

315 - HINDU RELIGIOUS EDUCATION

GENERAL OBJECTIVES

By the end of the course, the learner should be able to:

1. explain religion as an integral part of daily life;
2. identify moral, spiritual and social aspects of religion;
3. show understanding that the universe is manifestation of Paramatma;
4. explain ways of showing a sense of responsibility in managing the environment;
5. apply the religious teaching to the rapidly changing society;
6. identify ways of promoting understanding among the followers of various faiths in Kenya;
7. explain the principles from scriptures;
8. identify skills and values to address the contemporary issues and challenges;
9. explain ways of promoting international consciousness through an understanding of universality of Paramatma and humanity.

1.0.0 ATTRIBUTES OF PARAMATMA

1.1.0 Specific Objectives

By the end of the course, the learner should be able to:

- a) define the concept of Nirgun Nirakar and Sagun Sakar according to scriptures;
- b) explain attributes of Nirgun Nirakar and Sagun Sakar;
- c) differentiate the roles of Paramatma as Nirgun Nirakar and Sagun Sakar;
- d) state the deities related to Sagun Sakar;
- e) state the role of Paramatma as Nirgun Nirakar and Sagun Sakar;
- f) explain creation according to given scriptures;
- g) explain the role of Paramatma;
- h) identify the attributes of Paramatma according to given scriptures;
- i) explain the teaching of each of the scriptures related to existence of Paramatma;
- j) discuss the significance of the teachings of these scriptures in one's life;
- k) describe ways of communicating with Paramatma;
- l) explain the significance of the oneness of Paramatma;
- m) explain the relationship between Nirgun Nirakar and Sagun Sakar.

1.2.0 Content

1.2.1 Concept of Nirgun Nirakar and Sagun Sakar.

1.2.2 a) Nirgun Nirakar: Attributes – Infinite; Timeless; Self-existent; Formless.

b) Sagun Sakar Attributes: Omnipresent; Omnipotent; Omniscient; Friend; Perfect.

c) Deities related to Sagun Sakar: Vishnu; Shiva; Ganapati; Ambaji.

Creation according to Scriptures: Gita Chapt. 7:4-6; Kenopanishad; Guru Granth Sahib M:1035, 1036.

1.2.3 The role of Paramatma as Creator, Sustainer and Liberator

1.2.4 Attributes of Paramatma according to scriptures: Gita Chapter 13:15-17; Kenopanishad 1- 3; Guru Granth Sahib M: 350.

- 1.2.5 Teaching of Scriptures
- 1.2.6 Ways of communicating with Paramatma: Puja – formal and prayer; Purushartha.
- 1.2.7 Significance of oneness of Paramatma
- 1.2.8 Relationship between Nirgun Nirakar and Sagun Sakar: Guru Granth Sahib M5 290; Kenopanishad

2.0.0 MANIFESTATIONS OF PARAMATMA

2.1.0 Specific Objectives

By the end of the course, the learner should be able to:

- a) describe Paramatma's manifestations
- b) state evidence from scriptures of Paramatma's manifestations
- c) narrate life history of Ramanujacharya and Guru Nanak Devji
- d) explain their contributions to Hindu Religion
- e) describe the lifestyles of enlightened souls
- f) describe the role of reformers
- g) identify the revelations of Paramatma
- h) describe the revelations of Paramatma manifested in different Avatar
- i) explain biological and spiritual evolution represented by dash-Avatar
- j) identify the Avatar as the need of the time
- k) describe the life history of enlightened souls
- l) narrate life history of Mahavir and Guru Gobind Singh
- m) explain their contributions to Hindu Religion
- n) describe the formation of Khalsa Panth established by Guru Gobind Singh
- o) describe the roles of Mahavir and Guru Gobind Singh as reformers
- p) state the teachings of Mahavir and Guru Gobind Singh

2.2.0 Content

- 2.2.1 Manifestation of Paramatma: Creation; Sustenance; Liberation.
- 2.2.2 Scriptures describing Paramatma: Gita Chap 9:18; Guru Granth Sahib 15:13; Kalpasutra 2:124,125,126; Dhammapada Chap 1:44-48.
- 2.2.3 Life history of Ramanujacharya and Guru Nanak Devji.
- 2.2.4 Contributions of Ramanujacharya and Guru Nanak to Hindu Religion.
- 2.2.5 The ten avtars of Paramatma: Mastya; Kurma; Varaha; Narsimha; Vamana; Parashurama; Rama; Kirshna; Buddha; Kalki.
- 2.2.6 a) Biological evolution: Mastya; Kurma; Varaha; Narsimha; Vamana.
b) Spiritual evolution: Parashurama; Rama; Buddha; Kalki.
- 2.2.7 Life history of: Rishabhanath; Sant Kabir.
- 2.2.8 Life history of: Mahavir; Guru Gobind Singh.
- 2.2.9 Contributions of Mavir and Guru Gobind Singh.
- 2.2.10 Establishment of Khalsa Panth.

3.0.0 SCRIPTURES

3.1.0 Specific Objectives

By the end of the course, the learner should be able to:

- a) name Hindu Scriptures;
- b) explain the significance of each Scripture;
- c) narrate historical development of each Scripture;
- d) apply the teaching of the Scriptures in daily life;
- e) name the two great epics;
- f) explain the importance of each of the epics;
- g) explain the events and reflections of human nature in these epics;
- h) apply the teachings of the Ramayana and Mahabharata in daily life;
- i) apply the teachings of Srimad Bhagavad Gita in daily life;
- j) name the two great scriptures;
- k) give the brief basic teachings of Kalpsutra and Guru Granth Sahib;
- l) describe the role of Kalpsutra in Jainism;
- m) describe the role of Guru Granth Sahib in Sikhism;
- n) explain how each of the scriptures integrate religious teachings in the daily life;
- o) state the basic teachings of Dhammapada;
- p) describe the role of Dhammapada in Buddhism;
- q) identify the teachings of given scriptures;
- r) explain how each of these scriptures integrates religious teaching in daily life;
- s) compare the teachings of given scriptures.

3.2.0 Content

3.2.1 Names of the Hindu Scriptures:

- a) Vedic: Shruti; Smriti; Purana; Itihasa.
- b) Jain: Anga pravista; Anga bahya.
- c) Buddhism: Vinaya pitika; Sutta pitika; Abhidhamma pitika.
- d) Sikh: Guru Granth Sahib.

3.2.2 Significance of Hindu Scriptures.

3.2.3 Historical development of Scriptures.

3.2.4 Two great epics: Ramayana and Mahabharata.

3.2.5 Importance of Ramayana and Mahabharata.

3.2.6 Historical development of Ramayana and Mahabharata.

3.2.7 Main events and reflection of human nature in Ramayana and Mahabharata.

3.2.8 Teachings of Ramayana and Mahabharata.

3.2.9 Teaching of Srimad Bhagvad Gita.

3.2.10 Two Scriptures: Kalpasutra and Guru Granth Sahib.

3.2.11 Basic teachings of Scriptures: Kalpasutra and Guru Granth Sahib.

3.2.12 Role and place of Guru Granth Sahib in Gurudwara.

3.2.13 Basic teachings of Dhammapada.

3.2.14 Role of Dhammapada.

3.2.15 Comparison of the teachings of scriptures: Gita; Kalpasutra; Dhammapada; Guru Granth Sahib.

4.0.0 PRINCIPLES OF DHARMA

4.1.0 Specific Objectives

By the end of the course the learner should be able to:

- a) state the five basic principles of Dharma;
- b) describe the teachings of the principles of Dharma;
- c) apply the principles of Dharma in daily life;
- d) name the four Hindu Panths;
- e) explain the principles of Sanatan, Jain, Buddha, and Sikh Panth;
- f) appreciate the role of principles as strategy of preventing the spread of HIV/AIDS;
- g) explain their responsibility to those infected and affected by HIV/AIDS;
- h) state the main teachings of the give Darshans;
- i) explain the importance of these Darshans;
- j) describe the philosophy of these Darshans;
- k) discuss the work done by scholars;
- l) explain the importance of these principles;
- m) state the basic principles of Dharma
- n) state the similarities in principles of the four panths;

4.2.0 Content

4.2.1 Basic Principles of Dharma; Paramatma; Prarthana; Punarjanma; Purushartha; Pranidaya.

4.2.2 Teachings of the Principles of Dharma.

4.2.3 Four Hindu Panth; Sanatan; Jain; Buddhism; Sikh.

4.2.4 Principles of Four Panths.

a) Sanatan

i) Ten Principles of Manusmriti -Dhrti (capacity to sustain), Kshama (forbearance), Dama (self control), Asteya (non-stealing), Saucham (purity in thought and action), Indriya nighraha (control of sense organs), Dhee (wisdom), Vidya (spiritual knowledge) Satya (truthfulness), Akrodha (absence of anger).

ii) Char Ashram. 4 stages of life: Bramhacharya; Grihastha; Vanaprastha; Sanyasa.

iii) Five daily yajna: Brahma (reading scriptures), Deva (Prayers and worship of deities representing various aspects of Paramatma), Pitru (service to elders and forefathers), Bhoota (service to all living beings), Atithi (service to visitors)

b) Janinism

i) Ratnatraya (Three jewels): Right faith; Right knowledge; Right conduct; Ahimsa (non-violence); Satya (truthfulness); Aparigraha (non acquisition); Asteya (non-stealing); Sheel (chastity)

ii) Daily duties: Samayik; Pratikraman; Puja; Tapas; Daan.

c) Buddhism

i) Noble truths - Existence of suffering, Cause of suffering – desire, Cessation of suffering is possible

- ii) Noble eight fold path – the way: Samyak Drishti; Samyak Sankalpa; Samyak Vani; Samyak Karmanta; Samyak Ajivika; Samyak Smriti; Smyak Vyayam; Samyak Samadhi.
- d) Sikhism
 - i) Basic belief: Kirta Karni (Spreading sacred thoughts); Naam japana (repeating God's name); Wand shakana (sharing with others)
 - ii) Eight Daan: Sikhidan – gift of Sikhism; Kesdan – gift of long hair; Rahitdan – gift of observing Sikh laws; Bibekdan – gift of divine knowledge; Visahdan – gift of faith; Bharosadan – gift of belief; Danansirdan – biggest gift of name; Sri Amritsar de ishnan – having bath in the nectar in the name of supreme being
- 4.2.5 Name of the Darshans: Nyaya, Vaisheshika, Sankhya, Purva Mimamsa.
- 4.2.6 Main teaching of Darshans
- 4.2.7 Philosophy of Darshans
- 4.2.8 Importance of Darshans

5.0.0 RITES AND RITUALS

5.1.0 Specific Objectives

By the end of the course, the learner should be able to:

- a) identify the various categories of religious rites and rituals
- b) describe the procedure of rites and rituals
- c) state the right occasions of performing these rites and rituals
- d) explain the significance of rites and rituals
- e) discuss the role of these rites and rituals in enhancing spirituality
- f) explain the essentials of rites and rituals
- g) explain the types of worship
- h) describe temple worship and prayers
- i) explain the significance of rites and rituals in worship
- j) discuss the role of the rites and rituals in daily life
- k) state the rituals performed during sanskar
- l) explain the importance of given sanskar
- m) explain the significance of Amrit Shakana
- n) explain the importance of five kakaars
- o) explain the relevance of Sanskar in an individual's life
- p) name and draw listed religious symbols
- q) outline the historical origin of the religious symbols
- r) explain the significance of these symbols
- s) describe where and when these symbols are used
- t) describe the significance of symbols in religious ceremonies

5.2.0 Content

- 5.2.1 Categories of rites and rituals: Japa; Visiting places of worship; Collective worship; Sanskar (sacraments)
- 5.2.2 Procedure of performing rites and rituals
- 5.2.3 Occasions of performing rites and rituals
- 5.2.4 Essentials of rites and rituals: Time and occasion; Puja Samagri; Correct procedure.
- 5.2.5 Types of worship: Vaiyaktik (individual); Vanghik (communal)

- 5.2.6 Occasion of performing rites and rituals
- 5.2.7 Temple worship: Satsang; Kirtan; Havan; Katha/Path;
- 5.2.8 Sanskar: Naam karan; Upanayan/Dastar Bandhan; Amrit Shakana; Five kakaar; Vivaha/Anand karaj; Antyeshthi
- 5.2.9 Rituals performed during temple worship
- 5.2.10 Importance of Sanskar
- 5.2.11 Significance of Amrit Shakana
- 5.2.12 Importance of wearing the five kakaar
- 5.2.13 Religious Symbols: Om (Vedic, Jain, Sikh); Chakra(Vedic, Jain, Buddhist); Lotus Vedic, Jain, Buddhist, Sikh); Dhwaja (Vedic, Jain, Buddhist, Sikh); Khanda (Sikh)

6.0.0 UTSAV

6.1.0 Specific Objectives

By the end of the course, the learner should be able to:

- a) define the term utsav;
- b) state the three categories of utsav;
- c) explain the importance of these utsav;
- d) describe the procedure of performing the utsav;
- e) state when each of the utsav is celebrated according to Hindu Calendar;

6.2.0 Content

- 6.2.1 Definition of Utsav
- 6.2.2 Three categories of Utsav: Religious ; Social; National
- 6.2.3 Utsav: Rama Navani; Mahavir Jayanti; Buddha Jayanti; Janmashtami; Guru Nanak Jayanti; Varsha Pratipada; Paryushan Parva; Mahashivratri/Rishi bodha Divas; Holi; Baisaki; Vyasa purnima; Guru Purab; Raksha Bandhan; Navratri/Dashera; Deepavali; Five days of Deepavali - Dhan Teras, Narak Chaturdashi, Lakshmi Pujan (Mahavir Nirvan Guru Hargovind's release, Swami Dayanand Nirvan), Bali Pratipada, Vikram Sambatsar, Bhaiya duj
- 6.2.4 Importance of Utsav
- 6.2.5 Procedures of celebrating each Utsav

7.0.0 YOGA

7.1.0 Specific Objectives

By the end of the course the learner should be able to:

- a) explain the meaning of yoga;
- b) explain three types of yoga;
- c) state the importance of each type of yoga;
- d) list various types of Bhakti;
- e) explain the role of Bhakti yoga in union of Atma with Paramatma;
- f) explain the term Jnana yoga;
- g) discuss the teaching of Jnana yoga
- h) give reference from scripture on relationship between Atma and sharir
- i) explain Pancha Kosh

- j) define term Jiva Mukti
- k) explain states of Jiva
- l) give reference from scriptures on Jiva Mukti
- m) apply Jnana yoga in daily life
- n) name the eight limbs of Patanjali yoga
- o) explain the importance of the Astangayoga (eight limbs) of Patanjali
- p) discuss the role of mind in attaining the different levels of concentration;
- q) explain the importance of Yama and Niyama in performing Asana;
- r) apply Yama and Niyama in daily life;
- s) describe the ways of attaining Moksha;
- t) explain the characteristics of yogi described in Gita;
- u) explain the importance of interrelationship among Jnana, Bhakti, and Karma yoga;
- v) apply the teachings of yoga in one's life;
- w) discuss the ways of attaining Moksha.

7.2.0 Content

- 7.2.1 Definition of term Yoga
- 7.2.2 Three types of Yoga: Bhakti; Karma; Jnana
- 7.2.3 Importance of Yoga
- 7.2.4 Nine types of Bhakti: Shravanam; Kirtanam; Smaranam; Padasevanam; Archanam; Vandanam; Dasyam; Sakhyam; Atma nivedanam
- 7.2.5 Teaching of Jnana yoga
- 7.2.6 Relationship between atma and sharir: Gita 2:20,22,23; Guru Granth Sahib 1p 152; Kalpasutra; Dhammapada.
- 7.2.7 Pancha Kosh (five sheaths): Annamaya; Pranamaya; Manomaya; Vijnananmaya; Anandamaya
- 7.2.8 Definition of Jivamukti
- 7.2.9 Reference from the scriptures on Jivamukti (attainment of moksha): Gita chapter 2:71-72; Dhammapada 14:1; Guru Granth Sahib p.344; Kalpasutra;
- 7.2.10 Ashtang Yoga: Yama; Niyama; Asana; Pranayam; Pratyahar; Dhyam; Dharana; Samadhi
- 7.2.11 Importance of Ashtang Yoga
- 7.2.12 Procedure of performing Asana
- 7.2.13 Ways of attaining Moksha: Jnana; Bhakti; Karma.
- 7.2.14 Characteristics of Yogi Gita 2:55-61 and 14
- 7.2.15 Interrelationship among Jnana, Bhakti, and Karma yoga Gita Chapter 5:4-5

8.0.0 LAW OF KARMA

8.10 Specific Objectives

By the end of the course the learner should be able to:

- a) define the law of Karma
- b) state and define Triguna (Three qualities)
- c) list the characteristics of individual dominated by each 'guna'
- d) explain the cyclic nature of law of cause and effect
- e) give reasons for cyclic nature of Karma

- f) state and define three aspects of Karma
- g) explain the Karma done in different states of mind
- h) differentiate the actions done in various states of mind
- i) name three types of Karma
- j) explain the ways of classifying Karma
- k) define term Purushartha
- l) name the elements of Purushartha
- m) explain how accumulated Karma influences one's birth
- n) discuss the implication of accumulated Karma
- o) describe ways of correcting the effects of accumulated Karma

8.2.0 Content

- 8.2.1 Definition of Law of Karma
- 8.2.2 Definition of Triguna: Satva; Rajas; Tamas.
- 8.2.3 Effect of domination of guna on individual.
- 8.2.4 Cyclic Nature of Law of cause and effect
- 8.2.5 Effects of cyclic nature of Karma
- 8.2.6 Aspects of Karma: Karta (doer); Karma (action); Karana (means/instrument).
- 8.2.7 Actions done in various states of mind: Abodh (naive); Abhan (not aware); Nirahankar (egoless).
- 8.2.8 Names of three Karma: Vedic karma (action prohibited by Dharma); Akarma (action without feeling the doership); Anasacta (action without desire)
- 8.2.9 Ways of classifying Karma
- 8.2.10 Definition of term Purushartha
- 8.2.11 Elements of Purushartha: Dharma; Artha; Kama; Moksha
- 8.2.12 Importance of Dharma in Purushartha
- 8.2.13 Accumulation of Karma over many births
- 8.2.14 Concept of accumulated births: Samsar; Atma; Moksha.

9.0.0 TIRTHAYATRA (PILGRIMAGE)

9.1.0 Specific Objectives

By the end of the course, the learner should be able to:

- a) define the term Tirthayatra
- b) name and locate various Tirthakshetra
- c) explain the importance of visiting each of these places
- d) explain the significance of concept of Tirthayatra
- e) discuss the rituals involved in Tirthayatra
- f) describe the procedures involved in performance of each Tirthayatra
- g) state the appropriate time to undertake Tirthayatra
- h) name and locate four Tirthakshetra
- i) give reasons of visiting each of these places
- j) name and locate the Chardham
- k) explain the importance of Chardham
- l) describe the religious history of Chardham yatra
- m) discuss the ritual involved in Chardham yatra
- n) explain the correct procedure of undertaking Chardham
- o) describe the correct procedure of visiting Chardham

9.2.0 Content

- 9.2.1 Definition of the term Tirthayatra
- 9.2.2 Names and locations of the Tirthakeshtra: Buddha Gaya; Pavapuri; Amritsar; Hazoor Sahib (Nanded, Maharashtra); Kashi (Varanasi, U.P); Abu (Rajasthan); Amarnath (Jammu, Kashmir); Chardham (Rameshwaran, Dwaraka, Badri Narayan, Jagannath Puri)
- 9.2.3 Importance of visiting Tirthayatra
- 9.2.4 Rituals involved in Tirthayatra
- 9.2.5 Procedure involved in Tirthayatra
- 9.2.6 Appropriate Time for Tirthayatra

10.0.0 HISTORICAL DEVELOPMENT

10.1.0 Specific Objectives

By the end of the course the learner should be able to:

- a) explain evolution of Hindu Dharma
- b) describe the means of propagation of Hindu Dharma during Vedic age
- c) state the important events in historical development of Hindu Dharma
- d) explain evolution of Hindu dharma
- e) discuss the efforts of King Ashoka in the spread of Buddhism outside India
- f) describe the means of propagation of Hindu Dharma during medieval period
- g) explain the importance of Bhakti Cult during medieval period
- h) discuss the contribution of scholars during medieval period
- i) explain the spread of Bhakti Cult during this period
- j) give brief biography of listed enlightened souls
- k) apply teaching of enlightened souls to life

10.2.0 Content

- 10.2.1 Evolution of Hindu Religion (With reference to India): ancient period (up to 1000 A.D); medieval period (1000 A.D – 1750); modern period (1750 A.D – present)
- 10.2.2 Means of propagation in ancient period: Veda; Brahmana and Aranyaka; Upanishad; Agama
- 10.2.3 Important events in historical development
- 10.2.4 Evolution of Hindu Dharma
- 10.2.5 Means of propagation: Veda; Kalpasutra; Purana
- 10.2.6 Importance of events in historical development
- 10.2.7 Means of Propagation
- 10.2.8 Biography of enlightened souls: Madhavacharya; Chaitanya Mahaprabhu; Tulsi Das.
- 10.2.9 Importance of Bhakti cult
- 10.2.10 Spread of Bhakti cult

11.0.0 HINDU HERITAGE

11.1.0 Specific Objectives

By the end of the course the learner should be able to:

- a) describe the life history of Kalidas and Valmiki
- b) describe the life style of Kalidas and Valmiki

- c) explain the contribution of Kalidas and Valmiki
- d) describe the role of dance and music
- e) name the types of dances and music
- f) state the factors considered in choosing a site for place of worship
- g) describe the rites and rituals carried out on its completion
- h) describe various features of temples
- i) discuss various inscriptions in the temples
- j) explain the significance of features of temples
- k) discuss the rights and duties of family members
- l) explain the Hindu family life
- m) explain the Hindu customs and traditions
- n) explain the significance of customs and traditions
- o) explain proper dressing for community functions and temple worships
- p) name the Hindu scholars and describe their contributions to different fields of knowledge
- q) discuss the contributions of Hinduism to the development of humanity
- r) explain the influence of Sanskrit language in Hindu heritage
- s) discuss Hindu Civilization
- t) discuss the relevance of contribution by past Hindu scholars in meeting challenges of the world
- u) discuss the work done by past Hindu scientists in the field of Engineering and Architecture

11.2.0 Content

- 11.2.1 Life History of Kalidas and Valmiki
- 11.2.2 Contribution of Kalidas and Valmiki in literature: Shakuntal, Ramayana
- 11.2.3 Types of dances and music:
 - a) Types of dances: Folk Dance, Manipuri, Kaththak, Bharat Natyam, Kathakalil
 - b) Music: Vocal, Instrumental and Written code
- 11.2.4 Factors considered in choosing the place of worship: site selection, laying of foundation, architecture, consecration.
- 11.2.5 Rites and Rituals: Installations, Abhishek, Puja
- 11.2.6 Various features of Temple: Garbha griha (shrine); Antarala (Vestibule); Pradakhishina (corridor for circumambulation); Mandap (assembly hall); Shikar and Kalsha (Pinnacle of the temple); Dwaji/Nishan sahib (flag)
- 11.2.7 Inscriptions in the places of worship
- 11.2.8 Significance of features of temples
- 11.2.9 Greeting with folded hands touching the feet of elders
- 11.2.10 Costumes
- 11.2.11 Food habits
- 11.2.12 Family life in Hindu home
- 11.2.13 Community life
- 11.2.14 Rights and duties of family members
- 11.2.15 Hindu Customs and traditions
- 11.2.16 Hindu Scholars and their contributions to field of knowledge: Medicine (Sushruta and Charaka), Mathematics (Bhaskara), Astronomy (Aryabhatta), Weaponry (Parashurama and Dronacharya)
- 11.2.17 Contribution of Hinduism in the development of Humanity