



Myfuture CBC Revision

hindu religious education - Grade

Question Paper

1. What does the word "dharma" most closely mean in Hindu teachings for a 12-year-old learner?

- A. A list of many gods to worship
- B. A way to get rich quickly
- C. A secret code only priests can use
- D. A set of duties and right conduct

2. What does the term 'Atman' mean?

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

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

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

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

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

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

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

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

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

7. How can a Kenyan 12-year-old practice non-violence (ahimsa) at home?

- A. By taking things without asking
- B. By shouting whenever upset
- C. By speaking kindly and not hurting animals or siblings
- D. By ignoring everyone at home

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

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

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

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

10. What does the term 'jivanmukta' mean?

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

11. What quality is most important for someone following Bhakti Yoga?

- A. Winning every argument
- B. Becoming famous
- C. Deep love and surrender to God
- D. Strictly avoiding all other people

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

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

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

- A. It makes learning slower
- B. It builds trust and good reputation among classmates and teachers
- C. It makes you unpopular
- D. It helps you cheat better

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

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

15. 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

16. Which attitude is discouraged in Bhakti Yoga?

- A. Humility and respect
- B. Love for God
- C. Service to others
- D. Jealousy and pride against other devotees

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

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

18. In the Bhagavad Gita, who reveals the teachings about the Self and Paramatma to Arjuna?

- A. Lord Krishna
- B. King Dhritarashtra
- C. A foreign traveller
- D. A merchant from a village

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

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

20. Which of these figures is commonly recognised as an avatar in Hindu stories?

- A. Lord Rama
- B. Nelson Mandela
- C. Socrates
- D. Confucius

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

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

22. 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 collect souvenirs for trading
- D. To become rulers of nearby villages

23. Which path focuses mainly on loving devotion to realise the Divine?

- A. Learning only scientific facts
- B. Studying languages alone
- C. Bhakti yoga (the path of devotion)
- D. Running in athletic races

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

- A. Listening to devotional stories of gods
- B. Eating only one type of food to punish oneself
- C. Singing bhajans and kirtans
- D. Offering flowers and food to the deity

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

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

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

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

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

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

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

- A. Mirabai
- B. Albert Einstein
- C. William Shakespeare
- D. Julius Nyerere

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

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

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

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

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

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

32. Which book contains teachings about Bhakti Yoga and is often taught to young learners?

- A. A book about Kenyan wildlife
- B. Bhagavad Gita
- C. A guide to building houses
- D. A mathematics textbook

33. Which action shows proper respect from a disciple to a guru?

- A. Listening humbly and offering sincere service
- B. Ignoring the teacher and doing whatever one pleases
- C. Stealing from the guru
- D. Insulting elders publicly

34. Which practice is most associated with Bhakti Yoga?

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

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

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

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

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

37. Which of the following is an example of expressing devotion at home?

- A. Setting up a small altar and saying a short prayer each morning
- B. Only eating sweets
- C. Turning the television on all night
- D. Never talking to family members

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

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

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

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

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

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

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

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

42. How does Bhakti Yoga often help a person feel?

- A. Very tired from running
- B. Lonely and angry
- C. Connected and peaceful
- D. Only focused on exams

43. Which quality best describes an enlightened being?

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

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

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

45. Which principle teaches care for nature and all living things?

- A. Indifference to animals (anudaya)
- B. Respect for life (ahimsa and reverence for nature)
- C. Only caring for people (manushya keval)
- D. Destruction of nature (vinash)

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

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

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

- A. It teaches only how to play sports
- B. It can teach kindness, discipline, and respect through devotional habits
- C. It promises immediate top grades without effort
- D. It makes them skip school permanently

48. How do enlightened beings typically support society?

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

49. What is Bhakti Yoga primarily about?

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

50. What is a simple Bhakti practice a child can do?

- A. Refusing to share schoolbooks
- B. Always copying homework
- C. Shouting loudly to disturb others
- D. Giving flowers at the home altar and saying a short prayer