GRADE 10 NOTES

HINDU RELIGIOUS EDUCATION

COMPREHENSIVE HANDBOOK NOTES

Well-organized, simplified learning notes that provide clear, concise information in a logical sequence, making key concepts easily accessible and memorable, enhancing understanding and retention while fostering engagement and facilitating effective study. By providing a clear focus on key ideas, these Mwalimu Consultancy Ltd Notes foster better retention and comprehension, making learning more accessible and enjoyable.

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STRAND 1.0: MANIFESTATION OF PARAMATMA (SUPREME BEING)

Sub-Strand 1.1: Trimurti and Dashavatars

A. Meaning of Manifestation of Paramatma

- ✓ **Paramatma** refers to the **Supreme Being** or **Universal Soul** in Hinduism.
- ✓ **Manifestation** means how the Supreme Being appears or takes form to interact with the world.
- ✓ In Hindu belief, Paramatma manifests in different forms to **create**, **preserve**, and **destroy** the universe as needed.
- ✓ These forms include the **Trimurti** and the **Dashavatars**.

B. The Trimurti (Three Main Forms of Paramatma)



Name	Role	Symbolism
Brahma	The Creator	Knowledge, origin
Vishnu	The Preserver or Sustainer	Protection, order
Mahesh (Shiva)	The Destroyer or Transformer	Endings, renewal

Key Point:

Together, they maintain the **cycle of creation, preservation, and destruction**, which is essential for balance in the universe.

C. The Dashavatars (Ten Incarnations of Vishnu)

These are ten major incarnations (avatars) of Lord Vishnu. He incarnates to restore **dharma** (righteousness) and protect the **good** from evil.

No.	Avatar	Form	Purpose/Significance
1	**Matsya**	Fish	Saved the Vedas and sages from a great flood
2	**Kurma**	Tortoise	Helped during the churning of the ocean
3	**Varaha**	Boar	Rescued the Earth from the demon Hiranyaksha
4	**Narasimha**	Half-man, half-lion	Destroyed the demon Hiranyakashipu
5	**Vamana**	Dwarf	Defeated the demon king Bali through humility
6	**Parshurama**	Warrior with axe	Fought corruption among Kshatriyas
7	**Rama**	Prince of Ayodhya	Ideal king and symbol of righteousness
8	**Krishna**	Divine guide	Gave the Bhagavad Gita; promoted devotion and duty
9	**Buddha**	Enlightened teacher	Taught compassion and non-violence
10	**Kalki**	Future warrior	Yet to come; will destroy evil and bring justice

D. Lessons from Dashavatars (Key Values)

Avatar	Lessons/Values Learnt
Matsya	Importance of saving knowledge and wisdom
Kurma	Patience, teamwork, and cooperation
Varaha	Protection of the Earth/environment
Narasimha	Faith in God and courage against injustice
Vamana	Humility, wisdom over strength
Parshurama	Fighting injustice with discipline
Rama	Duty, honesty, ideal leadership
Krishna	Wisdom, devotion, doing one's duty (karma yoga)
Buddha	Compassion, peace, mindfulness
Kalki	Hope for justice, good will triumph

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E. Application in Real Life

Learners should use the values from the lives of the avatars to:

- ✓ **Solve problems** like injustice, violence, corruption, etc.
- ✓ **Promote harmony** in their communities.
- ✓ **Live with dharma** – righteousness and ethical behavior.
- ✓ **Uplift society** through compassion, truth, and discipline.

Sub-Strand 1.2: Jain Tirthankaras

Who are Tirthankaras?

- ✓ **Tirthankaras** are great spiritual teachers in **Jainism** who have conquered **karma** and attained **liberation (moksha)**.
- ✓ The word **"Tirthankara"** means "**ford-maker**" – one who shows the way across the ocean of rebirths.
- ✓ There are **24 Tirthankaras** in Jainism. This lesson focuses on **five**: **Rishabhdeva, Parshvanath, Neminath, Mallinath,** and **Bhagwan Mahavir.**

The Five Selected Tirthankaras and Their Contributions

Tirthankara	Contribution / Significance
1. Rishabhdeva (1st Tirthankara)	- Introduced **agriculture**, **pottery**, **trade**, and **writing**

- ✓ Considered the **founder of society and economy** in Jainism | | **2. Parshvanath** (23rd) | - Taught **4 principles**: non-violence, truth, non-stealing, non-possession
- ✓ Popularised **ascetic practices** and compassion | | **3. Neminath** (22nd) | - Known for **renouncing marriage** and choosing a spiritual life
- ✓ Spread teachings of **renunciation and self-discipline** | | **4. Mallinath** (19th) | - The only **female Tirthankara** (in the Shwetambar tradition)
- ✓ Promoted **equality of genders**, purity, and devotion | | **5. Bhagwan Mahavir** (24th and last) | - Added the **5th vow: celibacy (brahmacharya)**
- ✓ Strengthened **Jain Sangha (community)**
- ✓ Taught **Ahimsa** (non-violence) as a way of life

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Moral Lessons from the Tirthankaras

- Practice **Ahimsa** (non-violence) in thoughts, words, and actions.
- Live a life of **simplicity** and **self-control**.
- Promote **truthfulness**, **honesty**, and **non-possession**.
- Serve others and uplift the **moral and spiritual values** in society.

Sub-Strand 1.3: Buddhist Views

A. Buddhist Understanding of Paramatma as Dhamma

- ✓ **Buddhism** does not believe in a personal god (Ishwara) or creator.
- ✓ Instead, the **ultimate truth** or reality is known as **Dhamma (Dharma)**.
- ✓ **Dhamma** refers to the **natural law**, **cosmic order**, and the **teachings of the Buddha** that lead to enlightenment.
- ✓ In Buddhism, **Paramatma** is understood not as a being, but as the **truth**, **compassion**, **wisdom**, and **law of nature**.

Paramatma = Dhamma = Truth, Law, and Path to Liberation.

B. The Buddhas of the Past and the Coming Buddha

Buddhists believe in **many Buddhas**, not just Gautama Buddha.

Buddha	Significance
Dipankara	A Buddha of the past who predicted the coming of Gautama Buddha.
Gautama Buddha (Siddhartha Gautama)	The present Buddha who attained enlightenment and taught the Dhamma.
Maitreya (Future Buddha)	The coming Buddha who will appear when Dhamma is forgotten and restore it again.

C. The Nine Qualities of a Buddha (Navaratna Buddha Gunas)

A **Buddha** possesses the following nine supreme qualities:

1. **Arahaṁ** – Worthy of honour
2. **Sammā-sambuddho** – Perfectly Self-Enlightened
3. **Vijjā-caraṇa-sampanno** – Endowed with knowledge and conduct
4. **Sugato** – Well-gone (to Nirvana)
5. **Lokavidū** – Knower of the worlds

6. **Anuttaro purisa-damma-sārathi** – Supreme trainer of people
7. **Satthā devamanussānaṁ** – Teacher of gods and humans
8. **Buddho** – Enlightened one
9. **Bhagavā** – Blessed one

These qualities inspire faith and are seen as **guidelines for moral living and leadership** in Buddhism.

D. Impact of Buddha's Teachings in Modern Society

- ✓ **Non-violence (Ahimsa):** Promotes peace and tolerance.
- ✓ **Mindfulness & Meditation:** Widely used for mental health and well-being.
- ✓ **Compassion & Right Conduct:** Encourages ethical behavior and service to others.
- ✓ **Environmental Awareness:** Buddhism respects all forms of life, promoting sustainable living.
- ✓ **Equality:** Buddha challenged social hierarchies, encouraging respect for all.

Sub-Strand 1.4: Guru's Grace – Sikh Faith

. Journey to Spiritual Growth Through Guru's Grace

- In **Sikhism**, *Guru's Grace* is key to spiritual development.
- A **Guru** is seen as a divine teacher who guides seekers from darkness (ignorance) to light (knowledge of God).
- **Guru Nanak Dev Ji**, the first Guru, introduced the idea of living truthfully, sharing with others, and remembering God always (*Naam Japna*).
- Attaining **Guru's grace** involves:

- ✓ **Sewa** (selfless service)
- ✓ **Simran** (meditation on God's name)
- ✓ **Sangat** (good company/community)
- ✓ **Living righteously** by following the Guru's teachings

B. Teachings of Guru Granth Sahib Ji in Daily Life

- The **Guru Granth Sahib Ji** is the eternal Guru in Sikhism.
- It teaches:

- ✓ **Equality** of all human beings (rejects caste/gender discrimination)

- ✓ **Honest living** and **self-discipline**
- ✓ **Devotion to God** and **meditation on Naam (God's Name)**
- ✓ **Helping others**, being compassionate and humble
- Sikhs turn to Guru Granth Sahib Ji for guidance in daily actions, decisions, and spiritual practice.

C. The Ten Sikh Gurus – Their Social and Religious Contributions

Guru	Key Contributions
Guru Nanak Dev Ji	Founded Sikhism, preached equality, devotion, and service.
Guru Angad Dev Ji	Introduced **Gurmukhi script**, emphasized physical fitness.
Guru Amar Das Ji	Promoted **Langar** (community kitchen), supported **women's rights**.
Guru Ram Das Ji	Founded **Amritsar**, encouraged devotional music.
Guru Arjan Dev Ji	Compiled **Adi Granth**, built the **Golden Temple**, martyred for faith.
Guru Hargobind Sahib Ji	Introduced **Miri-Piri** (temporal and spiritual leadership), wore two swords.
Guru Har Rai Ji	Promoted peace and preserved the environment.
Guru Harkrishan Ji	Helped cholera/epidemic victims in Delhi, youngest Guru.
Guru Tegh Bahadur Ji	Fought for **religious freedom**, martyred for protecting Hindus.
Guru Gobind Singh Ji	Founded the **Khalsa** (saint-soldiers), finalized Guru Granth Sahib as the eternal Guru.

D. Appreciating Guru's Teachings for Social Welfare

- Sikh Gurus emphasized:
- ✓ Helping the **needy** (e.g., Langar, charity)
- ✓ **Standing up** against injustice
- ✓ Promoting **education** and **health**
- ✓ Living a **disciplined, honest** and **service-oriented** life
- These teachings guide modern Sikhs to be **active contributors** to society, upholding human rights and dignity.

STRAND 2.0: SCRIPTURES

Sub-strand 2.1: Origin and Development of Scriptures

A. Origin of Scriptures in the Four Faiths

Faith	Main Scriptures	Origin
Sanatan Dharma (Hinduism)	Vedas, Shruti, Smriti, Upanishads, Puranas, Ramayana, Mahabharata	Revealed to sages (Rishis) during meditation; orally passed down (Shruti = "heard", Smriti = "remembered")
Jainism	Agamas, Kalpasutra	Taught by Tirthankaras, especially Mahavira; orally preserved and later written down
Buddhism	Tripitaka (Three Baskets), Visuddhimagga	Collected after Buddha's death at Buddhist councils; originally oral, later written on palm leaves
Sikhism	Sri Guru Granth Sahib Ji, Dasam Granth	Composed by the Sikh Gurus and saints; compiled by Guru Arjan Dev Ji and Guru Gobind Singh Ji

B. Development of Scriptures

- **Sanatan Dharma**:

✓ Started as oral chants → later written in Sanskrit.

✓ Developed over thousands of years.

✓ Includes **Vedic hymns**, **epics** (e.g. Mahabharata with Bhagavad Gita), and **Puranic stories**.

- **Jainism**:

✓ Teachings of **Mahavira** and earlier Tirthankaras recorded as **Agamas**.

✓ Due to famine and migrations, many scriptures were lost; Jain monks wrote them down later to preserve them.

- **Buddhism**:

✓ **First Buddhist Council** preserved Buddha's teachings.

✓ Divided into:

❖ **Vinaya Pitaka** (discipline)

❖ **Sutta Pitaka** (sermons)

❖ **Abhidhamma Pitaka** (philosophy)

✓ Commentaries like **Visuddhimagga** added later.

- **Sikhism**:

✓ Guru Nanak's hymns preserved by his followers.

✓ Guru Arjan compiled the **Adi Granth**.

✓ Guru Gobind Singh added writings to form **Sri Guru Granth Sahib Ji** (eternal Guru).

✓ **Dasam Granth** contains writings of Guru Gobind Singh Ji.

C. Challenges in the Development of Scriptures

- **Sanatan Dharma**: Oral tradition risked loss of accuracy; language evolution; invasions destroyed texts.
- **Jainism**: Famines led to the death of knowledgeable monks; disputes over authentic texts.
- **Buddhism**: Political changes affected preservation; early scriptures were memorized—risk of distortion.
- **Sikhism**: Need for accurate compilation; persecution of Sikhs during Mughal rule threatened preservation.

D. Importance of Scriptures for Harmonious Coexistence

- Encourage **morality**, **peace**, and **respect** across faiths.
- Teach values like:

✓ **Truth**, **non-violence** (Ahimsa)

✓ **Compassion**, **service to humanity**

- Help promote **interfaith dialogue** and **understanding**.
- Build appreciation for **spiritual diversity**.

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Sub-strand 2.2: Ethical and Moral Teachings (22 Lessons)

A. Overview

This sub-strand explores moral and ethical teachings from the **scriptures of four faiths** and how they promote personal integrity, social harmony, and spiritual development.

1. Sanatan Dharma (Hinduism)

Scriptures: *Mahabharata* and *Ramayana*

Key Teachings:

- ✓ **Dharma (Righteousness)** – do your duty with honesty and selflessness.
- ✓ **Truthfulness** – Satyam is the highest virtue.
- ✓ **Non-violence (Ahimsa)** – respect for all life.
- ✓ **Self-control** – practice restraint of desires.
- ✓ **Respect for elders and teachers** – key to harmony and learning.
- ✓ **Example**: Rama's obedience to his father in *Ramayana*.

🧘 2. Jainism

Scriptures: *Agamas*, *Kalpasutra*

Key Teachings:

- **Five Great Vows** (Mahavratas):

1. Ahimsa (non-violence)
2. Satya (truth)
3. Asteya (non-stealing)
4. Brahmacharya (chastity)
5. Aparigraha (non-possession)

- **Compassion and forgiveness**
- **Purity of thought, word, and action**

3. Buddhism

Scriptures: *Vinaya Pitaka*, *Sila* (precepts)

Key Teachings:

- **Five Precepts** (Pancha Sila):

1. Avoid killing
2. Avoid stealing

3. Avoid sexual misconduct
4. Avoid false speech
5. Avoid intoxicants

- **Eightfold Path** – a guide to ethical living
- **Compassion, mindfulness, and right conduct**

⚔ 4. Sikhism

Scriptures: *Sri Guru Granth Sahib Ji, Dasam Granth*

Key Teachings:

- ✓ **Honest living (Kirat Karni)**
- ✓ **Sharing with others (Vand Chakko)**
- ✓ **Remembering God (Naam Japna)**
- ✓ **Equality and service (Seva)**
- ✓ **Condemnation of discrimination, lying, greed, and ego**

Sub-strand 2.3: Prominent Personalities

Prominent Personalities in Hinduism

1. Ved Vyas

- ✓ **Compiled the Vedas** and wrote the **Mahabharata**.
- ✓ Also credited with writing the **Puranas** and organizing **Vedic knowledge**.
- ✓ Promoted **spiritual discipline and wisdom**.

2. Adi Shankaracharya

- ✓ Preached the doctrine of **Advaita Vedanta** (non-dualism).
- ✓ Emphasized **self-realization** and **oneness with Brahman**.
- ✓ Set up **four maths (monasteries)** across India.
- ✓ Promoted **Vedic dharma** and **unity among Hindus**.

3. Tulsidas

- ✓ Wrote **Ramcharitmanas** (a version of the Ramayana in Hindi).
- ✓ Spread **devotion to Lord Rama**.
- ✓ Encouraged **faith, humility, and dharma**.

4. Swami Vivekananda

- ✓ Disciple of **Ramakrishna Paramhansa**.
- ✓ Represented Hinduism at the **Parliament of World Religions** (1893).
- ✓ Promoted **youth empowerment, education, and self-confidence**.
- ✓ Key message: **"Arise, awake, and stop not till the goal is reached."**

5. Ramakrishna Paramhansa

- ✓ Preached **universal religion and unity of all faiths**.
- ✓ Emphasized **spiritual experience over rituals**.
- ✓ Inspired many spiritual leaders like **Swami Vivekananda**.

Propagation Movements

a) Swaminarayan Movement

- ✓ Founded by **Sahajanand Swami (Swaminarayan)**.
- ✓ Promoted **discipline, devotion, purity, and service**.
- ✓ Built temples and improved **social morality**.
- ✓ Advocated for **women's dignity and ethical living**.

b) Arya Samaj

- ✓ Founded by **Swami Dayanand Saraswati**.
- ✓ Rejected idol worship and promoted **Vedas as supreme authority**.
- ✓ Advocated **education for all**, including girls.
- ✓ Supported **social reforms** like widow remarriage and abolition of child marriage.

Suggested Learning Activities

- ✓ Research on lives and teachings of each personality.
- ✓ Peer discussions and group summaries.
- ✓ Community service projects inspired by the teachings.
- ✓ Presentations and media-based reports on their impact.
- ✓ Visit places of worship or spiritual centers.

Key Inquiry Questions

1. How can learning about prominent personalities help us in our lives?
2. Why is understanding the personalities behind the scriptures important?

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STRAND 3.0: PRINCIPLES OF DHARMA

Sub-strand 3.1: Core Beliefs

Core Dharma Principles in the Four Faiths

Sanatan (Hinduism)

1. **Ahimsa** – Non-violence in thought, word, and action.
2. **Satya** – Truthfulness.
3. **Asteya** – Non-stealing.
4. **Brahmacharya / Sheel** – Self-control and celibacy.
5. **Aparigraha** – Non-possessiveness or simplicity.
6. **Pranidhan (Ishwar Pranidhan)** – Surrender to God.
7. **Saucha** – Cleanliness and purity.
8. **Tapas** – Discipline or spiritual effort.
9. **Swadhyay** – Study of scriptures and self-reflection.
10. **Santosha** – Contentment.
11. **Punarjanam** – Belief in rebirth.
12. **Prarthana** – Prayer and devotion.

Jainism

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