



Bodh Mala – 7

Akhila Bhāratiya Saṁskṛti Jñāna Parīkṣā

For

(All India Culture Awareness Examination)

Conducted by

Vidya Bharati Sanskriti Shiksha Sansthan



Eminent Marathi Man of Letters P.L. Desh Pande

(8 November 1919 – 12 June 2000)

Preface

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

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

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

Secretary

Vidya Bharati Sanskrit Shiksha Sanstha

Acknowledgement

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

Secretary,
Vidya Bharati Sanskriti Shiksha Sansthan,
Kurukshetra

Scheme of Transliteration

Except certain standardized expressions, Sanskrit words / terms, where expressed in Roman script have been transliterated as per 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।

Contents

	Page No.
Raṣṭrīya Gīta - Vande Mātaram	
Saraswatī Vandana	
<u>1. BHĀRATA (India) : Our Motherland</u>	8
Our States, Remembering the Motherland, Patriotic Song	
<u>2. Progeny of Bhārata—Hindu Society</u>	17
Swamī Vivekanad in Chicago	
<u>3. The Hindu View of life</u>	21
Love for Nature, Hymn of Unity, Our System of Taking Meals, Philosophy of Devotion for Bhārata, The Hymn of Unity (First Seven Ślokas), Our Illustrious Men and Women, Scientific Basis of Hindu Beliefs	
<u>4. The Sacred Tradition of Sacraments</u>	31
Our cultural Festivals, Tīrthas (Places of Pilgrimage), Temples, Holy Book, Sayings of Saints, Etiquettes, Sixteen Sacraments.	
<u>5. Our Glorious History</u>	41
Indian Chronology, Stories of Patriots, Chhat- rapati Shivaji, The Mahābhārata, Our Saints and Sages.	
<u>6. The world As One Family</u>	48
Saṁskṛti Jñāna Parīkṣā class 7	3

7. The Shining Tradition of Indian Sciences **50**

Indian Scientists, Āyurveda, Protection of Nature, An Inspirational Episode of a Scientist, Astronomy, Space Science

8. General Knowledge **53**

Our Famous Litterateurs, Literature, Improve Your Knowledge, World of Sports, Our Symbols, Cultural Institutions, Constitution and Parliamentary System.

9. Our National Heroes **62**

Ramanand Sagar, Champaran campaign (Satyagraha), Vikram Sarabhai, Self-sacrificing Lady - Hada Rani.

Blueprint of the 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 प्राणाः शरीरे।

बाहुते तुमि मा शक्ति,

हृदये तुमि मा भक्ति,

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

त्वं हि दुर्गा दशप्रहरण-धारिणी,

कमला कमल-दल-विहारिणी,

वाणी विद्यादायिनी, नमामि त्वाम्

नमामि कमलां अमलां अतुलाम्,

सुजलां सुफलां, मातरम्! वन्दे मातरम् ॥5॥

श्यामलां सरलां सुस्मितां भूषिताम्,

धरणीं भरिणीं मातरम्! वन्दे मातरम् ॥6॥

Invocation to *Saraswatī*, the Goddess of Learning

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

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

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

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

प्रार्थना

हे हंस वाहिनी ज्ञानदायिनी, अम्ब विमल मति दे।
जग सिरमौर बनायें भारत, वह बल विक्रम दे।
अम्ब विमल मति दे॥
साहस शील हृदय में भर दे, जीवन त्याग तपोमय कर दे,
संयम सत्य स्नेह का वर दे, स्वाभिमान भर दे॥1॥

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

Prayer

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

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

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

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

1. Bhārata : Our motherland

“वन्दे जननी भारत धरणी
शस्य-श्यामला प्यारी।
नमो-नमो सब जग की जननी
कोटि-कोटि सुत वारी।”

“Obeisance to this verdant land of Bhārata, our dear Mother, Hail ! this Motherland; for Her the lives of millions of her sons can be sacrificed !”

How fortunate we are to have been born on this sacred land of Bhārata where even gods yearn to be born! How exalted indeed she is that the luster of her glorious culture, enlightening the whole world has given her the honour of becoming *Jagadguru*, the spiritual Master of the human race.

Every Indian loves this country more than his life. Every speck of the dust of this land is sanctified. That is why every son of Bhārata sings:

“गायन्ति देवाः किलगीत कानी धन्याऽस्तु ते भारतभूमि भागे।”

The gods sing in sweet melody the song, "O the land of Bhārata, you are the blessed part on this earth."

Every dust speck of this land has engraved on it a whole history of valour and sacrifice. Words cannot adequately express her-essential glorious nature. As the children of this land, however, we must try to learn, as much as we can, about her grandeur and divinity.

Let us have a view of this holiest of holy lands :-

In the North stands the mighty Himālaya, the king of mountains, adorning her crest with the Kailāsa peak of Lord Śiva and the beauteous Mānasarovara lake. The peerless splendour of Kashmir, known as paradise on earth, forms her forehead. In the West are the ranges of Arāvalī hills and the undulating 'sindhu-sāgara' (Arabian Sea). The magnificence of Assam embellishes her in the East. Madhya Pradesh, the central province, with the Vindhyācala hills, forms her beautiful

girdle. In the South, tides of the Hindu Mahāsāgara (the Indian Ocean) dance high after they kiss her feet. There itself stand the ever awake Kanyā Kumārī, the lighthouse disseminating the glow of the glorious culture of Bhārata and the monument dedicated to the memory of Swamī Vivekananda. These are among the matchless gifts of nature to us.

In the magnanimous heart of Bhārata, all the seasons of the world abide. This country is a veritable treasure of varieties of food corresponding to the climatic conditions, dresses and costumes and a multitude of languages representing the boundless wisdom of this ageless country. It is only this Bhāratavarṣa, the most ancient of the nations, which has assimilated a whole variety of diverse beliefs and faiths. It reminds us of the loftiest standards of human existence set for us by our great savants. It is due to these that the unity of Bhārata stays unimpaired.

Q.1. In which states are the places of pilgrimage (tīrthas), described in the following verse (śloka) situated?

अयोध्या, मथुरा, माया, काशी, काञ्ची, अवन्तिका।
वैशाली, द्वारिका, ध्येया, पुरी, तक्षशिला, गया॥

- Ans:- (1) Ayodhyā – Uttar Pradesh
(2) Mathurā – Uttar Pradesh
(3) Māyā (Haridwāra) – Uttarakhand
(4) Kāśī – Uttar Pradesh
(5) Kāñcī – Tamil Nadu
(6) Avantikā(Ujjain) – MadhyaPradesh
(7) Vaiśālī – Bihar
(8) Dvārakā – Gujarat
(9) Jagannātha Purī – Orissa
(10) Takṣaśilā – West Punjab (Pakistan)
(11) Gayā – Bihar

Q2. Write the names of the following places now in use:-

- A. (a) Māyā – Haridvāra (b) Avantikā – Ujjain
(c) Dvārāvātī – Dvarakā.

Q.3 Write the names of the famous rivers which make India's soil verdant.

- A. Gaṅgā, Yamunā, Kāverī, Kṛṣṇā, Godāvarī, Narmadā, Brahmaputra, Mahānadī, Satlaja.

Q.4 Write the names of the major mountain ranges of our beloved Bhārata.

- A. Himālaya, Vindhyaśāla, Arāvālī, Sahyādri, Malayagiri, Raivataka etc.

Q.5 Tick (✓) the correct options –

- (a) Where did Śrī Rāma install the Śivaliṅga and sought blessings after worshipping Lord Śiva.

(Badarinātha, Rāmeśvaram ✓, Dvārakā).

- (b) Which holy place is known as Māyāpurī or Gaṅgādvāra?

(Mathurā, Kāśī, Haridvāra ✓)

- (c) Where did Śrī Rāmanujācārya attain the realization of the Supreme?

(Avantikā, Kāñcī ✓, Kāśī)

- (d) Where is the Mallikārjuna Jyotirlingam situated?

(Śrī Śailam ✓, Nāsika, Rāmeśvaram)

Answer the following questions —

- (a) At what height from the sea level is Kedāranātha situated? (11,500 ft.)

- (b) Where and on which river is Hundaroo waterfall situated? (in Rānchī, Jharkhand, on Suvarnarekhā river)

- (c) Where are the ancient Khajurāho temples situated? (Chhatarpur, Madhya Pradesh)

- (d) When is a fair held in Gaṅgāsāgara?

(Makara Sankrānti)

Fill in the blanks —

- (1) The four mathas symbolic of the cultural unity of Bhārata were established by _____ (Ādi Śaṅkarācārya)
- (2) The four dhāmas (the holy abodes), representing Bhārata's cultural unity are (1) _____ in the North, (2) _____ in the South, (3) _____ in the East and (4) _____ in the West.
(Badaṛīnātha, Rāmeśvaram, Jagannātha Purī, Dvārakā)
- (3) To celebrate their cultural unity, Indians gather on the occasion of the kumbha once every twelve years. Where are these kumbha festivals held? 1. _____ 2. _____
3. _____ 4. _____ (Haridvāra, Nāsika, Prayāga, Ujjain)
- (4) The source of Gaṅgā is _____ (Gomukha, Himālaya).
- (5) _____ meets Gaṅgā at Prayāga. (Yamunā)
- (6) The ancient temple of Jambukeśvaram is near _____ (Śrī Raṅgam)
- (7) _____ lake is in the south of Tuṅgabhadrā. (Pampā)
- (8) _____ is the highest peak of Raivataka mountain (Gorakhanātha)

Our States

Maharashtra

Maharashtra is the birth place of Shivaji the great. On this very land Shivaji established the Hindu-pada pādashāhī (the Sovereign Hindu State) and took the title of *Chatrapati*. While the Jñāneśwarī of Sant Jñāneśwara and Abhaṅgas of Tukārām fill our hearts with devotion to the Lord, the life of Samartha Guru Rāmadāsa is a source of inspiration.



Mahārāṣṭra has given us the illustrious scholars like Apte, Saṁskṛṭi Jñāna Parīkṣā class 7

Ram Krishna Gopal Bhandarkara and Panduranga Vaman Kāṅe known for their research work in the field of Ancient Indian History and Culture. Saints Jyotibā Phule and Maharshi Keshav Kārve gave a new direction to the whole country with their pioneering work in the field of women's education.

Historical Forts and Glorious History —

The ancient holy places of Maharashtra include Bhavānī of Tuljapur - the household deity of Shivājī; One of the places of Kumbha fair, Nasik and three of the twelve Jyotirlingas, viz. *Triambakeśvara*, *Ghuśmeśvara* and *Bhīmaśankara*. The new sacred places of Modern India are the *Smṛti Mandir* in Nagpur, the land of action (karma sthālī) of Dr. Keśav Baliram Hedgewar the founder of the Rāṣṭrīya Svayamsevak Sangh and Guru Ji Shri Golwalkar; the Dīkṣābhūmi of Nagpur where Dr. Ambedkar initiated the *Dharmacakrapravartana*; *Sewāgram*, the land of Gandhiji's experiments and *Pavanāra*, the abode of rest of Vinoba Bhave.

Let us know something more about this state –

1. In the field of social reforms also, Maharashtra has played a leading role. During those times, Mahadev Govind Ranade, Lokmanya Tilak and Gopalkrishna Gokhale led the way.
2. The radical revolutionary, Krāntivīra Vinayak Damodar Savarkar, who inspired a generation of revolutionaries during the freedom struggle and was awarded double life-imprisonment is the son of this very soil.
3. In 1925, on Vijayādaśamī day, Dr Keshav Baliram Hedgewar founded Rāṣṭrīya Svayamsevak Sangh, the biggest volunteer organization of the world.
4. Vishnudigambara Paluskar and Vishnunarayan Bhatkhande gave the Indian classical music its present form.
5. From the points of view of population and area, this state ranks second in the country. It is surrounded by Sindhu sāgara (Arbian Sea) in the West, Gujarat in the North–

West, Madhya Pradesh in the North and North-East, Karnāṭaka in South and Andhra Pradesh in East.

6. There are 49 ports in its coastal area, Mumbai being one of the biggest.
7. We have here the Ajantā and Ellorā caves dating back to 200 BC. The frescos and mural paintings of these caves have valiantly stood the ravages of time.
8. Maharashtra leads India in Film Industry.

Rajasthan

Rajasthan, the land of valour and sacrifice! Rajasthan has a unique heritage enriched by Rana Pratap's courage and Padminī's jauhara. It has given birth to brave sons like Bappā Rāwal, Maharana Saṅgā, Prithviraj Chauhan and Durgādās and brave daughters like Hādārānī, Kirandevī and Panna Dhāya (the foster mother). That is why it is said:



“माई एहड़ो पूत जण जेहड़ो राणा प्रताप”

O mother, give birth to a son who would be like Rana Pratap.

This is the land where kids like Prithvī Singh used to fight with tigers. This is the land which, even today, reminds us of the dagger of Amar Singh Rāthore and sacrifice of Bhāmā Shah. This is the land which has on one hand produced models of bravery in the battlefield, and on the other hand, given us Mīrā's lyrics drenched in love of Giridhara Gopāla, remembering the lyrical beauty of which, one spontaneously starts singing —

“मेरे तो गिरधर गोपाल दूसरो ना कोई”

‘Giridhara Gopāla alone is mine and none else’.

Let us know more about this sacred land; the land of several holy spots.

- (a) Puṣkara : Lord Brahmā, the creator of the universe, perennially lives in Puṣkara, near Ajmer. Puṣkara is known as the Guru of all centres of pilgrimage (*Tīrthas*). The only temple of Lord Brahmā is located here.
- (b) Nāthadwārā : This is a major pilgrimage centre of the followers of Vallabha cult. It is near Udaipur. There is a beautiful temple here of Śrī Nāth Ji. The idol of Śrī Nāth ji was brought here from Govardhana in Vraja by Śrī Vallabhācārya himself.
- (c) Mahāvīra Jī : This is a major holy place of the Jaina Community. Millions of pilgrims keep coming here year after year to have *darśanas* (a view) of Bhagavān Mahāvīra Svamī.

The Land of Historic Forts.

- (a) Chittorgarh – Some scholars are of the opinion that it was built by the *Pāṇdavas* and its ancient name is *Citrākoṭa*. It stands witness to the world famous jauhar of Maharani Padminī and the Pannā Dhāya (the foster mother's) sacrifice of her son.
- (b) Kumbhalagarha – This citadel, built by Mahārāṇa kumbhā, is situated on the frontiers of Mewāra and Mārwāra. Mahārāṇa Pratap was born here.
- (c) Ranathambhore – This historic fort is situated near Sawai Madhopur. It was the capital of Hamir Singh who vanquished Alauddin Khilji.
- (d) Ajmer – The Fort of Ajmer (Ajayameru).

Besides this, there are forts of Taragarh, Amer in Jaipur; Nahargarh, Koṭā-Būndī, Jodhpur, Jaisalmer, and Bikaner which bear testimony to their strength and lustre of the Rajpūta history.

The land of famous tourist-centres and historical cities

- (a) Arbudācala (Ābū Mountain) – This is a beautiful and a holy place situated in the south of Arāvalī ranges. This sacred place is at a height of 1220 mtr. from sea level. There used to be the hermitage of the seer Vaśiṣṭa. The world famous Jaina temples of Dilawārā are situated on the Northern hill.
- (b) Raṇakpur – Known for its famous Jaina temple, it is situated in Pālī district. It is unparallel from the view point of art. It is one of the important tourist centres of Rajasthan.
- (c) Jaisalmer – The heart of desert land, Jaisalmer is a historic city and tourist centre. The sand dunes of this place are a great source of attraction for the tourists. The fine craftsmanship of 'Patwon-ki-Haveli' is worth seeing.
- (d) Udaipur – The charm of this "city-of-lakes" is also captivating. Among the places worth seeing are 'Chetak Memorial', 'Sahelion-kī-Bārī' and 'City-Palace'
- (e) Jaipur – Known as the 'Pink City', Jaipur is the capital of Rajasthan. Jantar Mantar, Hawa Mahal, Galtājī are among the worth seeing places.

Jodhpur, the gateway to desert, and home of Major Shaitan Singh; the famous 'dargah' of khwaja Moin-uddin-chishti in Ajmer; 'Hawa Mahal' of Deeg, the famous battle land of Haldīghātī are also parts of Rajasthan. The other important centres are: Alwar; Sanctuaries of Bharatpur; Dholpur; Koṭā, Dūngarpur, Jhālāwar, Kishangarh, Pratapgarh, Shāhpura, Tonk, Bārmer, Jalore and Sirohī.

Remembering the Motherland

Śrī Rasbihari Basu, the famous revolutionary, was in Japan. He used to sleep every night with his head towards the south. When his close colleagues came to know of this, they tried to tell Śrī Ras Bihari that in Japan, sleeping with head in south is considered inauspicious and is therefore, prohibited.

Śrī Basu's reply was, "You know, dear friends, I am far away from my Motherland. I do not know whether I shall be able to go back to her or not. Look, yonder, across the sea, in this very south-western direction, my Mother is lovingly looking at her child. I yearn for placing my head in her lap. After finishing the day's work, I feel as if a divine figure from across the sea were calling me. I try to run and reach there and thus illuded, I go to sleep remembering my Mother India, I am prepared to bear good or even evil, whatever may befall me and I don't mind even if I lose a sense of direction. Please do not deprive me of my Mother's love.

Hearing this, friends of Śrī Ras Bihārī Basu, were spellbound by his love for his Motherland. They never again did try to persuade him as they earlier used to.

Patriotic Song

देशभक्ति गीत

संस्कृति सबकी एक चिरन्तन खून रगों में हिन्दू है।
 विराट सागर समाज अपना हम सब इसके बिन्दु हैं। ध्रु॥
 राम कृष्ण गौतम की धरती, महावीर का ज्ञान यहाँ।
 वाणी खण्डन-मंडन करती, शंकर चारों धाम यहाँ।
 जितने दर्शन राहें उतनी, चिंतन का चैतन्य भरा।
 पंथ खालसा गुरु पुत्रों की, बलिदानी यह पुण्य धरा॥
 अक्षयवट अगणित शाखाएं, पर जड़ जीवन हिन्दू है।

विराट सागर॥११॥

कोटि हृदय हैं भाव एक है, इसी भूमि पर जन्म लिए।
 मातृभूमि यह पितृ भूमि यह, पुण्य भूमि पर जन्म लिए॥
 हारें-जीतें संघर्षों में, साथ लड़े बलिदान हुए।
 काल चक्र की मजबूरी में, रिश्ते नाते बिखर गये॥
 एक बड़ा परिवार हमारा, पुरखे सबके हिन्दू हैं।

विराट सागर ॥१२॥

All of us have a common eternal, ancient culture,
 In our veins flows the Hindu blood.

We are the drops of this colossal sea of our society.
This is the land of Rāma, Kṛṣṇa and Gautama,
Here is the wisdom of Mahāvīra.
In four abodes, echoes the voice of Śaṅkara,
rebutting this, corroborating that.
As many paths as thoughts,
in each permeates the consciousness of deep reflection.
This is the holy land of sacrifices;
the land of Khālsā Panth and sons of Guru Gobind Singh.
Of this Eternal Tree, branches are countless,
but the root is one, the Hindu root.

We are drops(1)

Billion hearts have single sentiment,
We are all born of this land,
This is our Motherland, this our Fatherland.
We are all born of this Holy Land.
In defeats and victories and struggles,
we fought together, died together.
Ravages of time though, tore relationships asunder,
We are yet of one large family and the
forefathers of all of us are Hindus.

We are drops(2)

2. Progeny of Bhārata —Hindu Society

Bhārata is proud of the devotion of her sons and daughters, be it devotion to God, parents or *Gurus*. We learn about them. Children of India have presented examples without parallel. If we learn about them we would be inspired by their examples, to lead a life of excellence.

- (a) When young Narendra asked _____ whether he had seen God, his reply was, “Yes, I have; I see him as clearly as I see you”. (Śrī Rāmakrishna Paramhansa)
- (b) Earlier, he was a revolutionary. Later he got so immersed in devotion to God that he started living in Pondicherry and became famous as _____ (Yogirāja Aurobindo)

- (c) The disciple who presented an ideal of devotion to Guru Dhaumya was _____ (Āruṇi)
- (d) We are called 'mānavas' by virtue of being _____'s children. (Manu)
- (e) The name of the great female scholar who engaged Yājñavalkya in spiritual discourse in the court of Janaka was _____ (Gārgī)
- (f) He was thrown from a hill, yet came unscathed without a scratch. The boiler, full of boiling oil turned into a bed of roses when he was thrown into it; the burning mound of wood could not harm him even one bit when he was made to sit on it with his aunt. The boy _____ to whom worst tyranny of his father did not succeed in shaking his devotion to God. The God incarnated himself as Nṛsinṛha and protected him. (Prahāda)

Bhārata, our Motherland is the soil of the braves. Only those who have faith in selfless action, forge ahead. They crown their country with glory and make their lives worth living. Of such illustrious sons, we give some examples here. Let us emulate them.

- ❖ The tyrant Mughal emperor Aurangzeb had lost his sleep because of _____, the virtuous Indian warrior, gifted with the agility of a leopard. (Shivajī)
- ❖ _____ roared, Fateh Singh thundered, "Put the bricks, fill them with mortar, raise the wall, you assassins". (Zorawar)
- ❖ She laid down her life fighting the Britishers for the country and earned the glory of being a true Daughter of India. The name of this brave woman of Jhansi was _____. (Lakshmī Bai)
- ❖ The emperor _____, having donated all his belongings in the *kumbha* festival of *Prayāga*, had to beg for clothes to wear, from his sister Rājaśrī. (Harṣa Vardhana)

- ❖ Selucus, the commander of Alexander's army, on being defeated, surrendered with his forces, before _____
(Candragupta Maurya)
- ❖ The name of the luminary who went to Cambodia (Phunan) to spread Indian culture was _____(Kaunḍinya)
- ❖ In the eleventh century, _____ invaded Malaya and sounded the bugle of victory. (Rajendra Chola)
- ❖ The first confrontation, the patriot Tilakā Mān̄jhi had, was with _____, the British Magistrate. (Mr. Cleaveland)
- ❖ The name of the hero who defeated Mahmood Ghaznavi was _____ (Bhīmdeva Solanki)

Our Bhārata has been *Viśwaguru* (preceptor of the world). Children of this country have guided the world. We are proud of the wisdom of our predecessors. Let us remember their glory and carry forward their tradition. Given below are the names of the great literary masters of Bhārata, along with their famous works :-

- (a) Samartha Guru Ramdas (Dasbodha)
- (b) Nobel laureate Rabindranath Tagore (Gītāñjali)
- (c) Prem Chand (Godan)
- (d) Swami Dayanand (Satyārtha Prakāśa)
- (e) Sant Tiruvalluvara (Tirukural)
- (f) Mahapurusa Shankardev (Kirtan Ghosha)
- (g) Dr. K.V. Puttappa (Ramayan Darshanam)

Tapasyā (Austerity) is a very important aspect of Indian public-life. Mother India is proud of her ascetics. Their memory is a source of inspiration. Let us remember them:

1. He gave away everything in charity, and yet dakṣiṇā (the gift to the Brāhmaṇa after completing the religious rite) was left to be given. King _____ had to perform the functions of a ḍoma (an undertaker) in order to pay dakṣiṇā (money due to the Brāhmaṇa) but he did not give up his vow of Truth. (Hariścandra)
2. Name of the lawyer, remembered as Āndhra Kesarī (Lion of Āndhra), who bared his chest to sustain the bullets

- while resisting the Simon Commission in Madras (Chennai), was _____. (Tanguṭuri Prakasam Pantulu)
3. For 14 years _____ had mortified himself with the smiling face, complete devotion with God, restraint himself and accomplished his duties. (Shatrughana)
 4. Seeing his father in a dilemma _____ rigorously observed the vow of celibacy throughout his life. (Bhīṣma)
 5. It was _____, the great revolutionary who created shivers in the heart of the mighty British, in whose empire sun never set. He also was the one who awakened the national fervour among vanavāsīs (forest dwellers) of Āndhra. (Alluri Sitārāma Raju)
 6. The great ascetic who brought Gaṅgā, the river that makes Indian soil verdant, to the land of Bhārata, was _____ (Bhagīratha)
 7. The famous revolutionary and social reformer of Āndhra, who started a movement against superstitions and spread the movement of women's education was _____ (Śrī Kandukuri Vīreśalingam Pantulu).

Swami Vivekananda in Chicago

- Q. When did Swami Vivekananda start his journey from India in order to participate in the Parliament of Religions?
 - A. 31st May 1893 A.D.
- Q. When was the Conference of World Religions held?
 - A. From 11th to 27th September 1893. A.D.
- Q. In which country, and where, was this conference held?
 - A. In the city of Chicago of the United States of America.
- Q. Where was this conference organised in Chicago?
 - A. In the Columbus Hall of the Art Institute situated in Michigan Avenue.

- Q. Who presided over the inaugural session of the Parliament?
- A. Dr. Bairoz.
- Q. How many lectures did Swami ji deliver in the Parliament and on which dates?
- A. Six lectures in all; on the 11th, 15th, 17th, 20th, 26th and 27th September 1893 A.D.
- Q. Whose lectures created the maximum impact in this conference?
- A. Swami Vivekananda's
- Q. With which opening words did Swami Ji address the audience? What effect did they have on the audience?
- A. With the words, "Brothers and Sisters of America"; and these electrifying words were followed by a thunderous applause in the auditorium. These were not the formal words of a formal address, such as 'Ladies and Gentlemen'. There was a ring of fraternal sentiment in them.
- Q. What was Swami Ji's objective of participation in the Parliament of Religions?
- A. To promote an atmosphere of friendship, harmony and tolerance by removing the prevailing misconceptions about the Hindu dharma and saṁskṛti.

3. The Hindu View of Life

We get human birth because of our previous meritorious deeds and hence we should perform exalted deeds after getting this life. We believe in rebirth. The soul is immortal, therefore we should not fear to death. Benevolence is the highest dharma of human existence.

Love for Nature

Our seers and sages, poets and litterateurs spent their life in the lap of nature and created magnificent pieces of

literature. Our Vedas, Upaniṣads and Purāṇas, were created in nature's lap, on the banks of rivers and in the caves of mountains. All our *tīrthas* (holy places) and temples are situated on the banks of rivers or peaks of hills. It is only indicative of our love for and closeness to nature. We worship *vaṭa* (banyan), *pīpal* (bo-tree), *kelā* (plantain tree) and *bilva or bel* (Bengal quince tree). Birds and animals are the vehicles of our gods. Cow and Gaṅgā are our mothers.

Trees and plants; leaves, flowers and fruits, a large variety of sky-faring birds, animals and creatures of the forests, aquatic animals, insects and worms living on and under the earth are the wealth and beauty of nature. They are not only the well wishers of humankind, they are also the purveyors of life. Earth, water, air, fire and sky too are a part of nature. Our body is made up by them. None of them is our enemy. They are all our friends.

We know that all the trees like *pīpal* and *bargad* etc. absorb carbon dioxide that we exhale and provide life-sustaining oxygen to us. Trees give us wood and fruits. We get flowers of many hues and fragrance from the plants. Trees bring rain and help soil conservation. Rivers, originating from mountains, flow down and nurture us with water. Dawn and dusk; the sun and the moon; the stars and the planets; forests, mountains and oceans, rivers and springs, ponds and lakes are all representatives of nature. They give us life, joy and a vision of beauty. Cool, mild, fragrant breeze, surging and gathering clouds, the sweet, soft, rhythmic songs of gracefully flowing rivers and springs, all of them sing for us and fill our existence with joy. Nature, therefore, is our mother.

Yajña (sacrifice) is an identity of the Hindu dharma. The tradition of performing it, is ageless. It purifies the environment and contributes to rainfall. Our ancestors have said that planting a tree results in the birth of a son. Cutting a live tree is, therefore, considered equal to killing a son. It is also said that cutting one dead wood and planting ten trees is a righteous deed.

(a) Quiz —

1. How have trees and plants, forests and mountains been described in relation to nature? (Wealth)
2. What kind of air do we get from trees like *peepal* and *bragad*? (oxygen, the vital air)
3. Who resists soil-erosion through rains? (trees and plants)
4. Name two scenes of nature that also indicate time. (dawn, dusk)
5. How would you describe nature's manifestations in the forms of woods and mountains, oceans and rivers, springs, ponds and lakes? (magnificent)
6. Who fills our life with beauty and joy? (nature)
7. What do we get from the sound of breeze and clouds, rivers and springs? (joy and music)
8. How is Nature said to be related to us? (as mother)
9. What emotions bind us with nature? (emotions of affection, love and closeness)
10. What fruit has been ordained by our ancestors of planting a tree? (begetting a son)

(b) Fill in the blanks —

1. They are not only the well wishers of _____ but also _____ (humankind / purveyors of life)
2. Trees bring _____ and resist _____ (rain/ soil erosion)
3. Our _____ and sages, poets and litterateurs have spent their life in its _____ (seers/lap)
4. We worship banyan, _____, plantain and _____ (bo-tree /bengal quince tree)
5. The tradition of performing Yajña (sacrifice), which is the identity of the _____ dharma has been _____ (Hindu /ageless)

6. The Yajna purifies_____ and causes _____
(Environment/rainfall)
7. Our_____ have said that planting a tree results in _____
(forefathers / begetting a son).

Hymn of Unity

एकात्मता मंत्र

यं वैदिकाः मंत्रदृशः पुराणा, इन्द्रं यमं मातरिश्वानमाहुः।
 वेदान्तिनोऽनिर्वचनीयमेकं, यं ब्रह्मशब्देन विनिर्दिशन्ति ॥1॥
 शैवा यमीशं शिव इत्यवोचन्, यं वैष्णवा विष्णुरिति स्तुवन्ति।
 बुद्धस्तथाऽर्हन्निति बौद्धजैनाः, सत् श्री अकालेति च सिक्खसन्तः॥2॥
 शास्तेति केचित् कतिचित् कुमारः, स्वामीति मातेति पितेति भक्त्या।
 यं प्रार्थयन्ते जगदीशितारं, स एक एव प्रभुरद्वितीयः ॥3॥

The ancient Vedic seers of the revealed hymns call him Indra, Yama and Mātariśwan (Wind God). He, the Indescribable One, is addressed as Brahman by the Vedāntins(1)

He, the Lord of Universe, is called Śiva by Śaivas and worshipped as Viṣṇu by Vaiṣṇavas. Bauddhas (Buddhists) and Jainas address him as the Buddha and Arhata respectively and Sikhs as Sat Śrī Akāla (2)

Some call him Śastā (the Ruler or Controller) and some Kumāra (Kārtikeya) while some adore him as Lord, Mother or Father.

They all worship the same Lord and Master of the Universe, who is one, without a second. (3)

Quiz:

1. What is the adjective given to ancient sages?
(seers of revealed hymns)
2. How do the Vedāntins call the Indescribable Truth?
(Brahman)
3. Who addresses that Brahman as Śiva and Viṣṇu?
(Śaivas and Vaiṣṇavas respectively)
4. Who call that Brahman 'Sat Śrī Akāla'? (Sikh Saints)

5. Is Brahman, called by different names, one or many?
(He is one)

Philosophy of Devotion to Bhārata

Countless sons of India, with smile on their lips, laid down their lives out of their sense of devotion to Bhārata. They consider themselves blessed in attaining and safeguarding freedom of Bhārata. It was their conviction that –

माता केवल बाल्यकाल में निज अंकन में रखती है ।
हम अशक्त हैं तब तक केवल पालन-पोषण करती है ॥
मातृभूमि हम सबका पालन करती है जीवन पर्यन्त ।
जिसके सुखद प्रवाहों का ना हो सकता सपने में अन्त ॥

Mother keeps the child in her lap only during its infancy. She nourishes and nurtures us only as long as we are weak and infirm. The Motherland looks after all of us throughout our lives. The joyful flow of her blessings knows no end even in dreams.

Name the patriots, who

1. said it to Lakṣmaṇa
“अपि स्वर्णमयी लंका न मे लक्ष्मण रोचते।
जननी जन्मभूमिश्च स्वर्गादपि गरीयसी॥” (भगवान् राम)
(Even though Laṅkā is all constructed of gold, it does not appeal to me. The Mother and the Motherland are weightier than heaven.) (Bhagawān Rāma)
2. spent long years of his life in forests, deprived of food and water, but did not accept subjection of Akbar who wanted his sovereignty over the Motherland? (Mahārāṇā Pratāp)
3. defiantly declared in the Bijapur court that he would not bow his head before a tyrant and an enemy of *dharma*? (Chhatrapati Shivaḥ)
4. said that she would not yield even an inch of her Motherland to the British (Queen Lakṣmī Bai)?
5. even as a student nursed the desire to dig a tunnel in the

house of his own teacher so that he could remove the fluttering Union Jack and win Independence of his Motherland. (Dr. Keshav Baliram Hedgewar)

6. for the freedom of Bhārat mātā, embraced the gallows at the young age of 16 years? (Khudi Ram Bose)
7. shot dead Saunders, the enemy of India's independence who rained sticks on Lala Lajpat Rai? (Sardar Bhagat Singh)
8. lent meaning to his name fighting the British till his last breath for the freedom of India? (Chandrashekhra Azad)
9. declared, "Freedom is my birthright", and went on struggling for this freedom. (Lokmanya Tilak)
10. declared, in order to kindle the spirit of freedom among Indians, "give me blood, I shall give you freedom"? (Netaji Subhash Chandra Bose)
11. were two children of Mangrol village in Sangli district of Maharashtra who sacrificed their lives to save the people of their village from the British police? (Sita Ram and Dhondhi Santu)
12. were the young boys who sacrificed their lives for the country's freedom, fighting with the police while unfurling the tricolour on Siwan court of Bihar during 1942-movement? (Bachchan Prasad, Chhatho Giri and Jhagaru Shah)
13. Name the great revolutionary valiant woman of Nagaland who fought the British administration by organising the people of society. (Rani Guidinliyu)

The Hymn of Unity (First Seven Śloka)

एकात्मता स्तोत्रम् (प्रथम सात श्लोक)

1. ॐ सच्चिदानन्दरूपाय नमोस्तु परमात्मने।
ज्योतिर्मयस्वरूपाय विश्वमाङ्गल्यमूर्तये॥

My obeisance to the Supreme Spirit embodying truth, consciousness and Bliss; Resplendent Entity and the Figure of Universal Auspiciousness.

2. प्रकृतिः पञ्चभूतानि ग्रहाः लोकाः स्वरास्तथा।

दिशः कालश्च सर्वेषां सदा कुर्वन्तु मंगलम्॥

May Nature (with its three attributes) Five Elements, Nine Planets, Three Worlds, Seven Notes of Music, Ten Directions and Three Times always bless the whole world with auspiciousness.

3. रत्नाकराधौतपदां हिमालयकिरीटिनीम्।

ब्रह्मराजर्षिरत्नाद्यां वन्दे भारतमातरम्॥

I pay obeisance to Bhārata Mātā whose feet are being washed by the ocean full of jewels, who wears the crown of Himālaya and who is rich with the jewels such as Brahmaṛṣis (Brāhmaṇa Seers) and Rajaṛṣis (Royal Sages)

4. महेन्द्रो मलयः सह्यो देवतात्मा हिमालयः।

ध्येयो रैवतको विन्ध्यो गिरिश्चारावलिस्तथा॥

Mounts Mahendra, Malaya, Sahya, Himālaya, the abode of gods; Raivataka, Vindhya and Arāvālī, all deserve to be meditated upon.

5. गङ्गासरस्वती सिन्धुर्ब्रह्मपुत्रश्च गण्डकी।

कावेरी यमुना रेवा कृष्णा गोदा महानदी॥

We should also meditate upon our rivers, Gaṅgā, Sarasvatī, Sindhu, Brahmaputra, Gaṇḍakī, Kāverī, Yamunā, Rewā, Kriṣṇā, Godāvārī and Mahānadī.

6. अयोध्या मथुरा माया काशी काञ्ची अवन्तिका।

वैशाली द्वारिका ध्येया पुरी तक्षशिला गया॥

We must also reverentially and affectionately remember Ayodhya, Mathurā, Māyā (Haridvāra), Kāsī, Kañcī, Avantikā (Ujjain), Vaiśālī, Dwārakā, Jagannātha Purī, Takṣṣilā, Gayā,

7. प्रयागः पाटलिपुत्रं विजयानगरं महत्।

इन्द्रप्रस्थं सोमनाथः तथा अमृतसरः प्रियम्॥

Prayāga, Pātaliputra (Patna), Vijayanagara (on the bank of Tuṅgabhadra river), Indraprastha (Delhi), Somanātha and Amritsar, are all places worth reverence.

Our Illustrious Men and Women

- a) 1. In which province was Guru Nanak Dev born?
(In Western Punjab of Pakistan)
2. Where was Sant Jñāneśvara born? (Maharashtra)
3. To which state did Narasī Mehta belong? (Gujarat)
4. Mention the name of Samartha Rāmadāsa's state?
(Maharashtra)
5. To which province did Sant Jhoole Lal belong? (Sindh)
6. Where is the birthplace of Ādi Śankarācārya situated?
(in Kerala)
7. Which is the state of Sant Basawesvara. (Karnataka)
8. Where is the birthplace of Sant Tukārām located?
(Maharashtra)
9. In which state was Swami Vivekananda born?
(Bengal)
10. Where was Swamī Rāma Tīrtha born? (in Punjab)
11. In which state is Swami Dayananda's birthplace situated?
(Gujarat)
12. Greatman Shankar Dev was born in which state ?
(Asam)
13. In which state Hon'ble Eka Nath Ranade was born :
(Maharashtra)
14. In which state Pandit Deen Dayal Upadhyay took birth?
(Uttar Pradesh)
15. In which state Baba Sahab Apte was born?
(Maharashtra)
- (b) 1. Whose wife was the Venerable Arundhatī?
(Sage Vaśiṣṭha)

2. Who was the husband of Satī Anusūyā? (Sage Atri)
3. Who is considered the mother of all fidel wives (*pativrata*) and the ideal of womanhood? (Sītā)
4. Name the queen who got the ancient temples of Kāśī-Viśveśvara, Saurashtra-Somanātha etc. renovated? (Ahalyābāi Holkar)
5. Tell the Indian name of the famous woman who was known as Margaret Noble before coming to India and being initiated into Hinduism (Bhaginī Niveditā)
6. What was the name of the illustrious person, whose wife was the Mother Śāradā?
(Śrī Ramakrishna Paramhansa)
7. By which name is the famous French born Mīrā, the great spiritual luminary of Aurobindo Āśrama, remembered? (Śrī Mā)

Scientific Basis of Hindu Beliefs

Why oblation (Arghya) to Sun?

It is generally believed that sins are washed away by offering oblation to sun. It has been said in Skanda Purāṇa that eating without offering oblation to sun amounts to committing sin. Vedas declare:-

अथ सन्ध्याय यदपः प्रयुक्ते ता विप्रुषा वंजीयुत्वा असुरान् पाध्नन्ति॥
षड्विंश 4/5

“Particles of water that are used while performing sandhyā (morning, noon and evening prayers), are converted into thunderbolt and destroy the demons”.

Destruction of demons by thunderbolt is a metaphoric statement. The demons for mankind are: typhoid, tuberculosis, syphilis, pneumonia etc. Rays of sun have the divine potential to destroy the germs and bacteria of these diseases. Spores of anthrax which are not destroyed even after many years through a process of dehydration, become dry and are destroyed within one and a half hours under sunlight. Similarly, the killer bacteria of cholera, pneumonia, small-pox,

tuberculosis, syphilis etc. are not destroyed even when boiled sufficiently in hot water, but the ultraviolet rays of the morning sun, reflecting in water destroy them fairly fast.

When offering oblation to Sun, a devotee stands facing it, lets water held in his añjali (hands joined together, or the hollow of both hands put together) fall on the ground in a straight and parallel line between his body-head to toe and the Sun, that heap of water with the heated colours of the rays of Sun, reflecting through it (water), cause the effect of colours to flow through the body of the devotee. Therefore, our scriptures prescribe offerings of oblation to sun, standing eastwards in the morning and westwards in the evening.

Offering water to the Sun improves the vision

In the western countries, it is considered useful to see the reflection of the sun in lakes and rivers. Western scientists say that it protects eyes from ophthalmic ailments like cataract. In Indian scriptures, offering water to Sun has been prescribed since the beginning of times. The process is as follows —

Soon after the Sunrise, stand facing Sun with a pot called *loṭā* (pot), full of water. This *loṭā* should be held in two hands opposite the middle of the chest. Now, start pouring water slowly. You would be able to see the reflection of Sun in the form of a dot through the protruding edge of *loṭā*. If you carefully look at the reflection in the form of that dot, you would be able to see a seven-hued circle Newton ring.

A *loṭā* is considered appropriate because its edge is convex. If we have a pot with a concave edge, Sun would be seen in a large form and our eyes will not be able to bear solar rays. *Loṭā* should preferably be of copper or brass and not of aluminium, silver or any other shining metal. On its convex edge the rings would be seen clearly. In this way, our sages have recommended a simple process of consuming the cool and smooth rays for improvement of our vision and helping our eyes generally.

4. The Sacred Tradition of Sacraments

Our Cultural Festivals

Birthday should be celebrated in the following manner—

1. The person whose birthday is to be celebrated should rise in the brāhma-muhūrta (wee hours of the morning) and take bath.
2. Worshipping God – After lighting the auspicious lamp, performing *pūja*, ritual sacrifice and *yajña*, put *tilaka* (religious mark) on the forehead of the birthday-child.
3. Donation – Instead of accepting a gift, set a tradition of donating (*dāna*), according to your capacity.
4. A loaf of food for cow – Cow is a symbol of our faith. On this day, a loaf of *roṭī* (cooked bread) should be offered to cow.
5. Planting a tree – Do plant at least one sapling on your birthday.
6. Seeking blessings – Seek blessings of elders and entertain guests according to your capacity.
7. Resolve to imbibe at least one virtue in your life.
8. Instead of blowing off candle(s), light a big earthen lamp (*dīpa*).

A hymn of blessings –

“ ॐ शतं जीव शरदो वर्धमानः शतं हेमान्तच्छतमु वसन्तान!

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 their Lord Almighty bless this child (or/and his host) with the means and wherewithal to live for a hundred years many times over.

***Tirthas* (Places of Pilgrimage)**

Haridvāra

As a consequence of severe penance and valour of King Bhagīratha, Gaṅgā, the eldest daughter of Himālaya, cutting through the terrible terrain of Himālayan vallies and forest ranges, descended on the plains. That piece of land was named Haridvāra by the sages. Since then Gaṅgā, the saviour of the fallen, and Haridvāra have become synonymous. Gaṅgā itself is Haridvāra (the gate of Lord Viṣṇu's abode). The glory of Gaṅgā is the glory of Haridvāra. Gaṅgā in Haridvāra, is easily accessible to the common people. Gaṅgā blesses with bhoga (luxury in this life) as well as mokṣa (final liberation hereafter).

It was at this Gaṅgādhwāra (Haridvāra) that the sage Vedavyāsa, by the strength of his austerities had made it possible for Kauravas and Pāṇḍavas to have a vision of their dead relatives. Haridvar is situated in Uttrakhand.

Kāśī

'Vārāṇasī Puri' is situated between the rivers varuṇā and Asī. Asked by the mother Pārvatī, Lord Śaṅkara said, "Gaurī! I have never quitted (left) this region. I always live here. That is why it is called 'avimukta' (not quitted). Viśvanātha purī is also here. Five miles long ghāts of Kaśī started constructing three hundred years before marathas. Kāśī is divided into three segments viz Omkāreśwara, Viśveśwara and Kedāreśwara. There are many holy places in Kāśī. The Mughal emperor Aurangzeb raised a mosque on the ruins of the ancient Viśvanātha temple after decimating the latter. Kāśī has been a centre of Saṅskṛta learning since ancient times. Kashi is situated in Uttar Pradesh.

Temples

Temple of Shayamji (Khatoo)

Khatoo Shyamji is famous in Rajsthan to fullfil their vow. Worshippers come to him in a large number. It is a famous

place of faith and belief. It is said that son of Ghatotkach (son of Bhim). Barbarik is 'Shyamji'. It is said that Shri Krishna cut his head before Mahabharat War, but granted boon that he will be worshipped in Kaliyuga. The place of Khatoo Shyamji is situated 15 KM. away from Ringus pulsana railway station on western railways Swai Madhopur.

Holy Books

Śrī Rāmācharitamānasa

माँगी नाव न केवटु आना। कहइ तुम्हार मरमु मैं जाना।

चरन कमल रज कहूँ सबु कहई। मानुष करनि मूरि कछु अहई॥

(Śrī Rāma) called for a boat but kevaṭa, the ferryman, would not bring it. He says, "I know the mystery about you. Everybody says that the dust of your lotus feet possesses some herb which has the quality of converting things into human beings.

छुअत सिला भइ नारि सुहाई। पाहन तें न काठ कठिनाई।

तरनिउ मुनि घरिनी होइ जाई। बाट परई मोरि नाव उड़ाई॥

As soon as a rock touched it, the former was transformed into a charming woman; and a wood is not harder than a stone. If my boat became an ascetic's wife, my boat will fly away (as Ahalyā had gone away to her husband's abode in heaven) and I shall be robbed (of my livelihood).

एहिं प्रतिपालउँ सबु परिवारू। नहिं जानउँ कछु अउर कबारू॥

जौ प्रभु पार अवसि गा चाहहू। मोहि पद पदुम पखारन कहहू॥

This (boat) is my means of supporting my entire family. I know no other vocation. If, my Lord, you must cross the river, please bid me to wash your lotus feet.

पद कमल धोइ चढ़ाइ नाव न नाथ उतराई चहौं।

मोहि राम राउरि आन दसरथ सपथ सब साची कहौं॥

बरु तीर मारहुँ लखनु पै जब लगि न पाय पखारिहौं।

तब लगि न तुलसीदास नाथ कृपाल पारु उतारिहौं॥

Only after washing your lotus feet shall I take you on board; I do not want any toll from you. I swear by you, O Rāma as well as by Daśaratha, all that I say is true. Even if Lakṣmaṇa shoots me with arrow, I will not, o gracious Lord of Tulasīdāsa, ferry you across until I have washed your feet.

सुनि केवट के बैन प्रेम लपेटे अटपटे।

बिहसे करुनाएन चितइ जानकी लखन तन॥

On hearing these words of Kevaṭa (ferryman), so incongruous, but overflowing with love, the Lord, full of compassion, looked at Jānakī and Lakṣmaṇa, and laughed.

कृपासिंधु बोले मुसुकाई। सोइ करु जेहिं तव नाव न जाई॥

बेगि आनु जल पाय पखारू। होत बिलंबु उतारहि पारू॥

The Lord, the ocean of kindness, smilingly said, “Then do so that your boat may not go away. Bring water at once, wash my feet and take us across as it is already getting late.

जासु नाम सुमिरत एक बारा। उतरहिं नर भवसिंधु अपारा॥

सोइ कृपालु केवटहि निहोरा। जेहिं जगु किय तिहु पगहु ते थोरा॥

That gracious Lord, by uttering whose name even once, men cross the boundless ocean of birth and death and who (in his *Vāmana* incarnation), had made the universe look much smaller than his three strides, so supplicated *kevaṭa* (ferryman).

पद नख निरखि देवसरि हरषी। सुनि प्रभु बचन मोहँ मति करषी॥

केवट राम रजायसु पावा। पानि कठवता भरि लेइ आवा॥

(Though) the celestial river (Gaṅgā) was (initially) bewildered on hearing the Lord's words, she rejoiced on beholding his toenails (after she could identify them as the source of her origin). Having received the approval of Śrī Rāma, *Kevaṭa* brought the wooden bowl full of water.

अति आनंद उमगि अनुरागा। चरन सरोज पखारन लागा।

बरषि सुमन सुर सकल सिहाहीं। एहि सम पुन्यपुंज कोउ नाहीं।

Full of ecstasy and overflowing with love, he started washing the lotus feet of the Lord. All the gods rained flowers and envied (*kevaṭa*). (They said that) there is none equal to him in virtues.

पद पखारि जलु पान करि आपु सहित परिवार।

पितर पारु करि प्रभुहि पुनि मुदित गयउ लेई पार॥ (2/101)

After washing the feet and drinking off the water along with his family, and thus transporting his manes (across the ocean of birth and death), he brought the Lord to the other bank joyfully.

Q. Give answer to the following questions :

Q. What the ferryman did before going across Ganga.

A. After washing the lord's feet, he alongwith the members of his family he gladly took Shri Ram Chandraji across the Ganga.

Q. Who else were with Rama at the time of crossing the Ganga?

A. Mother Sita, Lakshman and Nishad.

Q. What Sri Ramchandraji wanted to give to ferryman?

A. Shri Ramchandraji wanted to give to ferryman the ferry-toll.

Q. Why the celestial river Ganga felt rejoiced?

A. On knowing that Shri Ramchandraji is the incarnation of Vishnu himself, she felt rejoiced.

Q. What feeling awakened in the heart of the Ganga.

A. In the heart of Shri Gangaji a feeling to touch the feet of Shri Ramchandraji awakened.

Śrīmadbhagavadgītā

Gītā is unique among the holy books of the world. It guides man at every step, to make him fully virtuous.

दैवी ह्येषा गुणमयी मम माया दुरत्यया।

मामेव ये प्रपद्यन्ते मायामेतां तरन्ति ते॥७॥

The divine Maya of mine, consisting of the modes is hard to overcome but those who take refuge in Me alone cross beyond it.

अग्निर्ज्योतिरहः शुक्लः षण्मासा उत्तरायणम्।

तत्र प्रयाता गच्छन्ति ब्रह्म ब्रह्मविदो जनाः ॥८॥

Fire, light, day, the bright (half of the month), the six months of the northern path (Uttarayana) of the sun, then going forth the men who know the Absolute go to the Absolute.

Q. The lord has described four types of devotees : Which are these?

A. 1. The man in distress 2. The seeker for knowledge 3. The seeker for wealth (Worshipping for the sake of fulfilment of desires) 4. Man of knowledge. (wiseman)

Q. Whom the Lord has considered the best of all ?

A. Of these the wiseone (man of knowledge) is the best.

Q. What is the 'eightfold nature' of the Lord :

A. Earth, water, fire, air, ether, mind, Intellect and ego, in these it is divided.

Q. In what way the Lord is pervaded in the whole world :

A. Just as the jewels are wreathed in a thread.

Q. What 'Aum' has been called in Gita.

A. It is single syllable Brahman (Absolute)

Q. What is the duration of months of the northern and the southern paths (of sun)

A. Six month each.

- Q. According to Gita which person goes to the highest goal.
- A. The man who gives up his body chanting 'Aum', this single syllable form of Brahman.

Saints Speak (The ethics of soft speech)

मधुर बचन है औषधी, कटुक बचन है तीर।

श्रवण द्वार हैं संचरै, सालै सकल सरीर॥

A sweet word is like medicine, a bitter word is like an arrow which, entering through the door of the ear, keeps moving and stabbing the whole person.

कबहुँ न भाषिय कटु बचन, बोलिये मधुर सुजान।

जेहि तें नर आदर करे, होय जगत कल्यान॥

Never speak a bitter word; o wise Man! speak sweetly. This will earn you respect of men and bring welfare to the world.

तुलसी मीठे बचन ते, सुख उपजत चहुँ ओर।

बसीकरन इक मंत्र है, परिहरु बचन कठोर॥

Tulasī says, “A sweet word spreads happiness in (all the) four directions. This is a *mantra* that brings everyone under its complete sway. Give up using the hurtful word.

ऐसी बाणी बोलिये, मनका आपा खोय।

औरन को शीतल करै, आपहु शीतल होय॥

Speak such a sweet language that steals everyone's heart. While cooling the others, it also cools the self (i.e., the speaker)

कागा किसका धन हरै, कोयल किसको देय।

मीठे शब्द सुनाय करि, जग अपनो करि लेय॥

Whose wealth does a crow steal? To whom does cuckoo bring it? (i.e., crow does not make anyone poor, nor does cuckoo, anyone rich). The latter, however, by chanting sweet words, endears itself to the whole world.

We should always use sweet words in conversation. Even in anger, we should not utter harsh words. We must always keep our tongue under control and utter sweet words. The secret of happy life lies in control of speech.

सूर्य नमस्कार-मंत्र

1. ॐ मित्राय नमः ॐ Obeisance to *Mitra*
2. ॐ रवये नमः ॐ Obeisance to *Ravi*
3. ॐ सूर्याय नमः ॐ Obeisance to *Sūrya*
4. ॐ भानवे नमः ॐ Obeisance to *Bhānu*
5. ॐ खगाय नमः ॐ Obeisance to *Khaga*
6. ॐ पूष्णे नमः ॐ Obeisance to *Pūṣan*
7. ॐ हिरण्यगर्भाय नमः ॐ Obeisance to *Hiraṇyagarbha*
8. ॐ मरीचये नमः ॐ Obeisance to *Marīci*
9. ॐ आदित्याय नमः ॐ Obeisance to *Āditya*
10. ॐ सवित्रे नमः ॐ Obeisance to *Saviṭr*
11. ॐ अर्काय नमः ॐ Obeisance to *Arka*
12. ॐ भास्कराय नमः ॐ Obeisance to *Bhāskara*
13. ॐ श्री सवितृ सूर्यनारायणाय नमः
 ॐ Obeisance to Śrī Saviṭr Sūryanārāyaṇa

Gāyatrī Mantra

ओ३म् भूर्भुवः स्वः तत्सवितुर्वरेण्यं

भर्गोदेवस्य धीमहि धियो यो नः प्रचोदयात्॥

We meditate upon that adorable glory of the Supreme (the vital breath, the dispeller of misery, purveyor of bliss, greatest of all, effulgent, destroyer of sins and divine) that is in the earth, the sky, the heaven. May he stimulate our intellectual prowess (and guide it to right path).

Etiquette and Courtesy

Every civilized society places high emphasis on etiquettes. It is the manners and etiquettes of any society which determine how civilized and cultured its citizens are. You too should keep in mind the following tips –

1. Receive a guest in the house with folded hands.
2. In the company of relatives, friends and dignitaries, sit cleanly dressed and in an orderly manner. Think before you speak.
3. Don't argue on a subject you are not conversant with. Try to learn about that subject.
4. Make it a point to participate in religious and national festivals / celebrations.
5. Decorate your study room and home with the photographs of great persons of Bhāratavarṣa and graphics of cultural symbols.
6. Before you proceed outside your city / village, seek blessings of your elders by touching their feet.
7. Keep the convenience of others in mind in a bus, train and in other crowded places.
8. Inculcate feelings of respect for ladies and elderly persons and of love for the children.
9. Make daily studies and exercises part of your habits.
10. Do remember God every morning and observe prayer in the evening.
11. Render help in the medical treatment or make available help to a patient.

Sixteen Sacraments

Sacraments are an important part of the Hindu way of life. Sixteen sacraments have been prescribed starting from birth upto death.

These are the following —

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

Childhood sacraments are given as follows —

1. *Jātakarma* – This sacrament is performed after the birth of a child. After cutting the umbilical cord, bathing the child and wrapping it in clean clothers, 'Om' is written on its tongue with a soft golden or silver pin soaked in honey and ghee. After the completion of sacrifice (yajña), prayer is offered for the child's long-life, intelligence and wisdom.
2. *Nāmakaraṇa* – This sacrament is concerned with giving name to the child. It is observed on the tenth day of the birth of the child. It is, therefore, also called 'daṣṭhona'. Name should be easy to pronounce, meaningful, sweet-sounding and auspicious. It is the name which symbolizes a person's standing; acts of importance are carried out in the name of a person. Parents must, therefore, be very careful while naming the child.

5. Our Glorious History

Bharatiya system of calculating time

Time is calculated with reference to some significant event of the world. In this calculation year, month and day are included. In India many eras began, in which Vikrama era, Śālivāhana śaka era, Rāma Kṛṣṇa era etc. are considered very important. Out of these, Vikrama era is the most prevalent. An year consists of twelve months, that are named on the basis of the position of moon in a particular cluster of stars (Nakṣatra) on its proximity on the full moon day. Every month has two fortnights, the bright (śukla) and the dark fortnights (kṛṣṇa).

After every third year, in order to bring conformity in solar year and the lunar months, one month is increased in the year which is called additional (adhi māsa) or mala māsa.

According to Bharatiya system of calculating time, the smallest unit is Vipala.

Sixty Vipala	=	1 Pala
Sixty Palas	=	1 Gharī
Two and a half Gharis	=	1 hour
Sixty Gharis	=	One day night = 24 hours

According to Vikrama era, the first day of the new year is pratipadā of the bright fortnight of caitra. In our system the time is calculated with the first day of the creation of universe, according to which the present year is 5120 Yugābda and Vikram era 2075.

Stories of Patriots

“जिसको न निज-गौरव तथा निज-देश का अभिमान है।
वह नर नहीं, नर-पशु निरा है, और मृतक समान है।”

—मैथिलीशरण गुप्त

He who is neither conscious of his honour nor proud of his country, is not a man but a man-beast and a living corpse.

Patriotism is the rightful obligation of every individual. It is in the blood of an individual. This is why, a patriot lives for his country upto his last breath and last drop of blood.

Do you know who :

1. Made this statement, "My one soldier shall fight one and a quarter lakhs (of the enemy)". (Guru Gobind Singh)
2. Said, "Freedom is our birth right".
(Lokmānya Bal Gaᅅgādhar Tilak)
3. On being asked by the judge, replied, 'My name is Āzād (Free), my father's name is Svatantra (Independent) and my home is either in the feet of Bhāratamāta (Mother India) or the jail.
(Chandra Shekhar Azad)
4. Britishers, quit India. (Mahatma Gandhi)
5. "I shall not surrender my Jhansi". (Queen Lakshmi Bai)
6. Swārājya (Country governed by ourselves) is a hundred times better than Surājya (well governed country).
(Dayanand Saraswatī)
7. "सरफ़रोशी की तमन्ना अब हमारे दिल में है,
देखना है जोर कितना बाजुए कातिल में है।" (रामप्रसाद बिस्मिल)
My longing now is to sell my head
I have to test the might of the assassin's arms.
(Ram Prasad Bismil)
8. On being awarded life-imprisonment twice over which great man had challenged the British saying, "Your empire shall not last fifty years."
(Vīra Vināyak Dāmodar Sāvarkar)
9. Bhārata is a Hindu Raᅣtra. (Dr. Hedgewar)

10. Where, the action, knowledge and devotion all the three congregate, there is the loftiest enterprise.

(Sri Aurbindo)

11. The meaning of education is the manifestation of the fulness which is already inherent in men.

(Swami Vivekanand)

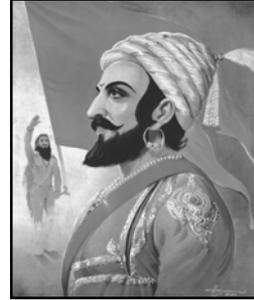
12. It is the maingate of the auspicious temple of the progress of own race and motherland-the mother tongue.

(Lakshminath Bejbarua)

Chhatrapati Shivaji

भारत में जब घोर तिमिर था चहूँ ओर छाया,
पगपग पर हिन्दुत्व जा रहा था जब टुकराया।
हरण होता बालाओं का, बाजारों के बीच नित्य वध होता गायों का।
टूटते थे मन्दिर भारी, तब छत्रपति शिवराज भये भारत में अवतारी।।

When darkness encircled Bhārata all around, when Hindutva was being trodden under the tyrants feet, when innocent young girls were being kidnapped, cows were being slaughtered openly in the market place and temples razed to the ground, then had arrived in Bhārata, the Divine in the form of Chhatrapati Shivajī.



The saviour of the nation, *dharma*, cow, *Brāhmaṇa* and women's dignity, and the architect of Hindu-pada-pāda-sāhī (Soverign Hindu Kingdom), Chhatrapati Shivajee was born in Śivanerī Fort on the 16th April 1627 A.D. as the son of Queen Jījā Bai and Shāh Ji Bhonsale. Under the protection and guidance of the mother Jījā Bai, Dādo ji Kond Dev, Samartha Śrī Rāmadāsa, and Saint Tukāram, Shivajī appeared as a colossal figure on India's map to challenge the might of

Aurangzeb. The conquest of the forts of Bijapur, killing of commander Afzal Khan, defeat of Shaisata Khan, conquest of Surat are some of the shining examples of Shivajī's organizing abilities. Arrival at the court of Aurangzeb after consulting the commander Mirza Raja Jai Singh and then skillfully managing to get out of there, illustrate the qualities of his great courage and political acumen.

Shivajī was coronated as Mahārajā on 1671 A.D. in the fort of Raigarh. The occasion was marked by the presence of the personal from France and the Portugal who offered gifts to him. Shivajī never harmed a mosque, Koran or a woman belonging to any religion. It is said that in one of the battles, a very beautiful Muslim woman Gauhar Banu was taken prisoner by his soldiers and presented to Shivajī. He gave her respect worthy of a mother and had her sent honourably to her home. He admonished his soldiers and decreed that no woman should be insulted in future.

This Prince of the Hindus breathed his last on the 13th April 1680 in Raigarh fort.

काशी हूँ की कला जाती मथुरा मसीत होती।
शिवाजी न होते तो ख्वारी थी सभन की।

But for Shivajī, Kāśī would have lost its grandeur, Mathurā would have turned into a mosque and every body would have been put to shame.

The Mahābhārata

The Mahābhārata is our book of history. The Mahābhārata illustrates how enmity, malice and anger never bring success and truth always conquers the untruth. Pāṇḍavas came victorious in spite of the material might of Kauravas because the former reposed faith in truthful action. Let us remember the following facts related to the Mahābhārata and imbibe the virtues of great men who feature in it.

1. The holy narrative of the Mahābhārata was told by the sage..... (Veda Vyāsa)

2. How many Parvas (cantos) are there in the Mahābhārata? (eighteen)
3. Describe the names of these Parvas. (1) *ādi parva* (2) *sabhā parva* (3) *vana parva* (4) *virāta parva* (5) *udyoga parva* (6) *bhīṣma parva* (7) *droṇa parva* (8) *Karṇa Parva* (9) *śalya parva* (10) *saṃvatsara parva* (11) *strī parva* (12) *Śānti parva* (13) *anuśāsana parva* (14) *āśwamedhika parva* (15) *āśramavāsika parva* (16) *mausala parva* (17) *mahāprāsthānika parva* (18) *svargārohaṇa parva*.
4. Sage Veda Vyāsa's father was sage _____ (Pārāśara)
5. The story of the Mahābhārata was popularized in human society by the sage _____ (Vaiśampāyana)
6. The name of Bhīṣma Pitāmaha's, father was _____ (Śāntanu)
7. Following Śāntanu's death, his son Citrāṅgada ascended the throne of Hastināpura, but he died early. Consequently, citrāṅgada's brother _____ became the king. (Vicitravīrya)
8. Names of Vicitravīrya's sons were _____ and _____ (Dhṛtarāṣṭra, Pāṇḍu)
9. Bhīṣma Pitāmaha was a man of his word, his childhood's name was _____ (Devavrata)
10. In order to do a good turn to gods, _____, the son of Bṛhaspati thrice went through the ordeal of death and learnt '*Sanjīvanī Vidyā*' (knowledge of restoring life to the dead from Śukrācārya, the Guru of demons. (kaca)
11. Pāṇḍavas performed *Rājasūya yajña* (sacrifice) after the death of _____ (Jarāsandha)
12. Draupadī was the name of the daughter of _____, the king of Pāñcāla kingdom. (Drupada)
13. _____ killed Duṣśāsana who attempted to disrobe Draupadī and tamper with her dignity. (Bhīma)

14. _____ learnt the knowledge of piercing the cakravyūha
(a circular array of troops) while in his mother's womb.
(Abhimanyu)
15. Disinclined to do his duty, Arjuna was reminded of his
duty by _____ (Śrī Kṛṣṇa)

Our Saints and Sages

In Bhārata from time to time, many great men and women were born who gave direction to our society by setting examples of personal sacrifice and austerity and inspired the society and the nation to follow the path of righteous action. They are as important to the country and the society as those brave men who displayed valour in the battle field and protected the country, because these are the great men who awakened a dormant society. Given below are some summary statements about the lives of such saints. Teachers are expected to tell the children about their lives and motivate them to read their biographies —

Every Indian knows that —

- (1) Ārya Samāj was founded by Swāmi _____ in order to remove the evil practices prevailing in the Hindu society.
(Dayanand)
- (2) The name of Swami Dayanand's Guru was _____.
(Swami Virajānanda)
- (3) Jagannath, the cook, mixed glass splinters in the food of Swami _____ but the Swami did not get angry with him.
(Dayanand)
- (4) The '*abhangas*' of Sant _____ are famous from Maharashtra to Punjab. Sikhs have included his '*abhangavāñī*' in their holy Granth. (Nāmdeva)
- (5) By laying down his life in _____, Sant Kabir dispelled the notion that heaven can be accessed only by those who die in Kāśī. (Magahar)

- (6) Mahatma _____ advised both Hindus and Muslims to shun hypocrisy. (Kabir)
- (7) When the tyranny of Mughals started demoralizing the Hindus, Sant _____ wrote Rāmacaritamānasa in order to enthuse them again. (Tulasīdāsa)
- (8) The name of Tulasīdāsa's Guru was _____ (Naraharidāsa)
- (9) The founder and the revered deity of the neo-Vaiṣṇavism is _____ (Caitanya Mahāprabhu)
- (10) Our country is proud of the great painter _____ and the redeemer of the Indian classical music _____ (Raja Ravi Verma, Bhat Khaṇḍe)
- (11) Caitanya Mahaprabhu defeated many conquerors of scholastic discourse (digvijayīs) in philosophical debate, in _____ (Navadvīpa)
- (12) _____ died at the age of 32 spreading the message of India's unity. (Ādi Śaṅkarācārya)
- (13) Ādi Śaṅkarācārya travelled throughout Bhārata _____ and established _____ as symbols of cultural unity of country. [(on foot, four *maṭhas* (monasteries))]
- (14) The names of four 'Mathas' (seats) established by the Ādi Śaṅkarācārya are _____, _____, _____ and _____ . (Jyotirmaṭha, Govardhana maṭha, Śāradā Matha, Shringeri Matha).
- (15) In the present times, the name of the sage who created spiritual awakening through Gāyatṛī mantra and by producing Gāyatṛī literature was _____ (Śrī Rāma Śarmā Ācārya)
- (16) Shankardev preached _____ sect in Assam. (Vaishnava)

6. The World as one Family

The vedic seer has a message of universal unity in the following mantra –

संगच्छध्वं संवदध्वं संवो मनांसि जानताम्

देवाभागं यथापूर्वं संजानाना उपासते॥ (Rigveda Ast. 8, Chap. 8, Sec. 49/2)

Assemble; speak with one another;

Let your minds be of one accord.

As ancient gods, unanimous, enjoy their due portions.

In all countries, great men have been born who actively contributed to the universal well being treating the whole world as their family. Brief introduction to such illustrious personages follows –

- ❖ Dayanand Saraswati (1824-1882), was the founder of Ārya Samāj and a great Hindu social reformer of the nineteenth century. He asked for uprooting the evils prevailing in the Hindu society and gave a call to ‘Return to Vedas’. Author of Satyārtha Prakāśa and a great supporter of Hindi language.
- ❖ Aurobindo Ghosh (1872-1950) – A revolutionary to begin with and later, a yogī, a nationalist philosopher, founder of Aurobindo Āśrama. **Famous books:** Life Divine, Essays on the Gītā, Sāvitrī, Human Cycle.
- ❖ Sardar Vallabh Bhai Patel (1875-1950) – The iron man of India to whom goes the credit of merger of 600 domestic princely states into the Indian Union; President of Indian National Congress (1931), Dy. Prime Minister, Minister of Home Affairs and Information Broadcasting (1947-50). He got the restoration of Somnath Temple carried out. He was posthumously awarded Bharat Ratna in 1991.
- ❖ Dr. Keshav Baliram Hedgewar (1889-1940): A born staunch patriot, skilful organizer; revolutionary; Chairman, Reception committee of Nagpur Congress Session,

proclaimer of Vande Mātaram and founder of Rashtrīya Swayam-sevak Sangh.

- ❖ Ācharya Vinoba Bhave (1895-1982) – Famous scholar of Gandhian philosophy, Sarvodaya leader, founder of Bhūdāna, Śramadāna and Grāmadāna movements. Awarded Bhārat Ratna posthumously in 1983.
- ❖ Abraham Lincoln (1809-1865) – Sixteenth President of the United States of America (USA). In 1864, he was re-elected President. He was assassinated in 1865. He is considered to be a great supporter of democracy. He ended the racial discrimination then prevalent in the American society. The letter written by him to his Headmaster has become famous in educational world.

The ancestors of this land spread the light of knowledge throughout the world. As a result, our culture reached across many countries of the world. Even today the features of our culture can be found in many countries.

1. Australia – Remnants related to India are found in Australia. A curved wooden missile, called Boomerang is used by the Australians. It returns to the thrower after hitting the enemy in a circular motion. This is an imitation of *Sudarśana Cakra*.
2. Jāvā–Sumātrā – Elphinston has written in ‘History of India’ (p.168) that the natives of Jāvā–Sumātrā were originally the kṣatriyas of solar dynasty. In their books and the frescos of their temples, stories of paurānic and historical heroes have been illustrated. Even now, the Śaka calendar, which begins from 78 A.D., is in vogue there.
3. Borneo Island – Borneo island has a number of temples with walls painted with the stories of the Hindu Purāṇas. Temples from the coast to the interiors upto 640 km, in particular, are the monuments of a superior architecture.
4. Bālī Island – Even today the descendants of Hindus are there in Bālī. Translations of Rāmāyaṇa and the

Mahābhārata are available in their language. Temples as well as customs are in line with the Hindu tradition.

5. Chīna – According to Col. Todd, the name of the original ancestor of Chinese and Tartari dynasties, has been mentioned as 'Avara', who was the son of Pururavā. Chinese culture has originated from the Āryan culture. Even the name 'Chīna' is a Sanskrit word.

7. The Shining Tradition of Indian Sciences

Indian Scientists

1. Parāśara – An astronomer
2. Revaṇa – Agricultural scientist
3. Nārāyaṇa Paṇḍita – Born after Bhāskarācārya in 1356 AD : Mathematician (who authored Gaṇita Kaumudi.)

Āyurveda

The term 'Āyurveda' is made up of two words Āyur + Veda. Comprehensive understanding of the knowledge of body as well as the individual soul is called Āyurveda. Āyurveda is a subsidiary veda (upaveda) of Atharvaveda. Dhanvantari is the exponent of Āyurveda.

- Q. What, according to the Āyurveda are the causes of diseases?
- A. According to the Āyurveda, there are three types of ailments :
1. Physical ailments – These result from 'tridoṣa', i.e., incongruity of three humours, viz. *vāta* (wind), *pitta* (bile) and *kapha* (phlegm).
 2. Mental disorders – These occur because of inordinate increase of *rajas* (passion), and/or *tamas* (inertia/illusion caused by ignorance).

3. external factors – These result from getting hurt or wounded or being bitten by wild animals, insects etc.

Protection of Nature

Hindu culture believes that trees are immensely useful to us. While they are useful medicinally, they protect us in day to day life also. They are considered symbols of different gods and goddesses. Why should we worship these trees?

1. Neem (the margosa tree) – All parts of neem including flowers, fruit, skin, roots, leaves are used as medicines. In particular, neem has the properties of purifying the blood. Germicides are prepared with the potion which includes water boiled with its leaves.
2. Haldī (turmeric) – This plant grows as a tuber–root. It is used as *rasa* or essence and *cūrṇa* (powder). It is considered auspicious in *pūjā* (worship).
3. *Bilvapatra* (the quince tree) or *bel*– The leaves, skin, root, and fruit of this plant are used as essence and powder. The essence of its leaves is used for the purpose of healing old wounds, inflammation, stomach problems, worms in the stomach, constipation etc. Leaves of *bilva* are also offered in worship of Śivaliṅga.
4. Kelā (plantain) – This tree, without a wooden trunk, is specially used on auspicious occasions. It is considered worshipable in the Indian culture. Its raw as well as ripe fruits (banana) are nourishing.
5. Amaltās (Laburnum)– It cures fever, heart diseases, hemorrhages from the mouth, nose, ear, rectum etc., wind troubles, and acute pain, especially in stomach. Its fruit is useful in leprosy, bile and phlegm related ailments.

Fill in the blanks

- What the Hindi Antarikṣa Anusandhāna Saṅgathana is called in English (Indian Space Research Organization).
- What is its English acronym (ISRO)

Scientists who brought glory to india : their names with their discoveries / achievements –

- (a) Dhanvantari – Medical Science
- (b) Caraka – A great physician
- (c) Suşruta – A surgeon
- (d) Varāha Mihira – Famous Indian Mathematician

An inspirational episode of a scientist

Śrīnivāsa Rāmānujam

A village school in Erode in TamilNadu Province. The primary class teacher wanted to take a nap and, therefore, asked his students to add all numbers from 1 to 100, thinking that they will take their time in finishing the task. A seven year old boy did it in no time. On inquiry, the teacher found that the boy had used a college level formula to reach the answer. As a result, the teacher could not get time for his nap. The name of this student was Śrīnivāsa Rāmānujam Ayyangar who later became a great mathematician.

Astronomy

Rāśi (Zodiac sign) – The planetary path has been divided into twelve parts and each part has been named Rāśi (zodiac sign). The names of the Rāśis (Zodiac signs) have been given to them after their respective shapes.

Zodiac signs are twelve in number. They are —

(1) *meṣa* (Aries) (2) *vṛṣa* (taurus), (3) *mithuna* (Gemini), (4) *karka* (Cancer), (5) *simha* (Leo), (6) *kanyā* (Virgo) (7) *tulā* (Libra), (8) *vṛścika* (Scorpio), (9) *dhanu* (Sagittarius), (10) *makara* (capricorn), (11). *kumbha* (Aquarius) (12) *mīna* (Pisces)

Space Science

Conquest of Moon Mission

India launched its first unmanned space craft on 22 October 2008 which was named Chandrayana—I. On 14th November 2008 at 8:31 p.m. it planted and unfurled the tricolor on the moon. By landing on the surface of moon, Bhārat has registered its presence and got its name included in the list of those nations which have landed on Moon, which include Russia, America, Japan and European Space Agencies.

Indian Space Research Centre :

In India in the year 2015-16 and 2017 many satellites were successfully launched from Satish Dhawan Space Centre located in Sriharikota in Tamil Nadu by ISRO (Indian Space Research Centre) some of which are as under : 16 January 2015 PSLV-C 29 Telemoss. By this rocket 6 satellites were sent in space. Taking the PSLV series further, on 20 January 2016, C-31/RNSS-IE was launched for transmission of the navigational service signals. Similarly under Indian Navigational. Satellite system on 25 April 2016, the PSLV-33/IRNSS-IG and on 22 June 2016, PSLV-C34, were also launched. Under PSLV series one more satellite C35/scatsat-9 was launched on 26 December 2016.

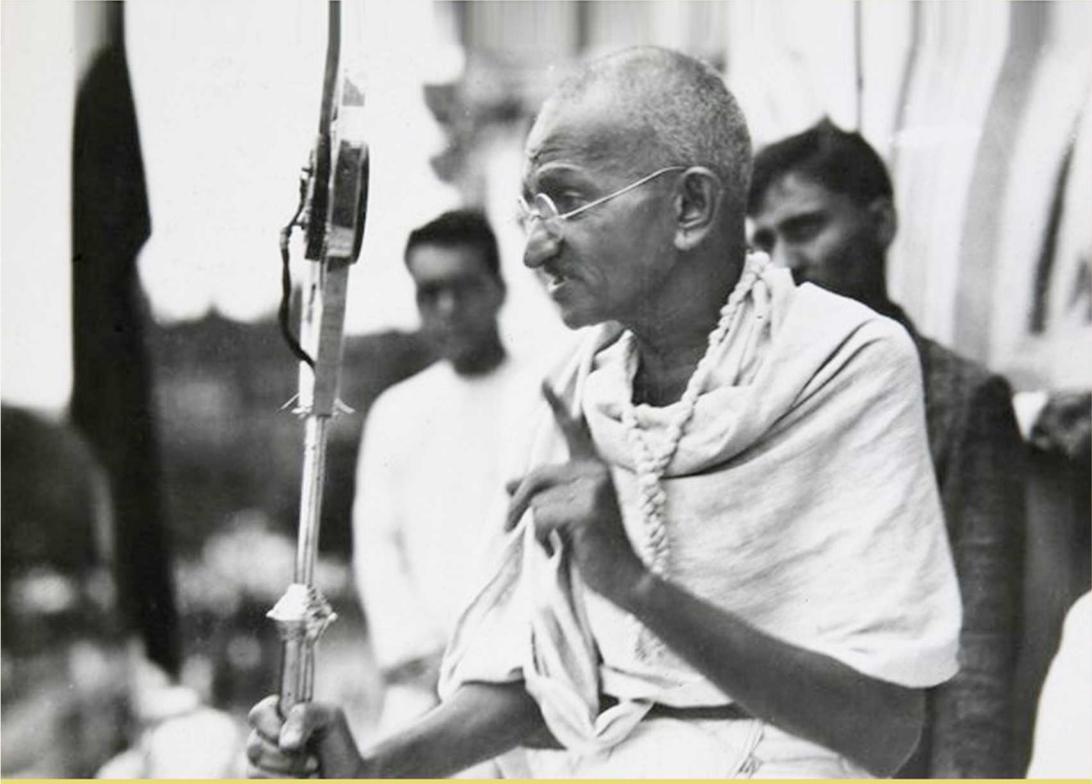
Chapter-8. General Knowledge

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

🌐 www.sanskritisansthan.com 📘 [vidyabhartikurukshetra](https://www.facebook.com/vidyabhartikurukshetra) 🐦 [vidyabhartiss](https://www.twitter.com/vidyabhartiss) 📺 [YouTube vbsss kkr](https://www.youtube.com/vbsss_kkr)