



Bodh Mala – 4

Akhila Bhāratīya Saṃskṛti Jñāna Parīkṣā

For

(All India Culture Awareness Examination)

Conducted by

Vidya Bharati Sanskriti Shiksha Sansthan



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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 educationa 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 systsem 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 systemt 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 following scheme.

Vowels (स्वर)

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

Consonants (व्यञ्जन)

क् k, ख् kh, ग् g, घ् gh, ङ् n̄, च् c, छ् ch, ज् j, झ् jh, ज् न् jñ, ट् t̄, ठ् th, ड् d̄, ढ् dh, ण् n̄, त् t, थ् th, द् d, ध् dh, न् n, प् p, फ् ph, ब् b, भ् bh, म् m, य् y, र् r, ल् l, व् v, श् ś, ष् s̄, स् s, ह् h, क्ष् ks̄, त्र् tr, ज् 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+ई) = ki, की (क्+ई) = kī, कु (क्+उ) = ku, कू (क्+ऊ) = kū, कृ = (क्+ऋ) = kr and so on.

Explanatory Note (व्याख्यात्मक विवरण)

'C' का उच्चारण आम भाषा में 'स' जैसे cell या 'क' जैसे Club होता है परन्तु इस अन्तररूपीय पद्धति में इसका उच्चारण केवल 'च' होगा, वहाँ 'च' के लिए ch नहीं लिखा जाएगा जैसे carana (चरण) 'छ' के लिए ch लिखा जाएगा, जैसे chātra (छात्र) यदि छ्व लिखना हो तो cch, जैसे गच्छति = gacchati. ś = श, s̄ = 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 ṙ (जैसे ṙsi). 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 हलान्त 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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Blueprint of Question Paper

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-भाषणीम्।

सुखदां, वरदां, मातरम्! वन्दे मातरम् ॥2॥

कोटि-कोटि-कंठ 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 प्राणा शरीरे।

बाहुते तुमि मा शक्ति,

हृदये तुमि मा भक्ति,

तोमारई प्रतिमा गड़ि 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 *Saraswati*, the Goddess of Learning

या कुन्देन्तुषारहारधवला या शुभ्रवस्त्रावृता।
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना॥
या ब्रह्माऽच्युतशंकरप्रभूतिभिर्देवैः सदा वन्दिता॥
सा मां पातु सरस्वती भगवती निःशेषजाङ्गापहा॥1॥

Meaning : May Goddess *Saraswati*, 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 *danda* (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।
वीणापुस्तकथारिणीमभयदां जाङ्गान्धकरापहाम्॥
हस्ते स्फटिकमालिकां विदधर्तीं पद्मासने संस्थिताम्।
वन्दे तां परमेश्वरीं भगवतीं बुद्धिप्रदां शारदाम्॥2॥

Meaning : I salute *Śāradā* (*Saraswati*), 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॥२॥
हे हंसवाहिनी, ज्ञानदायिनी, अम्ब विमल मति दे॥

Prayer

O Mother! you ride *Harīsa* (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 *Sītās*, *Sāvitrīs* and *Durgās* once again.

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

1. *Bhārata* : Our motherland

Bhārata is our motherland. She is the holy land. On this land were born many a great personage. She has been sanctified by several incarnations of God Himself. Her sacred mountains, holy rivers, numerous *tīrthas* (centres of pilgrimage), temples and *Gurudwārās* came into existence over a period of centuries and even today we attain holiness by paying a visit to them. Presented below is an introduction and some details of such sacred places:

Seven *Purīs* (Sacred Cities)

अयोध्या मथुरा माया काशी काञ्ची अवन्तिका।
पुरी द्वारावती चैव सप्तैता मोक्षदायिकाः॥

Ayodhyā, Mathurā, Māyā, Kāśī, Kāñcī, Avantikā, Purī and Dvārāvatī : these seven are the deliverers of *mokṣa* (salvation)

Let us be acquainted with them :

- | | |
|-----------------------------------|---|
| <i>Ayodhyā</i> | : On the bank of river <i>Sarayū</i> (Uttar Pradesh) |
| <i>Mathurā</i> | : On the bank of river <i>Yamunā</i> (Uttar Pradesh) |
| <i>Māyā</i> (Haridwar) | : On the bank of river <i>Gāngā</i> (Uttarakhand) |
| <i>Kāśī</i> | : On the bank of river <i>Gāngā</i> (Uttar Pradesh) |
| <i>Kāñcīpuram</i> | : Tamilnādu Pradesa (Near Chennai) |
| <i>Avantikā</i> (<i>Ujjain</i>) | : On the bank of river <i>Kṣiprā</i> (Madhya Pradesh) |

Dvārakāpurī : In Saurashtra (Gujarāt), on the sea shore.

Four *Mathas* : Monasteries

With a view to imbuing the entire country with a sense and a spirit of unity, Ādi Śankarācārya founded four *mathas*. These *mathas*, the symbols of one Bhārata, also known as *Pīthas* (seats of *dharma*) are as follows :

| | | |
|-------|---|-----------------------------------|
| North | : | <i>Jyotirmathā</i> in Uttarākhaṇḍ |
| South | : | <i>Śrīgerīmathā</i> in Karnāṭaka |
| East | : | <i>Govardhanamathā</i> in Odisha |
| West | : | <i>Śāradamathā</i> in Gujarāt |

Venues of *Kumbha*

| | | |
|-------------------|----------------|---|
| <i>Haridwar</i> | Uttarākhaṇḍ | On the bank of River <i>Gāṅgā</i> |
| <i>Prayāga</i> | Uttar Pradesh | <i>Trivenī</i> (Holy Confluence of <i>Gāṅgā</i> , <i>Yamunā</i> , <i>Sarasvatī</i>) |
| Avantikā (Ujjain) | Madhya Pradesh | On the bank of River <i>Kṣiprā</i> |
| Nāsika | Maharashtra | On the bank of River <i>Godāvarī</i> |

Major rivers, lakes and mountains

उत्तरं यत्समुद्रस्य हिमाद्रेशचैव दक्षिणम्।
वर्षं तदभारतं नाम भारती यत्र संततिः॥

Viṣṇu Purāṇa 2; 3/1

The country which is located to the north of the ocean and to the south of *Himālaya*, is known as *Bhārata*, where lives her progeny, known as *Bhāratī*.

- Q. 1. Based on the above *Śloka*, which is the area known as *Bhārata*?
- A. The great country, situated to the north of *Hindu Mahāsāgara* (Indian Ocean) and south of *Himālaya* is known as *Bhāratavarṣa* (India).
- Q. 2. Which is the country where earth has been called the *Mother*?
- A. India is the only country in the world where '*bhūmi*' (earth) has been called the Mother. For us, this earth is not just a piece of land but the Mother incarnate.
- Q. 3. What is the name of the source of *Gaṅgā*, the holiest of our rivers?
- A. *Gomukha* – District Uttarakāśī – Uttarākhaṇḍ
- Q. 4. Which is the largest river of the undivided *Bhārata*?
- A. *Brahmaputra* river
- Q. 5. Of which state is *Mahānadī* the major river and what is the name of the dam constructed on it?
- A. *Mahānadī* is the major river of Utkala Pradesh (Odisha). The longest dam in world, Hirakud, has been constructed on this river.
- Q. 6. Write the names of eleven major rivers of India.
- A. *Gaṅgā*, *Yamunā*, *Sindhu* (Indus), *Sarasvatī*, *Gaṇḍakī*, *Brahmaputra*, *Narmadā* (*Rewā*), *Kāverī*, *Kṛṣṇā*, *Godāvarī* and *Mahānadī*.

- Q. 7. Write the names of five sarovaras (lakes)
- A. *Bindu Sarovara* (Gujarāt), *Nārāyana Sarovara* (Gujarāt), *Pampā Sarovara* (Karnāṭaka), *Puṣkara Sarovara* (Rajasthan) and *Mānasarovara* (Tibet)
- Q. 8. From where and upto where is the extant of the *Vindhyaśāla*?
- A. From Gujarat to Odisha.
- Q. 9. Write the names of two famous mountains of south India?
- A. *Malaya* mountain and *Sahyādri* mountain.

Symbols and Centres of faith

Visiting *tīrthas* is as propitious as seeing God Himself. What kind of reverence and faith are automatically generated in our hearts when we visit them? Whom do we see with a sense of respect? Attempt brief answers to the following questions.

Sacred Symbols :

1. What is that place called where God abides and is worshipped in the form of an image? (*Devālaya* / temple)
2. Before whom do our hands rise together and heads bow down in obeisance automatically when we reach the temple? (God's image)
3. Which trinity of gods is remembered as creator, protector and destroyer? (*Brahmā, Viṣṇu, Maheśa*)
4. Which books teach us the ideals of living?
(Holy scriptures)
5. Why do we treat cow as the mother?

(The milk of cow, like the milk of mother is like nectar and nutritious for baby. Moreover cow is the mother of whole creation.)

6. Of which river's water is so pure and sacred that it is not polluted even though it is conserved for years?
(River Gaṅgā)
7. What is the name of that sacred place where *Gaṅgā*, *Yamunā* and *Sarasvatī* meet?
(Prayāga, the crown of holy places, triveni confluence)
8. Which plant, maintained in the courtyard of the house, symbolises holiness and whose leaves have curative properties for a variety of ailments? (*Tulasī*/basil plant)
9. Which instruments are blown/sounded while performing worship of gods?
(Śaṅkha-conch shell and ghāntā-gong)
10. Which are the five symbols of the Hindu *dharma* beginning with the letter ग (ga) (1. *Ganeśa*, 2. *Gaṅgā*, 3. *Go* (cow), 4. *Gītā*, 5. *Gāyatrī*)
11. In which scripture is the '*bāñi*' (holy utterances) of the Sikh gurus incorporated
(Sri Guru Granth Sahib)

Centres of faith :

1. **Amar Nath** : Ice *lingam* of Lord Śiva is formed every year automatically here. It is situated in Jammu & Kashmir state
2. **Kedaranath** : The famous *Jyotirlingam* in the *Himālaya* which remains covered with snow for six months. Lord Śiva is worshipped here. It is located in Uttarakhand.
3. **Amritsar** : The famous Golden Temple is situated here. It is a city in Punjab state.

4. **Somnath** : The historic Śiva temple in Gujarāt. It is one of the 12 *Jyotirlingams*.
5. **Tirupati** : It is the famous centre of pilgrimage in South India and is situated in Andhra Pradesh. Lord Viṣṇu, in the image of *BālāJi* is the presiding deity here.
6. **Meenakshi (Madurai)** : It is known for the famous *Meenākṣī* temple. This, the biggest of all Indian temples, is situated in Tamilnadu.
7. **Rameśwaram** : Lord *Rāma*, in order to conquer *Lankā* worshipped Lord Śiva here and constructed a bridge on the sea. The *Sivalingam* of this holy place is one of the 12 *Jyotirlingams*. Rameśwaram is situated in Tamilnadu.
8. **Pawapuri** : In this city of Bihar, Lord *Mahāvīra*, the last *Tirthaṅkara* of Jainism, attained *nirvāṇa* (salvation) here.

The Present Geographical Boundaries of *Bhārata*

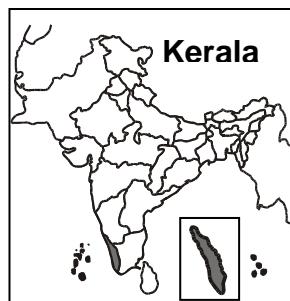
Bharata, the lustrous son of the brilliant King *Duṣyanta* and Queen *Śakuntalā*, was fond of playing with the lion cubs and counting their teeth by putting his hand in their mouth. The name of our country, *Bhārata*, comes from the same *Bharata*. According to another belief, our country got the name *Bhārata* from *Jadabharata*, the eldest son of *Rśabhadeva*.

The vastness of *Bhārata's* frontiers : Have you seen the map of *Bhārata*? If not, then look at it carefully, learn the answer to the following questions and familiarise yourself with the boundaries of *Bhārata*.

- Which highest mountain of the world guards our northern frontiers? (*Himālaya*)
- Which is the great ocean that washes the feet of *Bhārata Mātā* (Mother India) in the south? (*Hindu Mahāsāgara*—Indian Ocean)
- Name those countries adjacent to our present boundaries which were once parts of our Country?
(East : *Brahmadeśa*— (Myanmar); West : Pakistan; Afghanistan; North : Tibet, Nepal, Bhutan; South : ŚriLanka)
- Into which sea in the west of *Bhārata*, peninsula also known as the Arabian sea, does the mighty *Sindhu* (Indus) river merge? (*Sindhu Sāgara*)
- Into which sea on the east of *Bhārata*, peninsula also known as the Bay of Bengal, does the great *Bhāratīya* river *Garīgā* merge? (*Garīgā Sāgara*)
- Which island, to the south of *Bhārata*, once a part of our country, reminds us of Śri Rāmacandra's victory over *Rāvana*. (*Śri Lankā*)

Our States –Kerala

Kerala state is situated on the South-western coast of the sea. Its capital is *Thiruanantha-puram*. Here a line-up of coconut and palm trees, the setting sun, the multi-hued horizon, all present a breathtaking view of nature in some of its best moods. Malayalam is the state language of Kerala. Cashewnuts, areca-nut, coconut, black pepper, cardamom and other spices, coffee, tea and rubber are the major products of this state. Calcium carbonate, graphite, limenite and monezite



represent its mineral wealth. Cochin and *Thiruananthapuram*, are the famous airports. Historic port of Calicut, where Vasco-de-gama had touched the shores of *Bhārata*, is a part of this state. *Kathakali* and *Mohiniattam* are the famous dance forms. Here *Onam* heralds the New Year. It symbolises auspiciousness and prosperity. Among the places worth seeing, are *Thiruananthapuram*, *Varkkalā*, *Malampuzhā*, *Kovalam*, *Padmanābha Swamī* temple, *Kṛṣṇa* temple of *Guruvāyur*, *Ayyappā* temple in sabrimalai *Dharmaśāstā*.

Kālaḍi, the birth place of *Ādi Śankarācārya*, is also situated in this state. *Kūḍiyāṭṭam* (*Tiruvāthira* sport) and boat race are the other tourist attractions. Another distinction of this state of *Bhārata* is its cent percent literacy. Fishing is its major trade. In thumba, we have Equatorial Satellite Launch Centre.

देशभक्ति गीत

Patriotic Song

चन्दन है इस देश की माटी, तपोभूमि हर ग्राम है।

हर बाला देवी की प्रतिमा, बच्चा बच्चा राम है।

हर शरीर मन्दिर सा पावन

हर मानव उपकारी है।

जहाँ सिंह बन गये खिलौने,

गाय जहाँ माँ प्यारी है।

जहाँ सवेरा शंख बजाता, लोरी गाती शाम है॥1॥ चन्दन

जहाँ कर्म से भाग्य बदलते

श्रम-निष्ठा कल्याणी है।

त्याग और तप की गाथाएँ

गाती कवि की वाणी है॥

ज्ञान यहाँ का गंगाजल-सा, निर्मल है, अविराम है॥2॥ चन्दन

इसके सैनिक समरभूमि में
गाया करते गीता हैं।
जहाँ खेत में हल के नीचे
खेला करती सीता हैं।

जीवन का आदर्श यहाँ पर, परमेश्वर का धाम है॥३॥ चंदन

Sandal is the clay of this country.; each village a hermitage, each girl-child a goddess, every boy *Rāma* himself.

Holy as a temple is each body,
every person is a benefactor
Here, lions are playthings
And cow, the mother dear.

Dawn blows the conch here, evening sings lullabyi.
Sandal

Where destiny is changed by *Karma* (action)
And faith in labour lends auspiciousness
Where the poet's muse
celebrates legends of sacrifice and austerity.

Wisdom of this country is pure and perennial as waters of the *Garigā*. Sandal

Her soldiers, in the battlefield,
Chant the verses of the *Gītā*.
Under the plough, in the tiller's field
Sītas can be seen playing

The ultimate ideal of life here is attainment of the Divine
Abode. Sandal.....

2. Progeny of *Bhārata* – Hindu Society

खा अन्न और जल तेरा माँ यह अंग सकल हैं बड़े हुए,
तेरी ही वायु से माता ये श्वास हैं अब तक अड़े हुए।
ऋण तेरा है हम पर भारी उसको हम आज चुका देंगे...

O Mother! with the food and water given by you, limbs of our body have received nourishment. That we continue to breathe, O Mother! because of the air provided by you. The deep debt of gratitude that we owe to you, shall now be repaid by us.

Bhārata, our Motherland, has given birth to numerous jewels among men. Like the ideal sons and daughters, they dedicated all their actions to enhance the glory of *Bhārata* and for the sake of their dear Motherland, they sacrificed their lives. We count our such ancestors among our great men and women. We must acquaint ourselves with their lives and seek inspiration therefrom. Let us have some glimpses of these lives :

Give answers :

- A. Who was that seven year old child who, with unflinching faith in God, stood on one leg in a dense forest and practised penance? **(Dhruva)**
- B. He broke each bead of the rosary, minutely looked at it and threw it away because it did not bear the images of *Sri Rāma* and *Sītā*. Who was he? **(Hanumāna)**
- C. Name that completely devoted wife who, with her great wisdom, succeeded in getting back the eyesight and lost kingdom of his father-in-law along with the life of her dead husband, from *Yama*, the lord of Death? **(Satī Sāvitrī)**
- D. With the touch of the tip of King *Janaka*'s plough, she incarnated from the depth of the earth and was brought up as his daughter by *Janaka*. As wife of *Rāma*, she presented herself as an ideal of womanhood. Who was she? **(Sītā or Jānakī)**

- E. Such was the impact of her virtuosity that the fire of her wrath razed the city of Madurai. Who was that virtuous woman? **(The Virtuous Kannagi)**
- F. Who founded the '*Raṣṭra Sevikā-Samiti*', an organisation of the Hindu women? **(Lakshmibai Kelkar)**
- G. Name the mother who inspired his son, in his infancy, with patriotic zeal and is also the source of inspiration for the '*Raṣṭra Sevika-Samiti*' **(Jījābāī)**
- H. She gave up the royal luxury and comfort and immersed herself in the loving devotion of *Śrī Kṛṣṇa*. Who was she? **(Mīrābāī)**

Fill in the blanks :

- A. The donor of his bones for manufacturing a *Vajra* (thunderbolt) for use by the gods in the battle between gods and demons (the *devāsura saṅgrāma*) was the great seer..... **(Dadhīcī)**
- B. He, who on sustaining injuries in the *Mahābhārata* war, chose not to die as long as the sun did not enter *uttarāyana* (summer solstice) from *dakṣināyana* (winter solstice), was **(Bhiṣma Pitāmaha)**
- C. He carried his blind parents for pilgrimage on a *kānwad* (a pole with slings at both ends) on his shoulder. The name of this son, highly devoted to his parents, was **(Śravāna Kumār)**
- D. , obeying his father's order, surrendered himself to *Yama* (God of death) **(Naciketā)**

Following of our illustrious men are remembered for the qualities mentioned against their names :

| Name | Quality |
|-----------|---------|
| Abhimanyu | Valour |

| | |
|-----------------------------|--|
| Prahlāda | Devotion to God |
| Hakikat Rai | Sacrifice for protecting <i>dharma</i> |
| Ekalavya | Devotion to <i>Guru</i> |
| Ajit Singh, Jujhar Singh | Courage, sacrifice |
| Fateh Singh & Zorawar Singh | |
| Lakṣmaṇa | Devotion to brother |
| Mangal Pande, Khudiram Bose | Patriotism |
| Rantideva, King Śivi | Altruism |
| Hariścaṇdra | Devotion to Truth |

Childhood names of some of our great persons

| Great persons | Childhood name |
|--------------------------------------|----------------|
| Bhagat Singh | Bhagywan |
| Vivekananda | Narendra |
| Vālmīki | Ratnākara |
| Ādi Śankarācārya | Śaṅkara |
| Tulasīdāsa | Rambolā |
| Caitanya Mahāprabhu | Nimāi |
| Guru Angad Dev | Bhai Lehna |
| Dayanand Saraswati | Moolshankar |
| Madhav Rao Sadashiv Rao Golwalkar | Madhu |

Dates of Birth of Some great men

Pt. Madan Mohan Malviya 25 December 1861 A.D.

Dr Keshorao Baliram *Caitra śukla Pratipadā,*

| | |
|---------------------|--|
| Hedgewar | <i>Vikrama</i> era 1946 Corresponding to 1st April 1889 A.D. |
| Lal Bahadur Shastri | 2nd Oct. 1904 A.D. |
| Mahatma Gandhi | 2nd Oct. 1869 A.D. |
| Swami Vivekananda | 12th Jan. 1863 A.D. |
| Dr. Radhakrishnan | 5th Sept. 1888 A.D. |
| Dr. Rajendra Prasad | 3rd Dec. 1884 A.D. |

Maharana Pratap

- Q. : In which Royal dynasty Maharana Pratap was born?
- A. : Sisodia Dynasty
- Q. : In which year Maharana Pratap was born?
- A. : In 1540 AD
- Q. : What was the name of Maharana Pratap's mother.
- A. : Jayvanti Bai
- Q. : What was the name of Maharana Pratap's Father?
- A. : Maharana Uday Singh
- Q. : In which year Maharana Uday Singh died?
- A. : On 3 March 1572
- Q. : In the battle-field of Haldi Ghati with whom Maharana Pratap fought?
- A. : with Akbar
- Q. : What was the name of the Horse of Maharana Pratap?

A. : Chetak

Q. : I will not use the utensils of gold and silver till
Chittore is liberated; will not reside in royal palace;
will not shave my beard – of whose pledge are
these the extracts?

A. : Maharana Pratap

Q. : When Maharana Pratap left this world?

A. : On 19 January 1597 AD.

3. The Hindu View of Life

A person inevitably reaps the fruit of his *Karma*. We believe in the previous birth and repose faith in the immortality of soul.

Devotion to God

We are the children of *Brahman*, the great Primordial Being. From an ant to an elephant, everyone owes their existence to Him. In the burning kiln of the potter, it was *Iśvara* (God) alone, who saved the kitten. The Lord Himself came to rescue the elephant when the mighty crocodile started dragging the elephant into deep water and he was being sucked, and he prayed for His mercy. Haven't we always thought of that Lord is our mother, father and everything? Come, therefore, let us remember Him.

In our homes, we worship the Lord and perform His *āratī*. Worship of God's incarnations such as *Viṣṇu*, *Rāma*, *Kṛṣṇa* and different gods and goddesses is a part and parcel of devotion to God. On rising in the morning, touching the feet of the parents reverentially and

salutation to our elders with folded hands too is devotion to Him. We also believe that service of the deprived and the destitute is the act of worshipping God. 1. offering morsels of food to the cow. 2. irrigating plants. 3. helping parents in their work. 4. helping the physically disabled in crossing the road etc. have also been called "*nara sewā* is *Nārāyaṇa sewā*", 'Service to man is service to God.' Because we love Him, We connect ourselves with Him through various relations, and address Him as follows :

त्वमेव माता च पिता त्वमेव, त्वमेव बन्धुश्च सखा त्वमेव।
त्वमेव विद्या द्रविणं त्वमेव, त्वमेव सर्वं मम देव देव॥

O Lord! Thou art my mother, Thou art the father, Thou art my brother as well as friend. Thou art my knowledge as also the wealth. Thou art the Supreme Deity for me.

Service to society and the country too is devotion to God. Avoiding misuse or wastage of useful things, e.g. 1. not leaving water taps running, 2. switching off lights and fans when not in use 3. avoidance of misuse of articles of public utility, all are in the national interest.

(A) Fill in the blanks :

1. Worshipping God's incarnations, e.g, *Śrī Rāma*, *Śrī Kṛṣṇa* and others is a part of
(devotion to God)
2. Touching the parent's feet with reverence too is
(devotion to God)
3. the deprived and the destitute is also equal to devotion to God.
(serving)
4. Therefore, service to man has been considered
(service to God)

5. Act of social and national welfare is also.....
(devotion to God)

(B) Question-Answers:

(with reference to Śloka 'Thou art my mother')

1. Which four relatives have we seen as God in the above *śloka* (Mother, father, brother and friend)
 2. In what form knowledge and wealth is considered by us? (God)
 3. Which three sentiments should we always dedicate to God? (love, reverence and devotion)

Satkarma (noble acts)

Good deeds are called the noble acts. In fact, a noble act is the true *dharma*. Noble deeds give us happiness and satisfaction. Right actions bear good results. Truthfulness, compassion, not hurting anyone and service of the parents and elders constitute noble acts. Practising these right deeds is, in itself, devotion to God. It is for this reason that *Hariścandra* and *Śrī Rāma* who practised truth, *Śivi* and *Rantideva* who were kind and compassionate; *Dilīpa*, who offered his body (to the lion) to protect the cow; *Śravaṇa Kumāra* who was steadfast in the service of his parents, and *Rāma*, *Āruni*, *Upamanyu*, *Shivaji* who were devoted to their respective gurus, and all those who performed noble acts are remembered as devotees of God. We also treat *Atithi Satkāra*, i.e. hospitality to the guests, as a noble act. It is, therefore, that since time immemorial we have practised the principles of "matr devo bhava, pitr devo bhava, ācārya devo bhava, atithi devo bhava" (be one to whom the mother is a deity, be one to whom the father is deity, be one to whom the teacher is a deity, be one to whom the guest is a deity). In the mother and the father, all

elders of the family are included, and in teacher are covered all saints, sages and persons of noble character.

(A) Fill in the blanks :

1. constitute true *dharma* (noble acts)
2. Service of parents and elders is a (noble act)
3. We consider hospitality to the guest, a (noble act)
4. Be one to whom the mother, the father, the teacher and the guest are (deities)
5. Good bears good result. (action)

Question–Answer :

1. What do we achieve by performing good deeds?
(happiness and satisfaction)
2. Which of the deeds constitute good acts?
(Truthfulness, Kindness, Altruism, Hospitality and service of Parents and Teachers)
3. What is *Śravāṇa Kumāra* famous for?
(For service of his parents)
4. Which names are mentioned for serving the teachers reverentially ?
(*Rāma, Āruṇi, Upamanyu, Shivaji*)
5. Whom do we consider deities?
(mother, father, teacher and guest)

Special Trinities

Three gods *Brahmā, Viṣṇu, Maheśa*

Three Divine Powers *Maha Sarasvatī,*

Maha Lakṣmī, Mahakālī

Three Worlds Earth, Sky, Nether-world

| | |
|-------------|---|
| Three times | Past, Present, Future |
| Three modes | <i>Sattva</i> (goodness), <i>Rajas</i> (passion), <i>Tamas</i> (dullness) |
| Three debts | <i>Pitr</i> (manes), <i>Rṣi</i> (sages), <i>Deva</i> (gods) |

Our National Symbols

1. Which flag used to fly on the Chariots of Lord *Rāma* and Lord *Kṛṣṇa*? (*The Colour of the rising sun which was also called arunaketu*)
2. What kind of flags did Chandragupta, Vikramāditya, Śalivāhana, Prithviraj, Maharājā Krishna Deva Raya of Vijayanagaram, Mahārāṇa Pratāp, Chhatrapati Shivaji, Guru Govind Singh etc. have. (*Kesariyā* or Saffron flags with their respective royal insignia thereon)
3. Who gave his saffron piece of cloth to Shivaji and advised him to establish *Hindu Rājya* (Hindu kingdom) with the same colour of its flag?

(Samartha Guru Rāmadāsa)

4. Which has been accepted as free India's National Flag?
(saffron, white and green stripes on top, in the middle and at the bottom respectively. It is a rectangular flag with Aśoka Chakra, having twenty four spokes right in the middle of the white stripe. This is our National Flag)
5. What values do these three colours symbolise?
(saffron represents sacrifice; white, peace and green, prosperity)
6. What does Aśoka Chakra represent? (dynamism)

7. Who/which are our national animal, bird and flower?
(tiger, peacock and lotus)
8. Which is the biggest festival representing our cultural and national unity?
(*Kumbha*)
9. What is India's emblematic statement?
(सत्यमेव जयते *satyameva Jayate*: Truth alone triumphs)
10. Which is India's Official Language?
(Hindi)
11. Which is the National River of India?
(Ganga)

Food Hymn

ब्रह्मार्पणं ब्रह्मविर्ब्रह्माग्नौ ब्रह्मणा हुतम्।

ब्रह्मैव तेन गन्तव्यं ब्रह्म कर्म समाधिना॥ (Gīrā iv.24)

For such a liberated person, the act of offering is God, the oblation is God. By God it is offered into the fire that is God. God alone he attains who realises God in his action.

ॐ सहनाववतु सह नौ भुनक्तु। सह वीर्यं करवावहै।

तेजस्विनावधीतमस्तु मा विद्विषावहै॥

ॐ शान्तिः! शान्तिः!! शान्तिः!!!

(कठोपनिषद्, शान्ति पाठ Kāṭha Upaniṣad, Invocation)

May He protect us (teacher and the disciple) both; may He nurture us both. May we work together with vigour. May our learning make us lustrous. May there be no dislike between us.

May the Almighty bestow peace and happiness to all of us, to our Nation and to entire universe.

Om, peace, peace, peace.

प्रातः स्मरण

Morning Invocation (*First Two Ślokas*)

Daily we undertake morning invocation. With this spirit that 'Our hand is our destiny maker', we in every morning Saṃskṛti Jñāna Parīkṣā class 4

look towards our hand as a symbol of industriousness and recite this Śloka —

कराग्रे वसते लक्ष्मी करमध्ये सरस्वती।
करमूले तु गोविन्दः प्रभाते करदर्शनम्॥

On the tips of our hands resides *Lakṣmī*, the goddess of Prosperity; in the centre lives *Saraswati*, the goddess of learning, at the bottom of the hand lives Lord *Govinda*. In the morning, therefore, let us look at our hand (which is equal to viewing the Divine powers). (The import of this verse is that our hand is the symbol of all our endeavours- terrestrial as well as transcendental. We should, therefore, start our day by looking at our hand reminding ourselves of our potential energy.)

समुद्रवसने देवि! पर्वतस्तनमण्डले।
विष्णुपत्नि नमस्तुभ्यं पादस्पर्शं क्षमस्व मे॥

Our Motherland is verily the goddess *Lakṣmī* which is protected by Lord *Viṣṇu* Himself.

This Goddess is covered with the garment of ocean, these mountains are your breasts. You are the consort of Lord *Viṣṇu*. I salute you. Please forgive me that I touch you with my feet.

The Scientific basis of the Hindu beliefs.

Snāna (bath) is considered especially important by us for lending sanctity to all our auspicious activities. Scientifically speaking, bath amounts to purification of the body. There are countless pores on the surface of our skin. In the course of the day's work, our body oozes sweat. The liquid part thereof turns into vapours and is dissolved in the air, but the dust particles stick in the

pores. If this dust is not cleaned daily, these particles would keep gathering on the pores day after day. In course of time, thick layers of dust would shut the pores of the body. The process of excretion of internal dirt and polluted wind would start raising stink inside the body and body would begin oozing bad odour. Consequently, serious ailments would ensue. It is necessary, therefore, in the interest of healthy living, to take bath daily.

Birthday should be celebrated in the following manner :

1. The boy/girl whose birthday is to be celebrated should rise in *brāhma-muhūrta* (very early in the morning) and take bath.
2. After *arcanā* (worship) by lighting the lamp and, performing *pūjā*, *havana yajña* (ritual sacrifice), apply *tilaka* (auspicious mark) on the child's forehead.
3. Instead of accepting gifts, set a tradition of donation (*dāna*) according to means.
4. Cow is the symbol of our faith. She should therefore be fed with a morsel of food.
5. On the birthday, a sapling must be planted.
6. Seek the blessings of the elders and offer a treat to the guests according to your means.
7. Take a vow to imbibe at least one virtue in life.
8. Instead of blowing off candle(s) light a big earthen lamp (*dīpa*).

Blessings (*swastivācaka mantra*)

ॐ शतं जीवशरदो वर्धमानः शतं हेमन्ताञ्छतमुवसन्तान्।
शतमिन्द्राग्नी सविता बृहस्पतिः शतायुषा हरिवषेम पुनर्दुः॥

May you (the birthday child or /and the host) grow and live for a hundred autumns, hundred winters and a hundred springs. May *Indra*, *Agni*, Sun and *Bṛhaspati* and the Lord Almighty bless this child (and the host) with the means and wherewithal to live for a hundred years many times over.

4. The Sacred Tradition of Sacraments

The lofty ideas of culture have been transformed into symbols for future observance, which include in its ambit, festive occasions, places of pilgrimage, temples, holy scriptures, quotes of saints, code of civic behaviour and sixteen sacraments that frequency of the grandeur and the inner essence of culture spreads all around. Some information is given hereunder about some of them.

Cultural Festivities/Festivals

- Makara–Sankranti
Pongal (South India)/Bihū (Assam)
Month of Magha
(14th January)
 - Vaiśākhī (Panjāb)
Meṣa Sankranti
(13th April)
 - Onam (Kerala)
Month of Śravana,
Vāmanadvādaśi.
 - Ganeśa Festival (Maharashtra)
Bhādrapada
14th day of
bright-fortnight
 - Gītā Jayanti
Mārgaśīṣa Elventh day
of bright fortnight
 - Vyāsa Pūrṇamā — It is celebrated on the full moon day
of Āṣadh. The real import of Guru Pujā is the worship
of spiritual experiences. The symbol of the son of
knowledge, the ocean of love and the Himalaya of

Peace, is saluted on this day with this feeling of adoration.

- Śrī Kṛṣṇa Janmāṣṭamī – It is celebrated as the birthday of Lord Kṛṣṇa on the eighth day of the dark fortnight of Bhādrapada month.
- Varṣa Pratipadā — It is celebrated as the first day of Vikramī era (first day of the bright fortnight of caitra), The new years Day of Hindu calender, and the birthday of the founder of Rāṣtriya Swayamsewak Sangh, Dr. Keshav Rao Baliram Hedgewar.
- Rāma Navamī — It is celebrated on the nineth day of the bright fortnight of caitra. On this day Lord Rāma was born.

Tīrthas (Places of Pilgrimage)

The general meaning of the word *tīrtha* is a 'holy place' which is associated with some deity, holy personage, great event, holy river or a lake etc. Literally, it means the venue (*ghāṭa*) for going across the river. It is believed that a *tīrtha* is the venue (*ghāṭa*) for going across the sea of birth and death (*bhavaśāgara*). Devotees should, therefore, go to the *tīrthas* and take bath, offer donations, perform holy deeds and seek the good company (*satsaṅga*) of saints and sages.

Temples

It is not possible to determine the exact period when the idea of constructing temples rose in the human mind. It is, however, believed that the temple architecture would have come into being as an independent art form, prior to Emperor *Aśoka*. Some of the ancient temples are described below.

Four *Dhāmas* :

1. ***Badarīnātha*** : Due to the snowfall, the doors of *Badarīnātha* remain closed for six months of winter. The priests of this temple—the *nambūdarī brāhmaṇas* of Kerala—are called '*Rawals*'. It is nothing short of a miracle that from the peaks of *Badarīnātha*, which remain covered with snow, the hot-water springs emerge. In the *sanctum sanctorum*, the image of Lord *Nārāyaṇa* (*Viṣṇu*) accompanied by *Nara* the man, is installed. *Badarīnātha* is one of our four *dhāmas*.
2. ***Jagannātha Purī***. Purī is a city in the state of Odisha. This is a sacred *dhāma* of the Hindus. The temple has the wooden images of Lord *Jagannātha*, *Subhadrā* and *Balarāma*. The *ratha-yātra* (chariot procession) that is taken out on the *Āśādha śuklā dvitiyā* (second day of bright fortnight of the month of *Āśādha*), is a famous event.
3. ***Rāmeśvaram*** : *Rāmeśvaram dhāma* is situated on the confluence of the Bay of Bengal and the *Hindu Mahāsāgara*. Lord *Rāma* had installed the *Śivalingam* here. There are 22 wells and ponds in the temple where pilgrims take bath. The most significant aspect of this temple is that many events of *Śrī Rāma*'s life are engraved inside and outside the temple. Another important feature of this temple is its sprawling corridors and *bārādarīs* (a type of well-knit architecture each of which has twelve entrances).
4. ***Dvārakāpurī***: It is the capital of a republic founded by *Śrī Kṛṣṇa*. It is situated on the west coast in Saurashtra province of Gujarat state. It is also one of the four *dhāmas*.

सद्ग्रन्थ (Sacred Books)

रामचरितमानस (Rāmacaritamānasa)

(The Holy Lake of the Acts of Rāma)

Rāmacaritamānasa, written by the great poet Tulasīdāsa, is a masterly poetic treatise on devotional love, spiritual knowledge and ideal family relationships. Some *caupāīs* are worth remembering :

भए कुमार जबहिं सब भ्राता। दीन्ह जनेऊ गुरु पितु माता॥
गुरु गृह गए पढ़न रघुराई। अलप काल विद्या सब आई॥

As soon as all the brothers grew up, the *guru*, the father and the mother invested them with sacred thread. The Lord of *Raghū* (along with brothers), proceeded to the *guru's* house to study and, in a short time, mastered all the branches of knowledge.

What did *Śrī Rāma* do first thing in the morning? Read on:

प्रातकाल उठि कै रघुनाथा। मातु पिता गुरु नावहिं माथा॥
आयसु माँगि करहिं पुर काजा। देखि चरित हरषइ मन राजा॥

The Lord of *Raghū* (*Śrī Rāma*) got up early in the morning and bow his head to his parents and *guru*. He carried out the affairs of the city after obtaining their permission. The king's heart was delighted to see his acts.

Śrī Rāma served his preceptor and *Lakṣmaṇa* served *Śrī Rāma*. See how beautifully has this been described in the following *caupāīs* :

तेइ दोउ बंधु प्रेम जनु जीते। गुर पद कमल पलोटत प्रीते॥
बार बार मुनि अग्या दीन्हीं। रघुबर जाइ सयन तब कीर्हीं॥

These two brothers, mastered, as it were, by love, affectionately pressed the lotus feet of the *guru*. When

the sage asked them again and again, the crest jewel of *Raghu's* race (*Srī Rāma*) retired to rest.

चापत चरन लखनु उर लाएँ। सभय सप्रेम परम सचु पाएँ।
पुनि पुनि प्रभु कह सोवहु ताता। पौढे धरि उर पद जल जाता॥

Lakṣmaṇa pressed (*Srī Rāma's*) feet to his heart and rubbed them tenderly (fearing that he may not hurt them), experiencing exquisite delight. Repeatedly the Lord said, "Retire now, my dear", and then he lays down placing his feet in his bosom.

दोहा- उठे लखनु निसि बिगत सुनि अरुनसिखा धुनि कान।
गुर ते पहिलेहि जगतपति जागे राम सुजान॥

At the end of the night, hearing the sound of cock-crow, *Lakṣmaṇa* arose. The master of the Universe, all-wise *Rāma* too woke up before the *guru*.

बंदउँ गुरपद पदुम परागा। सुरुचि सुबास सरस अनुरागा।
अमिअ मूरिमय चूरन चारू। समन सकल भवरुज परिवारू॥

I salute the pollen-like dust of the lotus feet of my *guru*. It is sweet to the taste, fragrant and full of the flavour of love. It is the pure powder of the root of ambrosia that heals all the attendant ills of life.

- Q. : Who performed the sacred thread wearing (Yajnopvita) ceremony of Sri Rama, Lakshmana, Bharat and Shatrughna?
- A. : Mother, father and Guru
- Q. : Where did Rama, Lakshmana, Bharat and Shatrughna go for getting education?
- A. : In the hermitage of Guru Vashishtha.
- Q. : What Rama used to do after getting up in the early morning?

- A. : He used to touch the feet of mother, father and Guru.
- Q. : Whose feet Sri Rama and Lakshmana used to press affectionately?
- A. : Their Guru Vashishtha
- Q. : To whom Rama did say 'Retire now-enough night has passed.'
- A. : To Lakshmana

श्रीमद्भगवद्गीता (*Srīmadbhagavadgītā*)

In the sacred literature of the world, *Gītā* ranks foremost. *Gītā* has been translated in several languages of the world. It is read and recited the world over. *Bhārata* is proud of this unique book of her culture.

निमित्तानि च पश्यामि विपरीतानि केशव।

न च श्रेयोऽनुपश्यामि हत्वा स्वजनमाहवे॥1/31॥

I see evil omens o Keshava (Krisna), nor do I foresee any good by slaying my own people in the fight.

योगस्थः कुरु कर्माणि संगं त्यक्त्वा धनञ्जय।

सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते॥2/48॥

Fixed in yoga, do thy work, O winner of wealth (Arjuna), abandoning attachment, with an even mind in success and failure, for evenness of mind and inner poise is called Yoga.

- Q. : What was the name of the Conch that Lord Krishna blew?.
- A. : Pancajanya.
- Q. : What the name of the Conch that winner of wealth Arjuna blew?
- A. : Devadatta

- Q. : What impression was caused on Arjuna after surveying the army of Kauravas?
- A. : He was filled with grief after seeking his own kins in the battle field.
- Q. : What Arujna said after seeing his own kinsmen.
- A. : I do not foresee any good after slaying my own people in fight.
- Q. : What four cardinal qualities of Soul have been told by Lord Krishna?
- A. : (1) Weapons cannot cleave soul (2) Fire cannot burn it (3) water cannot make it wet; (4) Wind cannot make it dry.
- Q. : What unalterable fact has been said in Gita about human life.
- A. : For the one who is born, death is certain and certain is the birth for that who has died. “जातस्य हि ध्रुवो मृत्युर्धुवं जन्म मृतस्य च”.
- Q. : What is that which can be slain or killed, as said in Gita.
- A. : The body and this mortal frame can be killed (slain); for, the physical body is destructible.

Inspiring quotes of great men

1. Give me blood, I shall give you freedom.
(Netaji Subhash Chandra Bose)
2. I shall make one fight with a lakh and a quarter.
(Guru Gobind Singh)
3. I shall not surrender my Jhansi. **(Rani Lakshmi Bai)**
4. Britons! your rule shall not last half a century.
(Vinayak Damodar Savarkar)

5. Desire is the root cause of all misery. (Lord Buddha)
6. My *ahimsā* (non-violence) does not teach cowardice. (Mahatama Gandhi)
7. Hail Soldier! Hail Farmer! (Jai Jawan, Jai Kisan)
(Lal Bahadur Shastri)
8. Service to man is service to God. (*Nara sewā, Nārāyaṇa Sewā*) (Swami Vivekananda)
9. Each blow of this stick hurled on my head, will prove to be a nail in the coffin of the British rule.(Lala Lajpat Rai)
- 10.I have seen God as I can see you.
(Śrī Ramakrishna Paramahansa)
- 11.Jai Jawan, Jai Kisan, Jay Vijnan.
(Atal Behari Vajpayee)
- 12.Swachch Bharat, Svastha Bharat; (Clean India, healthy India.) (Narendra Modi)

दोहे (Couplets)

बड़े बड़ाई ना करैं बड़े न बोलें बोला।
रहिमन हीरा कब कहै लाख टका मेरो मोल॥

Great persons do not indulge in self-praise. They do not brag, says poet Rahīm, When does a diamond declare that he is worth a lakh of rupees?

बुरा जो देखन मैं चला बुरा न दीखा कोय।
जो मन खोजा आपना मुझ सा बुरा न कोय॥

I went around looking for an evil character but found none. When I looked within myself, I found that there was none as evil as I am.

गुरु गोविन्द दोनों खड़े काके लागूँ पाया।
बलिहारी गुरु आपने गोविन्द दियो बताय॥

Guru and Govinda (God), both stood before me. (I am bewildered) whose feet should I touch first! (Obviously) I should offer my grateful salutation first to the *guru*, from whom, I learnt about *Govinda*.

काल करै सो आज कर आज करै सो अब।
पल में परलै होयगी बहुरि करैगो कब॥

You should do today, what you propose to do tomorrow. Do just now what you propose to do today. (Who knows), the next moment there may be *pralaya* (deluge). When, then, would you do that?

साँच बराबर तप नहीं झूठ बराबर पाप।
जा के हिरदय साँच है ता के हिरदय आप॥

There is no austerity equal to truth, no sin equal to lie. God Himself resides in the heart of the person in whose heart resides truth.

जो रहीम उत्तम प्रकृति का करि सकत कुसंग।
चंदन विष व्याप्त नहीं लिपटे रहत भुजंग॥

Rahīm says, "What harm can bad company do to the person who is noble by nature? Sandal tree never contracts poison even though it may remain in the embrace of the snakes.

Following useful tips can be gathered from the above couplets:

- (i) Not to indulge in self-praise (2) Identifying one's own shortcomings and removing them (3) Being respectful to the *guru* (4) Giving up lethargy (5) Leading a truthful life (6) Noble persons are not affected by the evil company.

Etiquettes

A. How can we be good neighbours?

1. Our _____ with our neighbours is always one of _____. (behaviour, affection)
2. We _____ to them sweetly and never _____ with them. (speak / quarrel)

B. Do you even consider that all should be satisfied with your behaviour? Do you take care of the following principles?

1. You are _____ to the elders and _____ with youngers in your conversation. (respectful, affectionate)
2. Do not _____ when two persons are talking. (intervene)
3. We _____ the younger sisters and brothers of our school when they have to cross the road. (help)
4. We help _____ and _____ persons in crossing the road. (blind/ physically disabled)

C. We do not eat just to fill our belly. We treat it as *yajna*, an act of sacrifice. Even at the time of taking food, we follow certain rules. Let us see what we do at the time of taking our meals.

1. We wash _____ before eating. (hands, face and feet)
2. Before beginning to eat, we recite _____ (bhojana mantra)
3. We take only that food article for eating which is to our _____ and only in as much quantity as _____. (taste, necessary)

4. We _____ fully whatever is served in the meals and do not leave any _____
(consume/leftovers)

अतिथि देवो भव

Be one to whom a guest is a deity

Hospitality : A guest (*atithi*) is the one whose time and date of arrival are not known. It is also possible that you do not even know him. How do we welcome him?

1. We _____ the guest who comes to our home, with folded hands and by saying _____
(welcome, *namaste*)
2. We may be inconvenienced by the arrival of a guest, yet we happily _____ the inconvenience. (accept)
3. At the time of his departure, we _____ that he visit again. (Insist)

5. Our Glorious History

Bhāratīya Chronology / Calendar

Nowadays we write the date according to the Christian calendar. Names of the twelve months according to the *Bhāratīya* calendar are as follows —

1. *Caitra*
2. *Vaiśākha*
3. *Jyeṣṭha*
4. *Āṣāḍha*
5. *Śrāvana*
6. *Bhādrapada*
7. *Āsvina*
8. *Kārtika*
9. *Mārgaśīrṣa*
10. *Pausa*
11. *Māgha*
12. *Phālguna*

Indian Method of writing Numbers

The Indian method of writing Numbers is prevalent in international form through out the whole world, according

to which we write ०, १, २, ३, ४ ... Let us make ourselves aware of the ancient form (Indian form as ॐ, १, २, ३, ४, ५, ६, ७, ८, ९)

श्रीराम कथा

The story of ŚrīRāma

God incarnated as Śrī Rāmacandra in order to end the tyranny and establish Rāma Rājya, i.e. Rule of Virtue or the Kingdom of Righteousness. You have been hearing the story of Rāmāyaṇa since your childhood. Test your knowledge.

1. Of which place King Daśaratha was ruler? (*Ayodhyā*)
2. Write the names of all three queens of King Daśaratha? (*Kausalyā, Kaikeyī, Sumitrā*)
3. What were the names of the sons of King Daśaratha? (*Rāma, Lakṣmaṇa, Bharata, Śatrughna*)
4. Why did Viśvāmitra take Rāma and Lakṣmaṇa with him?
(In order to protect his *yajña* from the atrocities of demons and to fully train the two brothers in scriptural knowledge as well as the art of warfare.)
5. What condition had King Janaka fixed for Sītā's *swayamvara* (Choice of bridegroom).
(Condition of Sītā's *swayamvara* was that the one who breaks Śiva's bow, would marry Sītā. This condition was fulfilled by Rāma).
6. Why did Rāma go into exile?
(His mother Kaikeyī had asked Daśaratha for fourteen years' exile for Rāma. In order to fulfill the vow of his father, Rāma went to the forest).

7. Why did *Bharata* arrive at *Citrakūṭa* to see *Rāma*?
(In order to persuade *Rāma* to return to *Ayodhyā*)
8. Why did *Rāma* not go back to *Ayodhyā*?
(Because *Rāma* had to honour his father's vow to *Kaikeyī*)
9. Even though *Sītā* and *Lakṣmaṇa* were not asked by the king to go to forest, why did they yet choose to go with *Rāma*?
(*Sītā* went because of her love and devotion to her husband and *Lakṣmaṇa* because of his love for his brother and an attitude of service towards him.)
10. How could *Rāma* vanquish the immensely powerful *Rāvaṇa*?
(He united the forest tribes with the help of *Sugrīva*, *Hanumāna*, *Arīgada*, *Jāmbavanta* etc, and on learning from *Vibhīṣana*, the secret of nectar being stored in the navel of *Rāvaṇa*.

रामायण के आदर्श पुरुष

The Role Models of Rāmāyaṇa

“पुरुष प्रवर उस काल के कैसे सदाशय हैं अहा।
संसार को उनका सुयश कैसा समुज्जल कर रहा॥
तन में आलौकिक कान्ति है मन में महासुख शान्ति है।
देखो न उनको देखकर होती सुरों की भ्रान्ति है॥”

How magnanimous are the noble men of those times!
See, how their glory keeps lending lustre to this world!
Their bodies exude divine radiance. Their minds are the oceans of supreme joy and serenity. Look at them and you would feel that they are gods!"

—Maithili Sharan Gupta

A person can become a role model by performing noble deeds.

With whom do we associate the following noble deeds?

1. Son of *Daśaratha*, the King of Ayodhyā, who accepted fourteen years' exile into the forest following his father's orders. He killed the demon king *Rāvaṇa*. He established the codes of conduct and behaviour for a son, a brother, a disciple, a friend, a husband and a king. *(Maryādā Puruṣottama Śrī Rāma)*
2. In pursuance of ideal ethical standards, he ruled in the name of his brother, *Śrī Rāma* by placing the latter's sandals on the throne. *(Bharata)*
3. For fourteen years, he served *Śrī Rāma*, forsaking his sleep. *(Lakṣmana)*
4. Who took the vow of *Brahmacarya* (celibacy) for life and is worshipped even today for selfless service. *(Hanumāna)*
5. Who helped *Śrī Rāma*, *Sītā* and *Lakṣmana* cross the river *Gangā*. *(Kevatā)*
6. Who was the forest chief who called his subjects to lay down their lives for the sake of *dharma*. *(Niṣāda Rāja Gūh)*

National Festivals

15th August : We celebrate the Independence Day on this day. It was on this day in the year 1947, that *Bhārata* attained independence from the British Rule. *Yogirāja Śrī Aurobindo* was also born on this day.

26th January : It is observed as the Republic Day. In 1950, *Bhārata* gave herself her constitution. We worship *Bhārata Mātā* on this day.

2nd October: Birthday of Mahatama Gandhi and also of Lal Bahadur Shastri

Some of the heroes of 1857 War of Independence and their centres.

| | |
|-----------------------|----------------------------------|
| 1. Tatya Tope | Shivpuri (Madhya Pradesh) |
| 2. Vir Kunwar Singh | Jagdishpur (Ara-Bihar) |
| 3. Devi Singh | Mathura (Uttar Pradesh) |
| 4. Kadam Singh | Meerut (Uttar Pradesh) |
| 5. Rana Beni Madhav | Rai Barrielly (Uttar Pradesh) |
| 6. Begum Hazrat Mahal | Lucknow (Uttar Pradesh) |
| 7. Bahadur Shah Zafar | Delhi |
| 8. Veer Narayan Singh | Raipur Sonakhan (Chattisgarh) |
| 9. Rani Lakshmi Bai | Jhansi (Uttar Pradesh) |
| 10. Nana Sahab Peshwa | Bithura (Uttar Pradesh) |

6. The World as one Family

Our country, *Bhārata*, is the most ancient land of the world. Countless great personages have been born here from time to time and made significant contribution to the progress of the world and welfare of humanity. Similarly, in the other parts of the world too, great men were born who earned our respect by their life-long endeavours for peace and happiness of the whole humankind. Some such worth remembering names are given below.

Illustrious Personages

1. *Cāṇakya* – The *guru* of the emperor *Candragupta* and a famous diplomat. Scholar of Economics.

2. **Mahāmanā Madan Mohan Malaviya** – Keen nationalist thinker. He worked tirelessly for spreading and preaching Bhāratīya Culture. In the field of education, he established the Hindu University, where students from different countries come to study.
3. **Columbus** – He discovered America in 1492 A.D.
4. **George Washington** – The first President of the United State of America in whose name the city of Washington was founded.
5. **Florence Nightingale** – The lady who dedicated herself to the service of the wounded soldiers in the German war.
6. **Mahāvīra Swamī** – The twenty-fourth *tīrthaṅkara* of Jainism.
7. **Guru Nanak** – The First Guru of Sikhs.
8. **Jesus Christ** – The founder of Christianity
9. **Hazrat Mohammad** – The founder of Islam.

Scriptures and *dharma*s / sects related thereto

| Name of the Scripture | <i>dharma</i> / sect |
|--|----------------------|
| <i>Śrī Madbhagavadgītā, Vedas, Purāṇas, Smṛtis, Rāmāyaṇa, Mahābhārata, Upaniṣads</i> | Hindu dharma |
| <i>Tripitakas</i> | Buddhism |
| <i>Koran</i> | Islam |
| <i>Guru Granth Sahib</i> | Sikhism |
| <i>Bible</i> | Christianity |

Countries and their ancient names

In order to remember the universal character of the omnipresent Hindu culture, let us recall the original

names of some countries, where, as a result of the efforts of our seers and sages, our great culture reached. Trivisṭapa (Tibet), China, Japan, Korea etc. too benefitted from our culture. Ancient names of some of the countries are given below —

| Country | Ancient name |
|-------------|---------------------------------|
| Cambodia | Kambuja Deśa |
| Thailand | Śyāma Deśa |
| Vietnam | Campā Deśa |
| Laos | Lava Deśa |
| Malaya | Malaya dvīpa |
| Java | Yavadvīpa |
| Borneo | Varuṇa dvīpa |
| Afghanistan | Gāndhāra deśa, Upagañasthana |
| Iran | Āryān, Paraśudeśa |
| Mexico | Maya deśa |

7. The Shining Tradition of Indian Sciences

Indian Scientists

(A) Fill in the blanks :

- A. had given the information about gravitational force 5000 years before Newton. (Bhāskarācārya)

B. was the first scientist of the world to propound the theory that the earth goes round the sun. (Ārya Bhatta)

C. proved to the world that the plants also have life. (Jagadish Chandra Basu)

- D. The name of the scientist who enunciated the principle of zero was **(Brahmagupta)**
- E. was a great mathematician of the world. **(Srinivasa Ramanujam)**
- F. The first scientist who discovered *atomism* was **(Kaṇāda)**

Some Great Scientists

- Atharvāṇa Ṛṣi* : The first scientist of the world who discovered fire. His progeny identified different types of fire.
- Kapila* : The author of Sāṅkhya sūtras (aphorisms), the author of the principles of evolution.
- T.R.Seshadri : Specialist in the chemical of the śaivāla plant.
- Verghese Kurien : The father of white revolution.

Our Achievements

- When were the atomic explosions, in the year 1998, carried out in Pokharan? **(11th and 13th May)**
- Our scientists have made excellent achievements in the sphere of missiles. Name the missiles.
(Nag, Prithvi, Agni, Trishul)
- According to Satelite has started the function of sending messages from Mars Planet.
(Mangalayan)

Ayurveda

It is the oldest medical system of *Bhārata*. Major books of the Ayurveda are :-

1. *Caraka Saṁhitā*
2. *Suśruta Saṁhitā*
3. *Aṣṭāṅga Hṛdaya*

Medicinal plants : The banyan tree (*Ficus indica*), Banana tree, coconut, basil plant (*ocimum sanctum*), turmeric, aśoka tree (*Saraca Indica*), neem, emblic (myrobalan) asafoetida, ajavāyan (*carum copticum*), Amla, Lemon, ginger etc.

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.

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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