



**Driving Question:** See Ancient Egypt

**Power Skill:** Critical Thinking

**BCP SACRE Learning Objectives**

- Belief: What do Santhani's believe?
- Expression: Would celebrating Diwali at home and in the community bring a feeling of belonging to a Sanathani child? Is having a local mandir (place of worship) important to Sanathanis?
- Action: What is the best way for a Sanathani to show commitment to their beliefs?

**Key Vocabulary**

Sanatana Dharma	Hinduism	Brahman	The Vedas	Mandir
Santhani	Vishnu	Shiva	Samsara	Moksha
Karma	Dharma	Ahimsa	Diwali	Holi

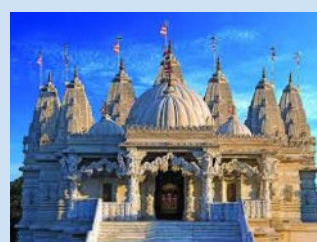
**Key Learning**

**What is Sanatana Dharma?**

Sanatana Dharma (also known as Hinduism) is a worldview first founded in the Indus River Valley which runs through northwest India into Pakistan. 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.

**Sanatana Dharma facts:**

- Deity: Brahman
- Holy books: The Vedas
- Place of worship: Mandir
- Symbol: Aum
- Approximate worldwide followers: 1.2 billion (3rd most popular)
- Countries where Sikh people live: Afghanistan, Bangladesh, India, Iran, Maldives, Nepal, Pakistan and Sri Lanka.



What is Hinduism (Sanatana Dharma)? : <https://www.bbc.co.uk/bitesize/articles/zmpp92p>

**Who is a Hindu/Santhani?**

A Hindu/Santhani is a person who believes in the religion called Hinduism. Many Hindus live in India. You can use the term Hindu/Santhani to talk about someone who follows the teachings and practices of Hinduism/Sanatana Dharma, or who has a cultural connection to Hinduism.

**THINKING POINT: What is Sanatana Dharma/Hinduism? What are the main facts about Sanatana Dharma/Hinduism? Who is a Hindu/Santhani? Where do most Santhanis/Hindus live?**

**Main Beliefs: Brahman, Reincarnation (Samsara), Moksha, Dharma, Ahimsa and Karma**

**Brahman**

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.

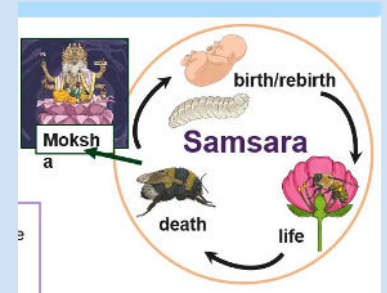
Vishnu is the preserver of the world. His role is to return to the earth in troubled times and restore the balance of good and evil. He has blue skin and four arms.

Shiva is the destroyer of the universe. Shiva destroys the universe in order to recreate it. Shiva has blue skin, a third eye and carries a trident.

Explore and Investigate (Science only) Fieldwork (Geography only) Enquiry lesson (History only)

Resources: eg. atlases etc

## Key Learning



Main Beliefs: Brahman, Reincarnation (Samsara), Moksha, Dharma, Ahimsa, and Karma

### Samsara (reincarnation), Karma and Moksha

Reincarnation is the idea that after death, a soul can be reborn (or reincarnated) in another form. This cycle is believed to be an ongoing process which carries on over thousands of lifetimes.

For most Hindus, life is seen as a cycle of birth, life, death and rebirth. In Sanatana Dharma, this is known as the cycle of samsara. According to Hindu tradition, all living things contain an **atman** (a spirit or soul which is a part of Brahman and can never be destroyed). It is the atman (the soul) which enters a new form in the next life.

With each reincarnation, the soul (atman) moves closer to God. The cycle of samsara ends when a soul finally reaches **moksha**: freedom from the continual cycle of death and rebirth, and finally being at one with God. Reaching moksha is the ultimate goal for Hindus. Hindus believe that the decisions and actions they make in this life effect what form they will take in the next life. This cause and effect is known as **karma**. If a person makes good choices, they will have good karma. Having good karma means they will be reincarnated into something better than they were in their previous life. Hindus believe that they can earn good karma by doing the right thing and living out their duties (known as dharma).

### Dharma

In Hinduism, 'dharma' means duty, religion, virtue and morality; it is a central part of a Hindu's daily life. Hindus believe that there are right and wrong ways to behave so they must behave correctly, follow the moral law and take their duties seriously. According to dharma, it is best to do the right thing at all times.

For example, a pupil's dharma is to work hard at school; the parents' dharma is to raise and support their family; and the dharma of the police is to protect others. At different stages of a Hindu's life, their dharma will change, however, it is everyone's dharma to be kind, honest, religious and to be a good person in society.

### Ahimsa

Ahimsa means non-violence. Hindus/Sanathanis try to practice ahimsa in their lives and believe that it is wrong to show violence towards other living things. Hindus/Sanathanis believe that violence will cause bad karma. Hindus/Sanathanis believe that ahimsa will bring good karma.

**THINKING POINT: What are the main beliefs of Sanatana Dharma/Hinduism? Are there any similarities between these beliefs and the beliefs of any other religions you have studied? How do you think each belief helps shape a Sanathanis worldview?**

Santhani/Hindu stories and festivals: Story of Rama and Sita, Diwali and Holi

**The story of Rama and Sita:** Rama and Sita are married but one day the demon king, Ravanna, kidnaps Sita and takes her to his palace. Rama searches for her with the help of the Monkey King, Hanuman. They find her on Ravanna's island and a great battle begins, with the demon finally defeated by Rama's magic arrow. People light small lamps - called divas - in their windows to help light the couple's journey home.

Extended version of the story: <https://www.youtube.com/watch?v=uRpNNF4fB4g>

**Diwali:** Diwali means "row of lights", and celebrates the story of Rama and Sita's return home from 14 years of exile. It also marks the beginning of the Hindu New Year.

Hindus welcome lots of visitors and give and receive presents.

They also make artistic rangoli patterns and place them outside their front door to welcome Lakshmi, the goddess of wealth. The houses and streets are decorated with lights, and children see firework displays and dance shows with their parents and friends.

**Holi:** 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". Holi marks the arrival of spring and the end of winter. It is usually celebrated in March.

On the first night of Holi, people light bonfires and throw roasting grains, popcorn, coconut and chickpeas onto them. The next day, people of all ages go into the streets for fun and paint-throwing. Everyone gets involved! Hindus have fun by smearing each other with paint and throwing coloured water.



**THINKING POINT: What are the main stories and festivals for Hindus/Sanathanis? How do they celebrate the festivals? What do they mean to them?**

## **Key Learning**

How does a Santhani/Hindu show commitment to God?

### **Worship at home and at the Mandir**

A Hindu temple is a busy and exciting place. As well as being used for worship, birth, wedding and death ceremonies, it is also a place where visitors can go and discuss and strengthen their faith, take part in meditation classes and yoga.

At a Hindu temple, different parts of the building have a special meaning, for example, the central shrine inside the mandir represents the heart of the Hindu worshipper, and if the temple has a tower this symbolises a connection with heaven.

Worshipping at the mandir is a special time to be together with other Hindus. Mandirs are seen as a place where heaven meets the earth so many mandirs are tall buildings, like mountains reaching up into the sky.

### **Meditation**

The idea is to concentrate so you can reach the real self within you and become one with Brahman.

### **Yoga**

Hindus believe that yoga is an important practice that helps them to be close to Brahman. The idea is that, through yoga, Hindus can reach God.

As yoga is a practice, it is something that Hindus have to work at over many years to be able to do it successfully. There are four different types of yoga, and each one needs different qualities or skills. Hindus choose the type of yoga they want to practise depending on the stage they are at in their life, as they will require different things at different times.

### **Vegetarianism**

Santhanis believe God is present in all living things so part of their faith is being vegetarian. The majority of Hindus are lacto-vegetarian, which means they abstain from meat and eggs, but still eat dairy products such as milk, cheese and yogurt. The cow is sacred to Hindus and symbolises life and the Earth. Therefore, Hindus don't eat beef.

### **Love and respect to others**

It is important to a Hindu to always show love and respect for others so they can achieve good Karma and achieve Moksha. They also believe God is in every living thing so it is important to treat everyone how they would wish to be treated.

**THINKING POINT: How does a Santhani show commitment to their God? Do any of these surprise you? Do you recognise any similarities/differences with how other religions show commitment to their Gods? Do you think these commitments would be difficult to uphold and why?**