



Bodh Mala – 5

Akhila Bhāratiya Saṁskṛti Jñāna Parīkṣā

For

(All India Culture Awareness Examination)

Conducted by

Vidya Bharati Sanskriti Shiksha Sansthan



Renowned Freedom Fighter Deshbandhu Chitranjan Dass

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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 alos.

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 r̄, ॠ ṛ, लृ l̄, ए e, ऐ ai, ओ o, औ au, अं ṁ, अः ḥ.

Consonants (व्यञ्जन)

क् k, ख kh, ग् g, घ् gh, ङ् ṅ, च् c, छ् ch, ज् j, झ् jh, ञ् ñ, ट् t, ठ् th, ड् d, ढ् dh, ण् 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 caraṇa (चरण) 'छ' के लिए ch लिखा जाएगा, जैसे chātra (छात्र) यदि च् 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 r̄ (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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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-भाषिणीम्।

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 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 : Our motherland

This *Bhārata*, this sacred land, with silver crested *Himālaya*, gushing waters of our holy rivers and the centres of our pilgrimage, is the ultimate deity for us. It is a matter of concern, and we should spare a thought to it, that due to the evil designs of the enemies of our country, our *Akhaṇḍa Bhārata* (undivided India), was divided, from time to time, into various parts. We must resolve to restore to her the glory of her undivided stature.

śloka : उत्तरं यत्समुद्रस्य हिमाद्रेश्चैव दक्षिणम्।

वर्षं तद्भारतं नाम भारती यत्र सन्ततिः॥

Viṣṇu Purāṇa 2:3/1

Q. What is the meaning of this śloka?

A. 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. Which is the highest mountain in the world?

A. *Himālaya*

Q. In which state of *Bhārata* is the *Mahendra* mountain situated?

A. *Utkala* (Odisha)

Q. Which mountain did *Mahaṛṣi Agastya* cross during his travels with a view to bridging the difference between the north and the south.

A. *Vindhyācala*

Q. *Ābu* is the peak of which mountain?

A. *Arāvali Hills*.

Q. In which state is *Dvārakā dhāma* located. Which *pīṭha* (the holy seat) was established there by the *Ādi Śaṅkarācārya*?

A. *Dvārakā dhāma* is situated in Gujarat state. *Ādi Śaṅkarācārya* established *Śāradā Pīṭha* here.

Q. In which *dhāma* (holy abode) are the wooden images of *Śrī Kṛṣṇa*, *Balarāma* and *Subhadrā* installed ?

A. *Jagannātha Purī*

Q. Names of the rivers which we remember while taking our bath in the morning have been given in the following *śloka*. Please rewrite them?

śloka : गंगे च यमुने चैव गोदावरि सरस्वति।

नर्मदे सिन्धु कावेरि जलेऽस्मिन् सन्निधिं कुरु॥

A. *Gaṅgā*, *Yamunā*, *Godāvarī*, *Saraswatī*, *Narmadā*, *Sindhu* (Indus) and *Kāverī*.

Q. Where has the river *Yamunā* its origin?

A. The river *Yamunā* originates from the *Kālinda* hill of the south-western range of *Himālaya*.

Q. What is the second name of *Yamunā* because of her origin from the *Kālinda* hill?

A. Because of originating from the *Kālinda* hill, *Yamunā* is also called *Kālindī*.

Q. *Sindhu* (Indus) river, after originating from the *Mānasarovara* lake, passes through the Jammu and Kashmir state of India. It also traverses through two other countries. Name them.

A. Tibet and Pakistan

Q. Through which states did the Vedic river, *Sarasvatī*, flow?

A. Himachal Pradesh, Haryana, Rajasthan and Gujarat

Q. Mention any of the three tirthas situated on the banks of the river *Godāvarī*?

A. Nasik, Nanded, Bhadrachalam.

Seven *Purīs* (Holy cities)

1. ***Ayodhyā*** (Avadh) : Situated on the bank of *Sarayū* river in Uttar Pradesh, it is the birth place of Lord *Rāma*.
2. ***Mathurā*** : The birth place of Śrī Kṛṣṇa, situated on the bank of the river *Yamunā* in Uttar Pradesh.
3. ***Māyāpurī*** (Haridwar) : The famous centre of pilgrimage, in Uttarakhand, on the bank of *Gaṅgā*. Here, the *Gaṅgā* enters plains. '*Hari-ki-pauḍī*' is the holy *ghāṭa* (bathing place). It is also the venue of the *kumbha* festival.
4. ***Kāśī (Varāṇasī)*** : The famous *Jyotirlingam* of *Kāśī Viśvanātha* is installed here. It is situated in Uttar Pradesh, on the bank of *Gaṅgā*.
5. ***Kāñcī*** : '*Kāñcī Kāmaḥoṭī*' is the famous place of pilgrimage. Also known for the *maṭha* of *Śankarācārya*. It is situated in Tamilnadu.
6. ***Avantikā (Ujjain)*** : We have the *Jyotirlingam* of *Mahākāleśvara* (Lord Śiva) here. This city is a part of Madhya Pradesh and is also a venue of the *Kumbha* festival.
7. ***Dvārāvātī (Dvaraka)*** : On the seashore of Gujarat, *Dvārāvātī* is one of the four *dhāmas*.

Greater India

Bhārata is the Motherland of all of us, the inhabitants of *Bhāratavarṣa*. For us, she is not just a piece of land. We worship her as the Mother of the Universe (*jagajjananī*) and salute her with reverence. It is in this context that it has been said :

**She is the Mother, verily the Mother
Not just pebbles and rocks and an expanse of sand.**

We therefore pay her obeisance treating her as our Motherland. The map of India that we see today is different from what it used to be in the past. We give below some information about her ancient boundaries.

- Our northern border extended upto *Himālaya* and *Triviṣṭapa* (Tibet), where *Kailāsa-mānasarovara* is situated. Our boundaries extended upto Nepal and Bhutan.
- In the north west, *Uḡgaṇasthāna* (Afghanistan) was also our part during the reign of *Candragupta Māurya* and Emperor *Aśoka*. In the age of *Mahābhārata*, it was known as the state of *Gāndhāra*. *Gāndhārī* belonged here.
- In the east of India, we have the *Brahmadeśa* (Myanmar); this too was a part of our country.
- The present-day Pakistan and Bangladesh (East Pakistan till 1972) were also the major constituents of our country.
- Śri Lanḱā, this southern island in the *Hindu Mahāsāgara* (Indian Ocean), which washes the feet of the Mother *Bhārata*, also was our part once.

Our States – Jammu & Kashmir

This state is situated on the border of Himachal Pradesh, in northern Bhārata. It has salubrious climate. Languages spoken here are Kashmiri, Dogri, Urdu and Ladakhi. Main crops are fruits, Dry fruits and saffron. Zinc, boxite, lignite and



sapphire are the minerals. Carpet and shawl manufacturing are the major industries. The state is also known for its exquisite wood carvings. Srinagar is the capital city. Cave temples of Vaishno Devi and Amarnath, Śankarācārya hill etc. are the holy centres of tourist attraction. The bounty of nature can be seen at Dal lake, Wuler lake, Gulmarg and in a great variety of flowers all around. Srinagar, Jammu and Leh have the airports in the state.

Mārtand, Ramnagar, Kṣirbhawānī, Raghunath temple, Hazratbal etc. are the religious and tourist spots. Floating houseboats and *shikaras* on the lakes are captivating. Kashmir with its peaks laden with snow is called the shining crest of Mother *Bhārata*. Shivratri, Basant fair and Amarnath *Yātrā* are the famous occasions of celebration. Heaven, it seems, is here itself when you look at its natural beauty and splendour. A large chunk of Kashmir has been illegally occupied by China and Pakistan. This includes 78,114 sq. km occupied by Pakistan, 5,180 sq.km. illegally handed over by Pakistan to China and 37,555sq.km. in the Chinese possession. Indian

Parliament has resolved to take back all this forcibly occupied land which is legitimately ours.

देशभक्ति गीत

In thy holy homage, O Mother !

माँ तेरी पावन पूजा में हम केवल इतना कर पायें॥

युग युग से चरणों में तेरे,

चढ़ते आए पुष्प घनेरे,

हमने उनसे सीखा केवल,

अपना पुष्प चढ़ा पायें॥

माँ तेरी पावन पूजा में ॥

चित्तौड़ दुर्ग के वे कण कण,

जय बोल रहे तेरी क्षण क्षण

हम भी अपने टूटे स्वर को,

उनके साथ मिला पायें॥

माँ तेरी पावन पूजा में ॥

कुछ कली चढ़ीं कुछ पुष्प चढ़े,

कुछ समय से पहले फिसल पड़े,

हमको दो वरदान यही माँ

विकसित होकर चढ़ जायें॥

माँ तेरी पावन पूजा में ॥

Bless us, O Mother, to do just this, in Thy holy homage:

For ages and aeons, in Thy feet,

Countless flowers have been offered;

We have learnt from them

To only offer ourselves as ones.

In Thy holy homage, O Mother!

Every speck of dust of the fort of Chittor
Breathes ' Victory to Thee'
Bless us O Mother, that to them we may add our
faltering voice.
In Thy holy homage O Mother!

Some blossomed and some bloomed
And some withered ere their prime
They offered themselves, all of them, at Thy feet.
Bless us O Mother!
That we may flower fully and then, fall at Thy feet.
In Thy holy homage O Mother!.....

2. Hindu Society – Children of *Bhārata*

Many an illustrious son/daughter, born in *Bhārata*,
earned laurels for him/herself. They also raised the stock
of *Bhārata* in the world. This land of ours has always
been nurtured and protected by her lustrous sons and
daughters.

**Know the names of the children
of these parents.**

Parents	Children
• <i>Sītā-Rāmācandra</i>	<i>Lava-Kuśa</i>
• <i>Kayādhū-Hiranykaśipu</i>	<i>Prahlāda</i>
• <i>Sunīti-Uttānapāda</i>	<i>Dhruva</i>
• <i>Āryāmbā-Śivaguru</i>	<i>Ādi Śankarācārya</i>
• <i>Chandrādevī-Kṣudirāma</i> <i>Chatterjee</i>	<i>Ramakrishna</i> <i>Paramahansa</i>
• <i>Subhadrā-Arjuna</i>	<i>Abhimanyu</i>

- | | |
|---|------------------------------|
| • <i>Bhuvaneśwari Devi -
Viśwanāth Dutt</i> | <i>Swami
Vivekānanda</i> |
| • <i>Shakuntala-Dushyanta</i> | <i>Bharat</i> |
| • <i>Swarnalatā-Dr.Krṣṇadhan
Ghosh</i> | Aurobindo
Ghosh |
| • <i>Bhagīrathībai-Moropant</i> | Rani <i>Lakshmī Bai</i> |
| • <i>Prabhavati Devi -
Janakinath</i> | Subhas
Chandra Bose |
| • <i>Kamaleshwari-
Mahadev Sahai</i> | Dr. Rajendra
Prasad |

Devotees to God : Our men and women

Fill in the blanks with the names of men and women who loved God.

1. The name of the Bhakta child who was saved by Lord *Nṛsimha* from *Hiraṇyakaśipu's* tyranny, was
(Prahāda)
2. We do not need the education for mere filling our belly: I want such education which gives rise to knowledge (Jnana) and man becomes fulfilled after having it. Giving this reply made his brother unable to reply.
(Ram Krishna Paramhansa)
3. On hearing his simple-hearted calling, Sri Nath Ji came running to play with him. That devotee child was
(Govind)
4. Only 16 years man of might, against whom the Kauravas could not stand. In the end he was killed by fraudulent means.
(Abhimanyu)

5. Such was the impact of her devotion that the chalice of poison turned into ambrosia. She was
(*Mirā*)
6. Even though only her husband was ordered to go into exile, she willingly forsook the royal luxuries to accompany him. The name of this great woman who set an example of devotion to her husband was.....
(*Sītā*)
7. was the woman, who in order to ensure that Śrī Rāma, her beloved Lord was served only with the sweet jujube fruits, tasted each one before offering them to the Lord.
(*Śabarī*)

**Know these great men for whom
work was worship**

1. The great *Karmayogī* who delivered the message of the *Gītā* in the *Mahābhārata* war.
(*Śrī Kṛṣṇa*)
2. He founded Rashtriya Svayamsevak Sangh with the objective of uniting the Hindus.
(**Dr. Keshav Baliram Hedgewar**)
3. It was he who said, "I can transform India if I could only get a hundred committed workers."
(**Swami Vivekananda**)
4. They were once the young boys and girls like you who grew up and performed such deeds that made them great persons. Mention their childhood names —

Name	Childhood name
1. <i>Swami Rāma Tīrtha</i>	Tirth Ram
2. Ramakrishna Paramahansa	Gadadhar
3. Rani Lakshmibai	Chhabili/Manu
4. Lokmanya Tilak	Keshav

5. Tansen

Ramtanu

6. Gautama Buddha

Siddhārtha

They said it

1. Turn my feet in the direction where your *kaba* doesn't exist. (Guru Nanak Dev)
2. Not I, only *you* (Madhavrao Sadashiv Rao Golwalkar)
3. Jai Jawan, Jai Kisan, Jai Vijnana (Atal Behari Vajpayee)
4. Arise, awake and stop not till the goal is reached. (Swami Vivekananda)
5. Improper food and improper digestion are the two major things which are fatal to human beings. (Sri Ma)
6. It is not the stones and the mortar, money and men that make a nation. Nations are made by the courage of its heroes and blood of its martyrs. (Subhash Chandra Bose)
7. Knowledge is the true companion of a person. A person is called wise by dint of his knowledge. (Maharishi Dayanand)
8. The highest pursuit is the one which combines in it the use of action, knowledge and power. (Sri Aurobindo)
9. In the happiness of the Hindu society lies my happiness and that of my family. Every calamity that befalls the Hindu society is a calamity for me and my family. (Dr. Hedgewar)
10. Counter-reply of abuses is silence : Only fools give the counter-reply of abuses with abuses. (Prem Chand)

11. With the confluence of knowledge, culture and character education becomes the sacred place of pilgrimage like Prayag. **(Pandit Deen Dayal Upadhyay)**

12. Clean India is healthy India. **(Narendra Modi)**

Our Seers and Sages

Vedas, the first ever books known to the world, have been compiled on the basis of ceaseless contemplation and experience of our seers and sages. Let us remember some such illustrious personages:

1. In the *prātaḥ-smaraṇa* (morning recall), seven sages—the *sap̄taṛṣis*—have been mentioned. Who are they?

(Kaśyapa, Atri, Bharadvāja, Viśvāmitra, Gautama, Jamadagni and Vasiṣṭha)

2. What are the names of the *sap̄taṛṣis* settled in the heaven?

(Marīci, Atri, Aṅgīrasa, Pulastya, Pulaha, Kratu and Vasiṣṭha)

3. Around which stationary star the cluster of seven stars—*sap̄taṛṣis*—revolves? **(Dhruva -the pole star)**

4. Which seer is known to have preached the lore of the *Vedas* south of the *Vindhyācala* and in the other islands? **(Sage Agastya)**

5. It was the son of sage *Parāśara* who codified the *Vedas* into four distinct parts, called the *Ṛgveda*, *Yajurveda*, *Sāmaveda* and *Atharva Veda*. By what name is he known? **(Veda Vyāsa)**

3. The Hindu View of Life

Īśvara (God) is the creator of this universe. That same *Īśvara* has been variously called *Brahman* (the Absolute), *Paramātmā* (the Universal soul), *Saccidānanda* (Truth, Consciousness, Bliss), *Sadguru* (the True Master), *Akāl Purakh* (the Ageless One) etc. The same God is worshipped in different forms, different ways. Service and good deeds too are God's worship. For this worship, what we need is a mind full of love, faith and devotion to Him. It is impossible to worship Him without faith and love.

Centres of Faith

Mother and the Motherland

The Mother is the foremost centre of our faith. The greatest virtue, therefore, is to bow our forehead in her feet and touch them. The dearest wealth of a son is the mother's love. Mother-worship is the true worship of God. Rightly has it been said.

सर्वतीर्थमयी माता सर्वदेवमयः पिता।

मातरं पितरं तस्मात् सर्वयत्नेन पूजयेत्॥

In the mother reside all *tīrthas* (holy places); in the father all the deities. By all means, therefore, one should worship the mother and the father.

Our Motherland, the *Bhārata Mātā* (Mother India) is also our mother for it nurtures us with food, water and air. In a Vedic hymn of the *Atharva Veda*, the seer calls the earth his mother and himself her son.

“माता भूमिः पुत्रोऽहम् पृथिव्याः” (Atharva Veda)

"This earth is my mother, I am the son of this land." It is for this reason that she is called the Motherland. It is for

this reason that every Hindu, on waking up, pays obeisance to the earth before placing his foot on it.

समुद्रवसने देवि! पर्वतस्तनमण्डले।

विष्णुपत्नि! नमस्तुभ्यं पादस्पर्शं क्षमस्व मे॥

This Motherland of ours is Goddess Lakṣmī Herself and is protected by Lord Viṣṇu. She wears the garment of ocean around her. The ring of mountains, brimming with milklike waters, are her veritable breasts, providing nourishment to us, her children. O Mother! we have to touch your sacred body with our feet. Treating us as your children, therefore, please forgive us.

We also treat Cow (गौ), *Gaṅgā*, *Gītā* and *Gāyatrī* as our mothers. Cow's milk, like the mother's milk, is energising. It also sharpens the intellect. *Gaṅgā* water lends purity and cleanliness to mind and body. *Gītā* spells out the goal of life and path of righteous action while *Gāyatrī* is the goddess that redeems us spiritually. There are, likewise, several other deities and holy persons who are the centres of our faith and devotion.

(A) Quiz.

1. By which different names has *Īśvara*, that one God, been called by the saints and seers?

(*Brahman* - the Absolute, *Paramātmā* - the Universal Soul, *Saccidānanda* - Truth, Consciousness, Bliss, *Sadguru* - the True Master, *Akāl Purakh* -the Ageless One).

2. With what sentiments do we worship God?
(Love, faith, devotion)
3. Who is the prime centre of our faith? (Mother)

4. What is the importance of the mother as underlined in the *śloka* (verse). (**She is the holiest of all holy places**)
5. How has the relationship between the mother earth and the son been described in the vedic *mantra*?
(**earth is my mother, I, the son of this land**)
6. Even the gods sing the sweet songs that blessed is the tract of land called Bharat (गायन्ति देवा किल गीतकानि धन्यास्तु ते भारत भूमि भागे।); From which Purana this couplet has been taken.

(Vishnu Purana)

(B) Fill in the blanks :

1. Mother-worship is the true of God. (**worship**)
2. We also treat cow, Gaṅgā, and Gāyatrī as mothers. (**Gītā**)

प्रातःस्मरण स्तोत्र

(Morning Invocation)

3rd, 4th and 5th Verses

ब्रह्मामुरारिस्त्रिपुरान्तकारी भानुः शशिभूमिसुतो बुधश्च।

गुरुश्च शुक्रः शनिराहुकेतवः कुर्वन्तु सर्वे मम सुप्रभातम्॥

May all of them, *Brahmā*, the creator; *Murārī* (*Viṣṇu*), the protector; *Tripurārī* (*Śiva*), the destroyer; and planets, Moon, *Maṅgala* (the mars), the son of earth; *Budha* (Mercury); *Bṛhaspati* (Jupiter); *Śukra* (Venus); *Śani* (Saturn) *Rāhu* (the ascending node of the Moon) and *Ketū* (the descending node of the Moon), make my day auspicious.

सनत्कुमारः सनकः सनन्दनः सनातनोप्यासुरिपिङ्गलौच।

सप्तस्वराः सप्त रसातलानि कुर्वन्तु सर्वे मम सुप्रभातम्॥

May *Sanatkumāra*, *Sanaka*, *Sanandana* and *Sanātana* (four sons of *Brahmā*, they were blessed to be always young); *Āsuri* (a disciple of sage *Kapila*) and the sage *Piṅgala* (the father of Sanskrit prosody), the seven notes of music (*sā*, *re*, *gā*, *mā*, *pā*, *dhā*, *ni*) and seven nether worlds (*atala*, *vitāla*, *sutāla*, *talātāla*, *mahātāla*, *rasātāla* and *pātāla*), all of them make my day auspicious.

सप्तार्णवाः सप्तकुलाचलाश्च सप्तर्षयो द्वीप वनानि सप्त।

भूरादिकृत्वा भुवनानि सप्त कुर्वन्तु सर्वे मम सुप्रभातम्॥

May they all, seven seas, seven dynastic mountains, seven sages, seven continents, seven forests and seven worlds starting from earth (*bhū*) (the other six are : *bhuvah*, *svah*, *mahah*, *janah*, *tapah*, *satyam*), make my day auspicious.

परिवार भाव

Family Feelings

The most delightful feeling is the family feeling and its first cradle is the mother's lap and her love. Parents, grandparents, aunts and uncles, younger and elder sisters and brothers are the other parts of a family. They not only are the purveyors of our needs, but are also the source of love, indulgence, affection, enjoyment and pleasure, not found anywhere else in the world. It is in the family that we grow and evolve physically, vitally emotionally, intellectually and spiritually. The father provides affection and security. Grandparents are a source of learning with pleasure and nurturance of our sense of belonging. Sisters and brothers are our loving companions and playmates. Aunts and uncles contribute to our personality development.

We inculcate qualities of mutual cooperation. self control, decorum, generosity of mind, mutual goodwill and helpfulness in the family. We also learn in the family to respect the teachers and extend hospitality to the guests. An extension of the family is the clan, the extension of clan is society and this whole universe is but an extension of society. This family feeling is responsible for nurturing our faith in the entire universe being a big family. Rightly has it been said: “वसुधैव कुटुम्बकम्” (*Vasudhaiva Kuṭumbakam*): The World is a Family.

We learn to perform noble deeds like helping the old and the elders, serving the needy and the destitute, offering food to the hungry and water to the thirsty while living in the family. We learn to discharge our duties appropriately due to our being a part of the family. The life of *Śrī Rāma* is the best example of family ideals.

(A) Quiz :

1. Which feeling is said to be the most delightful and enjoyable? **(The family feeling)**
2. What kind of our growth and evolution is attributable to our being a part of the family? **(Physical, emotional, intellectual, vital and spiritual)**
3. Which qualities do we inculcate while living in the family. **(Cooperation, self-control, decorum, sense of belonging, and goodwill)**
4. What is the final frontier of family feelings? **(*Vasudhaiva Kuṭumbakam* : The world is but a family)**
5. Which of the Indian systems is a matter of wonder for the world? **(The Institution of family)**

6. What is said to be the foundation of humanity?
(The Hindu family)
7. Whose life represents the highest family ideals?
(Śrī Rāma's)

Our *Guru-Śiṣya* (Master-Disciple) tradition

The *Guru-Śiṣya* tradition of our country has been a significant attribute of our social edifice. With the grace of *guru*, our ignorance vanishes. *Guru* leads the *śiṣya* to the path of Truth. Saint *Kabir* considers *Guru's* stature higher than God's because even God is revealed to us by the grace of *Guru*. He says :

गुरु गोविन्द दोऊ खड़े काके लागू पायँ।
बलिहारी गुरु आपने गोविन्द दियो बताय॥

As *Guru* and *Govinda* (God) stood together, I am bewildered whose feet must I touch! Surely, it is the *Guru* for whom I shall lay down even my life for it is he who has revealed *Govinda* (God) to me.

Even in our ancient *guru-śiṣya* tradition, the greatness of *guru* has been extensively celebrated.

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।
गुरुः साक्षात्परब्रह्म तस्मै श्री गुरुवे नमः॥

Guru is *Brahmā*, the creator, *Guru* is Viṣṇu, the protector and *Guru* is Lord *Maheśvara* (*Śiva*), the dissolver. *Guru* is the veritable *Brahman*. To that *Guru* I pay my obeisance.

In the ancient times, when learning was imparted in the *Gurukulas* (*Gurus'* hermitages) and *Rṣikulas* (seers' hermitages), all the *śiṣyas*, princes and the poor children alike, lived in those *āśramas*. There, along with formal

education, they also received parental love from the *guru* and learnt the art of living. *Guru* understood well the inherent potential of each of his *śiṣyas* and knew how each one of them, depending upon his qualities, could be moulded into a brave person, a soldier, a scholar, a saint, an emperor or a nation builder. We have here some of the examples of this *guru-śiṣya* tradition.

1. What was the name of *Śrī Rāma's Guru* who taught the former when he was in Ayodhyā? (*Guru Vasiṣṭha*)
2. Which *Guru* taught *Śrī Rāma* and inspired him to kill demons to uphold *dharma* (righteousness)? (*Viśvāmitra*)
3. Who was the *guru* in whose hermitage *Śrī Kṛṣṇa* received his education? (*Guru Sandīpani*)
4. Who was the *guru* of *Chhatrapati Śivajī*, the founder of the Hindu empire? (*Samarth Guru Ramdas*)
5. Who was the dearest of *Cāṇakya's* disciples? (*Candragupta Māurya*)

Read the following two passages and after thinking through carefully, fill the names of the *śiṣyas* in the blanks.

6. "I had forbidden you from drinking the milk of the cows. How then do you sustain yourself," the *guru* asked his *śiṣya* Calmly, the *śiṣya*, replied, "I appease my hunger with the froth that falls down when the calves suck their mothers' milk." (*Upamanyu*)
7. Suddenly the sky was overcast with deep and dark clouds and torrential downpour started. *Guru Dhaumya* was worried lest the water in the paddy fields should breach the field ridge and flow away. He called and asked him to go to the field to

stop the outflow of water. He ran to the field. The water had indeed breached the ridge and was flowing away. When despite Śiṣya's efforts the flow did not stop, he prostrated himself in place of the ridge. (*Āruni*)

अतिथि देवो भव

Be the one whom guest is a Diety

Hospitality to the guest : '*Atithi*' (the guest) is not a person who arrives at an appointed date and time. In ancient times, when mechanical means of transport were not available, the dates and time of arrival of people were uncertain, due to bad roads or/and unfavourable weather. When a guest arrived at a particular house, the members of that house considered it a privilege to receive him and offer him food and shelter even though he were unknown. Hospitality was extended to the guest who was treated like a god. *Atithi*, for this reason, was respected in all our families. The chief of the household, washed his (*atithi's*) feet. Even today, when the word *atithi* is used in the sense of a guest, he is considered worthy of honour and worship in a Hindu household. The dictum, "*atithi devo bhava*", is appropriate even in today's context.

(A) Fill in the blanks with appropriate words:

1. We the visiting guest with folded hands and greet him with (**welcome/namaste**)
2. We gladly his and rest. (**arrange for/food**)
3. The arrival of a guest may cause inconvenience to the family, but we gladly it and him like a god. (**bear/honour**)
4. As he departs, we him to visit again so that we could get the privilege of him again. (**request/serving**)

वैदिक शिक्षा (Vedic learning)

सत्यं वद	Speak the Truth.
धर्मं चर	Follow <i>dharma</i> (righteousness).
स्वाध्यायान्मा प्रमदः	Let there be no neglect of your daily reading.
श्रद्धया देयम्	What is to be given, is to be given with faith.
मातृदेवो भव	Be one to whom the mother is a deity.
पितृदेवो भव	Be one to whom the father is a deity.
आचार्यं देवो भव	Be one to whom the teacher is a deity.
अतिथिं देवो भव	Be one to whom the guest is a deity.

The scientific basis of Hindu beliefs

Q. Why should we not eat before taking bath.

A. It has become customary in the so called modern civilized society to take tea and biscuits in the bed and breakfast/lunch before taking bath. Those oriented in the western culture may sometime ask for the rationale behind taking bath before eating.

There is a definite scientific reason for this. Physiologists tell us that we must not eat till we experience hunger naturally. Bath cools down the body and we feel fresh energy in us. Taken after that the food enzymes invigorate us.

If we eat something before taking bath, our digestive system gets busy in assimilating it. If we take bath after that, the digestive system of the body would become weak since the body temperature would have gone down. Our intestines would become weak, we would develop constipation. It would become difficult

to clear the bowels. As a result, the person would fall prey to several diseases.

4. The Sacred Tradition of Sacraments

Cultural Fares and Festivals

The spirit behind fares and festivals has great significance. These fares and festivals become meaningless if they are celebrated without an enthusiastic understanding of their purport. In fact, the great men of action are filled with new vitality and vigour when they celebrate these festivals.

The cultural history of India is not to be found imprinted on the pages of books but in her fares and festivals which are full of great warmth and vitality. In order to ensure perpetuity of our culture, we must understand their purport. Then, there would be joy in life, despair would be dispelled and a new hope would breathe in us.

Sūrya Pūja : It is celebrated twice a year,
(Sun festival, on the sixth day of bright
Dala Chhat Bihar) fortnight of *Caitra* and *Kārtika*
months.

Kāli Pūja : Performed on the Amāvasyā
(Worship of Kālī, Bengal) (the last day of the dark fortnight
of moon), of *Kārtika* month.

Ratha Yātrā : Takes place on the second day
(The Chariot Festival, of the bright fortnight of
Odisha) *Āṣāḍha* month.

Gaṇagaura (Rajasthan): Celebrated on the third day of
bright fortnight of *Caitra*.

- Navarātras of Caitra* : They last for nine days from the first to the ninth day of bright fortnight of *caitra* month.
- Rakṣā Bandhana* : Observed on Pūrṇimā, the full moon day of *Śrāvaṇa* month.
- Vijayā Daśamī* : This festival is observed on the tenth day of bright fortnight of the month of *Āśvin*. *Śrī Rāma* had conquered *Rāvaṇa* on this day. On this day, *Arjuna* had also defeated *Kauravas* and protected the cows of king *Virāṭ*.
- Deepāvalī*
(The festival of lights) : Celebrated on the *Amāvasyā* (full dark night) of the month of *Kārtika*. It is the festival of lights and coincides with the death anniversaries of *Mahāvīra Swamī*, *Swamī Dayānanda Saraswatī* and *Swamī Rāma Tīrtha*.
- Basant Panchmi
(Spring Season) : On the 5th day of the bright half of Magha, it is celebrated as the birth day of goddess Saraswati. Spring season starts from this day.
- Holi (The festival of colours) : On *Pūrṇima* (full moon day) of the month of *Phālguna*, this festival of colours is celebrated. It is the birthday of *Śrī Caitanya Mahāprabhu* who was born in Bengal. He was called *Nimāī* in his childhood.

तीर्थ (Centres of Pilgrimage)

Mānasarovara

It is situated across the *Himālayas*, at a distance of 48 km, on the Tibetan plateau. There are two lakes corresponding to the two human eyes. Between them, like the human nose, there is mountainous track, which separates the two, One of them is the *Rākṣasatāla* and the other, the *Mānasarovara*. The latter is one of the 51 *Śaktipīthas*, the abodes of *Śakti*. The right palm of *Satī* had fallen in the *Mānasarovara*. From the religious point of view, it is a very important place.

Kailāsa

This is the divine abode of *Lord Śiva*, 32 km. away from *Mānasarovara*. In shape, it is like the *śivaliṅgam*. Its area of *parikramā* (circumambulation) is 51.2 km. One experiences great peace and purity by going around it.

Temples

Some famous Temples of the Goddess

Temple	Place
<i>Kanyākumārī (Kumarīdevī)</i> temple	<i>Kanyākumārī</i> (Tamilnadu)
<i>Mahākālī temple</i>	<i>Dakṣiṇeśvara</i> (Kolkata)
<i>Bhadrakālī temple</i>	Kurukshetra (Haryana)
<i>Mīnākṣī temple</i>	Madurai (Tamilnadu)
<i>Śārdādevī temple</i>	<i>Śrngērī</i> (Karnataka)
<i>Kelādevī temple</i>	<i>Karaulī</i> (Rajasthan)
<i>Manasādevī temple</i>	Haridwar (Uttarakhand)
<i>Kamakhya Devi Temple</i>	Gowahati (Asam)
<i>Vindhyavasini Temple</i>	Mirzapur (Uttar Pradesh)

Śrī Rāṅgapaṭṭam : It is the biggest temple of South India and a marvel of architecture. It has a 450 × 30 feet hall supported by a thousand pillars. The *Gopuram* and the embellishments of this temple are one of their kind. Blinking, ringlike foliage; a variety of forms of flowers; hemispheres, niches, together all of them create an immense impact.

सद्ग्रन्थ (Holy Books)

रामचरितमानस (Rāmacaritamānasa)

In the fourth standard we studied couplets and quatrains from 'Rāmacaritamānasa' depicting the grace of Guru or the teacher. In this class we shall study some portions from Rāmacaritamānasa depicting the episode of redemption of Ahilyā from curse. Look at these portions from the 'Bālakānda' and understand spirit behind this depiction and memorise them by heart.

परसत पद पावन सोक नसावन प्रगट भई तपपुंज सही।

देखत रघुनायक जन सुखदायक सनमुख होइ कर जोरि रही॥

अति प्रेम अधीरा पुलक सरीरा मुख नहिं आवइ बचन कही।

अतिसय बड़भागी चरनन्हि लागी जुगलनयन जलधार बही॥12.10/1

On touching the holy feet of Lord Rāma, which destroy all the sorrows, Ahilyā, the penance incarnate, came to life. On seeing Lord Raghunātha, who bestows all the pleasures on devotees, she stood before him with folded hands. Out of extreme love for the Lord, she

became impatient and ecstatic and she failed to utter even a word. The blessed Ahilyā lay in the feet of the Lord and tears of love and bliss flowed from her eyes.

धीरजु मन कीन्हा प्रभु कहूँ चीन्हा रघुपति कृपाँ भगति पाई।

अति निर्मल बानीं अस्तुति ठानी ग्यानगम्य जय रघुराई॥

मैं नारि अपावन प्रभु जग पावन रावन रिपु जन सुखदाई।

राजीव विलोचन भव भय मोचन पाहि पाहि सरनहिं आई॥12.10/2

Then she composed herself, recognized the lord and then secured devotion to God with the kindness of Raghupati. After this, in a very chaste voice she started singing the praise of Lord saying – Glory to the Lord! who is knowable through pure knowledge only. I am a woman and impure by nature but O'Lord! You are the purifier of the whole world, giver of all comforts to your devotees and the destroyer of Rāvana. O-Lotus eyed Lord! You are the emancipator of mankind from the fear of life and death. I have come to seek shelter in your feet. Please protect me, protect me!"

मुनि श्राप जो दीन्हा अति भल कीन्हा परम अनुग्रह मैं माना।

देखेउँ भरि लोचन हरि भवमोचन इहइ लाभ संकर जाना॥

बिनती प्रभु मोरी मैं मति भोरी नाथ न मागउँ बर आना।

पद कमल परागा रस अनुरागा मम मन मधुप करै पाना॥12.10/3

The Muni did a great favour in cursing me. I feel greatly obliged to him because of that I have been able to see the Lord' who gives salvation from this world, with my own eyes. Even Lord Śiva considers it a great boon to have seen you. O, Lord! I do not ask for any other boon but I only ask for this that, my heart should drink the

nectar from the grains of pollen of you lotus-feet like the black bee (Bhaṅwarā).

जेहिं पद सुरसरिता परम पुनीता प्रगट भई सिव सीस धरी।

सोई पद पंकज जेहि पूजत अज मम सिर धरेउ कृपाल हरी॥

एहि भाँति सिधारी गौतम नारी बार बार हरि चरन परी।

जो अति मन भावा सो बरु पावा गै पतिलोक अनंद भरी॥12.10/4

The holy feet of the Lord Rāma, where from the sacred Gangā originated, which was held by Lord Śiva in his locks, the same feet which are worshipped even by Brahmā, merciful Lord Hari you have put the same foot on my head. In this way the wife of Muni Gautama, Ahilyā, laid herself at the feet of Lord Rāma, time and again and was blessed with the most desired boon and went to the abode of her husband.

Q. Fill in the blanks in the following :

1. After touching the of that drive away the..... emerged. (Ahilyā the penance incarnate)
2. Ahilya touching the holy feet of the lord and the tears streamed forth from both her eyes. (Love)
3. Ahilya beheld the Lord and attained..... by the grace. (Patience, Devotion)
4. O the lotus eyed, your rid the devotees of the of life and death, I have taken in your. me. (fear, shelter, protect)
5. Ahilya who had turned into stone was redeemed by..... . (Sri Rama)

Sri MadBhagvadgītā

This is such an important topic that through the medium of Arjuna which makes the emotion of national love alongwith self Love very strong :

कमेन्द्रियाणि संयम्य य आस्ते मनसा स्मरन्।
इन्द्रियार्थान्विमूढात्मा मिथ्याचारः स उच्यते॥३॥

He who restrains his organs of action but continues in his mind to brood over the objects of sense, whose nature is deluded is said to be a hyprocrite (A man of false conduct)

श्रद्धावाँल्लभते ज्ञानं तत्परः संयतेन्द्रियः ।
ज्ञानं लब्ध्वा परां शान्तिमचिरेणाधिगच्छति॥४॥

He who has faith, who is absorbed in it (i.e. wisdom) and who has subdued his senses, gains wisdom and having gained wisdom he attains quickly the supreme peace.

Quiz on the knowledge of Gita.

- Q. Beyond which is Atman ?
- A. Senses, mind and even beyond intelligence.
- Q. What would happen by not doing the action :
- A. The maintenance of Physical body will not be possible without doing the action.
- Q. What has been said about the people who cook the meal for their own self.
- A. Such persons have been called sinners.
- Q. Why a man commits sin, even though he does not want to do so?

- A. Due to the lust and wrath which are born of the mode of passion.
- Q. Which indomitable enemy Gita orders to kill.
- A. Controlling the mind by intelligence, Gita asks to kill the enemy in the form of lust.
- Q. When the Almighty God manifests himself.
- A. Whenever there is the decline of righteousness and rise of unrighteousness.
- Q. For which of the three functions God manifests himself.
- A. For the protection of the nobles, for the destruction of the wicked and for the establishment of righteousness, God manifest himself.
- Q. On what consideration, God has created the four-fold social order ?
- A. According to quality and work.
- Q. Which are the four-fold social orders according to Gita?
- A. Intellectuals (Brahman), warriors (Kshatriya), Producers (Vishaya), unskilled Labour (Sudras).
- Q. Which fire completely burns to ashes all the action.
- A. The fire of Knowledge.

सुभाषित (Quotable Quotes)

Learn the following quotable quotes by heart –

हस्तस्य भूषणं दानं सत्यं कण्ठस्य भूषणम्।
श्रोत्रस्य भूषणं शास्त्रं भूषणैः किं प्रयोजनम् ॥१॥

The ornament of hand is charity, the ornament of throat is truth, the ornament of ear is (listening to the) scriptures. What is the purpose of ornaments (of gold, silver, diamonds etc, for him who has the above ornaments)?

विद्या ददाति विनयं, विनयात् याति पात्रताम्।
पात्रत्वाद् धनमाप्नोति, धनाद्धर्मः ततः सुखम् ॥2॥

Knowledge bestows humility, from humility, one attains to ability, by being able, one becomes wealthy, with wealth one can perform *dharma* (righteous actions) and from *dharma* comes happiness.

पिबन्ति नद्यः स्वयमेव नाम्भः स्वयं न खादन्ति फलानि वृक्षाः।
धाराधरो वर्षति नात्महेतवेः परोपकाराय सतां विभूतयः॥3॥

Rivers do not drink their water themselves, trees do not eat their fruits themselves, clouds do not pour rain for themselves; the *vibhūtīs* (riches) of the noble persons are meant for the benefit of the others.

व्यायामपुष्टगात्रस्य, बुद्धिस्तेजो यशोबलम्।
प्रवर्धन्ते मनुष्यस्य, तस्माद् व्यायाममाचरेत् ॥4॥

He, whose body is sturdy with exercise, achieves augmentation of his intellectual faculty, brightness, fame and power. One should, therefore, do exercise.

उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः।
न हि सुप्तस्य सिंहस्य, प्रविशन्ति मुखे मृगाः॥5॥

Not by just desiring, but by efforts does the work of a person bear fruit. Animals do not enter the mouth of a sleeping lion.

संतवाणी (Saintspeak)

Commit the following *dohās* to memory and try to understand their purport.

दुख में सुमिरन सब करै सुख में करै न कोय।
जो सुख में सुमिरन करै दुःख काहे को होय॥1॥

Everyone remembers God when in trouble. If only one would remember Him when one is happy, one would not be ever in trouble.

साधू ऐसा चाहिए जैसा सूप सुभाय।
सार-सार को गहि रहे थोथा देय उड़ाय॥2॥

A saint, by nature, should be like a winnowing basket. He retains what is of substance and throws away the unsubstantial.

मीठी वाणी बोलिऐ तजि माया, अभिमान।
ना जाने किस वेश में मिल जाये भगवान॥3॥

Speak gently, giving up deceptive and egoistic attitude, for who knows, in what form, God may meet you face to face.

रहिमन देखि बड़ेन को लघु न दीजिए डारि।
जहाँ काम आवै सुई कहा करै तरवारि॥4॥

The poet Rahīm says, "do not discard the humble one on meeting a big person. What purpose would a sword serve when you require a needle?"

कपट भाव मन में नहीं सबसे सरल स्वभाव।
नारायण ता भक्त की लगे किनारे नाव॥5॥

Says poet *Nārāyaṇa*, "that devotee crosses the ocean of transmigration who does not have a treacherous mind and is, by nature, straightforward."

शिष्टाचार (Etiquettes)

Special attributes of noble Persons

A man becomes great by virtue of the fact that he has followed some good quality (ies) in life. Names of some of the persons who followed the virtuous path are given below. Learn from your teacher about them and write one episode in each case in short.

Truth

1. **King *Hariścandra*** – He bequeathed his kingdom to *Viśvamitra* in dream and fulfilled that promise on waking up.
2. ***Dharmarāja Yudhiṣṭhira*** – Such was the power of his unflinching adherence to truth, that his chariot moved four fingers above the ground. (Mahabharata Drona Parva)
3. **Mahatma Gandhi** – Even though the teacher gestured, he did not write the correct spellings of "Kettle" by copying but wrote what he knew.

Dutyfulness / Honesty

1. **King *Hariścandra*** – Even when his wife came to perform the cremation ceremony of her son, *Rohitāśva*, *Hariścandra* did not hesitate in asking for a piece of the shroud as fee of cremation.
2. ***Pandit Din Dayal Upadhyaya*** – While travelling by train, he spent sometime between a few stations, travelling by first class with Śrī Guru Ji. On his own, he went to deposit the difference amount of fare between the third class and first class.

Atonement

1. **DadaJi *Konddev*** (the childhood teacher of *Śivājī*) – Once he plucked a mango from the royal orchard without permission. He then offered his hand to be chopped off. Eventually, he did not wear one of his shirt sleeves in his hand throughout his life.
2. **Sages *Śaṅkha* and *Likhita*** – Once, the sage *Likhita* felt very hungry and without seeking permission of the sage *Śaṅkha*, his elder brother, ate mangoes belonging to the latter. The sage felt that he had committed theft. So, he went to the king and sought punishment. The king did not consider it theft but *Likhita* did not agree with the king. Finally, both his hands were chopped off. *Likhita* threw himself in a river to end his life. But the people saw both his hands standing out of the river water. Then on, the name of that river came to be known as *Bāhudā*. (Kerala)

Obedience

1. ***Śrī Rāma*** – Obeying the orders of his parents, he went in exile for fourteen years.
2. ***Tānājī Malsure*** – Tānājī's son was about to be married. Meanwhile, *Śivājī* decided to conquer *Simhagarh*. *Tānājī* postponed his son's marriage and obeyed *Śivājī's* instructions.
3. ***Crown Prince Sudhanvā*** – On getting late in reaching the battlefield, he threw himself in a boiler full of boiling oil.

Fearlessness

1. ***Cakravartī Bharata*** – He played with the lion cubs as a child and, by putting his hand in their mouth, sought to count their teeth.
2. ***Śivāji*** – As a child, he chopped off the hand of a butcher who had slaughtered a cow.

Altruism

1. ***King Śivi*** – He gave his flesh by cutting it into pieces, to save a pigeon.
2. ***Sage Dadhīci*** – He gave up his life so that *Indra* could use his bones to manufacture a thunderbolt (*vajra*) with which the demon *Vṛtrāsura* could be killed.

5. Our Glorious History

Cycle of Seasons and Indian Calendar

As against one, two, three or four at the most in the other countries, our country has been blessed by nature with six seasons. Mention the names of those seasons. (Spring-*Vasanta*, Summer-*Griṣma*, Rains-*Varṣā*, Autumn-*Śarad*, Cold-*Hemanta* and Winter-*Śiśira*)

[Note : We do not have an appropriate English name for Hemanta season.]

According to the lunar calendar, the above seasons fall in the months mentioned below against their names :

- | | | |
|-----------|---|-------------------------|
| 1. Spring | : | <i>Phālguna-Caitra</i> |
| 2. Summer | : | <i>Vaiśākha-Jyeṣṭha</i> |

3. Rains : *Āśādhā-Śrāvaṇa*
4. Autumn : *Bhādrapada-Āśvina*
5. Cold (Hemanta) : *Kārtika-Mārgaśīrṣa*
6. Winter : *Pauṣā-Māgha*

Every month has 30 days. The dates of these days have been named according to the ascending and descending order of the moon. The day when a single *kalā* (one-sixteenth of moon's diameter) of moon is visible, it is called *Pratipadā*, with two *kalās*, it is called *dviṭiyā*. Likewise *tritīyā*, *caturthī*, *pañcamī*, *ṣaṣṭhī*, *saptamī*, *aṣṭamī*, *navamī*, *daśamī*, *ekādaśī*, *dvādaśī*, *tryaodaśī*, *caturdaśī*, and the day when all the *kalās* are visible, it is called *pūrṇimā*. Thus do we count the first to the fifteenth days of the bright fortnight of a month, when the moon is in ascendance. When, one by one, these *kalās* start diminishing during the dark fortnight of the month, the moon becomes totally invisible on the fifteenth day; that date is called *amāvasyā*. The names of fourteen day preceding *amāvasyā* are also *pratipadā*, *dviṭiya*, *tritīya* etc. The fortnight when moon is in the ascending phase is called *Śukla Pakṣa* while during the moon in the descending phase, the fortnight is called *Kṛṣṇa Pakṣa*.

Thus, a lunar month is divided into two parts : 1. *Kṛṣṇa Pakṣa* (dark fortnight), 2. *Śukla Pakṣa* (bright fortnight).

A. When moon is fully shining, we have *pūrṇimā*

B. When moon is fully invisible, we have *amāvasyā*

- The Indian chronological order coincides with the age of earth. *Satya Yuga*, *Tretā Yuga* and *Dvāpara Yuga* are over and we are now in the *Kaliyuga*.
- The calendar in the name of the Emperor *Vikramāditya* is 57 years older than the Gregorian (Christian) calendar. The Śaka calendar commences about 78 years after the Gregorian calendar.
- *Mahābhārata* dates back to about 5155 years.

The story of *Mahābhārata*

Rāmāyaṇa and the *Mahābhārata*, besides being our sacred scriptures, also hold moral lessons for our society. We find several examples of character–building in them. Let us have a brief introduction to the *Mahābhārata*.

1. The author of the *Mahābhārata* was and it was written by (*Veda Vyāsa/Lord Gaṇeśa*)
2. The mother of *Yudhiṣṭhira*, *Bhīma* and *Arjuna* was while that of *Nakula* and *Sahadeva* was..... . (*Kuntī/Mādrī*)
3. The mother of *Kauravas* was , who had blindfolded herself since her husband was blind. (*Gāndhārī*)
4. was the *Guru* of *Kauravas* and *Pāṇḍavas*. The name of the *Guru* of *Karna* was..... (*Droṇācārya/Paraśurāma*)
5. undertook a vow of *Brahmacarya* (celibacy) and kept it throughout his life. (*Deva Vrata*)

6. With his valour, *Bhīṣma* compelled to pick up an arm in his hand. **(Śrī Kṛṣṇa)**
 7. Unaware, mother *Kuntī* mistook as *alms* brought by her five sons. The mother, therefore, instructed them to distribute it equally among themselves. She, therefore, came to be known as the consort of five *Pāṇḍavas*. **(Draupadī)**
 8. In a game of dice between *Duryodhana* and *Pāṇḍavas*, the latter were defeated and had, as a part of the deal, to go in exile for years and dwell incognito for year. **(twelve/one)**
 9. When in the court of *Duryodhana*, an attempt to snatch the piece of a single garment on her body was made, *Śrī Kṛṣṇa* saved the modesty of **(Draupadī)**
 10. The war of took place as a consequence of an attempt to outrage *Draupadī's* modesty. **(Mahābhārata)**
 11. On return from exile, when claimed their part of the kingdom, the reply of *Duryodhana* was, "Without battle, I shall not give up land covered even under the tip of a needle." **(Pāṇḍavas)**
 12. The war between the *Kauravas* and the *Pāṇḍavas* was fought in, also known as the *dharmakṣetra*. In this, eleven *akṣauhiṇīs* of *Kauravas* and seven of *Pāṇḍavas* took part. **(Kurukṣetra)**
- (Note : 'Akṣauhiṇī'** is an ancient military term. It signifies a division of an army, consisting of 109, 350

foot-soldiers; 65,610 horses; 21,870 chariots and 21,870 elephants.)

13. *Śrī Kṛṣṇa* was on the side of the *Pāṇḍavas*. He preached to *Arjuna*. (*Śrīmadbhagavadgītā*)
14. From the *Mahābhārata*, we learn that victory is assured where, together there are *Śrī Kṛṣṇa*, representing and *Arjuna* representing
(*Yukti*, the strategic skill/ *śakti*, the strength)
15. The names of the sons of *Satyavatī* were and
(*Citrāṅgada* and *Vicitravīrya*)
16. The childhood name of *Bhīṣma Pitāmaha* was His father had blessed him with *icchāmṛtyu*, i.e. 'death-at-will'.
(*Devavrata/Śantanu*)
17. was on the side of *Pāṇḍavas* even as *Duryodhana* opted for.....
(*Śrī Kṛṣṇa / Nārāyaṇī Senā*, the forces of *Nārāyaṇa*)
18. enhanced the dignity of womanhood by protecting the modesty of *Draupadī*.
(*Bhagavān Śrī Kṛṣṇa*)
19. The names of the Commander-in-chief of the *Kauravas* and the *Pāṇḍavas* in the *Mahabharata* were:
(*Kauravas'* side : *Bhīṣma Pitāmaha* - eleven days; *Droṇācārya* - three days; *Karṇa* (two days), *Śalya* (one day), *Aśvatthāmā* (one day). *Pāṇḍavas' side* : *Dhṛṣṭadyumna* - all the eighteen days of war.)

Great disciples of great masters

Master	Disciple
1. Śri Ramakrishna Paramahansa	Vivekananda
2. Govinda Bhagavatpāda	Ādi Śaṅkarācārya
3. Kumārila Bhaṭṭa	Maṇḍana Miśra
4. Swami Rāmānanda	Sant Kabir
5. Swami Vallabhācārya	Sant Sūradāsa
6. Guru Nanak	Bala-Mardana
7. Swami Akhaṇḍānanda	Madhavrao Sadashiv rao Golwalkar
8. Narahari Das	Goswami Tulsidas
9. Raidas	Meera
10. Swami Virajanand	Swami Dayanand

Stories of the Martyrs

The martyrs laid down their lives to protect our Motherland. Their names too are a source of inspiration for us. Let us know about some such names. The great Hindi poet, Maithilisharan Gupt, eulogises them in one of his verses as under.

“किस भाँति जीना चाहिए, किस भाँति मरना चाहिए,
सो सब हमें निज पूर्वजों से याद करना चाहिए।
पदचिह्न उनके यत्नपूर्वक खोज करना चाहिए,
निज पूर्व गौरव-दीप को बुझने न देना चाहिए॥”

The art of living, the art of dying,
Learn we must from our forefathers.
We ought not spare any effort to trace their footprints,
We ought not let the flame of our ancient glory
extinguish.

1. They were our great heroines who entered the enemy's den to avenge the humiliation of our country.
(Sūryā and Parimalā)
2. "So long as I do not liberate *Chittor*, I shall not sleep on the bedstead, shall not eat in the utensils of gold or silver." He was our hero who lived upto this vow.
(Maharana Pratap)
3. Sensing the danger to the life of Rana Pratap in the battlefield, this great soldier took Pratap's headgear and flag to save him (*Pratap*) and continued to fight.
(Rana Mansingh of Jhala)
4. The child revolutionaries who laid down their lives while unfurling the flag on Patna Secretariat building on the 11th August 1942, and thus challenged the might of the British rulers. They were :
(Umakant Prasad Sinha, Ramanand Singh, Satish Prasad Jha, Jayapati Kunwar, Devi Prasad Choudhury, Rajendra Singh and Ram Gobind Singh)
5. She wrapped and tied her son to her back and fought the British till last. The British could not touch her body even after her death. She was : **(Queen Lakshmi Bai)**
6. He shot Curzon Vayali, the British officer who had humiliated the Indians, in the latter's own home i.e. Jahangir hall London in England. He had said, "For me the insult of my country amounts to the insult of God." He was : **(Madan Lal Dhingra)**

7. The sons of Guru Gobind Singh, who preferred being buried alive in the bricklined walls to giving up their *dharma*, were : **(Zorawar Singh and Fateh Singh)**
8. He went right to England, the country of Dayer, to avenge the national humiliation of Jallianwala Bagh Massacre and attained martyrdom. **(Udham Singh)**
9. He Killed Sanders, the British officer who had ordered sticks to be hurled on Lala Lajpat Rai, threw a bomb in the assembly to register protest against the black legislation (Public Safety Bill) and distributed leaflets. With a smile on his lips he kissed the gallows and became a martyr. **(Sardar Bhagat Singh)**
10. He declared, "Azad will remain 'azad' (free)" and lent it credence. The British could not catch hold of him alive in Alfred Park (Azad Park), Prayāg (Allahabad). A skilled organiser of the band of revolutionaries, he was **(Chandrashekhar Azad)**
11. This martyr was honoured for capturing the Tiger Hill front. **(Manoj Pandey of Lucknow)**
12. Four immortal martyrs of Kargil, who were decorated with the 'Vayu Sena Medal' **(Sqn.Ldr. Rajiv Pundir, U.P.; Flt. Lt. S.Muhilan, Karnataka; Sgt. R.K.Sahu, Orissa; Sgt. P.V.N.R. Prasad, Andhra Pradesh).**
13. He stood up against the use of tallow in the cartridges and shot the British officers dead thereby proclaiming the revolution of 1857. The name of this revolutionary, a sepoy of 34 Battallion in Barrackpore Cantonment, was **(Mangal Pandey)**

6. The World as one Family

The Indian philosophers, in search of Truth, have concluded that there is one Supreme Power that is the source of the origin of this universe. It is that power alone which manifests itself in the form of different living beings and things. *Goswāmī Tulasīdāsa*, the crest jewel of the saint poets has, therefore, said that this entire universe consisting of animate and inanimate beings is the manifestation of God. All, therefore, deserve to be paid obeisance.

सीयराम मय सब जग जानी। करउँ प्रनाम जोरि जुग पानी॥

Considering this whole world as pervaded by *Śrī Sītā Rāma*, i.e, God and His primordial Power, I humbly bow down to them with folded hands.

Great Personages

1. **Mahatma Gandhi** : The foremost leader of the national independence movement, who dominated India's political scene for nearly three decades. Born in Gujarat, Mohandas Karmchand Gandhi experimented with the novel method of non-violence. He was a liberal *Sanātanist* Hindu. He set a tradition of a series of creative, nationwide trends of removal of untouchability, protection of cows, village industries, *khādī* (hand woven cloth made of hand spun yarn), national - language, prohibition and the like. *Satyāgraha* (passive resistance to uphold truth) was his major weapon.

2. **Swami Rāma Tīrtha** : He preached the philosophy of *Vedānta*, at a young age, in the foreign countries, e.g, America, Britain, Japan etc. In a state of spiritual intoxication, he experienced himself as 'aum' (ॐ), declared 'अहं ब्रह्मास्मि - I am *Brahman*', and said that this experience of being one with *Brahman* is the same as living in and the vision of 'aum'.
3. **Nelson Mandela** : The pre-eminent nationalist leader of South Africa, who spearheaded the movement against the policy of racial discrimination practised by the Govt. of South Africa and spent 27 years in jail. On coming out of the prison, he resumed his struggle which compelled the Pretorian government to call off the policy of racial discrimination and order elections. Nelson Mandela won the elections and was elected as the President of South Africa. India honoured him with '*Bhārat Ratna*'.
4. **Rabindranath Tagore** : Born in West Bengal, Rabindranath Tagore was a poet, author, litterateur and artist of international renown. He was given the world famous Nobel Prize on, *Gītānjali*, the collection of his poems. He was the first Indian to be so honoured. He was also the author of *Jana Gaṇa Mana*, our National Anthem.

Achievements

1. **Yuri Gagarin** : First space-traveller of the world. A Russian. He circumambulated the earth in 89 minutes and 34 seconds.

2. **Neil Armstrong** : A citizen of America; he was the first visitor to the Moon.
3. **Tenzing Sherpa** : He hoisted India's tricolour on *Gauri Shankar peak* (Mt. Everest) for the first time.
4. **Bachhendri Pal** : The first Indian woman mountaineer to conquer Mt. Everest.
5. **Amartya Sen** : The first Indian born American citizen to be awarded Nobel Prize in Economics.
6. **Atal Behari Vajpayee** : For the first time delivered address in UNO in Hindi and thoroughly got honour and respect to Hindi Language on a world forum. He was Eleventh Prime Minister of India.
7. **Santosh Yadav** : The first and the only woman who climbed Mount Everest (Sagar Matha) twice.

Religions and their Holy Books

Religion	Holybook
1. Jews	Torah
2. Parsis	Zend Avesta
3. Taoism	Tao-te-ching
4. Jains	<i>Āgamas & Siddhāntas</i>

7. The Shining Tradition of Indian Sciences

Our Indian Scientists

Scientist	Contribution
1. <i>Varāha Mihira</i>	: Astronomer
2. <i>Bhardvāja</i>	: The father of aviation.

3. *Suśruta* : Expert in skin transplant (Plastic surgery) and cataract operation.
4. Chandrasekhar Venkataraman : He discovered the special effect of light in physics (Raman effect).
5. Dr. Homi Jahangir Bhabha : Atomic research
6. Dr. Hargobind Khorana : Genetist
7. Dr. A.P.J. Abdul Kalam : Atomic Scientist
8. Dr. Satyendra Nath Bose : The father of the science of Statistics.
9. Kalpana Chawla : First Indian woman to go into the space.
10. Sunita Williams : The second Woman of Indian origin to go into the space.

Q. Fill in the blanks.

- a.was the preacher of Vedic Astronomy ?
(Acharya Lagadh)
- b. The author of Shulva sutra was.....
(Baudhayana)
- c. Noble Prize winner scholar of Space Physics Indian scientist was
(Subrahmanayam Chandrashekhar)
- d. Noble Prize winner in the field of Morphology and Medicine scientist of Indian origin was
(Hargovind Khurana)
- e. Indian scientist who did research with Albert Einstein was
(Dr. Satyendra Basu)
- f. Astronomer who wrote commentaries on various treatise of Varahmihir was.....
(Bhattotpala)

Āyurveda

Q. What do we understand by '*dinacaryā*' (the daily routine)? What activities are included in the daily routine according to *Āyurveda*?

Ans. All those functions that a person performs in course of the day are known as 'the daily routine'. The ideal daily routine, according to *Āyurveda*, comprises rising early in the morning, brushing the teeth, performing physical exercise and massaging the body, sun bath, taking bath, prayer, meditation and recital of holy scriptures, working to earn a living, doing some social-service etc.

Ayurveda is the most ancient medical system of India. There are four most important books of Ayurveda.

1. Caraka Saṁhita
2. Susrut Saṁhita,
3. Astanga Hrdaya,
4. Astanga Sangraha

Medicinal Herbs : Banyan, Plaintain, Coconut, Basil, Turmeric, Ashoka, Neem, emblic myrobalan, Heeng, Ajwain, Lemon, ginger, Harar, belleric myrobalan etc.

Peepal (the bo-tree) : Provides oxygen more times due to it has anaerobic respiratory action during daytime and aerobic respiratory action during night.

Mango : Useful in religious rituals; is anti bacterial. Mango is a fruit of high nutritive value.

Our Achievements

1. Tell the name of the inventor of 'Jyoti Lamp' that burns with cow urine. (Sabha Bahadur Singh)
2. Tell the name of technique discovered by Indian scientists that keeps watch over the atomic diffusion. (Game Dose Logger)

Names and functions of some Scientific instruments.

1. **Computer** : Collection and Communication of data.
2. **Lactometer** : Measuring the relative density of milk
3. **Microscope** : Shows small things in a magnified form.
4. **Stethoscope** : Used for listening the heart-beat.
5. **Radar** : Provides information about movement of objects in the sky.

2. Explain reasons :

Q. Why do we prefer white clothes in summer?

Ans. Because the white clothes regress the rays of sun, they cause less heat.

Q. Why does an ice cube float in the water?

Ans. It is lighter than water. The relative density of ice is .9 unit. Therefore, 1/10th part of it remains above water.

Q. Why do we find liquid drops on the leaves during winter?

Ans. The vapours in the air freeze due to lower temperature during winter and are seen as droplets.

Q. Why is a rainbow seen only in the morning or evening and not at noon?

Ans. For a rainbow to form, sun must make a 45° angle through the vaporised clouds. It is possible only when the sun is either in the east or in the west. Since it is atop at noon, this angle cannot form.

Q. Why does it take longer time in the hills for the food to be cooked?

Ans. In the hills the boiling point becomes lower due to the low air pressure. Water, therefore, starts boiling at lower temperature. This is the reason why it takes longer to cook the food in the hills.

An inspiring episode of a scientist

In his book, vision 2020, our former President A.P.J.Abdul Kalam, scientist, writes, "In my room, on a wall, there is a multicoloured calendar. This calendar has been printed in Germany. It has the pictures of satellites in space, taken from Africa and Europe. Anyone who sees these pictures is impressed. But when he is told that these pictures have been taken by an Indian Remote Sensing Satellite, his facial expression is one of disbelief. He has to be shown the grateful acknowledgement of Indian Remote Sensing Satellite, which the publishers have printed at the bottom of the calendar.

We should be proud of our science and scientists.

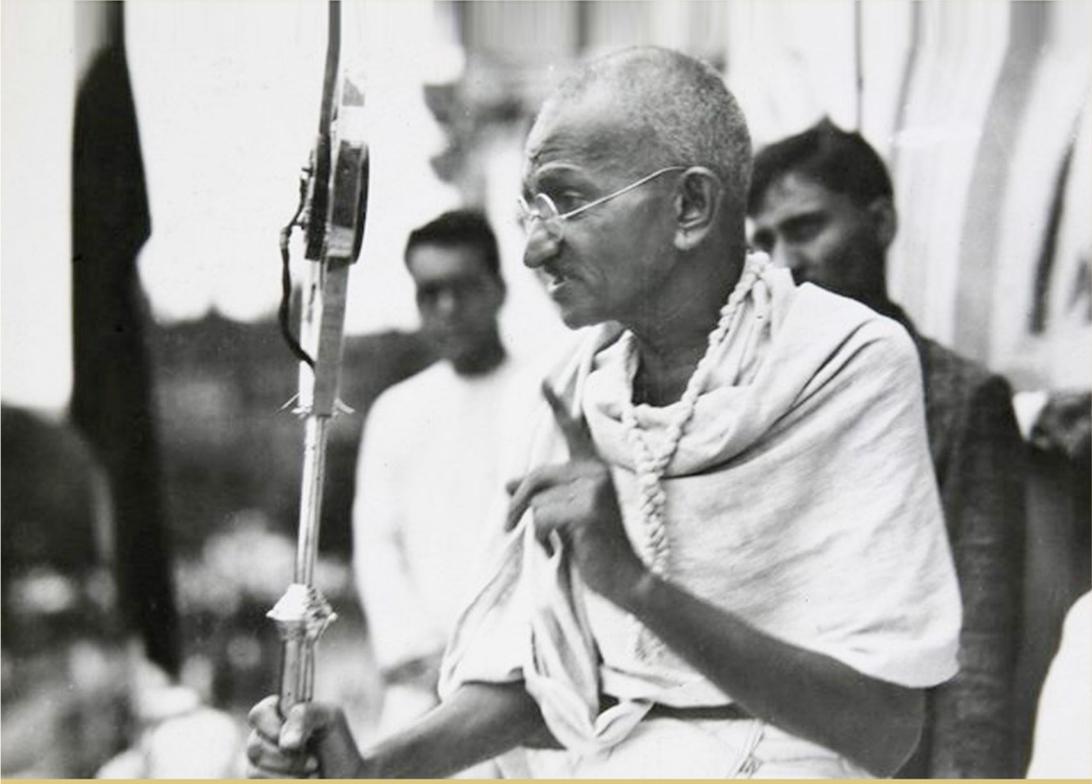
Chapter-8. General Knowledge

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]



Central Office

VIDYA BHARATI SANSKRITI SHIKSHA SANSTHAN

Sanskriti Bhawan, Salarpur Road, Kurukshetra-136118 (Haryana)

☎ 01744-251903-4-5, FAX : 270515 ✉ sgp@sanskritisansthan.org

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