

Key Vocabulary

Important Facts

Brahman- God, Ultimate Reality

Atman- eternal self

Mahabharata- stories taken from the Bhagavad Gita (Hindu's holy scripture)

Punusharthas- four aims of life

dharma – religious or moral duty

artha – economic development

moksha – liberation from the cycle of birth and rebirth/reincarnation

karma – the law of cause and effect

samsara – the cycle of life death and rebirth

ashramas- different stages of life

ahimsa- non-violence

satya- truthfulness

Hinduism is a religion and dharma, or way of life, widely practised in the Indian subcontinent and parts of Southeast Asia. **Brahman and atman** are vital concepts in the Hindu understanding of a human being.

The Hindu story from the **Mahabharata**, the 'man in the well' presents one picture of the way the world is for a Hindu. Hindus believe the atman (eternal self) is trapped in the physical body and wants to escape the terrible dangers, but the human is distracted by the trivial pleasures instead of trying to get out. This is a warning to Hindus that they should pay attention to finding the way to escape the cycle of life, death and rebirth.

Hindus believe in the idea of **karma**, and how actions bring good or bad karma. Hindus hold beliefs about samsara, where the atman travels through various reincarnations, to achieve moksha.

The four aims of life (punusharthas) for Hindus are:

Dharma – religious or moral duty

Artha – economic development, providing for family and society by honest means

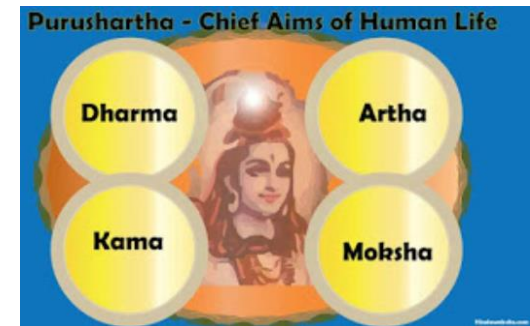
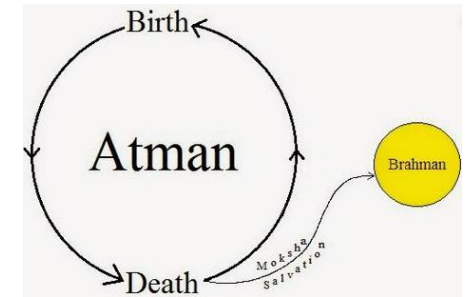
Kama – beauty of life



Moksha – liberation from the cycle of birth and rebirth/reincarnation.

By pursuing these aims contribute to good karma; doing things selfishly or in ways that harm other living things brings bad karma.

For Hindus, life is also part of a journey through different stages (ashramas), each with different duties.

Hindus believe that to be a good Hindu, they hold the value of ahimsa (non-violence) and Satya (truthfulness). These values were embedded in Mahatma Gandhi's nonviolent campaign for India's independence from British Rule.



Key People and Places	Quiz
<p>Mahatma Gandhi 2 October 1869 – 30 January 1948</p>  <p>Pandurang Shastri Athavale 19 October 1920-25 October 2003 Indian Activist</p> 	<p>1) What do Hindus believe is the vital concept of a human being? a) Shiva and Vishnu b) Brahman and Atman c) Rama and Sita d) ahimsa and Satya</p> <p>2) Which book are the stories of the Mahabharata taken from? a) Bible b) Quran c) Bhagavad Gita d) Torah</p> <p>3) What do Hindus believe is trapped in the physical body? a) Brahman b) Moksha c) Atman d) Satya</p> <p>4) What is the correct term used to describe how actions bring good or bad fate? a) Moksha c) Karma d) Satya d) ahimsa</p> <p>5) How many aims of life do Hindus work towards? a) one b) two c) four d) five</p> <p>6) What aim describes how Hindus should live to provide an honest living? a) Brahman b) Moksha c) Atman d) Artha</p> <p>7) What happens when a Hindu act selfishly or in ways that harm other living things? a) brings good karma b) brings bad karma c) brings artha d) brings moksha</p> <p>8) Who was Mahatama Gandhi? a) doctor b) a politician c) activists d) a religious leader</p> <p>9) What approach did Gandhi take to campaign against the British rule over India? a) violence b) hunger strike c) rebellion d) ahimsa</p> <p>10) Who was Pandurang Shastri Athavale? a) doctor b) a politician c) activists d) a religious leader</p>
<p>Key Dates</p> <p>Most scholars believe Hinduism started somewhere between 2300 B.C. and 1500 B.C. in the Indus Valley, near modern-day Pakistan.</p>	<p>Useful websites</p> <p>'man in the well' (www.indianetzone.com/50/man_well.htm)</p> <p>Four aims of life- https://www.myss.com/free-resources/world-religions/hinduism/the-four-aims-of-life/</p>