



THE KENYA NATIONAL EXAMINATIONS COUNCIL

HINDU RELIGIOUS EDUCATION

School Based Assessment

Grade 5

October 2026

(For Regular learners)

Name: _____ Assessment No.: _____

School Name: _____ Signature: _____

INSTRUCTIONS TO LEARNERS

1. This paper consists of 27 questions.
2. Answer Question 1 to 27 spaces provided.

Time: 1 Hour (Questions 1 to 27)

FOR OFFICIAL USE ONLY - SCORING GRID (30 scores)

Question	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Learner's Score (s)	1	1	1	1	1	1	1	1	1	2	1	1	1	1	1	1
Learner's Score																

Question	17	18	19	20	21	22	23	24	25	26	27		TOTAL
Learner's Score (s)	2	1	1	1	1	1	1	2	1	1	1		30
Learner's Score													

1. The daily routine of Sunil Kumar involves watering plants at home, removing dry leaves, weeding and replacing dead plants with new plants. He does this because in Sanatan Dharma, nature is considered _____
2. Select from the images below an element that is part of *Panch Mahabhoot* according to Sanatan/Vedic teachings.



A.



B.



C.



D.

3. Jain teachings encourage respect for all forms of life. Their strong principle is Ahimsa which means _____
4. Grade Five learners noticed that their school garden has been neglected. Jain devotees are encouraged to take care of the soil and everything that is beneath their shoes in order to
 - A. enhance farming of cash crops.
 - B. promote minimal harm and simple living.
 - C. expand agricultural produce.
5. Many trees have medicinal value. Their leaves, barks, roots and fruits are used to treat various diseases. Select from the images given below the tree that is used to treat various diseases.



A. Coconut



B. Bamboo



C. Cyprus



D. Jacaranda

6. Maya had a cough, and her friend tells her to pick some leaves from a nearby tree and chew. Before chewing the leaves, Maya asks her grandmother for advice. She tells Maya to use only plants that have been correctly identified because other plants can
-

7. Medicinal trees have been included in grade five Hindu Religious Education curriculum under the strand Creation. The **main** reason of inclusion in the curriculum is because medicinal plants are used in _____

8. The values taught by Swaminarayan helped society mainly by

- A. Discouraging harmful habits
- B. Living a disciplined and moral life
- C. Promoting cultural- religious l activities

9. Which set of Enlightened Beings compiled the scripture that promoted spirituality?

A.

B.

C.

D.

Swami Narayan
and Abhinandan
Nath

Lord Buddha and
Sri Guru Arjan
Dev ji

Ananda and Sri
Guru Arjan Dev ji

Abhinandan Nath
and Ananda

10. Give **two** reasons why Ananda remembered as a very important disciple of the Buddha

1. _____

2. _____

11. Bharata, the younger brother of Lord Rama in the *Ramayana*, showed strong moral values. Although he had the opportunity to become king, he chose to honour Rama's rightful place and ruled only as Rama's representative until Rama returned from exile. Identify the values which Bharata demonstrated in the Ramayana.
-

12. The Mehta family members often disagree about sharing household duties. The children complain that they are doing more chores than others, while the parents feel that everyone should participate. The best advice to give this family is
-

13. Grade five learners visited a place of worship where they saw the following items put inside.



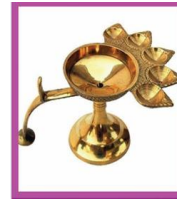
Mirror



Carved Dome



Murtis



Panch Arti Deepak

The place of worship is called where the learners visited is called _____

14. Name a ceremony that involves bathing the idol of a *Tirthankara* with sacred substances.

15. While playing outside, Ravi accidentally hurts a kitten. During a time of reflection and prayer, Ravi admits his mistake, asks for forgiveness, and decides to show greater care and kindness towards all living beings. The practice that involves reflecting on and repenting for one's mistakes in Jainism is

16. Amina visits a Gurdwara with her classmates to learn about Sikh worship practices. Before entering the main prayer hall, their teacher explained the protocols to be followed. The learners listened carefully and quietly before joining the prayer hall. Before entering the main prayer hall of a Gurdwara, visitors are expected to

- A. Wear shoes
- B. Cover their heads
- C. Wear white clothes

17. During a visit to a Gurdwara, learners observe volunteers engaged in different kinds of chores in the Gurdwara. The teacher explains that this act of selfless service is called *Seva* in Sikh faith. Describe **two** ways people practise *Seva* in a Gurdwara. (2 marks)

1. _____

2. _____

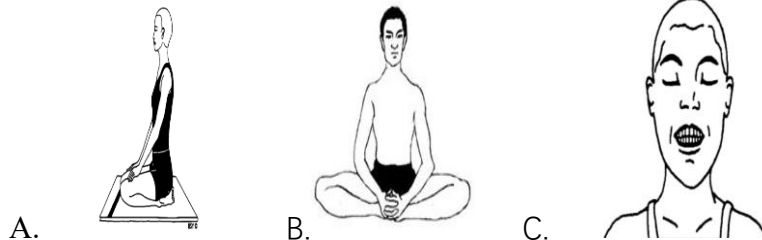
18. John and Noah are working on a group project. They have different ideas about how to complete the task, and this leads to disagreement. What is the **best** action for John and Noah to complete the project?

19. Sarita notices that her friend Anita is struggling to understand a maths activity in class. Instead of laughing at her, Sarita offers to explain the steps and encourages her to keep trying. This action demonstrated that good friends should _____

20. A resource person asked Alisha to give the best way to identify a good friend. Choose the correct answer from the following responses.

- A. Money, fame and love
- B. Trust, respect, and support
- C. Fear, love and control.

21. Select the image that represent *Sheetali Pranayam*.



22. During a yoga lesson, the teacher introduces learners to *Pranayama*, a breathing practice that helps calm the mind and improve focus. The teacher demonstrates alternate nostril breathing, where learners gently breathe in through one nostril and breathe out through the other in a controlled way. Which Pranayama involves alternate nostril breathing?

- A. Bhastrika
- B. Kapalabhati
- C. Anulom Vilom

23. You watched a video clip where *Sheetali Pranayama* was being performed during HRE class. Your teacher tells you that *Sheetali Pranayama* is also called

24. Learners at Visa Oswal Primary School have a club called the Eco Club which has the responsibility of conserving the environment. Write any **two** activities that the Echo club are engaging in to protect the environment.

1. _____

2. _____

25. During a football match, David's team lost an important game. Although he felt disappointed, he did not shout at his teammates or blame others. Instead, he took a deep breath, stayed calm and figures out how the team can improve next time. Which virtue helps a person remain calm during difficulties?

26. Your friend invited you in the neighbourhood to celebrate *Vaisakhi Utsav*. Which statement **best** describes the significance of *Vaisakhi* ceremonies for Sikhs? They

- i. celebrate faith, unity, equality, and service
- ii. focus only on harvest activities
- iii. are mainly entertainment events
- iv. encourage competition among communities

27. During a special day of practice, Anita visits a Buddhist temple with her family to observe *Uposatha*. She spends time meditating, listening to teachings, reflecting on her actions, and practising kindness and self-discipline. Observing *Uposatha* helps Buddhists
-

THIS IS THE LAST PRINTED PAGE.