

**VIDYA BHAWAN BALAKA VIDYAPITH**  
**SHAKTI UTTAN ASHRAM**  
CLASS 7<sup>th</sup> SUBJECT S.SCI DATE 17.XI.2020

**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.

Subject teacher : Mukesh Kumar