



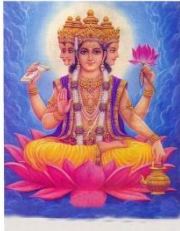



Strand - LAS Compulsory Hinduism  
Being Human -Believing

- How do Hindus reflect their faith in the way they live?
- What is karma and how does it drive the cycle of samsara? How might a Hindu seek to achieve moksha?

**Prior Knowledge:** In Year 4, the key concepts and beliefs of Hinduism were explored of dharma (duty) and Karma (good actions/bad action) and how this affects Samsara (circle of life) and moksha (free from the cycle of samsara). Children will have also learnt how Hindus worship and pray at home at a shrine and in the Mandir. They were also introduced to the festivals of Diwali and Raksha Bandhan.

## What will I know by the end of the unit?

### Vocabulary

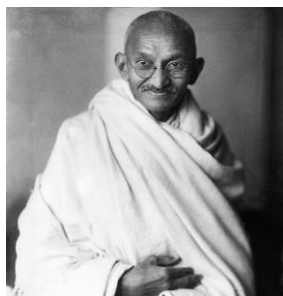
Hindu	Brahman	Brahma	Vishnu	Shiva	Trimurti
Someone who follows Hinduism. 	Hindus recognise one God or Ultimate Reality. Hindus worship Brahma, Vishnu and Shiva together. These are the three key aspects of Brahman, the Ultimate Reality. The deities of Hinduism represent different aspects of Brahman. Brahman is the foundation of all life. 	Hindu deity connected with creation and the beginning of life. 	A Hindu deity connected with preserving the universe and the living of life. 	Shiva is known as "The Destroyer."  Shiva's role is to destroy the universe in order to re-create it	The three aspects of the universal supreme God or Ultimate Reality. 

Hinduism is the oldest of the religions that still exist in the world today. It is now practised all over the world but originated in South East Asia. It is a mix of different beliefs, cultures and traditions dating back over 4000 years.

<b>Dharma</b>	'Duty'; every Hindu has their own dharma and must carry out actions ( <b>karma</b> ) that help them fulfil it. Actions that help them fulfil it are good actions (good karma); actions that prevent them from fulfilling it are bad actions ( <b>bad karma</b> ).
<b>Reincarnation</b>	Hindus believe a soul ( <b>atman</b> ) cannot be destroyed. They believe that when one life ends, that soul is reborn into a new life.
<b>Moksha</b>	Moksha is the ultimate goal; it is liberation (freedom) from the cycle of samsara.
<b>Samsara</b>	Samsara is the cycle of birth, life, death and reincarnation. Hindus believe the soul ( <b>atman</b> ) journeys through this cycle until it achieves moksha.
<b>atman</b>	Hindus believe that there is a part of Brahman in every living thing; this is called the <b>atman</b> (soul).
<b>ahimsa</b>	<b>Ahimsa</b> - "compassion" is an ancient Indian principle of nonviolence which applies to all living beings. It is a key virtue in Hinduism.
<b>Yoga</b>	Yoga stems from the Vedas - the Indian holy texts that were composed from around 1900BC. Yoga is a Hindu discipline and is part of a Hindu's spiritual journey. It allows for loving service to God and unites Hindus in their pursuit of moksha.
<b>sadhu</b>	A holy man who is deeply devoted to the spiritual search. A <b>sadhu</b> pursues a sadhana or path of spiritual discipline. Usually, a sadhu has renounced material attachments in order to practice yoga and meditation.

#### Mohandas (Mahatma) Gandhi

Mohandas Gandhi is one of the most famous leaders and champions for justice in the world. His renown is such that he is mostly just referred to by the single name "Gandhi". Mahatma means 'great souled one'



#### Satsang

Satsang is the concept of togetherness. The idea that community/family/society is important in helping you fulfil your dharma.



In this Year 5 Unit the key concepts and beliefs of Hinduism are recapped of dharma (duty) and Karma (good actions/bad action) and how this affects Samsara (circle of life) and moksha (free from the cycle of samsara). This unit introduces how Hindus believe in the concept of ahimsa (non-violence) and how this practise alongside that of satsang (togetherness) helps Hindus in their focus on dharma.