hindu Beliefs.

Q. Why must we not sleep with our feet in the Southern direction?

- A. Even the illiterate rural women know why one should not sleep with one's feet in the Southern direction. There is no theory or principle of the Hindu *Dharma* that is based merely on a hearsay or superstition. These have scientific basis. Even the forementioned belief only confirms this dictum.

The Solar System is based on polar gravitation Pole is situated in the Northern direction. If one sleeps with his feet towards the South and head towards the pole, the order of polar gravitation will be adversely affected. After the food has been digested, its waste part, which is supposed to go downwards in the body, shall become upwardly mobile. This will have adverse impact on heart and brain, Instead, if we sleep with our feet northwards, the assimilation of food shall be in accordance with the magnetic principle. We shall sleep well and feel healthy on waking up because, as a result of the principle of gravitation, the flow of electric current shall move from the Northern direction in our brain and out through our feet. As a result, our life span shall improve. The Hindu scriptures say that the Southern direction is the house of *Yama*, the God of death. Consequently, it is said that by sleeping with one's feet Southward, life of a person becomes short.

4. The Sacred Tradition of Sacraments

Festivals and Religious Functions

- Q. Name the festivals which became instruments of our national awakening.
- A. 1. Gaṇapati Festival (Maharashtra)
2. Shivaji Festival (Maharashtra)
3. Durgā-Pūjā of Bengal (Bengal)
4. Raksha Bandhan Festival
5. Makar Sankranti Festival.

Centres of Pilgrimage

Gaṅgā Sāgara

The flow of Gaṅgā, originating from the *Gangottarī* peak in Himālaya, traverses the entire northern Bhārata, sanctifying it with its water before it meets the sea at this place. This is the place where sage Kapila had reduced sixty thousand sons of the Emperor Sagara to ashes. When the sacred waters of Gaṅgā reached this spot and the sixty thousand sons of Sagara, after being sanctified with the touch of Gaṅgā, got absolved of the curse, this confluence of Gaṅgā earned the name Gaṅgā Sāgara because it is here that Gaṅgā merged into the Sea. Each Year, a grand fair is held at Gaṅgā Sāgara where the devout Hindus gather to offer obeisance.

Amritsar

The famous centre of Sikh-pilgrimage where the fourth Guru of Sikh Panth, Shri Guru Ramdas Ji established Hari Mandir (Golden Temple) and Amrit Sarover (the Lake of Nector) in 1579 A.D. Sri Guru Arjundev, the fifth Guru, got the construction completed.

Nasik

Nasik is a holy place on the bank of Godāvarī, Here, *Tryambakeśwara*, one of the twelve *ĵyotirlingas*, is worshiped. Beyond Pañcavati also, there are many charming and religious places. Here too the *Kumbha* fair is held.

Temples

Mīnākṣī temple (Madurai)

There is a magnificent temple at Madurai constructed by king Tirumalla (1621-1657 A.D.). The main attractions of this temple are its pillars and '*baradaris*' (a construction constituting twelve entry points). For example, one of its '*baradaris*' is 333 x 105 wide and its ceiling rests upon four rows of pillars, each pillar having its individual art-style. It took 22 years for this temple to be completed, between the years 1623 to 1645 AD. The pillars have been constructed exactly like those of the Rāmeśwaram temple. In between the pillars, tigers trampling the elephants have been sculpted. Here and there, there are horse-riders also. Similarly, other scenes have also been engraved.

King Viśwanātha who too belonged to the same Nāyaka dynasty, also got constructed the temple of Madurai which is one of the peerless temples of South. The Dravidian Temple architecture can be seen at its best in this temple. The temple is quadrilateral. On its rampart, there are nine Gopurams, four big and five small. There is a beautiful pond also in the precincts. In line with the Southern art, there is also a Maṇḍapam (auditorium) with a thousand pillars. The artifice of the pillars is more majestic than those of Rāmeśwaram. In the middle, Goddess Mīnākṣī, the local deity, is enshrined. This shrine is surrounded by 15 pillars. A similar temple is also situated in Kānjeevaram.

Sacred Books

Śrī Rāmacaritāmānasa (The Holy Lake of Shri Rāma's Deeds)

एक बार रघुनाथ बोलाए। गुर द्विज पुरबासी सब आए॥

बैठे गुर मुनि अरु द्विज सज्जन। बोले बचन भगत भव भंजन॥

Once, summoned by Śrī Raghunātha, the Guru (Śrī Vasiṣṭha) and the Brāhmiṇas and all the other citizens

assembled (in the royal court). When the Guru, the sages, the Brāhmiṇas and all the others persons sat down, Śrī Rāma, who puts an end to the pangs of transmigration of his devotees, spoke thus :

सुनहु सकल पुरजन मम बानी। कहउँ न कछु ममता उर आनी॥
नहिं अनीति नहिं कछु प्रभुताई। सुनहु करहु जो तुम्हहि सोहाई॥

Dear citizens! hear my words. I do not speak out of any feelings of attachment in my heart. I do not say anything against propriety nor out of a sense of authority. Listen to me, and then act what you consider good for you.

सोइ सेवक प्रियतम मम सोई। मम अनुसासन मानै जोई॥
जौं अनीति कछु भाषौं भाई। तौ मोहि बरजहु भय बिसराई॥

He who follows my instructions is my best friend and dearest beloved. If, dear brothers, I say anything improper, do speak up without fear.

बड़े भाग मानुष तनु पावा। सुर दुर्लभ सब ग्रंथन्हि गावा॥
साधन धाम मोच्छ कर द्वारा। पाइ न जेहिं परलोक सँवारा॥

It is the result of great good fortune that one secures a human body. All the scriptures declare that even for gods, it is difficult to attain. It is an abode for spiritual endeavours and gateway to deliverance. He who despite attaining it, does not facilitate achievement of the divine-world,

सो परत्र दुख पावइ सिर धुनि धुनि पछिताइ।
कालहि कर्महि ईस्वरहि मिथ्या दोस लगाइ॥

reaps misery in the other world and, beating his head in remorse, repents; wrongly attributing the blame to time, fate and God.

एहि तन कर फल बिषय न भाई। स्वर्गउ स्वल्प अंत दुखदाई।
नर तनु पाइ बिषयँ मन देहीं। पलटि सुधा ते सठ बिष लेहीं॥

The reward of getting this body is not indulgence in sensual pleasures. Why? even the joys of heaven are but short-lived and they end in misery. Those fools who, having got human body, give themselves up to sensual pleasures, they choose poison in exchange for nectar.

ताहि कबहुँ भल कहइ न कोई। गुंजा ग्रहइ परस मनि खोई॥
आकर चारि लच्छ चौरासी। जोनि भ्रमत यह जिव अबिनासी॥

None would ever appreciate him who throws away the philosopher's stone and picks up an empty shell. This immortal soul wanders endlessly through eighty four lakhs of species and four types, (i.e., egg-born, sweat born, placental and vegetation).

फिरत सदा माया कर प्रेरा। काल कर्म सुभाव गुन घेरा॥
कबहुँक करि करुना नर देही। देत ईस बिनु हेतु सनेही॥

Driven by *Māyā* (illusion) and encompassed by time, destiny, innate nature and *guṇas* (modes), it keeps drifting. Perchance, God, out of compassion and for sheer love without reason, bestows human body on it.

नर तनु भव बारिधि कहुँ बेरो। सन्मुख मरुत अनुग्रह मेरो॥
करनधार सदगुर दूढ़ नावा। दुर्लभ साज सुलभ करि पावा॥

This human body is a raft to carry him across the ocean of mundane existence. With my grace for a favourable wind and a worthy Spiritual Master (*sadguru*) for a helmsman to steer the course of this strong boat, a combination which, though hard to find, is made easily available to him.

जो न तरै भव सागर नर समाज अस पाइ॥
सो कृत निंदक मंदमति आत्माहन गति जाइ॥

A person who having got this equipment, does not sail across the ocean of birth and death, is an ungrateful, dumbwitted wretch, meets the fate of a suicider.

जौं परलोक इहाँ सुख चहहूँ। सुनि मम बचन हृदयँ दृढ़ गहहूँ।
सुलभ सुखद मारग यह भाई। भगति मोरि पुरान श्रुति गाई॥

If you seek happiness in this as well as the other world, pay heed to my words and firmly store them in your heart. This is the easy and enjoyable path : my devotion has been extolled by the Vedas and Purāṇas.

ग्यान अगम प्रत्यूह अनेका। साधन कठिन न मन कहूँ टेका।
करत कष्ट बहु पावइ कोऊ। भक्तिहीन मोहि प्रिय नहिं सोऊ॥

The path of knowledge is difficult to follow and is beset with numerous impediments. The means to attain it (knowledge) are very difficult and mind does not find a sound footing to rest on. Even if, after going through so many troubles, someone does attain it, he is still not loved by me if he is bereft of devotion to me.

Q1. Why Maḥarṣi Parśurāma is called Bhārgava?

Ans. Because of his birth in Bhrgū family.

Q2. How Meghanāda got the name 'Meghanāda'?

Ans. Because he thundered aloud like clouds immediately at the moment of his birth.

Q3. Why Gangā is called tripathgā?

Ans. Because of her flowing into three worlds.

Q4. In what area the city of Lanka was extended?

Ans. Ten Yojana in breadth and 20 Yojana in length.

Q5. How many Jewels were extracted by churning the ocean?

Ans. Fourteen Jewels. (14)

Q6. Who conferred the blessing on Hanuman not to get tired in battle?

Ans. God Yama.

Q7. What was the name of the sword of Rāvana, that he got from Śiva?

Ans. Candrahāsa.

Q8. Using which weapon Śrī Rāma killed Kumbhakarṇa?

Ans. Indrāstra (Weapon of Indra)

Śrīmadbhagavadgītā (The Celestial Song)

Śrīmadbhagavadgītā is the cornerstone of the Hindu spirituality and culture. It is, therefore, our duty to study it and contemplate on it. Let us commit to memory, and try to follow the meanings of, some of its *ślokas* selected from chapters 13,14.

निर्मानमोहा जितसङ्ग.दोषा अध्यात्मनित्या विनिवृत्तकामाः।

द्वन्द्वैर्विमुक्ताः सुखदुःखसंज्ञैर्गच्छन्त्यमूढाः पदमव्ययं तत्॥१५॥

Those who are freed from pride and delusion, who have conquered the evil of attachment, who all desires stilled, are ever devoted to the Supreme spirit, who are liberated from the dualities known as pleasure and pain and are undeluded men of wisdom go to the eternal state. (15.5)

यः शास्त्रविधिमुत्सृज्य वर्तते कामकारतः ।

न स सिद्धिमवाप्नोति न सुखं न परां गतिम् ॥१६॥

But he who discards the scriptural law and acts as his desires prompt him, he does not attain either perfection or happiness or the highest goal (16:23)

Quiz on the knowledge of Gīta :

- Q. Living in what form, the lord digests the food in human body.
- A. By becoming the fire of life.
- Q. What are the four kinds of food ?
- A. 1. Edible : Which is eaten by mastication, 2. Worth swallowing : which is taken by drinking. 3. Jelly-type : which is licked. 4. To be sipped : which is sipped or sucked.
- Q. How many types of man are there in the world :

- A. Pershiable (Mortals) and Impershable (immortal). Body is destructable and the self is called indestructable.
- Q. With what name the Lord is famous in the world and in the Vedas ?
- A. Supreme Person (Purushottama)
- Q. In this world, how many types of human groups are there?
- A. Two types- Those of Divine Nature, those of Demonic mind.
- Q. Tell five symptoms of those who are born with divine nature.
- A. Pride, arrogance, anger, harshness and ignorance.
- Q. What are the three gateways of hell that ruin the soul ?
- A. Lust, anger and greed.

Mahabharat

- Q1. Who was the son of Arjun who defeated his father in battle.
- Ans. Vabhruvāhana
- Q2. Tell the name of that Son of Dhṛtrāstra who fought on the side of Pāndavas in Mahābhārata war?
- Ans. Yuyutsu
- Q3. Why Śrī Kṛṣṇa is called Murāri?
- Ans. Because he killed the demon Mura.
- Q4. Why Dronācārya was named Rukmaratha?
- Ans. Because he used to ride the gold-chariot.
- Q5. Why the daityas are called 'daitya'?
- Ans. Because of being the progeny of Diti.

Saintspeak

तात स्वर्ग अपबर्ग सुख धरिअ तुला एक अंग।

तूल न ताहि सकल मिलि जो सुख लव सतसंग॥

In one scale of balance, my friend, put together all the joys

of heaven and bliss of liberation but they would never overweigh the joy derived from a moment's communion with saints.

सत संगत में जाइ कै, मन को कीजै सुद्ध।

पलटि उहाँ नहिं जाइये, उपजै जहाँ कुबुद्ध॥

Purify your mind by going in the company of saints. Never go again to a place where perverse thoughts are bred.

कबिरा संगत साधु की, हरै और की ब्याधि।

संगत बुरी असाधु की, आठों पहर उपाधि॥

Kabir says that the company of a saint does away with the afflictions of all people. It is the company of sinner that forever brings calamity.

साधु संग संसार में, दुर्लभ मनुज सरीर।

सत संगत सूँ मित्त है, त्रिबिध ताप की पीर॥

In this world, it is difficult to get human body and company of saints. In the company of saints three types of illness (physical, mental and material) mitigated.

ग्यान घटे किये मूढ़ की संगत ध्यान घटे बिन धीरज लाये।

प्रीत घटे परदेस बसे अरु मान घटे नित ही नित जाये॥

सीक घटे किसी साधु की संगत, रोग घटे कोउ औषधि पाये।

‘देव’ कहे सुन मानव मेरे पाप घटे सच बात बताये॥

Wisdom suffers in the company of fools; concentration of mind suffers without fortitude; love suffers by long sojourn in a different country and respect suffers by frequent visits, arrogance vanishes in the company of a saint and sickness reduces by taking medicine. Poet ‘Dev’ says that sins mitigate become light by telling the truth.

The essence of human life is the company of good people. One should, therefore keep good company.

Sixteen Sacraments

1. Conception (Garbhādhāna)
2. Ceremony to beget a male child. (Puñsavana)
3. Ceremony for healthy delivery. (Simāntonnayana)
4. Ceremony on child-birth. (Jātakarma)
5. Ceremony of Naming. (Nāmakarana)
6. Exit ceremony. (Niṣkramana)
7. Giving cereal-made food to infant. (Annaprāśana)
8. Tonsure ceremony (Mundana)
9. Piercing the ear (Kaṛṇavedhana)
10. Sacred thread ceremony (Upanayana)
11. Initiation in the Vedic Studies (Vedārambha)
12. Convection (Samāvartana)
13. Marriage (Vivāha)
14. Dwelling in the jungle (Vānaprastha)
15. Renunciation (Saṅnyāsa)
16. Funeral ceremony (Antyeṣṭi)

Marriage

Out of the Sixteen Sacraments marriage is the highest and most important of all. In the marriage performed according to scriptures, following rites are significant. First of all the hymn invoking the divine benediction and Prayer for peace is blissfully recited. Thereafter the father of the bride respectfully carries the groom to the auspicious marriage spot. There the ceremony of giving away the maiden by father is accomplished before the

gathering with recitation of hymns. In this ritual, holding of hand of bride (Paṇigrahana), recitation of pledges, offering of ghee into sacrificial fire (Ajyāhuti) oblations for begetting exalted progeny (Rāstrabhṛtahoma) mounting the stone, offering fried Paddy into fire (Lājā–Hom) and walking seven steps near nuptial altar (Saptapadī). The communion of man and woman is a religious sacrament and this communion inspires men to regulate the animal tendencies and lead a regulated life, a life of moral conformity. Manu and other writers of law books hold that in Hindu marriage walking seven step near nuptial altar (Saptapadī) and giving away the maiden by father bestow indelibility to matrimonial bonds. Marriage is helpful in the overall development of men. This is an non-viable bond of man and woman. Man without woman and vice versa are imperfect. Therefore marriage is the symbol of perfection of life.

5. Our Glorious History

Bhāratīya Kālagaṇanā (Chronology)

- Q. What is of the total age determined by Lord Brahmā for this universe created by him? What is its proof ?
- A. Brahmā determined 14 *Manvantaras* to be the age of the creation. Six of them have already passed. We are now in the seventh *Manvantara*, known as the *Vaivasvata Manvantara*. *Satya Yuga*, *Tretā Yugā* and *Dvāpara Yuga* are gone and we are into 5120th year of Kaliyuga. The basis for this is page 22 of the *R̥gveda Bhāṣya Bhūmikā* as also the 224th page of *Śrauta Muni Caritamṛtatam*.
- Q. Which are the minutest units of Time according to Bhāratīya chronology?

- A. The minutest unit is *nimeṣa*. 18 *nimeṣas* = 1 *kāṣṭhā*; 30 *kāṣṭhās* = *kalā*, 60 *kalās* = 1 *amśa*, 30 *amśas* = 1 *rāsi* and 12 *raśis* = 1 varṣa (year).

On the basis of the years, *Yugas* (*Satyayuga*, *Tretāyuga*, *Dvāparayuga* and *Kaliyuga*) are constituted. Their age has been mentioned as under: *Kaliyuga* = 4,32,000 years, *Dvāpara* = 8,64,000, *Tretāyuga* = 12,96,000 and *Satyayuga* = 17,28,000. These four *Yugas* together account for a *Mahāyuga* and 1000 *Mahāyugas* are known as a *Kalpa*.

- Q. Why did the *Vikrama* Calender and Georgian Calender become current when we already had the *Śrṣṭi* Calender (cosmic calender)?

- A. *Vikrama* Calender – Once upon a time, the foreign invaders– Hūṅas and Śākas – ruled over our country. Then Emperor Vikramāditya liberated the country from them and with his valour, might and ability either drove them away or absorbed them into our nation. *Vikrama* calender was introduced to commemorate this conquest.

Gregorian Calendar – This Calendar was introduced in the memory of Jesus Christ. During the British rule, the rulers thrust it upon us. Even then, the masses of our country continued to follow *Vikrama* Calendar to carry out their family and religious functions.

Cultural Bhārata

A mention has been made of nine islands, in the *Vāmana Purāṇa*, upto where the rule of India extended. Following are these nine islands : -

इन्द्रद्वीपः कसेरूमांस्ताम्रवर्णोर्गर्भस्तिमान्।

नागद्वीपः कटाहश्च सिंहलो वारुणस्तथा॥13/9॥

अयं तु नवमस्तेषां द्वीपः सागर संवृतः।

कुमाराख्यः परिख्यातो द्वीपोऽयं दक्षिणोत्तरः॥13/10॥

(1) Indradvīpa (2) Kaserūmān (3) Tāmravarṇ

(4) Garbhastimān (5) Nāgadvīpa (6) Kaṭāha (7) Sinhala (present Sri Lanka), (8) Kumārdīpa and (9) Vāruṇa (Borneo).

1. Śrī Rāma was the first to conquer Laṅkā. Many centuries later, _____, the prince of Sinhapur conquered it and named it _____ after his father Sinhabāhu's name.
(Vijaya, Sinhala)
2. _____'s Son _____, went to Laṅkā to preach Buddhism and initiated _____, the king of Laṅkā, into Buddhism
(Aśoka, Mahendra, Tiṣya)
3. A Bhāratīya Brāhmiṇa _____, first established his rule in Hindu – China (Indo China).
(Kauṇḍinya)
4. Before Kauṇḍinya's rule, inhabitants of Hindu-China lived _____. The _____taught them the lessons of civilization.
(Naked, Bhāratīyas)
5. _____also witnessed all round progress during the time of _____, the Bhāratīya king.
[(Kambuja (Cambodia+Hindu China), Bhavavarmā)]
6. Upto the _____, Bhāratīya _____ could be seen in its pristine form in Kambuja
(15th Century, Culture)
7. _____was the centre of Bhāratīya culture. Hindus ruled it unimpaired for _____ years. Its present name is _____.
(Champā, 1300 years, Anam)
8. Hindu Kingdom was first established in _____ by _____before the _____century.
(Indonesia, Śrī Vijaya, fourth)

Dr. Bhimrao, nee Baba Sahib Ramji Ambedkar

He was born in Maharashtra on the 14th April, 1891. His mother was Bhimābai and father, Shri Ram Ji Sakpal. He received lofty orientation from his parents. With great difficulty and efforts, he was able to secure higher education and even went abroad for studies.

He was born in Mahāra (backward) caste of Maharashtra and felt very sad to see the plight of his society.

Throughout his life he incessantly worked for the Mahār and other Dalit Sections of Society.

He was the Minister of Law in Jawaharlal Nehru's Council of Ministers.

He disliked the caste and class systems. In 1956, on the Vijayā Daśamī day he, along with his followers, adopted *Bauddha Dharma*. He did not consider conversion to Islam or Christianity appropriate.

He didn't live long after embracing Buddhism. He has left behind a copious legacy of his literature. In Mumbai, there is a huge library of his works. It is known as Rājagṛha. He adopted Buddhism in Nagpur. The place where he got initiated into Budha Darma is known as '*Dīkṣā Bhūmi*'.

Dr. Ambedkar is called the architect of the Indian Constitution. He was decorated with Bharat Ratna award posthumously. He died in Delhi at Alipur Road on Dec. 6, 1956.

Guru Gobind Singh

The spiritual awareness generated by the saintly pronouncements of Guru Nanak was whipped up by the tyranny of the Mughal emperors compelling his followers to take to the sword. How, after all, can any Realised Soul bear the cries of hapless innocents? Guru Arjun Dev had compiled Granth Sahib. Till then Delhi was ruled by Akbar; but as soon as Jahangir ascended the throne, Guru Hargobind was compelled to arm himself with the spear and the sword to protect *Dharma* and the oppressed. There onwards, Sikhs took to arms and became soldiers. Guru Hargobind was taken prisoner by Jahangir and kept as such in the Gwalior Fort for 12 years.

Guru Teg Bahadur was a noble soul, very gentle and altruistic. He had realized that only his son would be able to protect *Dharma*. One day when Guru Teg Bahadur was sitting

in a somber mood, the child Gobind Singh asked him the reason of his sadness. The Guru told him that the country and *Dharma* required some great soul to lay down his life. The luminosity inherent in the child then manifested itself as he said, "Who, dear father, is a greater soul than you?" Guru Teg Bahadur, took the child's statement seriously to his heart. When the Brāhminas, suffering from the oppression of the Muslim tyrants came to him seeking refuge, they were told by him to declare, "If the leader and the Guru of the Hindus accepted Islam, all the Hindus would do the same. The cruel emperor, Aurangzeb, craftily had him come to Delhi and mercilessly got him killed. With smile on his lips, the Guru laid down his life.

While the sacrifice of his father had its impact on Guru Gobind Singh, he also realized that only through organized military strength could Hindu *Dharma* be saved. The Guru performed a year long Yajña (Sacrifice) invoking the Mother Bhavānī at Naina Devi Hill and then selected five brave men who offered to sacrifice themselves at the altar of the Goddess. These brave men were called "Khalsa" (The purified ones). The Guru himself baptized them with holy 'amrit' and then, from their hands, drank it himself. Only he, who drinks 'amrit' (the water stirred with sword) at the hands of five khalsa brothers, can be called "khalsa". The whole Sikh panth became a community of soldiers. Guru Gobind Singh made five marks of identity compulsory for every Sikh. They are, Kanghi (comb), Kacchha (knee length underwear), Kadā (a metal bracelet), Kesh (hair) and Kripan (sword).

Aurangzeb sent the subedars of Sarhind and Lahore against him. Two sons of the Guru were imprisoned. The merciless savages put the promising young children alive in the brick-lined walls of the mosque. After retiring from this battle, the Guru compiled the '*Dasham Granth*', the Tenth Book. He spent his last days in South India in 'Hazoor Sahib' on Godāvārī. It was here that two Pathans, who were given refuge by the Guru, treating them as destitute, deceived him

and pierced dagger into his stomach. This blow proved fatal for him. This betrayal took away from amidst the Hindus their great protector, a great *Yogī* and a source of inspiration for a recluse Madhavdas Bairagi (Banda Bairagi).

सकल जगत में खालसा पंथ गाजै।
जगै धर्म हिंदू सकल भंड भाजै।।

“May the Khalsa Panth roar in the whole world. May the Hindu *Dharma* reawaken and hypocrisy be eliminated”, with this lofty ideal in mind, Guru Gobind Singh had organized ‘Khalsa’ as the protector-soldiers of Hindu *Dharma*. As evidenced by the ‘*Dasham Granth*’, he had not undertaken to establish a new religion. He organized the Sikh community into a clan of soldiers. The battle cries of ‘Wah-e-Guru Ki Fatah’ (Victory to the Great Guru) and Sat Sri Akal’ (Hail ! the True and the Ageless one) were raised by the Guru’s obedient followers only for the protection of the cow, the Brahmin, the temples and the *Dharma*.

तिलक जंजू राखा प्रभु ताका, कीन्हा बड़ा कलू में साका।
साधन हेतु इती जिनकरी, सीस दिया पर सी न करी।।

The Master saved their *Tilak* (the holy mark on the forehead. He led them in *Kaliyuga* to perform a great sacrifice (*sāka*). He breached all barriers to attain his goal. He gave his head but raised not a whisper.

Ṭantya Bhīla

After the great war of 1857, Ṭantya Bhīla became a synonym of terror for British government. His two companions Vijaniyā and Dopiya were very brave. They were his most trust-worthy and active companions in his revolutionary activities. Each of these three Bhil leaders had created combat groups of ten or twelve Bhils each. The activities of Tantya had created panic for British government. The government officers started trembling on hearing his name. Vijānya was executed publically and his dead body was kept hanging on a tree

throughout the day. Dopiya suffered life imprisonment in Jabalpur and died there in Jail. Tantya himself was very stout, active and courageous. He had paramount energy of walking on feet and running fast. Tantya was born in 1842 A.D. in Virada village of Nimāda. His father's name was Bhau singh.

After sometime Tantya guising as a coolie snatched the gun and cartridges from a English officer. Then guising as a Hair Dresser he chopped off the nose of a police officer. It was difficult to capture Tantya. In the end a person named Ganpat betrayed him and on the day of Rakhi, got him arrested by inviting him to his house. On 4th December 1891, Tantya was executed by hanging.

6. The World as One Family

The following hymn expresses the unity of our thoughts, minds, hearts and convictions –

समानो मन्त्रः समितिः, समानी, समानं मनः सहचित्तमेषाम्।

समानं मन्त्रमयमन्त्रये वः, समानेन वो हविषां जुहोमि॥

समानी वः आकूतिः समाना हृदयानि वः।

समानमस्तु वो मनो यथा वः सुसहासति॥

(ऋग्वेद अष्ट ८. अ. ८, वर्ग ४९, श्लोक ०३-०४)

May your aim be common, your assembly common:

Common the mind, and the thoughts of these united.

A common purpose do I lay before you;

And worship with your common oblation.

Common be your aim, and your hearts united;

Your mind be one so that all may happily live together

The great Savants

1. **Aristotle** – A great philosopher, poet and scientist of the ancient Greece who wrote nearly 400 books on astronomy, physics, biology, political science, governance and ethics.

He was the teacher of Alexander. He was the first person to draw logical conclusions and formulate theories from his researches and experiments.

2. **Sir Baden Powell** – He is known as the founder of Scouts and Guides movement in the world. He was born in 1857 A.D. in England. He founded the institutions of Boy Scouts and Girl Guides.
3. **Martin Luther king** – Respected as a Negro leader of America and a steadfast believer in non-violence. He is also known as the American Gandhi. He dedicated his life to the cause of securing civil rights for Negroes. He was awarded Nobel Prize in 1964. He was assassinated by a white man on the 4th April 1968.
4. **C.F. Andrews (1871-1940)** : A British missionary and a colleague of Mahatma Gandhi. He came to India in 1904 A.D., stayed here, and joined hands with the Indian leaders in the struggle for India's independence. This brought him the honorific, 'Deshabandhu ("Friend of the Country")'.
5. **Schopenhauer** – The eminent German philosopher who highly acclaimed the Upaniṣads and established the pre-eminence of the Vedānta philosophy in the Western world.
6. **Bhagini Nivedita** – Foremost among the British disciples of Swami Vivekananda. Through Ramakrishna Mission, she greatly helped revive the spirituality of Bhārata and rejuvenate the social life of India. She breathed her last in Bhārata, serving *daridranārāyaṇa* (God in the form of the have-nots).
7. **Dwarkanath Kotnis (1910-1947)** : Famous young Indian physician who took a medical mission in 1938 to the war-ravaged China. V. Shantaram made a Hindi feature film, "Kotnis-ki-Amar Kahani" based on his life.
8. **Kiran Bedi** : The first Bhāratīya lady to be appointed Advisor of United Nation Civil Police.

Modern India on the Global Platform

Bhārata attained freedom from the British domination on the 15th August 1947 and Indians came in direct contact with the other countries of the world. The talented sons and daughters of India got a chance to demonstrate their potential before the changing world community of the 20th century. This enabled us to find for ourselves an honourable place in the global family. We are now making our presence felt at the global level. Some of our notable characteristics are given hereunder:

1. We are the largest democracy of the world.
2. Sixth country of the world equipped with nuclear weapons.
3. A leading economy of the world
4. The liberator of Bangla Desh
5. **Major role in the United Nations Organization (UNO)**
6. Leading at International level in the field of Information Technology.
7. Sixth nation to send space craft (chandrayan) to moon.
8. The first country who made the world celebrate the Yoga day.
9. The first country getting success in his very first attempt to send space craft to planet Mars.

UNO came into existence after World War II to establish peace in and check conflicts and wars among different countries of the world. UNO, from time to time sent peace-missions comprising armed forces to various countries in order to end wars there. Some of these peacekeeping forces were led by India, including forces sent to —

1. Korea
2. Congo
3. Bosnia – Herzegovina
4. Kuwait
5. Sri Lanka (under bilateral agreement)

The Presence of signs of Bhāratīya culture can be seen in every region of the world. We must remember the names of

those, who braving the difficulties of travel and terrain, language, climate etc. worked for the spread of *Dharma*.

	Name	Country
1.	Prince Mahendra	Sri Lanka/Sinhala
2.	Princess Sanghamitrā	Sri Lanka
3.	Śāntarakṣita	Tibet
4.	Dipankara Śrījñāna	Mangolia
5.	Śrighośa	China

Famous Monuments

- 1 Pyramids – the ancient mausoleums of Egypt where the deadbodies (Mummīs) of the departed ones from Royal families were kept duly protected.
- 2 Eiffel Tower – The world famous French tower located in Paris which is erected with the help of ropes. It is also the highest in the world.
- 3 World Trade Centre – Situated in New York, this building was destroyed by terrorists in an air attack.
- 4 Qutub Minar – An ancient monument situated in Delhi.
- 5 Borobudur temple – An ancient Viṣṇu temple situated in Jāva.

7. The Shining Tradition of Indian Sciences

Bhārata is the first country to dispense knowledge in astrology, mathematics, art, literature, philosophy and sciences. 'व्यासोच्छिष्टं जगत्सर्वम्', i.e. "the Sage Vyāsa is the source of all knowledge of the world. There is no branch of knowledge which was not known to the Sage Vedavyāsa".

Astrology

Q.1 Which are the components of the Bhāratiya *pañcāṅga* (Indian almanac).

- A. *Vāra* (day), *Tithi* (date),
Nakṣatra (star),
Yoga (Conjunction) and
Karaṇa (time).

Q.2 Why Lord Rāma used to hear the *pañcāṅga*.

- A. Because all wishes are fulfilled by hearing each of the components of *Pañcāṅga*, viz, prosperity comes by listening to the date, longevity by hearing the day and dissolution of sins occurs by listening about stars, separation from the dear ones is stopped by hearing the yoga and by hearing karaṇa all types of wishes are fulfilled.

Astronomical Science

1. Earth revolves around the sun and various cosmic lumps, viz. earth, moon etc. are connected to one another by force of _____ : this knowledge was provided by _____ in his work _____ as early as the 5th century. (gravitation, Āryabhaṭṭa, Āryabhaṭṭīyam)
2. The famous astronomer Varāhamihira was an inhabitant of _____. (Avantikā or Ujjain)
3. The observatories of _____ and _____ bear witness to the excellence achieved by Indians in the field of astronomy. (Jaipur, Delhi)
4. _____ is known as the pioneer among the authors of Algebra. It was he who discussed the principles related to it on the basis of *Brahmasphuṭa* theory. (Brahmagupta)

Āyurveda – The Life Science

- Q. What is the story about the beginning of the Āyurveda?
- A. In the process of creating the universe, Brahmā, the creator, was reminded of the need for alleviation of sickness of the living beings. He conceived the science of Āyurveda and authored “*Brahmasamhitā*,” comprising one lakh *ślokas* in ten thousand chapters. This knowledge passed to *Prajāpati Dakṣa* who, in turn, handed it over to Indra, the king of gods. Worried about the spread of diseases among the living beings of this earth, the sages held a congregation at Himālaya and deputed Sant Bhardwāja to bring the knowledge of Āyurveda from Indra. Bhardwāja brought it on earth in the form of three *sūtras*, namely, *kāraṇa* (Etiology), *liṅga* (Diagnostic Symptoms) and *auśadha* (Prognostic treatment).
- Q. Describe the superiority of the Āyurvedic system of medicine.
- A. The basis of the Āyurvedic system of medicine is that the diseases prevailing in a particular area can be treated with the medicinal herbs generally available in that area itself. It is an incontrovertible fact that the vegetation that grows on the soil where a person is born is most suitable for his health.
- 2 The diagnostic analysis of the Āyurvedic system is simple, cheaper and logical.
 - 3 Medicines do not have any reaction or the side-effects.
 - 4 Many foreign experts of medical science have recognized the superiority of Āyurveda.

Quiz

- Q1. What is meant by ‘Balanced-diet’?
- A. Balanced diet is that quantity of food which a person should eat everyday to keep himself healthy. Following are the components, and their scale, which constitute balanced

diet –

- (a) Proteins – milk, pulses, soyabeans etc. – 200 gms. daily.
- (b) Carbohydrates – sugar, honey, rice, wheat, carrot etc.– 750 gms. daily.
- (c) Fats – oil, dry fruits, ghee, butter etc. – $1/1000^{\text{th}}$ of body weight.
- (d) Vitamins – green vegetables and fruits, in sufficient quantity.
- (e) Salts and Minerals — vegetables, e.g. radish, beet leaves or Indian spinach, onion, garlic in sufficient quantities.
- (f) Drinks – water, milk, sweet bevarages etc., in sufficient quantities.

Q2.How do bats fly unimpeded at night?

- A. When a bat flies at night, it creates big sound from its mouth. The ultrasonic waves of this sound strike against the impediment and the noise effect resulting therefrom reaches the bat's ears. A bat thus comes to know about the distance and direction of the impediment and it protects itself therefrom.

Q3.Why is a gunshot not heard on the Moon even if it is fired from a close range?

- A. Sound travels from one place to another only through a medium. On earth we have the atmosphere, which serves as the medium for sound. Since such medium does not exist on the Moon, the gunshot is not heard there.

Q4.Why does everything weigh less on the Moon, than its weight on earth.

- A. The gravitational force of the Moon is only $1/6^{\text{th}}$ of that on earth. Therefore, at moon everything weighs just $1/6^{\text{th}}$ of its weight on earth.

Q5.Why do we bend forward while walking on the hills?

A. While walking on the hills, our centre of gravity is displaced from its normal position and we feel that we might fall. This centre of gravity becomes normal if we bend forward while going up the hill and walking becomes easier. The purpose of bending forward is to keep the balance of the centre of gravity normal.

Q6. Why does sky look blue?

A. The sky, in fact, has no colour and is only vacuum. Dust particles and aerial atoms strew the sunlight. This makes the sky look blue. The smaller waves strew faster and when one looks opposite the sun, they appear blue.

Q7. What are the uses of the following —

- 1) Teleprinter
- 2) Chronometer
- 3) Enzymes
- 4) Audiometer
- 5) Periscope
- 6) Dry ice
- 7) Fax.

A. 1. This automatically prints the messages sent telegraphically on the typewriter.

2 By means of this, the time is determined on the ships.

3 Enzymes are the organic elements found in the food pipe or artificially provided in food, which help in digestion of food.

4 This is the instrument that measures the hearing capacity.

5 With the help of Periscope a person sitting in a submarine under water can see things on the surface of the water.

6 Dry Ice is solid carbondioxide gas, which is used for refrigeration.

7 It is one of the latest scientific machines, which transmits like a photo image any printed matter from one place in the country or abroad to the other in no time.

Q8. A Glossary of some scientific terms :

1. Cardiology – the study of heart and its problems.

2. Dermatology – the science of study of the skin.
3. Etiology (also Aetiology) – the study of the causes of a disease.
4. Hematology – Science of the Study of blood.
5. Microbiology – Science of micro-organisms.

Q.9. General Information

Q(a) Is there any planet in the solar system which disperses energy on its own?

- A. Jupiter disperses three times more energy than what it collects from the sun.

Q(b) Who discovered the centre of memory in the brain and when?

- A. Dr. Penfield of Montreal Neurological Institute of America, discovered the memory-centre in 1952-53 while performing brain-surgery of a 43 years old lady.

Q(c) How was the process of shrinking among plants and trees discovered?

- A. Śrī Jagdish Chandra Bose developed an instrument called “Optical Pulse Recorder” for recording the shrinking process among plants and trees.

Q(d) What is Crescograph.

- A. This is another instrument developed by Sri Jagdish Chandra Bose in 1918, which enlarges the activities of trees and plants, 10,000 times more than their actual size.

Q(e) Where was the first mention of Śūnya (zero) made?

- A. Sage *Gṛtsamada* is supposed to be the inventor of Zero. It is mentioned in the *Pingala-Chandasūtra* (a work on prosody).

Q(f) What are Seismography and Richter scale?

- A. Seismograph is an instrument which measures the tremors of an earthquake. Richter scale is the scale on which the intensity of an earthquake is measured on a range of 0 to 9.

The terrible Sunami waves that followed the earthquake on the 26th December 2004 caused a great havoc in many countries. This earthquake was measured 9.3 on the Richter scale.

Indian Scientists

1. Dr. Jagdish Chandra Bose

- Dr. Jagdish Chandra Bose was born on 30 November 1858 in Rarikhel village of Myman Singh district in East Bengal (now Bangladesh).
- Dr. Bose's father Shri Bhagwan Chandra Bose was Deputy Magistrate.
- Dr. Bose went to England in 1881 for higher education and secured the Degree of B.Sc. from London University. In 1885 Shri Bose returned from there and started his career as Professor of Physics in Presidency college Calcutta.
- Committed to gaining excellence in science, Dr. Jagdish Chandra Bose is famous for his experiment and discovery of "Electrical waves" in physics and "Life in Plants" in Botany. He is also world famous for establishing mutual relationship between living and non-living.
- Dr. Bose produced Electro-magnetic waves with the help of instruments invented by him and also proved their qualities. With the use of Electrical wave. He demonstrated in 1845 his wireless system before the Governor and also the public of Bengal. He demonstrated the flow of Electric waves by ringing an electric bell placed at distance of 23 meter and shooting a pistol from a distance.

- Dr. Bose was invited by the British Association to come to Liverpool and give demonstration of his experiments.
- In 1990 Dr. Bose delivered a Lecture on the similarity of response to the external stimuli on the living and the non-living. Dr. Bose remained Professor of Physics at Calcutta university from 1885 to 1915. He proved that Trees and plants have sensations. They experience fatigue, sleep, rest, pain and pleasantness. He also conducted experiments of his sensitiveness on rocks as well.
- On account of the researches and demonstration conducted and Lectures delivered by Dr. Bose, the honour and repute of Bharata spread throughout England very effectively. Swami Vivekanand and Rabindra Nath Tagore applauded his contribution in many of their letters.
- This great scientist of Bharata, Dr. Bose left for heavenly abode on 24 November 1937.

2. Jivak

Jivak was the contemporary of Lord Buddha. During 600-500 B.C. he was well reputed in India for medical science. He studied the hidden mystery of all Botanical herbs, and discovered that there is not a single herb which does not possess medicinal quality. He was the Royal Physician of King Bimbsara's heir Ajatashatru. In addition to his medicinal treatment, Jivak was very expert in Surgery also. He was also an specialist in children disease (Child specialist) and due to this he was called 'Komar Bhacch' also (paediatrician)

3. Bhavamishra

The last teacher of ancient Indian Pharmacology (Medical science) Bhavamishra is considered to be a profound scholar of medical world. He lived in Varansi in 1550 Vikram era. He imparted the knowledge of Ayurveda treatment to 400 students. Bhavamishra was the first Indian to introduce the use of foreign medicines in India. In his famous treatise 'Bhava Prakash' he has described the literary works of eminent

ancient scholars, his own experience relating to medical treatment and alongwith that, the graded history of medical science and its various divisions in great details. In this, there is such a gradation of various subjects relating to medical science (Therapy) that many ancient dimentions have become very clear.

4. Sridharacarya

Shridhara world-renowned scholar of algebra. Bhaskaracharya has made a mention of algebra at various places. His time is accepted as last part of the 10th century. He wrote a book named 'Trishatika' which contains 300 couplets (Shlokas). It is mainly concerned with Arithmetics, in which light has been thrown on series system and reflective behaviour. His contributions have been expounded and explained in Ganita Sara. Besides, the fourth part of circle, area, circumference, and diameter have also been described.

5. Dr. Raja Ramanna

Dr. Raja Ramanna was born on 28 January 1925 A.D. in Mysore. After completing his education of M.Sc. in Physics from Christian college Madras, he obtained the degree of Ph.D. in Atomic (Nuclear) Physics from Kings college London in 1948.

Space Science

Conquest of moon campaign — Creating a new history of success in the field of Space Science by Bharata, the Space craft Chandrayan-I unfurled the Tricolour and established her culture on the surface of moon on 14 November 2008 at 8:30 in the night. Chandrayana-I was launched successfully in space on 22 October 2008 from Satish Dhawan space centre Shriharikota in Andhra Pradesh by P.S.L.V.C.—II Rocket.

Initially it started moving around the earth in its fixed orbit. Later in this orbit was enlarged gradually and on 4 November 2008, it went out of the gravitation of field of earth and entered into the orbit of moon on 8 November 2008. In launching this, the background of 11 various scientific instruments including 5

instruments developed by ISRO remained very significant. The most important Probe instrument of this whole campaign was invented by former President A.P.J. Abdul Kalam.

Chapter-8. General Knowledge

Chapter-9. Our National Heroes

Due to Corona period, no questions will be asked from both the above chapters in the session 2020-21, so they have been removed.

Blue Print of Question Paper

Maximum Marks 100

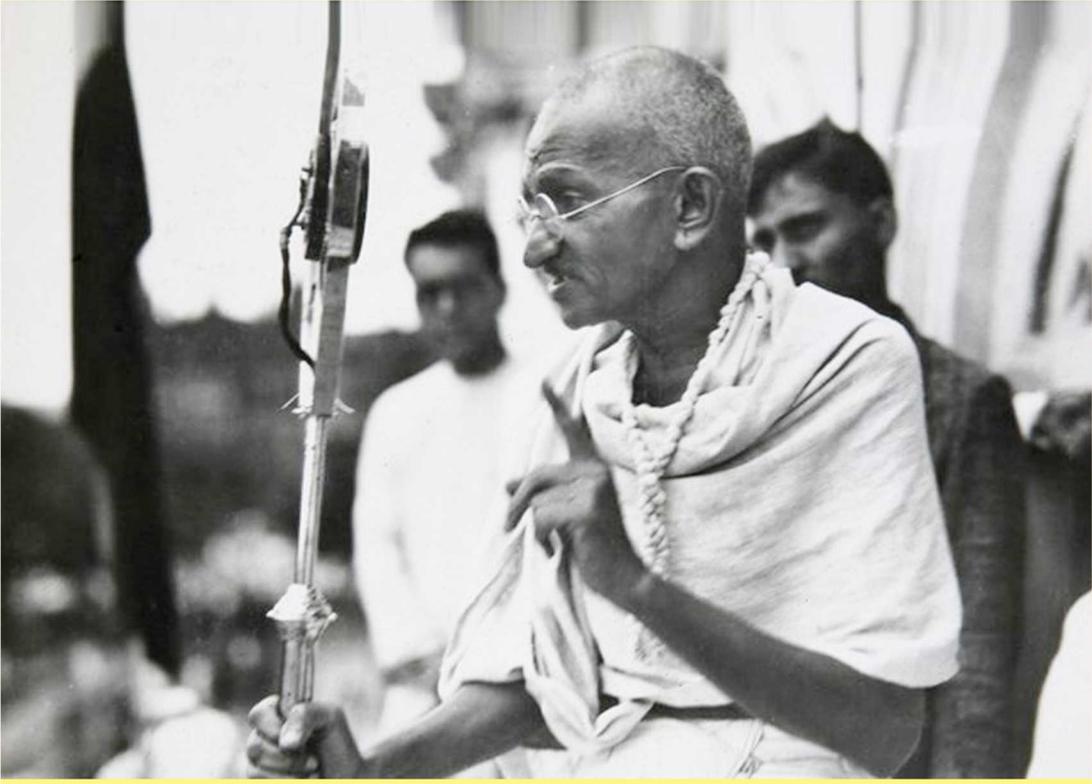
Heading	Marks	Heading	Marks
● Bharata, Our Motherland	11	● Progeny of Bharata-Hindu Society	8
● The Hindu view of life	11	● The Sacred Tradition of Sacraments	14
● Our Glorious History	15	● The World as one family	8
● The Shining Tradition of Indian Sciences	14	● General Knowledge	14
		● National Heroes	5

Discretion

- Two marks can be added or reduced in any unit, if necessary.
- Scheme of division of marks according to the serial no. of questions.

Type of Questions

- Q.1 Fill in the blanks.
- Q.2 Answer in one word.
- Q.3 Tell the names of mother, father, wife, husband, Mentor, disciple.
- Q.4 Who said / who said to whom.
- Q.5 Linking the name and place with the word of the question.
- Q.6 Who had/has the relation or belonged to which place.
- Q.7 Whose pen name / short name is this.
- Q.8 Tell its ancient / modern name.
- There shall be four options in above mentioned questions.
- Out of these one shall be correct and three shall be incorrect.
- From every heading, there shall be multi-choice objective questions of prescribed marks.
- It shall be compulsory to have questions from every heading.



"I will give you a talisman. Whenever you are in doubt or when the self becomes too much with you, apply the following test :

Recall the face of the poorest and the weakest man whom you may have seen and ask yourself if the step you contemplate is going to be of any use to him. Will he gain anything by it? Will it restore him to a control over his own life and destiny? In other words, will it lead to Swaraj for the hungry and spiritually starving millions? Then you will find your doubts and yourself melting away."

Source : Mahatma Gandhi [Last Phase, Vol. II (1958), P. 65]



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