



Bodh Mala – 8

Akhila Bhāratiya Saṁskṛti Jñāna Parīkṣā

For

(All India Culture Awareness Examination)

Conducted by

Vidya Bharati Sanskriti Shiksha Sansthan



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Preface

In almost all countries of the world, it is considered necessary and important to include inputs relating to their religion, culture and nationalism in the 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,
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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 ḷ, ए e, ऐ ai, ओ o, औ au, अः h.

Consonants (व्यञ्जन)

क k, ख kh, ग g, घ gh, ङ ṅ, च c, छ ch, ज j, झ jh, ञ ñ, ट t, ठ th, ड d, ढ dh, ण ṇ, त t, थ th, द d, ध dh, न n, प p, फ ph, ब b, भ bh, म m, य y, र r, ल l, व v, श ś, ष ṣ, स s, ह 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) = kr̄ 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 च्छ लिखना हो तो cch, जैसे गच्छति = gacchati. ś = श, ṣ = ष और s = स यह अन्तर भी अपने आचार्यों को स्पष्ट सीखना पड़ेगा अन्यथा 'श' के लिए वे sh लिखेंगे। ज्ञ के लिए Jñ तो आसानी से समझ आ जाता है, ऋ के लिए 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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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 शुभवस्त्रावृता।

या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना॥

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

Our Bhārata is the most ancient country of the world. In the course of time, many nations and their respective cultures emerged but they all perished. But it was due to the endeavours of our saints and sages that they were able to preserve our great culture. Our first man, Manu and Śātraūpā gave life to this earth. We 'Man' the progeny of this couple, are called human beings. This primiveal land Bhārata the mother of all mankind. It became very rich and prosperous in terms of great knowledge of sciences, humanity and spiritual fields.

Nature has made this land unparalleled. The extent of our great land went beyond Burma upto the Island including what we call the far-east, Afghanistan on the west and Tibet on the North. Bangladesh in the East and Pakistan in the west were integral parts of our country. The huge waves of the Indian Ocean used to cleanse the Southern part of our holy land, which including the present Śrī Lankā. Every citizen of Bhārata loves this Motherland more than his own life. Every particle of it is sacred. That is the reason why Bharatiya sings :

“पवन परम जहाँ की मंजुल महात्म्य धारा।
पहले ही पहले जिसने देखा प्रभात प्यारा”।

We do not know how many thousands of men and women of this holy land have sacrificed their lives to protect the honour and territorial integrity of our motherland. Their number is vast. The following lines of a poem will give us an idea of their great sacrifices.

जीवन पुष्प चढ़ा चरणों में, माँगें मातृभूमि से यह वरा।
तेरा वैभव अमर रहे माँ, हम दिन चार रहें न रहें॥

Our motherland, Bhārata is a holy land. Almighty God took a number of incarnations here in order to maintain dharma. Every particle of this great land has been made holy by the thousands of sages who nurtured our great culture. Let us remember these great men and make our lives worth living. Let us sing about these great men whose names are mentioned in our Ekātmatā Stotra and then begin our work for the day.

- क. महेन्द्रो मलयः सह्यो देवतात्मा हिमालयः।
ध्येयो रैवतको विन्ध्यो गिरिशचारावलिस्तथा॥
- ख. गंगा सरस्वती सिन्धुर्ब्रह्मपुत्रश्च गण्डकी।
कावेरी यमुना रेवा कृष्णा गोदा महानदी॥
- ग. बुद्धा जिनेन्द्रो गोरक्षः पाणिनिश्च पतञ्जलिः।
शङ्करो मध्वनिम्बाकौ श्री रामानुजवल्लभौ॥
- घ. चाणक्यचन्द्रगुप्तौ च विक्रमः शालिवाहनः।
समुद्रगुप्तः श्री हर्षः शैलेन्द्रो बप्परावलः॥
- ङ. इदमेकात्मता-स्तोत्रं श्रद्धया यः सदा पठेत्।
स राष्ट्र-धर्म-निष्ठावान् अखण्डं भारतं स्मरेत्॥

Exercises :

1) Name the great rivers mentioned in the Ekātmatā Stotra.

Ans : Gangā, Sarasvatī, Sindhu, Brahmaputra, Gandakī, Kāverī, Yamunā, Revā (Narmadā) Kṛṣṇā, Godavarī and Mahānadī.

2) Name the mountains given in the same stotra, which we have to remember every day.

Ans : Mahendra, Malaya, Sahyādri, Himālaya, Raivataka, Vindhyācala and Aravālī.

II. Answer the following questions :

1. a) Which is the most famous festival celebrated in Kerala ?
(Onam, in Śravaṇa)

- b) In which state is Konārka? (Odisha)
- c) In which state is Badarināth, the holiest among the Hindu places of pilgrimage? (Uttarākhand)
- d) People of which state celebrate the festival of Ganagaur? (Rajasthan)
- e) What is the language of Karnātaka? (Kannaḍa)
- f) In which state of India is Somanātha Temple? (Gujarāta)
- g) At which place and in which state is Shivaji's Samādhi? (Rayagadh, Maharashtra)
- h) Where is the famous Bodhi tree? (Bodhgayā, Bihar)

2. The following holy places were in our country in the past. These are given here under?

- a) Mānasarovara – In Tibet
- b) Mt. Kailāsa – In Tibet
- c) Nankāna – In Pakistan
- d) Sadhubela – In Pakistan
- e) Paśupatināth Temple – In Nepal
- f) Mt. Sāgara māthā (Mt. Everest) – In Nepal

3.A. Complete the following sentences supplying the missing words —

- a) The Malaya ranges are in the state of
(Tamil Nadu)
- b) Aśvathāmā went to the holy place to redeem the sin of murdering the sons of Draupadi.
(Rāmesvaram dhāma)
- c) The capital of the Ikṣvaku kings was
(Ayodhyā)
- d) The holy place near Ṛṣikeśa tīrtha is
(Haridvāra)

e) The upper lip of Devī Bhagavatī was dropped in
..... (Avantikā)

B. Answer the following questions briefly —

1. Where does the Narmadā take its origin and where does it join the sea? (Amarakaṅṭaka (Madhya Pradesh)/ Bay of Cambay (Gujarat))
2. What is the length of river Kāverī? (about 800 Kms.)
3. How far is Mt. Kailāsa from Mānasarover lake?
(32 Kms, North West)
4. Where is the cave of Śabarī?
(Near Pampā lake in Karnataka)
5. How far does the Vindhyā ranges stretch?
(From Gujarat to Bihar and Orissa)

The boundaries of Bhārata have changed from time to time in the past. Let us acquaint ourselves with the present boundaries of Bhārata.

In the North, there are the Himālayas, Tibet, (China), Nepal and Bhutan; in the South we have Srīlankā and the vast Indian ocean. On the West we have Pakistan, Sindhu Sagar Arabian Sea and in the East we have Mayanmar (Burma), Gangāsāgara (Bay of Bengal).

Now put a (✓) mark on the right answer:

- a. Where is Mohenjodaro?
(Pakistan[✓], Bharata, Afghanistan)
- b. Where did Queen Padmini perform Johar?
(Chittoregarh[✓], Haldīghātī, Jodhpur)
- c. In which temple is Pancamukhi Shiva installed?
(Paśupatinātha[✓], Muktinātha)

- d. Where was Muni Suvratanātha, the 20th Tirthankara born? (Vaishālī, Rājagṛha✓, Pātaliputra)
- e. Where did Bharata meet Śrī Rāma and got his pādukās? (Ayodhyā, Prāyaga, Citrakūta✓)

OUR STATES

BIHAR

Our states have great significance in knowing about the cultural background of our motherland. Let us study some of these states.

Bihar is one of the states of our country.

It has some important contribution in the cultural background of Bhārata. During the early part of our history, this part was called Magadha. Magadha kingdom occupies a place of



importance and commands great respect in our history. Magadha was referred to with a sense of pride in books of history. The place played a leading role during the Rāmāyaṇa and the Mahābhārata periods and we have very clear reference to this effect. Jānakī (Sītā) the daughter of Janaka was born here. We know, she married Śrī Rāma. Vyāghrasara (Buxar) was the place where Sage Viśvāmitra had his āśrama and Śrī Rāma and Lakṣmaṇa had their education here. Śrī Rāma killed many terrible demons at this place.

During the Mahābhārata, the wicked king Jarāsandha ruled in this area and Sri Kṛṣṇa got him killed by Bhīmasena.

During the earlier period of history, Candragupta Maurya established the Maurya empire with Pātaliputra (present Patna) as the capital. Candragupta under the directions of Cāṅakya defeated Selucas, the representative of Alexander. Emperor Aśoka belonged to the Maurya dynasty. The Gupta Empire was established in this part of the country and that period is referred to as the Golden Age of the history. During that period, there was phenomenal progress in the areas of science, literature and arts. Our greatest astronomer, belonged to this state.

It was in this state that Buddhism was preached first and a number of monastries were established in this area. Buddhists used to call these mutts as Vihāras. As a result, this area came to be called Bihar.

Important Places of Bihar :

1. **Patna** : In the historic times, the city was called Pātaliputra. It was a glorious city during the Maurya period. Very near Patna we find the historical remains of Emperor Aśoka's period at Kumharāra. Today this city is the Capital of Bihar.
2. **Patna Saheb** : This is the birth place of the tenth Guru of Sikhs Guru Gobind Singh. There is one of the five holy seats (Takhta).
3. **Nālanda** : This was a world famous Nālanda university centre. The ruins of this are seen even today. The Chinese traveller Huen Tsang stayed here as a student for over six years, during reign of Śrī Harṣa Vardhana.
4. **Buxar** : (Vyāghrasara) Sage Viśvāmitra's Siddhāśrama was identified with this place. The

Tāṛaka vana was also located here. Śrī Rāma started his campaign against the demons from this place.

5. **Gayā** : From time immemorial, this has been one of the most sacred places of the Hindus. It is here that millions of people offer pindas to pitras on the banks of the river Phalgū.

Rājagṛha, Besides these Vikramaśilā, Sonapur, Sultanganj, Mungera, Vaiśālī, Sītamarhī, Pavapurī and Bodh Gayā are also famous places of Bihar.

Great personalities —

1. **Vir Kunvar Singh** : During the first war of Independence eighty year old Vir Kunvara Singh had defeated the Britishers. He was born in Jagadishpur of Bhojpur district. He became a martyr on 26th April 1858.
2. **Dr. Rajendra Prasad** : Bhārata Ratna Dr. Rajendra Prasad, the first President of the Republic of Bhārata, became a close associate of Mahatma Gandhi during Champaran Movement. He was the Chairman of the constituent Assembly.
3. **Lok Nayak Jayaprakash Narayan (1902-1979)** : Jayaprakash Narayan gave a new direction to our country's political thinking and naturally he was conferred the title of 'Lokanāyaka' (leader of the people). He became famous as leader of the Sarvodaya Movement.

JHARAKHAND

This new State came into existence on 15th November, 2000. This state includes 18 districts of South Bihar. It is rich in minerals and mines. The people of this

state have played a very important role during the freedom struggle. Even today we can find the glimpses of ancient Indian culture in this state.



Important Places of Jharakhand

1. **Ranchi** : It is the capital city of Jharakhand. High court of the state is also here. Freedom fighter Birsā Mundā became a martyr in jail here.
2. **Jamshedpur** : A famous industrial city. Tata Steel company is here.

In addition to this, Bokaro, Chaibasa, Devaghar, Hazaribagh, Dumaka, Gumala, etc. are other important cities of Jharkhand.

Great Personalities :

1. **Birsā Mundā** : During the last quarter of nineteenth century this leader of the tribals Birsā Munda, fought valiantly against the British rule. His sacrifices and martyrdom had strengthened the people's movement against the British. He passed away on 22nd June, 1900 in Ranchi jail and became a martyr.
2. **Tilakā Mānjhī** : He was the leader of Santhāla Community. He sacrificed his life at the alter of freedom while fighting against the Britishers.

UTTAR PRADESH

Uttar Pradesh is considered the heart of our country. The land has been made sacred by such rivers as the Gangā, the Jamunā, the Sarayū and the most fertile

Gangetic plain, and in the South there exists Vindhyaçala. Everything is unique here. It is in this state, we have Ayodhyā in which Śrī Rāma was born and Mathurā where Sri Kṛṣṇa took birth and showed his great feats as a little boy; killed hundreds of



demons. It was in Sāranātha, in this state where Lord Buddha delivered his First Sermon. Ancient city of Kāśī has become world famous as abode of holiest god Viśvanātha. Everybody recognizes this city as the glorious temple of culture. It is the land which is revered as the pride of Ārya varta culture, where vedic hymns were chanted by great saints and devotees. It was the place which gave birth to great souls such as Kabīra, Ravidāsa and other great saint poets like Tulasi Dās and Sūrdāsa. They propagated the stories of Rāma & Kṛṣṇa and removed moral depression from society.

It is the state in which great social reformers, statesmen and men of letters were born and they made life richer. Its capital Lucknow is a huge city which was founded by Lakṣmaṇa. Its original name was Lakṣmaṇapurī, and in course of time people began to refer to it as Lakhanau. It was the centre of the kingdom of Oudh and later it became the capital of the muslim kings. In later years, the Britishers also made it the capital of United State of Agra and Oudh and since then it became the exclusive capital of Uttar Pradesh.

Most part of U.P. is the fertile plains of the Gangā and the Yamunā. Farming is the main occupation of the people. Wheat, Rice, maize, barley, horsegram

sugarcane, potato and oil seeds form the major crops of the state.

From the industrial point of view cotton textiles, sugar, edible oil, paper, electricity, railways, chemicals, aluminium and cement are the major industries of the state. Handloom and silk industries are also prospering. Petrol is supplied from the Bombay High and due to availability of a pipe line from there, a huge refinery has been set up at Mathurā and this has resulted in the setting up of a number of medium scale industries in the area. Still there is sufficient scope for further development. In Bulandsahar district at Narora, there are 2 units of 200 megawatt named Narora Atomic Power (NAPS) Centre. Through these units the continued supply of electricity is being provided to the northern grid. Out of 9 atomic power centres of country this is one of them.

Let us learn about the importance of these places with the help of the following questions.

- 1) The Yamunā takes its birth in mountain ranges called On its course is considered the place of her descent in plains.
(Kalinda, Yamanotri [Uttarakhand])
- 2) On the banks of the Yamunā, we have the following three famous cities,,
(Brindāvana, Mathurā, Āgrā)
- 3) Some of the important cities on the bank of Gangā are,,
(Kanpur, Kāśī, Prayāga)
- 4) City of the feats of early life of Kṛṣṇa is
(Brindāvana)

- 5) On the confluence of the Gangā, Yamunā and Sarasvatī called the famous Tīrtharāja is located. (Trivenī, Prayāga.)
- 6) World's oldest centre of learning and knowledge was (Kāśī)

II. Answer the following questions :

- 1) Name three very important holy places of Buddhists in U.P.. (Śravastī, Kusīnagar, Sāranātha)
- 2) Which is the city named after the great saint Gorakhanātha? (Gorakhpur)
- 3) Which was the capital of the Kauravas? (Hastināpur)
- 4) Which is the holy place in which Lord Brahmā performed the first Yajña and also the place where Peśwā Nānā Saheb lived? (Brahmāvarta Bithūr (Distt. Kanpur))
- 5) Where is the tomb of Sufi Saint Sheikh Salem Chisti? (Fatepur Sikri)
- 6) Which was the capital of King Harśavardhana and today is a famous place for perfumes? (Kānyakubja, now called Kanauj)

III. Name the following :

- 1) Who was Surdasji's Guru? (Sri Vallabhācārya ji)
- 2) The place where Śrī Haridāsa Svamī, the preceptor of Tansen lived? (Brindavan)
- 3) Name of the preceptor of Kabīra? (Svamī Rāmānandaji)
- 4) The place where Pandit Madanmohan Malaviya founded a Hindu university? (Kāśī [Benaras])
- 5) Why is Kāśī called Varanasi? (It is on the banks of rivers Varunā and Asi)

Uttarākhaṇḍa

Uttarakhand state came into existence as the 27th state of India under the name Uttranchal on 9 November 2000. This state is also known as the land of gods (Devabhumi). Uttranchal was given new name of Uttarakhand with effect from 1 January 2007.



The first agricultural university of the country is located at Pantnagar here. Place like Badarinath, Kedarnath, Gangotri, Yamanotri, Hemkunt Sahab, Haridvar, Rishikesh etc and eminent holy places Panchbadari, Panchkedar and Panch Prayaga are also located in this state.

Tourist place like Flower Valley, Mussorie, Nainital etc. and sanctuaries like Rajaji and Corbett National park are also located in this state.

This state has the pride of giving birth to Pandit Govind Vallabh Pant, and the National poet Sumitra Nandan Pant. In the Tehri district of Uttarakhand on the confluence of river Bhagirathi and Bhilangna is located the greatest dam of the country, the height of which is 260.5 meter. This is made of earth and stones 'rockfill'. The diameter of its grand lake is 45 square km. and it has the capacity of producing 2000 megawatt electricity.

Uttarakhand state has two divisions, 13 districts, 78 Tehsils and 95 Development Blocks. Its capital is Dehradun and has 16826 number of villages. Area is 53,483 square km. and population is 1,01,16,752. The national animal of this state is musk deer, national bird is

Monal, national tree is Buransha and national flower is Divine-lotus (Brahmakamal)

Patriotic Song

सबसे ऊँची विजय पताका, लिये हिमालय खड़ा रहेगा।

मानवता का मानबिन्दु यह भारत सबसे बड़ा रहेगा।।

विन्ध्या के चट्टानी पथ पर, रेवा की यह गति तूफानी।

शत-शत वर्षों तक गायेगी जीवन की संघर्ष कहानी

इसके चरणों मे नत होकर, हिन्दू महोदधि पड़ा रहेगा।। भारत.....।।

गंगा यमुना घर से निकलीं, जहाँ एक होकर बहने को

जहाँ प्रकृति के पास रहा है सदा पुरुष से कुछ कहने को

उस भारत में पराक्रमों का, प्यारा झंडा गड़ा रहेगा।। भारत.....।।

जिसकी मिट्टी में पारस है, स्वर्ण धूलि उस बंग भूमि की।

पंच नदों के फव्वारों से, सिंची बहारें पुण्य भूमि की।

शीर्ष बिन्दु श्रीनगर सिन्धु तक, सेतुबन्ध भी अड़ा रहेगा।। भारत.....।।

जिस धरती पर चंदा सूरज, साँझ सकारे नमन चढ़ाते,

षड्ऋतु के सरगम पर पंछी, दीपक और मल्हार सुनाते।

वही देश मणि माँ वसुधा के, हृदय हार में जड़ा रहेगा।। भारत...।।

2. Progeny of Bhārata—Hindu Society



In Bhārata there were many devotees who had the vision of God and had attained Mokṣa, and also there were many persons who did their duty selflessly towards the society and guided it. There were many Tapasvīs (Austere persons) also. In Bhārata there are many such

places where devotees, service minded and Tapasvīs lived and made those places sacred. Let us be proud to know about such personalities.

Identify the Saint devotees who had witnessed the presence of God.

1. Who is the born-blind devotee who had the darśana of Lord Śrī Kṛṣṇa by virtue his songs? (Sūradās)
2. Who is the great Saint Poet who attracted people towards the philosophy of Nirguṇa Brahman? (Kabīra)
3. who considered karma as the foremost and made Gangā to descend in his wooden bowl. (Saint Ravidās)
4. the great devotee of Śrī Kṛṣṇa, consumed poison considering it as the charṇāmrita of the Lord. (Sant Mīrā)
5. Was mānasaputra of Lord Brahmā and also a great devotee of Lord Viṣṇu? (Sage Nārada)

Karmavīra

1. Name the great and immortal holy man who saw his son being sacrificed before his eyes for the reason that he failed to embrace Islam? (Banda Bairāgī)
2. Name the great hero who sacrificed his life in order to save the life of Rana Pratap Singh? (Jhala Man Singh)
3. Who made his own sister consume poison (diamond) for the sake of his nation? (Khando Ballal)
4. Great nationalist who sacrificed his life in Kashmir for the sake of the unity and integrity of our country? (Dr. Shyama Prasad Mukherjee)

5. The lady who had made Bhārata her own land under the influence by Swami Vivekananda?
(Bhaginī Niveditā)
6. Woman who sacrificed her own son for saving Udaya Singh?
(Panna Dhai)
7. The chieftains who sacrificed their lives in order to save Chittor fort?
(Jaymal, Phatta)
8. The great queen who held the reins of her horse between her teeth and fought ferociously holding swords in both her hands?
(Durgavati)
9. Which place did the brave queen Durgavati who dauntlessly fought the Mughals belong to?
(Garhamandala)
10. The empress of Indore who was responsible for repairing and renovating a number of ancient temples?
(Ahalyābāi Holkar)
11. The great king who established the first Hindu Empire?
(Shivaji)
12. Who was the great Persian and Arabic poet during Allauddin Khilji's rule who considered Bhārata as paradise?
(Amir Khusroo)
13. Who founded sikh sect?
(Guru Nanak Dev)
14. Great saint who established holy shrines in four corners of the country to bring about the oneness and integrity of the land?
(Ādya Śankarācārya)
15. Who were two great persons expert in killing target on sound? (Emperor Daśaratha and Prithviraj Chauhan)
16. Who wrote 'Prithvirāja Rāso'?
(Chandavaradai)

17. Father of acharya Drona was
(Acharya Bharadwaj)
18. The great hero who knew how to break the circular fortification (cakravyūha formation) while still in the womb of his mother?
(Abhimanyu)
19. In the search of truth Siddārtha gave up royal pleasures and traversed forests and got enlightened below and called.....
(Peepal, Gautama Buddha)
20. Famous surgeon who lived in the fourteenth century?
(Suśruta)

Our Great Tapasvīs (Austere Persons)

1. Just by a touch of Śrī Ramakṛṣṇa Paramahansa a young man could see the vision of God. Who was he?
(Narendra (Vivekanand))
2. Saint who saw Rāma before him while preparing Sandal Paste?
(Saint Tulsīdāsa)
3. Due to his undetted austerities, Who compelled the god of death (Yamarāja) to reveal the secrets of death?
(Naciketā)
4. For the sake of preserving the freedom of our land a great person wandering in the forest made his children eat roti prepared from grass. Who is he?
(Maharana Pratap)
5. Great man who offered his life's earnings to Rana Pratap for the sake of the country's freedom?
(Bhama Shah)
6. From whom the chest-cover and ear-rings were begged by Indra in disguise of a Brahmin. (Karna)

7. Who attacked Kubera to help Kautsa to give the Gurudakṣiṇā to his guru? (Emperor Raghu)
8. The woman whom the Trinity Brahmā, Viṣṇu and Maheśa came to test her fidelity? (Anusūyā)
9. Great fidle woman who was scholar of vedas? (Arundhatī)
10. Great fidle lady of Tamil Nadu whose curse caused the destruction of Madurai? (Kaṇṇagī)
11. Who stopped the rising of sun by her hard penance? (Shāndilī)
12. Name the wife of Lord Śaṅkara and the daughter of Dakṣa Prajāpati? (Satī)

Who lit the Lamp of Sacrifice

"Dear citizens, now there is only one way left to get rid of the drought and that is human sacrifice. Is there anyone so brave as ready to sacrifice willingly to save the country?"

The King declared in the open court. At once there was complete silence in the court. Meanwhile breaking the silence there came a sweet voice, "For the sake of the country, I willingly offer myself for sacrifice. O King! is there any so great a thing than to sacrifice one's, life for the country? Am I not fortunate?"

A meeting of the learned people of the country was convened. Most of them opined that the drought was due to God's curse and only remedy was human sacrifice. Gods would be pleased only if the sacrifice is offered willingly and this was very much true. Then the King convened the public meeting and made the above quoted declaration. When a boy of twelve whole heartedly offered himself for the sacrifice, thousands of people

appreciated him with great respect, love and affection. But one of the learned men raised an objection saying that the boy was of very young age and hence he was not fit for sacrifice. The young boy, Śatamanyu roared, 'there is no question of age here. In Naramedha yajña it is the practice to offer human sacrifice, young or old, no bar'.

Every one was dumbfounded. The Minister said, 'Can there be anything greater than that'. His father's eyes shone with pride. He said, 'Oh King! I am so proud to offer my only son for the sacrifice'.

After a while a smartly dressed and well decorated Śatamanyu was brought to the sacrificial altar. Tears of pride rolled down the cheeks of all the gathering. Everyone was pushing the other to have a look at the boy.

Suddenly at that time God Indra appeared and touching the head of Śatamanyu said, 'Dear Child! I am very much pleased by your devotion and love for your country. No country will ever be destroyed where boys are ready to sacrifice their lives for the sake of their country'.

Soon after by the blessings of God Indra there was heavy rains and greenery came up everywhere.

Our Nation Builders

- 1. Sri Madhava Rao Sadashiva Rao Golwalkar** – Sri Madhava Rao Sadashiva Golwalkar, who gave a real shape to the concept of Hindu unity given by, Dr. Keshav Rao Balirarm Hedgewar, the founder of Rashtriya Svayam- Sevak Sangha, was born on 19th February 1906 in Nagpur. He was the second Sangha cālaka of R.S.S. His father was Sri Sadashiva Balakrishna Golwalkar and mother was Lakshmi Bai.

During the partition, 50 Lakhs refugees came to Bhārata and sacrificing all their comforts thousands of Sangh Svayam Sevaks under the direction of Guruji, brought them safe to this country. Under the guidance of Guruji. The sphere of RSS was widely enlarged and a number of organizations came into existence, the most famous among them are, Vidyā Bhāratī, Bhāratīya Mazdoor Sangh, Vivekanand Rock Memorial Centre, Akhil Bharatiya Vidyārthī Pariṣad, Vishwa Hindu Parishad, Seva Bharati, Bhāratīya Jana Sangh, Vanavasi Kalyana Ashrama etc.. These organizations are playing laudable role.

Working incessantly for welfare of humanity and the country as a whole through strong Hindu organisation, Guruji, the great son of Bhārata mātā, passed away on 5th June 1973.

2. Birsa Munda –

Q1. When was Birsa Munda born.

A. 15 November 1875 A.D.

Q2. What was the name of the mother and father of Birsa Munda?

A. Mother's name was Karmi Munda and father's name was Sugna Munda

Q3. What was the name of the elder sister of Birsa Munda?

A. Das Kaur

Q4. Upto which stage Birsa Munda was educated?

A. Got Primary education at Budju; secondary Education at German Christian School Chaibasa.

Q5. What impact Indian Philosophy had on the life of Birsa Munda?

A. After making a study of Ramanya, Mahabharat, Gita, Hitopadesh and other religious books, he performed great preservance for four years in search of Truth.

Q6. In what way the life of Birsa Munda was transformed?

A. He wore yellow dhoti like Hindu saints, wooden Sandel, coloured mark (Tilak) on forehead, wore the sacred thread and his fame spread to far and near places.

Q7. When Birsa Munda left for heavenly abode?

A. 9 June 1900 A.D.

3. The Hindu View of Life

It is the rule of life that to gain something one has to lose something. One has to sacrifice his pleasures of life if he wants to gain wisdom and knowledge. To have the Darśana of Lord, Dhruva and Prahlāda performed hard penance and underwent many sufferings. A man attains height only by his sacrifice, penance and tolerance. The persons whom we consider great and god-incarnate have undergone great sufferings and chose the path of penance and sacrifice. Then only they became great.

Yajña Culture

Hindu culture is called 'Yajña culture'. Right from birth to death yajña is performed on all ceremonies and rites. Even today Havana is performed to begin any goodwork. Yajña means giving importance to sacrifice in life. The sacrifice is for the welfare of the society, country and to

help others. There is no room for selfishness in this act of sacrifice. At the time of offering Āhuti (oblation) the performer of yajña utters "This is not for me" 'Idam na mama; after every offering into fire (Svāhā)". He repeats these words at every offering. These words mean 'this offer is not for my sake'. He also utters, "इन्द्राय स्वाहा, राष्ट्राय स्वाहा" meaning thereby 'for the well being of all gods including Indra etc. and for the country' all my works be devoted'. This is 'yajña culture'. By the yajña culture man develops generosity. His selfishness reduces. In ancient times and even today many generous persons build dharmasālās, temples, schools, drinking water points and serving free food. In Hindu view one is not considered great if he has amassed unlimited wealth and riches but one who sacrificed everything and taken up saṅnyāsa is considered great. That is why even the kings keep their crowns in saṅnyāsī's feet. To sacrifice everything for society is 'yajña'. Emperor Harśavardhana used to distribute his entire wealth among his subjects every fifth year on the banks of Sangam (conjunction of rivers).

To convey the importance of yajña or sacrifice Lord Kṛṣṇa has said in Gītā.

अन्नाद्भवन्ति भूतानि पर्जन्यादन्न सम्भवः।
यज्ञाद्भवति पर्जन्यो यज्ञः कर्मसमुद्भवः॥

Living beings survive on food and food is grown from rain. Rain falls by performing yajña and yajña is performed through good deeds. The meaning of yajña is 'leading life with the spirit of sacrifice'. All wealth and riches should be sacrificed for the well-being of society, country and humanity. This is yajña spirit. Lokamanya Tilak, Subhas Chandra Bose, Vir Savarakar, Mahatma Gandhi, Dr. Hedgewar, Deen Dayal Upadhyay and Shri Guruji all these lived their life with spirit of Yajña. So to

control one's mind and senses is yajña. To work for welfare of the beings is yajña spirit.

Exercises: Fill in the blanks –

1. Hindu culture is said to be
(Yajñamayī)
2. The meaning of yajna is to sacrifice
in (giving importance, life)
3. In sacrificial deeds there is no place for
(selfishness)
4. Let my be for Indra and other gods
and welfare of my (good deeds, nation)
5. The meaning of yajñabhāva is living a life of
(sacrifice)

Answer the following questions –

1. Which feeling makes a man great?
(Sacrifice, penance and tolerance)
2. What process is followed in performing every
ceremony from birth to death? (Yajña)
3. What does yajña performer say after each offering?
(Idam na maṁ)
4. What is the meaning of 'Idam na maṁ'?
(It is not for me)
5. According to Hindu view who is considered to be
great? (One who sacrifices everything and takes up
saṅnyāsa)
6. Which action proves the yajña spirit of
Harśavardhana? (Distributing his entire wealth for the
welfare of his subjects)

Feeling of Oneness

The same God is living in me and in other beings. The Lord Himself has said, 'It is only I who have occupied the whole world in invisible form'. According to Gītā one is called **man of knowledge** and **wise** if he recognises one and the same 'highest entity ātman' in Brahmins, elephants, dogs and **the deprived**. Therefore, there is no difference between being and being. All lives are equal. Because of his and my souls being one and the same, we must have the feeling of oneness. This has been adopted by the Hindus. It is for this reason only that every Hindu has in mind kindness and feeling of oneness towards poor, miserables, birds and animals etc. Feeding ants with flour, giving food to fish, fodder to animals, corns to birds, establish cowhouses arranging food and water to the hungry. While taking food, giving some bread to dog, before starting to eat taking out some food for cow, give water to tulasī and peepal trees and worshiping them, and having holy feeling towards rivers and mountains. We must salute them and keep them sacred. This is symbol of oneness of Hindus. 'आत्मवत् सर्वभूतेषु' means feeling of oneness with all beings is the special quality of Hindus. Such kind of feeling is not found in any other culture in the world.

Exercises : Answer the following —

1. Of who are we all the parts? (of God)
2. What is basis for mutual feeling of oneness?
(only one Ātma is living in all of us)
3. According to Gītā who is considered a man of knowledge and wise?
(One who sees only one Ātma in Brahmin, elephant, dog and deprived)

4. In worshipping trees, rivers and mountains what feeling do Hindus develop? (feeling of oneness)
5. What is the meaning of “आत्मवत् सर्वभूतेषु”?
(To see one's own soul in all living beings)

Let us move from 'I' to 'We'

Rājū (Rajīva) and Savī (Savitā) both are studying in primary class. During recess Rajū sits and eats food alone. He does not want that anybody see his food or anybody taking bread from him and giving it to others who have not brought food. But Savī never eats her food alone; she exchanges food with other classmates who soever are sitting there. When asked Savī says, 'There is much pleasure in eating together'. Even in his class Rajū does not show his book to anyone nor does he allow anybody read his book. All teachers praise Savī and think about her highly But Rajū always thinks only of himself.

We are not born only for ourselves but we think of each other and prove useful to each other. If we grow from 'I' to 'We', there will be pleasure in life and we enjoy more and more happiness. The feeling of 'I' and 'mine' is very narrow and selfish and feeling of 'we' is noble and superb.

Ekātmatā Stotrum (Verses 8 to 14)

1. चतुर्वेदाः पुराणानि सर्वोपनिषदस्तथा।
रामायणं भारतं च गीता सद्दर्शनानि च॥

Meaning : The four vedas, eighteen puranas, all upaniṣads, Rāmāyaṇa, the Mahābhārata, Gītā and six systems of philosophy which show us the right-path are fit to study and understand.

2. जैनागमास्त्रिपिटकाः गुरुग्रन्थः सतां गिरः।
एषः ज्ञाननिधिः श्रेष्ठः श्रद्धेयो हृदि सर्वदा॥

Meaning : The holy books Āgamas of the Jain sect, Tripitaka the holy books of Buddhists (Vinay, Sutta, Abhidhamma) Gurugranthasāhib of the sikhs and preaching of saints are the store of knowledge. We must rever them.

3. अरुन्धत्यनुसूया च सावित्री जानकी सती।
द्रोपदी कण्णगी गार्गी मीरा दुर्गावती तथा॥

Meaning : Mahaṛṣi Vaśiṣṭha's wife Arundhatī. Atri's wife Anusūyā, Sāvitrī, Sītā, Draupadī, Kaṇṇagī, Gārgī, Mirā and Durgavatī.

4. लक्ष्मीरहल्या चन्नम्मा रुद्रमाम्बा सुविक्रमा।
निवेदिता सारदा च प्रणम्या मातृदेवताः॥

Meaning : Mahārāni Lakṣmībāī, Ahalyābāī, brave queen of Karnāṭaka Ranī Cannammā, Rudramāmbā, Sister Niveditā and Ramakrishna Paramahansa's wife Śāradā Mātā all are worth remembering.

5. श्री रामो भरतःकृष्णो भीष्मो धर्मस्तथार्जुनः।
मार्कण्डेयो हरिश्चन्द्रः प्रह्लादो नारदो ध्रुवः॥

Meaning : Lord Śrī Rāma, Bharata, Yogirāja Kṛṣṇa, grand sire Śrī Bhīṣma, Yudhiṣṭhira, Arjuna, Mārkaṇḍeya Ṛṣṣī, Hariścaṇḍra, Bhakta Prahlāda, great sage Nārada and Dhruva.

6. हनुमाञ्जनको व्यासो वसिष्ठश्च शुकोबलिः।
दधीचि विश्वकर्माणौ पृथुवाल्मीकि भार्गवः॥

Meaning : Strong man Hanumāna, Janaka, the king of Videha, Vedavyāsa, sage Vaśiṣṭha, Śukadeva, Bali, Dadhīci Viśvakarmā, sage king Pṛithu, Valmiki and Bhārgava (Paraśurāma)

7. भगीरथश्चैकलव्यो मनुर्धनवन्तरिस्तथा।
शिविश्च रन्तिदेवश्च पुराणोद्गीतकीर्तयः॥

Meaning : King Bhagīratha, Ekalavya, King Manu, Dhanvantari, King Śivi and Rantideva, the glory of all these has been sung in Purāṇas.

Brave Boys

Our motherland Bhārata has given birth to many brave personalities. Many brave boys have sacrificed their lives for saving their Dharma. Many brave boys have destroyed the enemies of Dharma even when they were much young.

Names of some brave boys are given below. Put (✓) a mark on the right answer.

1. Who refused to change his Dharma at the cost of happiness, riches and his life. He refused to accept Islam and accepted death instead with smile.
(Hakikat Rai ✓, Prithvi Singh)
2. Both the brothers were buried alive in the walls but they did not agree to embrace Islam.
(Fateh Singh ✓, Ajit Singh, Zoravar Singh ✓, Jujhar Singh)
3. Remaining two sons of Guru Govind Singh sacrificed their lives on the battlefield fighting against the enemies.
(Fateh Singh, Ajit Singh ✓, Zoravar Singh, Jujhar ✓ Singh)
4. In his childhood he used to count the teeth of lion cubs.
(Bharata ✓, Kṛṣṇa, Shivaji)
5. He pulled debaucherous Kamsa down from the throne by his hair and throwing him on the ground killed him.
(Bharata, Rāma, Kṛṣṇa ✓, Balarama)

6. Uncontrolled elephant Kuvalayāpīda was defeated by his strong arms within no time.
(Bharata, Rāma, Kṛṣṇa , Śatrughna)
7. Though the cakravayūha was well protected by seven strong men the fearless and courageous boy pierced it and entered into it. (Abhimanyu , Ekalavya)
8. The person who fearlessly fetched lioness' milk to cure severe disease of his perceptor.
(Bharata, Shivaji)
9. The boy who attained the position of polar star by his unmoved devotion to have the revelation of Īśvara.
(Prahāda, Dhruva , Hari)
10. Even under the fear of death the boy did not accept the false words of his father, "I am God".
(Bharata, Prahāda , Gautama)
11. The boys who defeated their father in the battle by with holding the horse of Rajasūya yajña.
(Prahāda, Lava Kuśa , Kṛṣṇa, Balarāma)
12. The devoted disciple, who even after being refused to be taught gave his thumb to his Guru as his offering to teacher. (Ekalavya , Āruni)
13. The boy who dug an underground (tunnel) from his house to pull down the British flag 'Union Jack'.
(Keshava , Madhava)
14. The boy being bitten by scorpion in his leg continued his study by keeping his leg in water and when asked he said, "The scorpion has bitten in the leg, not in the brain".
(Keshava, Madhava , Hari)

Brave Girls

Alongwith many brave boys, many brave girls have also played in the laps of Bhārata Mātā and have brought glory to Bhārata by their bravery, sacrifice and selflessness.

Some names of brave girls are given below. Put a (✓) mark on the name to the qualifying statement they are related to.

1. In her very childhood she used to play with bow and arrow, sword and spear and jumped to ride a horse.

(Durgā, Manu ✓, Kannagī)

2. Even in her early days of youth she learnt to swing the swords with both her hands. (Manu, Durgavati ✓, Sāvitrī)

3. Devagiri King Rāmadev's daughter killed her traitor husband Krishnarao by piercing her sword into his chest when he was engaged in opening the main gates of the fort and afterwards with the same sword she killed herself. The name of this brave lady was

(Krishna, Viramati ✓, Sārandhā)

4. Gujarata King Khemraj's daughter was the embodiment of bravery, courage and beauty. Subedar Rahmat khan along with his soldiers was camping at capital Ranipur. He sent for her brother Mularaj, bribed him and told him to send his sister's palanquin to him. As soon as she came to know the news she cut off her brother's head with the sword and with the same sword she killed herself. That brave woman was

(Veeramati ✓, Sardarbai, Kṛṣṇa)

5. Mohmmed Bin Kasim defeated the king of Deval and took his two daughters and sent them to the Khalifa to Gazni to become mistresses. But both the sisters were wise enough to get Mohmmed Bin Kasim killed

by the Khalifa but also they attacked the Khalifa. The khalifa escaped the attack. Both the sisters for the sake of their religion and to protect their chastity pierced their poison soaked swords into their chests and collapsed.

(Krishna-Jodha, Sūryā-Paramāla ✓, Padma-Kamala)

6. In a certain part of Aurangabad a girl was born in 1723. Though she was short in height and her complexion was blackish yet she was known for her swordplay, bravery and fearlessness. Afterwards the very same girl ruled the kingdom strictly and justly.

(Durgavati, Channamma, Ahalyābāī ✓)

7. The brave girl of Mewar state who consumed diamond of her ring and died to protect her father's honour as Rajput and his kingdom before the Mughal army commander attacked the kingdom and the Mughal commander who came to abduct her had to return in despair. The girl was (Veeramati, Krishnā ✓, Radha)

Scientific basis of Hindu beliefs

- Q. What is the scientific significance of Tilaka worn by Hindus?

Ans. The central point of knowledge and reasoning power lie between the eye brows and forehead. Whenever we are bogged down by too much mental work, we feel some pain and tension in the area. It is for this reason that our ancestors used to protect this eye of wisdom with a Tilaka. Normally people use sandalwood paste, or vermilion. The curative power of sandalwood paste is known in Āyurveda.

A Tilaka on the central point of forehead keeps our mental faculties active and regulated as a result of it,

even head aches and tension are reduced and the mental capacity increases.

Tilaka is the symbol of respect. We welcome guests by smearing Tilak on their foreheads.

According to our tradition, no auspicious occasion is complete without applying the Tilaka. Whether we are going on a journey or to a battlefield, or sending our dear ones somewhere, we put Tilaka on their forehead and it carries all blessings and goodwishes. It is a holy sign. When we put on the Tilaka we feel mental peace, satisfaction and happiness. We feel we are going to succeed in all that we do.

4. The Sacred Tradition of Sacraments

Our Cultural Festivals/Parva (Ceremonial occasions)

- A. In India great significance is attached to festivals, and ceremonial occasions. Even we go so far to believe that every day is a festivity. In order to maintain enthusiasm and zest in life constantly. The tradition to celebrate the festivals and other ceremonial occasions.
- B. To which of the Festivals the following are related?

- Ans. a. Everyone plays with coloured water (Holī).
b. Prepare dishes with gingelly and jagger (Makara Sankrānti).
c. Beginning of New year (Varṣa Pratipadā)
d. Worship weapons (Vijayā Daśamī)
e. Sarasvatī Pūjā (Vasanta Pañcamī)

- f. Tying sacred thread by sisters to brothers (Rakṣā bandhana)

Holy Places

Twelve Jotirlingas

Q1. Our ancestors always tried to bring about the unity of the country from Kanyākumārī upto the Himālayas. They established Śiva temples and installed Śivalingas. They are twelve in number. **Which are these Jyotirlingas and Where are they?**

- Ans. 1. Somanātha (Prabhāsa Kṣetra – Junagarh–Gujarata)
2. Mallikārijuna (Śrīśaila – Andhra Pradesh)
3. Mahākāla (Ujjain – Madhya Pradesh)
4. Omkāreśvara or Amaleśvara (On the Bank of Narmadā– M.P.)
5. Vaidyanātha (Devghar – Jharkhand / Parali – Maharashtra)
6. Bhimaśankara (Near Pune – Maharashtra)
7. Rameśvaram (Near Kanyākumārī – Tamil Nadu)
8. Nageśvara or Nāganatha (Darukāvana – Gujarata)
9. Viśvanātha (Vāranasī – Uttara Pradesh)
10. Triāmbakeśvara (Near Nasik on the banks of Godāvarī Maharashtra)
11. Kedāranātha (Himālayas – Uttarakhand)
12. Ghuśmeśvara (Ghriśṇeśvara) (Near Ellora – Maharashtra)

These twelve Jyotirlingas have geographical, religious and national importance.

Mathurā

Mathurā, the birth place of Lord Kṛṣṇa is situated on the banks of Sūryaputrī river Yamunā. This is the land of Lord Kṛṣṇa's playful fetes. Very near the city there is another place Vrindāvana where there are many temples. Thousands of people come daily here for the Darśana and to get knowledge.

Ayodhyā

This is the birth place of Lord Rāma. It is situated on the banks of holy river Sarayū in Central-East Uttar Pradesh. The kings of Solar dynasty had made this city their capital. There are a number of temples in this holy city and every year lakhs of men and women come here from different parts of Bhārata on pilgrimage and to see these temples.

Cave Temples

Ellora Temple : The temple 'Kailāsa situated inside the ellora caves' is very large and very beautiful. All parts of this temple are artistic and free from any kind of stains. The temple is 100' high, 142' long (approx) and 62' wide. There are three Mandapams adjacent to the temple. There are 42 mythological pictures carved in them. In one of the pictures Rāvaṇa is lifting the Mount Kailāsa, feared Pārvaṭī is taking shelter under the vast arms of Lord Śiva and her friends are running away but Lord Śiva is standing firm, pushing the Mount Kailāsa under his feet making Rāvaṇa's hard efforts a waste. In one of the outerparts of the temple there is a beautiful carving of Tripura burning. The lamp bearing pillar of the temple is also very attractive. The Kailāsa temple was built by King Krishna of Rashtrakūta dynasty during 760-885 AD.

The Holy Books

Acquainting with our Holy Books

In order to take life on the path of righteousness, the listening and studying of the scriptures is necessary. Our body is impermanent but the soul within is immortal. It is a spark and of the nature of Almighty, God. Every living being has a soul. Therefore the society is the replica of God. Our duty is to make everyone have the vision of God in society.

Living and serving the society is a sure way of loving and serving God. God becomes pleased specially and presents himself when we serve the poor and the sick and suffering persons with devotion. Śrī Rāma, Kṛṣṇa, Buddha, Basavannā, Mahavīra and Christ served the poor, the sick and the needy with great love. We have to imbibe and develop these qualities of love, service and sacrifice in our personality. We should never make others unhappy with our dealings; on the other hand we should try to maximise the happiness of others. This is called DHARMA.

We learn such things from our holy books. We have to respect every holy book including those of other religions.

● Answer the following :

1. As we cast away old clothes and put on new ones, our soul casts away an old body and assumes a new one; Quote the two lines from the Bhagavad Gītā which tell us this point.

वासंसि जीर्णानि यथा विहाय नवानि गृह्णाति नरोऽपराणि।

तथा शरीराणि विहाय जीर्णान्ययानि संयाति नवानि देही। अध्याय 2/22

2. Which religions the following holy books are related to?

A. The Rāmāyaṇa Hindu Dharma

The Mahābhārata	Hindu Dharma
Gurugranth Sahib	Sikh sect
The Bible	Christian faith
Quran	Islam faith
Avesta	Parsee sect

3. Name the authors of the following works.
- A. The Mahābhārata (Maharṣī Vedavyāsa)
 The Rāmāyaṇa (Maharṣī Vālmīki)
 Bhagavad Gītā (Maharṣī Vedavyāsa)
 Rāmācaritamānasa (Goswamī Tulsidas)
4. Great person with which the following works are associated :
- A. The Rāmāyaṇa Lord Rāma
 Gītā Lord Kṛṣṇa
 The Bible Jesus the Christ
 Quran Mohammed,
 The Divine Messenger
5. Name the four Vedas :
- A. 1. Rigveda 2. Yajurveda
 3. Sāmaveda 4. Atharvaveda
6. How many cantos are there in the Bhagavad Gītā?
- A. 18 cantos 700 verses
7. Write the number of main Upaniṣads.
- A. 11 Upaniṣads
8. Tell the ten ingredients of Dharma as advocated by Manu.
1. Perseverance, 2. Forgiveness, 3. Suppression of Evil thoughts, 4. Non-appropriation, 5. Cleanliness, 6. Control on sensuous appetites, 7. Wisdom 8. Learning 9. Veracity. 10 Restraint of Anger.

Rāmācarita Mānasa

रावणु रथी बिरथ रघुबीरा। देखि विभीषण भयउ अधीरा॥
 अधिक प्रीति मन भा संदेहा। बंदि चरन कह सहित सनेहा॥

Meaning: When Vibhīṣana saw that Rāvana was on the Chariot and Śrī Raghuvir (Śrī Rāma) had no chariot, he was very much disturbed. Due to overaffection for him (Śrī Rāma) he became doubtful whether Rāma could win over Rāvana. (without chariot). Offering his respects in Śrī Rāma's feet he told him with great love and affection.

नाथ न रथ नहिं तन पद त्राना। केहि बिधि जितब बीर बलवाना॥
सुनहु सखा कह कृपानिधाना। जेहिं जय होइ सो स्यंदन आना॥

Meaning : "O, Master, you have neither the chariot nor the guard to protect your body and even you don't have the footwear. How could that strong and brave Rāvana could be won?" kindhearted Śrī Rāma replied, Oh my friend, listen to me. There is another chariot by which we can win.

सौरज धीरज तेहि रथ चाका। सत्य सील दूढ़ ध्वजा पताका॥
बल बिबेक दम परिहत घोरे। छमा कृपा समता रजु जोरे॥

Meaning : Valour and Courage are the two wheels of that chariot. Truth and character are its two flags. Strength, wisdoms its self control and welfare of others are its horses which are tied together by the ropes of forgiveness, kindness and equality.

ईस भजनु सारथी सुजाना। बिरति चर्म संतोष कृपाना।
दान परसु बुधि सक्ति प्रचंडा। बर बिग्यान कठिन कोदंडा॥

Meaning : Devotional appraisal of God is its clever driver. Detachment is the guard and contentment is the sword. charity is the axe, wisdom is the strongest power, and the best knowledge is the hard bow.

अमल अचल मन त्रोन समाना। सम जम नियम सिलीमुख नाना॥
कवच अभेद बिप्र गुर पूजा। एहि सम बिजय उपाय न दूजा॥

Meaning : Pure and firm mind is the quiver. Self control, moral discipline, control on mind are the many arrows. Worshipping of Brahmins and teachers is the unbreakable guard. Nothing else can stand equal to these to victory.

सखा धर्ममय अस रथ जाकें। जीतन कहँ न कतहुँ रिपु ताकें॥

Meaning : O, my dear friend, the one who has such a chariot filled with Dharma, has no enemies anywhere that cannot be won.

महा अजय संसार रिपु जीति सकइ सो बीर।
जाकें अस रथ होइ दृढ़ सुनहु सखा मतिधीर॥

Meaning : O, wise friend, of steady mind listen to me. The one who has such a determined and strong chariot, can win even the unconquered enemies of this changing world.

सुनि प्रभु बचन बिभीषन हरषि गहे पद कंज।
एहि मिस मोहि उपदेसेहु राम कृपा सुख पुंज॥

Meaning : Listening to his Master's words Vibhīṣhana became extremely happy, touching Lord Śrī Rāma's holy feet he said ", O, kind and embodiment of happiness Śrī Rāma, your kindness gave me such an enlightening lesson on this occasion.

Śrīmadbhagavad Gītā

The foremost among the holy books which is the best guide to human beings to follow righteous, living is Bhagavad Gītā. Every one should study it.

अपि चेत्सुदुराचारो भजते मामनन्यभाक् ।
साधुरेव स मन्तव्यः सम्यग्व्यवसितो हि सः ॥११॥

Meaning : Even if a man of the most vile conduct worships me with undistracted devotion, he must be reckoned as righteous, for he has rightly resolved.

यो मामजमनादिं च वेत्ति लोकमहेश्वरम् ।

असंमूढः स मर्त्येषु सर्वपापैः प्रमुच्यते ॥10॥

Meaning : He who knows me the unborn without beginning, also the mighty Lord of the worlds, he among mortals is undeluded and freed from all sins. (10.3)

Quiz on Gita Jnana :

1. Which things the Lord accepts if these are offered with a feeling of devotion :-
 - A. (1) Leaves (Basil or wood-apple-Bel), (2) Flower (3) Fruit (any) and (4) Water - as is offered to sun and to Shiva.
2. What pledge the Lord has taken?
 - A. My devotee is never destroyed.
3. What the Lord ordains to do after coming to this impermanent, sorrowful and perishable world?
 - A. Worship me
4. The responsibility of whose welfare (yogakshem) is undertaken by Lord himself?
 - A. Who is exclusively loving devotee.
5. Why the Lord asks Arjuna to worship God?
 - A. Because the life of man is transient and without happiness.
6. Who has been called 'Wretched'?
 - A. One who works with the motive of fruit.

Q. Fill in the blanks :

1. I am seated in all creatures. (Atman)
2. I am in all the Adityas. (Vishnu)
3. I am of all the stars (Nakshatras).
(Moon-Chandman)
4. Among the Vedas I am..... (Samaveda)
5. Of all the gods I am..... (Indra Vasava)
6. Among the senses I am (Mind)
7. In all beings I am (Consciousness)
8. Of the Rudra I am (Shankar)
9. Of the mountains I am (Meru)
10. Of the house-hold priests I am (Brhaspati)
11. Of all the lakes I am (Ocean)
12. Among the Maharishis I am
(Bhrigu Maharishi)
13. Of all the trees I am (Ashwatthah)
14. Of all divine seers I am (Narada)
15. Of all the perfected persons I am.....
(Kapil Muni)
16. Of all the elephants I am..... (Airavata)
17. Among the men I am..... (Monarch)
18. Of all the weapons I am (Thunderbolt)
19. Among the serpents I am (Vasuki)
20. Of all the Nagas, I am (Anant Naga)
21. Among all demons I am (Prahlada)

22. Of all the animals (beasts) I am
(King of Animals - Lion)
23. Of all the birds I am (Son of Vinata - Garuda)
24. Of all the Weilders of weapon I am (Rama)
25. Among the fishes I am the (Crocodial)
26. Of the rivers I am (Janhvi / Ganga)
27. Of all the Sciences 'Vidya' I am
(Spiritual Science)
28. Of the letters I am to Letter (A)
29. Of all the Compounds, I am
(Duel compound (Dvanda))
30. I am all devouring (Death)
31. Among women I am.....
(Fame, fortune (Shri, fine speech, Vani) Memory,
Intelligence, steadfastness and patience)
32. Of all the metres of poetry I am (Gayatri)
33. Of the various months I am ...
(Flower bearning / Spring)
34. Of the Yadavas I am (Vasudeva / Krishna)
35. Of the Pandavas, I am
(Winner of wealth / Arujna)
36. Of the sages I am (Vyas)
37. Among the great poets I am .. (Shukracharya)
38. Of the secret things I am (Silence)
39. Among all the Vedas I am (Pranavah)
40. In the ether (Akash), I am
(the word / the sound)

41. Among the humans I am (Manliness / Vigour)
42. Of all the material beings I am
- (Beginning, middle and the end)
43. Of all the months I am ... (Margshirsha)
44. Of all the lights I am radiant ... (Sun)
45. What the Lord said at the end of Yoga of Manifestation. (I support this entire universe pervading it with a single fraction of mine)

Quotes from Saints

विद्या धन उद्यम बिना कहौ जु पावै कौन।
 बिना डुलाए ना मिलै ज्यों पंखा की पौन ॥ 1 ॥ (वृंद)
 तुलसी मीठे वचन ते सुख उपजत चहुँ ओर।
 बसीकरन इक मंत्र है परिहर वचन कठोर ॥ 2 ॥ (तुलसीदास)
 कहि रहीम संपत्ति सगे बनत बहुत बहुरीत।
 बिपति कसौटी जे कसे ते ही सांचे मीत॥ 3 ॥ (रहीम)
 कबिरा संगत साधु की हरै और की व्याधि।
 संगत बुरी असाधु की आठौ पहर उपाधि॥ 4 ॥ (कबीर)
 जाति न पूछो साधु की पूछ लीजिए ज्ञान।
 मोल करो तलवार का पड़ी रहन दो म्यान॥ 5॥ (कबीर)
 सबै सहायक सबल के कोउ न निबल सहाय।
 पवन जगावत आग को दीपहि देत बुझाय॥6॥ (वृंद)
 तुलसी संत सुअंब तरु फूल फलहिं पर हेत।
 इततैं वे पाहन हनैं उततैं वे फल देत॥7॥ (तुलसी)
 एकै साधे सब सधे सब साधे सब जाय।
 रहिमन मूलहिं सींचिबो फूलै फलै अघाय॥8॥ (रहीम)
 सोना सज्जन साधुजन टूटि जु रै सौ बार।
 दुर्जन कुंभ-कुम्हार कै एकै धका दरार॥9॥ (कबीर)

तितनका कबहूँ न निंदिए जो पाँयन तर होय।
कबहूँ उडि आँखिन परे पीर घनेरी होय॥10॥ (कबीर)

Statistical Details

- | | |
|---------------------------|---|
| 1. Only One | Brahmā |
| 2. Fort nights-Pakṣas two | Bright half and Dark half |
| 3. Traits -Guṇas, three | Satva, Rajas and Tamas. |
| 4. Tapas- three | Bodily, Mental, Wrath of Divine |
| 5. Doṣas- three | Vāta, Pitta, Kapha |
| 6. Rṇas-Natal debts | Pitr, Ṛṣi, Deva |
| 7. Worlds -three | Svarga, Martya, Pātāla |
| 8. Āśramas- four | Brahmacarya, Gṛhastha, Vānaprastha, Saṅnyāsa |
| 9. Shrines -four | Jagannātha Purī,
Rameśvaram, Dvārakāpurī,
Badārinātha |
| 10. Yugas-ages four | Kṛta, Tretā, Dvāpara, Kali |
| 11. Puruśārthas -four | Dharma, Artha, Kāma,
Mokṣa |
| 12. Vedas - four | Rigveda, Yajurveda,
Sāmaveda and
Atharvaveda |
| 13. Amṛtas-Nectars – five | Milk, Curd, Ghee, Honey
and Sugar |

14. Tattvas / Elements – five	Fire, Earth, Water, Air, Space
15. Yajñas – five	Brahmayajña, Devayajña, Pitṛ yajña, Atithi Yajña, Bhūta yajña (Balivaiśvadeva)
16. Sensory organs – five	Eyes, nose, ears, tongue, skin
17. Kośas-Sheaths – five	Annamaya (body) kośa, Prānamaya kośa, Manomaya kośa, Vijñānamaya kośa and Ānandamaya kośa
18. Seasons (Ritus) – six	Basant, Grīśma, Varṣā(rainy), Śarada, Hemanta, Śīśira
19. Vedangas – six	Śikṣa, Vyākaraṇa, Chandas, nirukta, Jyotiṣa, Kalpa
20. Shastras-Philosophical Systems – six	Sāṅkhya Yoga, Nyāya, Vaiśeṣika, Mimāṃsa, Vedānta
21. Enemies-six	Passions, Greed, Anger, Infatuation, Vanity, Jealousy
22. Swaras-musical tones – seven	Ṣadaja, Rīṣabha, Gāndhara, Madhyama, Pancama, Dhaivata, Niṣāda

23. R̥ṣīs-seven	Atri, Jamadagni, Vasiṣṭha, Gautama, Kaśyapa, Viśvāmitra, Bharadvāja
24. Dhātus (Metals)-eight	Gold, Silver, Lead, Iron, Copper, Quicksilver, mercury, Zinc
25. Siddhis-eight	Aṇimā, Mahimā, Garimā, Laghimā, Prāpti, Prākāmya, Īśatwa, Vaśitva
26. Yogas — eight steps	Yama, Niyama, Āsana, Prānāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, Samādhi
27. Ratnas-Jewels – nine	Maṇikya, Motī (pearl), Mongā (coral), Pannā, Neelam, Hīrā (Diamond), Gomedhika, Vaidhurya, Pukhraja
28. Avatāras-ten	Matsya, Kūrma, Vārāha, Narasimha, Vāmana, Paraśurāma, Rāma, Kṛṣṇa, Buddha, Kalki
29. Rudras-eleven (Ekādaśa)	Rudra, Aja, Ekapāda, Ahibudhanya, Pinākī, Aparājita, Triambaka, Maheśvara, Vriṣākapi, Śambhu, Haraṇa
30. Months – twelve	Caitra, Vaiśākha, Jyeṣṭha, Āṣādhā, Śravana,

Bhādrapada, Aśvina,
Kārtika, Margaśīrṣa, Pauṣa,
Māgha, Phālguna

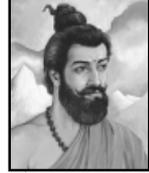
31. Rashi-Zodiacs – twelve Meṣa, Vṛṣabha, Mithuna,
Karka, Simha, Kanyā, Tulā,
Vriṣcika, Dhanu, Makara,
Kumbha, Mīna

Indian Dress Symbols

The dress symbol used by the people of our country has been an inseparable part of our culture. Today our educated class due to ignorance makes fun of these symbols. It is our duty to protect them from the influence of western thought.

1. **Tilaka** : This custom of applying tilaka has been

continuing in our culture since its beginning. It is scientifically proved to be beneficial as it protects the centre of learning from electrical charge. Tilak is the symbol of grace, faith, adoration,



and beauty.

2. **Mālā** : (Rosary) The string of beads worn round one's neck and hanging on the chest wields a great influence on the heart. This mālā can be made of rudrākṣa, tulsī beads, white stones, lotus nuts, conch or cotton. It regulates the flow of blood in the body.
3. **Scepter** : In Hindu culture, the saṅnyāsīs and other saints holding scepter symbolise the perfect abdication of ritualistic actions.

4. **Saffron Clothes** : A Saffron piece of cloth is a symbol of detachment. Scientifically saffron has chemical power. It motivates us for sacrifice and holiness.
5. **Yajñopavīta** : (The Sacred thread) : The holy thread is worn at the time of upanayana ceremony, when a boy is initiated to the study of the vedas. It is also considered an opportunity to discharge our three debts namely Pitṛ ṛṇa, Deva ṛṇa and Ṛṣī ṛṇa.

Good Manners

1. Do unto others what you expect others to do with you.
2. Let us be polite and respectful to elders. Especially in public places, roads, schools and colleges we should show respect and humility.
3. Never interrupt when two person are talking to each other.
4. Never use things of others without their permission.



5. Never try to read others' diaries and letters without their consent.
6. Conduct yourselves with respect to your teachers. When you meet them touch their feet and get their blessings.

7. When you get some help from others, thank them heartily with appropriate words and action.(This should also be expressed in words)
8. When you make a mistake never hesitate in asking for pardon.
9. Show proper hospitality to any one who comes to your house according to your ability.
10. Pay special attention to old people, children, women, the weak and the ailing. When you are on a bus or in a train give them your seat to sit. Give way to others while walking on the road.

Sixteen Sacraments

1. Conception (Garbhādhāna)
2. Ceremony to beget a male child. (Puṅsavana)
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)

Niṣkramaṇa (Exit)

When the new born baby is taken out of the house for the first times it is called the Niṣkramaṇa (exit). This ceremony is performed after four months of birth. The Sun is shown to the baby and prayers are offered for its long life saying 'you grow and live for 100 years'.

Annapraśana (Taking food for the first time)

This saṁskara is to be observed during the sixth month of the baby since its birth. Food is given to the baby for the first time. During this period teeth start coming out. As per custom after performing yajña, a kind of food prepared with ghee, rice, sweet pudding, curds and honey is given to the baby to eat.

During the sixth months the baby develops power to digest cereals. The eldest male of the family first feeds the baby with a spoon. Feeding with sweet pudding is more in practice. Since the sweet pudding contains milk, it provides energy to the baby. Giving rice to the baby helps growth and development of energy. This ceremony is very important from health point of view of the baby. It is essential for physical and mental development of the baby.

5. Our Glorious History

Indian Method of Calculating Time

For the calculation of the age of this creation, three main measures or standards are mentioned —

Yuga, Manvantara and Kalpa. Four Yugas comprise a Mahāyuga. 71 Mahāyugas make a Manvantara (i.e. the distance between one Manu and the other). There is separate Manu for each Manvantara.

So, 4 Yugas = 1 Mahāyuga, 71 Mahāyuga = 1 Manvantar, 14 Manvantara = 1 Kalpa.

Yuga are made of years. The names of these four Yugas are –

- | | | | |
|-----|--------------|---|-----------------|
| (1) | Satyuga | = | 17,28,000 years |
| (2) | Treta yuga | = | 12,96,000 years |
| (3) | Dvāpara yuga | = | 8,64,000 years |
| (4) | Kaliyuga | = | 4,32,000 years |

At present 5,120 years of Kaliyuga have passed.

Unforgettable Martyrs

Parts of our history are studded with instances of sacrifices of the patriots for the sake of preserving our freedom and culture. Preserving our freedom was the sole object of our patriots. Thousands have sacrificed everything they had, including their precious life for this purpose. Maharani Laksmibai was queen of those who sacrificed all that she had for the freedom of Bhārata.

Maharani Laxmibai

The brave woman, intoxicated with patriotism was born on 14 dark half of Kārtika 1892 A.D. She spent her childhood with young boy Nanasaheb. Bajirao Peshwa had made every best arrangement for her education. According to traditional system of education she learnt reading, writing, use of weapons and horse riding. She was delicate, friendly and beautiful. But bravery was spread throughout her body. It was very easy for her to defeat 5-10 enemies at a time.

Gangādhār Rao was ruling Jhansi that time. Laksmibai was married to him. Soon after she became widow. Afterwards she began to spend her time singing

devotional songs and worshipping and reading holy books.

After some days she performed the initiation ceremony of her adopted son Damodara with great pomp and glory. Out of seven lakh rupees deposited for adoption, the British Government sanctioned only one lakh rupees. This was the intrigue of the Britishers to swallow the kingdom by unfair means. Laksmibai could not bear it.

Maharani jumped into the battlefield. There was heavy fighting with the British army. Some ungrateful Muslims and some unfaithful Rajputs took side with the enemies but Maharani Laksmibai had turned furious like dreadful Kāli. The fireballs fired by the mortars were killing the enemies. The enemies were burnt like moths and the British army when entered into the Jhansi fort could find nothing but pile of ash.

Maharani escaped safely and Nanasaheb, with the help of Maharani, had captured Gwalior but Jayajirao Scindia deceived them there. Maharani with pearl studded sword tied to her waist encountered Co. Smith. The British soldiers were wonderstruck by the beauty and extraordinary style of fighting of the Maharani. Maharani made advance, killing the British soldiers. Two enemy soldiers followed her. Engaged in war, Laksmibai was already very much tired. A sharp spear thrown by the enemy pierced into her chest. Even then Laksmibai cut off the heads of these two enemy soldiers. Maharani's body began to sink and she closed her eyes. The Bhārata is proud and feels honoured by Laksmibai's unforgettable sacrifice. Famous Hindi poetess Subhadrakumari Chauhan has said,

बुन्देले हर बोलों के मुख, हमने सुनी कहानी थी।
खूब लड़ी मर्दानी, वह तो झांसी वाली रानी थी॥

Following are some symbolic expressions related to some immortal martyr-patriots. Name such martyrs :

1. The three brothers who laid down their lives for the freedom of their motherland Bhārata.
(Damodar, Vasudev and Balakrishna – Chaphekar brothers)
2. A nationalist religious preacher who ran a parallel government during the British rule. What was his name?
(Ram Singh Kuka)
3. The two brothers who sacrificed their lives and became martyrs while performing 'Kāraseva' on 02 November 1990 at Śrī Rāmjanma Bhūmi, Ayodhyā.
(Ram Kothari and Sharad Kothari)
4. Who was its first martyr of first war of Independence 1857?
(Mangal Pandey)
5. Person who wrote the book 'First War of Independence' considering the fight of 1857 as a war against Britishers?
(Vir Savarakar)
6. Who is the great personality who made his father and sons agree to sacrifice their lives for the sake of the country and the dharma?
(Guru Govind Singh)
7. Who is the martyr of Kakori incident who influenced Bhagat Singh to name his younger brother after his (martyr's) name?
(Rajendra Lahiri)
8. Who was the revolutionary of the Kakori incident who along with Thakur Roshansingh was executed on 19 December 1927?
(Ram Prasad Bismil)
9. "It is not a great job to become an ICS officer but it is still great to serve the country sincerely and honestly." wrote Subhas Chandra Bose in a letter. Whom did he send the letter to?
(His elder brother Sharat Chandra Bose)

10. Name the brave revolutionary who formed an army to fight against the British and the British had declared a reward of Rs.12,500.00 for his arrest?

(Ras Behari Bose)

6. The World as one Family

We the residents of Bhārat are the progeny of great saints who searched for truth. It is good in all of us to follow the preachings of the sages. Following the ancients tradition to search truth many brothers and sisters discovered such knowledge even during the present times as has been accepted by whole world. Let us know some of them.

Great Personalities

1. **Subrahmanyam Chandrashekhar** : Chandrashekhar Subrahmanyam is a great scientist who for the first time in the world measured the limits of stars. His finding is called 'Chandrashekhar limits '. He was awarded Nobel Prize in Physics.
2. **Raja Ramanna** : A great nuclear scientist of our country. Formerly he was the Chairman of the Nuclear Energy Commission.
3. **Dr. Jayanta Narlikar** : One of the foremost astrophysicists. He has done research in the field of Black Holes and circular space Geometry.
4. **Dr. Panchanan Maheshwari** : Famous Bhāratīya Botanist. He carried out research on the technique of creating artificial seeds in test tubes.
5. **Mario Pozio** : Prof. G.S.M Born in Italy; cancer specialist, who harming his own body, prescribed the

method of safeguarding against the ill effects of X-Rays.

6. **Harrand Guilles** : Famous plastic surgeon of New Zealand. He introduced his research methods in Bhārata also.
7. **Chandra Shekhar Venkataraman** : Eminent physicist, who conducted his research on Light, X-ray, Ultrasonic rays, human Vision, and other related fields etc. He was awarded Nobel Prize in 1930 on his research titled 'Raman Effect'.
8. **Meghnad Saha** : Born on 6th October 1893 at sivaratali of Dhaka (Now Bangladesh); eminent space scientist; important researches are on physical theory of the inter-stellar Spectrum, Mass of Electrons and Protons etc.
9. **Dr. Atma Ram** : Born in Bijnore (UP), a great scholar of Chemistry, worked on synthesis of light (photosynthesis); was decorated with Padmashri award; in 1971 Presided over the seminar of U.N.I.D.O. in Copenhagen.

Ancient Educational Centres

India was called the Preceptor of world. Students used to come here from far and near to seek knowledge. They returned home after getting education and getting knowledge from this land, due to which the name of India resounded everywhere with reverence. A large number of students from Middle Asia, Afganistan, Greece, Syria, Iran etc. came to Takṣashila and enrolled as student there for gaining knowledge, specially of Science. During 7th cent. Taksashila became a place of international fame as an eminent centre of education. Many other centers

also had good facilities for education. The names of some of these centers are given below.

Mahaṛṣi Vyāsa	Badri Nath	Mahabharat era
Mahaṛṣi Agastya	Dandakāranya	Ramayana age
Mahaṛṣi Sandipan	Ujjain	Mahabharat era
Dhaumya Ṛṣi	Gāndhāra	Ancient Times
Mahaṛṣi Chanākya	Nalanda	Mauryan Times

7. The Shining Tradition of Indian Sciences

Bhāratīya Scentists

1. **D. Bhagavantam** : Dr. Bhagavantam conducted research in the field of radio waves, astronomy and cosmic rays.
2. **Dr. Satyendranath Basu** : He did research on new statistics and invented a particle Boson.
3. **Prof. Satish Dhawan** : was responsible for launching a series of satellites, e.g.Rohinī, Āryabhata.
4. **Prof. Shyam Sunder Joshi** : Dr. Joshi conducted research on the physical and chemical reactions of Nitrogen in the field of electricity.
5. **Dr. A. P. J. Abdul Kalam** : His important contribution is in developing missiles. He is honoured with Padma vibhushana and Bharata Ratna titles. He was also the 14th President of India from 25 July 2002 to 24 July 2007.

Āyurveda

In which way the three elements such as vāta, pitta and kafa work in the body of a healthy person. What are their different functions?

Ans.: Vāta, Pitta and Kafa, when they are in the right proportion they sustain and protect the body. If there is any kind of imbalance in their proportion, the person becomes sick. Their normal functions are described below.

1. Vāta : Vāyu (wind) -Vāyu staying in a very natural way is responsible for the all small and big normal activities which take place inside the body. Its natural functioning is involved in respiration, purification of blood, giving activity to the body and various limbs, blood circulation, throwing out the waste from the human body are its natural activities.
2. Pitta : When in natural condition this element helps us to digest all that we eat and drink and helps the energy thus created to get into the blood stream. It provides our body with a kind of brilliance, sight and heat. It makes us feel hungry and thirsty and other associated activities.
3. Kafa : In its natural form it keeps all the joints in the body lubricated. It is responsible for maintaining the weight of the body. It also helps us maintain strength. It also generates the qualities of forgiveness, perseverance and contentment in our mind.

Ecology/Environment

In Indian tradition, there has always been great awareness about environment.

This is the reason that some trees and plants are worshipped every day or on specific occasions. We consider them to represent different aspects of gods and goddesses. Let us learn why we should worship these trees and plants.

1. **The pipal tree** : Pipal tree symbolizes the abode of Brahmā.
Scientifically it is proved that a pipal tree gives out more oxygen and purifies air in the atmosphere. Its leaves, fruits, bark and juice are highly medicinal. It cures back pain. Vomiting can be cured by extract prepared by boiling its leaves. Its root is helpful in

increasing the vitality of man. The tree is worshipped on every saturday.

2. **Gooseberry** : Gooseberry has highest potency vitamin 'C' in it. It can activate every part of the human body. It is used in preparing cyavana prāśa, a tonic to strengthen all elements in body. It is beneficial in ailments relating to our eyes. It is also used in preventing baldness. It is highly anti-dandruff. It is also used in preparing triphalā.
3. **Tulasī** : Tulasī is used in curing malaria, flu, ear ailments, cold and a number of other diseases. It is essentially used in performing pooja. It is considered very sacred.
4. **Banyan Tree** : Hindu wives worship the banyan tree for the welfare and longevity of their husbands. It is a huge tree giving shade. Its milk is good for helping one to maintain brahmacarya and its fruit is helpful in maintaining and increasing vitality.

Exercises: Name the persons related to the following—

1. One of the nine jewels of Vikramāditya. Was famous astrologer, mathematician and Philosopher?
(Varāhamihira)
2. He threw great light on the significance of zero and invented algebra as well as Trigonometry. He discovered that the earth revolves round the sun.
(Āryabhata)
3. Name the American citizen Indian Scientist who got Nobel Prize on Genes synthesis.
(Dr. Hargovind Khurana)
4. He was the first to tell as about the evolution of universe and founder of Sāṅkhya philosophy.
(Mahaṛṣi Kapila)
5. What is the name of the pilotless aeroplane manufactured by indigenous technology?
(Lakṣya)

6. Cow's milk is yellowish whereas buffalo's milk is white. Why? (The yellowish tinge of cow's milk is due to its higher percentage of B. Caratene. Buffalo's milk is whitish because it contains calcium phosphate and cassinet in the body fat. The creamy colour is due to the presence of carotene, as well as rebo flavine in watery element in body. In buffalo's milk the presence of white calcium is higher.

Mitrāvaruṇa Śaktī (Electricity)

(A gift by ancient Bhāratīya Science)

Electric Cell : Sage Agastya has stated the useful materials in making this cell. It is found in Agastya Samhitā, Earthen pot, copper sheet and copper sulphate (having the colour like Peacock's neck) and wet wood powder. Put the copper sheet and copper sulphate in the pot, apply wet wood powder and pour mercury and zinc and connect with wires. Then mitrā-varuna energy (electricity) is produced. In an open circuit it had a voltage of 1.38.

Space Science

Conquest of Moon Campaign

On October 22, 2008 Bhārat launched its first unmanned spacecraft towards moon, which was named Chandrayān—I. It unfurled the tricolour flage on the surface of moon at 8:33 P.M. on 14th November 2008. By landing this craft Bhārat has recorded its presence in the list of nations reaching moon, which include Russia, America, Japan, European Space Agencies. The Moon Impact Probe (M.I.P) projected by Chandrayan—I is the first Indian made machine to touch the surface of moon. This total project was conceived by Dr. Abdul Kalam. This touched the surface of moon after finishing its journey of

25 minutes after separating itself from Chandrayan—I at 8:06 P.M. on 14th November 2008.

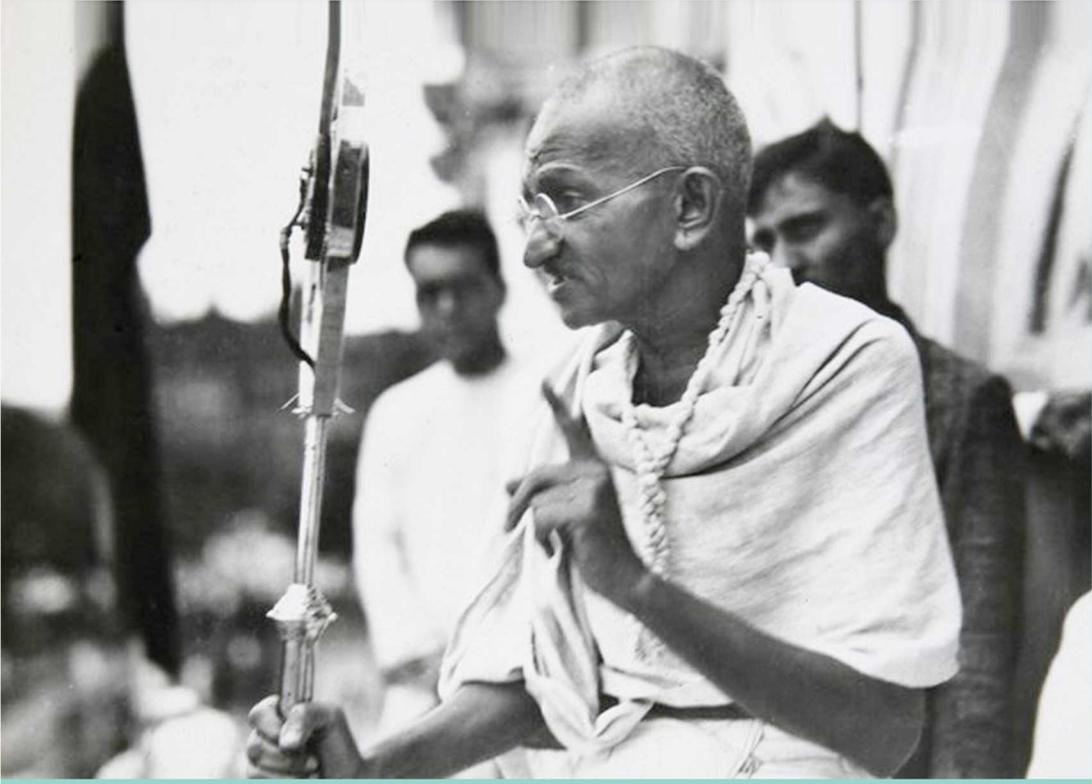
Chapter-8. General Knowledge

Chapter-9. Our National Heroes

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

Type of Questions

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



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

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

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



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