

The elephant-headed Ganesha is a Hindu god worshipped by virtually all Hindus. He is the god of wisdom and intellect. He is often shown holding an axe, which he uses to take action against demons.



# Hindu Worship

LO: TO UNDERSTAND WHY PUJA IS IMPORTANT FOR HINDUS AND HOW IT IS PRACTISED AT HOME.

# Can you mime each of these actions?

- ▶ Being pleased to see someone.
- ▶ Saying thank you for something.
- ▶ Being sorry.
- ▶ Giving a present to someone.
- ▶ Receiving a present from someone.
- ▶ Meeting someone important.

Most Hindus perform a daily act of worship, called puja. Some of the actions done during puja are similar to the mimes you performed.



Puja is a little like having a conversation with a deity.



This is a puja tray. Remember, puja is performed daily by many Hindus at their shrines in their homes.

An important part of puja is making offerings to gods and goddesses.

What do you think each of these items is for?





A lamp is lit to symbolise the light of God's presence.

Incense is burned to purify the air.

A water jug and spoon symbolise washing and purity.

A bell is rung so the god knows they have come to worship.

Worshippers use red kum kum powder to mark their own foreheads and the forehead of the deity in their shrine.

Food and flowers are offered as gifts to the gods.



# Let's look closer at some of the rituals performed during a Puja.



Lighting incense.



Lighting lamps.



Chanting, praying or meditating.



Using kum kum powder.



Making offerings of  
food and flowers.



Do you  
remember what  
'devotion' means?  
Hindus perform puja to  
show their devotion  
to God.