

Unit L2.8 What does it mean to be a Hindu in Britain today? [Dharma]

Vocabulary



Murti	A statue depicting a Hindu God
Aum (Om)	The Hindu religious symbol of Brahman
Trimurti	Brahman - the creator, Vishnu - the preserver and Shiva - the destroyer. A Trinity of Gods.
Dharma	The duties a Hindu should follow in their life.
Santana Dharma	The Eternal Truth - means living your life true to Hindu values.
Puja	A Hindu form of worship.
Prashad	Offerings to the deities during Hindu worship.
Mandir	A Hindu place of worship
Ramayana	The epic story of Rama and Sita that teaches Hindu life lessons.
Karma	The life cycle of birth, death and rebirth - actions in this life, our " karma ", effecting our future lives.

Previous learning

Hindus believe 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**. Hinduism does not have a single holy book, but many ancient texts and scriptures. Aum is a symbol of Brahman and the universe.



By the end of this Unit I will be able to

Understand the impact:

- Describe how Hindus show their faith within their families in Britain today (e.g. home puja)
- Describe how Hindus show their faith within their faith communities in Britain today
- Identify some different ways in which Hindus show their faith (e.g. between different communities in Britain, or between Britain and parts of India)

Make sense of belief:

- Identify the terms dharma, Sanatan Dharma and Hinduism and say what they mean
- Make links between Hindu practices and the idea that Hinduism is a whole 'way of life' (dharma)

Make connections:

- Raise questions and suggest answers about what is good about being a Hindu in Britain today, and whether taking part in family and community rituals is a good thing for individuals and society, giving good reasons for their ideas

Information that will help me:

Hindu Festivals

Diwali is the 'festival of lights' and celebrates the story of Rama and Sita. The story of good conquering evil.

Holi festival or Festival of colour. Different colours symbolise different virtues of the soul, such as power, purity and love.

Rakshan Bandan is the annual festival that celebrates the love between brothers and sisters.

Navrati (means 9 nights) is the festival dedicated to the Mother Goddess

Hindu worship:

- Hindus worship one or more of the deities, but it doesn't matter which because they are all seen as different aspects of the one supreme God. This worship is called Puja.

Puja involves:

- praying to an image of a deity (murti)
- Perform rituals and singing (Bhajan)
- Offerings such as fruit, incense, water and flowers are made. (Prashad)



