



Hinduism

What we should know

Hinduism

- Hinduism is the world's oldest religion.
- There are about 900 million Hindus. That's a lot!!
- Hinduism is the main religion in India but there are followers all over the world.



GOD

- Hindus believe there is only one God called Brahman but he takes many different forms.



Where do Hindu's pray?



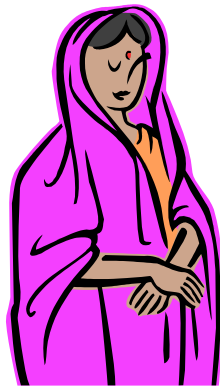
Hindus believe God is everywhere so they can pray at home or in a temple called a mandir.

River Ganges

The River Ganges in India is said to be holy. Hindus go there to bathe and wash away their sins.



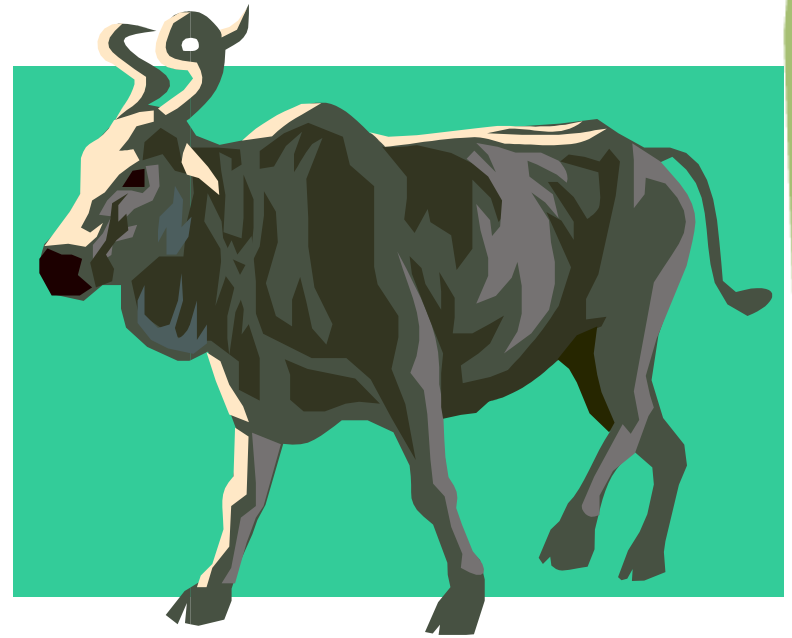
Clothing



A sari is the traditional dress worn by Hindus. It is made from one piece of cloth. Many Hindus also wear a jewel in their nose.

Food

- Many Hindus are vegetarians.
- Some Hindus eat meat.
- Cows are holy animals to Hindus.



Festivals



- Holi celebrates the start of Spring.
- Diwali celebrates Rama and Sita overcoming Ravana.

At Diwali people celebrate by lighting divas, making rangoli patterns, painting mehndi and lighting fireworks.



Symbol



Om or Aum is the symbol or word which means God.