

# Chapter - 5

## India, That is Bharat

### Q.1 Facts that Matter

1. **India had different names** : Sapta Sindhava, Bharatavarsha, Jambudvipa are some of the names used for the Indian sub-continent in the earliest times.
2. **Jambudvipa** : The word is made up of two parts jambu which refers to the jambu tree and dvipa means 'island' or 'continent'.
3. **Sapta Sindhava** : It is a Sanskrit term meaning 'land of the seven rivers'. It refers to a sacred region in ancient India (Rigveda) constituting Punjab region & even major of rivers.
4. **Tamil poetry in context to India** : Literature and ancient Tamil poetry describe India's geographic unity, marking the transition from diverse tribal regions to a recognized national entity.
5. **India as 'Bharat'** : The name Bharat originates from ancient Indian texts like the Puranas and Mahabharat, pointing to the Indian continent as Bharatavarsha (Land of Bharat).
6. **Tianzhu** : It is the historical Chinese name for India, meaning 'Heavenly Land' used by Chinese travellers & historians to describe Indian subcontinent.

### Q.2 Multiple Choice Questions

1. **What is the earliest name for the northwest region of the Indian Subcontinent mentioned in the Rig Veda?**  
c) Sapta Sindhava
2. **What does the term 'Jambudvipa' mean?**  
b) Island of the jamun tree
3. **Which ancient civilization referred to India as 'Indoi' or 'Indike'?**  
b) Greeks
4. **What does the VichGu PurâGa describe as Bhârata?**  
a) The land north of the ocean and south of the snowy mountains
5. **What is the modern name for the region referred to as 'Vanga' in the Mahabharata?**  
c) Bengal
6. **Which ancient text praises a king whose name is known from Cape Kumari to the great mountain in the north?**  
b) Tamil literature

7. The snowy mountains referred to in the Vishnu Purana are the \_\_\_\_\_ .  
b) Himalayas
8. In which language was the Indian constitution written for the first time?  
a) English
9. Which ancient Indian text defines Bharata as 'The country that lies North of the ocean and South of the snowy mountains'?  
c) Vishnu Purana
10. What does the term 'Sapta Sindhava' mean?  
a) Land of the seven rivers

**Q.3 Study the picture, and answer the questions that follow.**

1. Which ancient name for the subcontinent did Emperor Ashoka use in his inscriptions?  
Jambudvipa
2. What did this name mean literally?  
The term literally means 'the Island of the fruit of the jamun tree'.
3. What does Ashoka's use of this name suggest about his empire?  
It suggests that he ruled over a vast empire which included today's Bangladesh, Pakistan and parts of Afghanistan.

**Q.4 Fill in the blanks.**

1. The first foreigners to mention the term 'India' were the **Persians**.
2. **Constitution** is a document that spells out the basic principles and the laws of a nation.
3. The word 'Sindhava' comes from **Sindhu**, which refers to the **Indus** river.
4. In Ashoka's time, Jambudvipa included what is today India, parts of **Afghanistan**, **Bangladesh**, and **Pakistan**.
5. The term 'Bharata' as a name first appears in the **Rig Veda**.

**Q.5 Match the items given in Column A with their correct pair in Column B.**

- | Column A        | Column B                   |
|-----------------|----------------------------|
| 1. Bharatvarsha | C. Country of the Bharatas |
| 2. Indus Valley | D. Early civilization      |
| 3. Indian Ocean | B. Southern ocean boundary |
| 4. Pragjyotisha | A. Assam                   |
| 5. Bharatam     | E. South India             |

## Q.6 Assertion & Reason Questions

- a) Both A and R are true, and R is the correct explanation of A.
- b) Both A and R are true, but R is not the correct explanation of A.
- c) A is true, but R is false.
- d) A is false, but R is true.

### Choose the correct option

1. **Assertion** : The Ramayana uses the term 'Bharatavarsha' to describe the Indian Subcontinent.

**Reason** : Ramayana lists regions that cover the entire geography of the Indian Subcontinent.

2. **Assertion** : The ancient Greeks named the Indian region 'Indoi' or 'Indike'.

**Reason** : The letter 'h' did not exist in their Greek language.

1. a) **A is true, R is false.**

2. a) **Both A and R are true, and R is the correct explanation of A.**

## Q.7 Case Study Based Question

a. **What are the ancient names for India as mentioned in Indian texts?**

Ancient names include 'Sapta Sindhava', 'Bhâratavarcha', and 'Jambudvîpa'.

b. **How did foreign visitors derive names for India?**

Foreign visitors derived names like 'Hindu', 'Indoi', and 'Yintu' from the word 'Sindhu', referring to the Indus River.

c. **Why does the Indian Constitution use the phrase 'India, that is Bharat'?**

The phrase 'India, that is Bharat' reflects the historical continuity of the name 'Bharata' in Indian culture and tradition.

## Q.8 Answer the following questions.

1. **What is the Hindi version of the Constitution of our country?**

The Hindi version of the Constitution mentions 'Bhârat arthâth India'.

2. **What were the ancient names for India used by its people?**

The ancient names were 'Jambudvipa' and 'Bhratvarsha'.

3. **State the meaning of the term 'Tianzhu' in relation to India.**

It means 'heavenly master' and reflects respect for India.

4. **What does 'Jambudvipa' refer to?**

The term 'Jambudvipa' means 'the island of the jamun tree fruit.'

5. **Mention some sources used to learn about India's past.**

Various sources mentioned for studying India's past- include excavated sites, inscriptions, coins, sculptures, pottery, burial sites, architectural remains like palaces, temples, forts and literary works.

**6. Who was Xuanzang (Hiuen-Tsang)? Why did he come to India?**

Xuanzang was a Chinese traveller who visited India in the 7th century CE.

For 17 years he visited many parts of India, met scholars and collected Buddhist texts.

After returning to China, he translated the Sanskrit manuscripts into Chinese, thus promoting Indian knowledge in China.

**7. How has the meaning of the Bharata changed over the years?**

Sapta Sindhava (Vedic period): "Land of seven rivers," highlighting the Indus and its tributaries. Bharatavarcha (Mahabharata): "Land of the Bharatas," used to describe the entire subcontinent.

Jambudvīpa: "Island of the jamun tree," symbolizing India in ancient literature. The name is also mentioned by Ashoka.

**8. Why did people travel to India from various parts of the world in ancient times?**

The phrase "India, that is Bharat," reflects the dual identity of India: its ancient cultural and historical heritage (Bharat) and its modern democratic nationhood (India).

It also represents continuity from the past while affirming its status as a democratic and sovereign state.

Travelling to India included trade and commerce, Religion and Pilgrimage, education and knowledge, culture exchange and exploration.

**Let's discover our Bharat**

**A) 1) Parsis- a) A land of promise and safety**

**b) A welcoming land**

**2) Greeks- 'Indica' by Megasthenes**

**3) Chinese- Hiuen Tsang and Fa-Hien described India as a 'sacred land'**

**B) Let the students work on their critical thinking & suggest accordingly.**

**C) The four Vedas are- Rigveda, Samaveda, Yajurveda and Atharvaveda.**

**RIGVEDA**

✦ Oldest Veda

✦ It focuses on the knowledge of hymns and praises to deities like Agni, Indra & Mitra- Varuna.

**SAMAVEDA**

✦ Book of songs/ melody

✦ It emphasizes that devotion and emotional expression (music) are necessary for connecting with the divine.

## **YAJURVEDA**

- ✦ Book of prayers
- ✦ It contains prose mantras and a detailed account of instruction for the conduction of sacrificial rituals and ceremonies.

## **ATHARVAVEDA**

- ✦ Knowledge of Daily life
- ✦ It contains hymns, charms and spells for the protection against enemies, diseases and for well- being.