

Week-7

Listening: Ages of Gold

- Ramayana holds great importance in Hinduism religion and story of Ramayana revolves around how Seta was captured by Ravana and then Hanuman freed her from prison.
- Gupta's effort to turn Ayodhya into Gold because it was birth place of Rama.
- Ayodhya is place where God comes to earth.
- Buddhism religion is also a part of India's culture along with Hinduism.
- Gupta's were good in architect and they made 35 ft tall pillar in Delhi.
- Gupta period people focused on culture and dignity.
- Gupta scientist Aryabhatta who gave concept of pi and he also calculated circumference of earth 24,900 miles.
- Kamasutra is also important part of Gupta dynasty which was based on sex.
- Kamasutra depends on 2-way relationship and women had full rights for sex satisfaction from mens and it is important part of life.
- Cholans took help of violence to conquer states.

- People of that time consider Raja Raja as Lord Vishnu.
- On temple walls the old sculpture was written.
- Along with Hinduism, Mughals also ruled India over long period.

My Thoughts

In Incarnations week I learned about famous Indian personalities like Indira Gandhi and her policies that how she become first lady Prime Minister of India but she was very cruel towards Sikh religion and attacked Golden Temple and then she was assassinated by Sikh bodyguards. Also, I learned about Mahatma Gandhi who played a major role in freedom of India and how his salt campaign inspired many people towards path of freedom.

As I belonged to Sikh religion, I also learned about Guru Nanak Dev Ji, a sufi saint and his teachings and also how he laid foundation stone of Sikh religion. He started Langar which is still a major part of Sikh religion.

Also I learned through video about Ramayana that how Hinduism is related to Lord Rama and how Ravana kidnapped Seeta and captured her in Prison and then Hanuman fought battle to save Seeta.

Role of Chandragupta was also crucial as he build many temples in Ayodhya because he know that Ayodhya belonged to Rama and people still follow rituals there.

Week-9

Genius of Ancient World Buddha Episode 1 of 3

- Siddhartha Gotama was founder of Buddhism.
- His father provided him all luxuries of life so that he remained unaware of sufferings.
- Buddha then came to know about sufferings and left home.
- Buddha experienced culture of many countries.
- He came to know about culture of Brahmans who recite vedas.
- Brahmans worshipped different types of Gods for different occasions.
- Buddha believed that there is a way to find God.
- He spend his time at Rajagriha and Buddha discovered that life was full of rebirths and rebirths.
- Sansara was also a main part where people had life full of births and deaths.
- The only way to get rid of these cycles is meditation.
- But after getting rid of meditation the cycle still continued.
- Then he found a way by controlling mind.

→ He ate very little but he was still far away from path of liberation.

→ He wanted to broke cycle of Samsara.

→ Buddha discovered that controlling mind was only way to achieve liberation.

→ Buddha described life in many forms and then he finally broke cycle of life and death.

→ After that he decided to share his teachings.

→ He went to Varanasi and his companions were aware of his power

→ Buddha told 4 teachings

1 Suffering

2 Suffering is caused by craving.

3 Suffering have an end

4 Nibhana

→ Karma was also main part of Buddhism. Buddha teachd that with good deeds Karma had change.

→ It doesnot depend on gender and caste.

→ People can improve their living standards and attain liberation.

→ Buddhism emphasis on good living style by liberation:

My Thoughts

Buddhism religion is very inspiring religion as it provide path of liberation. Gotama Buddha life is also interesting part I learned that how he left all luxuries and his family because he know that Sansara is reason behind all Dukhas and in order to get rid of pain liberation is important key. His whole life was devoted to God and liberation and how he laid foundation stone of Buddhism religion.

Week-10

Listening

The Sikhs - Between India and Pakistan

- Kartarpur is holy place for Sikhs and Kashmir is reason behind partition.
- Most of Sikhs lived in Punjab after partition.
- Kartarpur Sahib is holy place for Sikhs as their Guru spend last year of his life here.
- Nankana Sahib is also religious place of Sikhs.
- Pakistan has only 20,000 sikhs living after partition.
- Sikhism believes in idea of one almighty and all Sikhs believe that there is no caste system.
- Main focus of Sikhism is on
 - God's name.
 - Working hard.
 - Sharing earnings with poor
- In Sikh Gurdwaras, Langar is offered to everyone irrespective of their castes.
- Sikhs are representing themselves in every field.
- Sikhs believed that origin of Sikhism was from Pakistan as Guru Nanak Dev born there.
- Kartarpur Corridor opening by Narendra Modi is a

major reason behind Sikhs happiness.

→ Sikhs suffered most through 1947 partition.

→ There is museum in Amritsar to show the suffering of partition.

→ In 1947, Britishers divided Muslims and Hindus in order to rule India.

→ One million people died during partition and millions were lost.

→ Golden Temple is holy place of Sikhs but in 1984 Indira Gandhi ordered attack on Golden Temple.

→ When Sikhs decided to make Khalistan Indira Gandhi ordered killing of Sikhs and then she was assassinated by Sikhs.

→ After her death, Hindus killed many Sikhs in anger.

→ New roads were build to connect India and Kartarpur Sahib.

→ A person need passport to visit Kartarpur Sahib and there are bus services for comfort of people.

→ Every year a large population of people from India visited Kartarpur Sahib in order to see holy places.

Guru Nanak Dev and Brahmans of Haridwar

- Brahmans used to throw water in direction of sun to pay tribute to ancestors and to remove sins.
- Guru Nanak Dev entered water and started pouring it in West direction.
- Brahmans questioned Guru Nanak Dev that why he was doing this in wrong direction.
- Guru Nanak Dev didnot replied and fastly started pouring water.
- When Brahmans again questioned him he replied I am pouring this water to irrigate my fields.
- Brahmans again asked that how this water reached there.
- Guru Nanak Dev replied that then how the water you were pouring reaches to your ancestors.
- He teached them that you become stuck in rituals and you had forgotten God.
- Remembering God's name with pure heart and devotion is a way through which they become close to God and Ancestors.
- Serving each other is a way to serve God.

Birth of Khalsa - Vaisakhi Story

- During Gobind Singh Time, emperors were turning people into Muslims forcefully.
- Guru Gobind Singh decided to build a strong army of Sikhs called Khalsa.
- During spring of 1699 a large group of people was gathered at Anandpur Sahib.
- Daya Singh stood up and asked that my head was yours.
- Many people feared at that time and Guruji asked for head.
- Many people run away but many stayed there as they believed him.
- Guru Gobind Singh poured water in big bowl and started stirring his sword and recited Bani.
- He also recited his own prayer and Guruji initiated the idea of victory in people's mind.
- In bowl sugar was dissolved by his wife and it was so powerful drink.
- In the end, Anand Sahib was recited by Guruji and then water turned into Nectar, Amrit.

- When Gurujji sprinkled Nectar on Daya's head he stood up and recited 'Waheguru Ji ka khalsa, Waheguru Ji ki fateh'.
- On this day, 5 men dedicated their lives to Khalsa.
- Gurujji dressed those beloved ones into Bana and they were named as Kings.
- Khalsa are fearless Sikhs with humble minds.
- 5 beloved ones then agreed to give Amrit to Gurujji Gobind Singh and from Gobind Rai he turned into Gobind Singh.
- On that day, thousands of people become Khalsa and become fearless and strong.
- Gurujji taught them to remain in discipline and also fearless of death.
- Gurujji Gobind Singh was great teacher and warrior.
- Being nice to people and also serving people is also duty of Khalsa.
- Gurujji Gobind Singh was founder of Khalsa army and even today a large population of Sikhs are becoming Khalsa by taking Amrit and following Gurujji's path.

The Stolen Maharaja - Britain's Indian Royal

- In 1848, Lahore's emperor was Duleep Singh. In Nov, 1848 his empire was invaded. Britain attacked his emperor for his riches.
- British arrested him and put him in prison and at that time he was only 10 yrs old.
- Duleep Singh was last Maharaja of Sikhs.
- Lord Dalhousie was Governor General of India at that time.
- Lord Dalhousie keep his name as many Sikhs see Duleep as divine.
- Duleep was then sendd far away from empire.
- A Bible was gifted to him by army doctor who was taking care of him.
- He learned language and lifestyle of Britishers and he was also allowed to read Indian Granth.
- There were letters written by Duleep to Loggins when they were far away.
- Duleep Singh's hair was also preserved in book as he cut him.
- At age of 15, he was converted into Christianity.

- At age of 16, Duleep asked to visit Britain. He made 6 weeks sea voyage to London.
- He was first Maharaja who visited London.
- Queen Victoria was curious to meet him and she described him a very handsome man.
- Queen Victoria wanted Kohinoor diamond that belonged to Duleep.
- Duleep handed Kohinoor to Victoria.
- Duleep was invited to Victoria's son Prince of Wales marriage.
- Dalhousie was not happy with treatment given to Duleep as his blood was inferior.
- He was married to Bamba from where he had 6 children.
- He had good relations with Queen Victoria.
- Prince of Wales was his daily guest.
- At age of 40, he had 2 more children.
- He died in Paris.

My Thoughts :-

In this week, one most interesting thing I learned is about diamond that belonged to Indian Maharaja Duleep Singh and how Queen Victoria took that away and how Duleep Singh's death resulted in ending of Sikh Empire.

Other thing I learned is about Sikh religion that how Guru Nanak Dev Ji's teachings inspired many people and turned them into good human beings Also, creation of Khalsa by Guru Gobind Singh Ji that was a foundation stone for Sikhs great army.

I also belonged to India and I know that Sikhs were treated with cruelty in past. During 1947 partition, many were killed and many were separated from their families and during 1984 they were killed in large numbers and even today farmers who are Sikhs were protesting for their rights in Delhi against Government suffered through Police brutality.

Week-11

Sikh Women

- Sikh Women were honoured by all Gurus and they were treated equal to men.
- Mata Sundri Ji wife of Guru Gobind Singh Ji sweetened the Amrit that depicts the place of women in Sikh religion.
- Women also acquired education from past generations as then they can read holy book of Sikhs through education.
- Women were never seen as hindrance to path of salvation and even they can help men in achieving salvation.
- Menstrual cycle is considered as God's process in lives of Sikh women and they were not seen as impure souls.
- Guru Nanak Dev honoured women by saying that from women womb emperors were born so it was totally wrong to call women bad.
- Even women have full rights related to property of their parents and even to become Khalsa and wear 5k's.
- There was restriction on veil as part of Sikh religion as it is not suitable to use veil as a means to suppress identity.

- Sikh women are restricted to wear western clothes as they have to wear Bona that is Sikh's religious dress.
- According to Sikhism religion, western clothes produces evil thoughts in minds of women.
- Sikh women have to maintain a good spousal relationship as it's important for their children.
- Today Sikh women ruling over many big positions like Bibi Jagir Kaur as SGPC president.
- Apart from that female abortion in Punjab is sky rocketting.

My Thoughts :-

I belong to Sikh religion and personally I like this topic very much and I learn that how our Gurus are honoured women in past and in Guru Granth Sahib there are many quotes that describes the role of women in Univers and how women initiates and help in growth of the family.

Week-12

→ Monhandas Gandhi - Mahatma Gandhi

→ Monhandas Karamchand Gandhi was born on west Coast of India in Porbandar.

→ In Transvaal he helped client and in South Africa when he saw condition of people he decided to help them.

→ He put strong efforts to remove untouchability as at that time it was main part of Hinduism religion.

→ He gathered people in South Africa against policies of Government and in this way they gained respect of Europeans and won battle.

→ Gandhi worked in Indian National Congress but his main aim was to fight against Britishers.

→ During his lifetime, he went on fast just to restore peace in India.

→ He also started salt movement and believed in unity of people.

→ In Spring of 1942 during Cripps mission tension inclined between Britishers and INC.

→ Indian National Congress agreed upon matter of Independence.

→ He was assassinated by Nathuram Godse.

Arundhati Roy accuses Mahatma Gandhi of discrimination

- Arundhati Roy, consider Gandhi as a figure who fought against violence and discrimination.
- At that time Dalits a lower caste suffered through untouchability.
- In India that was major problem during Gandhi's time.
- Gandhi emphasis on non violence path and wanted to remove hatred.
- Apart from that, Bhimrao Ramji Ambedkar, was also Dalit who become India's first law minister and fought war against Britishers.
- Bhimrao and Gandhi's policies were some to make India an independent country.
- British Government decide recently to put statue of Gandhi at Parliament Square.
- In India now BJP party is in power and they have issues with Congress party.
- Some people said that BJP Government try to change course of study taught in schools upon Gandhiji but BJP denied these false claims and also they denied that documents related to Gandhiji death were misplaced.

My Thoughts

Mahatma Gandhi always remain as memorable figure in India's history. Whether fighting against untouchability to help people in South Africa he played role as great leader and he is role model for today's youth. His path of non-violence is truly inspiring and he is figure of simplicity because he always dressed up in dhoti.