

Aum
Shri Param Krupalu Devay Namah
Kathopanishad
Shibir - 7
Adhyay - 2 Second Valli

WORKSHEET

Marks: 50

Name: Tel. No.: Group:

(I) Choose the correct answer.

Marks: 5

1. There cannot be after becoming Jeevanmukt.
(a) Desires (b) Destiny (c) Body (d) Associations
2. is necessary in order to destroy impurities, passions, thoughts.
(a) Seeing differences (b) Seeing temporary states (c) Seeing permanence (d) Gross vision
3. One experiences upsham sukh due to
(a) Subsidence of thoughts (b) Creation of thoughts (c) Increase of thoughts
(d) Creation of impure feelings
4. By listening about Brahma from a self-realised Guru, one can attain
(a) Indirect knowledge (b) Direct knowledge (c) Self-realisation (d) Experience of brahma
5. is needed to experience the soul.
(a) External light (b) Faculty of the senses (c) Mind (d) Inward focus

(II) Match the columns based on the metaphor of the city given in this valli.

Marks: 5

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| 1. City | (a) Inactivity of the soul |
| 2. King | (b) Body parts become inert at the time of death |
| 3. 11 gates of the city | (c) Breath |
| 4. Chief Minister | (d) Body |
| 5. Construction, administration, finance etc. ministries | (e) Soul |
| 6. Closing of the city gates at night | (f) Subtle openings in the body |
| 7. Citizens | (g) Bones, blood, white blood cells (WBC) |
| 8. Roads, rivers, police | (h) 700 crore cells |
| 9. King sleeping in the city | (i) Eyes, mouth etc. are closed when asleep |
| 10. Citizens becoming powerless when the king leaves the city | (j) Digestive, respiratory, circulatory systems |

1) 2) 3) 4) 5) 6) 7) 8) 9) 10)

(III) Answer in one or two words.**Marks: 5**

1. Name the vayu moving in the body through the lungs and breathing organs.
2. What is the instrumental cause of dream activity?
3. According to Vedic belief, how many forms of life are there in which a soul can be born into?
4. What birth does one get if the balance of karmic merits and demerits is similar?
5. Due to the beautiful confluence of which two things is Kathopanishad considered to be the best of all?

(IV) Write true or false. Give reason if false.**Marks: 5**

1. Upanishad's sages had a feeling of respect towards the soul and condemnation towards the body.
2. One becomes videhmukta on death.
3. Pran, apan, senses cannot carry out the body's functions independently.
4. We should check, catch and correct the impurity present in our eternal nature during introspection.
5. The material karma created by the soul are conscious, hence the soul is considered to be a fulfiller of human desires.

(V) Explain the meanings of the words given below.**Marks: 5**

1. Deva (2 meanings) -
2. Guhyam -
3. Nityoanityanam -
4. Netaresham -
5. Anirdeshyam -

(VI) Answer in one sentence.**Marks: 10**

1. What has been conveyed in the second mantra by giving a list of different creations like sun, wind, fire etc?
2. How is pranayam helpful in protecting celibacy?
3. Why do the Enlightened Ones repeat certain truths?

4. Explain the meaning of the word "Yathashrutam" used in the seventh mantra for showing which form of life the soul takes.

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5. Why does sense activity stop at death even though the physical sense organs remain?

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6. For what does the embodied soul need the association of senses, breath, mind, intellect? For what are these not required?

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7. "Supreme Entity is only one." - how was this statement of Upanishad misunderstood by ignorant people?

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8. What desire arose in Nachiketa upon hearing of the bliss and peace attained through direct experience of the soul?

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9. Write the names of the five types of vayu moving through the body.

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10. What is the similarity and difference between the flame of the soul and of the fire?

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(VII) Correct the false understanding in the statements below.

Marks: 5

1. The body is destroyed on attaining realisation of brahma, hence that day is called the day of His leaving the body.

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2. We are alive because the activities of breathing, digesting etc. are going on.

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3. Sorrow is the nature of the soul.

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4. Permanent happiness cannot be attained through money, fame, family, appreciation but only through memorising scriptures.

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5. The soul cannot know anything without external light.

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(VIII) Answer in brief.**Marks: 10**

1. African tribes - child birth. Write the example in brief and explain its parmarth.

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2. Street lamp. Write the example in brief and explain its parmarth.

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3. Fire - various forms. Write the example in brief and explain its parmarth.

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4. Even when we are asleep, something within is awake. Give any two reasons to prove it.

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5. What does one pray to the Lord by reciting the last mantra of this valli after arti?

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