

Let's celebrate the
cultures of our

World!



Sikhism with Angad Singh!

So who are Sikhs anyways ?

- Followers of Guru Nanak (born 1469 A.D)
- Originated in Punjab (split between India and Pakistan)
- 25 million Sikhs in the world
 - 5th largest religion
 - India, U.K, Canada, U.S.A, Australia, Singapore...
- Identified by uncut hair and turbans
- We come in black, white and all shades in between



Some things about our founder



- Guru Nanak – Born 1469
- Loved Music and nature
- 4 major journeys of 6-8 years each in 4 different directions – Accompanied by a musician, he composed beautiful songs of love and devotion and spread the message of love, peace, equality and honest living without pretense.

Core Messages of Guru Nanak

ੴ One God, One Humanity

ੴ Honest work; simple and truthful living

ੴ Uplift ment of the downtrodden

ੴ There are different paths to God; No one religion has a franchise over God

Yes, I chose to be a Sikh!



- I was 5 years old, when I asked my mom to stop getting me a hair cut. I also wanted to be a vegetarian.
- I choose to be a Sikh because
 - I love the message of love for all and the nature
 - The stories of the brave yet kind Sikh heroes inspired me
 - I hated to get the hair cuts 😊

My Everyday Life



- Early morning shower
- Combing my hair and tying the turban
- Morning Meditation
- School - Learning
- Simple Living and Eating
- Helping people in need
- Kindness and Humility throughout the day
- Evening meditation and prayer
- Practice music and play basketball

I am a vegetarian!

- Why ?

- **Compassion** – Factory Farming is cruel. Most animals are cramped in small spaces and live in inhumane conditions before they are killed.
- **Ecological Reasons** – Vegetarian living is being ecologically responsible.
- **Health Reasons** – Factory Farm animals have their bodies manipulated with medications, hormones and genetics to yield higher amounts of meat. These chemicals enter our body and cause sickness.
- What do I eat to get the nutrition ?
- Whole grain breads & pastas, beans, lentils, organic milk and lots and lots of fruits, vegetables and nuts!!!

Vegetarian Food Pyramid



Eco - Fact

The world's cattle industry consumes food equal to the diet of 8.7 billion people—more than the entire human population.

Uncut hair is very important to me as a Sikh!

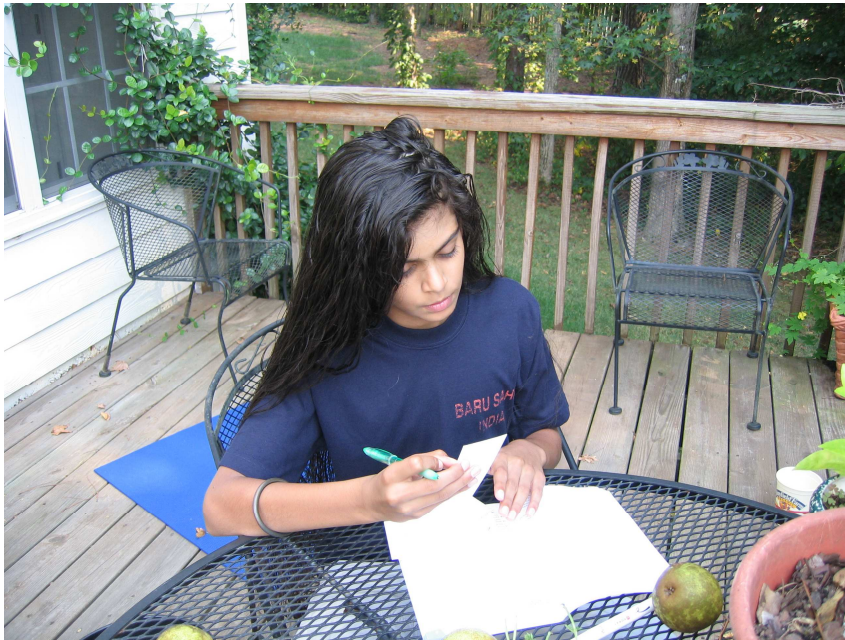
- We were persecuted many times for our beliefs of equality and justice for all. Many Sikhs stood steadfast for their beliefs and gave their heads but not their hair.
- I respect their commitment and values
- I respect the gift from the creator and want to keep my hair
- Keeping my hair makes me feel as a whole person. My hair is another part of my body.

So Why the turban ?



- Keeps my long hair in place
- It is a crown of Sikhism
- Helps me remember my commitment to the spiritual way of life
- It is my identity

This is me with my hair down!



Something more about Sikhism

- Ten Spiritual teachers known as Gurus
- Each Sikh to be a Saint-Soldier
- Langar – Free community kitchen open to all
- God – The universal truth, father and mother, true teacher, resides in his creation
- Aim of Life – Seek God inside oneself and see God in all, serve the creation and live in the will of God.



What is this place and where is it located ?



Golden Temple, Amritsar Punjab

Where do I worship ?



- A Gurdwara
- What happens there
 - Reading of the Guru Granth Sahib (the holy book)
 - Singing the hymns
 - Everyone sits and eats together in Langar
- Many in the U.S.A
- Golden Temple – Main Gurdwara of Sikhs ;
Langar there feeds 25,000 per day – non stop.

Langar



- Every one sits together – men and women, poor and rich, sikhs and non sikhs
- Mostly Lentil and vegetable stews and flat whole grain breads
- Aim is to feed the hungry and practice equality, simplicity and humility.



So how do I keep up with Sikhism in the U.S.A?

- Sunday classes
- Summer Youth Camps
- Speech Symposiums
- Daily Meditation and Prayers
- Practice & perform Sikh traditional music



Some traditional Instruments



How does my family Contribute to the world family ?

- Volunteerism is a big part of Sikhism
- Educate people on healthy eco friendly life
- Help underprivileged children

Some Sikh Holidays



- Birthday of Guru Nanak
- Baisakhi - Birth of the Khalsa (Sikh Nation)
- We celebrate all holidays that are important to our friends and neighbors
- Folk Dances – Part of weddings, Baisaki, all happy events



Sikh Terminology



Sikh – Seeker of truth

Guru – One who takes from Darkness to Light ,The spiritual teacher

Gurdwara – Gateway to the Guru

Langar – Free community kitchen open to all

Guru Granth Sahib– The Sikh Holy Book

What movie you saw a couple of years ago
that gave a glimpse of a Sikh Family and
Punjabi music ?



Bend it Like Beckham



Who is the man with Blue Turban
and the boy with white mini turban ?



The prime minister of
India and me!!!

Quiz

1. A Sikh woman can serve as a highest authority in managing religious affairs. T/F
2. Sikh place of worship is known as _____
3. A Sikh must stay away from intoxicants and eat simple vegetarian diet. T/F
4. The word Sikh means – Seeker of the truth. T/F
5. Langar or free community kitchen open to all in need is an essential part of every Gurdwara. T/F
6. Sikhism believes in Caste or Class System. T/F
7. A Sikh turban signifies humility, adherence to spiritual principles and is meant to keep the uncut hair in place. T/F

Questions ?

THANK YOU!!!!!!

