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]

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]



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