AUSTRALIAN HINDU ASSOCIATION INC.

Curriculum for Special Religious Education in Hindu Dharma

Student Group: K to Year 2

Class Duration: 30 min

Term/ Week	Topic	What is Covered*	Objective
T 1			
W1	Being a Hindu	• Meaning of Hindu – Sanatana Dharma • What is Om? • What is the meaning of Namaste? • Story – God is Everywhere	• Introduction to the key terms, timelines, and symbolisms of Sanatana Dharma
W2	Our Festivals - Term 1 related	• Makara Sankranti • Vasant Panchami • Maha Shivaratri • Holi – Story of Prahalada • 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	• Principles and Values we learn from:
		  ○ Vedas
		  ○ Puranas
		  ○ Itihasas
		• Major questions that have bothered people since ages – Who created the Universe? What is the purpose of Life? What happens after Death?
		• Story of Nachiketa
			• Understand the overall structure of Sanatana Dharma body of knowledge (Smritis, Shrutis, its philosophical foundations, Rishis, Samskrit language.

W4	Sanatana Dharma - Our Devatas	• Our concept of Bhagwan (God) • Devatas • Brahma, Vishnu, Shiva, Shakti (Durga), Ganesh, Surya	• Appreciate the Sanatana concept of Bhagwan (God) – from formless, qualityless,

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		• Shlokas and Mantras • Use of Metaphor – example – Ganesha, Hanuman	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	• Introduction to Ramayana, main characters – Valmiki, Dasharatha, Rama, Lakshmana, Sita, Hanuman, Ravana • Story of Valmiki and Rama's Birth, Education, His Brothers, Gurus	• 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
W9	Being a Sanatani - Dina Charya and Pancha Maha Yagna	• Daily Timetable for Good Health and a Wise Mind • Benefits of Getting up early, daily prayers, exercise, yoga, meditation • 5 types of Service/Sacrifice – Deva, Brahma, Pitru, Manushya, Bhoota Yagnas • Story – Narada's test of devotion	• Understand the significance of Pancha Maha Yagna (5 Key Daily Duties of Hindus).

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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. • Yog Asanas • Honest Old Man Story	• 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 – Story of 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	• Mahabharata, timelines, main personalities –Bhagwan Krishna, Pandavs, Kauravas, Veda Vyasa • 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 • Story of Krishna and Sudama	• Get the overview of story of Mahabharata. • Understand the glory of Krishna – Value of True Friendship

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

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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 Bhagwn 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 • Story - When Mahabali Bhim meets Hanuman • Yog Asanas	• Consolidate understanding of MahABharata and DasAvatara • Gain introduction to Bhagwad Gita Shlokas • Value of Humility
Term 2 Outcomes Students gain foundational knowledge of the great Itihasa Mahabharata, and Pouranic DasAvatara, 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	• Know the significance of Festivals,

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		• Varalakshmi Vrat • Raksha Bandhan • Krishna Janmashtami • Ganesh Chaturthi • Viswakarma Puja • Onam – Story of Mahabali • Navaratri • Dusshera	associated rituals, why and how we celebrate, the deeper meaning of the festivals.
W3	Concept of Time & Panchanga	• Story of King Kakudmi and Revati's travel to Brahma Loka • Concept of time - Yugas • Tithis – list of Tithis	• Appreciate the Cyclical concept of Kaala, Yugas • Know the significance of PanchAnga, Tithi
W4	Concept of Time & Panchanga	• Vaara and Nakshatra • List of Vaaras, Chief of each Vaara, and Chief Deity/Planet for each Vaara • Story of Aryabhata – the great Indian Mathematician and Astronomer – inventor of Zero	• 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
		  ○ Story of Madhava and Keshava
			• Consolidate understanding of PanchAnga, Kaala, Yuga,
			• Value of Selflessness

W6	Bharata Varsha Geography	• What is Bharata Varsha – meaning(s) of Bharata • Introduction to the Geography of BharataVarsha, JambuDweepa • Maps, Audio-Visual depiction of Ancient Bharat to Present Day Bharat • Story of King Bharata	• Gain an understanding of the geographical extent of BharataVarsha • Know the valour of King Bharata - Bharat Varsha is named after Bharata
W7	Bharata Varsha Geography	• Identify the location and flow, extent of Sacred Rivers, Mountains • Learn about Himalayas • Story of Bhageeratha	• Gain an understanding of the Sacred Rivers, Mountains in the context of Puranas and Itihasas. • Value of Determination and Strong will

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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 • Story of Karma	• Able to recite at least 5 Shlokas from Bhagvad Gita • What we sow, thou we reap
W10	Activity Day	• Recap of PanchAnga, Kala, Yuga, Bharatiya Geography • Quick check on how we are going with Dina Charya • Bhagwad Gita Shlokas • Story of DronAcharya and Arjuna • Yog Asanas	• Consolidate understanding of PanchAnga, Bharatiya Geography, Sacred Rivers, River Saraswati • Value of Focus, Devotion
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 • Hanuman Chalisa	• Revise what has been learnt so far and track how practice of din acharya is going. • Revision of PanchAnga, Concept of Time, BharataVarsha Geography
W2	Our Festivals - Term 4 related	• Sharad Purnima • Karwa Chauth • Dhanteras • Diwali – Story of Diwali – Rama's return to Ayodhya • 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. • Victory of Good over Evil.

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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

W6	Bharata Varsha Science	• Introduction to Bharata Varsha Scientific Contribution and Scientists (Rishis) • Trace the timeline from Scientific Development • Introduce Key Rishis, Scientists, Mathematicians • Story of	• 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 • Story of Acharya Kanada – who propounded the theory of atom	• Appreciate the greatness of Bharatiya Sages and Ancient Scientists

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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 • Story of Emperor Dileep and Go Raksha • Yog Asanas	• Consolidate understanding of Bharatiya History, Science • Value of Sacrifice

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 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 the 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 practiced.***