



Year Three Key Question: Who should we follow?
Hindu Dharma Key Question: Why is family an important part of Hindu life?

Key Vocabulary	
Deities	Gods or Goddesses
	Dharma is often translated as 'duty' but can also be understood as the right way of being – behaving in a certain way because it is the right way to live.
Raksha Bandhan	The annual festival of Raksha Bandhan celebrates the love between brothers and sisters.
Dharma	Religious duty

Dharma

Dharma is often translated as duty – referring to the religious and moral duties of Hindu life. However, it is more complex than duty alone. It can also be thought of as a way of being.

Fulfilling dharma is one of the aims of Hindu life. Hinduism teaches that there are three 'debts' – duties that are owed to family, to teachers and to God/the deities. Family roles and responsibilities are an important aspect of Hindu life. These are celebrated at festivals such as Raksha Bandhan.

The Story of Rama and Sita

Rama and Sita are married but one day the demon king, Ravanna, kidnaps Sita and takes her to his palace. Rama searches for her with the help of the Monkey King, Hanuman. They find her on Ravanna's island and a great battle begins, with the demon finally defeated by Rama's magic arrow. People light small lamps in their windows to help light the couple's journey home. Once they made it home, everyone celebrated their safe arrival.

Raksha Bandhan

The annual festival of Raksha Bandhan celebrates the love between brothers and sisters. The word 'raksha' means 'love' and 'bandan' means 'tie.'



Brothers give sisters a present, and a promise to care for and protect them. Sisters also give sweets to their brothers. It is a festival of family belonging. Raksha Bandhan is also a day to dress up in traditional clothes and remember an ancient story from the Hindu scriptures.



How does it link to us?

What are our 'duties' as human beings?
 Who or what do you follow and why?
 Who is your inspiration?
 Who has authority?

Sticky Knowledge

Hindus believe in **one God** (Brahman) who can be worshipped in many ways. That these forms (the deities) have **different qualities and are special in different ways**. Following the **dharma (religious duty)** is an **important part of Hindu life**.