



• Hinduism...

The word 'Hindu' was coined by invaders who used the terms to refer to the people they encountered when they crossed the Hindu Kush mountains and arrived at the Indus River.





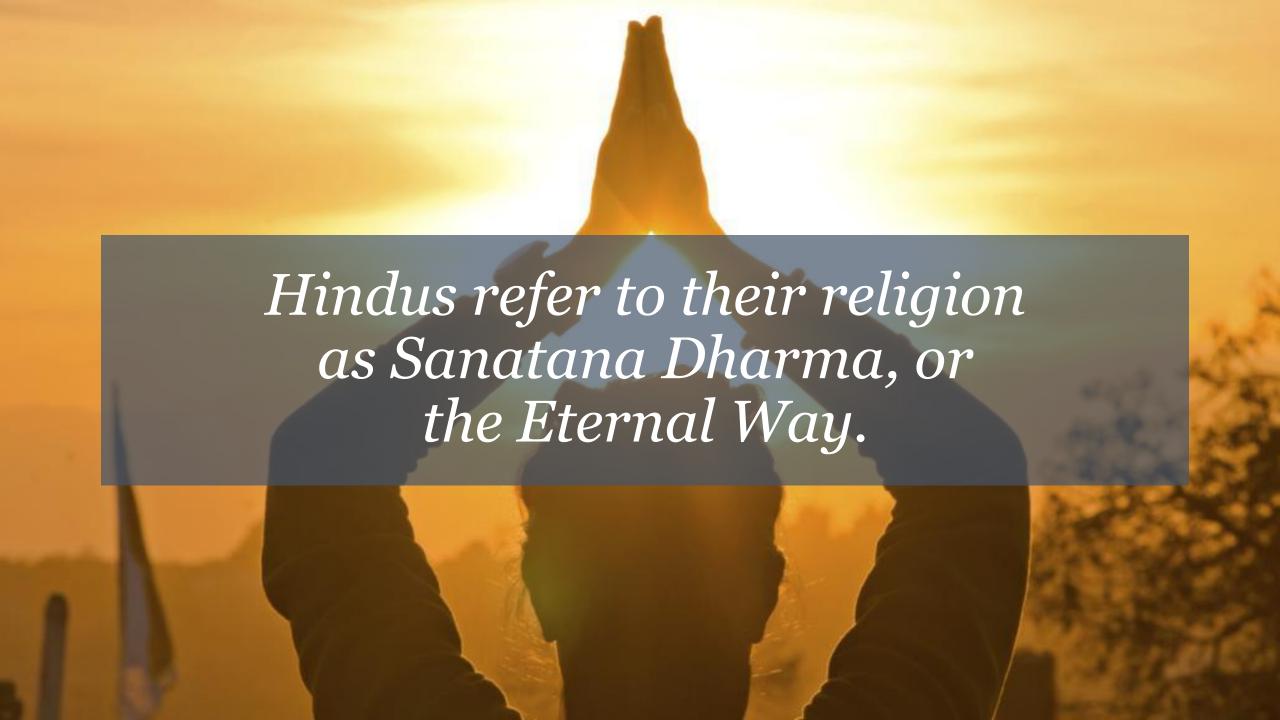
• Hinduism...

...is at least

- 5000

YEARS OLD



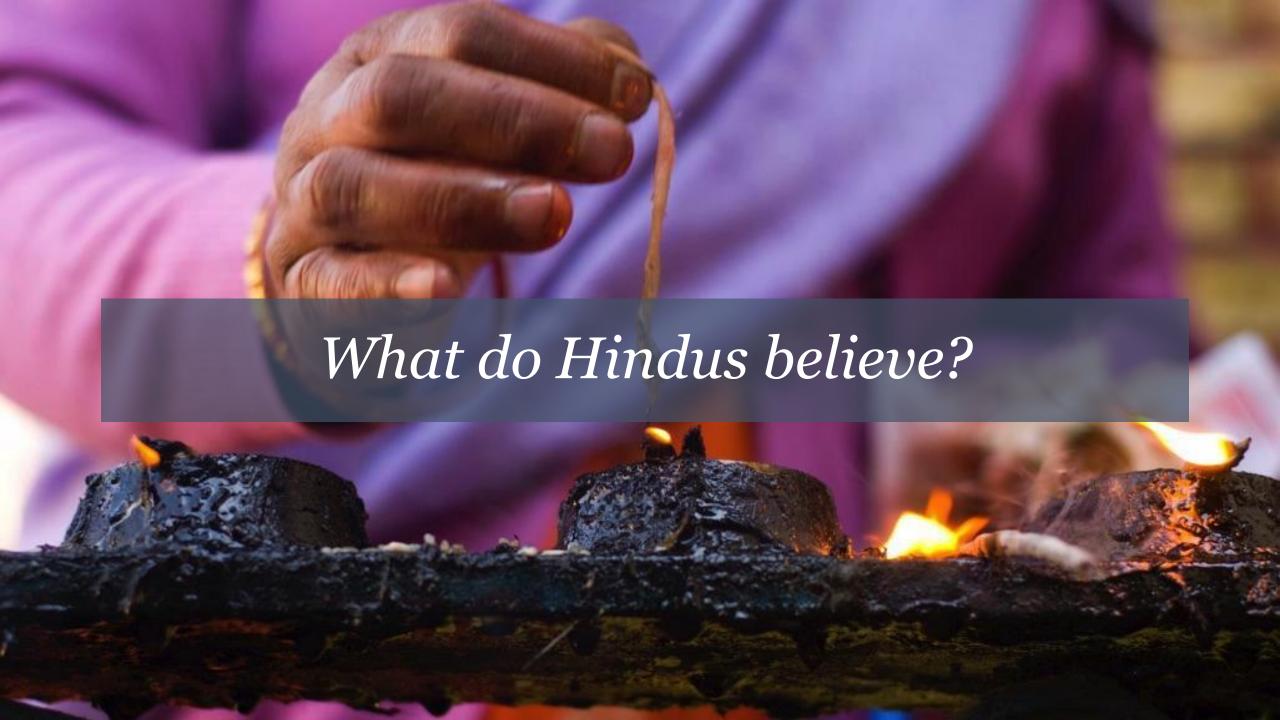


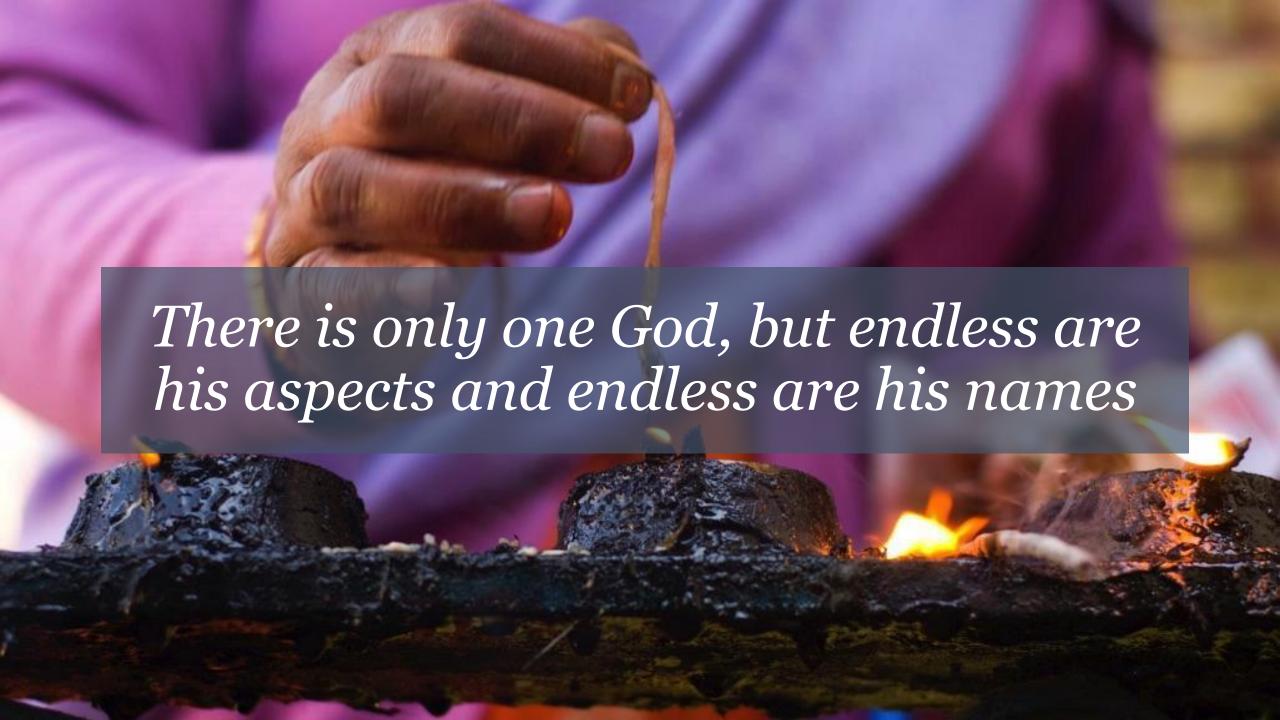


There is NOT ONE central /authoritative book in Hinduism .

A vast collection of ancient spiritual writings /teachings to guide on the way of life

- Scriptures
 - VEDAS
 - UPANISHADS
 - PURANAS
 - EPICS
 - RAMAYANA & MAHABHARATA
 - life stories, devotional poetry, and commentaries by learned religious figures.
 - BHAGAVAD GITA





 The deepest spiritual truth gleaned through the Vedas is that the **ONE of Supreme** Consciousness - "The Divine" or "The Absolute" or "GOD"), pervades the entire universe.



• This divine reality is present in all living beings and is characterized as eternal and full of bliss.





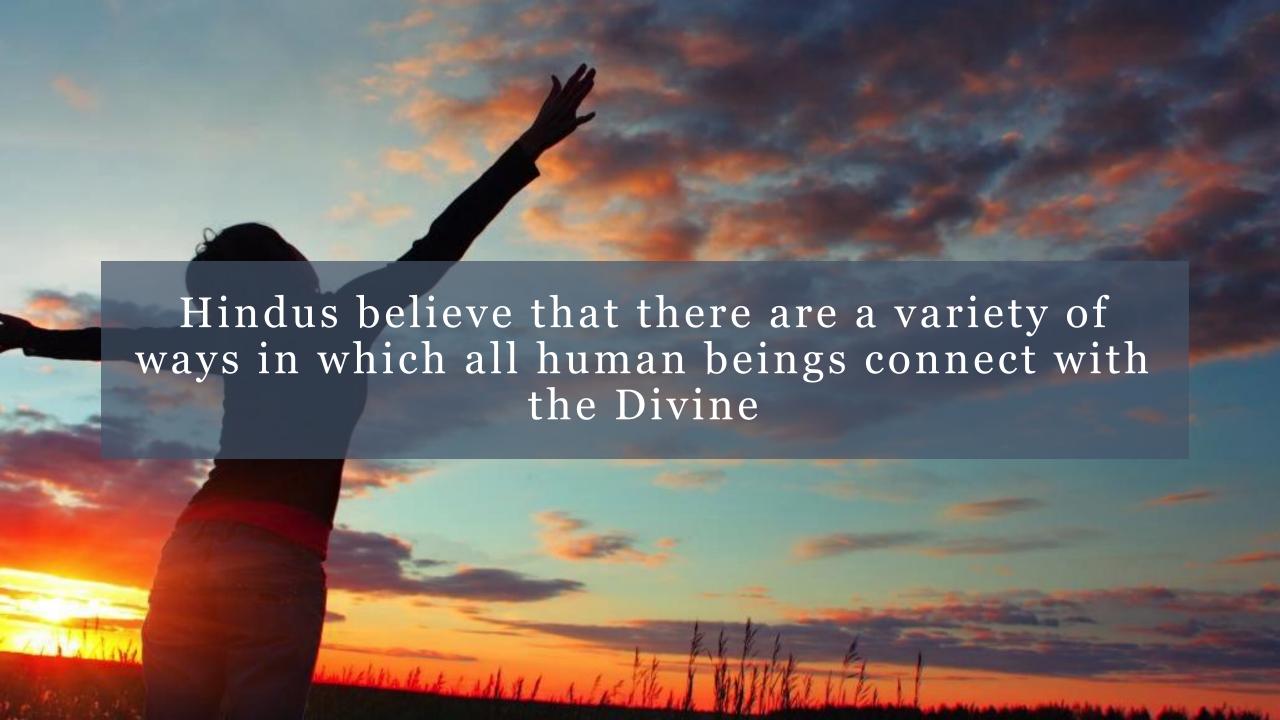
The DIVINE is responsible for everything in the world, namely:

its creation

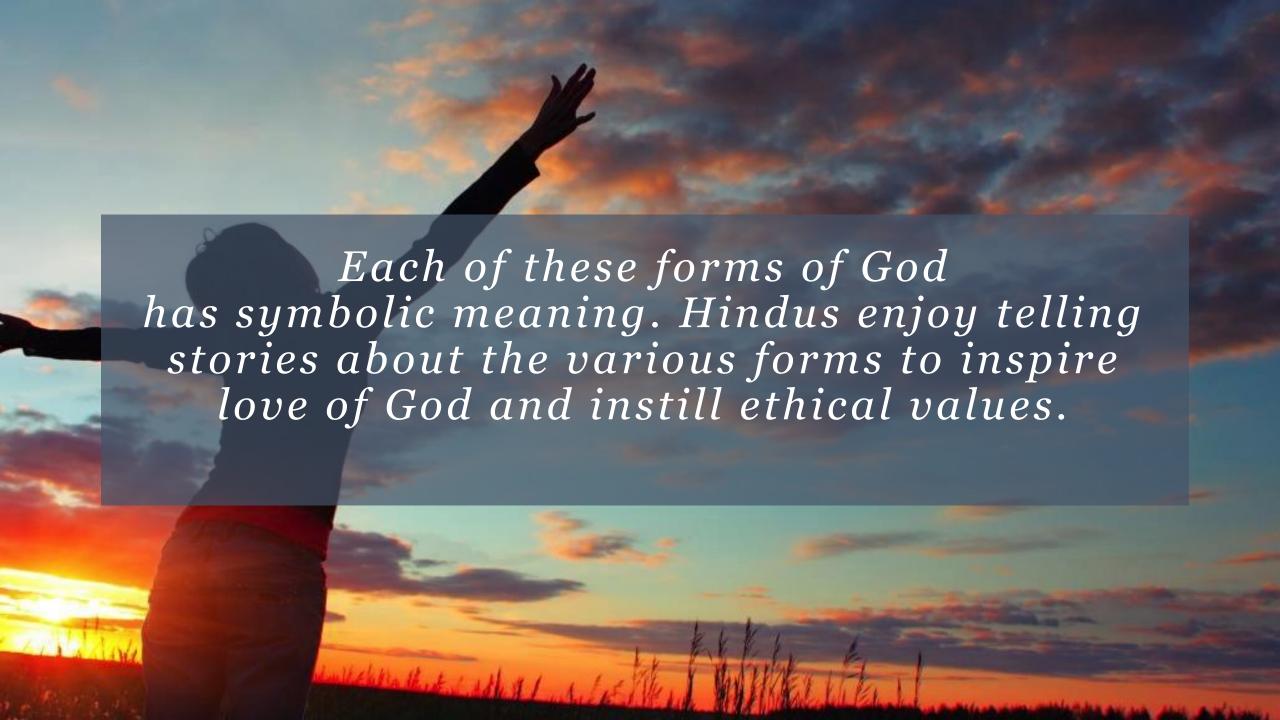
its preservation dissolution

its

• In Hindu lore, these three functions are said to be the work of what is the commonly referred to as the Hindu trinity or Trimurti of Brahma, Vishnu and Shiva.





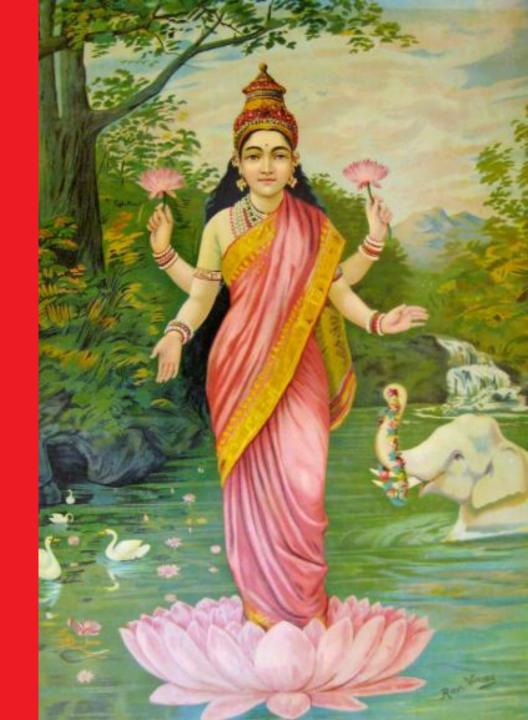


• For example, Ganesh is the God of wisdom and helps people overcome obstacles.



- Lakshmi is worshipped as Goddess of Prosperity
 - Her four arms represent Dharma, Artha, Kama, and Moksha.

The lotus grows in muddy water, but remains clean and dry. It is seen as a reminder of the importance of doing the right thing even when surrounded by wrong influences.



• Krishna

- Krishna is said to have come to eradicate evil and protect good.
- His is the ultimate teacher and his teachings for Arjun are presented in Bhagavad Gita



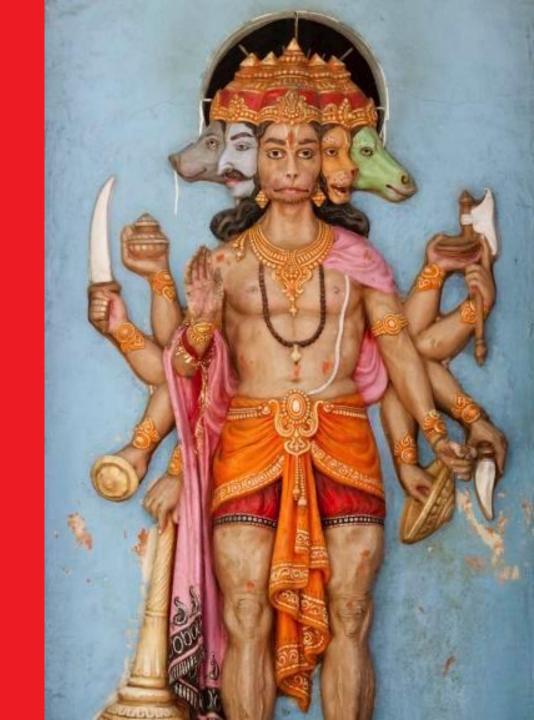
• Rama

• God is believed to have taken the human form of Rama to show people how to live the path of Dharma.



Hanuman

 Hanuman is considered the ideal devotee because of his loving and selfless service of Rama.



Karma & Dharma

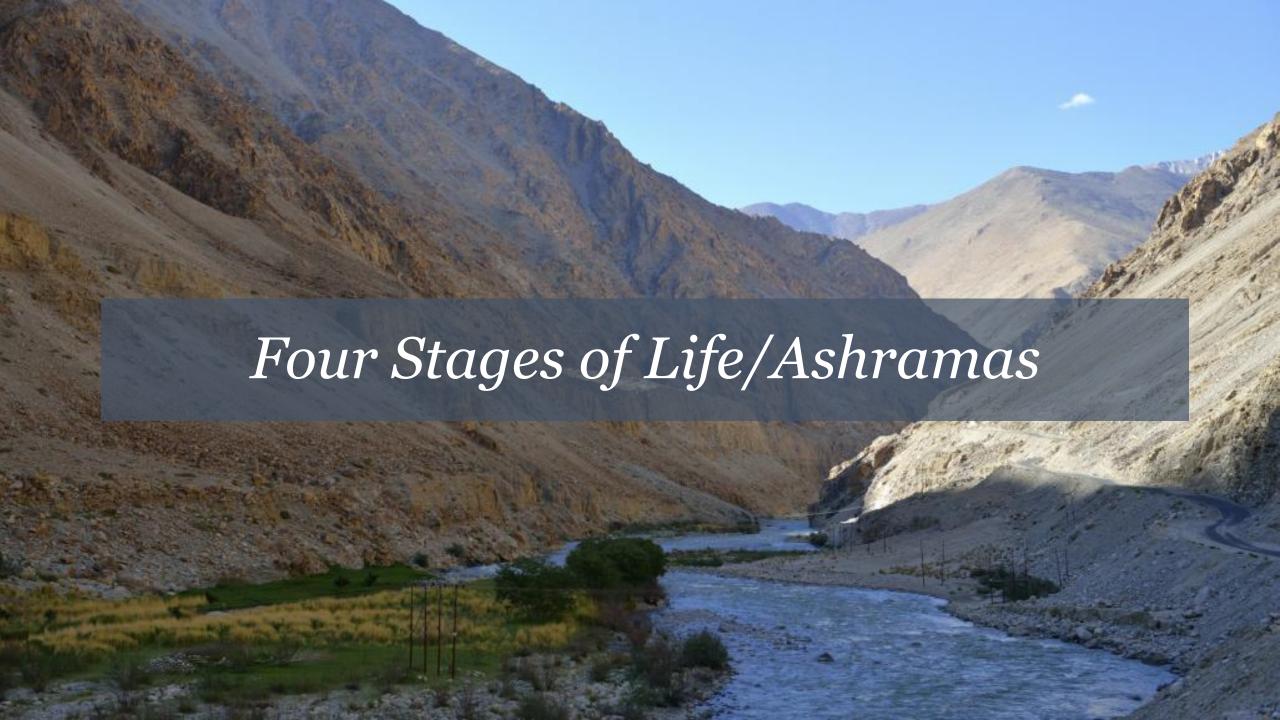
- ★ Karma: "action" or "deeds"
- Every action produces an effect based on its moral worthiness.
- *Karma determines all the particular circumstances and Situations of one's life.
- ❖ Dharma: ethical duty based on the divine order of reality. The word is the closest equivalent to "religion."





RE-INCARNATION/RE-BIRTH

- Cycle of birth-death-rebirth which means the soul is reborn from one life form to another.
- ❖ People may be reborn at a higher or lower level of existence depending on their KARMA from their present life. People may be reborn as plants or animals or they may be elevated to a higher level as a human based on KARMA
- Death is not final for Hindus as they expect to be reborn many times-UNTIL THEY ATTAIN MOKSHA/salvation

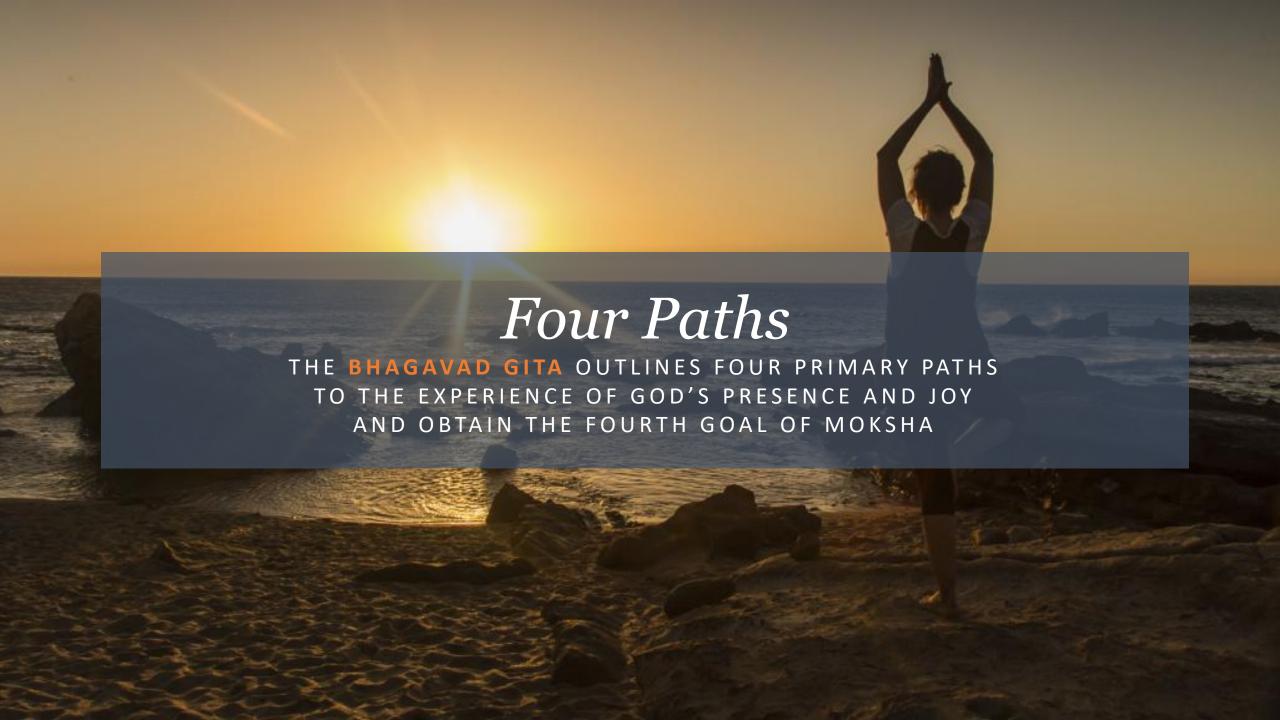












The Four Paths



Karma Yoga

Performing one's duty selflessly



Gyana Yoga

Studying and contemplating on the scriptures



Bhakti Yoga

Loving God through devotion and service



Raja Yoga

Focusing inwardly on the divine through meditation

SACRED SYMBOLS



Aum (also Om, 🕉) is the most sacred syllable in Hinduism and Vedas

Used in meditation and prayer as sound gives supernatural power

Represents the original sound of creation



SACRED SYMBOLS



SWASTIKA

"Swasti" in Sanskrit means may all be well with you

Represents the expanding universe after big bang

Good luck symbol representing "well being"

Usually illustrated in red/orange color

Often confused with







- 'Murti' is often translated as "idol," but a more accurate translation is "embodiment."
- Hindus believe a physical representation of God -in the form of an idol helps them focus on /visualise an aspect of prayer or meditation.
- Prayer area can have an IDOL or a PICTURE.



Pluralism



Hinduism promotes

• not only respect for other religions, but also acknowledges the potential for truth in them.

Hindus believe

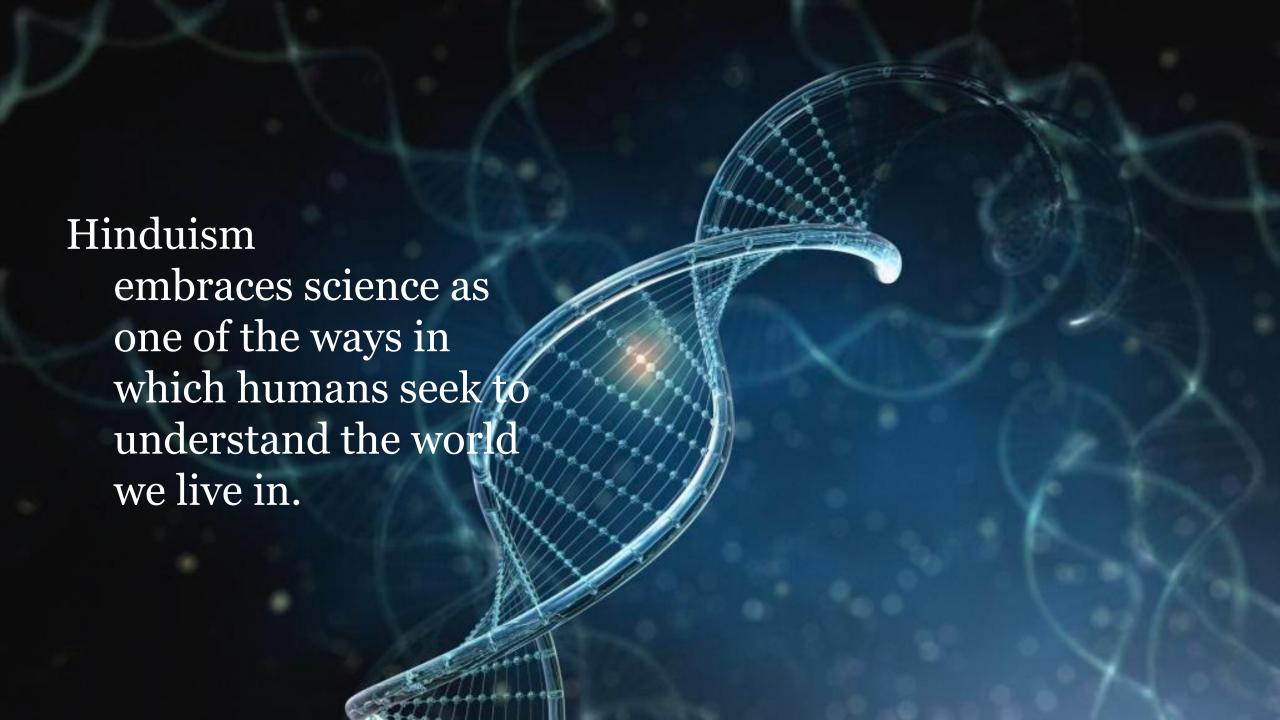
• there should be no discrimination against any person based on one's religion.

The core philosophy

• of Hinduism is the search for truth, not the specific path taken.







Ancient Hindu scriptures describe the concept of planets in the solar system circling the sun, and the earth as round and rotating on its axis.

Ancient Hindus also made noteworthy strides in astronomy, chemistry, mathematics metallurgy, medicine (Ayurveda), and surgery , including many findings upon which modern science, medicine and technology are based.

MAJOR CONTRIBUTIONS TO THE WORLD

Mathematics

- Aryabhatta (476-550 A.D.)-invented 'ZERO'
- The value of pi was first calculated by Budhayana, and he explained the concept of what is now known as the Pythagorean Theorem
- The place value system, the decimal system was developed in India dating back to at least 100 BC.
- Algebra, trigonometry and calculus came from India. Quadratic equations were by Sridharacharya in the 11th Century

MAJOR CONTRIBUTIONS TO THE WORLD

MEDICINE &SCIENCE

- Ayurveda is the earliest school of medicine known to humans codified by Charaka 2,500 years ago
- Sushruta is the father of surgery. 2600 years ago he and health scientists of his time conducted surgeries like cesareans, cataract, fractures and urinary stones. Usage of anaesthesia was well known in ancient India.
- The solar year was calculated as 365.25875684 days by Bhaskaracharya in the 5th century

MAJOR CONTRIBUTIONS TO THE WORLD

- Chess was invented in India.
- The world's first university was established in Takshila in 700 BC. More than 10,500 students from all over the world studied more than 60 subjects. The University of Nalanda built in the 4th century BC was one of the greatest achievements of ancient India in the field of education.

The Practice of Yoga
Originated in Hinduism
and is now popular
world over







