Myfuture CBC Revision

hindu religious education -

Question Paper

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

A. To attend devotional worship, sing together, and celebrate festivals
B. To plant crops

C. To work on their car together

D. To go swimming

2. What is pradakshina (circumambulation) around the shrine meant to show?

A. A game to race with other devotees

B. A method of leaving the temple without being noticed

C. Devotion and respect by walking clockwise around the deity
D. A way to exercise quickly before prayers

3. What does 'punya' refer to in relation to dharma?

A. A special kind of food

B. A form of punishment for wrongdoers

C. Good deeds and spiritual merit gained by right actions

D. A type of temple bell

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

A. A particular style of temple architecture

B. A type of festival dance

C. A sacred animal kept at the temple

D. A deep state of meditative absorption and union with the Divine

5. Which of these is a major collection of early Buddhist scriptures?

A. New Testament

B. Quran

C. Tipitaka (Pali Canon)

D. Bhagavad Gita

6. What is the meaning of 'Dana' in Buddhist sanskars and daily practice?

A. A rite to bind two families with a legal contract

B. A strict fasting period that lasts one month

C. Giving gifts or alms to monks and the needy to build merit

D. The practice of silent walking for meditation

7. What is 'mindfulness' in Buddhist practice?

A. Sleeping for long hours each day

B. Avoiding schoolwork to meditate instead

C. Paying careful attention to the present moment without judgment
D. Thinking about the future all the time

8. What is the importance of chanting protective verses (paritta) in Buddhist sanskars?

A. They are a form of taxation

B. They are meant to confuse listeners

C. They are recited to offer protection, comfort and to dedicate merit to others
D. They are used to predict lottery numbers

9. What does 'Sanatana Dharma' mean?

A. Eternal duties or universal moral laws

B. A modern clothing brand

C. A village name in Kenya

D. A type of fruit from India

10. Which ceremony often includes a priest chanting mantras and lighting lamps to worship a deity?

A. Puja (worship ceremony)

B. Graduation ceremony

C. Mundan (first haircut)

D. Funeral procession

11. 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

12. What does 'Right Speech' from the Noble Eightfold Path ask Buddhists to do?

A. Only chant special words during services

B. Never speak at all under any circumstances

C. Speak truthfully, kindly and avoid harmful words

D. Always speak loudly to show confidence

13. Which festival marks the birth, enlightenment and passing away of the Buddha?

A. Christmas

B. Ramadan

C. Vesak (Buddha Day)

D. Diwali (Festival of Lights)

14. What does 'samsara' refer to in Hindu teaching?

A. The cycle of birth, death and rebirth

B. A type of temple music

C. A kind of food offered at puja

D. A sacred stone used in worship

15. Which quality is important in dharma when making decisions: intention or outcome?

A. Never think about motives at all

B. Intention (niyat) matters because right motives support righteous actions

C. Only outcomes matter and intentions are irrelevant

D. Decisions should be random

16. Which of the following is NOT usually a goal of Buddhist rites and ceremonies?

A. To force people to adopt a specific political party

B. To mark life transitions and offer spiritual guidance

C. To support the Sangha through generosity

D. To cultivate compassion, ethical behaviour, and mindfulness

17. Which practice is most associated with Bhakti Yoga?

A. Counting calories for health

B. Japa (repeating God's name with a mala)

C. Building machines

D. Solving maths problems

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

A. A special posture for children

B. An instrument used in worship

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

D. A type of diet to follow

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

A. Only within kings and leaders

B. Only inside temples

C. In the hearts of all living beings

D. Only in holy rivers

20. In Buddhist ceremonies, why are incense and candles often used?

A. As symbols: fragrance reminds of moral virtue, light represents wisdom, and both point

B. To measure the height of a temple

C. To cause loud noises that drive away neighbours

D. To cook offerings for the monks

21. Why is respect for elders considered part of dharma?

A. Because it stops children from learning

B. Because it maintains family harmony and passes on wisdom

C. Because elders always give money

D. Because elders must control all decisions

22. Which principle of dharma means nonviolence and harming no living being?

A. Vyasa (a sage)

B. Artha (wealth)

C. Kama (pleasure)

D. Ahimsa (nonviolence)

23. Which scripture contains many stories of gods and creation and is used for teaching religious history and morals?

A. The Puranas

B. The Sushruta Samhita

C. The Brahmanas

D. The Aranyakas

24. Which is an example of dharma in family life?

A. Respecting and helping parents

B. Leaving chores for others

C. Hiding from family duties

D. Disobeying elders on purpose

25. What name is given to the teachings of the Buddha that guide Buddhists on how to live?

A. Torah (Jewish scripture)

B. Vedas (Hindu scriptures)

C. Dharma (teachings of the Buddha)

D. Quran (Islamic scripture)

26. Why might a Kenyan school include learning about Buddhist sanskars in Religious Education?

A. To replace science classes

B. To teach students how to run a business

C. To promote one religion over others

D. To help students understand cultural diversity, values like compassion and local

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

A. Greed (lobha)

B. Deceit (maya)

C. Non-violence (ahimsa)

D. Hatred (dvesha)

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

A. Pursuing self-knowledge and inner discipline

B. Living simply and with detachment

C. Practising compassion and helping others

D. Living in extravagant luxury and constant luxury-seeking

29. What role do enlightened beings often play in guiding communities?

A. They offer moral guidance and inspire service, unity and right living
B. They run markets and sell goods daily

C. They organise fashion shows

D. They write laws only about sports

30. Which text is famous for presenting dialogues between teacher and student on spiritual knowledge and is part of the Upanishadic tradition?

A. Mundaka Upanishad

B. Charaka Samhita

C. Ramayana

D. Kamasutra

31. 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. Random living (akarma)

D. No rules (anrta)

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

A. Hold a week-long noisy party

B. Start a hunting trip

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

D. Close the temple and go to the market only

33. Which action contradicts the principle of 'Dharma'?

A. Cheating in exams for personal gain

B. Helping a classmate who is struggling

C. Apologising after hurting someone

D. Cleaning up a playground after use

34. Which principle encourages serving others without expecting reward?

A. Dana (donation only)

B. Vrata (vow)

C. Bhakti (devotion)

D. Seva (selfless service)

35. Which is a dharmic way to respond to injustice in the community?

A. Ignoring the problem entirely

B. Peaceful protest and seeking fair solutions

C. Spreading rumours to harm others

D. Using violence to get quick revenge

36. What is the primary purpose of studying scriptures like the Bhagavad Gita and Ramayana at school?

A. To replace science and mathematics classes

B. To memorize long lists of rituals without meaning

C. To promote one political party

D. To learn moral lessons, values and how to live responsibly

37. In Buddhism, what is a 'puja' when performed at a home shrine?

A. A harvest technique for growing more crops

B. A punishment ritual for community crimes

C. An act of respect and offering (flowers, candles, incense) to the Buddha and the

D. A legal ceremony that transfers land ownership

38. Which source of dharma is based on revealed scriptures in Hindu tradition?

A. Ignoring all teachings

B. Making up rules for fun

C. Telling lies to win

D. Shruti (that which is heard/revealed)

39. Which path focuses mainly on devotion to a personal form of God to realise Paramatma?

A. Jnana yoga

B. Karma yoga

C. Bhakti yoga

D. Hatha yoga

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

A. Becoming famous

B. Winning every argument

C. Deep love and surrender to God

D. Strictly avoiding all other people

41. What do niyamas refer to in the practice of Yog?

A. A type of physical injury

B. Personal observances such as cleanliness and contentment

C. The teacher of yoga

D. Loud chanting in a group

42. Why is it common to offer flowers or incense at a shrine?

A. They are meant to distract the priest

B. They are thrown to start a competition

C. They are used to cover up the shrine

D. They are symbolic offerings expressing devotion and respect

43. How were many scriptures preserved before being written down?

A. Oral tradition through memorization and recitation by teachers and students

B. Stored in stone only

C. Printed in newspapers across the world

D. Recorded on audio tapes in ancient times

44. The Mahabharata is mainly classified as which type of scripture?

A. Itihasa (epic history)

B. Sutra (short manual)

C. Shastra (scientific treatise)

D. Tantra (ritual manual)

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

A. To win sports competitions

B. To eat special foods

C. To learn many stories quickly

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

46. Which of the following is a well-known sage in Hindu tradition who is often spoken of as an enlightened teacher?

A. Queen Victoria

B. Genghis Khan

C. Vasishta

D. Alexander the Great

47. In Sanatan Dharma, why is it important to keep the prayer area clean?

A. Because dirt brings good luck

B. Because cleanliness reflects respect for the divine and for the community

C. To attract animals into the temple

D. To make it harder for people to sit

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

A. Ignoring community needs

B. Only helping rich people

C. Asking for money when helping

D. Helping others without expecting rewards

49. During a puja, what is the proper way to show respect when the arti lamp is waved?

A. Throw water on the flame

B. Run around the lamp to get closer

C. Cup hands and pass them over the flame, then touch forehead

D. Blow out the flame and take it home

50. Which principle of dharma teaches fairness and right action in public life?

A. Seeking personal pleasure first

B. Only following family wishes

C. Justice and righteousness

D. Avoiding education