



24.11 HINDU RELIGIOUS EDUCATION

24.11.1 Hindu Religious Education Paper 1 (315/1)

- 1 (a) Attributes of Parmatma according to Gita chapter 13: 15 - 17
- all pervading
 - animate and inanimate
 - subtle
 - indivisible
 - one and many
 - creator
 - preserver
 - destroyer
 - eternal light/sat, chit, anand
 - knowledge
 - resides in all
 - causeless
 - consciousness
- (1 × 7 = 7 marks)*
- (b) Role of Sagun Sakar Parmatma in Kurma Avatar
- He sustained the world on his back.
 - He dived into the depths of the ocean and acted as base to support Mt. Mandara
 - He churned the ocean and the churning produced 14 treasures: Kamdhenu cow, poison and Amrit, Airawat, medicine and Kalpavruksha.
 - He gave Amrit to the Devas
- (2 × 4 = 8 marks)*
- (c) Female goddesses related to Sagun Sakar Parmatma
- Durga
 - Laxmi
 - Saraswati
 - Amba
 - Bahuchar
 - Chamunda
 - Kali
 - Parvati
 - Radha / Rukmani
 - Sita
 - Hingdaj
 - Limbachi
 - Virbai
- (1 × 5 = 5 marks)*
2. (a) Virtues symbolised by each of the five K's introduced by Guru Gobind Singh
- Kesh (hair) : simplicity, freedom of spirit, strength, saintly appearance, spirituality, detachment.
 - Kanga (comb): cleanliness, neatness
 - Kada (bangle) : honesty, brotherhood, restraint, strength, energy, eternity of creation.
 - Kachha (shorts): chastity, purity.
 - Kirpan (sword): courage, bravery, self respect, self defence, dignity, sovereignty.
- (2 × 5 = 10 marks)*
- (b) Role of Hanuman in assisting Rama to free Sita from Ravana
- Became the commander in chief of Sugreev to fight against Ravan.
 - Made efforts for friendship between Rama and Sugreev, who agreed to give his army to Rama.

- Crossed the ocean from India to Lanka to search for Sita.
 - Defeated Lankini, the guard of Lanka.
 - Consoled Sita in Vatika and gave her Rama's ring.
 - Destroyed the entire Vatika.
 - Advised Ravan to give back Sita to Rama.
 - Set fire to Lanka.
 - Consoled Rama on his return.
 - Carried Rama and Laxman on his shoulder to Lanka.
 - Killed many Rakshash.
 - Saved Laxman by bringing Sanjivani.
 - Broke the spell of Nagastra by bringing Garuda. (1 × 10 = 10 marks)
3. (a) The Three books in Tripitika
- Vinay pitika
 - Abhidhama pitika
 - Sutta pitika (1 × 3 = 3 marks)
- (b) Reasons why Hindus read scriptures
- To get spiritual knowledge.
 - To learn code of conduct.
 - Perform rites and rituals according to scriptures.
 - Get objective knowledge e.g. Science, humanity.
 - Follow moral virtues prescribed in scriptures.
 - Follow the way to liberation, Moksha, cycle of death and birth.
 - Learn to live in harmony with creation e.g. plants, animals, human beings.
 - Relate with other religions and tolerance to them.
 - Observe the prescribed prayers and worship.
 - To get idea of history, culture, literature.
 - Use them to propagate Hindu dharma.
 - Learn the philosophy.
 - Learn the relationship between Atma and Parmatma. (1 × 7 = 7 marks)
- (c) The role played by Lord Krishna in the battle of kurukshetra. Lord Krishna
- Served as a Charioteer of Arjun.
 - Gave the Yadav army to Kauravas.
 - Inspired Arjun by giving good advice in the form of Gita.
 - Became advisor of Pandavas.
 - Urged Arjun to fight as a Kshatriya.
 - Planned various war strategies.
 - helped to kill Jayadratha by blocking the sun
 - sent Abhimanyu to enter Chakravyuha and not Yudhishtir
 - tricked Dhronachrya into hearing about the death of his son Ashwathama
 - Acted as shield to Arjun - so long as Krishna was in the chariot, no weapon could kill him.
 - Brought Shikhandi, a woman, in front of Bhishma, who would not fight a woman in the war.
 - Saved Pandavas from Brahmashtra of Ashwathama.
 - Made Karna use his weapon (shakti) given by Indra on Ghatotkach.
 - Told Arjun to shoot Karna, when he was defenceless (while lifting the wheel of a chariot)
 - Advised Bhima to break the thigh of Duryodhan
 - Prevented Balram from taking part in the war. (1 × 10 = 10 marks)

4. (a) Principles of Jainism

- (i) Ahimsa - non- violence
- (ii) Satya - truthfulness
- (iii) Aparigraha - non-acquisition
- (iv) Asteya - non - stealing
- (v) Sheel - chastity
- (vi) Anekantwad - religious tolerance

(1 × 4 = 4 marks)

(b) Ways in which the Sikh practise of Wand Shakana (Sharing with others) would help those living with HIV/AIDS in Kenya.

- Donation of food to the AIDS orphans.
- Donation of medicine to those who are infected.
- Paying visits to those infected.
- Giving moral support to the infected and affected.
- Giving psychological support to the infected.
- Offering guidance and counselling to the affected and infected.
- Educate the victims on how to live positively with the disease
- Offering shelter to the AIDS orphans.
- Open homes for HIV/AIDS orphans.
- Making contributions to hospices.
- Give home based care to AIDS victims.
- Give money to the AIDS victims - affected and infected.

(1 × 8 = 8 marks)

(c) Lessons on Ahimsa that can be learnt from the incident when Siddhartha saved a Bird.

- One should not harm or injure any living beings/ animals
- One should show compassion to the wounded and sick animals.
- One should treat wounded or sick animals.
- One should provide a home/shelter to the animals.
- One should take care of animals.
- One should protect the animals.
- Animals should not be kept in captivity.
- Animals should be allowed to live in their natural environment.

(2 × 4 = 8 marks)

5. (a) Teachings of Poorva Mimansa Darshan

- Accepts the authority of Veda.
- Advocates performance of rites and rituals.
- Performance of rites and rituals leads one to heaven and grants all desires.
- Preaches that world is real.
- Preaches that heaven is eternal.
- Asserts that a performer of Karmakand attains happiness.
- Advocates prayashchit for any bad adharmic deeds. (1 × 4 = 4 marks)

(b) Importance of Prayers in the lives of Hindus

- Help one to become one with Parmatma.
- Give guidance and help.
- Purify mind and get rid of evil thoughts.
- Lead one to find one's self.
- Help to get Parmatma's grace.
- Work as a healing force for any unhappiness.
- Make one aware of others' needs and how to respond to them.
- Give strength to acknowledge one's faults.
- Give courage to follow path of righteousness.
- Develop soul force/overpower weaknesses.
- Lead to self realisation through meditation.

- Allow one to praise Parmatma for his qualities.
- Help in communication with Parmatma.
- Promote universal/personal peace.
- Help to become one with universe.

(1 × 10 = 10 marks)

(c) How the practice of Akrodh (non - anger) enriches a person's life

- Giving rise to constructive thoughts.
- Giving one power to discriminate between good and evil.
- Enhancing energy and good qualities.
- Improving a person physically and mentally.
- Making one rationale.
- Giving peace, calmness and coolness.
- Helping to improve concentration.
- Allowing one to make proper decisions.

(1 × 6 = 6 marks)

6. (a) The eight limbs of Ashtanga Yoga of Pitanjali

- | | | |
|--------------|---|--|
| ▪ Yama | - | Universal commandments |
| ▪ Niyama | - | Disciplines for self purification |
| ▪ Asana | - | Physical postures |
| ▪ Pranayama | - | Rhythmic control of breath |
| ▪ Pratyahara | - | Withdrawal of mind from exterior objects |
| ▪ Dharna | - | Concentration |
| ▪ Dhyana | - | Meditation/Contemplation |
| ▪ Samadhi | - | State of superior consciousness/detachment |

(1 × 8 = 8 marks)

(b) The ways in which practice of Ashtanga Yoga leads a devotee to Moksha.

- Teaches self control and discipline.
- Enhances mental and physical purification.
- Promotes healthy mind in a healthy body.
- Helps in improving mental concentration.
- Assists in withdrawal of senses/detachment.
- Helps to steady and fix the mind to enter higher stage.
- Leads one to go deeper in quest for self.
- Helps soul to merge with Parmatma - the knower, the knowledge and the known become one.

(2 × 6 = 12 marks)

24.11.2

Hindu Religious Education Paper 2 (315/2)

1. (a) Ways in which Jains Practice Ahimsa. Jains:
- Do not inconvenience any fellow beings.
 - Do not drink or eat after dark – so as not to swallow small insects.
 - Do not kill any bugs – even the ones that may irritate.
 - Do not kill animals for their meat.
 - Do not eat crops that grow underground as digging may kill worms.
 - Follow strict vegetarian diet.
 - Carry a broom to sweep their path so as not to kill any insects while walking.
 - Put a ‘muhapati’ on their mouth to filter air of any microisms from entering the mouth.
 - Strain their drinks.
 - Avoid injury to all living beings.
 - Avoid offending fellow human beings through speech. (5 × 1 = 5 marks)
- (b) The symbol of Lotus stands for:
- detachment
 - ability to withstand all diversities
 - steadfastness
 - seat of intellect – Saraswati
 - inner and outer beauty
 - feet of Lord Vishnu. (5 × 1 = 5 marks)
- (c) The procedure of worshipping the presiding deity in a Hindu Mandir
- The deity is awakened every morning by the tolling of bells.
 - Deity is bathed with special prayer /mantras.
 - Clothing is offered.
 - Deity is anointed with kumkum, chandan, rice.
 - Flowers and garlands are offered.
 - Incense is burnt.
 - Diva is lighted
 - Aarti is performed.
 - Chanting of Jaap is done.
 - Hymns and bhajans are sung.
 - Prasad is offered and then distributed to devotees.
 - Meditation is observed.
 - Deities are screened off in the afternoon for rest.
 - Deities are screened off at night for rest and sleep. (10 × 1 = 10 marks)
2. (a) The three types of Karma according to Law of Karma
- (i) Akarma : action without feeling of doership
action without expectation of reward.
 - (ii) Vikarma: actions prohibited by Dharma.
 - (iii) Anasakta/Nishkam: actions without desire/attachment (3 × 1 = 3 marks)
- (b) Characteristics of a person dominated by each Triguna
- | Triguna | Characteristics |
|--------------|---|
| (i) Sattvic | pure, peaceful, knowledgeable, innocent, clear thinking, creative, discriminative, dynamic, and detached. |
| (ii) Rajasic | passionate, attached to desires, lustful, royal, restless, greedy, ready to fulfil desires, very |

- (iii) Tamasic active.
Ignorant, delusioned, indolent, lazy,
inconsistent, cruel, inactive, passive,
unenlightened, no discriminatory powers
to distinguish good from bad.
(3 × 3 = 9 marks)

- (c) Law of Karma as explained in the Gita
- Law of Karma operates in the moral world.
 - Man should always be active and do his work.
 - Karma should be done without any expectation of reward.
 - Work with an even mind.
 - Work efficiently.
 - Work skilfully.
 - Both good or bad deeds bring results.
 - Karma determines one's present and future happiness.
 - Be dedicated and committed.
 - Law of Karma is law of action and reaction.
 - Law of Karma is law of cause and effect.
 - Re-incarnation gives individuals opportunities to work out their Karma.
 - Present life is a result of past deed.
 - Future life will be designed by our present deeds,
 - Prarabdha and Sanchit Karma affect the future and present life of a person.
- (8 × 1 = 8 marks)
3. (a) The three categories of Utsav that Hindus in Kenya celebrate.
- Religious
 - Social
 - National
- (3 × 1 = 3 marks)
- (b) Ways in which the Hindus in Kenya, celebrate Jamhuri Utsav. Hindus
- Hold national activities – sports, cultural programmes.
 - Hold prayers – individual and communal.
 - Hold religious discourses/akhand paath, dhun.
 - Attend national parade.
 - Perform dances.
 - Sing songs
 - Rejoice at the freedom gained by Kenya.
 - Give alms, and stage charitable activities.
 - Indulge in leisure activities e.g. picnic, go to movies, hold garden parties.
- (10 × 1 = 10 marks)
- (c) Virtues developed by Jamhuri celebrations.
- patriotism/loyalty.
 - unity
 - forgiveness
 - religious tolerance
 - generosity
 - gratitude to freedom fighters.
 - respect to ancestors.
 - determination to work for Kenya's progress
 - brotherhood.
 - joy/happiness/gladness.
- (7 × 1 = 7 marks)
4. (a) Symbols found on the Murti of Lord Shiva
- rudraksha mala
 - crescent moon.
 - tiger hyde
 - ash

- snakes
- water/R. Ganga.
- drum/ damaru
- trishul/trident

(5 × 1 = 5 marks)

(b) Reasons why Hindus go on pilgrimage

- To visit places of religious significance/shrines.
- Follow path of enlightened souls.
- Re-vitalise one's own spirituality.
- Break the monotony of routine life.
- Get rid of worries and frustrations.
- Do penance
- Bathe in holy rivers
- Reinforce ones religious /spiritual, physical condition.
- Do darshan of one's Ishata Devta.
- Get close to and appreciate Parmatma's creation.
- Die on banks of River Ganges in order to attain Moksha.
- Strengthen the bond between God and Self.
- Fulfil vows.
- Ask for blessings, prosperity, and good fortune.
- Perform Sanskar – Mundan, Upanayan, Antyeshthi;
- Join masses e.g. Mela to get vibrations/ecstasy.
- (xvii) Listen to discourses from learned persons. *(10 × 1 = 10 marks)*

(c) Rituals observed during pilgrimage

- wake up before sunrise.
- perform daily bath.
- observe strict discipline throughout the pilgrimage.
- perform penance, fasting.
- recite prayers, mantras for meditation.
- perform individual or collective prayers.
- read scriptures.
- perform darshan of presiding deity. *(5 × 1 = 5 marks)*

5. (a) Contribution made by Chaitanya Mahapraphu in spread of Bhakti Cult during the Medieval period.

- He allowed everyone to join in the worship/opened worship to all castes, creeds and races.
- He preached devotion to Hari, Rama and Krishna.
- He preached that devotion is the only way to God.
- He made it easy for people to perform worship since there were no elaborate rites and rituals prescribed.
- He introduced dancing while singing during worship and this attracted people.
- He taught equality, tolerance and consideration for all.
- He sent out people to spread his teachings.
- He compared the relationship between Krishna and a devotee to that between Krishna and Radha. *(5 × 2 = 10 marks)*

(b) How the Hare Krishna movement has influenced the Kenyan Society.

- Kenyans, irrespective of race, colour, sex, tribe and religion have joined the movement.
- Chanting of "Hare Rama" in groups is a common sight in the cities of Kenya.
- All can come and see the cultural, religious programmes, drama and also participate in them.
- Kenyans have benefited from charitable activities – feeding programmes

- for the poor, medical camps and dispensaries.
- The devotees with their distinctive features – shaven heads, mala, pouch tilak can be spotted from the rest.
- Preachings and teachings are carried out in ISKCON temples built by the Movement for all. *(5 × 2 = 10 marks)*

6. (a) Main features of a Hindu Temple and their functions.

Feature	Function
(i) Garbha Griha	reigning deities are kept here
(ii) Shikhar	marks the Garbha Griha
(iii) Kalaash & flag	identifies the location of temple with these symbols.
(iv) Antarala	passage from Mandap to Garbhagraha for devotees to pay obeisance
(v) Pradakshina path	for circum-ambulation while chanting prayers
(vi) Mandap	assembly hall, devotees gather for discourses, worship, sanskar, yajna, festivals.

(5 × 2 = 10 marks)

(b) Role of Musical instruments in the singing of Bhajan and Kirtan

- Bring rhythm in the singing.
- Draw and sustain the attention of devotees.
- Help in concentration.
- Give rest to singers.
- Liven up the surrounding/singing becomes alive.
- Add melody to bhajan/kirtan songs.
- Energize the atmosphere.
- Enrich spiritually/enrich worship.
- Help singers to keep in tune/rhythm.
- Create harmony in singing.

(5 × 2 = 10 marks)