

CLASS: VII

SUB: HISTORY

PUBLIC CENTRAL SCHOOL, KHALISPUR  
STUDY MATERIALS

CHAPTER-1 A THOUSAND YEARS OF History

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## 1. Geographical boundaries and Maps

India is a vast land with a 5422 Km long coastline (excluding the islands).

The Himalayan mountain ranges, which stretch for over 2,575 Km along the north of India cut off the Indian subcontinent from the rest of Asia. This has resulted in India being physically and culturally distinct from the rest of Asia.

It was in the middle ages that cartography developed in India. The Persian geographer Abu Rayhan Biruni did extensive work in India mapping cities and measuring distances between several parts of the subcontinent.

## 2. Origin of Hindustan

During the Vedic Age, India was called Sapta Sindhu or the land of the Seven Rivers - Indus, Jhelum, Chenab, Ravi, Beas, Sutlej and Saraswati.

Sindhu was the Sanskrit name for the Indus. Thus, 'Sindhu' was the name for India from ancient times.

Another theory says that Hindu were the people who drank Indu (Soma) and were blessed by it and the land where they lived was Hindustan.

Five successive dynasties ruled over northern India during the reign of Delhi Sultanate.

- (i) The Slave Dynasty (1206-1290)
- (ii) The Khalji Dynasty (1290-1320 CE)
- (iii) The Tughlaq Dynasty (1320-1399 CE)
- (iv) The Sayyid Dynasty (1414-1451)
- (v) The Lodi Dynasty (1451-1526)