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CLASS: VII	SUB: SOCIAL SCIENCE	TOPIC: HISTORY	CH-4
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**2026-27**

**THE RISE OF CITIES AND STATES**

**A. Tick (✓) the correct option:**

1. The 'Second Urbanisation' of India began mainly in which region? **The Ganga Plains**
2. The word 'Janapada' literally means **where the people have set foot.**
3. Which of the following was not a powerful monarchy during the Mahajanapada period? **Magadha**
4. The first coins in India were made of which metal? **Silver**
5. A jāti was a social group based on **a specific professional occupation.**
6. The term Mahajanapada refers to **a larger, more powerful political unit.**
7. The Uttaramerur inscriptions provide evidence of **the rules for village elections.**

**B. Fill in the blanks:**

1. The 'Second Urbanisation' began in the **1st Millennium BCE.**
2. A Mahajanapada capital city was often well-protected with strong walls and deep ditches called **moats for defence.**
3. Early republics were called **ganas** or **sanghas.**
4. The four main varnas were Brahmins, Kshatriyas, Vaishyas, and **Shudras.**
5. The Dakshinapatha trade route crossed the **Vindhya** Range.
6. By the 8th or 7th centuries BCE, there were **16** main Mahajanapadas.
7. A **monarchy** is a form of government where a ruler's position is usually hereditary.

**C. Write 'T' for true and for false statements:**

1. After the First Urbanisation, large city life almost disappeared from India for a thousand years. **True**
2. The Janapadas were formed after the Mahajanapadas. **False**
3. The capitals of the Mahajanapadas were often unprotected villages. **False**
4. The Uttaramerur inscriptions provide evidence of early local elections in ancient India. **True**
5. The varna-jāti system in early times was more flexible than it later became. **True**
6. The first Indian coins were made of copper and were perfectly round. **False**
7. The Mahajanapadas were located only in the Gangetic plains. **False**

**D. Answer the following questions in brief:**

**1. What is the 'Second Urbanisation of India'?**

It was a period when our country saw its 'Second Urbanisation'; a time when cities and states (like small countries) began to grow and change the way people lived forever.

**2. What is the difference between a Janapada and a Mahājanapada?**

**Janapadas:** People formed into clans or groups, often sharing a language and customs. Each group settled in a certain area, which was called a Janapada.

**Mahajanapadas:** As trade grew and connected these Janapadas, some of them joined together to form bigger and more powerful units called Mahājanapadas.

**3. What were the two main forms of government during the Mahajanapada period?**

The two main forms of government during the Mahajanapada period were Monarchies and Early Republics.

**4. How was the jāti system different from the varna system?**

**Jāti:** This was a group of people who shared a specific professional occupation. Example farming, metalwork, trade, or a craft.

**Varna:** This was another way society was divided, based on ideas from old Vedic texts. There were four main varnas:

1. Brahmins
2. Kshatriyas
3. Vaishyas

4. Shudras

**5. How do archaeologists and old writings help us understand the 'Second Urbanisation'?**

Archaeologists have found signs of planned cities, advanced use of iron tools, and busy trade routes and coins which helps us understand the 'Second Urbanisation'.

**6. Why did the Mahājanapadas mostly develop in the Gangetic plains?**

The Mahajanapadas were located in the fertile Ganga plains because the land was good for farming, there was iron ore nearby which was becoming important), and new trade routes were growing.

**7. What are some key features of a Mahajanapada capital city?**

The Mahajanapadas capitals were often large, well-protected cities with strong walls and deep ditches filled with water called moats for defence.

**E. Answer the following questions in detail:**

**1. Discuss the significance of iron metallurgy and the invention of coins during this period. How did these innovations lead to a transformation of ancient Indian society?**

In the Second Urbanisation, a major new technology was iron metallurgy (the art of working with iron). While the Harappan civilisation used copper and bronze, now people learned to extract and shape iron. By the late 2nd millennium BCE, iron tools were common. The widespread use of iron brought important changes to daily life, especially in farming and warfare.

With trade growing, a new invention was needed: coins. These were first used in India during this period. The introduction of coins made buying, selling, and long-distance trade easier and more organised.

**2. How did the ancient trade routes help to connect different parts of the Indian subcontinent? Give examples of the routes and the regions they connected.**

New routes, towns, and kingdoms helped connect different regions of the subcontinent, allowing goods, people, and ideas to move more easily than before. Important communication routes opened up for trade, pilgrimages, and armies.

- The Uttarapatha connected the northwest to the Ganga plains and eastern India.
- The Dakshinapatha started from Kaushambi(near Prayagraj) and went all the way south, crossing the Vindhya range.
- Many smaller roads connected to important ports on the eastern and western coasts which were busy trading centres.

### **3. Discuss the role of new ideas and philosophies, such as Buddhism and Jainism, in the cultural landscape of the 'Second Urbanisation'.**

The 'Second Urbanisation' Era also saw the rise of new ideas and philosophies like Buddhism and Jainism. Scholars, monks and nuns travel across India, spreading these teachings and their writings which greatly influenced Indian culture.

### **4. How did the rise of the southern kingdoms (Cholas, Cheras, and Pandyas) contribute to the of connectivity of ancient India?**

In the southern parts of India, cities began to appear around 400 BCE. Around this time, three important kingdoms emerged: the Cholas, the Cheras, and the Pandyas. These southern regions were rich in valuable resources like precious stones, gold, and spices. This allowed them to trade not only with the rest of India but also with kingdoms and empires overseas.

### **5. Describe the different forms of government during the Janapada-Mahajanapada period, including monarchies and republics. Use examples from the chapter to illustrate your points.**

In the early Janapadas, governance was supported by assemblies such as the Sabha and samiti. Later the mahajanapadas followed to main systems of rule: powerful monarchies such as Magadha and Kosala, and early republics such as Vajji and Malla.

#### **1. Assemblies and Councils:**

- a. In the Janapadas, there were assemblies or councils called sabha or samiti. These were places where important matters for the clan were discussed.
- b. The raja was usually expected to listen to the advice from these groups, not just rule on his own. Some old texts even suggest that a bad ruler could be removed by the assembly.

#### **2. Monarchies:**

- a. Many Mahājanapadas were like monarchies. This means they were ruled by a rājā who had the most power.
- b. The raja's position was usually hereditary (passed down from father to son).
- c. These kings would collect taxes, keep law and order, build strong forts around their capitals, and have armies to protect their land or fight with neighbours.
- d. Magadha, Kosala, and Avanti were examples of such powerful monarchies.

### **3. Early Republics (Ganas or Sanghas):**

- a. In places like Vajji (or Vriji) and Malla, the sabhā or samiti had more power.
- b. They made important decisions through discussions and even voting.
- c. Their way of working was almost like a democracy, where members of the assembly chose the ruler and made big decisions.
- d. Participation in these assemblies was limited to certain groups, mainly clan elders or warriors.