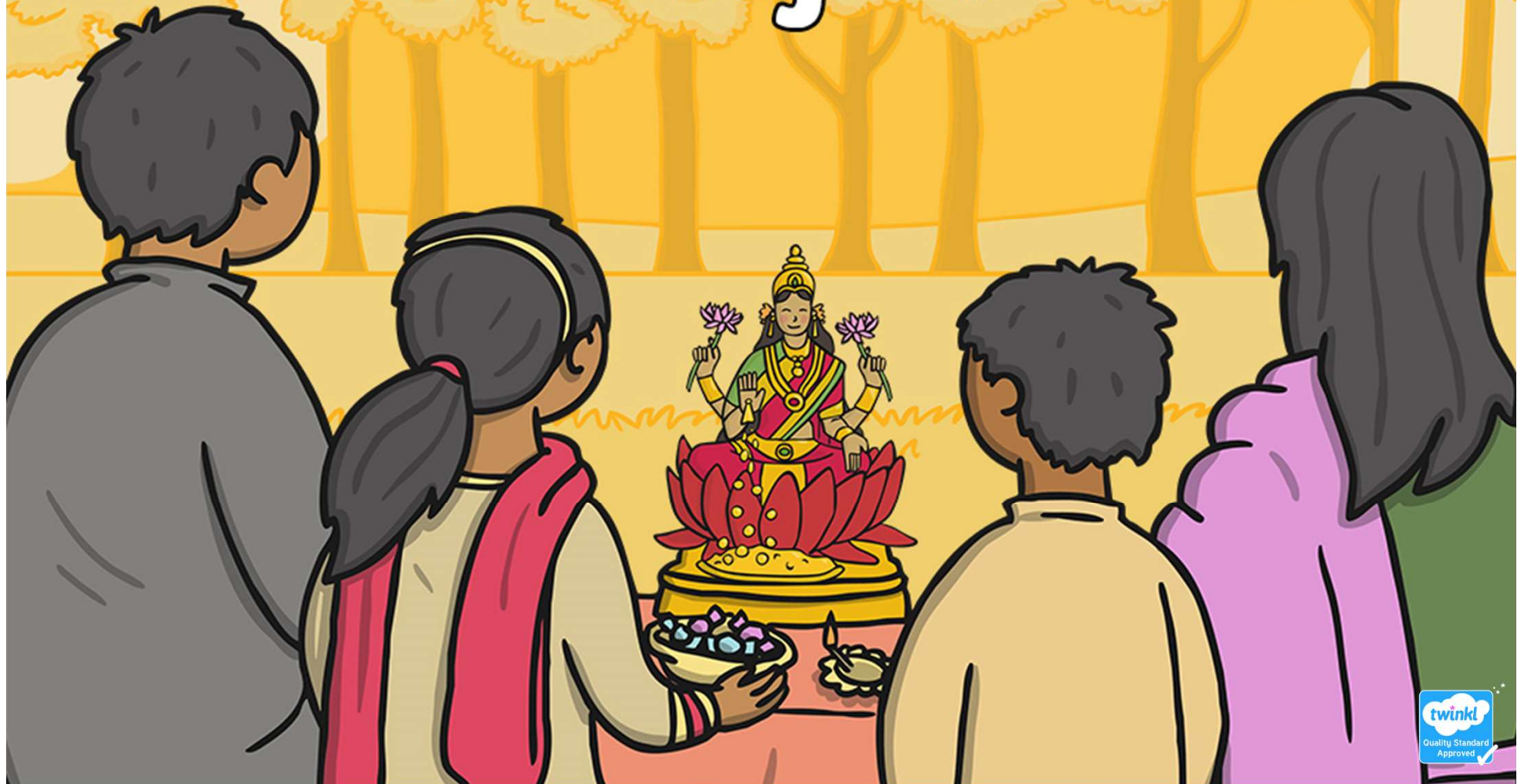




Janmashtami

session 2

Puja



Welcoming a Special Visitor

Nadia and Joseph are preparing for the arrival of their grandmother. They are so excited that she is coming to stay! Their father has gone to collect their grandmother from the airport and she will be arriving any minute.

When this very special visitor arrives at the house, what rituals do you think they might perform?

Think carefully about how you welcome visitors to your house.



Welcoming a Special Visitor

What ideas did you come up with?

Maybe you suggested...



greeting and welcoming;



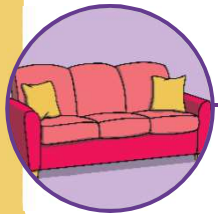
offering a drink;



offering food;



giving some flowers;



offering somewhere to sit.



What Is Puja?

Did you know that when Hindus worship and pray to a god, they act just like they are welcoming a special visitor whom they love very much?

Hindu worship is called puja.

Hindus can perform puja at home or in a Hindu temple.



Many Hindus have **shrines** in their homes where they perform puja. A shrine is a holy space for worshipping. It often includes a picture of the thing being worshipped.

What Is Puja?



Puja involves praying to deities (murtis).

A murti is an image or statue of a god.

Hindus have many gods but they are all part of the same god, Brahman.

A shrine might have only one murti or it might have several murtis.

The murtis are treated like very special visitors.

What Is Puja?



Shrines can be very simple and small or they can be large and richly decorated.

Let's have a look at this short clip:

<https://www.bbc.co.uk/bitesize/clips/zh2hyrd>

What Is Puja?

Before performing the ritual prayer of puja, Hindus remove their shoes.

Why do you think they do this?

Why do you think they give these gifts to the murtis?

What Is Puja?

Before performing the ritual prayer of puja, Hindus remove their shoes.

Why do you think they do this?

They do it to show respect for God.

They chant prayers (mantras) and they give offerings to the murtis such as fruit, incense, water and flowers.

Why do you think they give these gifts to the murtis?

They do this to show their respect and love for the gods, just as a host would want to offer food and drink to a visitor.

When the puja has finished, Hindus share and eat the food. They believe this food is blessed after it has been offered to the deities.

This blessed food is known as 'prashad'.

What Is Puja?



'Aum' is chanted during puja.
This is the symbol for Aum.

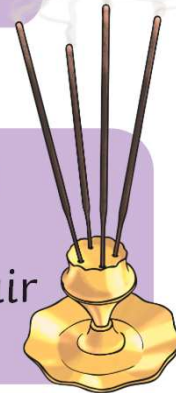
What Is Puja?

Each shrine contains a puja tray, which holds several important items:



The bell is rung to let God know the people are ready to worship.

The incense gives a lovely smell. It is a gift for the gods but also makes the air around the shrine pure.



To show love, care and respect for God, the murtis are offered a drink of water, given on a spoon.



The diya lamp is lit to show that God is there.

Red kum kum powder is mixed with water to make a paste. A red dot is placed on the foreheads of the worshippers and of the murtis.



Puja and the Senses

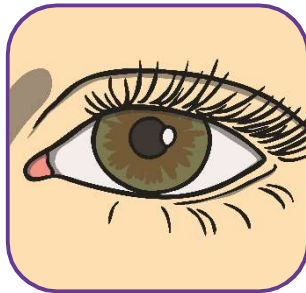
Hindus believe that they feel closer to their gods when they speak to them using all of their senses. All the senses are used during the ritual of puja.

What are your five senses?

Puja and the Senses

Hindus believe that they feel closer to their gods when they speak to them using all of their senses. All the senses are used during the ritual of puja.

What are your five senses?



Seeing



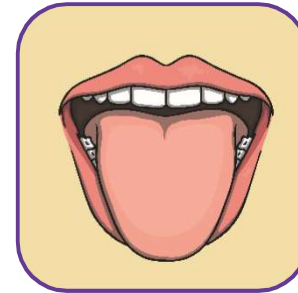
Hearing



Smelling



Feeling

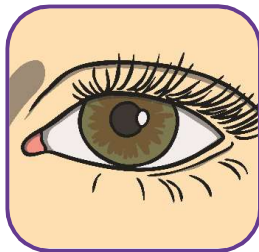


Tasting

Puja and the Senses

Now, we will be working in groups. Each group will focus on one of the five senses.

You have one minute to tell the person next to you about the things you can think of.



Seeing



Hearing



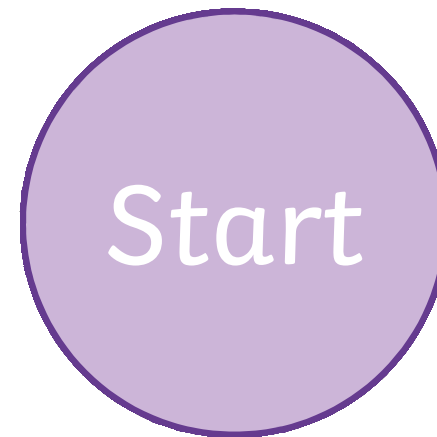
Smelling



Feeling



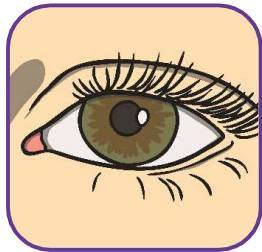
Tasting



Puja and the Senses



What ideas did you come up with?



Seeing

Murtis
Diva lamp
Flame
Flowers
Food



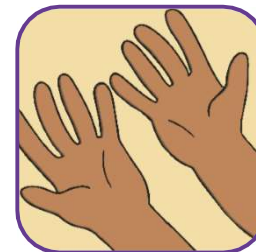
Hearing

Sound of bell
ringing
Chanting, "Aum"
Chanting mantras



Smelling

Incense
Flowers



Feeling

Kum kum
powder on
forehead
and
placing it
on murtis



Tasting

Blessed food
(prashad)

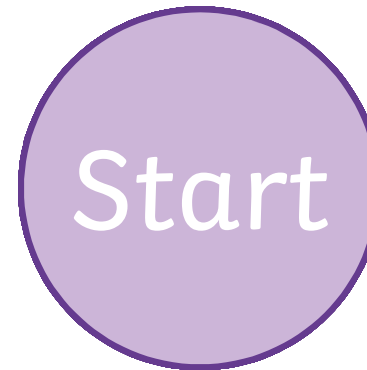
Puja Four in a Row Game

Memory Game



Look carefully at the things shown here which are a part of the ritual of puja.

You will have thirty seconds to look at them and then they will be covered up. How many will you be able to remember?



Now you have a minute to draw or write all the things that you can remember. Work on your whiteboards.

