AUSTRALIAN HINDU ASSOCIATION INC.

Curriculum for Special Religious Education in Hindu Dharma

Student Group: Years 3 to 6

Class Duration: 30 min

Term/ Week	Topic	What is Covered*	Objective
T 1			
W1	Overview of Course & Sanatana Dharma Overview	• What is Sanatana Dharma – explain meaning of Sanatana and Dharma • Why is Sanatana Dharma called Hinduism? • Oldest surviving continuing Civilization in the world. • Meaning of Namaste, Om, Dharma • Other religions • Hindus across the Globe	• Know what will be taught in the course. • Introduction to the key terms, timelines, and symbolisms of Sanatana Dharma
W2	Our Festivals - Term 1 related	• Makara Sankranti • Vasant Panchami • Maha Shivaratri • Holi • Ugadi/Gudi Padwa (New Year), Bihu • Baisakhi	• Know the significance of Festivals, associated rituals, why and how we celebrate, the deeper meaning of the festivals.
W3	Sanatana Dharma - Our Shastras, Concept of Dharma, Purusharthas	• Hindu Scriptures Overview: Shruti, Smriti (Vedas), Puranas, Bhagwatam, Itihasas – Ramayana and Mahavharata (Bhagvad Gita), Timelines. • Classification Goals of Life	• Understand the overall structure of Sanatana Dharma body of knowledge (Smritis, Shrutis, its philosophical foundations, Rishis, Samskrit language.

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W4	Sanatana Dharma - Our Devatas	• Our concept of Bhagwan (God) • Devatas • Brahma, Vishnu, Shiva, Shakti (Durga), Ganesh, Surya • Shlokas and Mantras • Use of Metaphor – example – Ganesha, Hanuman	• Appreciate the Sanatana concept of Bhagwan (God) – from formless, qualityless, to forms, qualities, idols (metaphors), different forms of energy • Appreciate the meaning and purpose of Mantras and Shlokas

W5	Sanatana Dharma - Recap and Activity	• Activities – quiz and colouring
		  ○ Revision of Sanatana Dharma Concepts, Ganesha and Hanuman metaphors
		  ○ Revision of festivals
			• Consolidate understanding of Vedas, Puranas, Itihasas, Bhagwan, Devatas, Metaphor, quiz and colouring

W6	Ramayana	• What is the meaning of Itihasa – that which happened • Introduce the Itihasa of Ramayana • Meaning of Ramayana, timelines • Introduction to Ramayana, main characters – Valmiki, Dasharatha, Rama, Lakshmana, Sita, Hanuman, Ravana • Who composed Ramayana, how many verses	• Gain understanding of the great Itihasa – Ramayana. • Understand the main personalities involved and timelines.
W7	Ramayana	• Narrate Ramayana using Pictures, Audio/Visual aids. • Show maps of Rama's journey across Bharat and Sri Lanka • Ravana – Significance of 10 Heads • Rama, Ravana, and Dusshera • Tulsidas and Hanuman Chalisa	• Understand the geography and history of Ramayana. • Get the overview of story of Ramayana. • Understand Maryada Purushottam qualities, • Good vs Bad (Ravana) • Understand the history of Ayodhya, Ram Temple.

W8	Ramayana - Recap and Activity	• Activities – quiz and colouring
		  ○ Revision of Ramayana - key events, geography
		  ○ Significance of Ravana's Ten Heads
			• Consolidate understanding of Ramayana, Noble Qualities of Rama

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W9	Being a Sanatani - Dina Charya and Pancha Maha Yagna	• An Ideal Daily Timetable (Dina Charya) that is Dharmic and good for our physical, mental well-being. Importance of getting up early, daily prayers, daily duties. • 5 types of Service/Sacrifice – Deva, Brahma, Pitru, Manushya, Bhoota Yagnas	• Understand the significance of Pancha Maha Yagna (5 Key Daily Duties of Hindus).
W 10	Activity Day	• Prepare a Timetable for Daily Activities and Checkbox to see if we are following it consistently. Keep a record to monitor every week. • Nachiketa • Yog Asanas	• Consolidate understanding of Pancha Maha Yagna/Dina Charya.
Term 1 Outcomes Students gain basic understanding of our Shastras, Concept of Devatas, festivals, get introduced to the great Itihasa Ramayana, and gain appreciation of a typical day in the life of a practising Sanatani - duties of Sanatani.			
T 2			
W1	Recap - Sanatana Dharma Key Concepts and Ramayana	• Recap of Sanatana Dharma concepts, Ramayana, Dina Charya • Hanuman Chalisa introduction & Tulsidas	• Revise what has been learnt so far and track how practice of din acharya is going. • Introduction to Hanuman Chalisa.
W2	Our Festivals - Term 2 related	• Rama Navami • Hanuman Jayanti • Akshaya Tritiya • Puri Rath Yatra • Guru Purnima	• Know the significance of Festivals, associated rituals, why and how we celebrate, the deeper meaning of the festivals.
W3	Mahabharata	• Introduce the Itihasa of Mahabharata, timelines • Introduction to main personalities – Bhagwan Krishna, Pandavs, Kauravas, Veda Vyasa • Who composed Mahabharata, how many verses • Kurkshetra Yuddh, Bhagwad Gita	• Gain understanding of the great Itihasa – Mahabharata. • Understand the main personalities involved and timelines.
W4	Mahabharata	• Narrate Mahabharata using Pictures, Audio/Visual aids • Show maps of Kings and Kingdoms in Mahabharata • Bhagwad Gita	• Get the overview of story of Mahabharata. • Understand the geography and history of Mahabharata.

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		• Krishna and Dwaraka • Why Dwaraka disappeared under Sea	• Key Take aways from Mahabharata. • Understand the historicity of Dwaraka and efforts to excavate.
W5	Mahabharata - Recap and Activity	• Activities – quiz and colouring ○ Revision of Mahabharata - key events, geography ○ Significance of Mahabharata – Key Events ○ Bhagwad Gita – Key Teachings	• Consolidate understanding of Mahabharata, Krishna, Pandavas, Kauravas. • Understand the context of key teachings of Bhagwad Gita
W6	DasAvatara	• Evolution of Life on Earth and of Humans • Metaphorical Representation – DasAvatara • What does Avatara mean? • Significance of Bhagwan Vishnu	• Develop understanding of Science and Sanatana concept of evolution – Avatara and the ten Avataras
W7	DasAvatara	• Overview of DasAvatara using Pictures, Audio/Visual aids.	• Gain on overview of DasAvatara and the significance behind the metaphors. • Can relate this with the scientific theory of evolution,
W8	DasAvatara - Recap and Activity	• Activities – quiz and colouring ○ Revision of DasAvatara - key events, personalities ○ Significance of Bhagwan Vishnu	• Consolidate understanding of DasAvatara and significance
W9	Hanuman Chalisa	• Focused Session on Hanuman Chalisa	• Complete rendition of Hanuman Chalisa is practiced
W10	Activity Day	• Recap of MahAbharata, Bhagwad Gita • Quick check on how we are going with Dina Charya • Bhagwad Gita Shlokas • When Mahabali Bhim meets Hanuman • Yog Asanas	• Consolidate understanding of MahABharata and DasAvatara • Gain introduction to Bhagwad Gita Shlokas
Term 2 Outcomes			

Term/ Week	Topic	What is Covered*	Objective
Students gain foundational knowledge of the great Itihasa Mahabharata, and Pouranic Das Avatara, understand the significance of the festivals, and consolidate their understanding of Pancha Maha Yagna (Cardinal Duties of a Sanatani).			
T 3	-		
W1	Recap - Mahabharata, DasAvatara, Bhagvad Gita	• Revision of Mahabharata, Bhagwad Gita Shlokas, DasAvatara • Din Charya Stock Take • Hanuman Chalisa	• Revise what has been learnt so far and track how practice of din acharya is going. • Revision of Key Bhagwad Gita Shlokas, Hanuman Chalisa
W2	Our Festivals - Term 3 related	• Naga Panchami • Varalakshmi Vrat • Raksha Bandhan • Krishna Janmashtami • Ganesh Chaturthi • Viswakarma Puja • Onam • Navaratri • Dusshera	• Know the significance of Festivals, associated rituals, why and how we celebrate, the deeper meaning of the festivals.
W3	Concept of Time & Panchanga	• Cyclical concept of Time – Kaala, Yugas • PanchAnga meaning, introduction • Tithi	• Appreciate the Cyclical concept of Kaala, Yugas • Know the significance of PanchAnga, Tithi
W4	Concept of Time & Panchanga	• Vaara and Nakshatra • Jyotish and Astronomy, Famous Bharatiya Rishis/Mathematicians/Astronomers and their contributions	• Know the significance of Vaara, Nakshatra • Appreciate the contribution of Bharatiya Rishis/Mathematicians /Astronomers to Jyotish Gyan

W5	Concept of Time & Panchanga - Recap & Activity	• Activities – quiz and colouring
		  ○ Revision of cyclical concept of Time – Kaala, Yugas
		  ○ PanchAnga concepts – Tithi, Vaar, Nakshatra
		  ○ Bharatiya Rishis/Astronomers/Mathematicians – their contributions
			• Consolidate understanding of PanchAnga, Kaala, Yuga, Bhartiya Astronomy, and contribution of our Rishis/Mathematicians

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W6	Bharata Varsha Geography	• What is Bharata Varsha – meaning(s) of Bharata • Introduction to the Geography of Bharata Varsha, Jambu Dweepa • Maps, Audio-Visual depiction of Ancient Bharat to Present Day Bharat	Gain an understanding of the geographical extent of Bharata Varsha
W7	Bharata Varsha Geography	• Identify the location and flow, extent of Sacred Rivers, Mountains • Learn about Himalayas • Movement of Tectonic Plates, Pangea, and how Himalayas were formed • One of the Oldest Mountain ranges in the world – Eastern Ghats, Western Ghats • What happened to River Saraswati – Saraswati Civilisation (Archaeological evidence)	Gain an understanding of the Sacred Rivers, Mountains in the context of Puranas and Itihasas. Significance of the Rivers in shaping the Bharatiya Vedic Civilisation.
W8	Bharata Varsha Geography - Recap & Activity	• Activities – quiz and colouring, map work ○ Identifying rivers, mountains on Maps ○ Significance of Rivers and Mountains ○ Matching Rivers and Mountains with Pouranic Context	Consolidate understanding of Bharatiya Geography
W9	Focus on Bhagwad Gita Shlokas	• Bhagwad Gita Shlokas	• Able to recite at least 5 Shlokas from Bhagvad Gita
W10	Activity Day	• Recap of PanchAnga, Kala, Yuga, Bharatiya Geography • Quick check on how we are going with Dina Charya • Bhagwad Gita Shlokas • DronAcharya and Arjuna • Yog Asanas	• Consolidate understanding of PanchAnga, Bharatiya Geography, Sacred Rivers, River Saraswati
T 3	Students develop basic understanding of the Sanatani concept of Time (Kaala), Panchanga. They develop awareness of the Geography of Bharatavarsha (Mountains, Rivers, etc and their significance).		
T 4	-		
W1	Recap - PanchAnga, Bharartavarsha Geography	• Revision of Kaala, Yugas, PanchAnga – Tithi, Vaara, Nakshatra, BharataVarsha Geography – Sacred Rivers, Mountains	• Revise what has been learnt so far and track how practice of din acharya is going.

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		• Hanuman Chalisa	• Revision of PanchAnga, Concept of Time, BharataVarsha Geography
W2	Our Festivals - Term 4 related	• Sharad Purnima • Karwa Chauth • Dhanteras • Diwali • Bhai Dooj • Chhath Puja • Kartik Poornima • Gita Jayanti	• Know the significance of Festivals, associated rituals, why and how we celebrate, the deeper meaning of the festivals.
W3	Bharata Varsha History	• Introduction to Bharata Varsha History, Timelines of Kings and Dynasties, Puranas as Source of Timelines/Chronology • Trace the timeline from Ancient to Present Day Bharat • Introduce Key Personalities	• Gain overview of the Kings, Kingdoms of Ancient Bharat to Present Day • Learn about Key Personalities who established and preserved Sanatana Dharma through strict adherence to Dharma and astute governance
W4	Bharata Varsha History	• Delve deeper into the significant events and their timelines • Bharat's glory – both in terms of Spiritual, Material Wealth, Military Prowess, and Scientific Achievements • What happened in the medieval times, challenges faced by Sanatanis during Islamic and British Rule • Freedom and Present-day Bharat	• Gain deeper understanding of Bharatiya History – Ancient to Present

W5	Bharata Varsha History - Recap & Activity	• Activities – quiz and colouring, map work
		  ○ Identifying kings, kingdoms, events on Maps
		  ○ Significance of Historic Events
		  ○ Matching Kings, Kingdoms, and Timelines
		  ○ Medieval to Present Day Bharat events
			• Consolidate understanding of Bharatiya History to Present Day Bharat

Term/ Week	Topic	What is Covered*	Objective
W6	Bharata Varsha Science	• Introduction to Bharata Varsha Scientific Contribution and Scientists (Rishis) • Trace the timeline from Scientific Development • Introduce Key Rishis, Scientists, Mathematicians	• Gain overview of the Kings, Kingdoms of Ancient Bharat to Present Day • Learn about Key Personalities who established and preserved Sanatana Dharma through strict adherence to Dharma and astute governance
W7	Bharata Varsha Science	• Delve deeper into the significant contributions by Bharatiya Rishis and Scientists to Science • Ship Building and Sea Faring example • Iron Pillar example (Metallurgy) • Decimal System, Zero, Algebra (Mathematics) • Calculus (Kerala School of Maths) • Astronomy (Calculation of Cosmic Distance, Time Periods, Predicting Eclipses)	• Gain deeper understanding of Bharatiya Science, contribution of our Rishis, Scientists

W8	Bharata Varsha Science - Recap & Activity	• Activities – quiz and colouring
		  ○ Matching Rishis, Scientists, and their Contributions
		  ○ Timelines of Scientific Contributions
		  ○ Key Facts about Scientific Achievements, Rishis
			• Consolidate understanding of Bharatiya Science, contribution of our Rishis, Scientists

W9	Focus on Bhagwad Gita Shlokas	• Bhagwad Gita Shlokas • Introduction to Gurukula System (Bharatiya Model of Education)	• Able to recite at least 5 more Shlokas from Bhagvad Gita
W10	Activity Day	• Recap of Bharatiya History, Science • Quick check on how we are going with Dina Charya • Bhagwad Gita Shlokas • Emperor Dileep and Go Raksha • Yog Asanas	• Consolidate understanding of Bharatiya History, Science

Term 4 Outcomes
Students develop awareness of the History of Bharatavarsha (Historical Timeline, Kingdoms and Kings, Great Men, Women, Warriors, Saints, and their contributions. They further gain understanding of the contribution of Sanatana Dharma to Science, Medicine, Yoga. They develop

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basic understanding of the great contribution by Rishis and Scholars to different fields of Science and Literature).			

Annual Outcomes
Students gain understanding of the philosophical foundations of Sanatana Dharma, and the logic or science behind our rituals/practices. They gain appreciation of our rich history, culture, geography, and the great Rishis, Kings, Queens, Saints and other personalities and their contributions to humanity in the form of dharma, science, literature, philosophy and social welfare.

**** Each class will commence with Ganesh and Saraswati Vandana, Chanting of Om or Panchakshari (Om Namah Shivaya) and end with Shanti Patha. Time Permitting Yogasanas such as TaadAsana, VrikshAsana, Surya Namaskar will be practised.***