1.2 Introduction: Hinduism, Buddhism and Sikhism

Name: _____ Class: _____ Date: _____ **Total: 30 marks**

KEY WORDS Hinduism • Buddhism • Sikhism • karma • samsara • moksha • nirvana • langar ( )

Objective

Introduce three religions that began in South Asia: **Hinduism** , **Buddhism** and **Sikhism** : their central beliefs, key texts and main practices, and how they understand **karma** and **rebirth**.

You must be able to:

- state the central beliefs of Hinduism, Buddhism and Sikhism
- name a key text and a key practice of each
- compare their views of karma, rebirth and liberation
- use the correct terms
- explain diversity within each

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1 Key knowledge and worked examples

	Hinduism	Buddhism	Sikhism
origin	no single founder; roots over 3,000 years old in South Asia	Siddhartha Gautama, the Buddha, about the 5th century BCE, north India	Guru Nanak (1469–1539), Punjab
ultimate reality	**Brahman**; many deities seen by many Hindus as forms of the one	no creator God is central; the Dharma (teaching)	one God (*Ik Onkar*)
self	**atman**, the eternal self	**anatta**: no fixed self	the soul, part of God's light
goal	**moksha**: release from **samsara** (the cycle of rebirth)	**nirvana**: the end of craving and suffering	union with God (*mukti*) by remembering God's name
texts	Vedas, Upanishads, Bhagavad Gita	the Pali Canon (Tipitaka); Mahayana sutras	the Guru Granth Sahib
practice	puja (worship), pilgrimage, festivals such as Diwali	meditation, the Five Precepts, Vesak	daily prayer, the **langar** (free kitchen), the five Ks for the Khalsa (founded 1699)

Karma: actions have results that shape future lives. All three accept karma and rebirth, but understand them differently: Buddhists teach rebirth without a fixed self; Sikhs teach that God's grace can free a person.

Worked comparison. Hinduism and Buddhism both seek release from samsara; Hindus often describe it as realizing atman's unity with Brahman, while Buddhists deny a fixed self and describe nirvana as the end of craving.

2 Practice

2.1 Define **samsara** and **karma**. [2]

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2.2 Guru Nanak was born in 1469 and the Khalsa was founded by Guru Gobind Singh in 1699. Calculate the years between them, and explain **one** purpose of the Khalsa. [3]



2.3 Explain the meaning of the **langar** for Sikhs. [4]

2.4 Compare the Hindu idea of **atman** with the Buddhist idea of **anatta**. [6]

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3 Exam-style questions

3.1 *(Paper 1 style.)* Outline the central teaching of the **Buddha** about suffering. [7]



the Eightfold Path

3.2 *(Paper 1 style.)* Compare the goal of life in **Hinduism** and **Sikhism**. [8]

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Solutions

Marking: **M1** a correct method, **A1** the correct answer, **B1** an independent mark.

Each answer shows the steps, then the **result**.

2.1

samsara: the cycle of birth, death and rebirth; karma: the principle that intentional actions have results that shape future experience and lives

2.2

$1699 - 1469 =$ **230** years; purpose, e.g. a community of committed (initiated) Sikhs ready to defend justice and the faith; with a visible identity, the five Ks, that shows equality and commitment

2.3

the langar is a free community kitchen in every gurdwara, open to all; everyone sits together on the floor and eats the same food; it expresses the equality of all people, whatever caste, religion or wealth; and service (seva) as a way to God

2.4

atman: an eternal, true self in each being; many Hindus teach atman is one with Brahman; anatta: no fixed, unchanging self; a person is a changing process; in Buddhism what continues in rebirth is a stream of causes, not a soul; similarity: both are linked to liberation from samsara; a clear statement of the key difference

3.1

the Four Noble Truths named; dukkha: life involves suffering or dissatisfaction; samudaya: suffering arises from craving (tanha); nirodha: suffering can end (nirvana); magga: the way is the Noble Eightfold Path; groups of the path: wisdom, ethics, meditation; accurate terms used

3.2

Hinduism: moksha, release from samsara; several paths, e.g. knowledge, devotion, action; Sikhism: mukti, union with God; by remembering God's name (nam simran), honest work and sharing; God's grace; similarity: both seek release from rebirth; difference: Sikhism rejects renouncing the world; it values family life; a clear comparative conclusion