



# Myfuture CBC Revision

## hindu religious education -

### Question Paper

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

- A. Run around the lamp to get closer
- B. Cup hands and pass them over the flame, then touch forehead
- C. Blow out the flame and take it home
- D. Throw water on the flame

2. Which principle asks people to give to those in need as part of duty?

- A. Moksha
- B. Dana (charitable giving)
- C. Brahmacharya
- D. Tapas

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

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

4. What does 'Sanatana Dharma' mean?

- A. A modern clothing brand
- B. A type of fruit from India
- C. Eternal duties or universal moral laws
- D. A village name in Kenya

5. How does dharma support social harmony in Kenyan communities?

- A. By encouraging fairness, respect and cooperation
- B. By encouraging everyone to isolate themselves
- C. By promoting conflict between neighbours
- D. By supporting selfish behaviour

6. Why do Buddhists take precepts (sila) during ceremonies or observance days?

- A. To follow ethical guidelines that reduce harm and support spiritual progress
- B. To gain special magical powers instantly
- C. To make sure they never have to go to school
- D. To change their nationality

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

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

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

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

9. Which is a sign of spiritual progress towards realising Paramatma?

- A. Owning lots of land
- B. Growing compassion and reduced ego
- C. Getting higher exam scores
- D. Wearing more jewellery

10. In Buddhism, what does the ceremony called 'Taking Refuge' (Tisarana) mean?

- A. Promising to follow the Buddha, the Dhamma (teachings), and the Sangha (community)
- B. A cleansing bath to remove physical dirt
- C. Making a legal contract to marry in a temple
- D. A ritual to ask spirits for wealth

11. Which of these figures is widely recognised in Hindu tradition as an avatar of Paramatma?

- A. Valmiki
- B. Chanakya
- C. Krishna
- D. Ashoka

12. What does Satya mean in the principles of dharma?

- A. Cleanliness
- B. Truthfulness
- C. Charity
- D. Obedience

13. How should money or offerings be given at the temple?

- A. Hide them under the mat
- B. Throw them on the floor near the deity
- C. Place them in the donation box or hand them to the priest respectfully
- D. Demand a receipt before offering

14. If you want to take a photograph inside a temple, what should you do first?

- A. Ask permission from the priest or temple authorities
- B. Climb on the altar to get a better angle
- C. Use flash on the deity without checking
- D. Take photos quickly without asking

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

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

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

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

17. What does the term 'maya' mean in the context of enlightenment and Paramatma?

- A. The illusion or appearance that hides the true Self
- B. A festival only
- C. A type of food offered in worship
- D. A special kind of temple

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

- A. To promote one religion over others
- B. To help students understand cultural diversity, values like compassion and local
- C. To teach students how to run a business
- D. To replace science classes

19. Which festival marks the return of Lord Rama to Ayodhya and is celebrated as the victory of dharma?

- A. Diwali
- B. Christmas
- C. Eid
- D. Holi

20. When laypeople take higher precepts temporarily, where does this often occur?

- A. On Uposatha days at the temple or monastery
- B. Only inside government buildings during elections
- C. In secret meetings with no witnesses
- D. During school sports days only

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

- A. To collect souvenirs for trading
- B. To earn as much money as possible
- C. To purify the mind, gain spiritual inspiration and progress on the path
- D. To become rulers of nearby villages

22. 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. Insulting elders publicly
- D. Stealing from the guru

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

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

24. Which of the following is an initiation rite for lay Buddhists that can be considered a sanskar?

- A. Obtaining a passport
- B. Learning a new language
- C. Getting a driver's license
- D. Receiving the Five Precepts or taking Refuge in a formal ceremony

25. Which of these best describes how Buddhist sanskars teach moral values to young people?

- A. By making them compete in extreme sports
- B. By using ceremonies, stories about the Buddha and example of monks to teach
- C. By forcing children to memorize long texts
- D. By isolating them from all adults

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

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

27. What is commonly done during Buddhist funeral rites to help the deceased?

- A. Permanently destroying all the deceased person's belongings by burning them
- B. Fasting in the family home for seven days without food
- C. Chanting, making offerings to the Sangha, and transferring merit to the departed
- D. Burying the family house as part of the ceremony

28. What does 'Upasampada' refer to in Buddhist practice?

- A. Full ordination as a monk or nun after being a novice
- B. A ritual to honour ancestors with food offerings
- C. A name-giving ceremony for newborns
- D. A type of meditation for calming the mind

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

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

30. When chanting or reciting sacred texts, what is important to maintain?

- A. Reciting while running around
- B. Respectful pronunciation and correct rhythm if possible
- C. Making up words loudly
- D. Reading out of order intentionally

31. How can a young person practise respect for elders as part of dharma in Kenyan culture?

- A. Mocking their stories in public
- B. Stealing from them
- C. Listening to their advice and helping them
- D. Ignoring them at home

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

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

33. How do enlightened beings usually teach others according to Hindu tradition?

- A. By giving money only
- B. By forcing people to follow them
- C. By example, wise words and compassion
- D. By hiding from people and never speaking

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

- A. They are used to predict lottery numbers
- B. They are recited to offer protection, comfort and to dedicate merit to others
- C. They are meant to confuse listeners
- D. They are a form of taxation

35. Who or what is Paramatma in Hindu belief?

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

36. Which term refers to a divine descent of God (Paramatma) into the world to restore dharma?

- A. Avatar
- B. Mantra
- C. Yajna
- D. Guru

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

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

38. Which action goes clearly against dharma?

- A. Cheating during exams
- B. Returning lost money to its owner
- C. Volunteering in community service
- D. Helping a classmate understand a lesson

39. What should you do with mobile phones while inside the main prayer hall?

- A. Leave them ringing on the main altar
- B. Play loud music to celebrate
- C. Use them to take selfies throughout the ritual
- D. Switch them off or put them on silent and avoid using them

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

- A. A legal ceremony that transfers land ownership
- B. A punishment ritual for community crimes
- C. An act of respect and offering (flowers, candles, incense) to the Buddha and the
- D. A harvest technique for growing more crops

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

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

42. Which outcome is expected when lay people take part in Buddhist sanskars like dana and chanting?

- A. Loss of all social ties
- B. Being barred from schools
- C. Increased sense of compassion, community belonging and spiritual growth
- D. Guaranteed immediate wealth

43. What is an avatar in the Hindu tradition?

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

44. 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 support the Sangha through generosity
- C. To mark life transitions and offer spiritual guidance
- D. To cultivate compassion, ethical behaviour, and mindfulness

45. Following dharma is likely to lead to which outcome?

- A. Avoiding work and responsibility forever
- B. Guaranteed fame and celebrity
- C. Peace and well-being for oneself and others
- D. Always getting everything for free

46. What is the correct way to behave during a sermon or spiritual talk in the temple?

- A. Play games on a tablet
- B. Talk loudly to friends
- C. Sit quietly and listen attentively
- D. Leave and re-enter frequently

47. In Buddhist ceremonies, why are chants and recitations used?

- A. To announce market prices
- B. To calculate taxes
- C. To scare away animals
- D. To transmit teachings, calm the mind and dedicate merit to others

48. 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

49. Who are called 'enlightened beings' in Hindu teaching about the manifestation of Paramatma?

- A. People who can perform many rituals
- B. People who have memorised all Hindu scriptures
- C. Those who have realised the true Self and live free of ignorance
- D. Those born into a priestly family

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

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

