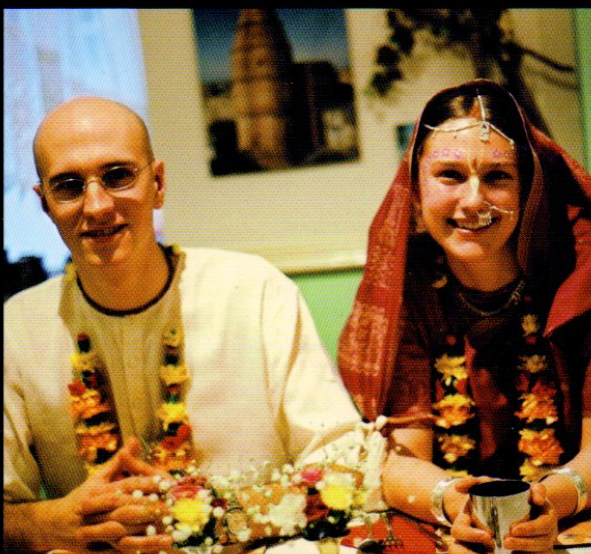
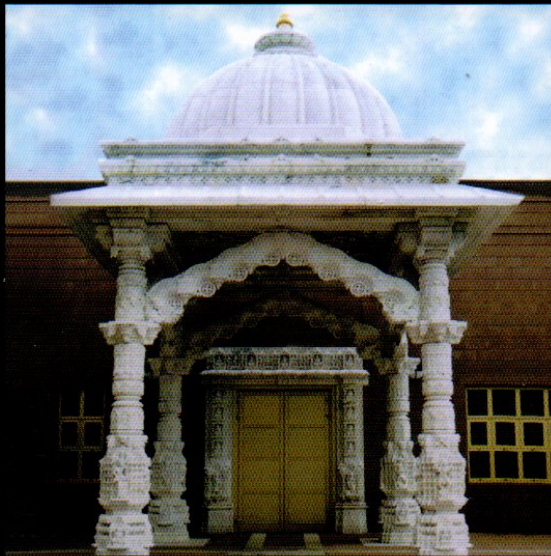


1. What is Hinduism?



- Hinduism is the religion followed by Hindus. It started in India, over 5,000 years ago.
- Hinduism is the main religion in India. Many Indian people are Hindus. Others are Muslims, Sikhs or Buddhists. There are also quite a few Jews and Christians living in India.
- India is a very hot country. It is over 4,000 miles away.
- In India there are many interesting animals, such as: tigers; snakes; elephants; camels; monkeys; peacocks; wild pigs; cows.
- In India, there are some very long and wide rivers. The longest is the River Ganges. Indian people called it 'the Ganga' or 'Mother Ganga'.
- Some Hindus live outside of India. Many Hindu people live in Britain.
- Hindu ladies often wear a saree, (although wearing a saree doesn't mean someone is a Hindu). They sometimes wear a nose-ring and a bindi. A bindi is a dot worn between the eyebrows. Hindu men usually dress like everyone else.
- Not all Hindus are from India, or from Indian families. There are some white Hindus also!
- Yoga comes from India; so do joss sticks (incense), curries and lots of other things.
- In Britain, we see many Indian restaurants.
- Some English words come from India; here are a few you may recognise: pyjamas, bungalow, chutney, cot, jungle, shampoo, punch ('panch' in India means 'five').
- Many languages are spoken in India. The main one is Hindi.
- The Hindu holy books are written in a very old language called Sanskrit. Two important books are:
 - (1) the Ramayana (the story of Rama and Sita)
 - (2) The Bhagavad Gita ('The song of God')
- Hindus worship at home and in the temple (called a 'mandir'). There are about 150 Hindu temples in Britain.
- One symbol used to show Hinduism is the Om sign.