

SECTION A

1. C. Brahman.
2. B. Atman.
3. B. Lord Vishnu
4. B. Vedas.
5. B. Ramayana
6. C. Puja
7. A. Temple
8. B. Karma.
9. C. Samsara.
10. C. Diwali
11. B. Ahimsa.
12. C. Guru.
13. B. Prasad.
14. D. Mantra.
15. B. Satya
16. B. Dana.
17. A. Seva.
18. C. duty, righteousness, and moral conduct.
19. C. Shaucha.
20. B. Holi.

SECTION B (80 marks)

21. Understanding Brahman and Deities

(a) Explain the Hindu concept of Brahman as the ultimate reality. (4 marks)

**Brahman** in Hinduism is the **ultimate reality**, the absolute truth, and the universal spirit. It is considered to be the **source of all existence**, the origin from which everything emanates, and into which everything eventually returns. Brahman is **impersonal, infinite, eternal, and all-pervading**, transcending all distinctions and limitations. It is not a personal God with specific attributes but rather the **ground of all being**, the supreme consciousness that encompasses the entire universe. Hindus believe that Brahman is beyond human comprehension and cannot be described adequately in words.

**(b) How are the various deities (like Vishnu, Shiva, Durga) understood in relation to Brahman? (4 marks)**

The various deities in Hinduism are understood as **different manifestations or aspects of the one ultimate reality, Brahman**. Just as a single light can appear in various colors through a prism, Brahman manifests in diverse forms to make the ultimate reality accessible and relatable to devotees. For example, **Lord Vishnu** represents the aspect of **preservation and protection**, **Lord Shiva** embodies the aspect of **destruction and transformation**, and **Goddess Durga** represents the aspect of **divine power and strength**. These deities are not seen as separate gods but as **different paths or faces of the one Brahman**, each worshipped to connect with a specific divine quality or energy.

**(c) State two reasons why Hindus use Murtis in worship. (2 marks)**

1. Murtis (statues or images) serve as a **focal point for concentration and devotion** during worship, helping devotees to connect with the divine presence.
2. They act as **symbols or representations of the various forms of Brahman**, allowing Hindus to visualize and personalize their worship of the otherwise formless ultimate reality.
3. Murtis help in **storytelling and teaching** about the deities and their attributes, making complex spiritual concepts understandable.
4. They provide a tangible object to offer **Puja** (worship rituals) to, enhancing the spiritual experience.

## **22. Sacred Texts of Hinduism**

**(a) Name the four main Vedas. (4 marks)**

- i. **Rig Veda**
- ii. **Sama Veda**
- iii. **Yajur Veda**
- iv. **Atharva Veda**

**(b) Explain the importance of the Vedas in Hindu Dharma. (4 marks)**

The **Vedas** are the **most ancient and foundational scriptures** of Hinduism, considered **Shruti** (revealed texts), meaning they are believed to be divinely heard or revealed by ancient sages. They are important because they contain:

- i. **Hymns, prayers, philosophical treatises, and rituals** that form the core of Hindu religious practice and thought.
- ii. The **earliest expressions of Hindu theological concepts**, including the nature of Brahman, Atman, Karma, and Dharma.
- iii. **Guidelines for righteous living, moral conduct, and cosmic order**.
- iv. The **basis for many later Hindu scriptures and philosophical schools**, providing a continuous spiritual tradition.

**(c) Give two examples of other important Hindu scriptures besides the Vedas. (2 marks)**

- i. **Upanishads**
- ii. **Puranas**
- iii. **Itihasas (Epics like Ramayana and Mahabharata)**
- iv. **Bhagavad Gita**
- v. **Agamas** (Any two are acceptable)

## 23. The Practice of Puja

(a) Describe the steps involved in performing a simple home Puja. (5 marks) A simple home Puja typically involves several steps performed with devotion:

- i. **Preparation:** The devotee cleanses themselves and the Puja area. The deity's murti or image is placed on a clean altar.
- ii. **Invocation (Avahana):** The deity is invited to be present, often through chanting mantras or prayers.
- iii. **Offerings:** Various offerings are made to the deity, which may include:
  - a) **Water (Arghyam):** For washing the deity's feet.
  - b) **Flowers (Pushpam):** Symbolizing beauty and purity.
  - c) **Incense (Dhupam):** For purification and fragrance.
  - d) **Lamp (Deepam):** Symbolizing light and knowledge.
  - e) **Food (Naivedyam):** Cooked food or fruits, later consumed as Prasad.
- iv. **Chanting/Recitation:** Mantras, bhajans (devotional songs), or sacred verses are chanted or recited, focusing the mind on the divine.
- v. **Aarti:** A lamp with several wicks (or camphor) is waved in front of the deity, symbolizing the removal of darkness and the presence of divine light. Devotees often pass their hands over the flame and touch their eyes as a gesture of receiving blessings.
- vi. **Pranam (Prostration/Bow):** The devotee offers respects and seeks blessings by bowing down.
- vii. **Distribution of Prasad:** The offered food (Naivedyam) is distributed among family members and others as a blessing from the deity.

(b) State three items commonly used in a Puja ceremony. (3 marks)

1. **Lamp (Diya/Deepam)**
2. **Incense sticks (Agarbatti)**
3. **Flowers**
4. **Water (in a pot or vessel)**
5. **Sweets or fruits (as Naivedyam)**
6. **Bell**
7. **Kumkum/Tilak (vermillion powder)**
8. **Camphor** (Any three are acceptable)

(c) Give two reasons why performing Puja is important for Hindus. (2 marks)

1. It is a way to **express devotion and gratitude** to the deities and connect with the divine.
2. It helps in **purifying the mind and soul**, promoting spiritual growth and inner peace.
3. It fosters a sense of **community and tradition** within families and temples.
4. It allows devotees to **seek blessings** for well-being, success, and spiritual progress.

## 24. The Principle of Ahimsa

(a) Explain the Hindu principle of Ahimsa. (3 marks)

**Ahimsa** is a fundamental Hindu principle meaning **non-violence and non-harm to all living beings** in thought, word, and deed. It extends beyond physical harm to include avoiding negative thoughts, hurtful speech, and malicious actions. It emphasizes compassion, respect for life, and the interconnectedness of all existence.

**(b) How does the principle of Ahimsa apply to our relationship with all living beings, including small animals? (4 marks)**

The principle of Ahimsa applies to our relationship with all living beings by promoting the idea that **every life form is sacred and interconnected with Brahman (the ultimate reality)**. Therefore, causing harm to any living being, no matter how small, is seen as causing harm to a part of the divine. This encourages:

- i. **Compassion and empathy** towards animals, discouraging cruelty or unnecessary suffering.
- ii. **Respect for all life forms**, recognizing their intrinsic value.
- iii. A **vegetarian or vegan diet** for many Hindus, to avoid harming animals for food.
- iv. **Mindfulness in daily actions** to avoid inadvertently causing harm, such as being careful when walking to avoid stepping on insects.

**(c) State three ways you can practice Ahimsa in your daily life at school or home. (3 marks)**

1. **Being kind and respectful** in my words and actions towards my classmates, teachers, and family members, avoiding gossip or hurtful comments.
2. **Avoiding intentional harm to insects or small animals**, for example, by carefully moving them out of the way instead of stepping on them.
3. **Conserving resources like water and electricity**, as wasting them can indirectly harm the environment and other living beings.
4. **Practicing forgiveness** towards those who may have wronged me, letting go of anger and resentment.

## **25. The Value of Satya (Truthfulness)**

**(a) Explain the Hindu value of Satya (truthfulness). (3 marks)**

**Satya** is a core Hindu value that emphasizes **truthfulness in thought, word, and deed**. It means speaking the truth, acting truthfully, and thinking truthfully. It is not just about avoiding lies, but also about being honest with oneself and others, and living in alignment with truth. Satya is considered essential for spiritual progress and for maintaining a just and harmonious society.

**(b) State four reasons why it is important to always speak the truth, even when it is difficult. (4 marks)**

1. **Builds trust:** Speaking the truth, even when difficult, builds trust and strengthens relationships with others.
2. **Maintains integrity:** It upholds one's moral integrity and sense of self-respect.
3. **Promotes clarity:** Truthfulness leads to clear communication and prevents misunderstandings.
4. **Fosters peace of mind:** Living truthfully reduces guilt, fear, and anxiety associated with maintaining lies.
5. **Aligns with Dharma:** Speaking the truth is considered a righteous act and aligns with one's moral duty (Dharma).
6. **Positive Karma:** It generates positive Karma, leading to beneficial outcomes in the long run. (Any four are acceptable)

**(c) Give three consequences of telling lies. (3 marks)**

1. **Loss of trust:** People will stop believing or trusting you, damaging relationships.
2. **Guilt and anxiety:** You may experience inner turmoil, guilt, and constant fear of being discovered.
3. **Negative Karma:** Lying creates negative Karma, which can lead to unfavorable outcomes in the future.
4. **Damage to reputation:** Your reputation can be ruined, making it difficult to earn respect.
5. **Isolation:** Others might avoid you if they perceive you as dishonest. (Any three are acceptable)

**26. Karma and Samsara**

**(a) Explain the Hindu concept of Karma. (3 marks)**

**Karma** is a fundamental Hindu concept that refers to the **sum of a person's actions and their consequences** in this and previous lives. It is the spiritual principle that every action, thought, and word, whether good or bad, brings about a corresponding reaction or result. Good actions (Punya Karma) lead to positive outcomes, while bad actions (Papa Karma) lead to negative ones. Karma is not fate but a system of cause and effect, where individuals are responsible for their own destiny through their choices.

**(b) How is the law of Karma related to the cycle of birth, death, and rebirth (Samsara)? (4 marks)**

The law of Karma is intrinsically linked to the concept of **Samsara**, the continuous **cycle of birth, death, and rebirth**. According to Hindu belief, the soul (Atman) is eternal and undergoes repeated rebirths until it achieves Moksha (liberation). The nature of one's actions (Karma) in this life determines the conditions and experiences of the next life.

- i. **Positive Karma** from righteous deeds may lead to a more favorable rebirth, such as in a higher social status, better health, or more conducive circumstances for spiritual growth.
- ii. **Negative Karma** from unrighteous deeds may lead to a less favorable rebirth, involving suffering or challenges. Thus, Karma is the driving force behind Samsara, perpetuating the cycle until the individual attains self-realization and breaks free from the cycle of rebirth by neutralizing all accumulated Karma.

**(c) State three ways understanding Karma can influence a person's actions. (3 marks)**

1. It encourages **ethical and righteous behavior** because one knows that good actions lead to good outcomes.
2. It promotes **personal responsibility**, as individuals understand that they are accountable for their own choices and their consequences.
3. It fosters **compassion and empathy** towards others, as one recognizes that everyone is experiencing the results of their past Karma.
4. It motivates individuals to **perform selfless service (Seva)**, knowing that such actions accumulate positive Karma.
5. It can lead to **acceptance of circumstances**, understanding that current experiences are often a result of past actions.

## 27. Hindu Festivals

(a) Name any four major Hindu festivals celebrated in Kenya. (4 marks)

1. **Diwali** (Festival of Lights)
2. **Holi** (Festival of Colours)
3. **Navratri** (Nine nights of Goddess Durga)
4. **Janmashtami** (Birthday of Lord Krishna)
5. **Maha Shivaratri** (Great Night of Shiva)
6. **Raksha Bandhan** (Bond of Protection between siblings)
7. **Dussehra** (Victory of good over evil)
8. **Ganesh Chaturthi** (Birthday of Lord Ganesha) (Any four are acceptable)

(b) Outline four significances of celebrating Hindu festivals. (4 marks)

1. **Spiritual Renewal:** Festivals provide opportunities for intense prayer, fasting, and reflection, helping devotees to renew their spiritual connection and focus on religious values.
2. **Community Bonding:** They bring families, friends, and communities together, fostering a sense of unity, cultural identity, and shared celebration.
3. **Cultural Preservation:** Festivals help in preserving and transmitting Hindu traditions, rituals, stories, and arts from one generation to the next.
4. **Moral and Ethical Teachings:** Many festivals commemorate events or deities that embody specific virtues, thus reinforcing moral and ethical lessons for devotees.
5. **Joy and Celebration:** They offer a break from daily routines, bringing joy, happiness, and a festive atmosphere.
6. **Gratitude and Offerings:** Festivals are occasions to express gratitude to the divine for blessings and to make offerings. (Any four are acceptable)

(c) Choose any one festival you named in (a) and state two ways it is celebrated. (2 marks)

**Festival Chosen: Diwali**

1. **Lighting lamps (diyas) and candles:** Homes and temples are illuminated with oil lamps and candles to symbolize the triumph of light over darkness and good over evil.
2. **Performing Lakshmi Puja:** Devotees worship Goddess Lakshmi, the deity of wealth and prosperity, seeking her blessings for financial well-being.
3. **Exchanging sweets and gifts:** People share various traditional sweets and presents with family and friends, fostering goodwill.
4. **Setting off fireworks:** Fireworks are lit to celebrate the joyous occasion.

**Festival Chosen: Holi**

1. **Playing with colours (gulaal and abeer):** People playfully apply dry and wet colors to each other, symbolizing unity and joy.
2. **Lighting bonfires (Holika Dahan):** On the eve of Holi, bonfires are lit to symbolize the burning of evil.
3. **Singing, dancing, and feasting:** People engage in festive singing and dancing, and enjoy special foods and drinks.

## 28. The Value of Seva (Selfless Service)

### (a) Explain the Hindu value of Seva (selfless service). (3 marks)

**Seva** is a core Hindu value that signifies **selfless service** performed without any expectation of personal reward, recognition, or return. It is an act of serving others, the community, or the divine, motivated purely by compassion and the understanding that all beings are interconnected expressions of the divine. Seva is seen as a powerful spiritual practice that purifies the mind and promotes spiritual growth.

### (b) State four reasons why performing Seva is important in Hindu Dharma. (4 marks)

1. **Spiritual Growth:** Seva purifies the ego and helps individuals transcend self-centeredness, leading to spiritual progress and a deeper connection with the divine.
2. **Fulfilling Dharma:** It is considered a righteous duty (Dharma) to contribute positively to society and alleviate the suffering of others.
3. **Generating Positive Karma:** Selfless actions performed through Seva accumulate positive Karma, leading to beneficial outcomes in this life and future lives.
4. **Embodiment of Love:** It is a practical way to express love and compassion for all living beings, recognizing the divine presence in everyone.
5. **Community Building:** Seva strengthens communities, fosters harmony, and promotes collective well-being.
6. **Humility:** Engaging in selfless service cultivates humility and reduces pride. (Any four are acceptable)

### (c) Give three ways you can practice Seva in your school or community. (3 marks)

1. **Helping classmates** with their studies or school projects when they need assistance.
2. **Volunteering for community clean-up drives** or environmental conservation efforts.
3. **Assisting elderly neighbors** with tasks like carrying groceries, gardening, or running errands.
4. **Participating in charity events** or fundraising activities to support those in need.
5. **Mentoring younger students** or offering support to newcomers in school.
6. **Donating time or resources** to local shelters, orphanages, or food banks. (Any three are acceptable)