



Hindu Dharma An Overview

Ishver Patel



Hindu Dharma

An Overview

Introduction to Hindu Dharma:

- ❖ One of the world's oldest religions, dating back over 5,000 years.
- ❖ No single founder: a way of life rooted in the Vedas, Upanishads, and other sacred texts.
- ❖ Key principles: Dharma (duty), Karma (action and consequence), Moksha (liberation), Samsara (reincarnation) and Ahimsa (non-violence).
- ❖ Not categorised as solely monotheistic, polytheistic, or pantheistic, as it encompasses a wide range of beliefs, including elements of all three, and even atheism.
- ❖ Local, national, and global presence, with significant Hindu populations in India, Nepal, the UK, USA, and beyond.



Hindu Dharma An Overview

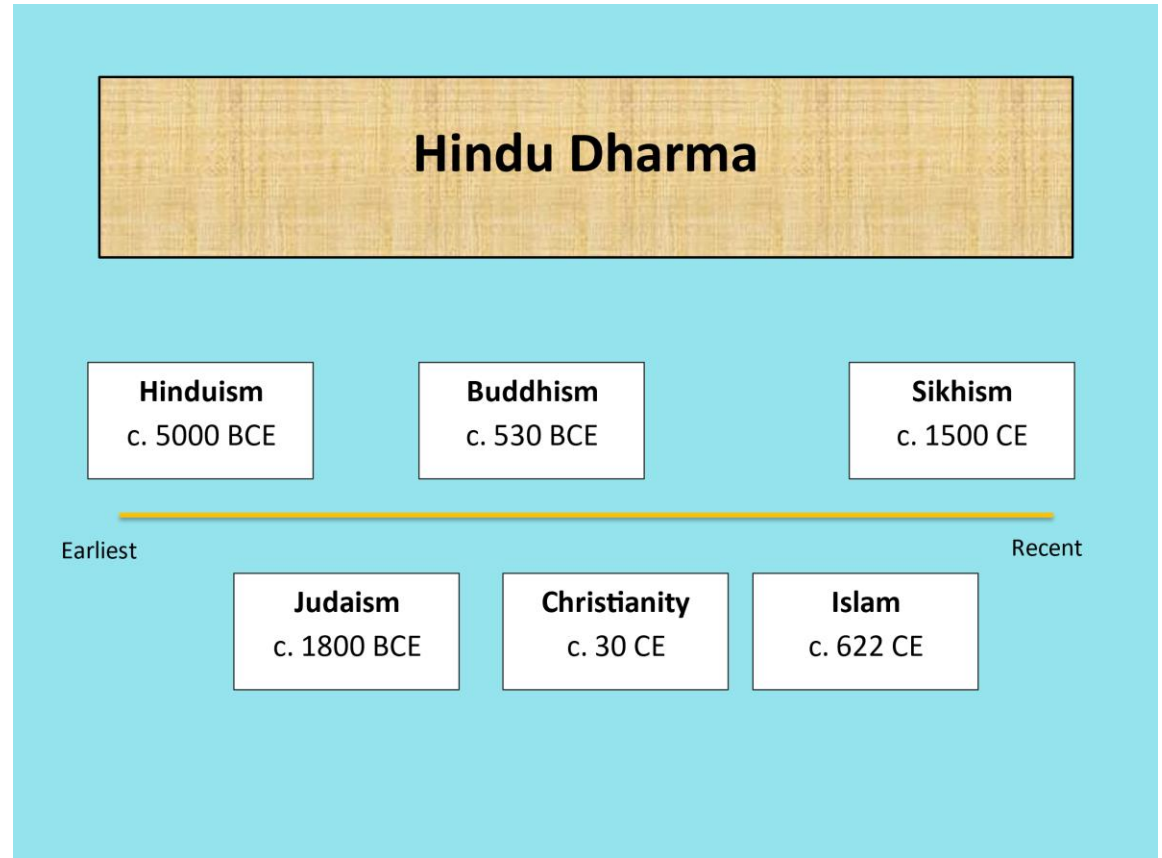
Hindu Dharma specific units in the syllabus are introduced at the beginning of KS2:

- ❖ 3.1 & 3.3: Diversity within Hindu Dharma: What do Hindus believe and how may they live?
- ❖ 5.2: What is the role and impact of the Mandir on the lives of Hindus and the local community in your area and around the world?
- ❖ 6.2: What do Hindus believe about the cycle of life and death? How does it impact their lives?
- ❖ 7.4: Is Hindu Dharma a monotheistic or polytheistic religion?



Hindu Dharma

An Overview





Hindu Dharma An Overview

Hindu Dharma in Local and Global Context:

❖ Local Population Data:

- In **North Northamptonshire**, 4,540 individuals identified as Hindu, representing 1.3% of the population.
- In **West Northamptonshire**, 5,431 individuals identified as Hindu, also accounting for 1.3% of the population.
- Overall, approximately 1.3% of Northamptonshire's population practices Hindu Dharma.

❖ **National Context:** In England, about 1.7% of the population identifies as Hindu.

❖ **Global Context:** Hindu Dharma is the third-largest religion worldwide, with over 1.2 billion adherents, primarily in India and Nepal.

❖ **Hindu contributions to society:** Yoga, Ayurveda, vegetarianism, and ethical living.

❖ **Global impact:** Influence on spiritual practices worldwide, interfaith dialogue, and multiculturalism.



Hindu Dharma

An Overview

What it means to be a Hindu:

- ❖ Worship at home and in Mandirs (puja, aarti, bhajans).
- ❖ Study of religious texts
- ❖ Yoga and Meditation
- ❖ Major festivals like Diwali, Holi, and Navaratri are celebrated in communities and public events.
- ❖ Family and community values: Respect for elders, emphasis on education, and seva (selfless service).
- ❖ Respect for all life and therefore practice of Ahimsa (non-violence).



Hindu Dharma

An Overview

Unity and diversity in Hindu Dharma:

❖ Common Unifying Beliefs:

- **Dharma (duty/righteousness):** A key guiding principle for all Hindus, shaping moral and ethical conduct.
- **Karma (action and consequence):** Belief in the law of cause and effect that influences life choices.
- **Reincarnation & Moksha:** A shared belief in the cycle of birth and rebirth, with the ultimate goal of liberation.
- **Respect for All Living Beings:** Many Hindus practice vegetarianism and non-violence (Ahimsa).
- **Sacred Texts:** The **Vedas, Upanishads, Bhagavad Gita, and Ramayana** are widely revered.



Hindu Dharma An Overview

Unity and diversity in Hindu Dharma:

- ❖ **Different Traditions:** Hindu Dharma is not a single doctrine but consists of several traditions:
 - **Vaishnavism:** Devotion to Vishnu and his avatars like Rama and Krishna.
 - **Shaivism:** Worship of Shiva as the supreme being.
 - **Shaktism:** Focus on the divine feminine energy, worshipping deities like Durga and Kali.
 - **Smartism:** A more philosophical tradition that accepts multiple deities.



Hindu Dharma An Overview

Contemporary issues in the UK:

❖ **Modernity & Technology:**

- Digital platforms enable virtual Mandir visits and online discourse.
- Social media helps younger generations stay connected to traditions.

❖ **Environmental Ethics:**

- Hindu teachings emphasise reverence for nature (e.g., sacred rivers like the Ganga).
- UK Hindu organisations promote sustainability.

❖ **Interfaith Dialogue & Social Harmony:**

- Hindu groups participate in interfaith councils.
- Events like Interfaith Week highlight Hindu contributions.

❖ **Challenges:**

- Addressing religious stereotypes and misconceptions.
- Navigating cultural identity among second-generation Hindus.
- Balancing traditional values with modern British culture.

❖ **Contributions to Society:**

- Hindu businesses, charities, and professionals play a key role in the UK economy.
- Major charitable initiatives, including food distribution and disaster relief.



Hindu Dharma An Overview

Local Hindu Mandirs:

- ❖ Wellingborough Sanatan Hindu Mandir, 133 Highfield Road, Wellingborough Northants. NN8 1PL <https://wdha.co.uk/>
- ❖ Wellingborough BAPS Shri Swaminarayan Mandir, 2-22 Mill Road, Wellingborough, Northants. NN8 1PE <https://www.baps.org/Global-Network/UK-and-Europe/Wellingborough/Mandir-info.aspx>
- ❖ Northampton Sanatan Hindu Mandir, 68 St Michael's Road, Northampton. NN1 3JU <https://www.ihwo.org.uk/>



Hindu Dharma An Overview

Local Hindu Mandirs:

❖ Community Activities and Events:

- Regular pujas and bhajans.
- Annual celebrations of Diwali, Holi, Navaratri, and other major Hindu festivals.
- Yoga and meditation sessions promoting well-being.
- Educational programmes and Sanskrit/Gujarati classes for children.
- Charitable initiatives such as food distribution and outreach programs.

❖ Visiting a Hindu Mandir:

- Open to visitors of all backgrounds.
- School visits and presentations in schools.
- Observing respectful customs such as removing shoes before entering.
- Participating in prayers and experiencing Hindu rituals firsthand.



Hindu Dharma An Overview

Educational Resources and School Visits:

- ❖ REhub School Speakers: <https://www.rehubs.uk/hubs/east-midlands/speakers-presenters/>
- ❖ REhub Places of Interest: <https://www.rehubs.uk/hubs/east-midlands/places-of-worships/>



Hindu Dharma An Overview

Useful Weblinks and Documentaries:

❖ Websites:

- BBC Bitesize: Hinduism for Kids
(<https://www.bbc.co.uk/bitesize/topics/zh86n39>)
- RE: Online - Hinduism section
(<https://www.reonline.org.uk/>)
- Hindu Council UK (<https://www.hinducounciluk.org/>)

❖ Videos:

- BBC Teach: "What is Hinduism?"
(<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-what-is-hinduism/z4q2t39>)
- CBeebies: "Let's Celebrate – Diwali"
(<https://www.bbc.co.uk/cbeebies/watch/lets-celebrate-diwali>)
- "The Story of Rama and Sita" – Animated video explaining Diwali
(<https://www.youtube.com/watch?v=pp59n0So-XE>)

❖ Documentaries:

- *The Story of God with Morgan Freeman* (National Geographic)
- *Hinduism: 5000 Years of History* (BBC Documentary)
- *Yoga and the Hindu Tradition* (Netflix/YouTube)



Hindu Dharma An Overview

Thank You!