

**Year: 7**  
**Term: 1**  
**Topic: Hinduism**

**Lesson Concepts**

1. What is Hinduism?
2. Who or what is Brahman?
3. Who are the Triumvirate?
4. The Shakti and other deities
5. Hindu Traditions (Vaishnavism, Shaivism, Shaktism)
6. Hindu Scripture (Vedas + Bhagavad Gita)
7. The Festival of Diwali
8. Dharma
9. Samsara and Karma
10. The Mandir
11. Hindu Worship
12. The River Ganges
13. Assessment
14. Yoga

<b>Religion</b>	A set of specific beliefs and practices shared by a community.	<b>Vedas</b>	Books of authority in Hinduism.
<b>Brahman</b>	the Supreme being; Brahman both is and supports the whole universe	<b>Bhagavad Gita</b>	'Song of the divine'. Book of authority for Hindus.
<b>Brahma</b>	God as the creator. He has four heads and holds scriptures. He is often shown sitting on a white lotus.	<b>Holi</b>	Spring festival. Celebrated by sprinkling coloured powders and waters.
<b>Vishnu</b>	God as the preserver of the universe. He is said to descend to earth ten times as the 'Avatars' for the good of mankind.	<b>Diwali</b>	Festival of light. Autumn festival celebrated with lamps to mark the day Rama returned from exile.
<b>Shiva</b>	God as the destroyer. Often shown in meditation with a snake curled round his neck and has three eyes.	<b>Dharma</b>	Religion or religious duty is the usual translation into English, but literally it means 'that which sustains one's existence.'
<b>Trimurti</b>	the three main deities, Brahma (the creator), Vishnu (the sustainer), and Shiva (the destroyer)	<b>Karma</b>	The Law of Karma (action) is used to mean the law of cause and effect on personal terms.
<b>Shakti</b>	'Energy' - depicted as a mother goddess, the consort of Shiva.	<b>Reincarnation</b>	The rebirth of the soul in another body
<b>Parvati</b>	The consort of Shiva and a mother Goddess. The personification of power.	<b>Yoga</b>	Path to God through meditation
<b>Saraswati</b>	A mother goddess, the mother of all learning, art and music. The consort of Brahma	<b>Om</b>	the most important mantra for Hindus, often considered to represent the Supreme.
<b>Lakshmi</b>	Consort of Vishnu, goddess of wealth and beauty.	<b>Samsara</b>	The perpetual cycle of birth and death and rebirth
<b>Devi</b>	"goddess"; used to refer to any female deity, but most specifically Shakti, wife of Shiva.	<b>Vaishnavism</b>	The religion of Hindus who are devotees of the god Vishnu.
<b>Ganesh</b>	Elephant headed God and the Son of Shiva and Parvati. God of good luck and the remover of obstacles.	<b>Shaivism</b>	The religion of Hindus who are devotees of Shiva.
<b>Krishna</b>	A god, usually considered an <i>avatar</i> of Vishnu. Many worship him as the Supreme.	<b>Shaktism</b>	The religion of Hindus who are devotees of Shakti.
<b>Atman</b>	Literally "self": it can mean body or mind, but usually can be translated as 'soul'.	<b>The Ganges</b>	the River Ganges, held by many to be the most sacred; name of the river goddess
<b>Moksha</b>	liberation, specifically from the bondage of repeated birth and death.	<b>Puja</b>	Worship
<b>Namaste</b>	A typical greeting meaning 'I bow to the divine in you'.	<b>Guru</b>	Spiritual teacher.

**What is Hinduism?**

**Hinduism started thousands of years ago in India. Unlike most other religions, Hinduism has no single founder, no single scripture, and no commonly agreed set of teachings. Throughout its extensive history, there have been many key figures teaching different ideas and writing numerous holy books. For these reasons, writers often refer to Hinduism as 'a way of life' or 'a family of religions' rather than a single religion.**

**Yet all of these variations have a common belief in a Supreme Being and believe and follow certain concepts such as Truth, dharma, and karma. The belief in the authority of the Vedas (sacred scriptures) serves, to a large extent, as the very definition of a Hindu, even though how the Vedas are interpreted may vary greatly.**

Home Learning Week 1 / 2:

Home Learning Week 3/ 4:

Home Learning Week 5 / 6:

Home Learning Week 7 / 8:

Home Learning Week 9 / 10 / 11

Home Learning Week 12 / 13 / 14