Myfuture CBC Revision

hindu religious education - Grade

Question Paper

1. What does the Hindu rite 'Namakarana' celebrate?

A. The ceremony when a child starts school

B. The first haircut of a child

C. A special festival for harvest

D. The naming of a newborn baby

2. Which quality best describes an enlightened being?

A. Leading a life of constant entertainment

B. Being famous because of wealth

C. Having many possessions and a large house

D. Realisation of the true Self and oneness with the Divine

3. What does the word "Yog" most closely mean?

A. A type of Indian food

B. A set of physical exercises only

C. A book of stories

D. Union or joining of the self with the true reality

4. If a student finds a wallet at school, what dharmic principle should guide them?

A. Return it to the owner or hand it to a teacher because honesty is dharma

B. Sell it for pocket money

C. Hide it and blame another student

D. Keep it and tell no one

5. What is the purpose of the daily alms round (pindapata) for monks?

A. To collect taxes for the king

B. To allow laypeople to practise generosity by offering food to monks

C. To advertise temple events in the market

D. To sell second-hand clothes

6. What does the 'Middle Way' teach Buddhists to avoid?

A. Extreme self-indulgence and extreme self-denial

B. Eating only green foods

C. Living in the middle of a town

D. Studying only one book

7. Why is forgiveness considered a dharmic practice?

A. Forgiveness encourages bad behaviour

B. Because it lets people hurt you forever

C. It shows weakness and should be avoided

D. Forgiveness ends anger and helps relationships heal

8. Who is a guru in the context of Yog?

A. An instrument used in worship

B. A teacher or guide who helps students learn the practice

C. A special posture for children

D. A type of diet to follow

9. How do Buddhists commonly show respect to elders and teachers?

A. By bowing and offering respect

B. By refusing to speak to them

C. By shouting loudly

D. By playing tricks on them

10. Why do many seekers go on pilgrimage (tirtha) in Hindu practice?

A. To earn as much money as possible

B. To purify the mind, gain spiritual inspiration and progress on the path

C. To become rulers of nearby villages

D. To collect souvenirs for trading

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

A. Eating special foods to gain strength

B. Meditation and selfless service (seva)

C. Only memorising many prayers without reflection

D. Competing to win awards

12. Why are rules and laws in a country like Kenya important from a dharmic view?

A. They encourage dishonesty

B. They help maintain justice and protect people's duties and rights

C. They make it impossible to practise dharma

D. They force everyone to follow one religion

13. What is pranayama in Yog?

A. Breath control exercises

B. A special food eaten before practice

C. A single posture

D. A musical instrument

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

A. Living simply and with detachment

B. Pursuing self-knowledge and inner discipline

C. Living in extravagant luxury and constant luxury-seeking

D. Practising compassion and helping others

15. Which ceremony welcomes a newborn into the family with prayers and blessings?

A. Upanayana (sacred thread ceremony)

B. Jatakarma (birth welcome ceremony)

C. Vivaha (marriage)

D. Mundan (first haircut)

16. What is the main goal of practising Yog for many people?

A. To find inner peace and realisation of the true self

B. To eat special foods

C. To win sports competitions

D. To learn many stories quickly

17. What is 'mindfulness' in Buddhist practice?

A. Paying careful attention to the present moment without judgment

B. Thinking about the future all the time

C. Sleeping for long hours each day

D. Avoiding schoolwork to meditate instead

18. Which principle encourages serving others without expecting reward?

A. Bhakti (devotion)

B. Seva (selfless service)

C. Vrata (vow)

D. Dana (donation only)

19. Where is a Havan or Yajna typically performed?

A. Inside a locked cupboard

B. In a classroom

C. By a sacred fire in a special pit or altar

D. On a football field

20. What does the principle of 'duty' (kartavya) ask a person to do?

A. Only do what is pleasurable

B. Avoid all social obligations

C. Carry out responsibilities even when difficult

D. Never listen to teachers

21. What does 'puja' usually mean in Buddhist practice?

A. A ritual of respect and offering to the Buddha

B. A kind of exam at school

C. A rule about clothing

D. A crop-planting ceremony only

22. What do Buddhists often place before a statue of the Buddha as a sign of respect?

A. Flowers and incense

B. Loud music systems

C. Live animals

D. Plastic toys

23. Which of these is NOT a typical Bhakti Yoga activity?

A. Offering flowers and food to the deity

B. Singing bhajans and kirtans

C. Eating only one type of food to punish oneself

D. Listening to devotional stories of gods

24. What role does honesty play in dharmic life at school?

A. It helps you cheat better

B. It makes you unpopular

C. It builds trust and good reputation among classmates and teachers

D. It makes learning slower

25. What is dharana?

A. The study of sacred texts only

B. A ceremonial meal

C. A type of massage

D. Concentration on a single point or object

26. Before starting Yog, what is the safest thing a child should do?

A. Learn from a qualified teacher or adult who can guide them

B. Copy whatever they see without warming up

C. Try difficult moves alone without guidance

D. Hold their breath for as long as possible

27. What is the purpose of lighting a lamp during Puja?

A. To start a cooking fire

B. To heat water for bathing

C. To honour the deity and remove darkness symbolically

D. To dry clothes

28. Which limb of the eight focuses most on breath?

A. Yama

B. Pranayama

C. Dhyana

D. Samadhi

29. What are the yamas in Yog?

A. Specific breathing exercises

B. Yoga postures for strength

C. Stories about gods

D. Ethical rules about how we treat others

30. Which Hindu festival is closely connected with devotion to Lord Krishna and celebrated with singing and dancing?

A. Janmashtami

B. Christmas

C. Labour Day

D. Eid al-Fitr

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

A. A style of clothing

B. A type of exam

C. Selfless service offered to God or community

D. A money-making scheme

32. On special Buddhist days, what do lay Buddhists often do at a temple?

A. Start a hunting trip

B. Hold a week-long noisy party

C. Visit the temple, listen to teachings and make offerings

D. Close the temple and go to the market only

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

A. Unreliability (avicara)

B. Jealousy (irshya)

C. Dishonesty (mithya)

D. Loyalty and duty (faithfulness)

34. In many Hindu ceremonies in Kenya, who is responsible for reciting or singing Vedic mantras?

A. The sports coach

B. The bus conductor

C. The priest or trained chanter

D. The baker

35. What does the word 'Sanskar' generally mean?

A. A sacred rite or ceremony that shapes a person's life

B. A modern sports game

C. A type of sweet dish

D. A name of a Kenyan city

36. What does the term 'Atman' mean?

A. A place where people gather

B. A type of sacred tree

C. A musical hymn

D. The individual self or soul

37. How does Bhakti Yoga relate to daily school life for a 12-year-old?

A. It promises immediate top grades without effort

B. It teaches only how to play sports

C. It can teach kindness, discipline, and respect through devotional habits

D. It makes them skip school permanently

38. What does the word 'Sangha' mean in Buddhism?

A. A type of sacred text

B. A meditation posture

C. A food offering

D. The community of monks, nuns and lay followers

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

A. A guarantee of always living in palaces

B. Deep and lasting inner peace and freedom from fear

C. Ability to avoid all responsibilities

D. Instant riches and worldly fame

40. How do Buddhists often keep the Buddha's teachings alive in daily life?

A. By ignoring any moral rules

B. By copying the clothes of others

C. By practising meditation, ethical behaviour and studying the teachings regularly

D. By only attending festivals once in a lifetime

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

A. Contentment (santosha)

B. Worry (chinta)

C. Greed (lobha)

D. Envy (irshya)

42. What does moksha mean in the study of Yog and Hindu teachings?

A. A form of greeting

B. A festival celebration

C. A short rest after exercise

D. Liberation or freedom from the cycle of birth and death

43. What do Buddhist monks usually wear to show they have left ordinary life?

A. School uniforms

B. Shiny crowns and jewellery

C. Simple robes (often saffron, orange or brown)

D. Business suits and ties

44. What is Kanyadaan in a Hindu wedding?

A. The giving away of the bride to the groom's family

B. The name of the priest who conducts the wedding

C. A ceremony where a child begins school

D. A food offering to ancestors

45. What role does 'Svadhyaya' (self-study) play in following dharma?

A. Only memorising songs without meaning

B. Refusing to learn anything new

C. Copying others without thinking

D. Learning about scriptures and oneself to improve behaviour

46. Who is called a Bhakti saint known for devotional poems and songs?

A. William Shakespeare

B. Julius Nyerere

C. Albert Einstein

D. Mirabai

47. Which principle of dharma encourages fairness and justice in the community?

A. Favoritism (paksha)

B. Cruelty (himsa)

C. Righteousness (dharma)

D. Cheating (maya)

48. Which choice best shows how dharma helps society?

A. By making social life more complicated

B. By promoting honesty, service and respect so people live peacefully

C. By encouraging everyone to become priests

D. By stopping all laws in the country

49. What is the basic meaning of dharma in Hindu teaching?

A. A type of Hindu musical instrument

B. A specific day for fasting

C. A method of making offerings in a temple

D. A set of duties and moral laws that guides right conduct

50. Upanayana is best described as:

A. A ceremony to name a baby

B. A rite required for funerals

C. A sacred thread ceremony marking the start of formal study

D. A harvest festival dance