

My Second Book on

SIKHISM

DIVINITY

(Sikh Studies Book- 2)

**The Sikh Gurus, Personages, Religious Centres, Practices,
Way of Life, Religious Beliefs and Ardaas**



Hemkunt



Note for the Teachers and Parents

Understanding different religions and the basic elements underlying them, lays the foundation for a good human being. Such understanding must be imparted at an early age.

Keeping this in view, Sikh Public Schools in India have introduced religious instruction known as 'Sikh Studies' or 'Divinity' as a compulsory part of their curriculum. The present series has been developed to provide them a complete course in the subject upto the secondary stage.

The series is also aimed at meeting the needs of Sikh children settled abroad by giving them graded tools for study at home or in a Sunday school. This will also be a good resource material for use in summer camps for Sikh children studying in other schools.

The series consists of the following books:

Book I-II are meant as a launching pad for a study of Sikhism by junior children. They cover the basic facts about Sikhism for beginners. As reading skills are being developed at this stage, illustrations are profusely given to be used as a fulcrum. We also solicit the support of parents and teachers for imparting knowledge. Hints for them have been given at the end of each chapter.

Book III-V give *sakhis* or stories about the Sikh Gurus. They have become a part of the folklore in Punjab. They most effectively convey the teachings of Sikhism in a manner traditionally accepted in all religions.

Book VI gives similar *sakhis* or stories about the Sikh Heroes. It thus covers the post-Guru Gobind Singh period of Sikh History. In fact it carries Sikh history, from Banda Singh Bahadur to Maharaja Ranjit Singh.

Book VII is a formal culmination of the series for adolescent children. It introduces them formally to Sikh theology, ethics, psyche etc. after tracing the evolution of Sikhism.

Supplementary Book. It gives the complete *Ardaas* with pictorial cues for easy learning. The text is given in both Gurmukhi and Roman scripts with an English translation.

We have tried to keep the language as simple as possible. But there are obvious limitations because of the nature of the subject matter. We hope that illustrations will relieve this feature to some extent. Comments and suggestions for improvement are welcome.

– Authors

CONTENTS



	<i>Page</i>
The Sikh Gurus	
1. Ten Gurus & Guru Granth Sahib	4
Famous Sikh Personages	
2. Baba Buddha	8
3. Bhai Gurdas	9
4. Banda Singh Bahadur	10
5. Maharaja Ranjit Singh	11
6. Akali Phula Singh	12
7. Hari Singh Nalwa	13
Religious Centres	
8. Nankana Sahib	14
9. Panja Sahib	15
10. Fatehgarh Sahib	16
11. Goindwal Sahib	17
12. Chamkaur Sahib	18
13. Delhi	19
14. Paonta Sahib	21
Sikh Practices	
15. Who is a Sikh	22
16. Significance of Kakaars	23
17. Sikh Dress	25
18. Naam Karan Ceremony	26
Sikh Way of Life	
19. Kirat Karni	27
20. Vand Chhakna	28
21. Naam Japna – Nitnem	29
22. Seva	30
23. Humility	31
Sikh Religious Beliefs	
24. Concept of God	32
Ardaas – The Prayer of the Sikhs	33
Quiz on Sikhism	37



THE SIKH GURUS



1 GURU NANAK DEV

Born at Nankana Sahib in the year 1469.
Died at Kartarpur (Pakistan) in the year 1539.

Founded Sikhism.



2 GURU ANGAD DEV

Born at Mata Di Sarai (Faridkot)
in the year 1504.
Died at Khadur Sahib in the year 1552.

Improved and introduced Gurmukhi script.



3 GURU AMAR DAS

Born at Baserke (Amritsar) in the year 1479.
Died at Goindwal in the year 1574.

Started the tradition of Baisakhi and Diwali gatherings among the Sikhs.



4 GURU RAM DAS

Born at Lahore in the year 1534.
Died at Goindwal in the year 1581.

Founded the city of Amritsar.



5 GURU ARJAN DEV

Born at Goindwal in the year 1563.
Died at Lahore in the year 1606.

**Built the Golden Temple and
compiled the Adi Granth.**



6 GURU HARGOBIND

Born at Wadali (Amritsar) in the year 1595.
Died at Kiratpur in the year 1644.

Constructed the Akal Takhat.



7 GURU HAR RAI

Born at Kiratpur in the year 1630.
Died at Kiratpur in the year 1661.

Consolidated Sikhism.



8 GURU HARKRISHAN

Born at Kiratpur in the year 1656.
Died at Delhi in the year 1664.

Youngest Guru of the Sikhs.



9 GURU TEGH BAHADUR

Born at Amritsar in the year 1621.

Died at Delhi in the year 1675.

Founded Anandpur Sahib.



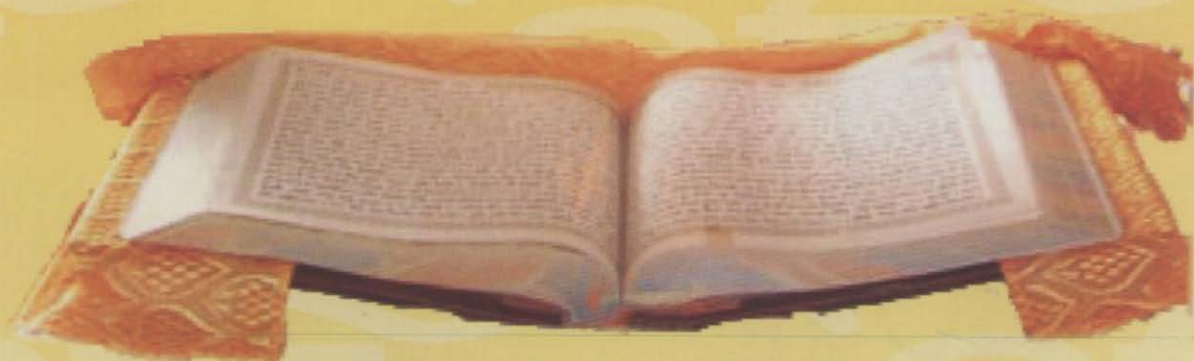
10 GURU GOBIND SINGH

Born at Patna in the year 1666.

Died at Nanded in the year 1708.

Founded the Khalsa Panth.

Ended the succession of human Gurus.



GURU GRANTH SAHIB

First compiled by Guru Arjan Dev in the year 1604.

Revised version prepared by Guru Gobind Singh in 1705.

Declared as the eternal Guru of the Sikhs in the year 1708.

Number of pages: 1430. Number of shabads/compositions: 5867. Number of ragas used: 31.

Language: simple Punjabi with a mixture of dialects of Hindi as well as current words of Persian and Arabic. Script used: Gurmukhi.



An easy way to remember the names and chronological order of the Sikh Gurus is to remember the following part of the Ardaas:

Paritham Bhagauti simarke, **Guru Nanak** laeen dhiyaye.

Phir **Angad Gur te Amar Das, Ramdase** hoeen sahaye.

Arjan, Hargobind nu, simro; **Sri Har Rai.**

Sri Harkrishan dhiyaye, Jis dithhe sabh dukh jaaye.

Teg Bahadur simreai, Ghar nau nidh aawe dhaye,

Sabh thaa-een hoeen sahaye.

Daswen Patshah

Sri Guru Gobind Singh Maharaj,

Sabh thaa-een ho-ai sahaye.

Dasan Pathshahian di jot

Sri Guru Granth Sahib ji

de path deedar da dhiyan dhar ke boloji, Waheguru.

Hints for Parents and Teachers

While the details about the Sikh Gurus given in Book-I should be recalled and reinforced, the idea of common "Light" illuminating all the Sikh Gurus and now enshrined in the Guru Granth Sahib should be emphasized. Children may be introduced to the concept and importance of Ardaas (humble Sikh prayer) and should be encouraged to memorize at least the first part of it given in this chapter. 🙏



FAMOUS SIKH PERSONAGES


Baba Buddha



Baba Buddha is a very special and an important Sikh personage. He lived at the same time as the first six Gurus. He performed the tilak (anointment) ceremony for the Sikh Gurus from the second to the sixth.

Baba Buddha was born in the year 1506. He became the first granthi of the Golden Temple. He lived upto the age of 125 years.

Hints for Parents and Teachers

Explain the importance of being a contemporary of the first six Gurus thus carrying on the true spirit of Sikhism by direct contact with so many Gurus. It would be interesting to tell the sakhis of how he came to be given the epithet of Baba Buddha by Guru Nanak Dev whose disciple he had become at a very young age. 

Bhai Gurdas




Bhai Gurdas was a nephew of Guru Amar Das. He was born at Goindwal in the year 1551.

He helped Guru Arjan Dev to compile Guru Granth Sahib since he wrote it as dictated by the Guru.

Bhai Gurdas never married. He lived upto the age of 78 years.

Hints for Parents and Teachers

Tell the *sakhi* of his meeting with emperor Akbar at Batala to explain to him that the Guru Granth Sahib does not contain anything derogatory to Islam. 



Banda Singh Bahadur



Banda Singh Bahadur is a very famous Sikh hero. He was born in the year 1670 at Rajouri in Jammu and his name was Madho Das. He became a bairagi (an ascetic) and settled at Nanded on the banks of the river Godavari in Maharashtra. Here he met Guru Gobind Singh and became his disciple who named him Banda Singh Bahadur.

After the death of Guru Gobind Singh in the year 1708, Banda Singh Bahadur left for Punjab to punish the enemies of the Sikhs. He captured Sirhind and killed its Governor Wazir Khan who was responsible for murdering two younger sons of Guru Gobind Singh.

Hints for Parents and Teachers

Explain about his becoming a bairagi in his youth and later a disciple of Guru Gobind Singh at Nanded. 🙏


Maharaja Ranjit Singh



Maharaja Ranjit Singh is the most well known Sikh hero. He succeeded in setting up a Sikh kingdom. He is also called Sher-e-Punjab which means the Lion of Punjab. He conquered Lahore in the year 1799 and was crowned the Maharaja two years later.

Maharaja Ranjit Singh was a brave soldier and a good administrator. He captured many areas and established a big empire over which he ruled for 40 years. He loved his people and treated his subjects of different religions alike. He died in the year 1839.

Hints for Parents and Teachers

It may be supplemented by telling one or two examples about Maharaja's kingdom, style of administration and secular approach. 

Panja Sahib



Panja Sahib is also a famous gurdwara connected with Guru Nanak Dev. It is situated in Hassan Abdal about 50 km from Rawalpindi in Pakistan.

Guru Nanak Dev stayed here on his return from Mecca. A local Muslim pir (holymen) Wali Kandhari got jealous of him. He rolled down the hill a rock at the Guru which he stopped with his hand. The rock with the imprint of the hand is still there.

Hints for Parents and Teachers

Stories about Guru Nanak Dev's travels will be of interest as this will help the children in understanding the Guru's personality. ☪




Fatehgarh Sahib



Fatehgarh Sahib is the main gurdwara at Sirhind. It is a reminder of the martyrdom of the two younger sons of Guru Gobind Singh.

There is another gurdwara close by. It is called Burj Mata Gujri. The two Sahibzadas and their grandmother Mata Gujri were kept imprisoned here.

Hints for Parents and Teachers

The complete *sakhi* about the two younger *Sahibzadas* must be retold. 

Goindwal Sahib




Goindwal is one of the holy places for the Sikhs. It is about 25 km from Tarn Taran.

Goindwal was developed by Guru Amar Das. He had made it his headquarters. He built **Baoli Sahib**, the most famous gurdwara there.

Also, at Goindwal Guru Ram Das became the fourth Guru. The fifth Guru, Arjan Dev, was born here.

Hints for Parents and Teachers

The strong tradition of *langar* set up at Goindwal should be mentioned linking it up with the visit of Emperor Akbar to the place. 




Chamkaur Sahib



Chamkaur is a small town near Ropar. After leaving Anandpur Sahib, Guru Gobind Singh fought a fierce battle here against the forces of the Mughal rulers and hill chiefs. Many Sikhs lost their lives in this battle. Two elder sons of Guru Gobind Singh, Sahibzadas Ajit Singh and Jujhar Singh, died fighting here.

Hints for Parents and Teachers

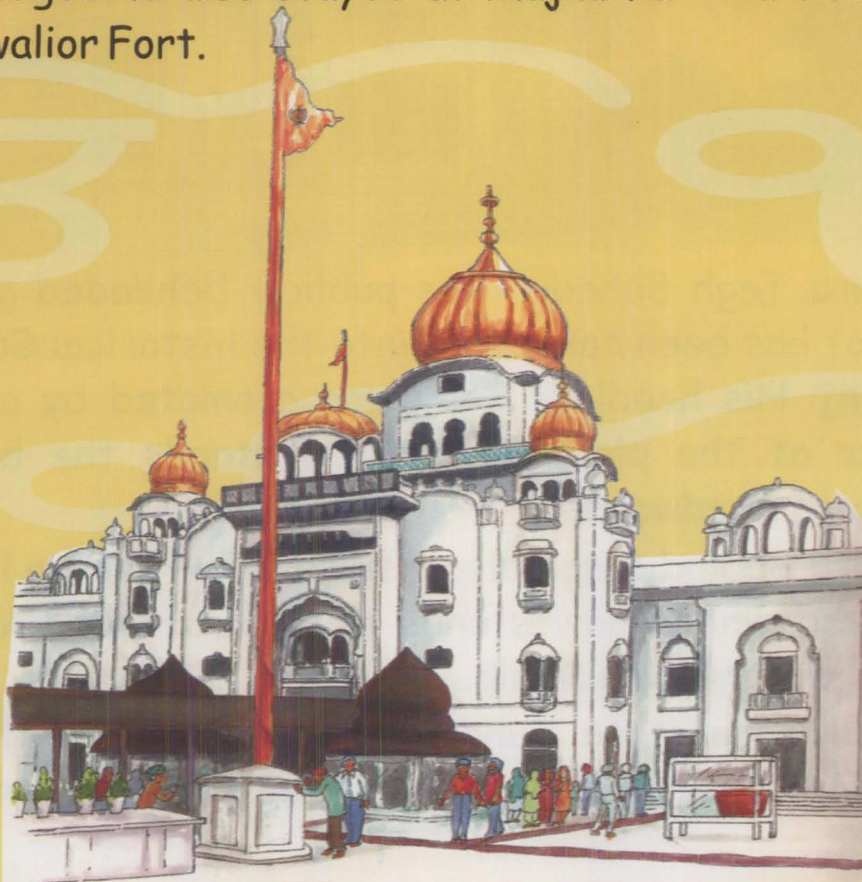
This is the time to reinforce the stories about the four *Sahibzadas*. It is also the time to recall the sacrifices made by Guru Gobind Singh for the Khalsa Panth. 

Delhi



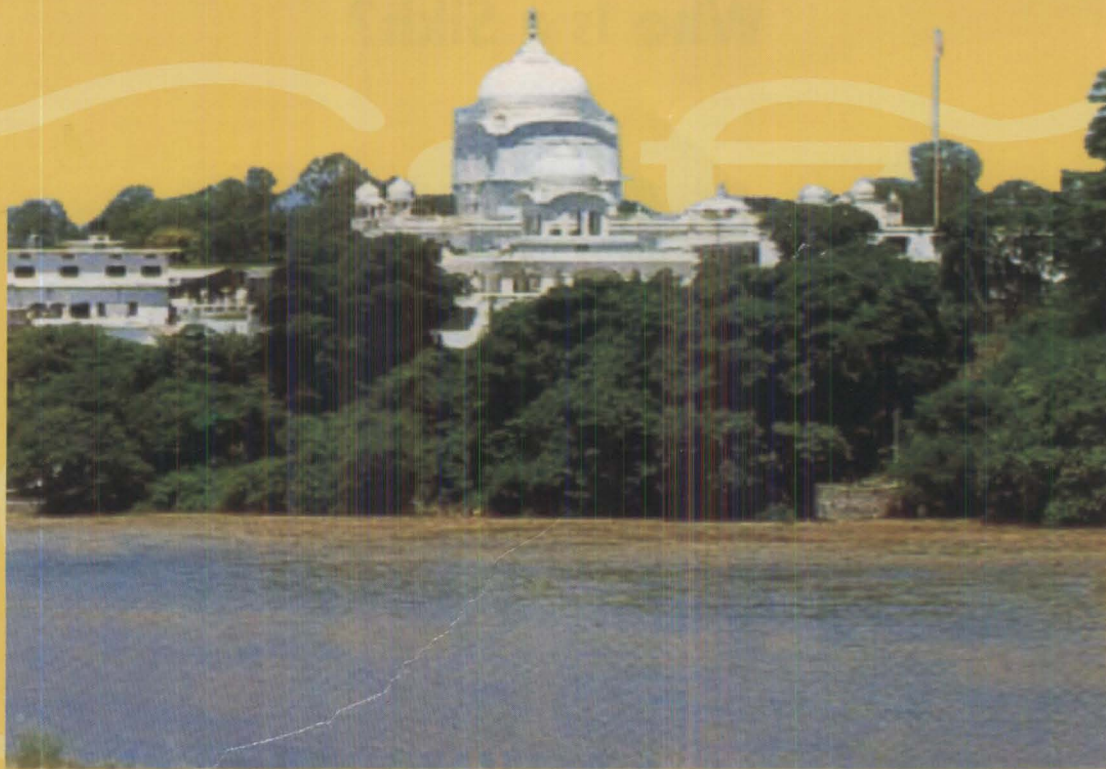
Delhi is an important religious centre of the Sikhs. Five Gurus visited Delhi during their times and it has nine historical gurdwaras.

Guru Nanak Dev visited Delhi during his travels. **Majnu Ka Tilla** and **Gurdwara Nanak Piao** commemorate his visit. Guru Hargobind also stayed at Majnu Ka Tilla on his way from Gwalior Fort.



Guru Harkrishan stayed at the place now called **Gurdwara Bangla Sahib**. He died at Delhi of small-pox and was cremated at a place where now stands **Gurdwara Bala Sahib**.

Paonta Sahib



Paonta Sahib is mid-way between Nahan in Himachal Pradesh and Dehra Dun in Uttranchal Pradesh. It is situated on the banks of river Jamuna. Guru Gobind Singh lived here for about two years at the invitation of Raja of Nahan. He built a fort in twelve days for the defence of Nahan.

Thousands of Sikhs visit the place every year on the occasion of Hola Mohalla.

Hints for Parents and Teachers

Guru Gobind Singh's relations with the hill rajahs should be brought out. Explain significance of Hola Mohalla. ☪



SIKH PRACTICES


Who is a Sikh?



A Sikh is a person who faithfully believes in one immortal God, believes and follows the teachings and writings of the ten Sikh Gurus, believes in Guru Granth Sahib as the only and eternal Guru, believes in tenth Guru's baptism and does not believe in or follow any other religion. A Sikh keeps uncut hair and men wear a turban which gives them a distinctive identity.

A Sikh is not to practise fasting, worship of idols, gambling, smoking or take any intoxicants.

Hints for Parents and Teachers

Tell children that Sikhs don't believe in any living Guru. A Sikh is not to trim/cut his/her hair. Give some idea about the population of Sikhs in different parts of India and the world. 

Significance of Kakaars



In Book 1 you have already read about the five kakaars:
Kes, Kangha, Kara, Kachha, Kirpan.


Every Sikh is supposed to wear five kakaars. They were prescribed by Guru Gobind Singh to give separate identity to the Sikhs.

It is now time to understand their significance.

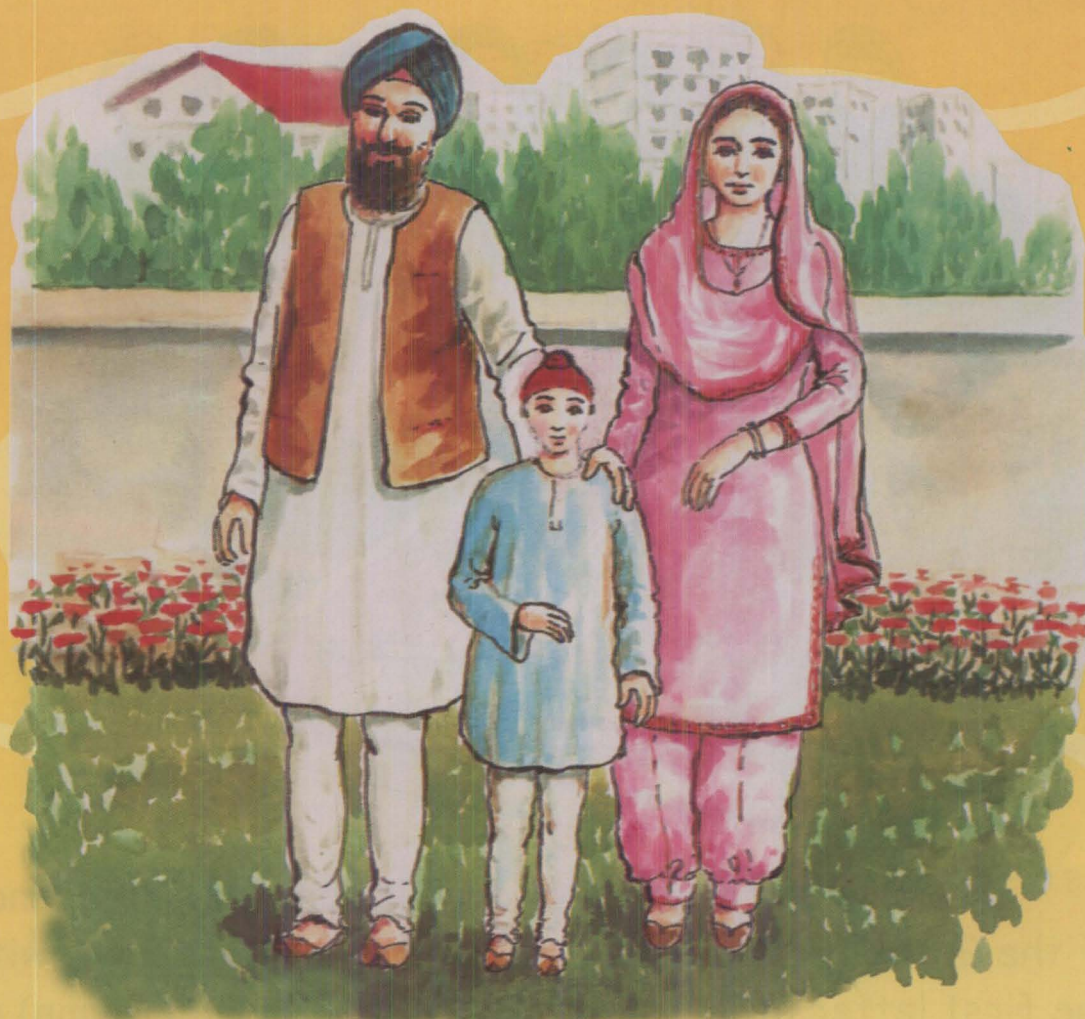


- Kes** : Uncut hair. Alongwith Kes the turban became a very important symbol too. This gives a visible separate identity to the Sikhs.
- Kangha** : It is required for keeping the hair tidy and well groomed.
- Kara** : It is a steel bangle, circular in shape without beginning, without end, means perfection, self discipline and control. It is worn on the right arm. It is a constant reminder to a Sikh to lead a just and lawful life.
- Kachha** : A pair of short pants. It is an active dress for easy movements ensuring ready preparedness.
- Kirpan** : The sword is for self-protection, to resist oppression and to protect the weak. It is symbolic of freedom and sovereignty of an individual.

Hints for Parents and Teachers

Tell the children about Guru Gobind Singh's baptism (*khande bate da amrit*) and why he prescribed the five *kakaars*. Explain their significance in detail. 


Sikh Dress



For a Sikh there is no restriction on dress except that the men should wear a turban to cover the kes.

Younger boys upto the age of 12-13 years can wear a patka. After this age, boys should wear a turban.

Hints for Parents and Teachers

Explain that once you start wearing a turban, then a *patka* can be worn at home and outside while participating in sports and not otherwise. 



Naam Karan Ceremony



The naming of a new-born child is done in the presence of the Guru Granth Sahib. A name is chosen beginning with the first letter of the vaak. Vaak is the shabad (hymn) at the top of the left hand page when the Guru Granth Sahib is opened at random. The shabad is read from the beginning. The leaf is turned if shabad starts from the previous page.

Hints for Parents and Teachers

Guru Gobind Singh, on establishing the Khalsa order, had ordained that the names of all Sikh men must end with 'Singh' and those of the women with 'Kaur'. 'Singh' means lion and 'Kaur' means a princess. Tell children the significance of common last names. ☪

SIKH WAY OF LIFE



Kirat Karni



Kirat karni is one of the commandments of Guru Nanak Dev. It means earning one's livelihood by honest work or labour. In a way, it means that a Sikh should not remain idle or do nothing. That is why begging is not allowed in Sikhism.

Kirat karni by honest work or labour enables you to earn and help the needy and the poor.

Hints for Parents and Teachers

Bring home very clearly the disapproval of Sikhism for begging. The aim should be to inculcate the habit of hard work among children to achieve good results and success in life. ☪




Vand Chhakna



Vand chhakna (sharing) and Kirat karni (honest labour) are both good qualities. Vand chhakna means the sharing a part of one's earnings with others.

Sikhism has given Vand chhakna a practical shape in the practice of *daswandh*. It means to contribute one-tenth of one's earnings for the common good of the poor and the needy. It unites the community and gives the feeling of togetherness.

Hints for Parents and Teachers

Tell the benefits of *daswandh* for the community like *langar* – free food for all, and free dispensaries and hospitals. 

Naam Japna – Nitnem



Nitnem means the daily routine for remembering God. Sikh way of remembering God is called naam japna. All Sikhs are supposed to remember God by reciting the following five banis at different times of the day:-

- | | |
|------------------------------|-----------------|
| Early morning : | 1. Japji Sahib |
| | 2. Jaap Sahib |
| | 3. Ten Sawayas |
| Evening (after sunset) : | 4. Rehras Sahib |
| Night (before going to bed): | 5. Sohila |

Hints for Parents and Teachers

Children should be encouraged to learn by heart the first five *pauris* of Japji Sahib. Tell children *Ardaas* is said after morning recitation and in the evening after *Rehras*. ❀



Seva



Seva (service) has special significance in Sikhism. It means giving physical, mental and monetary help to the community. The Gurus themselves used to perform seva. Helping in preparation of langar and serving it to the people in a gurdwara is a kind of seva.

Seva is active help given to others with a sense of devotion and humility. It should be voluntary and not done at anybody's asking. It should not expect any reward. Seva unites humanity by creating in us feeling of love for others.

Hints for Parents and Teachers


You may like to give some examples of seva such as: preparing food for *langar*; serving food at *langar*, looking after shoes, cleaning floors in a gurdwara etc. You may also quote instances from the life stories of Gurus like Guru Amar Das making it a point to serve *langar*. ☪

Humility



Humility is the quality that makes a person humble. He does not boast about his wealth and power. A humble person is not arrogant and does not show his self-importance and self-praise.

Hints for Parents and Teachers

Some practical examples will be most useful in communicating the concept of humility. 



The Prayer of the Sikhs

Introduction to Ardaas for Teachers and Parents

An outstanding feature of Sikhism is to invoke the blessings of God and Gurus as a part of worship or service in gurdwaras or at the time of important festivals or ceremonies. The name given to this invocation in Sikhism is the '**Ardaas**' which literally means a petition before the Almighty. The *Ardaas* can be said in two levels; the *Ardaas* proper and the extended *Ardaas*. The later is generally said in religious functions in the presence of the Guru Granth Sahib.

The opening part of the *Ardaas* covers invocation of the first nine Gurus and was composed by Guru Gobind Singh. Thereafter it is largely historical in nature and was initially incorporated by Bhai Mani Singh. Further additions were authorized and added by Akal Takhat whenever a major religious event happens effecting the Sikh Community. After the *Ardaas* is concluded, the congregation bows to the Guru Granth Sahib.

In case of extended *Ardaas* said at the times of religious services, when they stand up after obeisance, the whole congregation starts singing the popular verse – **Guru Manio Granth**, which is an extract from **Dasam Granth** – a collection of writings by Guru Gobind Singh. The concept of '**Guru**' is not just human body, but the '**light within**', that is '**Guru**'. Therefore, it is the **Shabad** that is Guru, guide and the mystery. That is why Guru Gobind Singh just before his death terminated the succession of human Gurus. Therefore, this verse is a constant reminder to the Panth, of the Guru Granth Sahib as the eternal Guru.

The singing of the Guru Manio Granth is continued with the couplet "**Raj Karega Khalsa**" which was first sung by the Khalsa during the days of Banda Singh Bahadur when he came to Punjab at the behest of Guru Gobind Singh to fight against the tyrannical forces. It sets the aim before the community of establishing a free and open society grounded in equality, universal brotherhood and culture.

*Panjaan Takhatan, Sarbat gurdwarian da dhiyan dhar ke,
bolo ji Waheguru.*



*Prithme sarbat Khalsaji ki ardaas hai ji,
sarbat Khalsaji ko Waheguru, Waheguru, Waheguru chit
aawe;
chit awan ka sadka sarab sukh howe; jahan jahan Khalsaji
sahib
tahan tahan rachhya riait, deg, tegh, fateh; birdh ki paij, Panth
ki jeet,
Sri Sahib ji sahai; Khalsaji ke bol baale, boloji Waheguru.*

*Sikhan nu Sikhi daan, kes daan, rehat daan, bibek daan,
wisah daan, bharosa daan, dana sir daan, Naam daan
Sri Amritsar ji de darshan ishnan
chaunkian, jhande, bunge, jug-o-jug atal;
Dharam ka jaikar; bolo ji Waheguru.*

*Sikhaan da man niwan, mat uchi, mat da rakha aap Waheguru.
Hay Akal Purakh apne Panth de sada sahaee datar jeeo;
Sri Nankana Sahib te hor gurdwarian gurdhama de,
jinhon ton Panth nu vichoria gia hai, khule darshan didar te
sewa sambhal da dan Khalsaji noo baksho.*

*Hay nimaneean de maan, nitaanian de taan, niotian di ot,
Sache Pita Waheguru,
Aap de hazur ardaas hai ji*

.....
(Here insert the petition to God)

*Akhar waadha ghaata bhul-chuk maaf karni;
sarbat de karaj raas karne
Sayee piare mel jinhon miliya tera Nam chit aawe.
Nanak Nam chardi kala, tere bhane sarbat da bhala.*

QUIZ ON SIKHISM



THE SIKH GURUS

1. How many living Gurus had guided the Sikhs?
2. Who was the fifth Guru of the Sikhs?
3. Who was the ninth Guru of the Sikhs?
4. Name the Guru who gave *amrit* to the Sikhs?
5. Recite the first part of the *Ardaas* which contains the names of the Sikh Gurus.
6. Tell the name of the youngest Guru of the Sikhs.

FAMOUS SIKH PERSONAGES

1. Baba Buddha personally knew six Sikh Gurus. Name them.
.....
.....
2. To which Sikh Guru was Bhai Gurdas related ?
3. What was the role of Bhai Gurdas in compiling the *Guru Granth Sahib*?
4. What was the original name of Banda Singh Bahadur?
.....
5. Where did Banda Singh Bahadur meet Guru Gobind Singh?
.....
6. Name the Maharaja who set up a Sikh empire?
.....
7. Did Akali Phula Singh become *jathedar* of Akal Takhat?
.....
8. How did Hari Singh Nalwa kill the tiger?
-



RELIGIOUS CENTRES

1. Identify the Sikh Gurus with whom the following gurdwaras are associated.
 - (a) Panja Sahib
 - (b) Paonta Sahib
 - (c) Bangla Sahib
 - (d) Sis Ganj
 - (e) Nankana Sahib
 - (f) Rakab Ganj
2. Which *Sahibzadas* died fighting in the battle at Chamkaur?
.....
3. Baoli Sahib was built by which Guru?
4. How is Fatehgarh Sahib connected with two younger sons of Guru Gobind Singh?

SIKH PRACTICES

1. Will a person who believes in all the following:
 - (a) One Immortal God
 - (b) The writings and teachings of the Ten Gurus
 - (c) The Guru Granth Sahib as the only and eternal Guru
 - (d) Tenth Guru's baptism
 - (e) Worship of idols
 - (f) Fasting and
 - (g) Smoking be a Sikh?

Say 'Yes' or 'No'



2. Is a Sikh allowed to do the following?
 - (a) Fasting
 - (b) Begging
 - (c) Gambling
 - (d) Trimming of hair
 - (e) Smoking
 - (f) Drinking alcohol
3. Why a Sikh keeps and wears five *kakaars*?
.....
4. What do the Sikh boys do to protect long hair on the head?
.....
5. A Sikh should wear a gold *kara* or a steel *kara*?
6. On which arm should *kara* be worn?
7. What does *kirpan* symbolize?
8. Is there any restriction on the Sikh dress?
9. Upto what age a Sikh boy should wear a *patka*?
10. From which age a Sikh boy should start wearing a turban on regular basis?.....
11. What is the approved ending of a Sikh girl's name and of a Sikh boy's name?.....

SIKH WAY OF LIFE

1. What is meant by *kirat karni*?
.....
.....
2. Which of the following can be treated as *kirat karni*?
Write 'Yes' or 'No'.
 - (a) The school driver bringing the children to school.
 - (b) Begging.
 - (c) Gambling.
3. What is *daswandh*?



4. What is *vand ke chhakna*.
5. Name the three *banis* which are recited everyday in the morning?
6. Name the *bani* which is recited in the evening.
7. What is the name of the *bani* that is recited last thing at night before going to sleep?
8. Which of the following can be treated as *seva*? Write 'Yes' or 'No.'

 - (a) Giving duty in the morning assembly of the school.
 - (b) Serving water to the thirsty in a procession.
 - (c) Helping the mother in the kitchen to get a chocolate.

9. Is a humble person loved by all or a proud person?

SIKH RELIGIOUS BELIEFS

1. Recite the *Mool Mantra*.
2. Give five of the important names used for God in the Guru Granth Sahib.
3. Is God of the Sikhs the same as that of the Muslims, Hindus or the Christians?
4. In *Mool Mantra*, how has God been described?

ARDAAS

1. Recite the complete *Ardaas*.