Year 8 - Worldviews - How do Hindus show their beliefs?

Key Terms	
ascetic	Someone who lives a simple life away from society, usually to become closer to a supreme being.
atman	true self 'soul'
Aum	sacred syllable/sound
Brahman	supreme and universal being
deity	God or Goddess
karma	actions that influence reincarnation
mandir	Hindu temple
mantra	sacred text that is chanted during worship
moksha	escaping samsara
murti	an image of a deity
puja	Sanskrit word for worship
reincarnated	when a soul is passed to a new body
samsara	cycle of life death and rebirth
yoga	controlling mind and body to purify the self and achieve moksha

1. How do Hindus worship?

Many Hindus will worship in a Mandir together with other Hindus. Mandirs are very decorative to help the temple feel like "heaven on earth". The Mandir will be filled with murtis of deities. Arati is a main part of worship for Hindus, this is the use of a candle or lamp, worshippers will pass their hands over the flame and then touch their eyes and head to receive a blessing from the deity they are worshipping.

At home many there may be a shrine dedicated to one deity, along with a puja tray. The puja tray contains things to help worship and may also be used in the Mandir.

2. What is yoga?

Yoga and meditation are ways of controlling the body and mind to help achieve moksha. It involves moving the body in certain postures, controlling breathing and focusing on the mind so it is free of distractions. There are four main paths of yoga. All the paths aim to help a person join their inner self to Brahman. Yoga is mainly practiced by ascetics.

Karma Yoga: Path of unselfish action / good deeds. E.g. giving to charity, working for one's family.	**Ashtanga Yoga:** path of meditation. E.g. calming the mind, focusing on an object, using a chant/mantra.
Jnana Yoga: path of knowledge and understanding. Practised by ascetics who give up the worldly life in order to study the scriptures.	**Bhakti Yoga:** path of devotion of God. E.g. showing love and respect to an image of a deity in the mandir or at home, giving offerings to its image.

3. Where do Hindus go on pilgrimage?

The River Ganges feature in pilgrimage sites for Hindus because the Ganges is worshipped as a Goddess, bathing in it can remove bad karma.

Varanasi: Pilgrims will bathe in the waters of the River Ganges, bodies are cremated (burnt) after death along the sides of the river and ashes scattered in the river. Believed to help with reincarnation for the next life.

Puri: Temples that have over 100 shrines to Jagannath, an avatar of Vishnu, allows pilgrims to perform puja while walking around Puri.

Kumbh Mela: Festival happens once every 3years in different locations. Pilgrims will bathe in waters and gives them a chance to ask for help from 'darshan and ascetics'. Taking part removes bad karma, opportunity to get help reaching moksha.

4. What do Hindus celebrate?

Holi	*Dussehra*	*Diwali*
When: Spring, 1 night & day. **Story:** Holika & Prahlad. **Deities:** Vishnu, Krishna. **How:** Family time, throw paint, bonfires, food offerings, gifts, music, dancing. **Why:** Spring, new life & good over evil.	**When:** Autumn, 1 day **Story:** Rama & Sita **Deities:** Vishnu as Rama, Durga, Shakti. **How:** Gifts, fireworks, plays, giant dolls, food. **Why:** Good over evil, dedication to Durga will help.	**When:** Autumn/Winter: 5 days **Story:** Rama and Sita **Deities:** Vishnu as Rama, Lakshmi for luck. **How:** Clean homes, new clothes, gifts, rangoli art, diya lamps, fireworks. **Why:** Good over evil, new year.

5. How does Hinduism influence the world?

Language: Terms like karma, guru and mantra are all used in the UK but have roots in Hinduism.

Leisure/fitness: Yoga has become a popular way of people in the UK to keep fit, relax and maintain a healthy lifestyle.

People: The number of Hindus in the UK has increased, Rishi Sunak the current Prime Minister is a Hindu.

Games: Snakes & ladders was a game called Moksha Chitram, used to teach karma and achieving moksha.

Popular Culture: The idea of avatars has been used in films, colour runs using paint links to Holi, Hindu deities are popular ornaments.

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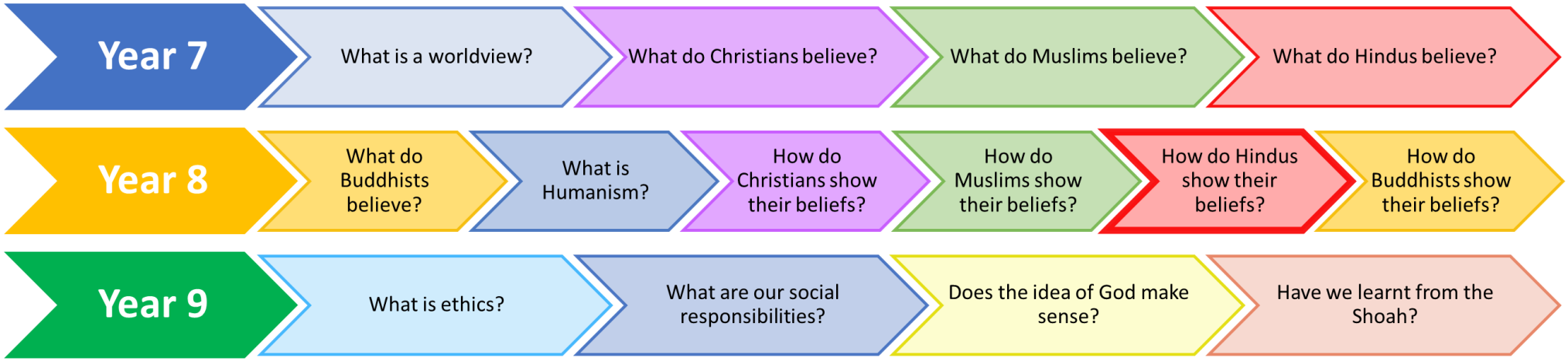
AIM: Students gain knowledge on what Hinduism may look like in practice. How beliefs about deities are represented in the way that Hindus may choose to worship. This is to allow students to gain a broader understanding of the worldview and how it may vary for different believers. Covering key elements of worship and comparisons to be made with festivals, pilgrimage. Students will look at the impact of Hinduism in the wider world and UK and how this may influence them.

LINK: Comparisons with other worldviews already studied including in Buddhism next term. Beliefs about charity and action in the world revisited in year 9. Some recap with beliefs with core KS4.



Below are a range of activities you could do, you do not need to do them all. Select the things that you think will help you remember the information. Don't worry if one doesn't work, try a different way until you find an activity that works for you. Some activities are harder than others, chose one that challenges you, if you find one too hard try a different one.

- Use the 'Look, cover, write and check' strategy.
  - **Look:** Look at and read a section for a few minutes.
  - **Cover:** Cover that section/put away the sheet.
  - **Write:** Write anything you can remember from what you just read.
  - **Check:** Check what you have written then correct/add in anything missing.
  - **Repeat:** Repeat this with each section until you can remember it all.
- Write a basic recall quizzing questions. Leave it overnight and try to answer them the next day.
- Write yourself or a partner some quiz questions. Quiz each other or swop your questions to see if you can answer each other's questions.
- Write a letter/blog/article to someone explaining a key idea or concept.
- Get your parents/carers to test you.
- Create mind maps or flashcards.
- Create fact files for each key area.
- Summarise each section in your own words.
- Get sticky with your learning: write out key points from the KO as you read over it on post-it notes.
- Write your own challenging questions using the command words below then, write an answer for these questions.
  - **explain** (say why/how something is done)
  - **compare** (what do two or more things have in common/ different),
  - **evaluate** (weigh up positives and negatives, arguments for and against).
- Draw images and annotate/label them with extra information.
- Put the key words from your KO into new sentences.
- Give yourself spelling tests or keyword definition tests.
- Think about the big picture – why is knowing specific information important to you/other people/society/companies/science/technology?
- Think about the big picture – are there any links in the content on your KO to anything that you have watched on TV, read about or heard in the news?