



## Ch-1 (Introduction: What, Where, How, and When?)

History helps us learn about what happened in the past by looking at various sources. By studying history, we can understand what people ate, how they dressed, what houses they lived in, and what professions they followed, like being hunters, farmers, or traders.

**Rasheeda's Question:** Rasheeda was curious about how we know what happened many years ago when she saw a headline in a newspaper that read, "One Hundred Years Ago." This sparked the discussion on how we can know about things from the past.

### What Can We Know About the Past?

We can learn many things about our ancestors:

**Food:** What types of food people consumed, whether they were hunters or farmers.

**Clothes:** The kinds of clothes they wore.

**Homes:** What kind of houses they lived in.

**Professions:** Activities they engaged in, such as hunting, farming, ruling, trading, and even crafting.

**Entertainment:** The games children played, the songs people sang, and the stories they told.

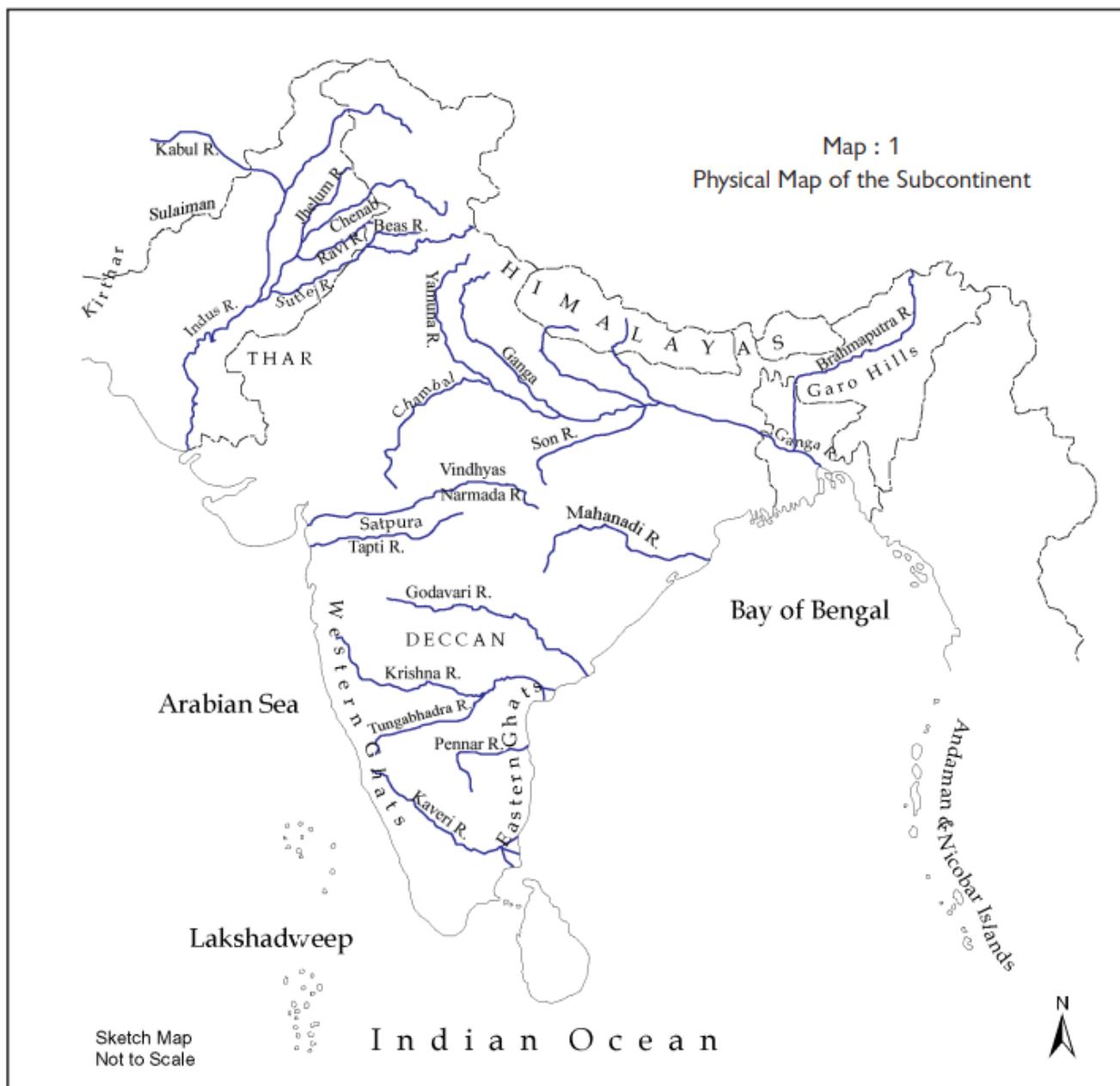
### Where Did People Live?

**Narmada River:** People have been living along the Narmada River for thousands of years. These early humans were skilled gatherers who collected fruits and hunted animals.

**Agricultural Areas:** Around 8000 years ago, in regions like the Sulaiman and Kirthar hills, people began cultivating crops like wheat and barley. They also started domesticating animals such as goats and cattle.

**Cities Along Rivers:** About 4700 years ago, some of the first cities were developed along the Indus River and its tributaries. Later, around 2500 years ago, more cities emerged along the Ganga River, particularly in the kingdom of Magadha.

See the Map given on the next page:



## How Did People Travel and Interact?

People frequently moved from one part of the subcontinent to another for different reasons:

**For Livelihood:** People travelled in search of food, resources, or work.

**To Escape Disasters:** Natural calamities like floods or droughts forced people to relocate.

**Merchants and Teachers:** Merchants travelled to trade goods, while religious teachers moved from town to town sharing their knowledge.

**Sharing Ideas:** These travels led to the exchange of ideas, customs, and cultures across regions.



## Names of the Land

The two common names for our country are India and Bharat. The names 'India' and 'Bharat' have historical origins.

**India:** The name comes from the Indus River, known as Sindhu in Sanskrit. The name was later modified by the Greeks and Iranians who called it "Indos" and referred to the land east of the river as India.

**Bharat:** The name comes from a group of people mentioned in the Rigveda, one of the oldest texts written in Sanskrit. Later, the name 'Bharat' was used to refer to the entire country.

## Finding Out About the Past

Historians use various sources to learn about history, including manuscripts, inscriptions, and archaeological findings.

**Manuscripts:** Ancient writings on palm leaves or tree bark (especially from the birch tree). These handwritten documents contain information about kings, religion, medicine, and science. While many have been lost, some have been preserved in temples and monasteries.



**Inscriptions:** Carvings on hard surfaces like stone or metal. Kings often had their orders or achievements inscribed so that everyone could read and follow them.



**Archaeological Findings:** Archaeologists dig to discover ancient tools, weapons, buildings, and pottery. They even find bones and remains of plants, which provide clues about what people ate and how they lived.



## One Past or Many?

The past was different for various groups of people.

**Different Lifestyles:** People living as hunters, farmers, or traders had different lives compared to kings and queens.

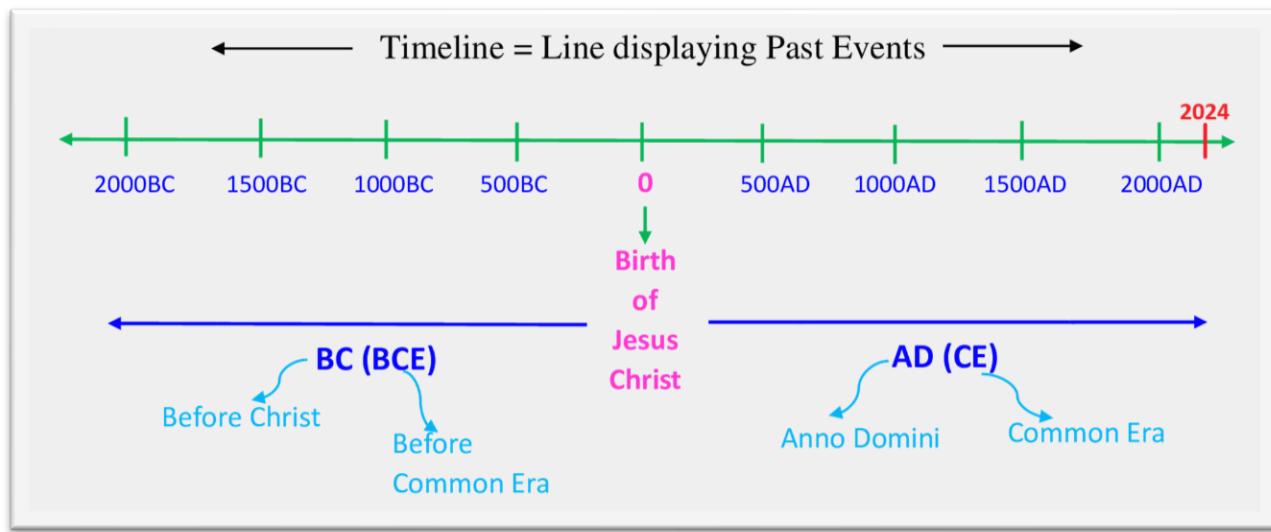
**Regional Differences:** People in different regions had their own customs, food habits, and ways of living. For example, the way people lived on the Andaman Islands is different from how people in big cities live today.

**Historical Records:** We know a lot about kings because they kept records of their victories. However, ordinary people like farmers and herders didn't leave behind written records, which makes it harder to know their history.

## How Do We Count Dates?

**BC and AD:** When we talk about history, dates are often written as BC (Before Christ) and AD (Anno Domini, which means "in the year of the Lord"). For example, 2000 AD means 2000 years after the birth of Jesus Christ.

**BCE and CE:** Nowadays, people use BCE (Before Common Era) and CE (Common Era) instead of BC and AD. These terms are more widely accepted around the world, and India has been using it for around 200 years.



### Exercise

#### 1. Match the following:

Narmada Valley	The first big kingdom
Magadha	Hunting and gathering
Garo hills	Cities about 2500 years ago
Indus and its tributaries	Early agriculture
Ganga Valley	The first cities

Ans.

**Narmada Valley → Hunting and gathering**

**Explanation:** People living in the Narmada Valley were primarily hunters and gatherers. They collected food from forests and hunted animals.

**Magadha → The first big kingdom**

**Explanation:** Magadha was one of the first large kingdoms in ancient India, where powerful kings ruled.

**Garo hills → Early agriculture**

**Explanation:** The Garo hills, located in northeastern India, were among the regions where early agricultural practices began.

**Indus and its tributaries → The first cities**

**Explanation:** The Indus Valley, along with its tributaries, was home to one of the earliest urban civilizations, known for its well-planned cities.



### Ganga Valley → Cities about 2500 years ago

**Explanation:** Around 2500 years ago, many cities flourished along the Ganga Valley, marking the rise of urbanisation in that region.

### Q2. List one major difference between manuscripts and inscriptions:

**Ans.**

**Manuscripts:** These are written by hand on materials like palm leaves or birch bark.

**Inscriptions:** These are writings engraved on hard surfaces like stone or metal.

Manuscripts are written by hand, while inscriptions are carved into a solid surface.

### Q3. Return to Rasheeda's question. Can you think of some answers to it?

**Ans.**

Rasheeda wondered how we knew about events that happened so long ago. We can answer this by explaining that:

**Sources of history:** We learn about the past through archaeological excavations, manuscripts, inscriptions, and historical records. These help us understand how people lived, what they ate, the tools they used, and the places they lived.

**Oral traditions:** Stories passed down through generations also give us insights into the past.

### Q4. Make a list of all the objects that archaeologists may find. Which of these could be made of stone?

**Ans.**

**Objects archaeologists may find:** Tools, pots, jewellery, weapons, coins, bones, buildings, seals, sculptures, and inscriptions.

**Objects made of stone:** Tools (like axes and knives), sculptures, buildings, and inscriptions were often made of stone.

### Q5. Why do you think ordinary men and women did not generally keep records of what they did?

**Ans.**

**Reason:** In ancient times, most ordinary people like farmers, labourers, and hunters were busy with daily survival tasks. Writing and keeping records were skills mostly available to the educated elite, such as kings, priests, and scholars. Common people did not have the means, time, or literacy to record their lives.



**Q6. Describe at least two ways in which you think the lives of kings would have been different from those of farmers.**

**Ans.**

**Power and authority:** Kings had power and authority over their people. They ruled kingdoms, led armies, and made laws. In contrast, farmers worked hard to grow crops and had little political power.

**Wealth and lifestyle:** Kings lived in palaces, had access to wealth, luxury, and a variety of foods. They enjoyed comforts that farmers could not even imagine. Farmers, on the other hand, lived simple lives and worked hard in the fields to provide food for themselves and their families.

**Q7. Find the word craftspersons on page 1. List at least five different crafts that you knew about today. Are the craftspersons — (a) men (b) women (c) both men and women?**

**Ans.**

**Craftspersons today:** Pottery making, weaving, carpentry, metalworking, jewellery making.

**Who are craftspersons? :** Both men and women engage in crafts today. For example, both men and women work as weavers and potters, while carpentry and metalwork are often more associated with men.

**Q8. What were the subjects on which books were written in the past? Which of these would you like to read?**

**Ans.**

**Subjects of past books:**

Religious texts (e.g.- Vedas, Upanishads)

Medicine and science (e.g.- Ayurveda)

Law and governance (e.g.- Manusmriti)

Stories and epics (e.g.- Mahabharata, Ramayana)

Philosophy and teachings (e.g.- teachings of Buddha, Jain scriptures)

**Which would you like to read? :** This is a personal choice. Some may enjoy reading the epic stories from the Mahabharata or Ramayana, while others might prefer learning about ancient medicine from books like Ayurveda. Personally, I might enjoy reading the stories from the Ramayana and Mahabharata.

