LITHERLAND HIGH SCHOOL

LIVO CATCH-UP 10

Year 7 – Hinduism

You have missed some lessons. Don't worry – this will give you the essential knowledge you need to join back in.

1 WHAT IS HINDUISM?

Hinduism is one of the world's oldest and largest religions.

Around 1.2 billion followers worldwide (about 15% of the world's population).

About 1 million followers in the UK.

It is a combination of different traditions, beliefs and practices that have developed over a long time.



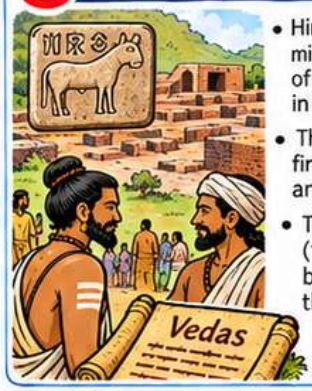
2 WHERE DID IT BEGIN?

Hinduism began in India, in the Indus Valley, around 4,000 years ago (about 2000 BCE).

It started in India and later spread across India and beyond to other parts of the world.



3 HOW DID IT BEGIN?



- Hinduism developed from a mix of the beliefs and traditions of different groups of people in India.
- The **Dravidians** lived in India first and had their own beliefs and practices.
- The **Aryans** arrived later (from Central Asia) and brought new ideas, such as the **Vedas** (sacred texts).

4 BELIEFS IN GOD

- Hindus believe in one supreme reality (Brahman) – the ultimate God who is everywhere and in everything.
- Brahman can take many different forms (deities), so there are many gods and goddesses in Hinduism.



5 THE TRIMURTI

The Trimurti is the three main forms of God in Hinduism, each with a different role:



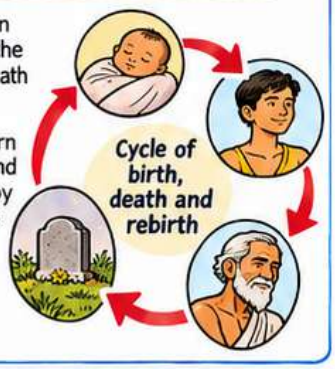
Brahma – the creator (creates the world).

Vishnu – the preserver (looks after the world).

Shiva – the destroyer (brings about change so new life can begin).

6 REINCARNATION

- Hindus believe in reincarnation – the cycle of birth, death and rebirth.
- A person is reborn into a new life, and this is affected by their karma (the results of their actions).



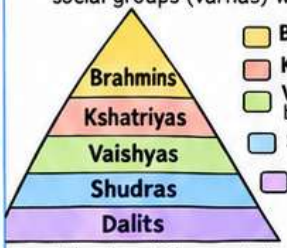
7 DIWALI

- Diwali (the Festival of Light) is one of the most important Hindu festivals.
- It celebrates the victory of good over evil, often through the story of Rama and Sita.
- Hindus celebrate with lights (diyas), prayers, family time, new clothes and special food.



8 THE CASTE SYSTEM

- Traditionally, Hindu society was organised into a caste system, which divided people into different social groups (varnas) with different roles.



- **Brahmins** – priests and teachers
- **Kshatriyas** – rulers and warriors
- **Vaishyas** – traders and business people
- **Shudras** – workers and service roles
- **Dalits** – outside the varna system; often treated as 'untouchables' in the past

- It has less influence today, and many Hindus believe everyone should be treated equally.

9 KEY VOCABULARY

Hinduism	one of the world's oldest religions, with over 1 billion followers
Brahman	the one ultimate reality / God
Deity	a form of God, such as Brahma, Vishnu or Shiva
Trimurti	the three main forms of God: Brahma, Vishnu and Shiva
Reincarnation	the cycle of birth, death and rebirth
Karma	the results of a person's actions
Caste system	a traditional social system in Hindu society
Dalit	someone outside the caste system, formerly called 'untouchable'
Diwali	a major Hindu festival that celebrates the victory of good over evil.

10 YOUR CATCH-UP 10

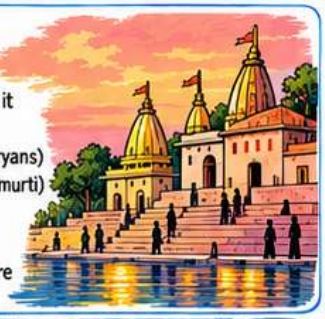
Answer these without looking back.

1. What is Hinduism?
2. How many followers are there worldwide and in the UK?
3. Where did Hinduism begin?
4. How did Hinduism begin? (Which groups of people were involved?)
5. What do Hindus believe about God?
6. What is the Trimurti and what are the roles of Brahma, Vishnu and Shiva?
7. What is reincarnation and what affects it?
8. What is Diwali and how is it celebrated?
9. What is the caste system?
10. Who are the Dalits?

FINAL CHECK

I now know:

- ☐ what Hinduism is and how many people follow it
- ☐ where and when Hinduism began
- ☐ how it began (the role of the Dravidians and Aryans)
- ☐ Hindu beliefs about God (Brahman and the Trimurti)
- ☐ the beliefs in reincarnation and karma
- ☐ what Diwali is and why it is important
- ☐ what the caste system is and who the Dalits are



NOW I'M READY TO REJOIN THE LESSON!