

5.5 HINDU RELIGIOUS EDUCATION (315)**5.5.1 Islamic Religious Education Paper 1 (315/1)****1.(a) Ways in which devotees communicate with Paramatma:**

Through

- (i) Prayer;
- (ii) Puja / aarti/ havan;
- (iii) Satsang/ bhajan/ kirtan;
- (iv) Meditation;
- (v) Helping poor/destitute;
- (vi) Looking after the environment - planting trees
- (vii) Studying scriptures.

6 x 1

6 marks**(b) Ways of practising Dharma.**

- (i) Studying religiously.;
- (ii) Obeying elders;
- (iii) Obeying school rules;
- (iv) Being good at home;
- (v) Participating in games - winning treat or losing same;
- (vi) Keeping body clean / take care of own health;
- (vii) Keeping the environment clean;
- (viii) Following moral - not telling lies;
- (ix) Being disciplined;
- (x) Caring and sharing.

8 x 1

8 marks**(c) Role of Paramatma in Trimurti**

- (i) Brahma - creates the universe
- (ii) Vishnu - sustains all beings/protects
- (iii) Mahesh/Shiva - liberates/destroys.

3 x 2

6 marks**2.(a) Contribution of Lord Mahavir in promoting non-violence**

- (i) Responding to violence by keeping calm and peaceful;
- (ii) Practising meditation;
- (iii) Teaching/preaching non-violence through:
 - words - not speaking harmful words
 - thoughts - not having hurtful evil thoughts
 - deeds - not to do evil deeds.
- (iv) Preaching the principle of "live and let live";
- (v) Not eating root vegetables;
- (vi) Not eating after sunset;
- (vii) Fasting regularly;
- (viii) Following strict vegetarianism

- (ix) Preaching Anekantvad - respect; for all religions;
- (x) Showing respect for all life.

10 x 1

10 marks**(b) Teachings of Sant Kabir:**

- (i) Respect your Guru;
- (ii) Respect all religions;
- (iii) Parmatma is same in all religions - Rama & Rahim;
- (iv) No need to go for Tirthayatra for salvation;
- (v) No need to go to temples - Paramatma resides in our hearts;
- (vi) Live a simple life;
- (vii) Recite Parmatma's name in order to reach Him;
- (viii) Practise universal brotherhood;
- (ix) Always work with Partmatma in your heart.

5 x 2

10 marks**3.(a) Role of Dhammapada in Buddhism:**

- (i) A scripture for Buddhists;
- (ii) Contains life history/
 - how he lived
 - attained salvation
- (iii) Shows the path to attaining salvation;
- (iv) Has principles of Buddhism;
- (v) Teaches detachment;
- (vi) - non-violence;
- (vii) - middle path;
- (viii) - eight fold path;
- (ix) - four noble truths;
- (x) Final destiny of soul is "Nirvana";
- (xi) Salvation is attained by one's own efforts;
- (xii) Cosmic order always continues.

10 x 1

10 marks**(b) Ways in which Lord Rama demonstrated that he was an:****(I) Ideal Son**

- (i) Cared for his parents as a child;
- (ii) Obeyed his parents;
- (iii) Gave attention to his step mother even after she sent him on exile;
- (iv) After his father's death, he asked his mother to bear with him until his return;
- (v) Performed all final rites for his father after his death;
- (vi) Went to study in the forest under Guru Vasishtha as asked by his father;
- (vii) Went to the forest with Vishwamitra to kill demons / protect Brahmins.

5 x 1

5 marks

(II) Ideal King:

- (i) Ruled Ayodhya fairly;
- (ii) Administration was just;
- (iii) Provided security for citizens;
- (iv) Promoted peace and unity in his kingdom by being righteous and moral;
- (v) Dealt with emerging issues fairly, squarely and firmly;
- (vi) Listened to the complaints and welfare;
- (vii) Rules with advice of wise persons;
- (viii) Motivated his subjects to follow righteousness with exemplary living;
- (ix) Put his subjects' interests first - sacrificed his happiness and sent Sita to exile.

5 x 1

5 marks**4.(a) How control of mind helps in practice of Indriya Nigraha**

- (i) Control over five senses;
- (ii) Eyes - see good, avoid evil;
- (iii) Ears - hear; good, avoid evil;
- (iv) Skin - should tolerate smoothness and roughness;
- (v) Eat food without caring for taste;
- (vi) Smell - good or bad, should not put one off;
- (vii) Hands - desist from doing bad deeds;
- (viii) Legs - to walk to holy places;
- (ix) Think and speak pleasing and positively;
- (x) Do not become angry;
- (xi) Do not tell lies;
- (xii) Obey rules;
- (xiii) Work hard;
- (xiv) Be active/not lazy

10 x 1

10 marks**(b) Duties of a Vanaprasthi**

- (i) Retire from active life;
- (ii) Study scriptures;
- (iii) Pass the knowledge acquired to others;
- (iv) Attend religious discourses / functions;
- (v) Do social work;
- (vi) Guide family members;
- (vii) Practise detachment;
- (viii) Live a simple life;
- (ix) Offer guidance/ advance to people who need;
- (x) Have control over senses.

5 x 1

5 marks

(c) Five Daily Yajnas for a Grahasthi

- (i) Brahma Yajna;
- (ii) Deva;
- (iii) Pitru;
- (iv) Bhoot;
- (v) Atithi.

5 x 1

5 marks**5. (a) Entitites to whom Buddhists pay homage in Mahamantra**

- | | | |
|---------|---|--------------|
| Buddha | - | Lord Buddha |
| Sangha- | - | Congregation |
| Dharma | - | Religion, |

3 x 1

3 marks**(b) How the Sikh principle of forbidding intoxicants can help Kenyan youth**

- (i) By forbidding intoxicants, the youth can keep busy and avoid idleness, they can engage in meaningful activities;
- (ii) Keeping away from intoxicants promotes good health among the youth;
- (iii) Time saved from non indulgence in intoxicants can be utilised in meaningful activities;
- (iv) Keeping away from intoxicants make the youth better leaders of tomorrow;
- (v) Forbidding of intoxicants leads to saving money, time and energy;
- (vi) Keeping away from intoxicants promotes better relationships in the community .e.g., no fights, quarrels;
- (vii) Reduces crime rate in the community.

5 x 2

10 marks**(c) Beings from whom Jains seek forgiveness during Pratikraman**

- (i) Plants;
- (ii) Animals;
- (iii) Fellow human beings;
- (iv) .Insects;
- (v) .Elders;
- (vi) Juniors;
- (vii) Employees;
- (viii) Friends;
- (ix) Foes;
- (x) Souls.

7 x 1

7 marks

6. (a) How Dhyana & Dharana leads to Samadhi

- (i) Dhyana:-
- Helps mind to become calm and peaceful
 - Focusses mind stops other thoughts
 - This state leads to Dharna.
- (ii) Dharana:-
- Control over the mind
 - Fix the mind to a symbol, mantra, a lighted candle;
 - Makes one ready for Samadhi - when mind stops working and leads one to bliss.
- 3 x 2 6 marks**

.(b) Qualities of a devotee practising Dasyam Bhakti.

- (i) Obedience;
 - (ii) Humility;
 - (iii) Service;
 - (iv) Adoration;
 - (v) Love;
 - (vi) Trust in Paramatma;
 - (vii) Discipline;
 - (x) Worship.
- 4 x 1 = 4 marks**

.(c) Teaching of Jnana Yoga

- (i) It is one of the 3 Yoga that lead one to Moksha;
 - (ii) It teaches that Paramatma is Supreme;
 - (iii) It teaches that soul is immortal and eternal;
 - (iv) It is the search for ultimate goal of life/ why we are born, etc;
 - (v) One should be detached from material things;
 - (vi) Unity of Atma with Paramatma;
 - (vii) Analyse information to arrive at conclusions;
 - (viii) Helps to remove the ignorance of the nature of soul;
 - (ix) Gives a devotee knowledge of the Universe;
 - (x) Rites and rituals should be performed with understanding.
- 5 x 2 10 marks**

5.5.2 Hindu Religious Education Paper 2 (315/2)**1. (a) Rites & Rituals of the Sikh Naam Karan Sanskar**

- (i) Family arranges the details of the ceremony.
- (ii) The venue is always the Gurudwara.
- (iii) Akhand path is read.
- (iv) Ardas is performed/Japji is recited.
- (v) The parents, the child & family attend after having bathed & worn clean clothes from home.
- (vi) The Guru Granth is paid obeisance - bowed to.
- (vii) The Guru Granth is opened at random and the Gyaniji/priest points out the name or three word added for a girl's name.
- (viii) The child is blessed with the new name & given Amrit.
- (ix) All those who attended the ceremony are treated to Langar.
- (x) Gifts are given to the child.

9 x 1 = 9 marks

(b) Types of Hindu Temple Worship

1. Personal worship
2. Communal worship
3. Satsang
4. Katha
5. Kirtan
6. Havan
7. Padth

5 x 1 = 5 marks

(c) Essential items used when visiting the Darasar

1. Katasanu - mat
2. Whisk - vinjado/chamar
3. Rice
4. Flowers
5. Muhpati
6. Chakhdo - wooden board
7. Kumkum
8. Chandan
9. Aarti plate
10. Dakshina/Dan/money for offering
11. Scriptures

6 x 1 = 6 marks

2. (a) The three aspects of Karma

- (i) Karta - is the doer of deeds & action
- (ii) Karma - is the deed or action itself
- (ii) Karana - is the means/instruments e.g. hands, legs, eyes through which deeds are done.

3 x 1 = 3 marks

(b) Ways of correcting the effect of accumulated Karma

- (i) keeping full faith in Parmatma.
- (ii) praying and keeping Parmatma close to one's heart.
- (iii) By doing good Karma without expectation of reward.
- (iv) By getting rid of anger, temptation, greed, violence.
- (v) By not accumulating Karma through;
 - thoughts - thinking good of all
 - words - speaking kindly and truthfully
 - action - by giving service to all around - family.
- (vi) looking after the environment by
 - planting trees
 - taking care of animals
 - beautifying the environment -growing flowers, plants, etc.
- (vii) by cultivating the virtue of forgiveness
- (viii) by giving respect to all living beings.
- (ix) by doing his God-given duties faithfully
- (x) by repenting for his sins
- (xi) accepting his present without complaints.

10 x 1 = 10 marks

(c) The Characteristics of a person dominated by the Rajas Guna

A person dominated by Rajas guna is:

- (i) fond of creature comforts so he likes to live in good & comfortable homes
- (ii) wear good clothes
- (iii) is passionate
- (iv) is attached to material things
- (v) likes to enjoy himself.
- (vi) full of desire
- (vii) is ever agitated
- (viii) has activities all the time
- (ix) greedy so becomes selfish & self centered.
- (x) He neither rises in life or falls into tamas.

7 x 1 = 7 marks

3. (a) How Rishi Bodh Divas is celebrated in Arya Samaj

- (i) Prayers are recited.
- (ii) Havan is performed.
- (iii) Vedic discourses are given.
- (iv) Debates are held on religious topics.

- (v) Schools are involved in dramatizing lives of Dayand Swami Vivekand. Shradhanand Lala Lajpatrai Lekhram.
- (vi) All above are remembered and their teachings remembered.
- (vii) All above are paid tribute to
- (viii) Rishi Langar is held.
- (ix) Prayers for peace are recited.
- (x) Alms are given.

6 x 1 = 6 marks

(b) **The importance of Utsav in the lives of Hindus**

- (i) Re affirm beliefs and recollect the personalities & their teachings.
- (ii) promote cultural & social traditions
- (iv) come together in prayers for peace, unity
- (v) Break the monotony of daily routine
- (vi) Promoting happiness & optimistic attitudes
- (vii) Worship & prayers
- (viii) Perform rites & rituals of particular utsav
- (ix) Create religious & harmonious atmosphere
- (x) strengthen family ties & relationships
- (xi) Promote & strengthen patriotism
- (xii) Promote national peace & unity
- (xiii) Mark seasonal changes by celebrating and dancing (at plating, harvest, etc.)
- (xiv) Learning about our ancestors & history
- (xv) Dramatization & role playing of spiritual enlightened beings.
- (xvi) Stress is reduced
- (xvii) Artistic talents are recognized & promoted.

8 x 1 = 8 marks

(c) **The ways in which Dashera is celebrated in Kenya**

- (i) Visit the temple/place of worship
- (ii) Listen to the religious discourse on the victor over evil
- (iii) Dramatize the killing of Ravan by Rama
- (iv) Fun fair & Fete activities
- (v) Do alms
- (vi) Join Satsang
- (vii) Sing Bhajans
- (viii) Remember the story of Ramayan/role play/dramatize.
- (ix) Burn the effigy of Ravan
- (x) Fireworks display
- (xi) Entertainment stalls

- (xii) Maha prasad
- (xiii) Continuous Ram Jaap
- (xiv) Learn/practise archery
- (xv) Havan is performed.
- (xvi) Puja is done.

6 x 1 = 6 marks

4. (a) **Reasons why Hindus visit Amarnath**

Hindu visit Amarnath because:

- (i) It is dedicated to Lord Shiva
- (ii) It has a naturally formed Shivlinga.
- (iii) Lord Shiva forms part of Trimurti so Hindus worship Lord Shiva in the form of Linga.
- (iv) Lord Shiva delivered the science of yoga at Amarnath.
- (v) It is full of religious and peaceful vibrations.
- (vi) It is one a scenic top of Himalayas & very conducive to meditation.
- (vii) People say their prayers & offer worship.
- (viii) Brings contact with other like minded pilgrims.

4 x 2 = 8 marks

4. **The importance of the Sikh Trithakshetra of Hazoor Sahib**

- (b) (i) It is situated on the banks of a river/Godavari
- (ii) It is also called Nanded
- (iii) Guru Govind Singh declared the Guru Granth Sahib as the Living Guru
- (iv) Guru Govind Singh died here
- (v) The Shrine is also known as Takhat
- (vi) All Sikh prayers are recited.
- (vii) All religious days are celebrated.
- (viii) Langar is offered daily.

4 x 1 = 4 marks

(c) **Names and locations of Chardham Yatra**

Name	Location
Rameshwaram	South India
Dwarka	Gujarat
Badrinarayan	North India - Himalayas
Jagannath	East - Orissa

4 x 2 = 8 marks

5 (a) **The contributions made by Rishi Dayanand in the spread of Vedic teachings in the modern period**

- (i) He revered the knowledge contained in the Vedas by thinking & studying it thoroughly.
- (ii) He spread the Vedic knowledge by giving religious discourse.
- (iii) He wrote many books explaining the Truth as contained in the Vedas.
- (iv) He wrote 'Satyarth Prakash' which laid down rules of living in a society
- (v) He rejected idol worship and performing rites and rituals without understanding them.
- (vi) He propagated & promoted the performance of Yajna & havan.
- (vii) He abolished the 'sati' tradition.
- (viii) He encouraged women education.
- (ix) He encouraged women to study Vedas.
- (x) He explained the Varna system.
- (xi) He explained the Ashrams.
- (xii) He founded Arya Samaj
- (xiii) He stressed equality of man.

8 x 1 = 8 marks

(b) **The means by which Buddhism spread during the reign of King Ashok**

- (i) His position as the King helped one & all to learn about Buddhism.
- (ii) His wealth made it easy.
- (iii) His leadership - as a converted Buddhist influenced many.
- (iv) His emissaries & missionaries went far & wide as far as Japan & China.
He encouraged Buddhism to be illustrated in caves, on hillside stones and on pillars.
- (v) He constructed temples dedicated to Buddha.
- (vi) He donated money, land for all activities.
- (vii) He gave protection & security to Buddhism.
- (viii) He made Buddhism a royal religion.

8 x 1 = 8 marks

(c) **Means of propagation of Hindu Dharma during Ancient period**

- (i) Through scriptures Veda
 - Rig - Upanishad
 - Yajur - Aranyaka
 - Atharva
 - Agams
- (ii) Through seers & rishis who pondered over life,
Alma, Parmatma through meditation, concentration;
- (iii) Giving knowledge through/by keeping Shrams & teaching to the students.
- (iv) Through stories illustrating the Truths;
- (v) Through compiling shlokas & notes on knowledge;
- (vi) Showing ways of singing.

4 x 1 = 4 marks

6. (a) **Site selected for building places of worship:**

- (i) Near rivers, lakes, e.g River Ganges.
- (ii) Birth place of saints/where saints were born.
- (iii) Where saints spent most of their time.
- (iv) Pure, unpolluted places/places considered clean.
- (v) Sacred places e.g. Himalayas mountain.

4 x 2 = 8 marks

(b) **Contributions made by Hindu scholars in the field of:**

(i) **Medicine**

- (i) Sushruta developed to process of surgery;
- (ii) Sushruta developed surgical instruments;
- (iii) he studied the physical anatomy - muscles, bones etc.;
- (iv) Charak invented Ayurveda
- (v) studied man and his prakruti/composition;
- (vi) he discovered, cough and Pitta;
- (vii) he studied herbs and flex use as medicine to cure physical diseases.

6 x 1 = 6 marks

(ii) **Astronomy**

Aryabhata - studied astronomy in depth

- (i) He studied stars & their positions
- (ii) He studied planets & their positions.
- (iii) He studied the interrelationship of planets & stars.
- (iv) He explained the movement of the earth & sun.
- (v) He explained the influence of the stars & the
- (vi) planets on the earth.
- (vii) He explained eclipse of the sun.
- (viii) He explained how ebb & tide take place.

6 x 1 = 6 marks