

Year: 4
Term: Spring 1
Topic: What does it mean to be a Hindu in Britain today?

The **Hindu Dharma** has its origins in India and is the most ancient of the larger religious worldviews in the world today.

For many Hindus it is important that they connect with **Brahman**, the ultimate reality and they will perform **puja** in their home or in the **mandir**.

The puja will take place at the **shrine** which is often dedicated to a **deity** within the Hindu Dharma. The shrine will often contain a **murti** which is a statue of the deity.

The puja focuses the Hindu on Brahman and helps them fulfil their **dharma** or purpose. Many stories in the Hindu Dharma try to explain what the dharma is for humans and they will help Hindus to fulfil their duty.

One of the great epic poems of the Hindu Dharma is the **Ramayana** which is connected to the festival of Diwali. The main characters of the Ramayana, Rama and his wife Sita are good examples to Hindus as to how they can fulfil their dharma.

The story of the Ramayana is one of good overcoming evil and the festival of Diwali is celebrated all over the world to remember this.



Puja in the Mandir or the home



Rama

Sita



Diwali celebrating good overcoming evil in the Ramayana



Glossary

deity	A Hindu god/goddesses.
dharma	A duty that Hindus fulfil.
Diwali	Hindu festival of light.
Hindu	A follower of Hinduism.
mandir	Hindu temple.
Puja	Hindu worship.
Rama	A very important deity.
Ramayana	One of the great stories of the Hindu Dharma.
shrine	A place of worship for a Hindu. They can be in the home or in the Mandir.
Sita	The wife of Rama.



Hinduism