



EXERCISES

AS PER NEP-2020 & NCF-2023

OBJECTIVE TYPE QUESTIONS

Conceptual Learning

1. Choose the correct answer.

- Which of the following refers to a person's loving devotion to his or her chosen deity? **HOTS**
 - Bhakti
 - Sufi
 - Khanqah
 - Hospice
- Shankara was an advocate of
 - Virashaivism
 - Sufism
 - Advaita
 - Vishishtadvaita
- Ramanuja was influenced by
 - Nayanars
 - Alwars
 - Sufis
 - Virashaivism
- Shankaradeva worshipped Lord
 - Shiva
 - Brahma
 - Vishnu
 - Rama
- Nizamuddin Auliya was a
 - Muslim Saint
 - Sufi Saint
 - Bhakti Saint
 - Alwar Saint
- Mirabai was a disciple of
 - Ravidas
 - Surdas
 - Tulsidas
 - Kabir
- Sufi philosophy was based on **HOTS**
 - Hinduism
 - Islam
 - Buddhism
 - Jainism

Problem Solving

B. Mark the option that matches Column A with Column B.

Column A	Column B
1. Shankaracharya	(i) Virashaivism 3
2. Ramanuja	(ii) Krishna Bhakti 4
3. Basavanna	(iii) Advaita philosophy 1
4. Mirabai	(iv) Vishishtadvaita philosophy 2

- (a) 1.-(iii), 2.-(i), 3.-(ii), 4.-(iv)
 (b) 1.-(ii), 2.-(iv), 3.-(ii), 4.-(i)
 (c) 1.-(iv), 2.-(i), 3.-(ii), 4.-(iii)
 (d) 1.-(iii), 2.-(iv), 3.-(i), 4.-(ii)

Knowledge Application

C. Fill in the blanks

- Shankaracharya was born in village Kaladi in Kerala.
- The saints of Maharashtra worshipped Lord Vithala of Pandharpur.
- Sakkubai was a popular women saint of Maharashtra.
- Tulsidas composed a famous epic called Ramcharitmanas.
- Sankaradeva established Namghars for religious discussions.

Devotional Paths to the Divine

D. State True or False

1. The Yogis advocated intense training of body and mind..
2. Shankaracharya established maths at Srinagar in the north.
3. Muslims undertake *Haj* to Mecca.
4. *Jap Ji* means 'meditation for a new life'
5. Kabir's *dohas* are not included in the Guru Granth Sahib.

Knowledge Application

Critical Thinking

E. Assertion Reason

For question numbers 1 to 4, two statements are given—one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below :

- (a) Both Assertion and Reason are true and Reason is the correct explanation of the Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation of the Assertion.
- (c) Assertion is true but Reason is false.
- (d) Assertion is false but Reason is true.

1. **Assertion (A)** : The teachers of Bhakti rejected the idea of rituals to please Gods.
Reason (R) : They wanted to free the right of worship from the Brahmins. **A**
2. **Assertion (A)** : Bhakti preached devotion to one God.
Reason (R) : Beautiful images of gods and goddesses were created in this period. **B**
3. **Assertion (A)** : Kabir was against all forms of caste distinctions.
Reason (R) : His teachings are not found in the Guru Granth Sahib. **C**
4. **Assertion (A)** : Guru Teg Bahadur developed the Gurmukhi script.
Reason (R) : Guru Nanak appointed Lehna as his successor. **D**

II. SHORT ANSWER TYPE QUESTIONS

Communication

Knowledge Application

Critical Thinking

1. Discuss the prevalent religious ideas and beliefs in the beginning of the Medieval period. **HOTS** Pg-72
2. Analyse the attitude of Virashaivas towards caste. Pg-74
3. What was the opinion of the saints of Maharashtra on the prevalent caste system? Pg-75 (2 points)
4. Why do you think that ordinary people preserved the memory of Mirabai? **HOTS** will be done in class
5. Write a note on the teaching of Shankaracharya. Pg-74 (4 points)

III. LONG ANSWER TYPE QUESTIONS

Communication

Conceptual Learning

Knowledge Application

1. Many religious teachers rejected prevalent religious beliefs and practices. Justify this statement. **HOTS** Pg-72
2. What were the major beliefs and practices of the Nathpanthis, Siddhas and Yogis? Pg-75, 76
3. Discuss the major beliefs and practices of the Sufis. Pg-76, 77
4. What were the major ideas of Kabir? Pg-82
5. Discuss the major teachings of Baba Guru Nanak. were as follows Pg-82
6. Discuss the main principles of Bhakti Movement. Pg-82 were as follows

Devotional Paths to the Divine

The medieval period has great importance in the religious development of India. During this period, many religious ideas and practices came into existence that have deeply influenced the life of the people for centuries. Among them, the two main popular beliefs were the **Bhakti** and **Sufi**. These religious movements evolved since the eighth century AD.

PREVALENT RELIGIOUS BELIEFS AND IDEAS

Since ancient times, people worshipped different Gods and Goddesses. With the development of towns and trades, people came together and this led to the emergence of new ideas. They believed in the idea that all living beings pass through countless cycles of birth and rebirth. People could be free from these vicious cycles by performing good deeds. They also believed that all human beings were not equal even at birth. They believed that social privileges came from birth in a noble family or a high caste.

CRITICISMS OF THE PREVALENT RELIGIOUS IDEAS

Many religious teachers rejected the prevalent religious beliefs and practices on the following grounds:

- The social order had many unequal social castes. The lower castes were oppressed by the upper castes. The upliftment of lower castes and equality among social castes could be attained only by rejection of prevalent religious beliefs and practices.
- People were uneasy with religious sacrifices performed by the Brahmins. So, they turned to the teachings of Buddha or Mahavir according to which it was possible to break the cycle of birth and rebirth through personal efforts. Some other people were

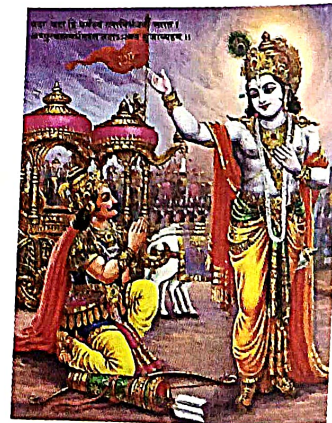
attracted to the idea of a Supreme God who could free humans from such bondage if approached with devotion or Bhakti.

- The teachers of Bhakti or Sufism wanted to free the right of worship of God from the Brahmins. So, they rejected the idea of elaborate rituals to please God.
- Local myths and legends became a part of the Puranic stories. Eventually, the Puranas also recommended that it was possible for devotees to receive the grace of God regardless of their caste status.

THE BHAKTI MOVEMENT

Bhakti means a person's loving devotion to his or her chosen deity. It comes from the Sanskrit term, 'Bhaj' meaning 'to divide or share'.

Bhakti is the total surrender of the self to God. It is the expression of extreme love for God without expecting anything in return. The idea of Bhakti has been advocated in the Bhagavad Gita. It gained popularity in the early centuries of the Christian Era.

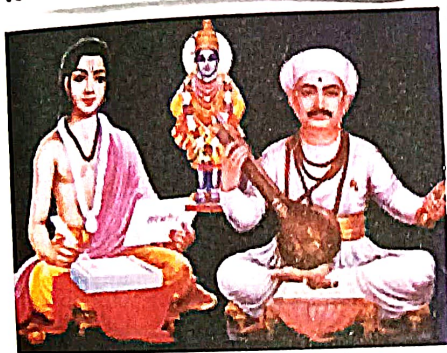


Krishna-Arjuna

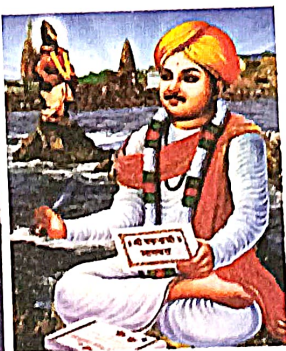
(Vishnu) worship. They worshipped Lord Vitthala of Pandharpur. The most important of the Vaishnava saints were **Dnyaneshwar** (Gyaneshwar), **Namdev**, **Eknath**, and **Tukaram**. They also included important women saints like **Sakkubai** and the family of **Chokhamela** who belonged to the untouchable—Mahar caste. These saints were called **Varkaris**. They rejected rituals and composed devotional poems, called **Abhangs** in Marathi. These saints also rejected the caste differences based on birth. They did not believe in the idea of renunciation and preferred to live with their families.



Namdev



Dnyaneshwar



Eknath

Tukaram

They taught to serve fellow human beings in need. They insisted that Bhakti lay in sharing each-other's pain. They believed that God resides in the hearts of all people. In this way, the Varkaris gave rise to a new humanist idea.

They also lay emphasis on an annual pilgrimage to Pandharpur. According to Narsi Mehta, a famous Gujarati saint, "they are Vaishnavas who understand the pain of others."

Nathpanthis, Siddhacharas and Yogis

They were religious groups that criticised prevalent rituals, conventional religion and unequal social order. According to them, meditation on the formless Brahma and the realisation of oneness with Him leads to salvation. That is, to achieve salvation, they advocated intense training of the

mind and body through practices like *Yogasanas*, breathing exercises and meditation. They also advocated renunciation of the world. These groups became popular particularly among the lower castes.

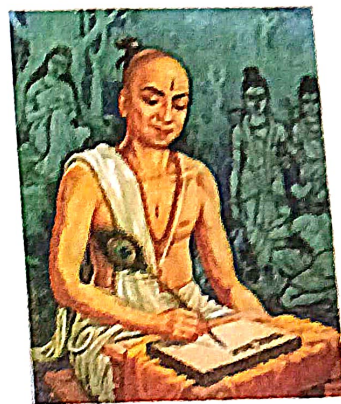
Bhakti Movement in North India

The Bhakti Movement gradually spread to North India by the 14th century AD.

Some of the influential philosophers of North India are as follows :

Tulsidas

Tulsidas accepted existing religious beliefs and practices. But he wanted to make these accessible to the people of all castes including women. He worshipped Lord Rama. He composed a famous epic **Ramcharitmanas** in Awadhi language. This is a great example of his devotion to Lord Rama.



Tulsidas

Surdas

Surdas was an ardent devotee of Lord Krishna. His exemplary works include **Sursagara**, **Surasaravali** and **Sahitya Lahari**.



Surdas

Sankaradeva

He was an influential Bhakti saint of Assam in the late 15th century. He was an ardent devotee of Lord Vishnu. He composed many poems and plays in Assamese. He established **Namghars**. These were houses where people gathered for religious discussions, recitations, collective prayer and other social functions. This practice still continues.



Sankaradeva

Chaitanya Mahaprabhu (AD 1485-1535)



Chaitanya Mahaprabhu

He was a great saint from Bengal and an ardent devotee of Lord Krishna.

He rejected the caste system and encouraged everyone to join the trend of Bhakti

through singing and dancing.

Ravidas

He was a great saint who belonged to a caste considered untouchable. He was an ardent devotee of Lord Krishna.

Mirabai (AD 1499-1547)

Mirabai was the wife of the crown prince of Mewar. She was a disciple of Ravidas. She gave up her life of luxury and became an ardent devotee of Lord Krishna. She composed many devotional songs called Bhajans. She



Ravidas



Mirabai

openly challenged the norms of upper castes through her songs. Thus, she became popular with the masses of Gujarat and Rajasthan. The masses preserved the memory of Mirabai.

BHAKTI AND MUSIC

The Bhakti saints had a great role in the development of music. The songs they composed were in regional languages and could easily be sung. They popularised bhajans, kirtans and Abhang through their songs. Jayadeva of Bengal composed Gita Govinda in Sanskrit. All its songs are composed in a particular raga and taal. These songs became very popular with the common masses and were handed down from generation to generation. The songs had an emotional appeal and were widely sung. The women and poor who transmitted these songs often added their own experiences to them. Thus, the songs that are available to us today are a combination of the original creations of saints and the experiences of generations who sang them.

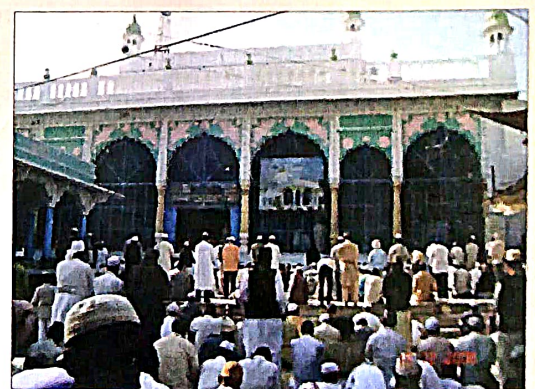


THE SUFI MOVEMENT

The Sufi philosophy was based on Islam. But, it was influenced by Hindu, Greek and Buddhist religious ideas. The Sufi Movement originated in Central Asia. From the 11th century AD onwards, many Sufis came and settled in different parts of India. Soon they had many Indian followers. Among the great Sufis of Central Asia were Ghazzali, Rumi and Sadi.

The major beliefs and practices of the Sufis were as under :

- Sufis believed in one God (Monotheism) and that all men are his children.
- They preached that there could be many ways of reaching God. So, they were tolerant towards other religions.
- They emphasised love and devotion to God.



Dargah Sharif of Khwaja Moynuddin Chishti



IMPORTANT DATES

The below mentioned time frames indicate the approximate period during which these Saints/Teachers lived.

- AD 788—820 : Shankaracharya, an Advaita philosopher
- AD 1017—1137 : Ramanuja

- AD 1141—1230 : Sufi saint Shaikh Moimuddin Chishti
- AD 1400—1476 : Ramananda
- AD 1486—1534 : Chaitanya
- AD 1498—1549 : Mirabai
- AD 1440—1518 : Kabir
- AD 1469—1539 : Guru Nanak



CONCEPT MAP

Religious Developments in the Medieval Period

Bhakti Movement

- Advocated devotion to one God.
- Lay stress on individual worship of gods and goddesses rather than performance of rituals.
- The doctrine stated that when god is worshipped with devotion, god appears in front of the devotee in desired form. Thus god could be a person, lion, fish or anything.
- Bhakti marked the beginning of making images of gods and goddesses and construction of temples.
- Anybody could follow Bhakti without any discrimination.
- Emphasised on kindness, purity of heart and mind.

Sufi Movement

- Believed in Monotheism (one God).
- All humans are children of God.
- Preached love and devotion towards God and kindness towards all human beings.
- Rejected rituals and codes of behaviour as prescribed by Muslim religious scholars.
- The Sufis emphasised on training the heart through Zikr, Sama, Raqs, etc.
- Composed various poems and prose to spread their doctrine.
- Held their assemblies in Khanqahs where people of all castes gathered without any discrimination.
- The tomb of Sufi saint became a place of pilgrimage.

Kabir

- Was born in a weaver family.
- Promoted tolerance between Hindus and Muslims and among different castes of the same religion.
- Advocated unity of God and religion.
- Was against idolatry and all forms of rituals and superstitions performed by both Hindus and Muslims.
- Believed in a formless Supreme God that could be achieved only through Bhakti.
- His teachings are collected in the form of Sakhis and Pads. They are compiled in the form of Panch Vani and Bijak.
- Teachings of Kabir are also found in the Guru Granth Sahib.

Guru Nanak

- Born at Talwandi.
- Preached oneness of God.
- Took extensive pilgrimages throughout the holy places in India and gave discourses.
- He set up a dera at Kartarpur for delivering discourses.
- His teachings are collected in the Adi Granth (Guru Granth Sahib) the holy book of the Sikhs.
- Followers ate together in a common kitchen called the langar.
- Was against all forms of discrimination.
- Used terms Nam, Dan and Isnan for the essence of his teachings.

• They taught that people should be kind towards fellow beings.

• They often rejected the elaborate rituals and codes of behaviour demanded by the Muslim religious scholars.

• Sufi saints composed poems and prose to express their feelings. Many anecdotes and fables were written by them.

• They believed that the heart can be trained to look at the world in different ways. So, they developed a number of methods of training. *For example*, Zikr (chanting of a name), contemplation, sama (singing), raqs (dancing), discussion of parables, breath control, *etc.* These methods were practiced under the guidance of a master or pir.

• Sufi-saints held their assemblies in their Khanqahs or hospices. Devotees of different sects and creeds, rich and poor assembled in these Khanqahs. They discussed spiritual problems and sought the blessings of the saints in solving their worldly problems.

Although the Sufi saints sought union with God, they followed different methods of instruction and practice. This gave rise to 'Silsilas', a spiritual genealogy of Sufi teachers. The Chishti silsila was the most influential among them.

From the 11th century onwards, a large number of Sufi saints came to India from Persia and Central Asia. This migration continued with the establishment of the Delhi Sultanate.



Do You Know ?

Sufism also flourished in Kashmir in the 15th and 16th century. Here the Rishi order of Sufism was popular. It was established by Sheikh Nuruddin Wali (Nund Rishi). His teachings greatly influenced the people of Kashmir.

The most influential teachers of the Chishti order were:



Do You Know ?

Sufism is an English word coined in the 19th Century AD. In Islamic texts, the word used for Sufism is **tasawwuf**. However, historians have explained this term in many ways. According to some scholars, this word (Sufism) is derived from **Suf**, meaning wool, referring to the woollen clothes worn by Sufis.

Some others maintain that this word is derived from **Safa**, meaning purity. It may have also come from **Suffa**, the platform outside the Prophet's mosque, where a group of close followers gathered together to learn about the faith.



Sheikh Nuruddin Chishti