



# Myfuture CBC Revision

## hindu religious education - Grade

### Question Paper

1. Which of these is an example of a Bhakti Yoga activity in a temple?

- A. Training for football
- B. Practicing a science experiment
- C. Writing an exam
- D. Singing bhajans together

2. What does the term 'jivanmukta' mean?

- A. Someone who performs only temple rituals
- B. A title given to royal leaders
- C. A person who never leaves their village
- D. A person who has attained liberation while still alive

3. What is the aim of chanting the name of God in Bhakti practice?

- A. To distract from studies permanently
- B. To get rich quickly
- C. To avoid helping others
- D. To focus the mind on God and grow love for the divine

4. What is an avatar in the Hindu tradition?

- A. A manifestation of the Supreme Being who comes to earth to restore dharma
- B. A sacred river where pilgrims bathe
- C. A musical instrument used in temples
- D. A type of prayer shawl worn by worshippers

5. Which principle of dharma teaches not to harm others or animals?

- A. Greed (lobha)
- B. Deceit (maya)
- C. Non-violence (ahimsa)
- D. Hatred (dvesha)

6. Who is often held up as the ideal example of dharma (right conduct) in the Ramayana?

- A. A foreign king unknown to the story
- B. A local village headman
- C. A famous merchant
- D. Lord Rama

7. Which line best describes a Bhakti devotee's relationship with God?

- A. A distant rule with no feeling
- B. A loving and personal relationship based on faith and devotion
- C. A business partnership
- D. A relationship only for adults

8. How does the principle of seva (selfless service) show dharma in everyday life?

- A. Ignoring community needs
- B. Helping others without expecting rewards
- C. Asking for money when helping
- D. Only helping rich people

9. How do enlightened beings typically support society?

- A. By teaching right conduct (dharma) and serving others selflessly
- B. By isolating themselves without teaching others
- C. By hoarding wealth and refusing to share
- D. By seeking power and dominating others

10. Who or what is Paramatma in Hindu belief?

- A. A sacred temple where people pray
- B. A special type of holy food offered at worship
- C. The Supreme Soul or Divine presence that exists in all living beings
- D. A ritual that must be performed during festivals

11. What is the main role of a guru in Hindu spiritual life?

- A. To act as a judge in legal disputes
- B. To collect taxes from the community
- C. To organise only festivals and parties
- D. To guide a seeker from ignorance to spiritual knowledge

12. How does dharma view the idea of equality before others?

- A. Outsiders should be ignored
- B. Some people are always better than others
- C. Only family members get respect
- D. All human beings deserve respect and fair treatment

13. Which principle asks people to be content with what they have?

- A. Envy (irshya)
- B. Contentment (santosha)
- C. Greed (lobha)
- D. Worry (chinta)

14. Which principle teaches that duties change with age and role, such as student or parent?

- A. No rules (anrta)
- B. Random living (akarma)
- C. Only pleasure (kama)
- D. Dharma according to stages of life (ashrama dharma)

15. What does 'ahimsa' help promote in a school setting?

- A. Fighting to get what you want
- B. Taking teachers' belongings
- C. Peaceful behaviour and respect for all students
- D. Excluding classmates from games

16. What is the dharmic teaching about respect for parents and elders?

- A. To leave family responsibilities to others
- B. To always disagree with elders
- C. To only obey elders when it benefits you
- D. To care for and respect parents and elders

17. Which of these is a common effect of performing bhajans regularly?

- A. Increased anger and confusion
- B. Less ability to read
- C. A stronger feeling of devotion and community
- D. Instant wealth

18. What is 'kirtan' in the context of Bhakti?

- A. A method of cooking rice
- B. A type of school test
- C. A group singing of God's names with music
- D. A game played at recess

19. Who is an example of a great Hindu teacher and philosopher known for uniting knowledge and devotion?

- A. Galileo Galilei
- B. Mahatma Gandhi
- C. Adi Shankaracharya
- D. Winston Churchill

20. Who is a spiritual teacher often respected by followers of Bhakti Yoga?

- A. A car mechanic
- B. A fitness instructor only
- C. A television celebrity
- D. A guru who guides devotees in devotion

21. What does the term 'Atman' mean?

- A. A place where people gather
- B. The individual self or soul
- C. A musical hymn
- D. A type of sacred tree

22. How can prayer and ritual support a child's understanding of dharma?

- A. They teach children to ignore others
- B. They make school work unnecessary
- C. They replace the need to behave well
- D. They help strengthen values like respect, discipline, and gratitude

23. What is a common result of true realisation of Paramatma in a person?

- A. Deep and lasting inner peace and freedom from fear
- B. A guarantee of always living in palaces
- C. Ability to avoid all responsibilities
- D. Instant riches and worldly fame

24. Which phrase best describes 'surrender' (aragati) in Bhakti?

- A. Giving up love for family
- B. Refusing to talk to anyone
- C. Learning many languages
- D. Trusting God and offering oneself with humility

25. Which phrase best describes the role of a guru?

- A. One who refuses to teach anyone
- B. One who punishes students to control them
- C. One who removes the darkness of ignorance by showing the way
- D. One who only arranges festivals for fun

26. Which principle of dharma tells a person to share with the poor and needy?

- A. Selfishness (atma),
- B. Charity and generosity (dana)
- C. Wastefulness (vyaya)
- D. Secrecy (gopana)

27. Which quality best describes an enlightened being?

- A. Being famous because of wealth
- B. Having many possessions and a large house
- C. Leading a life of constant entertainment
- D. Realisation of the true Self and oneness with the Divine

28. Which of the following is NOT a characteristic of an enlightened person?

- A. Compassion for all living beings
- B. Attachment to material wealth and status
- C. Inner calm and equanimity
- D. Humility and lack of ego

29. In Bhakti Yoga, what is 'seva'?

- A. A money-making scheme
- B. A style of clothing
- C. Selfless service offered to God or community
- D. A type of exam

30. Which principle guides students to study and respect their teachers?

- A. Rebellion (vidroh)
- B. Carelessness (avirata)
- C. Respect and duty (shraddha and kartavya)
- D. Disrespect (anadar)

31. Which tool do many devotees use to count prayers or mantras?

- A. A ruler
- B. A wristwatch
- C. A calculator
- D. A mala (prayer beads)

32. What is 'moksha' in Hindu belief?

- A. A yearly harvest festival
- B. Liberation from the cycle of birth and death
- C. A special kind of costume for priests
- D. A market where religious items are sold

33. Which principle reminds people to use resources wisely and avoid waste?

- A. Carelessness and neglect
- B. Gluttony and greed
- C. Wastefulness and excess
- D. Moderation and contentment

34. According to the Bhagavad Gita, where does the Paramatma dwell?

- A. Only inside temples
- B. Only within kings and leaders
- C. Only in holy rivers
- D. In the hearts of all living beings

35. Which of these is often used as a symbol for inner light or wisdom in Hindu practice?

- A. A small flame or lamp (jyoti)
- B. A heavy stone
- C. A metal coin
- D. A noisy bell only

36. Which dharmic principle means telling the truth?

- A. Laziness (alasa)
- B. Stealing (asteya)
- C. Truthfulness (satya)
- D. Selfishness (ahamkara)

37. How does dharma promote tolerance among people of different religions in Kenya?

- A. By creating conflicts between communities
- B. By ignoring others' traditions
- C. By teaching respect and non-harm toward all beliefs
- D. By forcing everyone to follow one faith

38. What does 'samadhi' refer to in spiritual practice?

- A. A deep state of meditative absorption and union with the Divine
- B. A type of festival dance
- C. A sacred animal kept at the temple
- D. A particular style of temple architecture

39. What does the law of karma teach in the context of dharma?

- A. You can do anything without consequence
- B. Only the rich get blessings
- C. Good actions lead to good results and bad actions to bad results
- D. Everything is decided by luck alone

40. Which dharmic value helps build strong friendships by being reliable?

- A. Dishonesty (mithya)
- B. Unreliability (avicara)
- C. Jealousy (irshya)
- D. Loyalty and duty (faithfulness)

41. Why might a family in Kenya visit a temple for Bhakti practices?

- A. To work on their car together
- B. To go swimming
- C. To plant crops
- D. To attend devotional worship, sing together, and celebrate festivals

42. What does forgiveness (kshama) encourage someone to do?

- A. Hold grudges forever
- B. Let go of anger and forgive those who do wrong
- C. Seek revenge quickly
- D. Spread gossip about others

43. What does 'arati' in Bhakti worship involve?

- A. Reading a sports magazine
- B. Waving lighted lamps before a deity
- C. Running around the temple
- D. Hiding shoes in the temple

44. Which practice is most associated with Bhakti Yoga?

- A. Counting calories for health
- B. Solving maths problems
- C. Building machines
- D. Japa (repeating God's name with a mala)

45. Which behaviour shows humility, one sign of an enlightened person?

- A. Refusing to speak to poorer people
- B. Treating everyone with respect regardless of social status
- C. Insisting only rich people should get help
- D. Demanding special seats wherever one goes

46. Which practice is most likely to help a person experience the presence of Paramatma?

- A. Meditation and selfless service (seva)
- B. Eating special foods to gain strength
- C. Only memorising many prayers without reflection
- D. Competing to win awards

47. Which type of life is NOT usually associated with enlightened beings?

- A. Living in extravagant luxury and constant luxury-seeking
- B. Living simply and with detachment
- C. Pursuing self-knowledge and inner discipline
- D. Practising compassion and helping others

48. What role do stories from the Ramayana and Mahabharata play in Bhakti?

- A. They are used as examples to inspire devotion to God
- B. They teach only farming techniques
- C. They are used to teach computer skills
- D. They instruct people to build houses

49. Which dharmic value encourages cleanliness of body and mind?

- A. Bragging (mada)
- B. Neglect (anartha)
- C. Purity (shaucha)
- D. Stealing (asteya)

50. What is Bhakti Yoga primarily about?

- A. Studying many books to gain knowledge
- B. Practicing difficult physical postures every day
- C. Showing devotion and love to God through prayer and worship
- D. Serving others without any feeling of love