

YEAR 6 HINDUISM



HINDUISM

Hinduism is one of the world's oldest religions, dating back over 4,000 years. It originated in India and is followed by millions of people today. Hinduism is not just a religion but a way of life, teaching values such as kindness, truth, respect, and non-violence. It is a polytheistic religion, meaning Hindus believe in many gods, but they also believe in Brahman, the supreme force that exists in everything. Unlike some religions, Hinduism does not have a single founder. Instead, its beliefs have developed over thousands of years through sacred texts, traditions, and teachings.

BELIEF IN MANY GODS

Hindus believe that **Brahman**, the ultimate reality, takes many forms. These forms are worshipped as different gods and goddesses. The three most important gods, known as the **Trimurti**, are:

- **Brahma** – The creator of the universe.
- **Vishnu** – The preserver and protector of the world.
- **Shiva** – The destroyer, who brings transformation and new beginnings.

There are also many other gods and goddesses, including:

- **Lakshmi** – The goddess of wealth and good fortune.
- **Saraswati** – The goddess of wisdom, learning, and music.
- **Ganesha** – The elephant-headed god of wisdom and new beginnings.
- **Durga** – The warrior goddess who fights against evil.
- **Hanuman** – The monkey god known for his strength and devotion.

Hindus pray to different gods depending on what they need help with.

PLACE OF WORSHIP

Hindus worship in **temples**, known as **mandirs**. Temples are beautifully decorated and contain statues or images of different gods and goddesses. People visit temples to pray, chant, and make offerings such as flowers, incense, and food.

Many Hindus also have **shrines** at home where they pray daily. Worship, or **puja**, can be done alone or with family. It often includes ringing bells, lighting lamps, offering food, and reciting prayers.



SACRED TEXTS

Hinduism has many sacred books that contain spiritual teachings, hymns, and stories. Some of the most important ones are:

- **The Vedas** – The oldest Hindu scriptures, written in Sanskrit, containing prayers and teachings about the universe.
- **The Ramayana** – An epic poem telling the story of Prince Rama and his journey to rescue his wife Sita from the demon king Ravana.
- **The Mahabharata** – The longest poem ever written, which tells the story of a great war between two families.
- **The Bhagavad Gita** – A part of the Mahabharata, where Lord Krishna teaches the warrior Arjuna about duty, righteousness, and devotion.

RELIGIOUS SYMBOL

Hinduism has many symbols that carry deep meanings.

- Om (ॐ) – A sacred sound representing the universe. Hindus chant "Om" during meditation and prayers.
- The Lotus Flower – A symbol of purity, wisdom, and spiritual growth.
- The Swastika – An ancient Hindu symbol of good luck and prosperity.
- Tilak – A mark on the forehead, often worn by Hindus as a sign of devotion.

MAJOR HINDU FESTIVALS

Hindus celebrate many festivals throughout the year. Each festival has special traditions and stories behind it.

- **Diwali** – The Festival of Lights. People light **diyas** (oil lamps), set off fireworks, exchange gifts, and decorate their homes with **rangoli** (patterns made with coloured powders). It celebrates the victory of good over evil.
- **Holi** – The Festival of Colours. People throw coloured powders, dance, and sing to celebrate joy, love, and new beginnings.
- **Navratri** – A nine-day festival honouring Goddess Durga. People fast, pray, and take part in traditional dances like **Garba** and **Dandiya**.
- **Raksha Bandhan** – A festival celebrating the bond between brothers and sisters. Sisters tie a **rakhi** (a sacred thread) on their brothers' wrists, and brothers promise to protect their sisters.

IMPORTANT VALUES OF HINDUISM

Hinduism teaches many values that guide people in their daily lives:

- **Dharma** – Doing what is right and fulfilling your duty.



- **Karma** – The belief that every action has consequences. Good actions bring good results, and bad actions bring bad results.
- **Ahimsa** – Non-violence and kindness towards all living beings.
- **Respect for elders** – Hindus are taught to respect their parents, teachers, and elders.
- **Truthfulness** – Speaking the truth and being honest.

THE CYCLE OF LIFE (REINCARNATION)

Hindus believe in **reincarnation**, which means that when a person dies, their soul is reborn into a new body. The quality of their next life depends on their **karma**—their good or bad actions.

The ultimate goal in Hinduism is to achieve **moksha**, which means freedom from the cycle of rebirth. Moksha is reached by living a good life, being kind, and following Hindu teachings.

FAMOUS STORIES IN HINDUISM

Hinduism is full of fascinating stories that teach important lessons. Here are two well-known ones:

- **The Story of Rama and Sita** – Prince Rama was banished to the forest with his wife Sita and his brother Lakshmana. While in exile, Sita was kidnapped by the demon king Ravana. With the help of the monkey god Hanuman, Rama defeated Ravana and rescued Sita. This story is remembered during **Diwali**, as it symbolises the victory of good over evil.
- **The Story of Krishna and the Butter Thief** – As a child, Krishna was playful and mischievous. He loved butter so much that he would sneak into homes and steal it! Even though he was a trickster, he grew up to be a wise and powerful leader, teaching people about love, duty, and devotion.

FAMOUS HINDUS

Many Hindus have made a significant impact on the world in different fields, such as religion, politics, science, and entertainment. Here are a few well-known Hindus:

- **Mahatma Gandhi** – A leader of India's independence movement, Gandhi believed in non-violence (**ahimsa**) and peaceful protests. His teachings inspired leaders around the world.
- **Swami Vivekananda** – A famous Hindu monk who spread the teachings of Hinduism to the world. He spoke about tolerance, kindness, and self-improvement.
- **Rani Lakshmibai** – A brave Hindu queen who fought against British rule in India and became a symbol of courage.
- **Sundar Pichai** – The CEO of Google, who was born in India and raised with Hindu values.
- **Sachin Tendulkar** – One of the greatest cricketers in the world, known as the "God of Cricket" in India.

These individuals have shown that Hindu values like truth, courage, and wisdom can help make a difference in the world.



HINDUISM AROUND THE WORLD

Although Hinduism began in India, it has spread to many other countries, including Nepal, Sri Lanka, Indonesia, the United Kingdom, the United States, and Canada. Many Hindus have built temples in different parts of the world, and their traditions and festivals are celebrated globally.

Hinduism is a religion rich in history, traditions, and values. It teaches people to live with honesty, kindness, and respect while celebrating life's joys through colourful and meaningful festivals.

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EXAMPLE QUESTIONS:

1. What is the name of the Hindu place of worship?
2. Which Hindu festival is known as the Festival of Lights?
3. What does the Om (ॐ) symbol represent?
4. Who are the three main gods in Hinduism, known as the Trimurti?
5. What is karma, and how does it affect a person's life?