

4.13 HINDU RELIGIOUS EDUCATION (315)

4.13.1 Hindu Religious Education Paper 1 (315/1)

1.	<p>a) Attributes of Paramatma according to the Kena Upanishad.</p> <ol style="list-style-type: none"> i. Paramatma is eternal ii. Paramatma is the creator iii. He is liberator iv. He is the provider/sustainer of the universe v. He is powerful vi. He is infinite vii. He is incomprehensible viii. He is beyond the unknown ix. He is all knowledgeable. <p>(8x1)</p>	(8 marks)
	<p>b) Basic elements of creation.</p> <ol style="list-style-type: none"> i. Earth ii. Water iii. Air iv. Fire v. Ether <p>(5x1)</p>	(5 marks)
	<p>c) Why Hindus revere <i>Murti</i> in a place of worship.</p> <ol style="list-style-type: none"> i. It is a way of expressing love for Paramatma. ii. Hindus revere <i>murti</i> to follow the rules according to the scriptures iii. The rituals of Pranpratishta are performed on the murti/it is considered a living deity. iv. It is a way of fixing the mind on God/it draws the minds away from other sense objects. v. To develop love of a chosen idol. vi. Daily puja as given in <i>Aagams</i> is performed. vii. Such reverence elevated the devotee upto the final stage/moksha. <p>(7x1)</p>	(7 marks)
2.	<p>a) Childhood of Guru Nanak Dev Ji.</p> <ol style="list-style-type: none"> i. Guru Nanak was born in Talwandi in Punjab. ii. On his birth he smiled/did not cry. iii. At the age of nine his father wanted him to wear 'Janeu'. iv. The priest said that 'Janeu' will make him a better person. v. He refused to wear Janeu. vi. His father gave him money to do business/on the way he saw some holy men who were hungry. vii. He bought them food/fed them/this disappointed his father. viii. He started to write poems in praise of God. ix. One day when He was grazing cows, he sat under a tree/meditated while the cows ate the crops in a nearby farm. x. The farmer complained but after a short while crops were restored as before the farmer could not believe this. xi. The people started to believe that Nanak is not an ordinary child. <p>(7x1)</p>	(7 marks)

	<p>b) How <i>Dashavatar</i> shows evolution of life in the Universe</p> <ol style="list-style-type: none"> i. <i>Matsya</i> – being in water ii. <i>Kurma</i> – being half water/half land iii. <i>Varaha</i> – land iv. <i>Narsimha</i> – half man/half animal v. <i>Vaman</i> – man vi. <i>Parshuram</i> – superman vii. <i>Rama</i> – ideal man viii. Krishna – knowledgeable man ix. Buddha – peace x. Still to manifest <p>(6 x 1)</p>	(6 marks)
	<p>c) Reasons why Paramatma manifests Himself.</p> <ol style="list-style-type: none"> i. To protect His devotees/humanity ii. To contain/destroy evil iii. To give Divine knowledge iv. To give practical lessons v. To teach/promote ethics/morality vi. To teach a contented life vii. To restore cosmic order viii. To save the world from destruction/protect Dharma ix. To bring peace/order <p>(7x1)</p>	(7 marks)
3.	<p>a) The teachings of <i>Kalpasutra</i>.</p> <ol style="list-style-type: none"> i. It teaches about universal love ii. All living beings must be loved iii. Universe is the field of evolution for all iv. It teaches not to over exploit but to protect natural resources v. To practice non-violence in thought/word/ speech vi. One should engage in spiritual practices vii. Worldly attachment leads to greed/envy viii. Instill identity by appreciating the historical lineage ix. Contains the biographies of <i>Tirthankars</i> x. Outlines rules for Jain monks xi. Teaches reverence to the enlightened souls. <p>(6 x 1)</p>	(6 marks)
	<p>b) Importance of <i>Smritis</i> to Hindus</p> <ol style="list-style-type: none"> i. Through <i>Smritis</i> Divine knowledge has been preserved/protected ii. <i>Smritis</i> show ways to get enlightenment iii. They are given directly by Paramatma iv. <i>Smritis</i> guide the way of life. <p>(3 x 2)</p>	(6 marks)

	<p>c) Incidences from the <i>Ramayan</i> that can assist Kenyans to promote patriotism in the society today.</p> <ol style="list-style-type: none"> i. When Rama was a Prince he protected Ayodhya by killing the demons who were harassing the citizens. ii. They protected the Brahmins who were not allowed to do holy rites and rituals and killed those who were harassing them. iii. He had to go to the forest but left the kingdom in the safe keeping of Bharat who ruled from an ashram according to Rama's instructions. iv. Rama defeated Ravan and could have become the king but he chose to return to Ayodhya because of his loyalty to his country. v. During his reign there were no crimes. People could leave their homes unattended without any worries of theft. vi. There was no corruption in the society. vii. He listened to the voice of his citizens and kept Ayodhya a free society. viii. He instructed his sons and abdicated Ayodhya when the time came for him to retire. <p>(8 x 1)</p>	(8 marks)
4.	<p>a) Five principles of Hinduism</p> <ol style="list-style-type: none"> i. Paramatma – Creator, God ii. Prarthana – Prayer, worship iii. Purusharth – Effort iv. Pranidaya – Non-violence, ahimsa v. Punarjanma – Reincarnation <p>(5x1)</p>	(5 marks)
	<p>b) Reasons why Hindus are encouraged to practice vegetarianism</p> <ol style="list-style-type: none"> i. Every life is sacred – whether animate or inanimate ii. No one should injure or harm other beings. iii. Animals have their lives and to cut them short in violence iv. When an animal is killed it is afraid, fearful and sad. When that animal is eaten all the negative vibrations it had are inherited by the ones who consume it. v. Meat is not satvic food. It is rajasic, so induces laziness, sloth and such other attitudes. vi. Can bring guilt and violence in the mind when an animal is killed vii. Can disturb meditation. viii. Killing an animal collects bad Karma. ix. All beings want to live and not die unnaturally. <p>(7 x 1)</p>	(7 marks)
	<p>c) The four elements of Purusharth.</p> <ol style="list-style-type: none"> i. <i>Dharma</i> – daily duties observing the ten principles ii. <i>Artha</i> – refers to wealth, wealth is needed for the society to function/government/schools/homes creation of wealth should be pursued ethically and morally. Artha must be used in a manner that supports the progress of society. iii. <i>Kaam</i> – refers to the satisfaction of worldly desires. iv. <i>Moksha</i> – is a state of unending bliss/liberation, it means freedom from suffering. Man's ultimate aim is to achieve <i>Moksha</i>. <p>(4x2)</p>	(8 marks)

5.	<p>a) Ways in which <i>Aparigraha</i> is practiced.</p> <ol style="list-style-type: none"> i. By not having any attachment to wealth. ii. By not gathering unnecessary worldly things/materials iii. By not using unjust means to acquire things. iv. <i>Aparigraha</i> is practiced by giving charity. v. By not keeping surplus things/food/possessions. vi. By not wasting food. vii. By not collecting unnecessary information. viii. By not keeping grudges. ix. <i>Aparigraha</i> is practiced by being humble/avoid pride/greed. <p style="text-align: center;">(6x1)</p>	(6 marks)
	<p>b) Daily duties of devotees.</p> <ol style="list-style-type: none"> i. To maintain physical cleanliness/healthy habits. ii. To eat healthy/balanced diet. iii. To worship daily at home. iv. Visit the temple every day. v. Meditate/counting beads. vi. To practice Yoga exercises/other types. vii. Do good deeds. viii. Study scriptures. <p style="text-align: right;">(6x1 mark)</p>	(6 marks)
	<p>c) Duties of an ideal student.</p> <ol style="list-style-type: none"> i. To wear sacred thread which will remind him of his duties ii. To observe non-violence iii. Always speak the truth iv. To be honest in word, deed, thought v. To abstain from sexual activities vi. Wake up early, bow before the Guru. vii. Study hard for acquisition of knowledge. <p style="text-align: center;">(8x1)</p>	(8 marks)
6.	<p>a) The concept of Yoga in Hinduism.</p> <ol style="list-style-type: none"> i. Yoga means union with the supreme/universal consciousness/spirit ii. It is a system to get physical well being iii. It is a system to control thoughts in our minds. iv. Through Yoga one achieves mental peace. v. It helps in meditation vi. It leads spiritual uplifting. vii. One can achieve emotional balance viii. Yoga does not prevent one from doing his/her work/duties. <p style="text-align: center;">(6x1)</p>	(6 marks)

	<p>b) Forms of <i>Bhakti</i> yoga.</p> <ul style="list-style-type: none"> i. <i>Shravanam</i> – listening to Lord’s words – <i>Pariksheet</i>. ii. <i>Keertam</i> – singing the praise of Lord God – Chaitanya, <i>meera</i>, Guru Nanak iii. <i>Smaranam</i> – <i>Arjuna</i> – Remembering – <i>Prahlad</i> iv. <i>Pad seranam</i> – <i>daxmi</i> – Hanuman v. <i>Archanam</i> – <i>arti</i> – River Ganges vi. <i>Vandanam</i> – Reverence – <i>Akrura</i> – <i>Vidur</i> – <i>Kunti</i> vii. <i>Daasyam</i> – Hanuman – as an instrument of God’s work viii. <i>Sakhyam</i> – Arjun – <i>sudama</i> – friend – <i>Gopals</i> ix. <i>Atma nivodam</i> – Completely merged in God’s creation – King Bali, <i>Naisimha</i>. <p>(7 x 1)</p>	(7 marks)
	<p>c) Qualities of a Yogi as depicted in both Buddhism and Hinduism.</p> <ul style="list-style-type: none"> i. Kind/compassionate ii. Steadfast iii. Focused on getting enlightenment iv. Love all beings v. Has deep knowledge of scriptures vi. Is disciplined vii. Content and satisfied with the way his life is viii. Is unattached/detached ix. A witness to all that happens around him x. Is not emotional xi. Has self-control/can control his mind xii. Always mindful of the welfare of the society. <p>(7 x 1)</p>	(7 marks)