

[Starter Video](#)

# Puja



Aim: To know what puja is and to understand why it is important for Hindus.

# Worship

Hindus believe that their religion affects everything they do so everything in their life is worship. Particular forms of worship may include repeating names of God, listening to or reading the holy books or making offerings.



# Puja

Puja is the most common form of worship. It can be very simple or complicated. The rules for puja are laid down in the Hindu holy books. It involves making an offering to an image or picture of one of the gods or goddesses. An image is called a MURTI, which mean form. A murti is intended to help people worship as it shows a quality of Brahman



A Murti that  
could be used  
in puja.

# Shrines

A Hindu house always has a shrine where the murtis or pictures are kept. A shrine is a special holy place. Sometimes it is very simple, just a shelf on a wall, other shrines may be beautifully decorated. If the house is large it may be in a special room otherwise it is usually in the kitchen or mother's bedroom. The murti is surrounded by flowers and perfume.



Worship at home takes place at least once a day. The point of worship is to spend time in the presence of God so Hindus prepare for it and perform it carefully. If there is a murti in the shrine it is washed, dried and touched with special coloured powders. It may have flowers hung around it. Food, water and flowers are offered but the gifts do not need to be large or expensive, a grain of rice or flower petal are enough. While they are making puja Hindus repeat mantras. They are usually verses from holy books. They may begin with sacred word Aum. Worshippers do not wear shoes. Everything that a Hindu does can be a form of worship, so even simple tasks like cooking a meal or the washing up can be part of worship if they are done properly and with care.