

Class X - Sanskrit

Abhyaswaan Bhav - II

आदर्शप्रश्नपत्रम्

# CBSE NOTES

## आदर्शप्रश्नपत्रम् - Challenge Worksheet

*Strengthen your foundation with key concepts and basic applications.*



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Solve the following questions. Write your answers in the space provided.

## 1. Evaluate the role of 'बाल्यकालस्य महत्त्वम्' in shaping an individual's future as discussed in the chapter.

**Hint:** Consider how early education and habits influence adult behavior and success.

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## 2. Analyze the significance of 'अध्ययनप्राप्तये अति सार्धानमनसा प्रयत्नः करणीयः' in the context of modern education.

**Hint:** Think about the balance between hard work and smart work in today's educational landscape.

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Solve the following questions. Write your answers in the space provided.

**3. Discuss the implications of 'शरीरस्य स्वास्थ्यरक्षायै चाति बाल्यकालादेवौषधाहारः ग्रहीतव्यः' for contemporary health practices.**

**Hint:** Reflect on the role of diet and preventive healthcare in modern society.

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**4. Examine the concept of 'संस्काराः' as presented in the chapter and their relevance in today's world.**

**Hint:** Consider how traditional values can coexist with contemporary societal changes.

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Solve the following questions. Write your answers in the space provided.

## 5. Critically assess the statement 'जीवितं दुर्लभं जातम्' in the context of the chapter's teachings on life's value.

**Hint:** Think about how perceptions of life's value influence personal and societal goals.

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## 6. Explore the chapter's perspective on the relationship between 'गुरुः' and 'शिष्यः' and its applicability in modern education.

**Hint:** Consider how the essence of the guru-shishya relationship can be preserved in contemporary settings.

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Solve the following questions. Write your answers in the space provided.

## 7. Analyze the importance of 'व्यायामः' as discussed in the chapter for a student's overall development.

**Hint:** Reflect on the balance between academic pursuits and physical health.

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## 8. Discuss the chapter's view on 'अनुशासनम्' and its role in achieving success.

**Hint:** Think about how discipline can be both a tool for success and a potential limitation.

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Solve the following questions. Write your answers in the space provided.

## 9. Evaluate the chapter's emphasis on 'सत्यम्' and 'धर्मः' in personal and societal contexts.

**Hint:** Consider the universality versus the cultural specificity of truth and duty.

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## 10. Reflect on the chapter's message about 'आत्मनः मोक्षाय' and its relevance in contemporary life.

**Hint:** Think about how ancient ideals of liberation can find place in today's materialistic world.

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Check your answers with the solutions below.

## 1. Evaluate the role of 'बाल्यकालस्य महत्त्वम्' in shaping an individual's future as discussed in the chapter.

**Solution:** The chapter highlights the importance of childhood in laying the foundation for a person's future. It emphasizes that habits, values, and education acquired during childhood play a crucial role in determining one's success and happiness in later life. Examples include the development of discipline, the acquisition of knowledge, and the formation of character. Counterpoints might argue that individuals can overcome a lack of foundational education or values in childhood through later efforts, but the chapter suggests this is more challenging.

## 2. Analyze the significance of 'अध्ययनप्राप्तये अति सार्धानमनसा प्रयत्नः करणीयः' in the context of modern education.

**Solution:** This phrase underscores the importance of diligent and focused effort in acquiring education. In modern times, where distractions are plentiful, this principle reminds students of the value of concentration and perseverance. Examples include the success stories of students who have achieved greatness through hard work, contrasting with those who fail due to lack of effort. The solution should also consider how technology can both aid and hinder this principle.

## 3. Discuss the implications of 'शरीरस्य स्वास्थ्यरक्षायै चाति बाल्यकालादेवौषधाहारः ग्रहीतव्यः' for contemporary health practices.

**Solution:** This statement advocates for the early adoption of healthy eating and medicinal habits to maintain physical health. In today's context, it suggests the importance of nutrition education from a young age to combat lifestyle diseases. Examples include the rise in childhood obesity and how early intervention can prevent chronic diseases. Counterpoints might discuss the challenges of accessing healthy food in certain socio-economic conditions.



Check your answers with the solutions below.

## 4. Examine the concept of 'संस्काराः' as presented in the chapter and their relevance in today's world.

**Solution:** The chapter presents 'संस्काराः' as essential cultural and moral values imparted during childhood that guide behavior throughout life. In today's globalized world, these values help maintain cultural identity and ethical standards. Examples include respect for elders and the importance of honesty. However, the solution should also consider how these values may conflict with modern individualism and diversity.

## 5. Critically assess the statement 'जीवितं दुर्लभं जातम्' in the context of the chapter's teachings on life's value.

**Solution:** This phrase highlights the preciousness and rarity of human life, urging individuals to make the most of it through education and moral living. The chapter suggests that recognizing life's value motivates one to pursue meaningful goals. Examples include individuals who have made significant contributions to society. Counterpoints might discuss how societal pressures can make life seem less valuable to some.

## 6. Explore the chapter's perspective on the relationship between 'गुरुः' and 'शिष्यः' and its applicability in modern education.

**Solution:** The chapter depicts the guru-shishya relationship as foundational to learning, emphasizing respect, dedication, and the transmission of knowledge. In modern education, this can be seen in mentor-mentee relationships, though the dynamic has evolved with formal education systems. Examples include successful mentor-mentee pairs in academia and industry. The solution should also address how digital learning platforms are changing this traditional relationship.

## 7. Analyze the importance of 'व्यायामः' as discussed in the chapter for a student's overall development.

**Solution:** The chapter advocates for physical exercise ('व्यायामः') as essential for maintaining health and enhancing mental capacity, crucial for students. Examples include studies showing improved academic performance with regular physical activity. Counterpoints might discuss time constraints in students' schedules that limit exercise opportunities.



Check your answers with the solutions below.

## 8. Discuss the chapter's view on 'अनुशासनम्' and its role in achieving success.

**Solution:** The chapter presents 'अनुशासनम्' (discipline) as a key to success, enabling individuals to focus and persevere. Examples include disciplined routines of successful people. The solution should also consider how excessive discipline might stifle creativity, suggesting a balanced approach.

## 9. Evaluate the chapter's emphasis on 'सत्यम्' and 'धर्मः' in personal and societal contexts.

**Solution:** The chapter underscores the importance of truth ('सत्यम्') and duty ('धर्मः') in guiding individual actions and societal harmony. Examples include historical figures who upheld these values despite challenges. The solution should also explore how these concepts can be interpreted differently across cultures and situations.

## 10. Reflect on the chapter's message about 'आत्मनः मोक्षाय' and its relevance in contemporary life.

**Solution:** The chapter discusses self-liberation ('आत्मनः मोक्षाय') as the ultimate goal, achieved through knowledge and ethical living. In today's fast-paced world, this can be interpreted as finding personal fulfillment beyond material success. Examples include individuals who have left lucrative careers for meaningful lives. The solution should also address the challenges of pursuing such ideals in modern society.



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