

Date:

The Origins of Hinduism



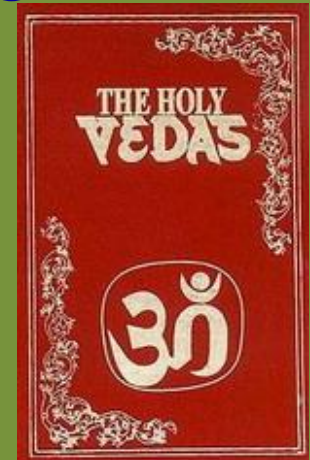
Learning outcomes

To explore: the origins of the Hindu religion.

To know: Key facts about Hinduism.

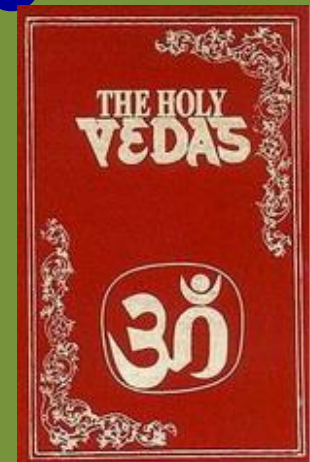
Starter

Brainstorm what you
already know about
Hinduism for two
minutes...



Starter

Brainstorm what you would like to know about Hinduism for two minutes...



An Introduction to Hinduism...

[YouTube - The Story of Hinduism](#)



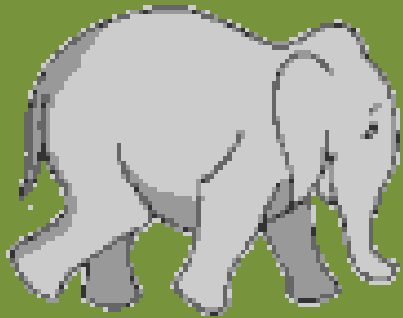


India



Answer the following questions in your jotters

- Where does Hinduism begin?
- Why do you need to know things about India to understand Hinduism?
- Is India large or small?
- What are the high mountains to the North called
- What is the highest mountain in the Himalayas called?
- Do most people live in towns or villages?
- What is the climate like?

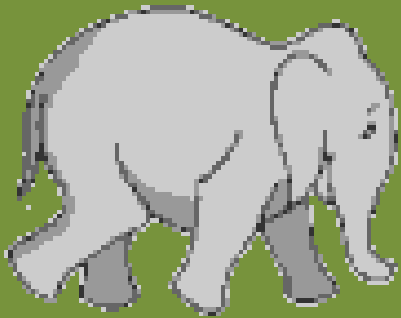




India



- Where does Hinduism begin?
- Hinduism is the worlds oldest religion. It began in India.
- Why do you need to know things about India to understand Hinduism?
- Is India large or small?
- India is a very large country.
- What are the high mountains to the North called?
- They are called the Himalayas.
- What is the highest mountain in the Himalayas called?
- Mount Everest.

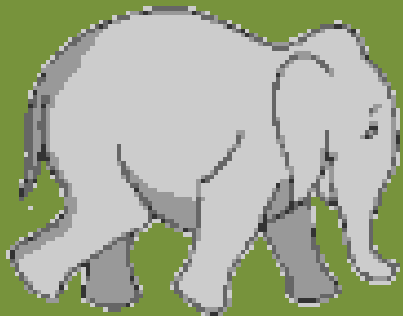




India



- Do most people live in villages or in towns?
- Most of the people in India live in villages but there are some very large towns such as Mumbai, Calcutta and the capital, Delhi.
- What is the climate like?
- The climate of India is very mixed. Some parts become extremely hot and others are cold. A very important part of the Indian climate is the monsoon or rainy season which is between June and September.



Hinduism

It began so long ago that no one really knows how old it is, but it goes back at least 5,000 years.

The name 'Hindu' was given to describe the people who lived near the River Indus in India: the word 'Indus' became 'Hindu'.



3) How old is the Hindu religion?

4) Where does the name Hindu come from?

Hinduism

- Hinduism was not begun by any one person, it developed gradually as different groups of people met and shared their ideas and their ways of practising their beliefs.
- Today, Hinduism has many different 'branches' and it has about 900 million followers. They have a wide range of beliefs and ways of worshipping.



Think about what you have just heard...

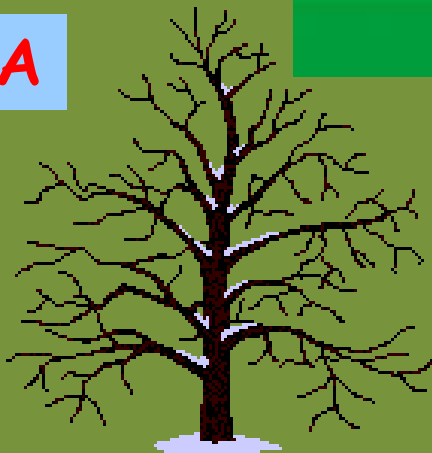
What does each picture tell us about Hinduism?



B



A



C



River Ganges

The River Ganges in India is said to be holy. Hindus go there to bathe and wash away their sins.



Symbol



Om or Aum is the symbol or word which means God.

Hindus in the UK trace their family roots back to India.

1) Draw your own family tree to show your roots

2) Why are these roots important?





True or False



1) Hinduism began 500 years ago.

False, Hinduism began 5000 years ago.

2) Hinduism originated in Northern India.

True.

3) The word 'Indus' became 'Hindu'.

True.

4) Sanatan Dharma means extinct religion.

False, it means eternal religion.

5) The letters of the Hindu symbol spell 'Aum'.

True.

6) The Ganges is a mountain in India.

False, the Ganges is a sacred river in India.

7) The two ancient civilizations which combined to make Hinduism are known as the Dravidians and the Aryans.

True.

8) Hinduism is not very tolerant of other religions.

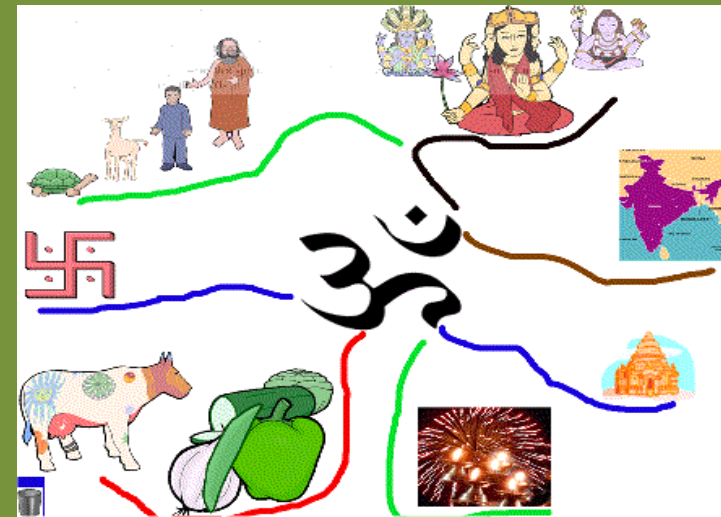
False, they believe that many religions lead to God.

9) Hindus believe that Sanatan Dharma is not just a religion, it's a way of life.

True.

10) Aum is the sound of the universe.

True.



Trimurti



Aim: To know what Hindus believe about gods.

Hinduism is a monotheistic religion

- Hindus believe there is only one God called Brahman but he takes many different forms.



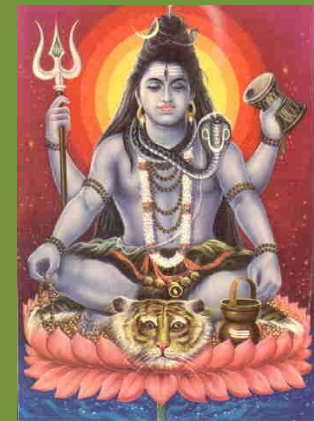
There are three gods which Hindus believe are the most important. This idea or concept is called TRIMURTI. They work together in a never ending pattern.



**Brahma the
creator**



**Vishnu the
preserver**



**Shiva the
destroyer**

Brahma



Brahma is the least worshipped of the three main gods. He has four heads and he recites the Vedas continually. He is the creator and he created the ten fathers of the human race.

Vishnu

Vishnu is worshipped under several names. This is because he has different appearances. Hindus believe that when there is a time of danger for the earth, Vishnu comes to protect it. They believe he has come to the earth in 9 bodies. The most famous are Krishna and Rama .





Krishna



Rama

Shiva

Shiva is worshipped by about a quarter of all Hindus. He is the god who destroys so he controls life and death. Although he can be frightening he is also thought of being kind and easy to please. He has at least 4 hands to show that he holds life and death and good and evil.



Hinduism is a monotheistic religion...?



Which of these forms of Brahman take on the roles of a) creator b) protector and c) destroyer?

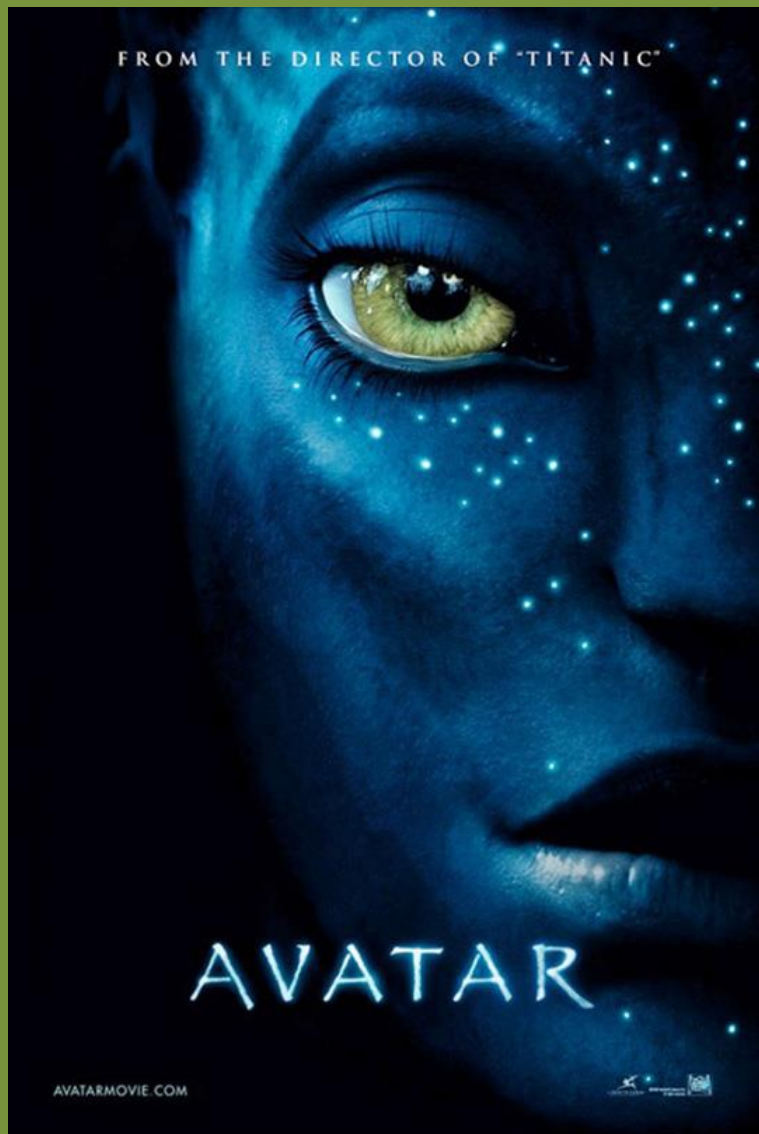
Which form of Brahman is worshipped by the most Hindus? Explain why.

The Avatars

- To examine Hindu beliefs about Brahman by exploring the avatars of **Vishnu**.
 - To explore your own views about humans, and their role in the world, by considering the similarities and differences between humans and Vishnu.



- Where have you heard the word Avatar before?



Watch the trailer.

What is an avatar according to this movie?

Discuss in pairs.

अ	आ	इ	ई	उ	ऊ	ए	ऐ	ओ	औ	ऋ
a	aa	i	ii	u	uu	e	ai	o	au	R

क	ख	ग	घ	ङ	च	छ	ज	झ	ञ	ट	ठ
k	K	g	G	q	c	cc	j	J	z	tw	Tw

ड	ढ	ण	त	थ	द	ध	न	प	फ	ब	भ	म
dw	Dw	nw	t	T	d	D	n	p	P	b	B	m

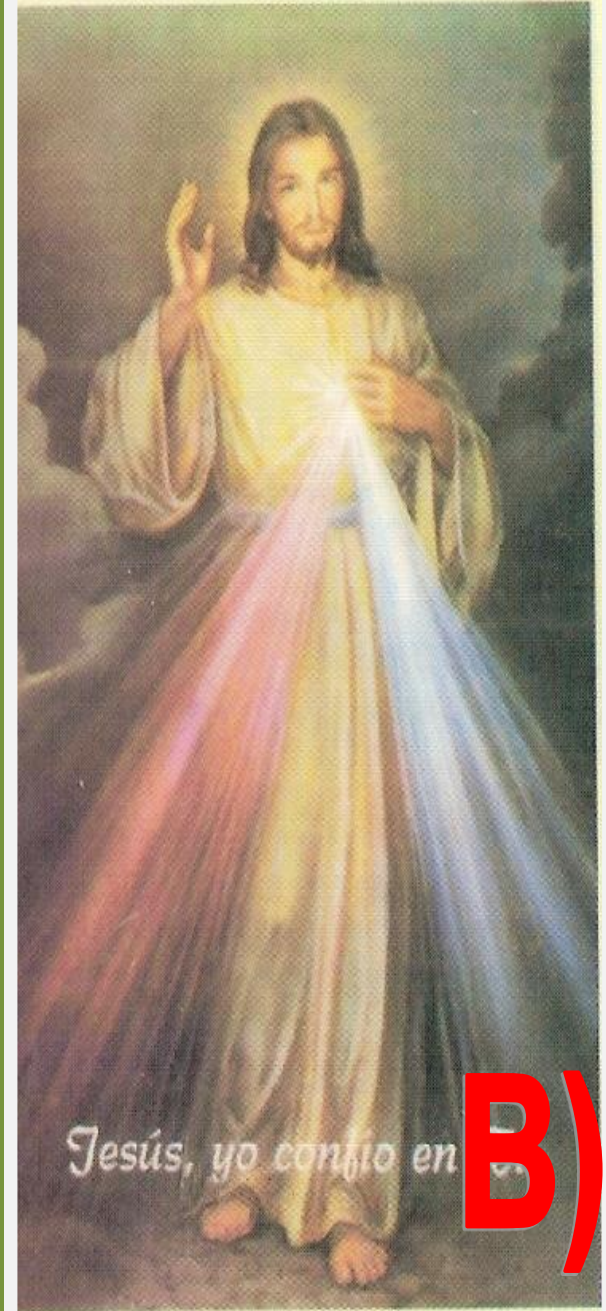
य	र	ल	व	श	ष	स	ह
y	r	l	v	x	sw	s	h

अवतार

The word 'avatar' comes from the ancient Indian Sanskrit word 'avatara'. It is written in the Devanagari script like this: अवतार. This word means 'manifestation' or incarnation. In other words it means that a God has taken on a human or animal form.



A)



Jesús, yo confío en

B)

Task

1. Why is trimurti so important? Explain how the three gods work together.
2. Why do you think Vishnu has come to earth in different forms?

Extension work: Imagine you could create a god. What would it look like?

Draw a picture of the god of your choice and say what it is the god of.

Puja



Aim: To know what puja is and to understand why it is important for Hindus.

Worship

Hindus believe that everything in their life can be a form of worship, so even simple tasks like cooking a meal or the washing up can be part of worship if they are done properly and with care.

Explain how cooking and washing up can be part of worship?

Homework can be a part of worship. How would this affect the way you did your homework.





An image is called a MURTI, which means form. A murti is intended to help people worship as it shows a quality of Brahman used in puja.

Shrines

A Hindu house always has a shrine where the murtis or pictures are kept. A shrine is a special holy place. Sometimes it is very simple, just a shelf on a wall, other shrines may be beautifully decorated. If the house is large it may be in a special room otherwise it is usually in the kitchen or mother's bedroom. The murti is surrounded by flowers and perfume.

What is a shrine? Explain why having a shrine in the house is so important to Hindus.



Puja

Puja is the most common form of worship. It can be very simple or complicated. The rules for puja are laid down in the Hindu holy books. It takes place at home at least once a day. The point of puja is to spend time in the presence of God so Hindus prepare for it and perform it carefully. If there is a murti in the shrine it is washed, dried and touched with special coloured powders. It may have flowers hung around it. Food, water and flowers are offered but the gifts do not need to be large or expensive, a grain of rice or flower petal are enough. While they are making puja Hindus repeat the names of God. They also read from their holy book. They may begin with the sacred word Aum. Worshippers do not wear shoes.

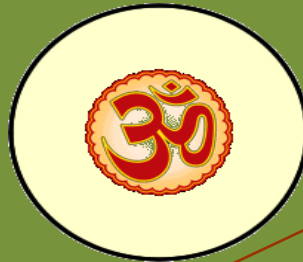
How many ways can you think of in which Hindus show respect to the murti or picture in their shrine?

In your own words describe what happens at Puja.

Design a decoration which could be used for a shrine.



Mandir



- The temple is a special place for Hindus.
- It is known as the Mandir and is regarded as God's home on Earth.
- A murti is a deity or image of a Hindu god or goddess and are to be found in the Mandir.
- The Murti is made according to the instructions of the *shilpa shastra*. The priest then installs them through the establishing of life ceremony - known as the *prana pratistha*.
- They are treated as living beings and are washed, dressed and fed during the day.
- Hindus visit the mandir for darshana, or a 'sight' of the deity.

Puja in the Mandir



- Recap. What is Puja? Describe what happens in Puja at home.
- Sweets, flowers and fruit are made and through the priest, to the deity to be blessed.
- These offerings are shared amongst the worshippers.
- This bestows a blessing by God and is known as prashad.
- The priest who performs the puja in the temple (mandir) is called a pujari.
- After the puja, he places a red mark on the worshippers foreheads.
- This is called tilak.
- Hindu women wear a red bindi / mark on their foreheads to show that they are married.





Worshippers come to hear the prayers read and chanted sometimes musicians will be playing of some special instruments



The Bhagavad Gita – Hindu Holy Book

As a sign of respect for its sacredness the Bhagavad Gita is kept in a special place in the Mandir



Most mandirs have lots of pictures representing the many gods or deities



There also many statues representing the deities





Thousands of members of the Indian community join in prayers for the victims of the 2004 Asian tsunami.



Many community events are organized in the mandir such as this event raising funds from BBC Children In Need

Extension task:

Design an information leaflet about a mandir

It needs to include an explanation of:

- ❖ what a mandir is
- ❖ what happens in a mandir
- ❖ why is it important to Hindus

Make sure you have a title and labels
Make it eye catching and interesting!

Ceremonies In Hinduism



Aim: To know how and why Hindus celebrate the birth of a child, and coming of age and to understand why they are important for their faith.

Mendhi

- **Mendhi** is the art of painting henna on hands and feet
- Henna is a dye made from **plants** which is left on over night
- When it is washed off it leaves an **orange** mark that can last for weeks.



- Henna is traditionally used to celebrate **weddings** and **festivals**

➤ **Add these details to your sheet**





Before Birth

The special ceremonies which are performed throughout a Hindu's life are called SAMSKARS. There are 16 altogether. Even before a baby is expected the couple will pray about the kind of child they would like. The first 3 samskars are performed during pregnancy. They are prayers that God will protect the mother and baby.



Birth

When the baby is born the baby is washed and then the father places a few drops of honey and GHEE in their mouth using a gold ring. He then recites a prayer. The sacred syllable AUM is written on the baby's tongue. AUM is at the beginning of all prayers and this action symbolises that the baby's life will be like a prayer.



The Naming Ceremony

The baby is given its name at a special ceremony, usually when they are 12 days old. Choosing the right name is important because it can bring the child good luck. A priest is often asked to suggest an initial or syllable which would be suitable. The baby is dressed in new clothes and placed in a cradle. The ceremony is very simple - the name is announced by the eldest woman in the family, and the baby's father says into the baby's ear 'Now your name is ...'



Think of a name
that might bring a
baby good luck



The Thread Ceremony

This is the 10th Samskar and is a very important ceremony for boys. It usually takes place between their 7th and 12th birthday. The sacred thread - a loop of cotton is hung over the left shoulder so that it hangs down to the right hip. Once he has been given this thread he is considered a man. He will wear this thread for the rest of his life changing it at festivals.



Tasks

Imagine you are to write an article for KAM about the time between birth and the growing up ceremony in Hinduism. Write two paragraphs about the birth, naming and sacred thread ceremony.

Remember you are writing in the style of a magazine, include pictures. You are to use your jotter for this task.