

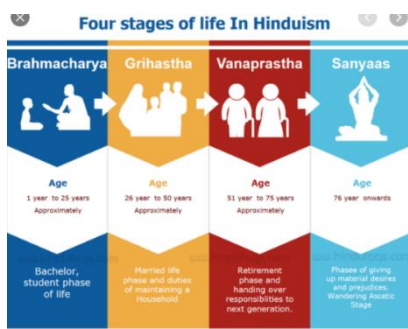
Overview:

During this sequence of learning, pupils will learn about the Hindu religion, the four stages of life and the religious practices that are important to Hindus.

What should I already know?

Hindus

- Hindus believe that God exists in everything so they respect all living things.
- Many Hindus are vegetarian so that they do not hurt other life forms.
- Hindus believe that Brahman has lots of qualities and these are represented by different gods and goddesses who have different names and qualities.
- Hindus choose their favourite god to worship.
- Worship and prayer follow a ritual which includes offering to the gods. It takes place daily at the Mandir or in a shrine in the home of each Hindu.
- Worship gives Hindus a chance to find peace, reflection and to give thanks for what they have.
- Duties help Hindus to lead a good life and make good choices these include helping others, kindness, non-violence. Hindus believe that there is a cycle of birth, life, death, rebirth and the way they behave in one life affects their next life.
- Hindus refer to their religion as 'a way of life'



Vocabulary:

Shiva

One of the three main gods in Hinduism - known as the destroyer god because he removes all evil from the world.



Parvati



The Hindu goddess of fertility, love, beauty, harmony, marriage, children, and devotion; as well as of divine strength and power.

Ganesh

The elephant-headed god in Hinduism - the son of Shiva and Parvati.



Deity

A god

Mandir

Hindu temple



Mandap

A covered structure with pillars.



Benares

A city on the banks of the river Ganges in Uttar Pradesh, India.

Ayodhya

A city in India.

Mathura

A sacred city in Uttar Pradesh, northern India.

River Ganges

A 2,525km river of Asia which flows through India and Bangladesh.

What will I know by the end of the unit?

Hinduism

- Hindus believe that:
 - everyone has a spark of God inside them;
 - God is the same for all of us even if we understand and worship God in different ways
 - there is a world family, everyone individual and unique and created by God.
 - the atman (spirit or soul) learns new lessons in each life and revisits earth for new learning many times.
 - there are 4 stages of life (ashramas) to provide structure - student, householder, retirement and finally leaving home to look for God.
- Hindu weddings are an important part of the 2nd stage. During the wedding ceremony the souls of the bride and groom become linked and promise to support each other.
- Pilgrimage is an important part of the Hindu faith. Hindus are expected to undertake a pilgrimage at least once in their life time.
- The most famous Hindu pilgrimage is the Kumbh Mela, which takes place at the River Ganges in India.
- On a pilgrimage Hindus try to make sense of their life, and increase their spiritual awareness and compassion for others.
- Hindus believe that when their dead bodies are burnt, they are returning the person's body to the natural world and that the soul moves on either to join God or to take a new body.



Ashramas	Stages
Brahmacharya	The first stage - the student.
Grihastha	The 2 nd stage - the householder.
Vanaprastha	The 3 rd stage - giving up normal life.
Sannyasa	The 4 th stage - leading a holy life.
Atman	Soul or spirit.
Birth	The start of life.
Rebirth	Born again after death.
Reincarnation	The soul takes on another body after death.
Renounced	Giving up the world and leading a holy life.
Retirement	Leaving one's job and ceasing to work.
Unique	Being the only one of its kind; unlike anything else.
Namaste	A respectful, non-contact Indian greeting.
Sanatana dharma	Eternal duties of the Hindu faith.