

Year Group Year 4	Worldview: Hindu Dharma (Hinduism)
Strand:	Community and identity (Human and Social Science)
Key Question:	What role does worship play in the life of a Hindu?
Focus of study:	Arti, Puja, home shrine and Mandir, ritual and celebration
Background information for teachers:	
<p>Hinduism is one of the Dharmic religions. It is the world's third most populous religion, with around 750 million followers. Hindu Dharma originated in Northern India, near the River Indus, about 4000 years ago and is the world's oldest existing religion. It has no founder, single teacher nor any prophets. Hindu Dharma is not a single religion, but contains the varied practices and teachings of a range of different religious groups, which come out of India. Many Hindus today prefer the term Hindu Dharma, as Hinduism is seen as a Westernisation of the complex realities of this way of life.</p> <p>Most Hindus worship (puja) every day at home and have a shrine there. A shrine can be anything from a room, a small altar or simply pictures or statues in a convenient location. Family members often worship together. At the shrine, Hindus make offerings and prayers to God while focusing on a murti. The articles needed to perform puja are usually kept in this area along with murtis of one or more deities and Hindu symbols, such as the swastika or the aum symbol. There will usually be an incense holder and bell. Before performing puja, many Hindus will have a bath so as to be cleansed to appear before God. Puja begins by the ringing of a bell to gain the attention of the deity. Incense sticks are lit to purify the air and provide a pleasant-smelling atmosphere. The devotee will then say a number of prayers, always including the Gayatri Mantra. Often Ganesha, the remover of obstacles, is the first deity to be prayed to. Offerings of water, milk or foods such as fruit, rice, nuts or sweets are made. Sometimes the murti is bathed and dressed. A lamp might be lit and the aarti ceremony performed — this is an offering of light in a circular motion to the deities; it is an act of reverence and devotion to the many forms of the Divine. Light in the form of agni (fire) symbolises purification; light is also seen as the mediator between God and humankind. During the performance of puja, a devotee may make a mark on his or her forehead with kum kum or sandalwood paste. This is known as the tilak mark and symbolises the 'third eye' of spiritual wisdom. The performance of puja can take a very long time. However, if a devotee's time is short, they might just light an incense stick and say a quick prayer. Hindus believe that even the shortest prayer is acceptable to God.</p> <p>The Hindu building for communal worship is called Mandir (Hindu Temple). The temples are dedicated to different deities, and sometimes named after Gurus or Rishis who have followed that deity and established the community. The Mandir is often the focus of religious life. Worshippers repeat the names of their favourite deities (divas and devas) and the mantras. Water, fruit, flowers and incense are offered to the deities as in worship in the home.</p> <p>In Britain, the local Hindu community may come together at the Mandir (temple) at the weekend. Usually there is an aarti service each day in the morning and again in the</p>	

evening. As well as places of worship, many Hindu temples are also community centres. All temples have a priest whose main function is to look after the murtis. Each day he ritually awakens and washes them, usually with a combination of water and milk. He then dresses them in clothes that have been donated by a Hindu family. The priests will also offer light during the morning and evening **aarti** ceremonies. When **aarti** takes place in the temple, the priest offers the light to the deities and then brings it down amongst the worshippers. The worshippers usually pass their hands over the flame and then touch their foreheads to bring the blessing of light to themselves. In some temples, holy water is also distributed to the worshippers. A small amount of water is placed in the hand of the worshipper who then may drink it or put it on their forehead or in their hair. **Puja** always concludes with the distribution of prasad (blessed food). In many temples this is a piece of fruit or sweets.

Hindu worship displays several distinct features:

The presence of the Divine is perceived in diverse ways and tends to be inclusive. Thus, there is a complex array of focuses of worship.

Much worship is performed individually, though in some traditions, like many in the UK, communal worship plays a central role.

Hindu worship often takes place outside the temple, especially in the home.

There are no specific days of worship, though days of the week are associated with particular deities (e.g., Shiva is honoured on Monday and Hanuman on Tuesday). In the UK, Sunday has become most important, as most Hindus are working during the week.

The time of day is important. The hours on either side of dawn are considered most auspicious for worship, for they are influenced by the quality of goodness. In India, many temples begin their first public ceremony between four and six in the morning. Other ceremonies take place during the day; evening worship is particularly popular.

Worship is often more spontaneous and less tightly regulated than in much Western religions, and individuals are usually quite free to join and leave ceremonies as they wish. Hindu worship often appears to lack the solemnity sometimes associated with religions in the West. God can be worshipped with awe and reverence but also with warmth, joy, and affection, as if He is a close friend or a loved one.

Prior learning:	<p>Pupils will have learned about worship in the church and in the synagogue and may have their own experiences of worship outside of school collective worship.</p> <p>They will have encountered the idea of worship in the context of celebrations and festivals.</p> <p>Murtis and Brahman, symbols of Hindu Dharma and some of the stories of Vishnu, Shiva and Ganesha.</p>
Building Blocks:	<p>Hindus worship in the Mandir and at home.</p> <p>Many Hindus will worship daily, offering prayers and gifts to the Murtis. Arti and puja often help Hindus to cope with challenges of life.</p> <p>Worship and meditation form part of daily duties.</p>
Outcomes:	<p>Pupils will be able to explain the terms Aarti and Puja and what a home shrine and a Mandir is.</p> <p>Pupils will be able to explain what happens during Puja in the home and in the Mandir.</p>

	Pupils will consider how worship is part of a Hindus' life and how the 5 daily duties impact their life.
Resources:	<ul style="list-style-type: none"> • https://www.youtube.com/watch?v=o-s0mN5P8jo Child showing you around a Mandir. • Heart of Hinduism website - http://iskconeducationalservices.org/HoH/practice/700.htm#; some of the stories are available on this website. • http://iskconeducationalservices.org/altar/ - build your own Hindu altar. • http://veda.wikidot.com/panchamahayajna - the 5 duties of Hindus. • RE Today Opening up Hinduism pp 20-25 • http://www.primaryhomeworkhelp.co.uk/religion/hinduism.htm - general background on Hinduism. • http://pof.reonline.org.uk/wordpress/?page_id=88 – email a believer; accessible through RE online. • Hinduism – A Very Short Introduction by Kim Knott (OUP – a useful background book for teachers). • True Tube: https://www.truetube.co.uk/ : videos about various aspects of Hindu life and worship. • Story of King Shibi and the birds: http://www.storyandreligion.div.ed.ac.uk/wp-content/uploads/2015/08/King-Shibi-and-the-Dove.pdf • Story of Shravan: https://kids.baps.org/storytime/shravan.htm • https://www.reonline.org.uk/wp-content/uploads/2019/05/lp5_hindu_worship_final.pdf Charlie Blue and Hindu worship.
Engage:	
<ul style="list-style-type: none"> • Ask pupils to think about the roles that they have at home, at school and outside of school. Discuss whether the roles at home are the same as at school. Which roles are more important? Do the roles help them to know who they are? Do others have the same roles? Does anyone you know have a different role to you? How do others' roles impact their lives? Do other people's roles change how you fulfil your role? • Are there times when you must do things you don't want to do? Would you call these duties? What is the difference between rules and duties? Compare the duties they have to do with those others do. Are they the same? Are they the same for children and adults? Do our duties change as we grow up? • What is a place of worship? Are they all the same? What is worship? Does everyone worship in the same way? Discuss ways that people worship in the class worship. Do we worship the same way in school, at home, at a place of worship? 	
Enquire and Explore:	
<ul style="list-style-type: none"> • Explore what a Mandir is and what happens inside. Look at the way Hindus might preform puja and aarti in the temple. What is the role of the priest? How do Hindus worship in a Mandir? Have a virtual tour of a Mandir or look at this link: 	

<p>https://www.youtube.com/watch?v=o-s0mN5P8jo. Create a 3D Mandir and label what happens in different parts of the Mandir.</p> <ul style="list-style-type: none"> • Explore ways that Hindus might preform puja at home. Interview a Hindu or email a believer through RE online. • Look at a puja tray (or pictorial representation if you don't have one) and consider how each artefact on the tray is used in worship. Handling the items can make it come alive. What do they think each item is for? Give the information bit by bit getting ideas from the pupils first. • Research the 5 daily duties of Hindus – the pancha maha yagnas – and discuss the link to worship. How are duty and worship linked? <ol style="list-style-type: none"> 1. Worship God. 2. Study scripture. 3. Contemplate wisdom of ancestors and elders (visit a care home to interact with senior citizens and write about what they have learnt from them). 4. Provide food to those in need. 5. Serve guests with love and respect. <p>Pupils could plan what they might serve to the needy and if opportunity arises to actually do that. This could also be providing food to the homeless through a charity.</p> <ul style="list-style-type: none"> • Read some Hindu stories that explore the key concepts of actions and consequences such as Sadhu's Blessings (a vedic story) or Again Become a Mouse, or the Story of Shravan, or King Shibi. 	
<p>Evaluate:</p> <p>Evaluate the differences/similarities of worship for Hindus in a Mandir and in the home. Consider how worship might affect the daily life of a Hindu. Is worship in school different or similar to Hindu worship? How? Have a chance to show others in the school how Hindus worship. Consider whether worship is the most important part of life for a Hindu or whether serving others, and the way people choose to live is more important.</p>	
<p>Reflect and communicate:</p> <p>Consider whether they would like to incorporate any of the 5 daily duties in their own lives. What would the benefit be? Would any of the 5 daily duties help them in the roles that they play in their life? Can a Hindu worship on his/her own or do they have to be in a home or Mandir?</p>	
<p>Assessment opportunities:</p>	<ul style="list-style-type: none"> • Describe in some detail the role that worship may play in the life of a Hindu. • Describe the 5 daily duties and identify their impact on Hindus, and the link between them and worship. • List some similarities between Hindu duties and practices and their own rules and actions. • Identify their own response to the 5 daily duties and how they are influenced by rules. • Ask questions and investigate answers about why Hindu people worship in the manner that they do.

	<ul style="list-style-type: none"> • Reflect on the impact of worship on the lives of believers. • Retell the way Hindus worship in a Mandir and at home. • Give definitions of aarti and puja. • List some similarities between Hindu worship and Christian worship. • Suggest meanings for the 5 duties and reasons why Hindus may follow them. • Ask questions and suggest answers about why Hindu people choose to follow the duties and worship daily. • Ask questions about the rules other people follow.
Notes	