

## Ancient India : Cultural

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### EXERCISE [PAGES 53 - 57]

#### Exercise | Q 1.1 | Page 53

**Answer in one sentence.**

Make a list of ancient Indian universities.

**Solution:** The ancient Indian universities are Takshashila, Varanasi, Valabhi, Nalanda, Vikramshila, and Kanchi.

#### Exercise | Q 1.2 | Page 53

**Answer in one sentence.**

Make a list of the Indian goods that were in demand in foreign countries.

**Solution:** Indian goods like fine textiles, ivory, precious stones, spices, beautifully made earthen pottery were in great demand in foreign countries.

#### Exercise | Q 1.4 | Page 57

**Name the following.**

A country to which Buddhism had spread in the ancient period.

**Solution:** A country to which Buddhism had spread in the ancient period. - **Sri Lanka.**

#### Exercise | Q 2 | Page 53

**Name the following.**

Epics and poetic compositions of ancient India.

**Solution:** Epics Silappadhikaram and Manimekhalai and Arsha epics Ramayana and Mahabharata and Paumchariya a poetic work are compositions of ancient India.

#### Exercise | Q 3.1 | Page 53

**Fill in the blank.**

The epic Ramayana was composed by rishi \_\_\_\_\_.

**Solution:** The epic Ramayana was composed by rishi Valmiki.

#### Exercise | Q 3.2 | Page 53

**Fill in the blank.**

The science of Indian medicine is called \_\_\_\_\_

**Solution:** The science of Indian medicine is called **Ayurveda.**

**Exercise | Q 3.3 | Page 53**

**Fill in the blank.**

Thousands of students could live at the \_\_\_\_\_ university

**Solution:** Thousands of students could live at the **Nalanda** university.

**Exercise | Q 4.1 | Page 53**

Explain what is meant by 'Tipitaka'.

**Solution:** Tipitaka is a Buddhist religious text written in Pali. It contains three categories of texts.

- a. Sutta Pitaka
- b. Vinay Pitaka
- c. Abhidhamma Pitaka

**Exercise | Q 4.2 | Page 53**

What is the message of the Bhagvad Gita?

**Solution:** ☐ The Bhagwad Gita tells us that each one of us should do our duty Without expecting rewards.

☐ It also says that the path of devotion to God is open to all.

**Exercise | Q 4.3 | Page 53**

What aspects does Ayurveda take into account?

**Solution:** Ayurveda is a very old traditional Indian medical science. Ayurveda not only seeks to understand the symptoms, diagnosis, and treatment of an illness but also takes into account the prevention of the illness.

**Exercise | Q 4.4 | Page 53**

What is meant by Sangham Literature?

**Solution:** Sangham means a gathering of learned men. The literature that is compiled in such gathering is known as Sangham literature.

### Exercise | Q 5 | Page 53

#### Discuss.

Art and architecture of the Maurya and Gupta period.

#### Solution:

- i. Indian architecture reached its peak during the Mauryan and the Gupta periods.
- ii. The stone pillar erected by Emperor Ashoka at various places is an excellent example of Indian sculpture.
- iii. The stupa at Sanchi and cave sculptures at Karla, Nashik, Ajanta, Ellora, etc. show that the same tradition advanced even further.

### Exercise | Q 6.1 | Page 53

#### What would you do?

How would you obtain information about Ayurvedic medicine and use it in your day to day life?

**Solution:** I will try to get information about Ayurveda from different literature that is available either in bookstores or on the internet. I will try to deal with minor ailments like cough, cold, acidity, aches, and pains in day to day life through ayurvedic stores. I will try to improve my health in order to prevent ailments by taking ayurvedic medicines to improve my immunity.

### Exercise | Q 6.2 | Page 53

#### What would you do?

On a trip to a historical site, your friend is writing his name on the structure.

**Solution:** When on a trip to a historical site, I see my friend write his name on the structure, I will gently tell him the importance of historical monuments and also how the ancient Indians must have built it with lots of effort, without modern technology and equipment. Thus invoking respect for the ancient fellow Indians is my friend. Also telling him how proud we Indians should be of their art and talents.

### Exercise | Q 7 | Page 53

**Observe the picture of the stupa at Sanchi and obtain more information about it.**



**Solution:** Sanchi is an outstanding specimen of Buddhist art and architecture. The Sanchi stupa is one of the best-preserved early stupas in central India. The Sanchi stupa is surrounded by a railing with four carved gateways facing in all four directions. An interesting characteristic about Sanchi stupa is that Lord Buddha has been symbolically represented by footsteps, wheels, thrones, etc. rather than by his own image. The Sanchi stupa is one of the most wonderful structures of ancient India.