



## Keyingham Graduate Award – RE (Year 4)

### Hinduism

#### What is Hinduism?

Hinduism is over 4,000 years old, making it one of the world's oldest religions. It is made up of a variety of different religious beliefs and practices. It originated near the Indus River in India. The name 'Hindu' comes from the word Indus.

[What is Hinduism? - BBC Bitesize](#)

#### What do Hindus believe?

Central to Hinduism is the belief in a supreme God **Brahman**. Brahman is present everywhere and there is a part of Brahman in everyone.

Brahman takes many forms. Especially three forms called the **Trimurti**.

- **Brahma** is the **creator** of the world and all creatures. He is usually shown with four heads.
- **Vishnu** is the **preserver** of the world. His role is to return to the earth in troubled times and restore the balance of good and evil. He has blue skin and four arms.
- **Shiva** is the **destroyer** of the universe. Shiva destroys the universe in order to re-create it. Shiva has blue skin, a third eye and carries a trident.

Hindus believe that life is a cycle of birth, death, and rebirth. They also believe that the next life depends on how the previous life was lived.

The majority of Hindus are lacto-vegetarian (avoiding meat and eggs), although some may eat lamb, chicken or fish. **Beef** is always avoided because the cow is considered a holy animal, but dairy products are eaten. Animal-derived fats such as lard and dripping are not permitted.

#### What are Hinduism's Holy Books?

Hinduism does not have a single holy book, but many ancient texts and scriptures.



- **The Vedas** - a collection of hymns praising the Vedic gods. Veda means 'knowledge'.
- **The Ramayana** - long epic poems about Rama and Sita.
- **The Mahabharata** - which includes the Bhagavad Gita.
- **The Puranas** - a collection of stories about the different incarnations and the lives of saints.

### Where do Hindus worship?

Hindus worship in a temple called a **Mandir**. Mandirs vary in size from small village shrines to large buildings, surrounded by walls.

People can also visit the Mandir at any time to pray and participate in the **bhajans** (religious songs).

Hindus also worship at home and often have a special room with a shrine to particular gods.



### What is the symbol for Hinduism?

The word Om is defined by Hindu scripture as being **sound of creation**. It is the original vibration of the universe. From this first vibration, all other vibrations are able to begin.



### What celebrations do Hindus have?

Hindus have many celebrations but the main ones are Holi and Diwali.



Holi is a Hindu festival that celebrates spring, love, and new life.

Some families hold religious ceremonies, but for many Holi is more a time for fun. It's a colourful festival, with dancing, singing and throwing of powder paint and coloured water.

Holi is also known as the "festival of colours"

[What is Holi? - BBC Bitesize](#)

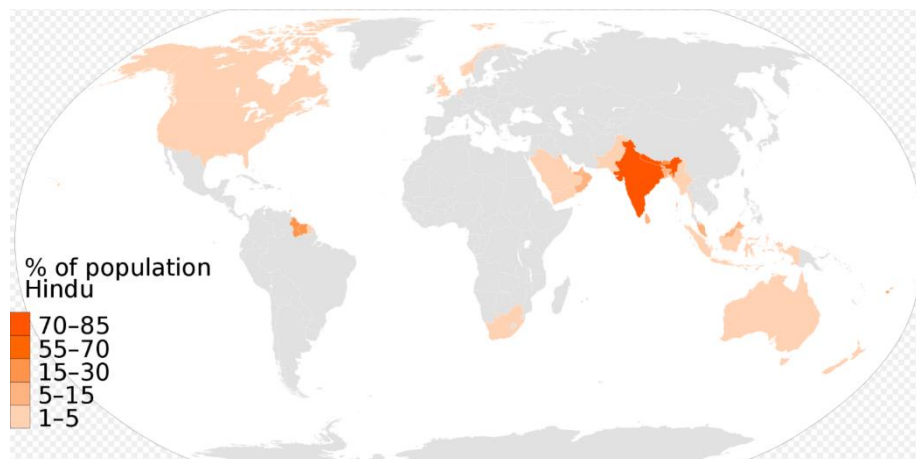
Diwali means 'rows of lighted lamps'.

Diwali is known as the 'festival of lights' because houses, shops and public places are decorated with small oil lamps called 'diyas'

[What is Diwali? - BBC Bitesize](#)

### Where do Hindus live?

Hindus live all over the world but most Hindus live in **India**. There are some Hindu areas in other parts of the world, like Indonesia and Nepal. Many Hindus also live in the UK.



Let's see how much you can remember about Hinduism ...

1. Where do Hindus worship?
2. What is a Hindu's special book called?
3. Name two celebrations that Hindus have.
4. What do Hindus believe?



5. Name the three forms of Brahman?
6. Where did Hinduism begin?
7. Why don't Hindus eat Beef?
8. Name something else that Hindus are not allowed to eat?

### Challenge time!

### Holi

Use the link below to find out more about Holi and how it is celebrated.

[Religious Studies KS2: Celebrating the festival of Holi - BBC Teach](#)

### Question time!

1. What does Holi celebrate?
2. What do they do during Holi?
3. What is Holi also known as?
4. Why are bonfires lit during Holi?
5. What offerings are given to the fire (their God)?
6. What do the different colours symbolise?
7. Would you like to be a Hindu? Why? Why not?