

VIDYA BHAWAN BALIKA VIDYAPITH SHAKTI UTTAN ASHRAM LAKHISARAI

CLASS 7TH SUBJECT S.SCI DATE 28.XI.20 20

CH:

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 Le. singing, raqs, Le. dancing, discussion of parables, breath control etc. under the guidance of a master called pir.

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