



DEPARTMENT OF EDUCATION  
SCHOOLS DIVISION OF NEGROS ORIENTAL  
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



# Introduction to World Religions and Belief Systems

## Quarter 1 – Module 8: Hinduism



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**Introduction to World Religions and Belief Systems – Grade 12**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 8: Hinduism**  
**First Edition, 2020**

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Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by \_\_\_\_\_

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# **Introduction to World Religions and Belief Systems**

**Quarter 1 – Module 8:  
Hinduism**

# Introductory Message

For the facilitator:

Welcome to the Introduction to World Religions and Belief Systems-12  
Alternative Delivery Mode (ADM) Module on Hinduism!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



## ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learners.









As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.




For the learner:

Welcome to the Introduction to World Religions and Belief Systems -12  
Alternative Delivery Mode (ADM) Module on Hinduism!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <b><i>What I Need to Know</i></b>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <b><i>What I Know</i></b>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <b><i>What's In</i></b>	This is a brief drill or review to help you link the current lesson with the previous one.
 <b><i>What's New</i></b>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <b><i>What is It</i></b>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <b><i>What's More</i></b>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <b><i>What I Have Learned</i></b>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <b><i>What I Can Do</i></b>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

 <b>Assessment</b>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
 <b>Additional Activities</b>	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 <b>Answer Key</b>	This contains answers to all activities in the module.

At the end of this module you will also find:

### **References**

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



## ***What I Need to Know***

Dharmic religions emerged from the vast subcontinent of India. These religions, Hinduism and the two branches of Buddhism (Mahayana and Theravada), commonly believe in dharma with each religion having their own special meaning for the term but has no exact translation in western country. Dharmic religions have a great multitude of followers all over the world.

### **MOST ESSENTIAL LEARNING COMPETENCY:**

Analyze the brief history, core teachings, fundamental beliefs, practices, and related issues of Hinduism. **(HUMSS\_WRB12-I/IIIj-II/IVa-8.1)**

At the end of the module, you should be able to:

- Identify the brief history, core beliefs, practices, and related issues of Hinduism.
- Illustrate a particular form of yoga.
- Value Hinduism as a way of life and belief system.



## ***What I Know***

Direction: Read each item carefully and use your notebook to write your answers.

I. True or False: Write **TRUE** if the statement is correct and **FALSE** if it is incorrect.

1. Atharva Veda is the book for curses and charms.
2. In Hinduism, the people that do not belong to the caste system are called "brahmins"
3. Vedas is the longest poem in the world.
4. The sacred scriptures in Hinduism are called Mahabharata.
5. Vishnu is the creator of the universe
6. Rig-Veda is the oldest living religious literature in the world.
7. Jnana yoga means the way of knowledge.
8. Soul in Hinduism is called atman.
9. Karma Yoga is the path of action, service to others and remembering the levels of our being while fulfilling our actions
10. The word Yoga means to yoke.



## ***What's In***

In Module 7, you have explored how the three Abrahamic religions- Judaism, Christianity and Islam share commonalities and differences with one another. One most notable commonality is their belief in Abraham as the patriarch of the three religions- considered "the Father of Many Nations".

Before we study another religion established in the region called Eastern End, try accomplishing this review activity first.

**Directions:** Read each element of the Abrahamic religions below, then identify what specific religion is described herein. Write **J** for Judaism, **I** for Islam and **C** for Christianity in your notebook.

- \_\_\_\_1. Its adherents believe that God made a special covenant with Abraham and that he and his descendants were chosen people who would create a great nation.
- \_\_\_\_2. Its morality is based on the Ten Commandments that were in the Bible.



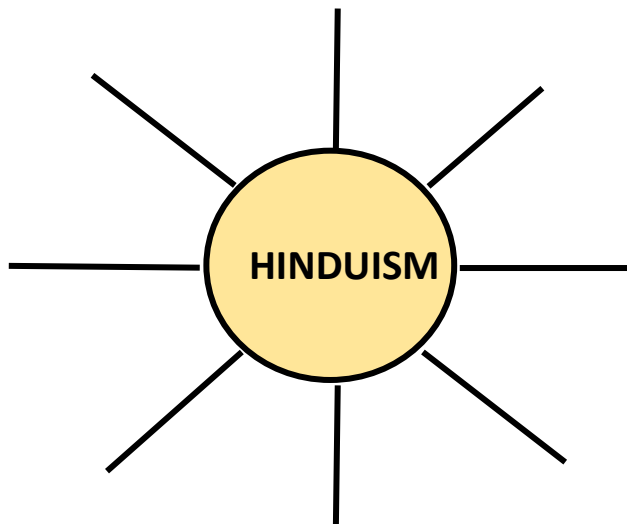
- \_\_\_3. The concept of submission in this religion can be literally observed in the way the Muslims worship: with their foreheads touching the ground in worship of Allah.
- \_\_\_4. God may have the best plans for us, but our actions and decisions determines whether God's plans will materialize or not.
- \_\_\_5. With patriarchal society as its origin, it propagates an unequal view of men and women because of the belief that men are superior to women.



## ***What's New***

### **Task 1: Word Map**

Gather as many words associated with the word Hinduism. Write your answers in your notebook.





## What is It

### Hinduism



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fthirdhour.org%2Fblog%2Ffaith%2Fhinduism-mormonism-pt-1%2F&psig=AOvVaw1cTwhx6z-mu3NTAy8zW8-&ust=1597053253353000&source=images&cd=vfe&ved=0CAIQjRqFwoTCNifrpTtjesCFQAAAAAAdAAAAABAD>

### Origin

Hinduism or Sanatana Dharma, which means eternal faith, or the eternal way things are (truth) is more than a religion. It is a culture, a way of life, and a code of behavior. Hinduism has complex roots and involves a vast array of practices and a host of deities. Hinduism derives from the Persian word hindu and the Sanskrit word Sindhu which means “river”. Hinduism began about 4000 years ago in India. It was the religion of an ancient people known as the Aryans ("noble people") whose philosophy, religion, and customs are recorded in their sacred texts known as the Vedas.

The name Hinduism was given in the nineteenth century to describe the wide array of belief in India. Hinduism was originally known as “Aryan Dharma” or the “Aryan Way”. Between 1750 B.C.E. and 1200 B.C.E., Aryan conquerors moved to the Indus Valley and brought with them their own sets of belief that eventually mingled with the religion of the natives. Aryans brought with them their sets of beliefs based on oral texts known as Vedas.

### Sacred Scriptures

The way of music, dances, drama and recitation were the sacred text of Hinduism that is passed down throughout the generations. The sacred writing of Hindus are categorized into two classes, the *shruti* and *smriti*.

## **Shruti**

Literally means “that which is heard”, regarded as eternal truth that were passed orally until the present age wherein the Aryans came to write them down. The four collections of the text of the Vedas form the shruti and are considered primary sources and the most authoritative texts of the Hindu faith.

## **Vedas**

The word Veda means “knowledge” or Sacred Lore”. The four basic Vedic books, which are sacrificial hymns compiled from an earlier oral tradition, are composed of Rig-veda, Sama-veda, Yajur-veda, and Atharva-veda.

### **Rig Veda**

The most important and oldest book that dates to around 1500 B.C.E. The oldest work of literature in an Indo-European language is also the oldest living religious literature of the world. The book is a collection of over a thousand hymns and more than a thousand verses dedicated to the Aryan pantheon of gods.

### **Yajur- Veda**

The “Knowledge of rites”. This book is a compilation of materials recited during rituals and sacrifices to deities.

### **Sama-Veda**

The “Knowledge of chants”. This book is a collection of verses from the basic hymns recited by priests during sacrifices.

### **Atharva- Veda**

The “Knowledge given by the sage Atharva”. This book contains rituals used in homes and popular prayers to gods. Atharva contains numerous spells and incantations for medical purposes and magical aids to victory in battle, among others.

Each Vedas consist of four main parts.

- Mantras- are hymns and chants for praising god.
- Brahmanas- are explanations of the Mantras with detailed descriptions of the sacrificial ceremonies related to them.
- Aranyakas- are meditations that explicate their meaning.
- Upanishads- secret teaching transcend rituals to elucidate the nature of the universe and human’s connectedness to it.

## **Smriti**

Smriti literally means “that which has been remembered. Most of the text are sectarian and of lesser importance than shruti.

- **Ramayana**- translated as the “Story of Rama” or “Rama’s Journey”. The epic Sanskrit poem was written by the poet Valmiki between 200 B.C.E. to 200 C.E. The story is centered in Rama, a prince and later portrayed as avatar

(incarnation) of the Hindu god Vishnu. Presently, this story is danced out and acted in Southeast Asia where Hindu influence is observed.

- **Mahabharata**- the world's longest poem and another major Sanskrit literature of old India which is composed of around one hundred thousand verses.
- **Bhagavad Gita**- which is translated as "the Lord's Song" a celebrated episode within the Mahabharata. Considered as one of the holiest books by the Hindus.

## Beliefs and Doctrines

### Devotion to Trimurti

- Brahman- the ultimate reality, one and undivided. Brahman is often seen in three forms called the *Trimurti* (creation, preservation, and destruction). These functions are expressed in gods' form:

Gods/Deities	Form	Attributes
Brahma	Four heads and eight hands	The creator
Vishnu	Incarnation or avatars	The preserver
Shiva		The destroyer

### Routes of Moksha

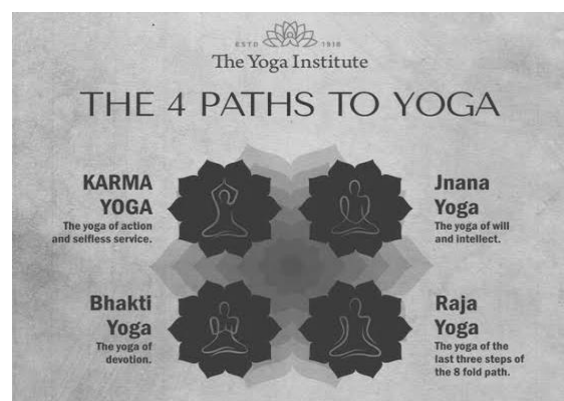
- From the Upanishads one may find the three principal and inter-related doctrines.
  1. Every soul dies and reborn anew in new form (this cycle is called *samsara*).
  2. One's deeds have an effect in this or a future life
    - The moral law or *Karma*
  3. One may escape the weary round of death and rebirth.
    - A soul may escape the cycle of birth and rebirth and attain *Moksha*.
- Within every human is an eternal soul or the *Atman* that is being reborn many times in various forms in accordance with the moral law or karma. To attain moksha the liberation can be achieved through the four yoga's (to yoke or to join) that involves a system of practices aimed at producing spiritual enlightenment.

## Yoga

The Four Yoga	Practices
Jnana yoga (the way of Knowledge)	The path of knowledge, wisdom, introspection, and contemplation
Bhakti yoga (the way of Love)	The path of devotion, emotion, love, compassion, and service to God and others
Karma yoga (the way of Work)	The path of action, service to others, mindfulness, and remembering the levels of our being while fulfilling our actions or karma in the world.
Raja yoga (the way of Meditation)	The path of meditation that directly deals with the encountering and transcending thoughts of the mind.



<https://fitsri.com/wp-content/uploads/2018/12/4-paths-of-yoga.jpg>



<https://bit.ly/36lcq7V>

- For all Hindus, there are four desirable goals of life or *Purushartha*.
  1. Dharma – the appropriate behavior
  2. Artha – the pursuit of legitimate worldly success
  3. Kama – the pursuit of legitimate pleasure
  4. Moksha – release from rebirth.

## Worships and Observances

Hindu scriptures states that there are 330 million gods or devas. Hindu worship or puja involves images(murtis), prayers(mantras), and diagrams of the universe (yantras). Integral to Hindu worship are the sacred images and temples believed to house and represent the deities. Most Hindus worship individually involving mantras or vibrating sounds that summon the deity and the prasad or gift offering.

Hindus celebrate a number of festivals that are based on the Hindus calendar and often related seasonal changes. Main festivals include Holi, Diwali, and Dussehra. The Diwali or the “festival of lights” is India’s biggest and most important holiday of the year held in October or November that is similar to Christmas holidays of the Christians.

## Caste System

The caste system is one of the major distinguishing features of Indian culture. A system of social class in which a social hierarchy is maintained for generations and allows little mobility out of the position to which a person is born. This social class is composed of the Brahmins, Kshatriyas, Vaishyas, and Shudras, opportunities are based on their family origins.



## What's More

**Task 2: Which caste system does the subject in the following pictures belong to? Write your answer in your activity notebook.**

1.



[https://images.summitmedia-digital.com/spotph/images/articles/mb\\_sweepinside.jpg](https://images.summitmedia-digital.com/spotph/images/articles/mb_sweepinside.jpg)

2.



<https://www.pinterest.ph/pin/761952830677322255/>

Caste	
Brahmins	Order of the Priests, and law givers.
Kshatriyas	The fighting and the ruling class (Kings and Warriors)
Vaishyas	The commercial, agricultural and pastoral pursuits (Merchants, Craftsman, Landowners, and Skilled workers)
Shudras	To give service to the other three class (Farmed workers, Unskilled workers, and Servants)
Dalits (Untouchable/ Outcasts)	They perform the most menial of jobs, receives the lowest wages and have the most appalling living conditions and sometimes considered not belong to the caste. (street sweepers, clean up human/animal waste, and deals with dead bodies)

3.



<https://bit.ly/2JT4CZl>

4.



<https://bit.ly/38BnuGz>

5.



<https://bit.ly/2Uo2gUs>



## ***What I Have Learned***

I have learned that \_\_\_\_\_.

I have realized that \_\_\_\_\_.

I will apply \_\_\_\_\_.



## ***What I Can Do***

Task 3: Make a poster on the four types of Yoga. Use a long size bondpaper in this activity.

RUBRIC FOR POSTER			
CRITERIA	DESCRIPTION	POINTS	POINTS OBTAINED
Organization	The concept was clearly and creatively conveyed.	10	
Content	Concepts are clearly used as explained.	5	
Visual Presentation	The idea was clearly presented based on the words used.	5	
		Total: 20	



## ***Assessment***

**Directions:** Read each item carefully and use your notebook to write your answers. Write **TRUE** if the statement is correct and **FALSE** if it is incorrect.

1. The word Yoga means to yoke.
2. Vedas is the longest poem in the world
3. In Hinduism, the people that do not belong to the caste system are called "brahmins ".
4. The sacred scriptures in Hinduism are called Mahabharata.
5. Vishnu is the creator of the universe
6. Rig-Veda is the oldest living religious literature in the world.
7. Jnana yoga means the way of knowledge.
8. Soul in Hinduism is called atman.
9. Karma Yoga is the path of action, service to others and remembering the levels of our being while fulfilling our actions
10. Atharva Veda is the book for curses and charms.





## Additional Activities

**ANCIENT SOCIAL CLASSES IN THE PHILIPPINES.** Even during pre-colonial times, some cultural groups in the country, have already developed their distinct social groups. One of them are the Tagalogs who then has three classes of people.

**Directions:** Identify the caste and respective role of the specific class of people reflected in the pictures below. Pick your answers from the given box and write them in your notebook.

1.



<http://webapp1.dlib.indiana.edu/metsnav/common/navigate.do?pn=104&size=screen&oid=VAB8326>

Caste: \_\_\_\_\_

Role: \_\_\_\_\_

2.



<http://webapp1.dlib.indiana.edu/metsnav/common/navigate.do?pn=112&size=screen&oi>

Caste: \_\_\_\_\_

Role: \_\_\_\_\_

3.



<http://webapp1.dlib.indiana.edu/metsnav/common/navigate.do?pn=112&size=screen&oi=VAB8326>

Caste: \_\_\_\_\_

Role: \_\_\_\_\_

Commoners

Nobles

Slaves

They are not obliged to pay tax or tribute to the dat

They serve their master in his house and on his cultivated lands, and may be sold.

They live in their own houses, and are lords of their property and gold.



## **Answer Key**

### **References**

#### **BOOK**

Abrera, Maria Bernadette I. et al. *Araling Panlipunan 7: Mga Saksi ng Kasaysa-yang Pilipino*. Pasig City: DepEd- Instructional Materials Council Secretariat, 2013.

#### **INTERNET RESOURCES**

<https://www.uri.org/kids/world-religions/hindu-beliefs>

<https://www.khanacademy.org/humanities/art-asia/beginners-guide-asian-culture/hindu-art-culture/a/roots-of-hinduism>

<https://bit.ly/3pryg8j>

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fthirdhour.org%2Fblog%2Faith%2Fhinduism-mormonism-pt-1%2F&psig=AOvVaw1cTwhx6sZ-mu3NTAy8zW8-&ust=1597053253353000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNifrpTtjesCFQAAAAAdAAAAABAD>

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fthirdhour.org%2Fblog%2Faith%2Fhinduism-mormonism-pt-1%2F&psig=AOvVaw1cTwhx6sZ-mu3NTAy8zW8-&ust=1597053253353000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNifrpTtjesCFQAAAAAdAAAAABAD>

<https://bit.ly/2Uo2gUs>

<https://bit.ly/38BnuGz>

<https://bit.ly/2JT4CZI>

<https://www.pinterest.ph/pin/761952830677322255/>

[https://images.summitmedia-digital.com/spotph/images/articles/mb\\_sweepinside.jpg](https://images.summitmedia-digital.com/spotph/images/articles/mb_sweepinside.jpg)

<https://www.khanacademy.org/humanities/art-asia/beginners-guide-asian-culture/hindu-art-culture/a/roots-of-hinduism> ) .

<https://www.uri.org/kids/world-religions/hindu-beliefs>).

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