

Part One: The Nature of Hinduism**Lesson-4 and 5: The Thoughts of Welfare for Human Beings and the World**

Aim of Religious Practices of Hinduism: The aim of religious practices of Hindu Religion is “atmamokshaya jaghitaya cha”. It means that the aim of religious practices is to work for own salvation along with the welfare of the world. We should think of all, not only of you. Otherwise, it will be only own happiness.

Why does Hinduism not approve of one’s own happiness: Hinduism does not approve of only one’s own happiness. It is said in the Hindu Religion that we have to do welfare of the world with the thought of atmamoksha or self salvation. Otherwise, neither religious practices nor the salvation will be complete.

One of the Best Ways of Attaining Salvation: One of the best ways of attaining salvation is to work for the welfare of the living beings and the world.

Religious Practices (Dharmakritya):

The application of religion depends on prayer, religious practices and ceremonies performed.

Religious practices of the followers of Sanatan religion are:

- i) The followers of Hindu religion worship the shapeless form of God through recital of Vedic mantras and songs.
- ii) In Hinduism, the shaped form of God is worshipped making the idol or pratima of gods and goddesses following the definite rules of puja (pujabidhi).

Some rites and rituals to exercise Hinduism:

- i) Nityakarma
- ii) Yogasana
- iii) Going to pilgrims
- iv) Bathing in the pure water including the Ganges
- v) Service towards guests
- vi) Tulasi-Seba
- vii) Formalities after the birth (Janmakritya)
- viii) Marriage
- ix) Funeral ceremonies
- x) obsequies (sraddha) etc.

Conclusion: Thus, the nature of Hinduism is revealed through the concept of Ishwar (Ishwaratatwa), beliefs in and devotion to God, some fundamental ideas and beliefs.

Worksheet**Part One: The Nature of Hinduism****Short Questions from Lesson-4 and 5:**

- 1) According to Hinduism, what is the aim of religious practices ?
- 2) What is the meaning of the statement “atmamokshaya jaghitaya cha?
- 3) What does Hinduism not approve?
- 4) What is one of the best ways to attain salvation?
- 5) On which things does the application of religion depend?
- 6) How do the followers of Hindu religion worship the shapeless form of God?
- 7) How do the followers of Hindu religion worship the shaped form of God?

Broad Questions from Lesson-4 and 5:

- 1) Write some names of rites and rituals to exercise Hinduism.
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