



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Pilgrimage

The River Ganges is considered to be sacred and spiritually pure for Sanatanis although in reality it is not a clean river.



Because of the purifying nature of the river, Sanatanis believe that any rituals performed on the banks of the Ganges or in its water will wash away impurity.

Religion & Worldviews

Year 5: Summer 1

What is the best way for a Sanatani to show commitment to God?

Puja (worship)

Puja is worship; this mostly involves the use of images (murtis) and saying of prayers (mantras).

Sanatani worship is primarily an individual act rather than a communal one, as it involves making personal offerings to the deity.

Worship can take place at home or communally in a temple or Mandir.

Worshippers repeat the names of their favourite deities and repeat mantras.

Water, fruit, flowers and incense are offered to god.

Worship at home: The majority of Sanatani homes have a shrine where offerings are made and prayers are said. A shrine can be part of a room, a small altar or simply pictures or statues of the deity. Family members often worship together.

Key Vocabulary

Puja	Worship	✓
Gayatri Mantra	An important prayer or mantra	
Vedas	Holy books	
Purusharthas	The four goals	
Dharma	The code for leading your life	
Pilgrimage	Journey or visit to a sacred place	
Karma	The principle of cause and effect.	
Artha	Being prosperous legally	
Moksha	The release of the soul (Atman) from the cycle of rebirth	
Brahman	The ultimate, unseen force that connects everything.	

Do I have any special books?

What are they?

Why are they special to me? What things are we grateful for?