

## History ch-8 VII

### KEYWORD:

- ① Bhakti - Means devotion to God and Goddess.
- ② Nayanars - Saints devoted to Shiva are called Nayanars.
- ③ Alvars - Saints devoted to Vishnu are called Alvars.

### NCERT TEXTBOOK EXERCISES

Q1 Match the following:

Ans: The Buddha	questioned social differences
Shankaradeva	namghar
Nizamuddin Auliya	Sufi saint
Nayanars	worship of Shiva
Alvars	worship of Vishnu

Q2 Fill in the blanks:

- ① Shankara was an advocate of Advaita.
- ② Ramanuja was influenced by the Alvars.
- ③ Basavanna, Allama Prabhu, and Akkamahadevi were advocates of Vijayashakti.
- ④ Pandharpur was an important centre of the Bhakti tradition in Maharashtra.

Q3 Describe the beliefs and practices of the Nathpanthis, Siddhas and Yogis.

- Criticism of ritual and other aspects of conventional religion.
- Renunciation of the world.
- Path of salvation in meditation on the formless.

- Ultimate reality and realisation of oneness.
- Intense training of mind and body through practices like yogasana, breathing exercises and meditation.

Q4: What were the major ideas expressed by Kabir? How did he express these?

- Ans:
- Rejection of orthodox religion and religious traditions.
  - Religion accessible to all
  - Criticism of all external worship of Brahmanical Hinduism and Islam.
  - No caste system
  - Belief in formless God.
  - Bhakti and devotion is only path of salvation.

Q5: What were the major teachings of Baba Guru Nanak?

- Ans:
- worship of one God.
  - Nam, dam, isnan major essence of his teaching.
  - Idea of equality