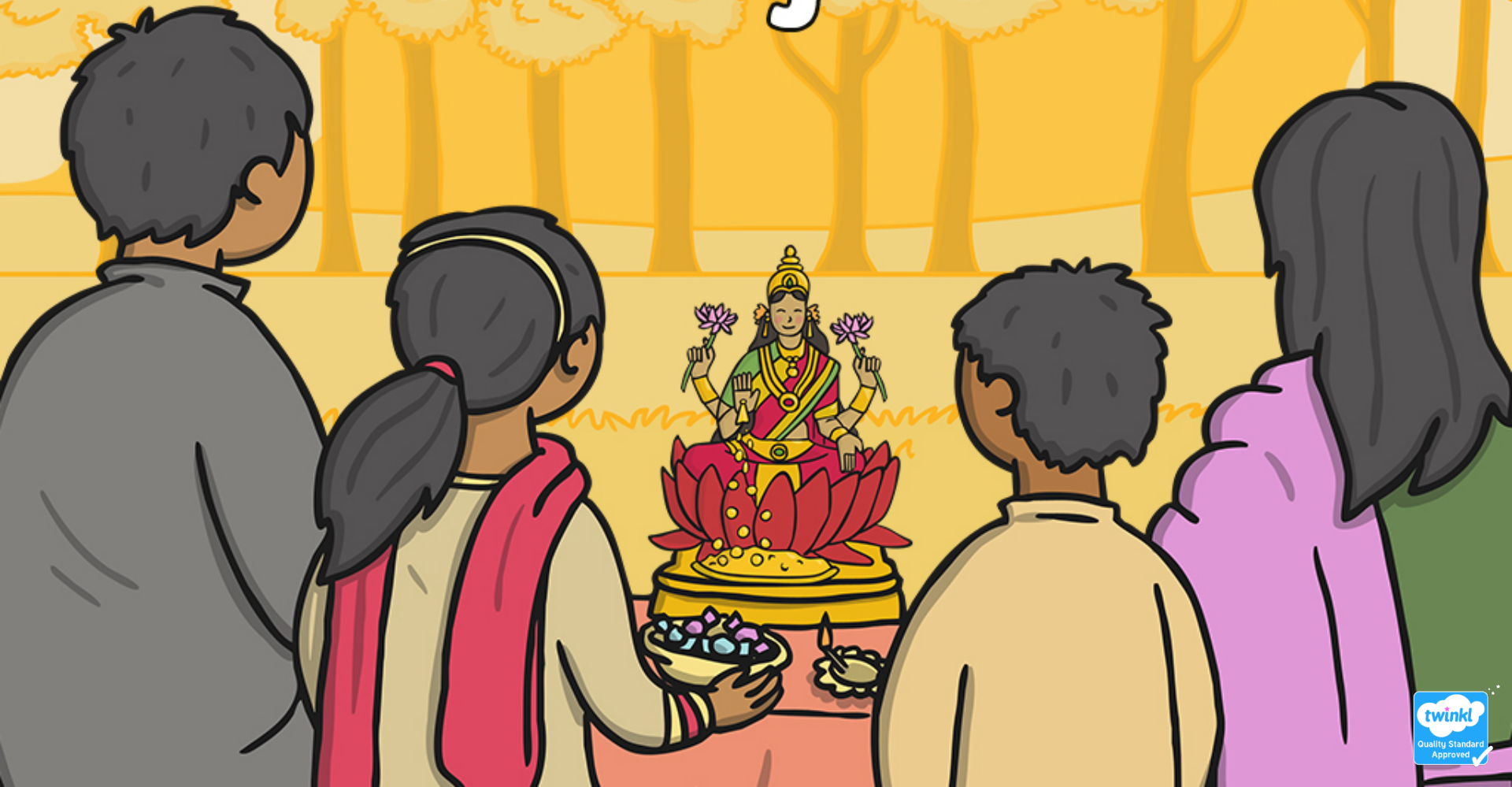


# Puja



# Aim

- To explore the ritual of puja.

# Success Criteria

- I can describe what happens when Hindus perform puja.
- I can discuss how I might welcome a visitor.
- I can talk about how the senses are used in the ritual of 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.

Discuss your ideas with your talk partner.

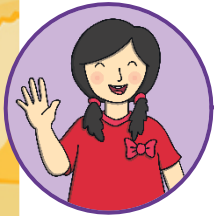


# Welcoming a Special Visitor



What ideas did you come up with?

Maybe you suggested...



- greeting and welcoming;



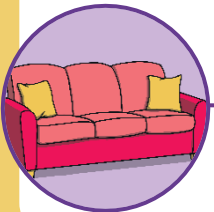
- offering a drink;



- offering food;



- giving some flowers;



- offering somewhere to sit.



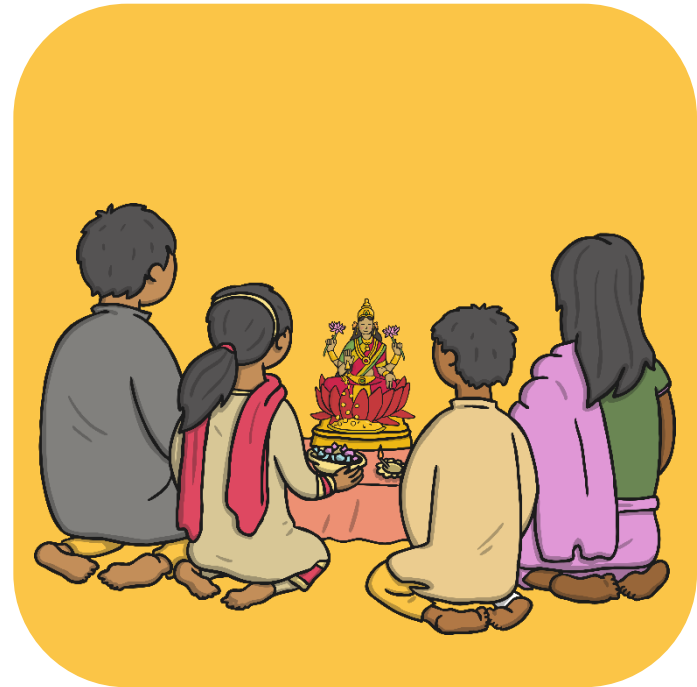
# What Is Puja?



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?

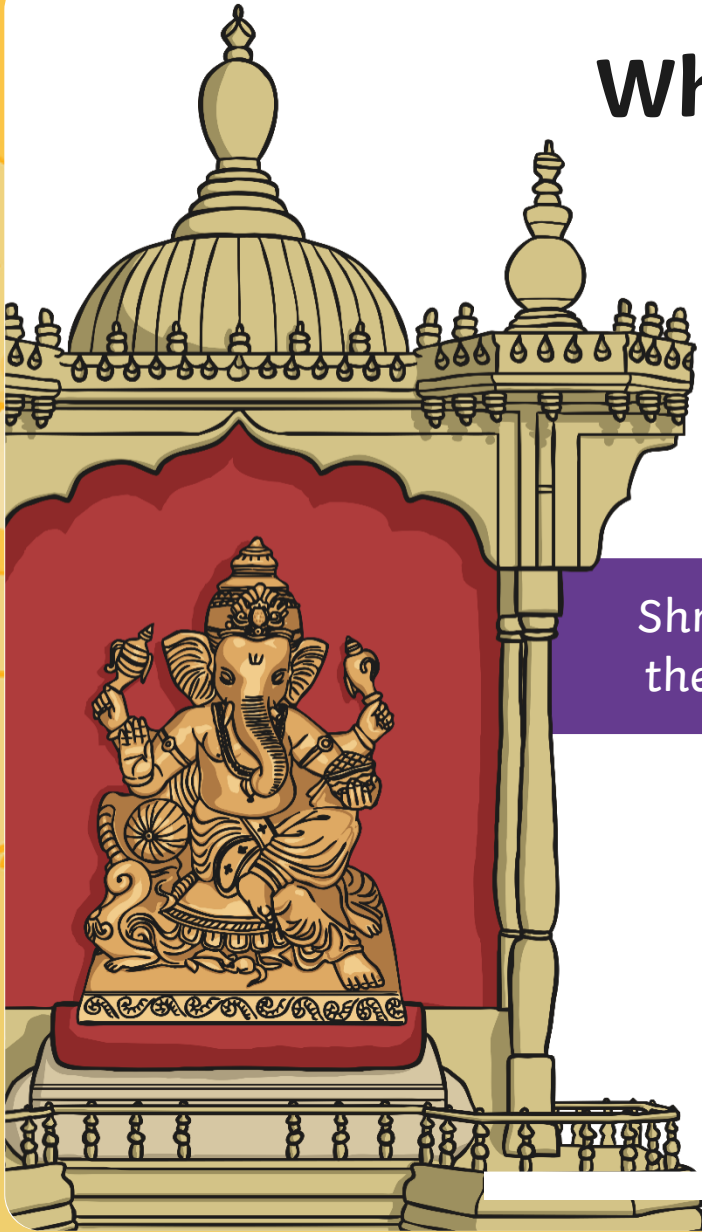
Hindu worship is called puja.

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?



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

# 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.

Incense is a material which gives off a pleasant (and often strong) smell when burnt.

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.



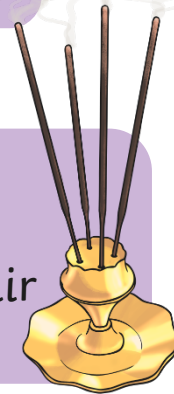
# What Is Puja?



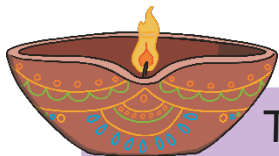
Each shrine contains a puja tray, which holds several important items:



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

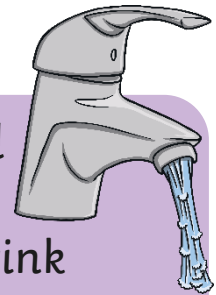


The incense gives a lovely smell. It is a gift for the gods but also makes the air around the shrine pure.



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

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



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.

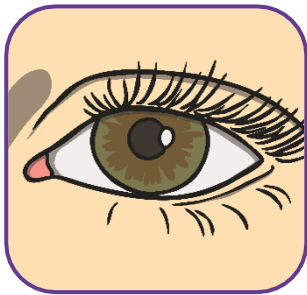


# Puja and the Senses



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?



Seeing



Hearing



Smelling



Feeling



Tasting

# Puja and the Senses



Can you think of different ways the senses are used for Puja?



Seeing



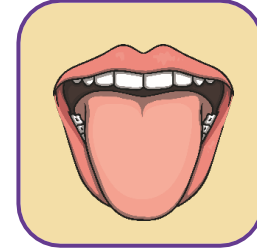
Hearing



Smelling



Feeling

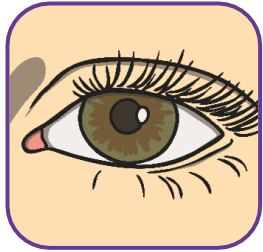


Tasting

# Puja and the Senses



What ideas did you come up with?



Seeing

Murtis  
Diva lamp  
Flame  
Flowers  
Food



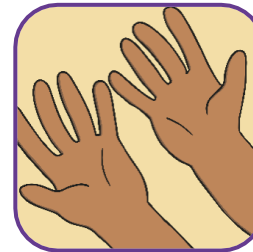
Hearing

Sound of bell  
ringing  
Chanting, "Aum"  
Chanting mantras



Smelling

Incense  
Flowers



Feeling

Kum kum  
powder on  
forehead  
and  
placing it  
on murtis



Tasting

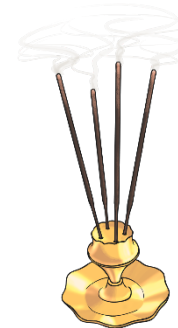
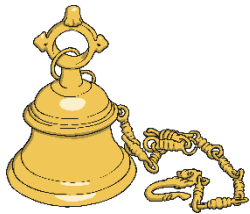
Blessed food  
(prashad)

# 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.

# Aim



- To explore the ritual of puja.

# Success Criteria

- I can describe what happens when Hindus perform puja.
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