

Social Studies Grade – 7 Part- 1

Mastermind

Chapter 1 – Geographical Diversity of India

NCERT CORNER

1. India has diverse physical features such as the Himalayas, plains, plateau, desert, coastal regions, and islands. These features create different climates and natural conditions. Each region supports different types of vegetation and human activities.
2. Geographical diversity influences climate, food habits, occupations, and culture. For example, people in the plains practice farming, while those in the mountains depend on tourism and animal rearing. It also leads to diversity in languages, clothing, and traditions.
3. The map shows mountains, plains, plateaus, and deserts in different colours. Each colour represents the height or elevation of the land. Darker shades usually indicate higher regions like mountains, while lighter colours show plains.
4. India lies between approximately $8^{\circ}4' N$ to $37^{\circ}6' N$ latitude and $68^{\circ}7' E$ to $97^{\circ}25' E$ longitude. These coordinates help in locating India on the globe.
5. States include Jammu & Kashmir, Himachal Pradesh, Uttarakhand, Sikkim, and Arunachal Pradesh. These states lie along the northern boundary of India.
6. Plains have higher temperatures and humidity, which create unstable air conditions. This leads to the formation of thunderstorms and lightning more frequently.
7. Sand dunes are shaped by wind action. Wind continuously deposits sand in a particular pattern, giving dunes a stable shape. Even though sand is loose, constant wind maintains its structure.
8. Most rivers in northern India flow from north to south-east, while peninsular rivers mainly flow west to east into the Bay of Bengal.

Questions and Activities

1. The Himalayas and the Northern Plains are very important. The Himalayas protect India from cold winds and help in rainfall. The plains are fertile and support agriculture and a dense population.
2. India would face extreme cold winds from Central Asia. There would be less rainfall, affecting agriculture. Rivers like the Ganga might not exist, and the climate would become harsh and dry.
3. India has a wide variety of landforms, climates, cultures, and biodiversity. It includes mountains, deserts, plains, plateaus, and islands. This diversity makes it similar to a continent.
4. People use rivers for drinking, irrigation, transport, and electricity generation. Rivers also support industries and provide fertile soil for farming. They are important for religious and cultural activities too.
5. It is surrounded by water on three sides and is part of a plateau region. It has old rocks and is triangular in shape, making it a peninsular plateau.
6. Example: Living Root Bridges of Meghalaya – They are unique natural structures formed by tree roots and show human-nature harmony.
7. Meerut lies in the Northern Plains. It is a fertile region with flat land, suitable for agriculture and a dense population. (answer may vary according to students' city)
8. Drying, salting, pickling, refrigeration, and freezing are common methods. These methods help in storing food for a longer time.
9. Rivers, trade routes, and shared resources connect people across regions. Despite diversity, common cultural practices and economic activities create unity.

TEST TREKKER

A. Multiple Choice Questions (MCQs)

1. c) Himadri
2. c) Ganga.

3. c) Rajasthan
4. b) Deccan Plateau
5. a) Barren Island

B. Fill in the Blanks

1. snow
2. deltas
3. zinc
4. Ladakh
5. Meghalaya

C. True / False

1. False – Himadri is the highest, not Shivalik
2. True
3. False – Gangetic Plains are highly fertile
4. True
5. True

D. Match the Columns

1. Himadri → c) Highest Himalayas
2. Zawar Mines → d) Zinc Extraction
3. Pangong Tso → e) High Altitude Lake
4. Lakshadweep → a) Coral Islands
5. Ladakh → b) Cold Desert

E. Very Short Answer

1. The Ganga and Yamuna are two important rivers that originate in the Himalayas and provide water for millions of people.
2. Indian Standard Time (IST) is the official time of India, based on $82\frac{1}{2}^{\circ}$ East longitude.
3. The Thar Desert lies in western India and is known for its hot and dry climate.
4. The word 'Himalaya' means 'Abode of Snow' because the mountains remain covered with snow.
5. The Taj Mahal is a famous UNESCO World Heritage Site known for its beauty and history.

F. Short Answer Questions

1. The Ganga provides a continuous supply of water for irrigation. It deposits fertile alluvial soil in the plains, which is ideal for growing crops like rice and wheat. The river supports large-scale farming and ensures food security. It is the backbone of agriculture in northern India.
2. The Aravalli Hills are among the oldest mountain ranges in India. They are rich in minerals like zinc, copper, and marble. They act as a natural barrier, preventing the expansion of the Thar Desert. They also influence local climate and support vegetation.
3. The Western Ghats run parallel to the western coast of India. They receive heavy rainfall due to the monsoon winds. This region is rich in biodiversity and is home to many plant and animal species. Several rivers originate from these hills.
4. The Western Coastal Plains are narrow and have estuaries due to fast-flowing rivers. In contrast, the Eastern Coastal Plains are wider and have large deltas formed by rivers like the Ganga and Godavari. The eastern coast is more suitable for agriculture due to fertile soil.
5. The Tropic of Cancer passes through eight states of India. These are Gujarat, Rajasthan, Madhya Pradesh, Chhattisgarh, Jharkhand, West Bengal, Tripura, and Mizoram. It divides India into tropical and subtropical regions, affecting climate patterns.

G. Long Answer Questions

1. The Himalayas are divided into three main ranges—Himadri, Himachal, and Shivalik. The Himadri (Greater Himalayas) is the highest range with permanent

snow and glaciers; it is the source of major rivers like the Ganga. The Himachal (Lesser Himalayas) has forests, valleys, and hill stations like Shimla and Manali, making it important for tourism. The Shivalik range is the lowest and consists of loose rocks and foothills. These ranges together protect India from cold winds and influence the climate.

2. People in the Thar Desert have adapted to extreme heat and water scarcity. They wear loose, light-coloured clothes to stay cool. Houses are built with thick mud walls to reduce heat inside. Camels are widely used for transport, as they can survive with little water. People store rainwater and use it carefully for daily needs.

3. The Peninsular Plateau is an ancient landmass made of hard rocks. It is rich in minerals like iron, coal, and manganese. Rivers here are mostly seasonal and depend on rainfall. Most rivers flow eastwards, such as the Godavari and Krishna, and form deltas. These rivers are important for irrigation and hydroelectric power.

4. These islands are located in the Bay of Bengal and have strategic importance for India's security. They are rich in biodiversity, with dense forests and unique wildlife. The islands also attract tourists due to their natural beauty. Additionally, they help in controlling sea routes and strengthening India's naval presence.

5. Ladakh is a cold desert with high mountains and very low rainfall. The region has sparse vegetation and extreme temperatures. People follow a unique lifestyle adapted to harsh conditions. It is famous for Buddhist monasteries, festivals, and traditional culture. Tourism is also an important activity here.

Competency-Based (Assertion–Reason)

A.

Both true, R explains A

Answer: A

B.

Assertion false (Western Ghats rivers form estuaries, not deltas)

Reason true

Answer: D

Source-Based Answers

- a) Barren Island
- b) It was used by the British to imprison Indian freedom fighters
- c) Bay of Bengal

Skill-Based

Communication

Rivers are not just water sources; they shape landforms, support agriculture, and influence culture and settlements. They are essential for life and economic activities.

Social and Life Skills

1. Eco-Friendly Steps

- 1. Avoid plastic and carry reusable items
- 2. Do not harm plants and animals
- 3. Keep surroundings clean and dispose of waste properly

2. Cutting trees in the Sundarbans would harm wildlife, reduce natural protection from cyclones, and destroy the ecosystem.

Map-Based Logical Reasoning

- Himalayas – North
- Thar Desert – West
- Deccan Plateau – South
- Ganga River – Northern Plains
- Western Ghats – Western Coast

Chapter 2 – Understanding the Weather

NCERT CORNER

1. Weather can be measured using instruments like thermometers (temperature), barometers (pressure), anemometers (wind speed), wind vanes (direction), rain gauges (rainfall), and hygrometers (humidity). Continuous recording through weather stations and satellites helps monitor changes accurately.
2. Weather forecasts warn us about heavy rain, storms, droughts, and heat waves in advance. This helps farmers plan crops, people take safety measures, and governments prepare for disasters. It reduces damage and saves lives.
3. Examples: garam (hot), thandi (cold), baarish (rain), aandhi (storm), humidity (chipchipsa mausam). These words reflect everyday weather experiences.
4. Accurate measurement helps in forecasting, disaster management, farming, transport, and planning daily activities. It ensures safety and better decision-making.
5. Elders observe dark clouds, wind direction, animal behaviour, and changes in temperature. Example: "Red sky at sunset means clear weather." These are based on experience.
6. Maximum = 32°C, Minimum = 14°C
Range = 32 – 14 = 18°C
7. A rain gauge collects rainwater in a container. It is placed in an open area on flat ground. The collected water is measured daily using a scale to record rainfall. (do it yourself)
8. It helps predict weather changes like storms and rainfall. Pilots, meteorologists, sailors, and farmers use pressure data.
9. Seeds are carried by wind for dispersal. Without wind, seeds would fall near the parent plant, reducing growth and spread.
10. Kochi has higher humidity due to its proximity to the sea. Humidity can be compared using hygrometers and recorded data.
11. Clothes dry faster in Delhi (lower humidity). People sweat more in Kochi (higher humidity slows evaporation).

12. Situations where weather prediction helps

Agriculture, travel, disaster management, fishing, aviation, and outdoor events.

13. Weather alerts by IMD

Storms, rainfall, heat waves, cyclones, cold waves.

14. Coastal and northeastern states often receive warnings.

15. Regions with a stable climate, like some plateau areas.

16. Heat wave states

Rajasthan, Delhi, Haryana, Madhya Pradesh.

17. Due to heavy rainfall, cyclones, and strong winds.

TEST TREKKER

A. MCQs

1. c) Anemometer
2. c) Troposphere
3. c) Air is fully saturated with water vapour
4. d) Millimetres
5. c) Human involvement

B. Fill in the Blanks

1. Rain gauge
2. Laboratory
3. Direction
4. Pressure
5. Hygrometer

C. True / False

1. False – measured by hygrometer
2. False – wind moves high to low pressure
3. True
4. False – used in labs also

5. True

D. Match the Columns

1. Rain gauge → c) Measures rainfall
2. Wind vane → a) Direction of wind
3. Hygrometer → d) Measures humidity
4. Thermometer → b) Measures temperature
5. Anemometer → e) Measures wind speed

E. Very Short Answer

1. A barometer measures atmospheric pressure, which helps in predicting weather changes.
2. The troposphere is the lowest layer of the atmosphere where weather occurs.
3. Precipitation is the falling of water from clouds in the form of rain, snow, or hail.
4. A hygrometer is used to measure humidity in the air.
5. Wind helps in seed dispersal by carrying seeds to new places for growth.

F. Short Answer Questions

1. A rain gauge collects rainwater in a cylindrical container placed in an open area. The water collected is measured using a scale in millimetres. It helps determine the amount of rainfall over a period. Accurate placement ensures correct readings.
2. At high altitudes, air pressure is low and oxygen levels are reduced. This makes it harder for the body to get enough oxygen. People may feel breathless and tired. Acclimatization is needed.
3. Weather forecasts help farmers decide sowing and harvesting time. They also help people plan travel and prepare for storms or extreme weather.
4. Relative humidity is the amount of water vapour present in air compared to its maximum capacity. It is measured using a hygrometer. It affects comfort and weather conditions.
5. A wind vane shows the direction from which the wind is blowing. It helps in understanding weather patterns. It is useful for forecasting and navigation.

G. Long Answer Questions

1. Weather consists of temperature, humidity, precipitation, wind, and atmospheric pressure. Temperature tells how hot or cold the air is. Humidity shows moisture content, affecting comfort. Precipitation includes rain, snow, and hail. Wind indicates air movement and direction. Atmospheric pressure helps predict weather changes like storms.

2. An AWS is a system that automatically records weather data using sensors. It measures temperature, humidity, rainfall, and wind without human help. It provides accurate and real-time data. It is useful in remote areas and disaster warning systems.

3. High humidity makes weather feel hotter and uncomfortable, causing sweating. Low humidity dries skin and air. It affects drying of clothes, health, and comfort. It also influences weather patterns.

4. Weather is predicted using instruments, satellites, and computer models. Data like temperature, pressure, and humidity is analyzed. Scientists study patterns and give forecasts. This helps in planning and safety.

5. Atmospheric pressure is the force exerted by air. High pressure usually brings clear weather, while low pressure brings storms. It helps in forecasting weather changes. It is important for aviation and navigation.

Competency-Based

Assertion–Reason

Both true, R explains A

Answer: A

Source-Based

a) Automated Weather Station

b) It helps collect data in remote mountainous regions and gives early warnings.

Skill Booster Zone

Communication

Farmers depend on the weather to decide sowing, irrigation, and harvesting. Accurate forecasts help protect crops from damage. It improves productivity and reduces loss.

Social & Life Skills

- Stay indoors during storms
- Keep emergency kit ready
- Avoid flooded or risky areas

Map / Drawing Task

Draw and label:

- Thermometer
- Rain gauge
- Anemometer

Chapter 3 – Climates of India

NCERT CORNER

1. India's climate is diverse due to factors like latitude, altitude, distance from the sea, relief features, and monsoon winds. The presence of the Himalayas and surrounding seas also influences temperature and rainfall patterns. These factors create different climatic regions across the country.

2. Monsoons are seasonal winds that change direction with the seasons. They are formed due to the difference in heating between land and sea. In summer, land heats faster, creating low pressure that draws moist winds from the sea, causing rainfall.

3. Climate affects agriculture, which is the backbone of India's economy. It influences food habits, clothing, and festivals. For example, monsoon festivals and crop-based traditions reflect climatic conditions.

4. Understanding climate helps predict events like floods, cyclones, and droughts. It allows early warnings and better preparation. This reduces loss of life and property.

5.

Climate change refers to long-term changes in temperature and weather patterns. It is mainly caused by human activities like pollution and

deforestation. Consequences include rising temperatures, melting glaciers, extreme weather, and sea-level rise.

6. Favourite season (sample answer)

My favourite season is winter because the weather is pleasant and comfortable. It allows outdoor activities without extreme heat. Festivals and foods also make this season enjoyable.

7. Seasonal events in the region (sample)

In summer, temperatures rise, and schools have vacations. In the monsoon, rainfall supports farming. In winter, the weather becomes cool and foggy in northern India.

8. Trees shed leaves before winter to reduce water loss and survive harsh conditions. This process helps conserve energy.

9. Ooty is located at a higher altitude, so it has a cooler climate. Coimbatore lies in the plains and experiences warmer temperatures. Altitude affects temperature significantly.

10. Clouds are made of tiny water droplets or ice crystals formed by condensation of water vapour.

11. Floods occur due to heavy rainfall, overflowing rivers, poor drainage, and deforestation. These factors increase water levels rapidly.

Textbook Exercise

1. Match the climatic factors

1. Latitude → (b) Creates different climates in North and South
2. Altitude → (c) Keeps higher places cooler
3. Proximity to ocean → (d) Moderates temperature
4. Monsoon winds → (a) Brings wet air to India during summer

2. Answer the following questions

a) Weather refers to the day-to-day condition of the atmosphere at a particular place, such as temperature, rainfall, and wind. It changes frequently. Climate is the average weather condition of a place over a long period of time

(usually 30 years or more). It remains relatively stable and helps us understand the general weather pattern in a region.

b) Places near the ocean experience milder temperatures because water heats up and cools down more slowly than land. During the day, the sea absorbs heat, preventing the temperature from rising too high. At night, it releases heat slowly, keeping the surroundings warm. This reduces extreme temperatures, making coastal areas moderate compared to inland regions.

c) Monsoon winds are seasonal winds that bring rainfall to India. The southwest monsoon carries moisture from the Indian Ocean and causes heavy rains during summer (June to September). The northeast monsoon brings rainfall mainly to the southeastern coast during winter. These winds control agriculture, water supply, and overall climate patterns in India.

d) Chennai is located near the sea in a tropical region, so it has a moderate and warm climate throughout the year due to the influence of the ocean. Leh is located in the mountainous region (Himalayas) at a high altitude, where temperatures are low. Higher altitude means thinner air and less heat retention, making Leh very cold.

3.

Leh

- Location: Mountains (Himalayas)
- Climate: Cold desert climate
- Effect: Very low temperatures and little rainfall due to high altitude

Chennai

- Location: Near sea (coastal)
- Climate: Hot and humid
- Effect: Moderate temperatures, high humidity, rainfall from monsoon

Delhi

- Location: Inland (away from sea)
- Climate: Continental
- Effect: Extreme temperatures—very hot summers and cold winters

Panaji (Goa)

- Location: Coastal
- Climate: Tropical maritime
- Effect: Moderate temperature, heavy rainfall, high humidity

Jaipur

- Location: Desert region
- Climate: Hot and dry
- Effect: Very hot summers, low rainfall, large temperature variation

How do these factors affect climate?

- **Near sea** → Moderate temperature
- **Mountains** → Cold climate
- **Desert** → Hot and dry
- **Inland** → Extreme temperatures

4. In the summer, winds blow from the sea to the land (southwest monsoon), bringing rain.

In winters, winds reverse direction and blow from land to sea (northeast monsoon), bringing dry conditions to most parts of India.

(In exam, you can draw arrows showing:

Summer: Arabian Sea & Bay of Bengal → India

Winter: India → Ocean)

5. Poster on festivals linked with farming and weather (Content)

You can write:

- **Baisakhi** – Celebrates harvest season in Punjab
- **Onam** – Linked to monsoon and harvest in Kerala
- **Pongal** – Thanksgiving for crops in Tamil Nadu

Add drawings of crops, farmers, and rain.

6. *Dear Diary,*

Today I prepared my fields for the coming monsoon. I ploughed the land and selected good quality seeds. The rain is very important for my crops, so I checked irrigation channels and repaired them. I also stored fertilizers and made arrangements to protect crops from excess water. I hope the monsoon arrives on time so that my crops grow well and give a good harvest.

– *A hopeful farmer*

7. Natural disaster (Example: Flood)

Floods are caused by heavy rainfall, overflowing rivers, or poor drainage systems. They damage crops, homes, and roads, and can lead to loss of life.

Steps to reduce impact:

- Build proper drainage systems
- Plant trees to prevent soil erosion
- Early warning systems
- Community awareness and disaster planning

TEST TREKKER

A. MCQs

1. b) The average weather over 30+ years
2. b) Ladakh
3. c) Earth's revolution and tilted axis
4. c) Hygrometer
5. c) June–September

B. Fill in the Blanks

1. Southwest
2. Weather
3. Central Asia
4. Cyclone
5. Greenhouse

C. True / False

1. False – Latitude affects temperature
2. True
3. False – also influenced by pressure and land-sea differences
4. True
5. False – human activities impact climate change

D. Match the Columns

1. Troposphere → c) Lowest atmospheric layer
2. Rain gauge → b) Measures rainfall
3. Cyclone → a) Climate-related disaster

4. Ooty → d) Hill station with cool climate
5. NDRF → e) Emergency rescue team

E. Very Short Answer

1. Precipitation is the process of water falling from clouds as rain, snow, or hail.
2. A wind vane shows the direction of the wind.
3. The Thar Desert is an example of an area with an arid climate.
4. An urban heat island is a city area that is warmer than surrounding rural areas due to human activities.
5. Observing cloud patterns or animal behaviour is an example of traditional weather knowledge.

F. Short Answer Questions

1. Weather refers to the short-term condition of the atmosphere, such as temperature or rainfall on a particular day. Climate is the average weather pattern of a place over a long period. Weather changes daily, while climate remains relatively stable.
2. Temperature decreases as altitude increases. Higher places have thinner air, which cannot hold much heat. That is why hill stations like Ooty are cooler than the nearby plains.
3. Latitude affects the amount of sunlight a place receives. Altitude affects temperature, making higher regions cooler. Both factors play a major role in determining the climate.
4. A microclimate is the climate of a small, specific area that differs from the surrounding region. For example, a garden or park may feel cooler than nearby urban areas.
5. Topography affects rainfall and temperature. Mountains block winds and cause rainfall on one side while creating dry areas on the other. This leads to varied climates.

G. Long Answer Questions

1. The southwest monsoon begins in June and brings heavy rainfall to India. It splits into two branches—the Arabian Sea branch and the Bay of Bengal branch.

These winds carry moisture and cause rainfall across the country. It is crucial for agriculture and water supply.

2. Climate change is caused by greenhouse gases, deforestation, and industrial pollution. Major effects include rising temperatures, melting glaciers, and extreme weather events like floods and droughts. It also affects agriculture and biodiversity.

3. People can reduce climate change by using renewable energy, planting trees, and reducing pollution. Governments can enforce environmental laws. Sustainable practices can protect the environment.

4. India has tropical, desert, mountain, and coastal climates. Tropical regions are hot and wet. Desert regions are dry. Mountain regions are cold. Coastal areas have moderate climates due to the sea.

5. People observe animal behaviour, wind patterns, and cloud formations. These traditional methods help predict rainfall. Though not always accurate, they are based on long-term experience.

Competency-Based

Assertion–Reason

Both true, R explains A

Answer: A

Source-Based

a) Flood and landslide disaster

b) Hilly areas are prone due to steep slopes, loose soil, and heavy rainfall.

Skill Booster Zone

Communication

Every morning, the weather decides how I dress, travel, and plan my day. It affects food habits, health, and activities. Seasons influence festivals and lifestyle.

Social & Life Skills

- Stay in safe shelters
- Follow warnings
- Help others and keep emergency supplies ready

Map Work

- Southwest Monsoon → Arabian Sea & Bay of Bengal to land
- Northeast Monsoon → Land to Bay of Bengal
- Label: Himalayas, Deccan Plateau, Thar Desert, coastal areas

Chapter 4 – New Beginnings: Cities and States

NCERT CORNER

1. The Second Urbanisation refers to the growth of towns and cities in the Ganga plains around the 6th century BCE. This period saw increased trade, the use of iron tools, and the rise of kingdoms. It marked a shift from rural to urban life

2. Janapadas were early settled territories, while Mahajanapadas were larger and more powerful states. They played a key role in political organisation, economic growth, and the development of cities. They laid the foundation for future empires.

3. Both monarchies and republics (gana-sanghas) developed. In monarchies, kings ruled with authority, while in republics, decisions were taken by assemblies. This shows diversity in governance systems.

4. Capitals of major states

Magadha – Rajagriha/Patliputra

Kosala – Shravasti

Vatsa – Kaushambi

Avanti – Ujjain

Many of these cities exist today in different forms.

5. Regions like Kuru, Panchala, and Magadha appear in both maps. This shows continuity in settlement and political importance.

6. Table missing in the textbook

7. Division of labour increases efficiency and organisation. Different groups perform different roles like farming, trade, and governance. It helps in the smooth functioning of society.

8. Blacksmiths, potters, traders, soldiers, priests, artisans, and merchants.
9. Inequality exists in wealth, power, and social status. It may be based on caste, occupation, or gender. Efforts like reforms and laws aim to reduce inequality.

TEXTBOOK EXERCISES

1. Kautilya emphasized strong governance, taxation, and welfare. Today's systems also focus on administration and public welfare, but are more democratic. There is continuity, but with modern changes.
2. Rulers were often chosen by assemblies or based on strength and leadership. They were not always hereditary kings.
3. Archaeological sources like coins, tools, and ruins. Literary sources like Buddhist and Jain texts. These help understand the economy, society, and governance.
4. Iron tools helped clear forests and expand agriculture. This increased food production and supported population growth. It also led to the rise of cities and trade.

TEST TREKKER

A. MCQs

1. b) Place where people settled
2. c) Chola
3. c) Iron axe
4. c) Silver

B. Fill in the Blanks

1. Harappan
2. Lichchhavis and Vajji
3. Punch-marked
4. Second Urbanisation

C. True / False

1. False – assemblies were present

2. False – Mahajanapadas were larger
3. True
4. True

D. Match the Columns

1. Shishupalgarh → b) Fortified ancient city
2. Tripitaka → c) Buddhist scripture
3. Brahmins → a) Later Vedic tradition
4. Iron plough → d) Agricultural tool
5. Janapada → e) Clan-settled territory

E. Very Short Answer

1. A punch-marked coin is a coin stamped with symbols to show its authenticity.
2. Rice and wheat were commonly grown in the Ganga plains.
3. A moat is a deep ditch filled with water used for protecting cities or forts.
4. Vaishali is an example of an ancient republic.
5. Iron was used to make tools for clearing forests and farming.

F. Short Answer Questions

1. It refers to the rise of cities in the Ganga plains during the 6th century BCE. Improved agriculture and trade supported urban growth. It marked a shift from rural to urban settlements.
2. Harappan cities had planned layouts with grid patterns. They had drainage systems and strong buildings. Public structures like granaries were present.
3. Buddhism opposed caste-based discrimination. It promoted equality and simple living. It focused on moral values rather than birth-based status.
4. Kingdoms like Chola and Chera traded spices, pearls, and textiles. They had strong coastal trade links with other regions.
5. Capitals were fortified and well-planned. They had markets, administrative centres, and trade routes. They were centres of political power.

G. Long Answer Questions

1. The Harappan civilisation declined due to environmental changes, river shifts, and possible floods. A decrease in trade and resources also contributed. People gradually migrated to other regions.

2. Small tribal settlements called Janapadas expanded due to agriculture and trade. Some became powerful and formed Mahajanapadas. These larger states had better administration and armies.

3. Monarchies were ruled by kings with central authority. Republics were governed by assemblies where decisions were collective. Republics had more participation, while monarchies had stronger control.

4. Iron tools improved agriculture and increased food production. Coins made trade easier and faster. Together, they boosted economic activity and urban development.

5. Trade routes connected regions and enabled the exchange of goods. Coastal ports like Bharuch and Tamralipti supported overseas trade. This increased wealth and cultural exchange.

Competency-Based

Assertion–Reason

Both true, R explains A

Answer: A

Source-Based

a) Literary sources

b) They provide information about markets, rulers, and social life.

Skill Booster Zone

Communication

Ancient cities still influence modern India through culture, trade routes, and urban planning. They connect us to our past and shape present development.

Social & Life Skills

Values: fairness, cooperation, equality, responsibility, and community welfare.

Map-Based Answer

- Any 8 Mahajanapadas with capitals (example):
Magadha – Rajagriha

Kosala – Shravasti
Vatsa – Kaushambi
Avanti – Ujjain

Chapter 5 – The Rise of Empires

NCERT CORNER

- 1.** Emperors like Ashoka promoted tolerance, respect for all religions, and ethical conduct through their policies. They issued edicts encouraging kindness, non-violence, and justice. Officials were appointed to ensure welfare and maintain peace.
- 2.** Kings expanded to gain power, control resources, and increase wealth. Larger empires ensured better trade, security, and influence. Expansion also brought prestige and stronger political control.
- 3.** Rulers used alliances, marriages, diplomacy, and administration to expand influence. Trade connections and cultural exchange also strengthened control without war.
- 4.** Rivers, plains, and passes made travel easier. Coastal areas supported sea trade. The Ganga plains and trade routes connected regions efficiently.
- 5.** Bullock carts, horses, boats, and ships were used. Rivers and roads played a major role in transportation.
- 6.** Weapons like swords, spears, and axes made of iron can be identified. Iron tools improved warfare and agriculture.
- 7.** The parasol symbolized royalty, protection, and honour. It showed the importance and high status of the ruler or sacred object.
- 8.** Ashoka realized the suffering caused by war. His admission shows remorse and a shift towards peace and non-violence. It reflects a moral transformation.
- 9.** Yes, they helped manage the empire by ensuring law, order, and welfare. Officials spread his message and maintained administration across regions.

10. They show advanced administration, strong economy, and cultural development. Art, inscriptions, and architecture reflect organized governance.

11. Symbols represented authority, trade identity, and beliefs. They helped people recognize value and origin.

TEXTBOOK EXERCISES

1. An empire is larger, with diverse regions and centralized administration. A kingdom is smaller and less complex. Empires require stronger control systems.

2. Use of iron tools, better agriculture, trade growth, and strong armies. Efficient administration also supported expansion.

3. Alexander connected regions through conquest and cultural exchange. His invasion influenced Indian political history.

4. They built one of the largest empires with strong administration. Their policies, economy, and culture influenced future governance.

5. Ideas like taxation, administration, and law enforcement still exist today. Concepts of governance remain relevant in modern systems.

6. He promoted peace after war and focused on welfare. His policies influenced Indian values even today, like non-violence and tolerance.

TEST TREKKER

A. MCQs

1. c) Chandragupta Maurya
2. d) Guilt after the Kalinga War
3. c) Lord of all
4. d) Prakrit
5. d) Dharma and Buddha's teachings

B. Fill in the Blanks

1. Nanda
2. Kautilya
3. Brahmi

4. Pataliputra

5. Indus

C. True / False

1. False – did not reach Ganga

2. True

3. False – not all followed Buddhism

4. True

5. False

D. Match the Columns

1. Arthashastra → c) written by Kautilya

2. Ashoka → a) war with Kalinga

3. Porus → d) fought Alexander

4. Alexander → b) Greek ruler who invaded

5. Sanchi Stupa → e) built by Ashoka

E. Very Short Answer

1. An empire is a large territory ruled by one emperor with many regions under control.

2. Dhamma was Ashoka's policy of moral living, promoting peace and kindness.

3. Pataliputra and Taxila were key cities of the Mauryan Empire.

4. Ashoka's grandfather was Chandragupta Maurya.

5. The edicts promoted peace, tolerance, and the welfare of people.

F. Short Answer Questions

1. Kautilya was a scholar and advisor to Chandragupta Maurya. He wrote the Arthashastra, which explained administration, economy, and governance. His ideas helped build a strong empire.

2. Ashoka spread his message through edicts written on pillars and rocks. These were placed across the empire. They guided people on moral values and governance.

3. The Mauryan administration was centralized and well-organized. Officials were appointed for different duties. The empire had a strong army and an efficient taxation system.

4. Trade increased wealth and connected regions. It helped in exchange of goods and ideas. Roads and ports supported economic growth.

5. The war caused heavy destruction and loss of life. Ashoka felt regret and adopted non-violence. It led to the spread of Dhamma.

G. Long Answer Questions

1. Ashoka's Dhamma focused on moral values like non-violence, respect, and kindness. It encouraged religious tolerance and the welfare of people. He spread it through edicts, officials, and missionaries. It helped maintain peace and unity in the empire.

2. The Mauryan Empire was larger and more organized than earlier kingdoms. It had centralized administration, strong army, and efficient governance. Earlier kingdoms were smaller and less complex.

3. The Mauryas divided the empire into provinces. Officials managed administration and collected taxes. Roads and communication systems helped control distant areas.

4. They built stupas, pillars, and palaces. The Sanchi Stupa and Ashokan pillars are famous examples. These reflect advanced craftsmanship and cultural development.

5. After Ashoka's death, weak rulers and internal conflicts led to decline. Large size made control difficult. Economic and administrative issues also contributed.

Competency-Based

Assertion–Reason

Both true, R explains A

Answer: A

Source-Based

- a) Ashoka
- b) It shows he promoted justice, fairness, and humane governance.

Skill Booster Zone

Communication

After a bloody war, Ashoka chose peace over violence. He became a symbol of compassion and moral leadership. His policies influenced generations.

Value-Based Answer (sample answer)

I would ensure fairness, justice, equal treatment, and welfare. Promote peace and listen to people's needs.

Map Work (Answer)

- Mauryan Empire boundaries → Northern India to Deccan
- Cities → Pataliputra, Ujjain, Taxila, Tamralipti, Kalinga
- Trade routes → Uttarapatha, Dakshinapatha
- Sites → Sanchi, Sarnath, Dhauri

Chapter 6: The Age Of Reorganisation

NCERT CORNER

1. After Ashoka, weak rulers failed to maintain control over such a vast empire. Administrative weakness, internal conflicts, and lack of strong leadership led to its decline. Large empires need constant strong governance.
2. It was performed to show political power and supremacy. It helped rulers assert dominance over neighbouring regions and gain legitimacy as powerful kings.
3. Smaller kingdoms got independence and opportunities to grow. They could establish their own rule, expand territories, and develop local cultures.
4. Rulers supported multiple religions to maintain harmony and gain public support. It also reflected religious tolerance and political strategy.
5. Inscriptions show that women had an important role and status. Royal women made donations and participated in religious activities.

6. Inscriptions provide direct evidence about rulers, achievements, administration, and society. They help historians understand the past accurately.
7. It shows the advanced engineering skills of the Cholas. It helped irrigation and improved agriculture.
8. They show cultural exchange and religious diversity. Coins reflect beliefs and trade links; pillars show devotion and political messages.
9. To show respect for different religions and gain acceptance from diverse people. It also strengthened unity.
10. Cultural diversity encouraged exchange of ideas, art, and trade. It strengthened society and promoted development.

TEXTBOOK EXERCISES

1. After the Mauryas, many regional kingdoms emerged. Power shifted from a central empire to smaller states. This led to political reorganisation and cultural growth.
2. Sangam literature describes life in South India. It gives details about society, trade, kings, and culture. It reflects values like bravery and love.
3. Satavahana rulers used matronymics (mother's name) in titles. This showed respect for women and lineage importance.

4. Do it yourself

5. (sample idea)

My kingdom would focus on fair laws, strong trade, and equal respect for all religions. It would invest in agriculture and public welfare.

6. Map work (sample)

Mark sites like Mathura, Gandhara, Kaveripattinam, and Silk Route regions.

TEST TREKKER

A. MCQs

1. c) Pushyamitra Shunga
2. b) Satavahanas
3. c) Kaveri
4. c) Indo-Greek devotion to Vasudeva

B. Fill in the Blanks

1. Shunga
2. Hathigumpha
3. Gandhara
4. Silk Route
5. Grand Anicut

C. True / False

1. False
2. True
3. False
4. True
5. True

D. Match the Columns

1. Heliodorus → d) Indo-Greek who worshipped Vasudeva
2. Kanishka → b) Supported Buddhism and trade
3. Nanaghat → c) Site of royal inscriptions by women
4. Bharhut → b) (Buddhist site – implied support)
5. Karikala Chola → e) Built Grand Anicut

E. Very Short Answers

1. Pushyamitra Shunga founded the Shunga dynasty.
2. Silappadikaram is a Tamil epic that reflects society and justice.
3. The Hathigumpha inscription is related to King Kharavela.
4. Gandhara art is known for blending Indian and Greek styles.
5. Cholas were a South Indian dynasty.

F. Short Answer

1. They promoted trade and issued coins. They supported Buddhism and encouraged art and architecture. Women also had an important role in society.

2. The Kushanas controlled the Silk Route, connecting India with Central Asia and Rome. This increased trade, wealth, and cultural exchange.

3. Indo-Greeks adopted Indian traditions and depicted Indian gods on coins. Their art blended Greek and Indian styles, especially in Gandhara.

4. It tells about Kharavela's achievements and military campaigns. It provides details about administration and society.

5. Mathura art used Indian styles and red sandstone. Gandhara art showed Greek influence with realistic features. Both contributed to Buddhist sculpture.

G. Long Answer Questions

1. After Mauryas, many kingdoms emerged, leading to regional diversity. This allowed local cultures, art, and traditions to grow. Trade and religious ideas spread widely.

2. Kanishka promoted Buddhism and supported the spread of Mahayana Buddhism. He controlled major trade routes and encouraged cultural exchange. His rule boosted art and architecture.

3. Southern kingdoms like the Cholas and Pandyas boosted trade, especially maritime trade. They improved irrigation and agriculture. They also contributed to literature and culture.

4. They provide direct historical evidence. Inscriptions tell about rulers and events, while coins show economy and beliefs. They help reconstruct history accurately.

5. It highlights justice, moral values, and the role of women. It shows the social life, trade, and cultural traditions of South India.

Competency-Based

Assertion–Reason

Both true, R explains A

Answer: A

Source-Based

a) Theme: Justice and morality (Kannagi's story)

b) It shows social values, the role of women, and political systems in South India.

Skill Booster Zone

Communication (1 min idea)

We cannot meet ancient kings, but their words remain through inscriptions, coins, and literature. These sources help us understand governance, culture, and daily life of the past.

Value-Based Answer

As a ruler, I would balance trade, religion, and welfare by promoting equality, building infrastructure, and ensuring justice for all.

Map Work (Answer Guide)

- Shade: Satavahanas, Kushanas, Shungas, South kingdoms
- Mark: Pataliputra, Mathura, Kaveripattinam, Taxila
- Draw: Silk Route
- Add: Gandhara & Mathura art regions

Chapter 7: The Gupta Era: An Age Of Tireless Creativity

NCERT CORNER

1. During the Gupta period, several regional kingdoms existed alongside the Guptas, such as the Vakatakas, Pallavas, and Hunas. These kingdoms sometimes acted as allies and at other times as rivals. Their presence shows that India was politically diverse and not under a single ruler everywhere. This also led to cultural exchange between regions.

2. Kautilya believed that rulers should form alliances with friendly states to strengthen their political position. These alliances helped in protecting territories and defeating enemies. According to him, diplomacy was as important as warfare in expanding and maintaining power.

3. Rulers used titles like *Maharajadhiraja* and *Chakravartin* to show their supreme authority and dominance over other kings. These titles helped create a strong image of power and legitimacy. They also discouraged rebellion and established respect among subjects and neighbouring rulers.

4. These titles conveyed that the ruler was powerful, victorious, and superior to others. They reflected political strength and success in warfare. Such titles also aimed to inspire loyalty among subjects and fear among enemies.
5. Inscriptions of Prabhavati Gupta show that women could hold important political roles during the Gupta period. She ruled as a regent and took administrative decisions. This indicates that royal women were respected and had significant authority in governance.
6. A regent ruled on behalf of a minor king and handled administration and decision-making. This role required wisdom, leadership, and accountability. It shows that governance was a serious responsibility, even when held temporarily.
7. Land grants were recorded on copper plates because copper is durable and long-lasting. These records served as permanent legal documents. They helped avoid disputes and ensured that ownership rights were clearly preserved.
8. Land grants provided a steady source of income to officials instead of regular salaries. This reduced financial burden on the state. It also encouraged loyalty and helped in the better administration of distant regions.
9. Trade was essential for generating wealth and maintaining economic stability. It connected different regions and promoted the exchange of goods and ideas. A strong trade network helped sustain the large Gupta Empire.
10. Indian goods like fine cotton textiles, silk, spices, ivory, and precious stones were highly valued in foreign markets. These goods were exported to regions like Rome and Southeast Asia. This increased India's economic prosperity.
11. Archaeological findings in Socotra Island show Indian artefacts, proving strong maritime trade links. This indicates that Indian traders travelled long distances. It reflects India's active participation in international trade networks.
12. The Gupta period witnessed exchange of ideas, religion, and art with other regions. Foreign travelers visited India and shared knowledge. This cultural interaction enriched Indian society and broadened its outlook.
13. Her dress and ornaments reflect royal status and wealth. Her confident posture suggests authority and dignity. The presence of attendants shows a well-organised court and respect for hierarchy.

TEXTBOOK EXERCISE

1. Sample Answer

Greetings from Pataliputra!

Life here is vibrant and full of excitement. Just yesterday, I witnessed a grand gathering in the royal court where scholars, poets, and musicians presented their talents. The king, known for his wisdom and generosity, encourages learning and the arts. Our city is filled with beautiful temples, well-planned streets, and busy markets where traders from distant lands come to exchange goods like silk, spices, and precious stones.

Education is highly valued here. Many students study subjects like mathematics, astronomy, and literature. Great scholars like Aryabhata are making important discoveries about the stars and numbers. Art and architecture are also flourishing, with magnificent cave paintings and sculptures being created.

People live in peace and prosperity, and laws are strictly followed to maintain order. Festivals are celebrated with great joy, bringing the community together. Farmers, traders, and craftsmen all contribute to the growth of the empire.

I feel proud to live in such a golden age where knowledge, culture, and progress shine brightly.

Yours sincerely,

A citizen of the Gupta Empire

2. Chandragupta II was known as Vikramaditya. He was a powerful ruler who expanded the empire and promoted art, culture, and trade.

3. During the Gupta period, peace and stability allowed people to focus on learning, art, and science instead of war. Scholars like Aryabhata made scientific discoveries, and writers like Kalidasa created great literary works. Trade flourished, cities developed, and architecture improved. Thus, peace directly contributed to cultural and intellectual growth.

4. Sample Answer

Characters: King, Minister, Scholar, Poet

King: Welcome, scholars. What knowledge do you bring today?

Scholar: Your Majesty, I have studied the movements of stars and calculated new values.

Poet: I present a poem celebrating your rule and the beauty of nature.

Minister: Trade is growing, and the people are prosperous.

King: Excellent! Knowledge and welfare are the pillars of our empire. Let us continue to support learning and peace.

5. The Pallavas were a powerful South Indian dynasty. They ruled mainly over parts of present-day Tamil Nadu, with their capital at Kanchipuram. They were known for their contributions to temple architecture and art.

6.

1. Kanchipuram → (d) Known as a city of a thousand temples
2. Ujjayini → (e) A prominent centre of learning in ancient India
3. Udayagiri → (b) Famous for rock-cut caves featuring carvings of Hindu deities
4. Ajanta → (a) Known for vibrant cave paintings that depict the Jataka tales
5. Pataliputra → (c) Capital of the Guptas

7. Sample Answer

Recently, I visited a historical site with my school. The architecture of the place was impressive, showing detailed carvings and strong construction techniques. The guide explained the importance of the site in ancient times and how it reflected the culture and lifestyle of people.

We saw sculptures, inscriptions, and artefacts that provided information about religion, art, and daily life. The visit helped me understand how advanced ancient civilizations were in terms of art and science.

This trip enhanced my understanding of history by connecting textbook knowledge with real-life experiences. It also made me appreciate the importance of preserving our heritage.

Test Trekker

A. MCQs

1. c) Chandragupta II
2. c) An inscription about Samudragupta
3. b) Samudragupta
4. b) Faxian

5. c) Mehrauli

B. Fill in the Blanks

1. Pataliputra
2. Chandragupta II
3. Prabhavati Gupta
4. Chandragupta II

C. True / False

1. True
2. False
3. True
4. False

D. Match the Columns

- 1 – b (Faxian – Chinese pilgrim)
- 2 – d (Aryabhatta – Astronomer)
- 3 – c (Prabhavati Gupta – Gupta princess)
- 4 – a (Kalidasa – Poet of Meghadutam)
- 5 – e (Iron Pillar – Mehrauli, Delhi)

E. Very Short Answer Questions

1. Pataliputra.
2. Samudragupta.
3. Kalidasa.
4. They recorded achievements of rulers, victories, donations, and administration.
5. Prabhavati Gupta.

F. Short Answer Questions

1. Because it saw major progress in art, literature, science, mathematics, and architecture. It represents cultural excellence and stability.

2.

- He explained that the Earth rotates on its axis.
- He calculated the value of π (pi).

3. It is rust-resistant and shows advanced knowledge of metallurgy.

4. They supported Hinduism, Buddhism, and Jainism, built temples, and encouraged education in universities like Nalanda.

5. It describes a peaceful society, good administration, prosperity, and religious tolerance.

G. Long Answer Questions

1. Samudragupta was a powerful conqueror known as the “Napoleon of India.” He expanded the empire through military campaigns and maintained control through diplomacy. He was also a patron of art and culture, skilled in music, and known for good governance.

2. He expanded the empire by defeating the Shakas, improved trade, especially with foreign regions, and promoted art and culture. His reign brought stability and prosperity.

3. Gupta art is known for simplicity and elegance. Examples include Ajanta cave paintings, Udayagiri caves, and temple architecture. These works reflect religious themes and high artistic skill.

4. Prabhavati Gupta ruled as a regent after her husband’s death. She managed administration effectively and maintained Gupta influence in the Vakataka kingdom.

5. The Gupta period saw major advances in science and literature. Aryabhatta contributed to astronomy and mathematics. Kalidasa wrote famous works like *Meghadutam* and *Shakuntala*. Sanskrit literature flourished during this time.

Competency-Based Answers

Assertion–Reason:

Correct Answer: B

(Both true, but reason is not the full explanation)

Source-Based

- a) Aryabhatta
- b) Ajanta caves are known for beautiful paintings showing spiritual themes
- c) Example: Value of pi/concept of zero / astronomy

Map Work (Answer)

Mark:

- Pataliputra
- Nalanda
- Udayagiri
- Ajanta
- Mehrauli

CHAPTER 8 – How the Land Becomes Sacred

NCERT CORNER

1. Sacredness refers to the quality of something being holy, pure, and worthy of deep respect due to its religious or spiritual importance. In Indian traditions, sacredness is not limited to temples or idols; it extends to rivers, mountains, trees, and even entire landscapes. These are believed to have divine presence or spiritual energy. Because of this belief, people treat such places with reverence and follow rituals associated with them.

2. Land becomes sacred through a combination of myths, religious beliefs, historical events, and cultural practices. When a place is associated with a god, a saint, or an important religious event, it gains sacred value. Over time, rituals, pilgrimages, and traditions strengthen this belief. For example, Varanasi is considered sacred because of its connection with Lord Shiva, while Bodh Gaya is sacred as the place where Buddha attained enlightenment.

3. Sacred sites and pilgrimage networks influence many aspects of people's lives. They shape traditions, festivals, and rituals followed by communities. People travel long distances to visit these places, which builds emotional and spiritual connections. These networks also influence economic activities such as trade, transport, and local markets. In this way, sacred geography becomes a part of both the spiritual and practical life of people.

4. Sacred geography played a major role in uniting diverse regions of India. Pilgrimage routes connected distant parts of the country, allowing people from

different cultures, languages, and traditions to interact. This exchange of ideas, customs, and beliefs helped create a sense of unity. Despite regional differences, people shared common sacred places and practices, which strengthened cultural integration.

5. Yes, many sacred places such as temples, rivers, mosques, and gurudwaras are commonly found in our surroundings. Examples may include local temples, river ghats, or shrines where people gather for prayers and festivals.

6. The route shows a long pilgrimage journey connecting southern India to northern India. The group likely chose Haridwar because it is a major sacred site associated with the Ganga River. This indicates that pilgrims often travelled long distances to visit important religious centres rather than stopping at nearby cities.

7. People would encounter different languages such as Tamil, Prakrit, and Sanskrit. Communication would happen through basic shared words, gestures, or help from traders and guides. Travellers would stay in dharamshalas, temples, or inns. They would eat locally available food, mostly simple vegetarian meals. This journey also reflects cultural exchange across regions.

8. The Char Dham represents four sacred pilgrimage sites located in different directions of India. It implies that people travelled across the entire country, which helped in spreading cultural unity and religious beliefs. It symbolises the idea of connecting the whole land spiritually.

9. Examples include Varanasi, Haridwar, Rameswaram, Puri, and Dwarka. These places are considered spiritually important and attract pilgrims from all over India.

10. Sacred places contribute significantly to economic activities. Pilgrimage leads to the development of markets, transport services, accommodation, and trade. Local artisans and traders benefit from the influx of visitors. Thus, sacred geography supports livelihoods and regional economies.

11. The Peepal tree is considered sacred because it has medicinal value and supports biodiversity. Its leaves and bark are used in traditional medicine. It provides shelter to birds and animals and remains green throughout the year, symbolising life and continuity.

12. Do it yourself

QUESTIONS AND ACTIVITIES

1. The statement means that if we treat nature as sacred, we will respect and protect it. It teaches us to see nature as life-giving, not just a resource.

Implication:

We must protect air, water, forests, and mountains and use them responsibly.

2. Sacred sites in region (sample)

Examples: Local temples, rivers, shrines.

They are considered sacred due to religious beliefs and historical stories. Many have legends associated with gods or saints.

3. Essay

Natural elements like rivers, mountains, and forests are considered sacred because they sustain life and are linked with religious beliefs. Rivers like the Ganga are worshipped as goddesses and provide water for drinking, farming, and rituals. Mountains like the Himalayas are seen as the abode of gods. Forests are respected for their biodiversity and ecological importance. These natural elements contribute to our lives by providing resources, maintaining environmental balance, and supporting livelihoods. Treating them as sacred helps in their conservation and promotes respect for nature.

4. People visit tirthas for spiritual peace, religious rituals, seeking blessings, and fulfilling vows.

5. Pilgrimage routes became trade routes. Traders followed pilgrims, leading to economic growth. Yes, sacred sites helped develop regional economies.

6. Sacred places shape festivals, customs, traditions, food habits, and social interactions of nearby communities.

7. **Project (any two sites)**

Example: Varanasi & Rameswaram

- Varanasi: Sacred city on Ganga, centre of Hindu rituals
- Rameswaram: Associated with Lord Rama, important pilgrimage site

8. Two-fold significance of pilgrimage

1. Spiritual growth
2. Cultural and economic exchange

TEST TREKKER

A. MCQs

1. c) A spiritual journey to a sacred site
2. c) A holy natural space
3. d) Sacred rivers
4. c) Four corners of India

B. Fill in the Blanks

1. deity
2. Mount Kailash
3. rituals
4. Sabarimala

C. True / False

1. False
2. True
3. True
4. False

D. Match the Columns

- 1 – b (Punyakshetra – Sacred natural landscape)
- 2 – e (Char Dham – Four pilgrimage sites)
- 3 – d (Peepal Tree – Revered across religions)
- 4 – c (Bodh Gaya – Buddha attained wisdom)
- 5 – a (Sacred Grove – Forest temple in tribal regions)

E. Very Short Answers

1. A protected forest area dedicated to a deity.
2. Kamakhya Temple.
3. Spiritual effort and reaching closer to the divine.
4. Badrinath, Rameswaram.

F. Short Answer Questions

1. Rivers are considered sacred because they are essential for life. They provide water for drinking, agriculture, and daily needs. In Indian culture, rivers like the Ganga are worshipped as goddesses. They are believed to purify sins and bring spiritual peace. Many religious rituals and festivals are performed on riverbanks, making them central to cultural and spiritual life.

2. Sacred groves are forest areas protected by religious beliefs.

- Cutting trees or harming animals is strictly prohibited.
- They preserve biodiversity and act as natural habitats for plants and animals.

These groves show how traditional beliefs help in environmental conservation.

3. Tribal communities protect sacred sites through strong cultural beliefs and customs. They consider these places as homes of deities or spirits, so they avoid cutting trees or disturbing the area. Strict rules are followed, and any violation is discouraged by the community. This ensures long-term conservation of nature.

4. The Pandharpur Wari is a major pilgrimage in Maharashtra where devotees walk long distances to worship Lord Vitthal. It promotes devotion, equality, and unity among people. It also reflects discipline, faith, and collective participation.

G. Long Answer Questions

1. Land becomes sacred through religious beliefs, myths, and historical events. When a place is associated with a deity or an important religious event, it gains spiritual importance. For example, Varanasi is sacred due to its connection with Lord Shiva, while Bodh Gaya is sacred because Buddha attained enlightenment there. Rivers like the Ganga are worshipped as goddesses, and mountains like Kailash are considered divine. Over time, rituals, festivals, and pilgrimages strengthen the sacredness of these places. Thus, sacredness develops through a combination of belief, tradition, and continuous practice.

2. Pilgrimage and trade routes often overlapped in ancient India. Pilgrims travelling to sacred places interacted with traders and people from different regions. This led to the exchange of goods, ideas, languages, and cultural practices. Markets developed along these routes, encouraging economic growth. As people shared beliefs and traditions, a sense of unity developed despite regional diversity. Therefore, pilgrimage routes played an important role in cultural integration.

3. In India, sacred geography includes rivers, mountains, forests, and pilgrimage sites connected to religion and culture. Similarly, in Islam, Mecca is considered the holiest place, and Muslims from all over the world travel there for

pilgrimage (Hajj). Both traditions show how sacred places unite people and strengthen faith. However, Indian sacred geography is more diverse, including many natural elements, while other cultures may focus on specific locations.

4. Sacredness encourages people to respect and protect nature. When forests, rivers, and trees are considered sacred, people avoid harming them. Sacred groves, for example, are preserved because of religious beliefs. This helps maintain biodiversity and ecological balance. In modern times, combining traditional beliefs with environmental awareness can promote sustainable practices and conservation efforts.

Competency-Based Answer

Correct Answer: A

Both the assertion and reason are true, and the reason correctly explains why sacred groves help in conservation.

Source-Based Answers

1. It represents rivers as sacred and divine forces, highlighting their importance in religious life.
2. Sangams, where rivers meet, are considered highly auspicious. They symbolise unity and are believed to have special spiritual power. Many important rituals and festivals take place at these confluences.

CHAPTER 9 – From the Rulers to the Ruled: Types of Governments

NCERT CORNER

1. There are mainly two broad types of government:
 - **Democratic governments** – where people elect their leaders (e.g., India)
 - **Non-democratic governments** – where power is not in the hands of people (e.g., monarchy, dictatorship, oligarchy)

These can further be divided into forms like parliamentary democracy, presidential democracy, monarchy, and dictatorship.

2. In a democracy, governments derive their power from the people through elections. Citizens vote and choose their representatives, who form the government. In non-democratic systems, power may come from heredity (monarchy), force (dictatorship), or a small group (oligarchy).

3. The government interacts with people through laws, policies, welfare schemes, public services, and elections. It listens to people's needs through representatives and addresses issues via the administration, judiciary, and public institutions.

4. Democracy matters because it ensures equality, freedom, and participation. People have the right to vote, express opinions, and hold leaders accountable. It protects rights and promotes justice and fairness in society.

5. Missing Image

6. Other roles of government

Government also:

- Maintains law and order
- Provides education and healthcare
- Builds infrastructure
- Protects rights of citizens
- Promotes economic development

7. Student representatives work at the school level and handle student concerns. MLAs/MPs are elected leaders who represent people at state and national levels and make laws.

8. The most effective method is **elections**, because they directly involve people in choosing leaders and ensure accountability.

9 & 10. Table comparison (Country A vs B)

Country A likely shows democratic features (elections, rights), while Country B shows non-democratic features (limited freedom, no elections).

Conclusion: Democracy ensures participation and rights, while non-democracy restricts them.

11.

- Equality
- Freedom
- Participation
- Rule of law
- Accountability

12. Students elect representatives, form committees, assign roles, and take decisions collectively.

13. He might misuse power, ignore people's needs, and rule without accountability, leading to injustice.

14. No, Shane's country does not appear to be a democracy. In a democracy, people have the right to vote, express opinions freely, and participate in decision-making. In Shane's country, these freedoms seem limited, indicating a non-democratic system.

15. Shane's everyday life would likely be restricted and controlled. He may not have freedom of speech, limited access to information, and fewer choices in education, career, or lifestyle. Fear of authority and lack of rights may affect his daily decisions.

16. No, I would not like to live in such a country because it lacks freedom, equality, and basic rights. A democratic country ensures participation, protection of rights, and opportunities for growth, which are essential for a dignified life.

17. The cartoon likely shows people participating in elections, highlighting voting as a key feature of democracy. It may also show awareness, responsibility, or sometimes challenges like manipulation or lack of awareness.

18. Yes, a democracy can turn into an oligarchy if power gets concentrated in the hands of a few wealthy or powerful individuals.

To keep democracy strong:

- People must vote responsibly
- Stay informed and aware
- Question leaders and demand accountability
- Follow laws and respect others' rights

19. Role Play in Class

Students can enact:

- Democracy (elections, voting)
- Monarchy (the king making decisions)
- Dictatorship (one leader controlling everything)

This helps understand differences in governance systems.

QUESTIONS AND ACTIVITIES

1. Names of types of government

- Democracy
- Monarchy (Absolute & Constitutional)
- Dictatorship
- Oligarchy
- Theocracy

2. India has a democratic government, specifically a representative parliamentary democracy, where people elect their leaders.

3.

- Protects citizens' rights
- Ensures laws are followed fairly
- Prevents misuse of power by the government

4. Yes, democracy is better because it ensures equality, freedom, participation, and accountability of leaders to the people.

5.

- Elections → Democracy
- Rule by king → Monarchy
- Rule by one leader → Dictatorship
- Rule by few elites → Oligarchy

6.

- India – Democracy
- Saudi Arabia – Absolute Monarchy
- China – One-party system
- USA – Presidential Democracy

7.

Hurdles:

- Corruption
- Lack of awareness
- Inequality

Solutions:

- Education
- Transparent governance
- Active citizen participation

8.

Feature	Democracy	Monarchy	Dictatorship
Power	People	King/Queen	One person
Rights	High	Limited	Very limited
Participation	Elections	No elections	No real participation

TEST TREKKER

A. MCQs

1. c) People elect their representatives
2. c) Enforces laws
3. c) South Korea
4. c) Absolute Monarchy

B. Fill in the Blanks

1. Representative
2. Judiciary

3. Dictatorship
4. Constitutional

C. True / False

1. False
2. True
3. True
4. False

D. Match the Columns

- 1 → b (Absolute monarchy – Monarch with complete power)
2 → d (Constitutional monarchy – Power with elected parliament)
3 → e (Dictatorship – Rule by one with total control)
4 → a (Oligarchy – Government by a few elites)
5 → c (Democracy – Government run by elected reps)

E. Very Short Answers

1. People elect their representatives.
2. The President.
3. Right of all adults to vote regardless of caste, gender, or religion.
4. Government ruled by a small group of powerful people.

F. Short Answer Questions

1. The government makes laws and ensures they are implemented. It also provides public services like education, healthcare, and security.
2. The judiciary ensures that laws are followed and protects citizens' rights. It acts as a guardian of the Constitution and resolves disputes fairly.
3. In a monarchy, power is hereditary and concentrated in one person. In a democracy, power lies with the people who elect their leaders. Democracy ensures participation and rights, while a monarchy may not.
4. Citizens participate by voting, following laws, raising their voices, and holding leaders accountable. Active participation strengthens democracy.

G. Long Answer Questions

1. Democratic governments are based on elections, equality, and participation. Citizens have rights and can choose their leaders. Non-democratic governments do not allow public participation. Power may lie with one person (dictatorship), a family (monarchy), or a small group (oligarchy). Democracy promotes freedom and accountability, while non-democracy often limits rights.

2. India has three branches:

- **Legislature** – makes laws
- **Executive** – implements laws
- **Judiciary** – interprets laws

This separation ensures balance and prevents misuse of power.

3.

Dictatorship:

Power is held by one person who rules without the consent of the people.

Example: North Korea.

Oligarchy:

Power is held by a small group of elites. Decisions are made in their interest.

4. Separation of powers divides authority among the legislature, executive, and judiciary. Each branch checks the others, preventing misuse of power. This ensures fairness, accountability, and protection of rights.

COMPETENCY-BASED ANSWERS

Assertion-Reason: Correct Answer → A

Both are true and reason explains assertion.

Source-Based

a) It gave every adult citizen the right to vote, making India a true democracy based on equality.

b) It removed discrimination based on caste, gender, and wealth, ensuring equal political rights for all.

MAP-BASED ANSWERS

- Presidential Democracy – USA
- Parliamentary Democracy – India
- Absolute Monarchy – Saudi Arabia
- Theocracy – Iran
- Dictatorship – North Korea

India: “India is a representative parliamentary democracy.”

CHAPTER 10 – THE CONSTITUTION OF INDIA – AN INTRODUCTION

NCERT CORNER

1. A Constitution is the supreme law of a country that lays down the rules for how the government functions and how citizens are governed. We need a Constitution to maintain order, ensure justice, protect rights, and prevent misuse of power. It acts as a guiding framework for governance and guarantees equality and freedom.

2. The Indian Constitution was prepared by the Constituent Assembly, which included representatives from different regions and communities. It was chaired by Dr. B.R. Ambedkar (Drafting Committee Chairman). The Assembly studied other constitutions, debated various issues, and drafted the Constitution over nearly three years (1946–1949).

3. India’s freedom struggle emphasized justice, equality, and rights. Leaders like Gandhi promoted values such as non-violence and unity. India’s civilisation contributed ideas like tolerance, respect for diversity, and community harmony. These values were included in the Constitution.

4. Key features include:

- Sovereignty
- Secularism
- Democracy
- Republic
- Fundamental Rights

It remains relevant because it adapts through amendments and continues to protect citizens’ rights and guide governance.

5. Kabaddi Activity

- a) There would be confusion, unfairness, and disputes.
- b) The Constitution acts as the rulebook.

6. People from different states, leaders, lawyers, and social reformers contributed to the Constitution, ensuring representation of diverse India.

7. **Right to Equality (Articles 14–18)** ensures equality for all, including women. It is not new because equality has always been a core Indian value, but the Constitution legally guarantees it.

8. **Right to Freedom of Expression (Article 19)**

9. It introduced Panchayati Raj system, strengthening local self-government in villages.

10.

- Right to Education (86th Amendment)
- GST (101st Amendment)
- Right to Privacy (Judicial recognition)

11.

- Respect others (Fraternity)
- Follow laws (Justice)
- Treat all equally (Equality)
- Practice freedom responsibly

QUESTIONS & ACTIVITIES

1. A diverse Constituent Assembly ensured that all regions, cultures, and communities were represented. This made the Constitution inclusive and fair.

2.

- a) Voting → Democracy
- b) Same school → Equality
- c) Education → Right to Education / Justice
- d) Participation → Equality & Democracy

3. Yes, it is a fact. The Constitution guarantees equality, meaning no discrimination based on caste, religion, gender, or status.

4. India adopted it to ensure equality and participation. It showed trust in citizens and commitment to democracy.

5.

Freedom struggle → rights, justice

Civilisation → tolerance, diversity

Together → shaped a balanced Constitution

6. Partially. Progress has been made, but challenges remain. Citizens must follow laws, respect others, and stay aware.

TEST TREKKER

A. MCQs

1. b) The rulebook for running the country
2. d) Dr. B.R. Ambedkar
3. c) Ireland
4. b) Right to Vote

B. Fill in the Blanks

1. 26 January 1950
2. Constituent
3. Universal Adult Franchise
4. Legislature, Executive, Judiciary

C. True / False

1. False
2. False
3. True
4. False

D. Match the Columns

- 1 → a (Ambedkar – Father of Constitution)
2 → d (42nd Amendment – Mini Constitution)
3 → b (73rd Amendment – Panchayati Raj)
4 → c (Preamble – Liberty, Equality, Fraternity)
5 → e (Judiciary – Interprets laws)

E. Very Short Answers

1. A set of fundamental rules guiding governance.
2. 26 January 1950
3. It states the goals and values of the Constitution.
4. The head of state is elected, not hereditary.
5. Interprets laws.

F. Short Answer Questions

1. All laws must follow it. It controls government power and protects rights.
2. Values like tolerance, unity, and respect shaped the Constitution's principles like secularism and equality.
3. Three Fundamental Rights
 - Right to Equality – equal treatment
 - Right to Freedom – speech, expression
 - Right against Exploitation – prevents forced labour
4. These are guidelines for the government to ensure social and economic justice. They are not enforceable by courts but help in policy-making.

G. Long Answer Questions

1. The Constituent Assembly, formed in 1946, drafted the Constitution through debates and discussions. Dr. Ambedkar led the drafting committee. It took nearly three years and came into effect in 1950.
2. The Constitution can be amended to meet changing needs. For example, new rights like education have been added. This flexibility makes it relevant even today.
3. Values in Preamble and importance
 - Justice – fairness
 - Liberty – freedom
 - Equality – equal rights
 - Fraternity – unity

These ensure a balanced and fair society.

4. India has a detailed written Constitution, while the USA has a shorter one. Both protect rights and ensure democracy, but India includes more social justice provisions.

COMPETENCY-BASED ANSWERS

Assertion-Reason → A (Correct)

Both true, and reason explains assertion.

Source-Based

- a) Source: Preamble of Indian Constitution
- b) Keywords: Sovereign, Socialist, Secular, Democratic, Republic → These define India's nature
- c) Importance: It reflects the core values and vision of Indian democracy.

SKILL BOOSTER

Communication Corner

Unlike rigid systems, the Constitution evolves with time. It adapts to new challenges, making it dynamic and relevant.

Social and Life Skills

To remind people:

- Spread awareness
- Follow laws
- Encourage participation
- Lead by example

Chapter – 11 From Barter To Money

NCERT CORNER

1. Before money was introduced, exchange took place through the barter system in which people exchanged goods and services directly for other goods and services without using any currency.
2. Money came into existence to solve the problems of the barter system, especially the difficulty of finding someone who had what you wanted and also wanted what you had, known as the double coincidence of wants.

3. Money has transformed over time from barter to commodity money such as cowrie shells and grains, then to metal coins, followed by paper currency, and finally to digital forms such as online payments and UPI.

THINK ABOUT

1.

- No common measure of value
- Need for double coincidence
- Difficulty in storing goods
- Transport issues

2. Farmer may not find someone who needs his crops and has what he wants → exchange fails.

3. When both parties want each other's goods (e.g., farmer wants tools and blacksmith wants grain).

4. Money removes need for direct exchange and makes buying/selling easier.

LET'S EXPLORE

1. Sometimes seen in villages (e.g., milk exchanged for vegetables).

2. Difficult, time-consuming, not always successful.

3. Options: borrow, save more, take credit, or digital payment later.

4. Changes in money:

Coins → notes → cards → UPI/digital payments.

5. Shows ancient trade links between India and Rome.

6. Information about rulers, economy, trade, and culture.

7. Trade became easier, faster, and more organised.

8. The ₹50 note features the Stone Chariot of Hampi, while the ₹100 note shows Rani ki Vav, both of which represent India's rich cultural heritage.

9. Indian currency notes have features such as different sizes, raised printing, and distinct patterns that help visually impaired persons identify them easily.

QUESTIONS & ACTIVITIES

1. Barter involved direct exchange of goods like grains, cattle, cloth, salt.
2. Limitations of barter:
 - No double coincidence
 - No standard value
 - Difficult storage
 - Not suitable for large trade
3. Features of ancient Indian coins:
Made of metals, had symbols/inscriptions, varied shapes and sizes.
4. Transformation of money:
Barter → commodity money → coins → paper → digital money.
5. Steps for coins becoming an exchange medium across countries:
Standardisation, trust, government backing, trade networks.
6. Shows a structured economy and a defined value of currency (pana).
7. People agree to use cowrie shells as common medium for easy exchange.
8. Security features of RBI notes:
Watermark, security thread, latent image, micro-lettering, colour shift.
9. Cash vs UPI (interview-based answer):
Most prefer **UPI** because it is fast, safe, and convenient.
8. Can you identify the cultural motifs on ₹50 and ₹100 notes?

TEST TREKKER

A. MCQs

1. b) Both parties want what the other has
2. b) Taste enhancer
3. b) Rai stones
4. b) RBI

B. FILL IN THE BLANKS

1. Barter system

2. British (or colonial government)
3. Symbols
4. Money

C. TRUE / FALSE

1. True
2. False
3. True
4. False

D. MATCH THE COLUMNS

- 1 → a (Rai stones – Micronesia)
- 2 → b (Punch-marked coins – India)
- 3 → c (Tevau – Solomon Islands)
- 4 → d (Varaha coin – Chalukya dynasty)
- 5 → e (QR Code – Digital payment system)

E. VERY SHORT ANSWERS

1. Barter is the system of exchanging goods and services without using money.
2. Two barter items used in the past were grains and cattle.
3. RBI stands for Reserve Bank of India.
4. The Chalukya dynasty used the Varaha symbol on its coins.

F. SHORT ANSWERS

1. The barter system had major problems such as lack of a common measure of value, difficulty in storing goods, and the need for double coincidence of wants.
2. Money acts as a store of value because it can be saved and used in the future without losing its worth.
3. In ancient times, people used commodity money such as cowrie shells and metal coins made of gold, silver, or copper.

4. Digital money has changed trade by making transactions faster, safer, and more convenient, allowing people to transfer money instantly without using cash.

G. LONG ANSWERS

1. The barter system was replaced by money because it had several limitations such as the need for double coincidence of wants, lack of standard value, and difficulty in storing and transporting goods. Money solved these problems by providing a common medium of exchange, a store of value, and a standard measure, making trade easier and more efficient.

2. The journey of money began with the barter system, where goods were exchanged directly. Later, commodity money such as shells and metals was used. This was followed by metal coins and then paper currency. In modern times, money has evolved into digital forms such as online banking, mobile payments, and UPI, making transactions quick and convenient.

3. Money acts as a medium of exchange, allowing people to buy and sell goods easily. It serves as a store of value, enabling people to save money for future use. It is also a measure of value, helping to compare the prices of goods and services. Additionally, money acts as a standard of deferred payment, allowing transactions like loans and credit to be settled in the future.

4. Ancient coins help us understand history by providing information about rulers, economic conditions, trade relations, and religious beliefs through the symbols and inscriptions found on them.

COMPETENCY-BASED QUESTIONS

Assertion–Reason Answer:

Both the assertion and reason are true, and the reason correctly explains the assertion because digital payments make transactions faster through instant transfers.

Source-Based Answers

a) The presence of symbols on coins tells us about the rulers and their beliefs or religion.

b) Such coins are useful to historians because they provide evidence about the political, cultural, and economic conditions of the past.

Chapter -12 Understanding Markets

NCERT CORNER

1.

I have visited weekly markets, shopping malls, local shops, and online markets, and the weekly market was the most crowded because it offers a wide variety of goods at lower prices.

2. A historical market in my region is Chandni Chowk, which was famous for trade in spices, textiles, and jewellery.

3. Online shopping is convenient and time-saving but does not allow physical checking of goods, while physical shopping allows inspection and bargaining but can be time-consuming and crowded.

4. Services like tailoring, haircuts, medical treatment, and repair work require physical markets because they need direct interaction.

5. The wholesaler buys goods in bulk from producers and distributes them to retailers, while the retailer sells goods in small quantities to consumers.

6. I found that the product moves from the manufacturer to the distributor, then to the wholesaler, followed by the retailer, and finally reaches the consumer.

7. Surat became a trading hub due to its strong textile and diamond industries, skilled labour, and efficient trade and transport networks.

THINK ABOUT

1. Features of a market:

- Buyers and sellers
- Goods/services exchange
- Price negotiation
- Competition
- Availability of variety

2. Market connects people through buying and selling → shows interdependence.

3. Farmer will try to grow more guavas next season due to higher demand. Likely response → increase production.

4. Types of markets & characteristics

- Weekly market → low prices, temporary
- Shopping mall → high price, branded goods
- Online market → no physical place
- Wholesale market → bulk buying

5. High price despite low buyers:

Reasons:

- Limited supply
- High production cost
- Monopoly
- Seasonal scarcity

6. Family chose supermarket due to better quality, hygiene, fixed price, variety.

7.

Due to very low prices (oversupply) → not worth transporting.

Wholesaler role: better storage, transport, fair pricing

Prevention: cold storage, better supply chain, government support.

8. Buying, selling, bargaining, attractive stalls, competition.

9. Certification marks: (do it yourself)

ISI, AGMARK, FSSAI, Hallmark

Some products lack logo due to unorganised sector or lack of certification.

10. Soap label design should include:

- Brand name
- Ingredients
- Manufacturing date
- Price (MRP)
- Weight
- Manufacturer details
- Expiry date

A. MCQs (with correct options)

1. c) Buying and selling of goods and services
2. c) Online market
3. c) Hampi Bazaar
4. c) Wholesalers

B. Fill in the Blanks

1. market
2. online
3. cold storages
4. women

C. True or False

1. False
2. True
3. False
4. True

D. Match the Columns

- 1 → c
2 → b
3 → a
4 → d
5 → e

E. VERY SHORT ANSWERS

1. Amazon is an example of an online shopping platform.
2. A wholesaler is a person who buys goods in bulk and sells them to retailers.
3. AGMARK certifies the quality of agricultural products.
4. Surat is known as the textile hub of India.

F. SHORT ANSWERS

1. Negotiation is important because it helps buyers get better prices and ensures fair transactions.
2. Online shopping saves time and provides home delivery.
3. Wholesalers distribute goods in bulk while retailers sell them in small quantities to consumers.
4. Distributors act as intermediaries who ensure the smooth movement of goods from producers to markets.

G. LONG ANSWERS

1. A market works through interaction between buyers and sellers where goods and services are exchanged, such as in a vegetable market where farmers supply produce, retailers sell it, and consumers purchase it based on price and demand.
2. Physical markets involve direct interaction, allow inspection and bargaining, while online markets offer convenience, variety, and home delivery but lack physical checking.
3. The Surat textile market is one of the largest in India and plays a key role in providing employment, supporting exports, and contributing significantly to the economy.
4. The government ensures fairness and safety by enforcing laws, regulating prices, protecting consumers, and using certification marks like ISI and AGMARK.

COMPETENCY-BASED QUESTIONS

Assertion–Reason:

Both the assertion and reason are true, and the reason correctly explains the assertion because online markets are popular due to convenience and digital payment options.

Source-Based Questions

- a. Ima Keithal is located in Manipur.
- b. The stalls in Ima Keithal are managed entirely by women.
- c. Handloom products and food items are sold in this market.

SKILL BOOSTER ZONE

Communication Corner:

Goods move from producers to wholesalers, then to retailers, and finally to consumers in a market system.

Social and Life Skills:

Online shopping is easy, but physical markets offer better inspection and bargaining opportunities.

Map-Based Question:

Buyers should check the quality, price, and certification marks before purchasing a product.