

Collegedunia NCERT Notes

NCERT Notes for Class 7 Social Science (Part 2) (2026-27 Syllabus)

Chapter 2: India and Her Neighbours

These **India and Her Neighbours class 7 social science (part 2) notes** explain land neighbours, maritime neighbours, shared culture, trade, regional cooperation and map-based revision for the 2026-27 NCERT textbook.

Also see for this chapter: [Class 7 Social Science Part 2 - All Chapters](#)

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13 Quick Reference Summary

1 Chapter at a Glance

This chapter asks students to think beyond political borders. A neighbour can be connected by land, sea, history, trade, religion, language, migration, climate risk and shared security needs.

1.1 Big Questions in Simple Words

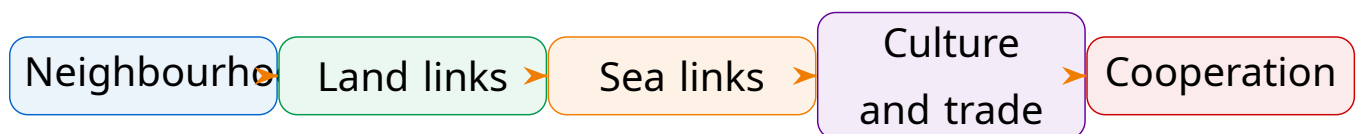
The NCERT chapter begins with three guiding questions. Keep them in mind while revising the full lesson.

- **Meaning:** What makes a country a neighbour of India?
- **Influence:** How do geography and history shape relationships?
- **Interconnection:** How are India and nearby countries linked today?

Core Idea

Neighbourhood is not only about touching borders. It includes sea routes, cultural memory, rivers, trade, disaster response and people-to-people contact.

Chapter Route



Memory Hook

Use **L-S-C-T** for the chapter: land, sea, culture and trade. Add cooperation when writing long answers.

1.2 Key Terms

Term	Meaning	Example cue
Land neighbour	Country linked by a land boundary	Nepal, Bhutan, Bangladesh
Maritime neighbour	Country linked by nearby sea or ocean routes	Sri Lanka, Maldives
Regionalism	Countries working together in a region	SAARC, ocean groups
Open border	Border crossed without visa or passport rules for citizens	India and Nepal
Archipelago	Group of islands	Indonesia

Definition Tip

For every definition, add one country example. This turns a one-line answer into a complete exam answer.

NCERT Big Questions Anchor.

Use this section to show that India is central in South Asia and the Indian Ocean. Then use examples from later sections.

2 Framing India's Neighbourhood

India's neighbourhood includes countries that touch India and countries connected through the surrounding seas. The textbook begins with this wider view.

2.1 Traditional Land Neighbourhood

In the traditional view, neighbours share land borders. India has a land boundary of over 15,100 km. These borders pass through mountains, deserts, forests, marshes, plains and river valleys.

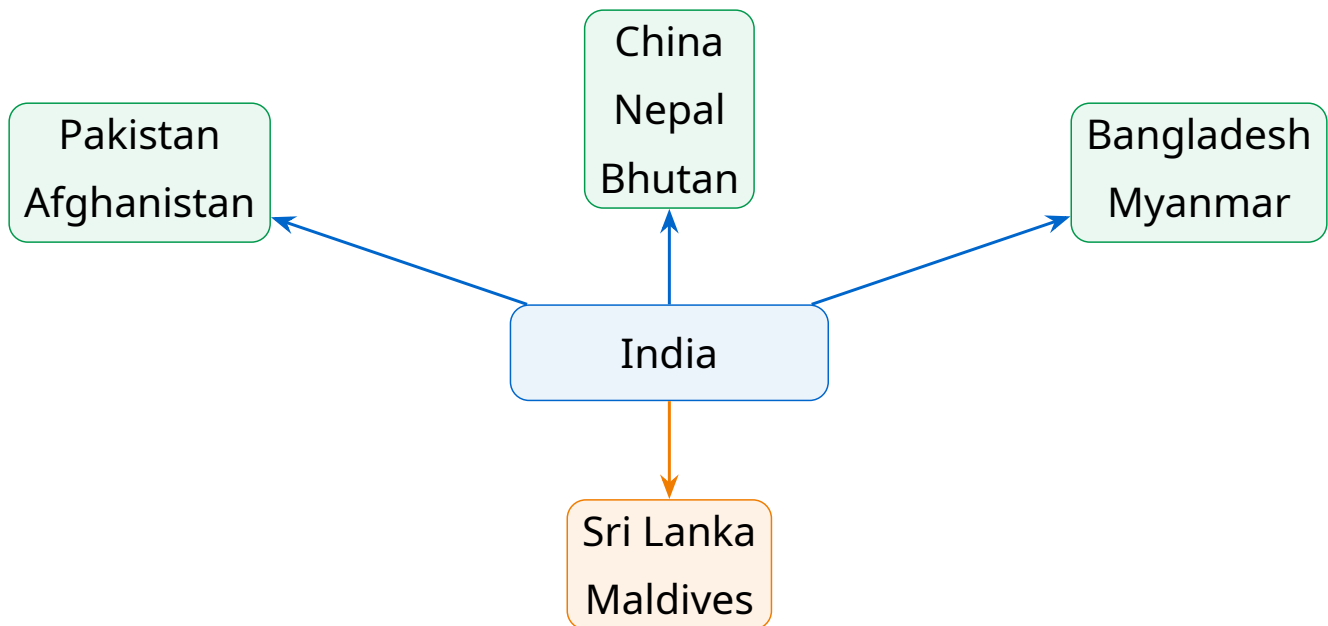
- In the northwest, India is linked with Pakistan and Afghanistan.
- In the north, India is linked with China, Nepal and Bhutan.

- In the east, India is linked with Bangladesh and Myanmar.
- These borders influence trade, migration, culture and security.

Answer Frame

Neighbour by land = shared boundary + shared region + examples of contact.

Neighbour by sea = nearby water route + ports + cultural or trade links.

**Common Mistake**

Do not write that only land-border countries are neighbours. The chapter clearly includes Sri Lanka and the Maldives as immediate maritime neighbours.

2.2 Wider Maritime Neighbourhood

India is surrounded by the sea on three sides. This makes the Indian Ocean important for trade, disaster relief, cultural exchange and regional cooperation.

India's Neighbourhood Web

Land routes, sea routes and cultural exchange

North

Himalayas connect India with China, Nepal and Bhutan.

West

Pakistan, Afghanistan, Iran and Oman link trade and history.

East

Bangladesh and Myanmar connect rivers, borders and Southeast Asia.

South

Sri Lanka and Maldives are close maritime neighbours.

Ocean

The Indian Ocean carries trade, aid and strategic cooperation.

Memory

Use L-S-C-T: land, sea, culture, trade.

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Map Reading Cue

Use the map-style figure above to connect land routes, sea routes and cultural exchange. It is a schematic revision map, so use it with the textbook map for exact country positions.

- Sri Lanka lies southeast of India across the Palk Strait.
- The Maldives lies close to Minicoy in Lakshadweep.
- Oman, Iran and Southeast Asian countries connect with India through sea routes.
- Ports help India link Southeast Asia, West Asia and Africa.

Indian Ocean Link

The Indian Ocean carries a large share of world shipping. India's long coastline and central location help it support trade, aid and sea-lane security.

3 India and China

India and China are large Asian countries. Their relationship has been shaped by mountains, trade, Buddhism, political dialogue, economic exchange and border tensions.

3.1 Geography and Borders

The Himalayas separate much of India and China. The border touches Arunachal Pradesh, Sikkim, Uttarakhand, Himachal Pradesh and Ladakh.

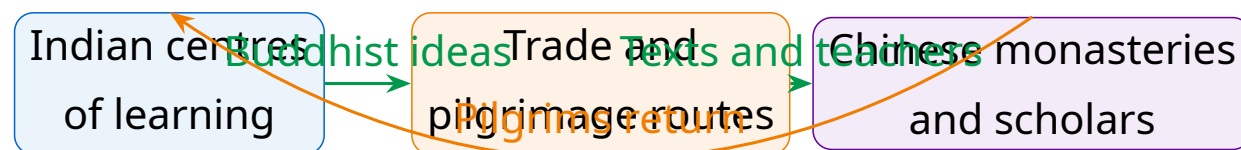
Point	Revision detail
Barrier and bridge	Mountains make movement difficult, but passes and routes enabled contact.
Border states	Arunachal Pradesh, Sikkim, Uttarakhand, Himachal Pradesh and Ladakh.
Current issue	Border tensions exist, but dialogue and mechanisms are used.

Balanced Answer

Write both sides: India and China have cultural and trade links, but they also have serious border-related tensions.

3.2 Buddhist and Trade Links

Buddhism travelled from India to China through routes used by traders and pilgrims. Chinese monks such as Faxian and Xuanzang visited Indian centres of learning. Indian monks also travelled to China.



Source Example

Use Faxian and Xuanzang as named examples when explaining India-China Buddhist links.

3.3 Modern Trade and Tensions

India exports items such as iron ore, chemicals and cotton yarn to China. India imports many electronic items and industrial products. The trade balance is in China's favour.

- Trade shows economic connection.
- Border tensions show political complexity.
- Dialogue and border mechanisms are used to manage disputes.

Common Mistake

Do not describe the relationship as only friendly or only hostile. NCERT presents it as complex, with both cooperation and tension.

4 India and Pakistan, Bangladesh, Nepal and Bhutan

This group shows how shared history, rivers, mountains, borders, religion and trade can shape very different relationships.

4.1 India and Pakistan

Pakistan was part of India before Partition in 1947. Partition continues to influence the present. The relationship has seen conflicts, wars and terrorism, but also attempts at pilgrimage and cultural contact.

- The border touches Gujarat, Rajasthan, Punjab, Jammu and Kashmir and Ladakh.
- Conflicts include wars in 1948, 1965 and 1971, and the Kargil War in 1999.
- Shared heritage appears in languages, food, music, festivals and pilgrimage sites.
- The Kartarpur Corridor allows pilgrims to visit Gurdwara Darbar Sahib with a permit.

Kartarpur Corridor

The Kartarpur Corridor shows how religious heritage can create limited cooperation even when political relations are difficult.

4.2 India and Bangladesh

Bangladesh was earlier East Pakistan and became independent in 1971. India and Bangladesh share history, language links, rivers and a long border.

Link	Example
Language	Bangla links Bangladesh and West Bengal.
Rivers	Ganga and Brahmaputra systems support agriculture and livelihoods.
Coast	The Sundarbans is shared and needs joint protection.
Climate risk	Cyclones and sea-level rise affect the delta region.

Sundarbans Point

The Sundarbans is important for biodiversity and cyclone protection. It is also a shared environmental concern for India and Bangladesh.

4.3 Nepal and the Open Border

India and Nepal share an open border. Citizens can cross without passports or visas. This supports work, education, healthcare, trade and family links.

- Nepal borders Uttarakhand, Uttar Pradesh, Bihar, West Bengal and Sikkim.
- Sacred sites and festivals connect people on both sides.
- India is Nepal's largest trading partner.
- The open border is also managed for safety.

Open Border Answer

Meaning: Citizens can cross without visa or passport.

Effect: It supports trade, jobs, education, healthcare, pilgrimage and family ties.

Nepal Memory Hook

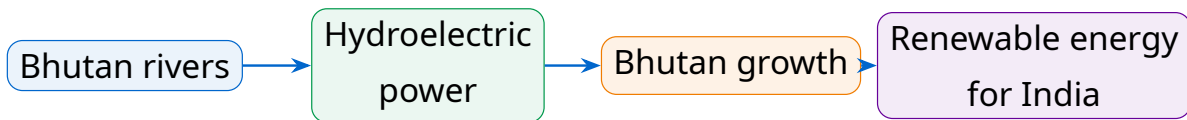
Use **O-P-E-N**: open border, pilgrimage, exchange of goods, neighbourhood trust.

4.4 Bhutan and Shared Himalayan Links

Bhutan is a Himalayan kingdom between India and China. Its Indian border touches Sikkim, West Bengal, Assam and Arunachal Pradesh.

- Buddhism connects Bhutan and India through sacred sites and teachers.
- Rivers from Bhutan support agriculture and hydroelectric power.

- Hydroelectric cooperation benefits Bhutan's economy and supplies renewable energy to India.
- Bhutan's Gross National Happiness idea adds sustainability and culture to development.



5 Myanmar, Afghanistan and Regional Routes

These neighbours show the importance of routes. Land corridors, highways, pilgrimage routes and historic trade routes connect India with larger regions.

5.1 Myanmar as Gateway to Southeast Asia

Myanmar shares borders with Arunachal Pradesh, Nagaland, Manipur and Mizoram. It also shares a maritime boundary with India in the Bay of Bengal.

- Buddhism creates a strong cultural link.
- Border communities share ethnic and cultural ties.
- The Land Border Crossing Agreement of 2018 helped movement and trade.
- Recent conflicts have led to restrictions in some areas.

Map Cue

For Myanmar, always mention both links: the northeast land border and the Bay of Bengal maritime boundary.

5.2 Afghanistan and the Uttarapatha

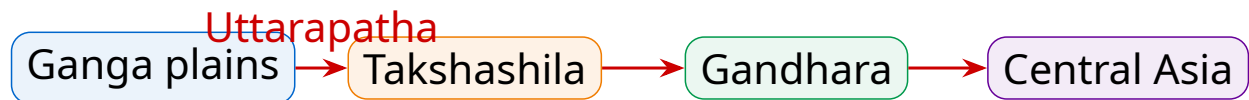
Afghanistan is landlocked and no longer has a direct accessible border with India because Pakistan lies between them. Still, ancient routes created deep connections.

- The Uttarapatha route linked the Ganga plains with Central Asia.
- Ancient Gandhara, Takshashila, Varanasi and Pataliputra were connected by exchange.
- Buddhism, Hinduism, art and philosophy moved through the region.

- Modern India has supported education, healthcare and infrastructure in Afghanistan.

Infrastructure Example

India helped build the Afghan Parliament building and the Zaranj-Delaram highway. Use these as modern cooperation examples.



6 India's Maritime Neighbours

The maritime section explains how seas connect India with island nations, peninsulas and the wider Indian Ocean world.

6.1 Sri Lanka

Sri Lanka is southeast of India, across the Palk Strait. At the nearest point, the distance is about 32 km.

- Buddhism reached Sri Lanka in the 3rd century BCE through Mahendra and Sanghamitra.
- Hindu epics and cultural traditions also travelled there.
- The relationship has seen challenges, including Sri Lanka's civil war.
- Today, cooperation includes culture, trade, regional forums and people-to-people exchange.

Sri Lanka Link

Sri Lanka is the best example for writing about close maritime distance plus deep cultural exchange.

6.2 The Maldives

The Maldives is an island nation of more than 1,100 islets. It lies close to Minicoy in Lakshadweep, making it important for Indian Ocean trade and security.

- Dhivehi has links with Sanskrit, Prakrit, Tamil, Malayalam and Hindi.
- India recognised the Maldives soon after independence in 1965.
- India helped during the 2004 tsunami, the 2014 Male water crisis and the COVID-19 pandemic.
- Sea-level rise is a serious risk for the islands.

Climate Answer

Do not write only about tourism. The textbook also stresses climate risk, disaster relief, language links and solar cooperation.

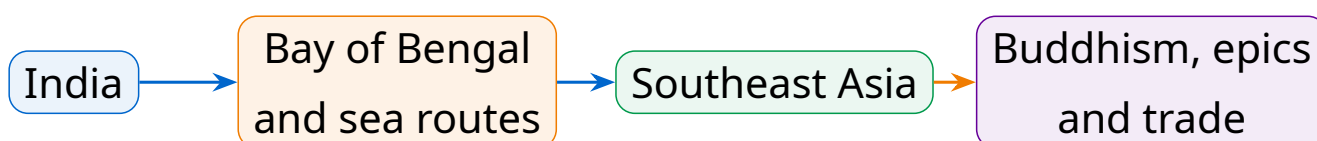
First Responder

India's quick help during crises in the Maldives shows how a large neighbour can support a smaller neighbour in emergencies.

6.3 Thailand, Malaysia, Singapore and Indonesia

These countries show the long reach of Indian culture through sea routes.

Country	Cultural or historical link	Modern cue
Thailand	Dvaravati, Ayutthaya, Ramayana themes, Buddhism	Trilateral Highway
Malaysia	Brahmi-based script, Indian workers, trade	Palm oil, IT, security
Singapore	Tamil as official language, Little India	Investment and education
Indonesia	Java, Sumatra, Borobudur, Ramayana	Maritime security, disaster relief



Southeast Asia Memory

Use **T-M-S-I**: Thailand, Malaysia, Singapore and Indonesia. Connect each with one cultural link and one modern link.

7 Iran, Oman and Western Sea Links

India also has important westward connections. Iran and Oman show links through the Arabian Sea, the Persian Gulf, ancient trade and modern strategy.

7.1 Iran

India and Iran have shared links since the Bronze Age. Land and sea routes carried goods, language, literature, food, art and architecture.

- The Avesta has parallels with the Rigveda.
- Mahabharata mentions Persians as Parasika.
- Persian later became a court language in India.
- Chabahar Port gives India better access to Afghanistan and Central Asia.

Chabahar Port Point

Location: Iran.

Importance: Improves India's access to Afghanistan and Central Asia through a strategic port route.

7.2 Oman

Oman lies on the southeastern coast of the Arabian Peninsula. It has long ties with India through copper trade, maritime contact, Indian communities and defence cooperation.

- Harappan traders may have carried copper ingots from Oman.
- More than 10 percent of Oman's population is of Indian origin.
- The Motishwar Mandir in Muscat shows a cultural link.
- Oman is a close defence partner in the Gulf region.

Western Neighbours Tip

Use Iran for port connectivity and Oman for ancient copper plus defence cooperation.

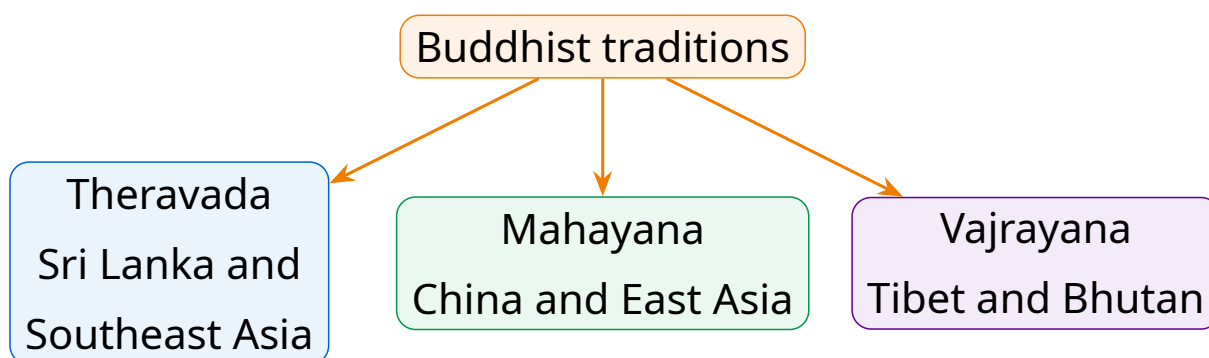
8 Themes Across the Chapter

The chapter is long, but most questions can be answered through repeated themes. Learn the themes first, then attach country examples.

8.1 Culture and Religion

Buddhism is the strongest repeated cultural theme. It links India with China, Bhutan, Myanmar, Sri Lanka, Thailand, Indonesia and other regions.

- Theravada spread strongly in Sri Lanka and Southeast Asia.
- Mahayana travelled to China, Japan and Korea.
- Vajrayana influenced Tibet and Bhutan.
- Hindu epics and Sanskrit names shaped parts of Southeast Asia.

**Religion Link**

Avoid saying Indian influence spread by conquest. The chapter stresses peaceful spread through trade, pilgrimage and culture.

8.2 Trade, Routes and Ports

Ancient routes and modern projects both appear in the chapter. Routes connect people, markets and ideas.

Route or project	Connected areas	Use in answer
Uttarapatha	Ganga plains, Gandhara, Central Asia	Ancient exchange
Sea routes	India, Southeast Asia, West Asia, Africa	Trade and culture
Trilateral Highway	India, Myanmar, Thailand	Modern connectivity
Chabahar Port	India, Iran, Afghanistan, Central Asia	Strategic access

Modern Connectivity

Highways and ports are modern versions of older routes. They revive contact through trade, movement and cooperation.

8.3 Shared Challenges

Neighbours also cooperate because they face shared challenges.

- Cyclones and sea-level rise affect Bangladesh, the Sundarbans and the Maldives.
- Earthquakes and tsunamis affect Indonesia and the Indian Ocean region.
- Border security and safe movement affect land neighbours.
- Maritime security matters for countries around the Indian Ocean.

Long Answer Formula

For shared challenges, write: challenge, affected countries, cooperation needed, one example from the chapter.

9 Exam Ready Revision

Use this section to turn chapter facts into direct answers.

9.1 Country-wise Quick Revision

Country	Main link with India	Example to quote
China	Buddhism, trade, border issues	Faxian, Xuanzang, trade imbalance
Pakistan	Partition, conflict, shared heritage	Kartarpur Corridor
Bangladesh	Language, rivers, Sundarbans	Ganga-Brahmaputra systems
Nepal	Open border, pilgrimage, trade	Pashupatinath and open movement
Bhutan	Buddhism, hydropower	Tala project, Gross National Happiness
Myanmar	Northeast gateway, Buddhism	Land Border Crossing Agreement
Sri Lanka	Palk Strait, Buddhism	Mahendra and Sanghamitra
Maldives	Indian Ocean, crisis support	2004 tsunami, Male water crisis

9.2 Answer Starters

- **Maritime neighbour:** A maritime neighbour is linked through a nearby sea or ocean route. Sri Lanka and the Maldives are immediate examples for India.
- **Open border:** The India-Nepal open border allows people to cross for work, education, trade, healthcare and family contact.
- **Being neighbours:** It is not only geography because culture, rivers, trade, disasters and shared history also connect countries.
- **Buddhism:** Buddhism links India with China, Bhutan, Myanmar, Sri Lanka, Thailand and Indonesia through monks, texts and pilgrimage.

Final Memory Hook

For any country paragraph, use **G-H-C-T**: geography, history, culture and today's cooperation.

9.3 Questions and Activities Practice

1. Explain who a maritime neighbour is with two India-related examples.
2. Explain how Buddhism created links between India and nearby countries.
3. What is the India-Nepal open border policy? How does it affect daily life?
4. Explain the statement: being neighbours is not just about geography.
5. Give examples of how India has helped smaller neighbours.
6. Explain how shared challenges can become opportunities for cooperation.

Best Revision Method

First mark each country on a blank map. Then write one geography point, one culture point and one modern cooperation point beside it.

Map Work Mistake

Do not label only capitals. Also mark the surrounding seas, island neighbours, border states and route directions.

10 Map Practice and Blank Map Strategy

Map work is central to this chapter because students must visualise the direction of each neighbour. Do not memorise countries as a plain list. Place them around India in clockwise order.

10.1 Clockwise Border Recall

Start from the northwest and move clockwise. This creates a mental map that is easier than a random list.

Land vs Maritime Neighbours

Two ways to understand the chapter

Land

Shared borders, rivers, mountains, migration and markets.

Maritime

Shared seas, ports, trade, fishing, tourism and climate risk.

Culture

Buddhism, Hindu epics, language, temples and festivals.

Economy

Exports, imports, highways, ports and investment.

Security

Borders, sea lanes, disaster response and regional peace.

Answer Frame

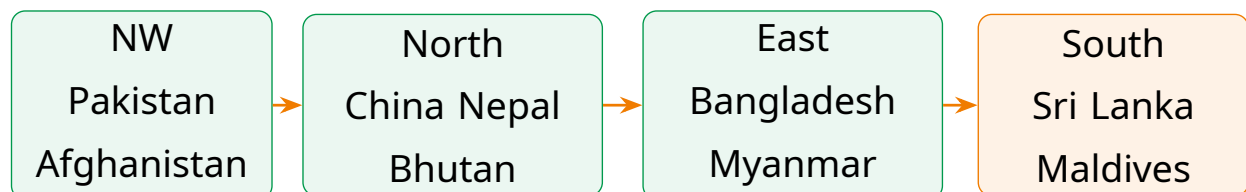
Name the link, give one example, explain its effect.

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Blank Map Figure

This figure separates land neighbours from maritime neighbours. After revising it, label the Arabian Sea, Bay of Bengal, Indian Ocean and Palk Strait on a blank map.

1. Begin with Pakistan and Afghanistan in the northwest zone.
2. Move to China, Nepal and Bhutan along the Himalayan zone.
3. Continue to Bangladesh and Myanmar in the east.
4. Add Sri Lanka and the Maldives across the sea to the south.
5. Extend westward and eastward for Iran, Oman, Thailand, Malaysia, Singapore and Indonesia.



Blank Map Method

First label the seas. Then label land neighbours. Last, draw arrows for cultural flows such as Buddhism and trade.

10.2 Water Bodies to Mark

The map becomes meaningful only when the water bodies are clear. Mark the Arabian Sea, Bay of Bengal and Indian Ocean before writing country names.

Water body	Where to place it	Why it matters
Arabian Sea	West of India	Links Oman, Iran, western ports and trade.
Bay of Bengal	East of India	Links Bangladesh, Myanmar and Southeast Asia.
Indian Ocean	South of India	Connects Sri Lanka, Maldives and wider sea routes.
Palk Strait	Between India and Sri Lanka	Shows close maritime distance.

Map Skill

A good map answer is not crowded. It has clear labels, arrows for movement and neat country placement.

11 Long Answer Bank

This section gives ready frames for common classroom questions. Use the frames, then add chapter examples.

11.1 Why Being Neighbours Is Not Just Geography

Start by agreeing that geography matters. Then explain that history, trade, faith, language, rivers, disasters and routes also make countries connected.

- India and Nepal show how an open border affects daily life.
- India and Sri Lanka show how the sea can connect people closely.
- India and Bangladesh show how rivers and climate risks are shared.
- India and Thailand show how old sea routes carried cultural ideas.

Four Step Answer

- Point 1: Define neighbourhood.
 Point 2: Give one land example.
 Point 3: Give one maritime or cultural example.
 Point 4: Conclude that cooperation is necessary.

11.2 How Buddhism Created Links

Buddhism began in India and travelled through monks, pilgrims, traders, texts and sacred sites. The chapter gives many examples.

Region	Buddhist link	Use
China	Faxian and Xuanzang travelled to Indian centres of learning.	Culture
Bhutan	Vajrayana Buddhism and Guru Padmasambhava shaped identity.	Faith
Sri Lanka	Mahendra and Sanghamitra carried Buddhism there.	History
Myanmar	Pilgrimage and temple restoration show continuing links.	Today
Indonesia	Borobudur shows Buddhist artistic heritage.	Art

Pilgrimage Today

Sacred places such as Bodh Gaya, Rajgir and Nalanda still attract pilgrims and students from neighbouring regions.

11.3 How Shared Challenges Create Cooperation

Shared challenges become opportunities because no country can solve cross-border problems alone. Rivers, seas, storms, earthquakes and trade routes need coordination.

- The Sundarbans needs cooperation because it lies across India and Bangladesh.
- The Maldives needs regional climate support because sea-level rise threatens islands.
- The Indian Ocean tsunami showed the need for early warning systems.
- Sea-lane security requires countries to protect routes together.

Answer Balance

Do not write only about problems. The question asks how challenges become opportunities, so end with cooperation.

12 One Page Country Cards

Use these cards for final revision before a test. Each card gives one geography point, one culture point and one modern point.

12.1 North and East Cards

Country	Geography	Culture	Modern link
China	Himalayan border	Buddhism and scholars	Trade and border dialogue
Nepal	Himalayan open border	Shared festivals and temples	Trade, work, healthcare movement
Bhutan	Himalayan kingdom	Buddhism and monasteries	Hydroelectric cooperation
Bangladesh	Long river border	Bangla language link	Sundarbans and river systems
Myanmar	Northeast border	Buddhism and ethnic ties	Gateway to Southeast Asia

North and East Hook

Use **C-N-B-B-M** from north to east: China, Nepal, Bhutan, Bangladesh, Myanmar.

12.2 South, West and Southeast Cards

Country	Geography	Culture	Modern link
Sri Lanka	Palk Strait	Buddhism and epics	Regional cooperation
Maldives	Island nation near Minicoy	Dhivehi and Indian roots	Disaster relief and solar energy
Iran	Westward land and sea links	Avesta and Persian links	Chabahar Port
Oman	Arabian Sea partner	Indian community and temple	Defence cooperation
Indonesia	Island archipelago	Borobudur and Ramayana	Maritime security and tsunami warning

Last Minute Tip

If you forget details, write one clear example. Named examples score better than broad lines.

13 Quick Reference Summary

This chapter presents India as a central country in South Asia and the Indian Ocean region. Its relationships are made by borders, water, routes and people.

- India has land neighbours and maritime neighbours.
- The Indian Ocean gives India an important strategic and trade position.
- Buddhism, Hindu epics, language and art created old cultural links.
- Trade, ports, highways and investment create modern links.
- Climate risks, disasters and security needs make cooperation necessary.
- The chapter asks students to see maps as networks, not only as borders.

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