

YEAR 2 HINDUISM



HINDUISM

Hinduism is one of the oldest religions in the world. Many people, mostly in India, follow Hinduism. It is a way of living that teaches people to be kind, respectful, and honest. Hindus believe in many gods and goddesses and follow teachings passed down for thousands of years.

PLACE OF WORSHIP

Hindus go to a temple to pray. Temples are special buildings where people gather to show respect to their gods. Inside a temple, there are statues of gods and goddesses. People light lamps, offer flowers, and sometimes bring food as a gift to the gods. Temples can be big or small, and some people also have small shrines in their homes where they pray.

HOLY BOOK

The holy books of Hinduism are called the **Vedas**. These books are filled with stories, prayers, and teachings. Hindus believe the Vedas help them understand how to live a good life, by being honest, kind, and helpful to others.

RELIGIOUS SYMBOL

The most important symbol in Hinduism is Om (ॐ). It is a sound that people chant when they pray. Om represents the universe and the peaceful energy that connects everything. It is said to bring calmness and harmony.

MAIN CELEBRATIONS

Hindus celebrate many different festivals throughout the year. Some of the most important ones are:

- Diwali – Known as the Festival of Lights, Diwali is a joyful celebration where people light oil lamps, set off fireworks, and decorate their homes with colourful rangoli (art made with coloured powders). It marks the victory of good over evil.
- Holi – This is the Festival of Colours. People celebrate by throwing bright powders at each other, singing, dancing, and sharing sweets. It is a fun time to celebrate love and friendship.
- Navratri – This festival is dedicated to the worship of goddesses. For nine nights, people dance, sing, and pray to show their respect for the female gods.



VALUES

Hinduism teaches many important values, such as:

- **Truth** – Always speak the truth and be honest.
- **Kindness** – Treat everyone with kindness and respect, no matter who they are.
- **Respect** – Respect your parents, teachers, and everyone around you.
- **Helping Others** – If someone needs help, try to help them as much as you can.

KEY STORIES

Hinduism has many interesting stories about gods and goddesses. Two famous ones are:

- **The Story of Rama and Sita** – Rama was a brave prince who went on a big adventure to rescue his wife, Sita, from an evil king. His strength and courage helped him win over the bad forces. Hindus celebrate this story during Diwali.
- **The Story of Krishna** – Krishna was a playful and wise god who loved helping people. He taught everyone to be kind, honest, and brave. Krishna is also famous for his beautiful music played on a flute.

Hinduism teaches its followers to live in a way that makes the world a better place, by being kind, telling the truth, and helping others.

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EXAMPLE QUESTIONS:

1. What is the significance of the symbol Om (ॐ) in Hinduism?
2. How do Hindus celebrate Diwali, and what does it represent?
3. What is the role of the Vedas in Hinduism?
4. Can you explain the story of Rama and Sita and why it is celebrated during Diwali?
5. What are some of the core values taught in Hinduism, and how do they help improve the world?