



## Year 4 Religious Education - What does it mean to be a Hindu today?

### What should I already know?

- Hinduism is a religion.
- Hindus are the followers of Hinduism.
- Hindu believe in one God called Brahman who is represented in many ways through Deities.
- Hindus believe that God is everywhere and can be worshipped anywhere.
- Hindus often have a shrine at home where they can worship God and offer gift and pray.

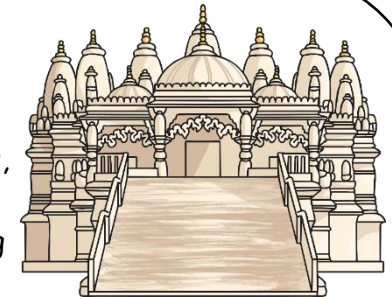
### Key Vocabulary and definitions

<b>Prashad</b>	Offerings of food
<b>Mantras</b>	Prayers that are said at the Mandir
<b>Arti</b>	A Hindu ritual
<b>Ritual</b>	A religious ceremony consisting of a series of actions performed using different artefacts.

### The Hindu Festival of Holi

- Holi is a festival celebrating **good triumphing over evil**.
- Holi is a Hindu festival that celebrates spring, love, and new life.
- Some families hold religious ceremonies, but for many Holi is more a time for fun.
- It's a colourful festival, with dancing, singing and throwing of powder paint and coloured water.
- Holi is known as the "**festival of colours**".

### At the Mandir



- At a mandir, there are **shrines** for different Hindu gods and goddesses, also known as **deities**. Different deities can be worshipped depending on the mandir.
- People take off their shoes and wash their hands when they enter a mandir.
- Hindu services are led by a **Brahmin priest**.
- When they reach the shrine, Hindus ring a bell as a symbol of waking the deity.
- People sing songs or say prayers called **mantras**.
- Passages are read from Hindu religious books.
- The **Arti** ceremony is led by the Priest using the **Puja tray**.
- Depending on the mandir, Hindu people or the priest offer food to the deities. This is called **prashad**.
- Prashad is blessed and given to the people in the mandir at the end of the service.

### A Puja tray used during Arti

Incense sticks so the room smells nice for Brahman

An oil lamp or candle called a Diva

An offering of food called Prashad

Kumkum powder for placing on the centre of worshipper's heads



A bell for waking Brahman