

**Class: VII**

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**Subject: SST (History)**

**L6-Devotional Paths To The Divine**

**1. Match the following:**

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

**2. Fill in the blanks:**

- (a) Shankara was an advocate of **Advaita**  
(b) Ramanuja was influenced by the **Alvars**.  
(c) **Basavanna**, **Allama Prabhu** and **Akkamahadevi** were advocates of Virashaivism.  
(d) **Pandharpur** was an important centre of the Bhakti tradition in Maharashtra.

**3. Describe the beliefs and practices of the Nathpanthis, Siddhas, and Yogis.**

**Answer:**

Beliefs and Practices of the Nathpanthis, Siddhas, and Yogis

1. Criticism of ritual and other aspects of conventional religion.
2. Renunciation of the world.
3. Path of salvation in meditation on the formless.
4. Ultimate reality and realisation of oneness.
5. Intense training of mind and body through practices like yogasanas, breathing exercises, and meditation.

**4. What were the major ideas expressed by Kabir? How did he express these?**

**Answer:**

Major ideas expressed by Kabir and his way of expressing them:

1. Rejection of orthodox religion and religious traditions.
2. Religion was is accessible to all.
3. Criticism of all external worship of Brahmanical Hinduism and Islam
4. No caste system.
5. Belief in formless God.

6. Bhakti and devotion is the only path of salvation.

7. He expressed his ideas through couplets.

### **5. What were the major beliefs and practices of the Sufis?**

**Answer:**

- Sufis were Muslim mystics. They rejected outward religiosity and gave emphasis on love and devotion to God. They inspired people to be compassionate towards all fellow human beings.
- They rejected idol worship and considerably simplified rituals of worship into collective prayers.
- They believed that the heart can be trained to look at the world in a different way.
- They developed elaborate methods of training using zikr, meaning chanting of a name or sacred formula, contemplation, sama (singing), raqs (dancing), discussion of parables, breath control etc. under the guidance of a master called pir.

### **6. Why do you think many teachers rejected prevalent religious beliefs and practices?**

**Answer:**

Yes, many teachers rejected prevalent religious beliefs and practices because they had numerous shortcomings and they promoted division in society.

### **7. What were the major teachings of Baba Guru Nanak?**

**Answer:**

Major Teachings of Baba Guru Nanak

1. Worship of one God.
2. Irrelevance of caste, creed, and gender for attaining liberation.
3. The pursuit of active life with a strong sense of social commitment.
4. Nam, the dan, and isnan is the major essence of his teachings.
5. Nam-japna, kirt-kama, and vand Chakhna formed the basis of right belief, and worship, honest living and helping others.
6. The idea of equality.

**8. For either the Virashaivas or the saints of Maharashtra, discuss their attitude towards caste.**

**Answer:** Attitude of the Virashaivas towards caste :

They believed in the equality of all human beings. They were against Brahmanical ideas about caste and the treatment of women. They wished for a society where people of all backgrounds could live in harmony without any feelings of high and low, rich and poor.

**9. Why do you think ordinary people preserved the memory of Mirabai?**

**Answer:** Mirabai was a Rajput princess married into the royal family of Mewar. But she had no interest in the worldly affair. She was an ardent devotee of Krishna and wanted to devote her time to the worship of her lord. She had no belief in princely status and other norms of high-class society. Her devotion to her deity was supreme. Hence, she left the royal palace and began to lead a simple life with ordinary people.