



IK ONKAAR



The Sikh Religious Award
Study Work Book
For
Grades (4-5) Youth

American Sikh Council

Formerly known as, World Sikh Council - America Region

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**The
American Sikh Council
Sikh Religious Award Book**

By

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**For
Any Sikh Youth
Who
In his/her
Chardi Kalaa
(The Perpetual Spirit of Ascendancy)
Aspires to be
a
Citizen of the World**

Wishing

***Sarbat Daa Bhalaa
(Prosperity of All)***

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Who is a Sikh?



(Sikh boys and girls playing at a playground)

A Sikh is someone who believes in;

- a) One God only and no one else.
- b) Common Parenthood of The ONE God for the entire human family. Meaning; that everyone is a son/daughter of the same One God. Therefore all humans are members of the same human family.
- c) Equality of all; men as well as women.
- d) Freedom of religion for all.
- e) Teachings of the Ten historic Sikh Gurus; 1469-1708.
Guru Nanak Sahib, to Guru Gobind Singh Sahib.
- f) The eternal Sikh Guru forever;... the Word (writings) of the sacred Sikh scripture 'Sri Guru Granth Sahib'.

- g) Helping others as a Saint-Soldier; meaning; by becoming a saint at heart and a soldier in action.

Like a Scout, every Sikh is expected to be a person who is physically strong, mentally awake, and morally straight. Furthermore, like any helping hand, to become a recognizable person in uniform ready to help, every Sikh is expected to wear a natural, but a very unique uniform. The most interesting characteristic of the Sikh uniform is that, it very effortlessly makes a Sikh to stand out, even if there is only one Sikh amongst a crowd of thousands.

In any crowd, helpers are always meant to stand out rather than blend in. The Sikh uniform achieves this by directing every Sikh to keep his/her natural hair uncut, clean, and well protected. Consequentially to keep the hair in a respectful, neat and tidy form, every Sikh man/boy covers his hair with a turban; while every Sikh woman/girl covers them with a turban or a scarf. And that is what makes the Sikhs to stand out as ever-ready natural helpers of mankind.

Any person, man or woman, who opts to adopt the Sikh Way of life for sure, goes through a 'formal initiation ceremony' of spiritual immortality called 'Khanday Dee Phaul'. Where, each one publicly commits himself/herself to lead a clean and straightforward life that is free from any form of deceptions, adultery, or intoxicants and have very high morals and ethics.

Members of such a group of people are called the Khalsa; meaning the army of The ONE Supreme Creator. This army is expected to protect the weak, the poor, the helpless, and the needy. It always keeps the Sikh motto set by the Founding Master Guru Nanak Sahib in mind. This motto calls for a Sikh to always stand by the less fortunate in order to lift them up. On this advice, the sacred Sikh scripture Sri Guru Granth Sahib advises;

ਨੀਚਾ ਅੰਦਰਿ ਨੀਚ ਜਾਤਿ, ਨੀਚੀ ਹੂ ਅਤਿ ਨੀਚੁ ॥ ਨਾਨਕੁ ਤਿਨ ਕੈ ਸੰਗਿ ਸਾਥਿ ਵਡਿਆ ਸਿਉ ਕਿਆ ਰੀਸ ॥
ਜਿਥੈ ਨੀਚ ਸਮਾਲੀਅਨਿ ਤਿਥੈ ਨਦਰਿ ਤੇਰੀ ਬਖਸੀਸ ॥੪॥੩॥

Nanak seeks the company of the lowest of the low class, the very lowest of the low. Why should he try to compete with the great? In that place where the lowly are cared for, there the Blessings of Your Glance of Grace O the Supreme Master rain down." ||4||3|| ... (SGGS: Page 15)

Meaning: wherever the poor are taken care of, there the grace of the Timeless Creator is showered and that's what Guru Nanak wants. He always wants to be around the so called lowly and poor, to shower love and help upon them, because He does not want to compete with the so called rich and influential, as it will be a futile pursuit.

To bring Sikh discipline in life; a Sikh starts his day by rising early in the morning. Then after taking the daily shower, he/she contemplates upon the Guru's Word for guidance, and promises to self to live by that Word. Such a daily exercise keeps one's focus, always on the divine message, that results in an upbeat high morale. Furthermore, it also guides one's conscience to be able to reason all the decisions made during the day, whether big or small.



(A young Sikh girl in attendance to the Siri Guru Granth Sahib while an adult Sikh couple are paying their respects to the Siri Guru Granth Sahib inside a Gurdwara.)

Questions:

- 1. Who is a Sikh and what he/she believes in?**
- 2. What do you understand by the word Khalsa? What does a Sikh achieve by becoming Khalsa?**
- 3. Why a Sikh has a unique outlook? What does it signify?**
- 4. Why should a Sikh live a life of a saint- soldier**

The Sikh Physical Form:

Sikhs, inspired by an earlier mentioned kind of life style of Sikh discipline are generally very active and well built. Depending upon their origin of birth one finds them in all different shades of skin tones; white, black, brown, or many shades in between. In general they are friendly, happy, warm and loving by their nature. They live life as it comes to them and try to create happiness and fun wherever they are. Their most distinguishable feature is their long **uncut hair**.

In case of men, along with their uncut hair, Sikhs keep their beards uncut as well. To dress up, the Sikh men tie their long hair in a bun on the top of the head; which in turn is covered with a neatly tied turban on the head. Sikh turbans come in all different kind of colors and patterns that are picked depending upon one's mood and the matching style of clothes. Although 'royal blue' has been historically used, there are no specific colors that could be branded as sacred for the Sikhs; although black, blue, maroon, red, and green are quite the vogue in Sikh fashion.



(Sikh boys wearing patkas, receiving their 3rd and 2nd degree Black belts in Tae Kwon Do)

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In case of women, they also keep their hair long and uncut, which they cover with a stylish Dupatta (long scarf) or a turban. Like their men counterparts, Sikh women also are beautiful, slender, and well built. Traditionally, on their special occasions they dress up in Salwar Kameez (a Punjabi dress). None of any other dresses are prohibited to a Sikh woman, as long as it is respectful and decent. Therefore in the West, one normally finds Sikh women dressed in all kinds of western dresses. Once again their most distinguishable feature also, is their **uncut hair**, nicely braided in a ponytail, or tied in a bun on the back or top of the head, covered with a scarf or a turban.



(Two Sikh girls with their long hair tied in plaits, in the foreground, practicing Shotokan Karate).

Sikhs love music, martial arts, singing folklore and their traditional games, as they love to be physically fit and mentally alert. They also enjoy different foods and love to serve people whosoever visits them. They are full of warm hospitality and they serve their guests with a lot of respect. Building communities and connecting to people is a great quality of Sikhs. Wherever they go, they create special loving relationships with people around them and share their joys and sorrows with them.

Being believers in ‘freedom of faith for all’, Sikhs are also protectors of everyone’s faith and dignity. Therefore, they always stand up for the fundamental rights of all. They are great friends with open hearts. Hence, their dealings are of a simple and straightforward nature; and not manipulative in nature.

Sikhs, per the teachings of their Sikh Way of life are taught to be saint-soldiers; meaning that they are expected to be 'Saints' at heart when serving and dealing with others; while being 'Soldiers' in action in case they need to defend the weak. One falls in love with them, as their personality is very magnetic that possesses an unbeatable charismatic aura.

There are many other attributes that can be described here about the Sikhs that has been showered upon them by their Divine Masters, the Sikh Gurus; who modeled such virtues for their disciples so that they could actually live their life to the fullest and then achieve the ultimate communion with God. Without acquiring exemplary human traits, one cannot become a good human being. Therefore, as per Sikh teachings, the ultimate objective of human life is to be one with God; therefore the very first starting step on this journey is to strive to become the best human being possible.

For learning to march on the Sikh Way of life to become a Saint-Soldier, every Sikh is mandated to keep his/her;

1. KESH (uncut hair); covered with a turban/scarf to stand out as a helper.
2. KARHAA (a steel bracelet), to be openly bonded with goodness.
3. KACHHERAA (a pair of breeches) to stay disciplined.
4. KANGHAA (comb) to keep the hair neat and tidy.
5. KIRPAN (a small sword) to stay mindful of the responsibility to help the weak.

All these requirements are viewed by the Sikhs as gifts from the Sikh Guru Sahibs that help a Sikh to keep away from vices, and stay aware that his/her morality be strong so that his/her mind does not lose its balance. This ultimately helps in achieving a great reasoning and intellect, a source of all the success and happiness in life.

Origin of the Sikhs

Sikhs originated in Punjab (a land of five rivers), in foothills of Himalayas in South Asia. Their founding Master Guru Nanak Sahib was born in 1469 in Talwandi Rai Bhoi (presently known as Nankana Sahib, West Punjab in the memory of Guru Nanak Sahib).

In the times (13th – 14th century) of origin of the Sikh Way of Life, means of formal education, communication, and transportation around the globe in general, and in Punjab in particular were not that well developed. As a result, people in general did not have much opportunity to get good education, or earn a good living. In such an environment it was very easy for some oppressive and deceptive persons to take advantage of other people. As a consequence, the common folks being not very literate people and were easy to manipulate. Hence many were taken full advantage of, both by the local rulers, as well as their religious leaders.

Thus, in such trying times, Guru Nanak Sahib was like a new light of hope and enlightenment for the downtrodden, enslaved and illiterate people all around. Punjab being no exception, like everyone else, its residents were also factually under siege, physically as well as mentally. Physically, their religious leaders were in cahoots with tyrant rulers, had deprived them off their human rights by making them feel as inferior humans. Not only that, they even went to the extent of declaring a sizable section of them as untouchables. Furthermore to dwarf the people mentally they were stripped off their religious thoughts by the cunning priests; the ritualistic (Hindu) Brahmins, and (Muslim) Mullahs. Thus misled by such leadership the common folks were lost in a quagmire of meaningless rituals and worship of stones, and graves.

To start the process of freeing the besieged people from the grip of such a group of conmen Guru Sahib gave them a new awakening by declaring them as equals. Moreover to provide them a sense of self-worth he gave them the message of ; ***'Ek pitaa ekas ke hum barek'***

ਏਕੁ ਪਿਤਾ ਏਕਸ ਕੇ ਹਮ ਬਾਰਿਕ ਤੂ ਮੇਰਾ ਗੁਰ ਹਾਈ ॥

'We all are children of the same Supreme father, the One creator of us all'. ... (SGGS: Page 612)

Furthermore, to free the people from the quagmire of rituals, Guru Sahib openly condemned all kind of ritualistic worships. Additionally to unite the people together he started the practice of Langar, a free community kitchen wherein people from every walk of life sat together as brother and sisters in humanity to co-dine together. This practice is still in vogue in every House of Prayer of the Sikh faith.

Thus the people who listened to Guru Nanak Sahib got out of the cobweb of Brahmin and Mullah and started a new healthy way of life. In this way they became Guru's students, to whom people recognized as 'Sikhs of Guru Nanak'. Herein the word 'Sikh' means a 'student'. That is why, in the modern world, the students of Guru Nanak Sahib's are known, as 'Sikhs'.

Over the years the Sikh way of life kept on growing into a great nation and inculcated all the wonderful traits of humanity as the Gurus wanted them to. Now, they have;

- Sikhs have their own calendar called 'Nanakshahi calendar' that starts with the birth of Guru Nanak Sahib.
- Sikhs have their own sacred scripture, that is unique in nature when compared to every sacred scripture of any other major faith, for the following reasons;
 - The information regarding the teachings of the Sikh Guru Sahib is first hand, and **in its absolute original format**.
 - It is written, edited, and put together by the Sikh Guru Sahibs themselves, and nobody else.
 - It is written in their **own language**, for which the **Gurmukhi script** was designed by the Guru Sahibs, themselves.
- Sikh have their own independent Flag called 'Nishan Sahib', and a **temporal sovereign seat** called '**The Akaal Takhat**'.

Historically, Sikhs have struggled as well as flourished in the Punjab region for centuries. Over there they have fought many battles, lost hundreds of thousands of lives, and then been able to establish themselves as a secular Nation in 1699. Having a unique philosophy that was a challenge to everyone's orthodox thinking, they have been attacked many times by the Muslims, the British as well as the Hindus. Their First Sovereign King was Maharaja Ranjit Singh who ruled Punjab for 40 years, from 1799 - 1839. However, betrayed by some Hindu traitors in position of power in his administration, the Sikhs lost their power to the British on March 29, 1849.

Then, in their next experience with the British; on one hand they flourished quite a bit in army, agriculture, education, and other fields of technical sciences; while on the other hand they also joined in the Indian struggle for freedom from the British with full gusto. The Sikh contribution in proportion to Hindus towards India's freedom struggle was 3:1, when the Sikh make up only 2% of the overall population compared to 80% Hindus. In August 1947 India won its freedom, wherein the Sikhs lost the most with the partition of their homeland; almost half of it went to Pakistan and the other half to India. In this genocidal disaster almost a million Sikhs lost their lives. Many Sikhs, overnight went from having very comfortable lives to become penniless and homeless.

In this melee, majority of the Sikhs threw their lot to be with India because they are given solemn promises made in public with constitutional autonomy to run their affairs. However, they got cheated once again by the Hindu leadership namely Mohandas Karamchand Gandhi and Jawahar Lal Nehru, the first Prime Minister of India. They both backed out overnight and broke every solemn promise that they made in public with the Sikhs during the struggle for freedom. Within six months of the date of freedom, not only the top leader of the Sikhs, Master Tara Singh was put in jail for reminding Nehru and Gandhi about their unfulfilled promises, but also an official order was issued to all county commissioners to treat the Sikhs, harshly.

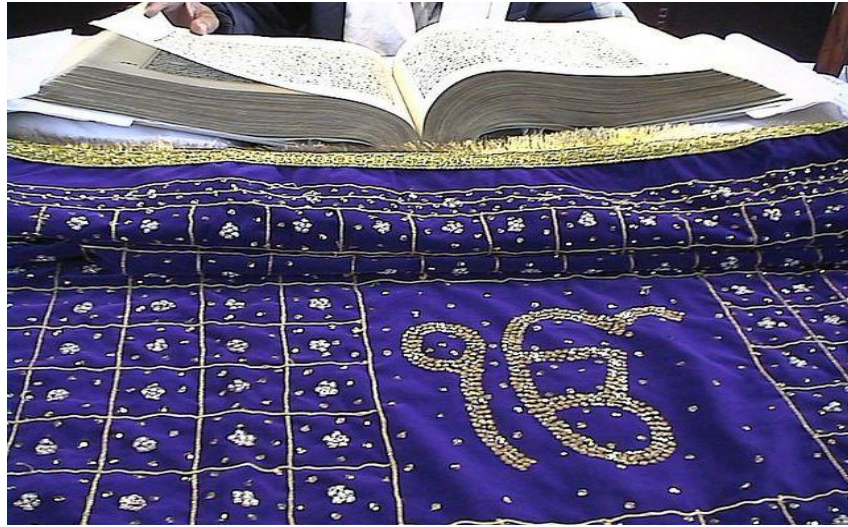
Then, in the following decades, the Sikhs did keep on bringing their grievances to the forefront through peaceful means, however majority of them have ended up in very unsatisfactory situations with no solutions at all.

Thus, suffocated by such a stifling political atmosphere in their homeland Sikhs started migrating to foreign lands. Sikhs now live in almost all the countries of the world, but they are highly concentrated in United Kingdom, Canada, Australia and the United States of America.

Questions:

- 1. Do you think a Sikh way of life is similar to that of a Scout? How? Can you explain?**
- 2. Why do we need a Guru?**
- 3. What does Gurbani do to us?**
- 4. Where did Sikhs originate? What Guruji mandated for a Sikh?**

THREE BASIC COMMANDMENTS OF SIKH FAITH:



[The Sikh Holy Scripture – Siri Guru Granth Sahib being read by a Sikh]

A Sikh is a student of the ‘Sikh way of life’. Sikhs in the beginning were trained and molded by Guru Nanak Sahib, and the succeeding nine Guru Sahibs over a total span of more than 239 years. Furthermore, having witnessed Guru Sahib’s teaching in actual operation over such a long span of time, and been impressed by the exemplary life style of the various Guru Sahibs, a Sikh believes in the Word of the Guru foremost and above all.

For a Sikh all the knowledge and guidelines to love and live life in a way, that leads a common person to become a Saint-Soldier, flows from the Guru. For the Sikh, Guru Sahib’s life is an exemplary model of very unique and divine personality traits. Where, in the process of such a transformation of personality, a Sikh ends up becoming a helper, a warrior, a protector, a student, and a leader, all rolled into one with a long list of other such virtues.

For such a transformation, the secret lies in a Sikh’s love for the Guru’s Word enshrined in the sacred Sikh scripture Sri Guru Granth Sahib. He/she knows that whatever Guru asks a Sikh to do, there must be a new recipe for the awakening of mind and strengthening of character. That is why whenever a Sikh happens to come across, to understand and comprehend a new lesson while contemplating on Guru’s Word, he/she automatically lands in a state of ecstasy and proclaims, “Wah Guru” meaning, “Wow Guru Sahib, how wonderful you are!”

A Sikh believes that there is only ONE Supreme Power and none else. The sacred Sikh scripture Guru Granth Sahib, starts with the divine message of “<ਓਕ>,” meaning “**The ONE**” Creator, without a second! Further expanding the message it advises us that ‘we all are made in His images, wherein no one is superior or inferior to the other. Emphasizing further on the universality of the Creation, Guru Sahib says, “ਏਹੁ ਵਿਸੁ ਸੰਸਾਰੁ ਤੁਮ ਦੇਖਦੇ, ਏਹੁ ਹਰਿ ਕਾ ਰੂਪੁ ਹੈ, ਹਰਿ ਰੂਪੁ ਨਦਰੀ ਆਇਆ” meaning that everything that you see in Nature is the reflection of ‘The One Creator’s Powers’.

Furthermore, everything that we see around us moves as per ‘Hukam of The One’, meaning ‘Divine Order of fixed laws of nature’. It is per this Divine Order that Sun brings to us an uninterrupted stream of light and heat, and generates life in all of us. In similar way plants, crops and vegetation get water, light and soil. We can go on and on, but the point is that everything that we see, feel or observe works as per the fixed laws of Divine Order.

Similarly, our lives and minds are also set to operate in tune with the Divine Order; whereas; when we opt to make a moral and truthful lifestyle as our normal way of living then we lead a very nice and blissful life. On the other hand, if we end up choosing to become wicked, deceptive and cheat others; then as per the same Divine Order our life becomes much more complicated, and completely filled with troubles and turbulences.

To provide the righteous kind of guidance Guru Sahib always shows His Sikh how to live a happy, meaningful and exemplary life, so that he/she may always have a high morale ethic and remain in everlasting bliss.

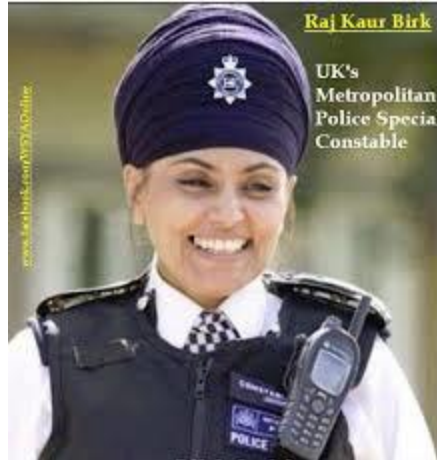
As per Sikh teachings all of us; men as well women are children of the same Almighty parent. Therefore all of us need to learn to equally respect one another. Unfortunately many of us fail to observe such an attitude when it comes to the practice of respecting the other genders. Therefore to extract maximum benefit from life; all men need to learn to respect all women, and all women need to learn to respect all men.

Furthermore, a Sikh is advised, not only to earn his/her living through honest means, but also to share a part of these earnings with the less fortunate so that they also get uplifted and the misery in society decreases. Laziness or sloth is considered a disgrace for a Sikh, because it creates so many health problems and brings many other evils in society.

Thus in summation,

THE THREE BASIC COMMANDMENTS OF SIKH WAY OF LIFE are:

- 1. KIRAT KARO:** ... Earn your living through honest means.



(A British Sikh Female Police officer serving in London's central district, UK)

2. **WAND CHHAKO:** Share with others, the fruits of your labor through selfless service to humanity.



(Sikh men, women and children helping carry utensils to serve food)

3. **NAAM JAPO:** (Meditate on God's Name), to develop consciousness of His presence in every heart and to develop God like qualities through His remembrance.



(A teenage Sikh girl reading from the Siri Guru Granth Sahib)

Questions:

- 1. What are the core beliefs of Sikhs?**
- 2. What are the three commandments of the Sikh faith?**
- 3. Why these are important for any human being?**
- 4. Men and women are equal in Sikhi, is it true?**
- 5. What do you understand by being a Saint-Warrior?**

GURDWARA The Sikh House of Prayer

Gurdwara means: Guru's door or entrance to a New World of Divinity. It is a place, where you enter that door and you begin a new life. Unlike, the divisive practices of some other world religions, where people of other faiths are not even allowed to enter their places of worship; the Sikh Gurdwara Sahib is very unique and different in its welcoming policy. It is open to ALL; irrespective of anyone's faith, religion, color, creed, gender, country of origin, social status, or any other criteria of distinction.

As per teachings of the sacred Sikh scripture Sri Guru Granth Sahib (SGGS), Sikh faith considers the entire world as ONE big human family. Therefore, as per its ideology there should not be even a question of entertaining any kind of division in humanity. Regarding the presence of God in every human heart, and everyone's direct connection with Him; SGGS says;

“ਸਭੁ ਕੋ ਆਸੈ ਤੇਰੀ ਬੈਠਾ ॥ ਘਟ ਘਟ ਅੰਤਰਿ ਤੂੰ ਹੈ ਵੁਠਾ ॥ ਸਭੇ ਸਾਝੀਵਾਲ ਸਦਾਇਨਿ ਤੂੰ ਕਿਸੈ ਨ ਦਿਸਹਿ
ਬਾਹਰਾ ਜੀਉ ॥੩॥”

“O the Almighty Master, ‘everyone is hoping for Your Grace. You alone dwell deep within each and every heart. ... Everyone (in the world) share in Your Grace; no one is out there who may seem different from You. ||3|| ... (SGGS; Page 97)

Thus inspired by such a sentiment, the Sikh Gurdwara Sahib is established as a welcoming place for all; to come, assemble, learn, pray, and dine together as brothers and sisters in humanity. Then from there, empowered with a sense of equality, and all kinds of different skills to be a better human being, leave to shine in the world with the great virtues of brotherhood/sisterhood, love, respect for all, equality for all, faith in each other, and the virtue of helping others. For these virtues wherever practiced bring real and everlasting freedom, because shadows of fear, greed and all other negative vibes cannot afford to stay in such an environment.



(The most important and revered Sikh Gurdwara – ‘Darbar Sahib’, Amritsar, Punjab, South Asia)

Gurdwara Sahib basically is a learning center for every Sikh, where he gets the training to learn, recite, sing and understand Gurbani, the Guru’s Word. This is the most important part, because until and unless one understands Gurbani, how can the true reasoning enter the mind? How will the bad habits leave? How can the practice of restraint follow?

Therefore to help anyone or everyone who wants to learn to read and understand the Sikh Scripture Sri Guru Granth Sahib, a very important aspect of Sikh Gurdwara Sahib is to help them to learn the Punjabi language and its script by offering them Punjabi classes free of any cost. Punjabi is the language of the area where the vast majority of Sikhs have originated from.

Gurbani teaches us how to stay away from all enticements of the mind which actually ruins it ultimately. For example; drinking and smoking or using any kind of intoxicants are forbidden for a Sikh as per the following commandments of SGGS; it advises.....

ਸਲੋਕ ਮਃ ੩ ॥ ਮਾਣਸੁ ਭਰਿਆ ਆਣਿਆ ਮਾਣਸੁ ਭਰਿਆ ਆਇ ॥ ਜਿਤੁ ਪੀਤੈ ਮਤਿ ਦੂਰਿ ਹੋਇ ਬਰਲੁ ਪਵੈ ਵਿਚਿ ਆਇ ॥ ਆਪਣਾ ਪਰਾਇਆ ਨ ਪਛਾਣਈ ਖਸਮਹੁ ਧਕੇ ਖਾਇ ॥ ਜਿਤੁ ਪੀਤੈ ਖਸਮੁ ਵਿਸਰੈ ਦਰਗਹ ਮਿਲੈ ਸਜਾਇ ॥ ਝੂਠਾ ਮਦੁ ਮੂਲਿ ਨ ਪੀਚਈ ਜੇ ਕਾ ਪਾਰਿ ਵਸਾਇ ॥ ਨਾਨਕ ਨਦਰੀ ਸਚੁ ਮਦੁ ਪਾਈਐ ਸਤਿਗੁਰੁ ਮਿਲੈ ਜਿਸੁ ਆਇ ॥ ਸਦਾ ਸਾਹਿਬ ਕੈ ਰੰਗਿ ਰਹੈ ਮਹਲੀ ਪਾਵੈ ਥਾਉ ॥੧॥ {ਪੰਨਾ ੫੫੪}

(O friend) that person, who enters life loaded with vices; picks up more vices, (instead of improving); As a result he gets hooked to drinking alcohol; drinking which his intelligence departs, and madness enters his mind. ... He loses the faculty of distinguishing between his own and others; and gets shoved around by the Supreme Master repeatedly.

(O friend) that intoxicant, drinking which one forgets the Supreme Master, and gets punished in His court; Do not drink that false intoxicant at all, if it is in your power.

O Nanak, by the Grace of the Supreme Master, one gets the true intoxicant of 'Truthfulness' by meeting the true Guru. As a result, he stays imbued in the Love of the Supreme Master, and finds respect in the Mansion of His presence. ||1||

Similarly, a Sikh is forbidden to have illicit relations or looking for girlfriends or boyfriends with immoral intentions. A Sikh is advised to practice restraint till he/she gets married. This practice of restraint is now being taught in America through religious, social and educational venues; because its absence has increased the number of careless people who are getting serious infections and diseases. In addition the divorce rate has sky rocketed ending in shredding the American fabric of the family unit.

Also in the Gurdwara Sahib, a Sikh learns to cook clean and serve in the Langar (community kitchen). Every single person is served a meal in the Gurdwara regardless of who they are!



(A 'langar hall' where 'everyone' are served a meal)

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To create a sense of universal brotherhood, Guru Sahib made it compulsory for all, to observe “Pehle Pangat, Paachhe Sangat”. Meaning, ‘*first dine together and then have a discussion over the divine contemplations or singing praises of the Creator*’. This is the practice that is the Sikh Way of creating humility in our, otherwise over-inflated egotist minds. In this activity, a person serves to all others selflessly and learns to be humble and polite. Furthermore it also builds a sense of pride and wonder for the Great Guru’s institution where a Sikh learns to serve humanity selflessly, actively and enthusiastically. The Sikh Guru’s Langar at Darbar Sahib, in Amritsar, Punjab is the largest co-dining facility in the world, where hundreds of thousands are fed free meals every day.



(Sikhs serving the people by providing free medical services)

With the voluntary offerings of the Sikhs quite a few other activities like hospitals, clinics and education centers are also in operation in several countries, where free education and health care services to the needy are also provided.

Furthermore, Sikh way of life believes in in the principle of “ਭੈ ਕਾਹੂ ਕਉ ਦੇਤ ਨਹਿ, ਨਹਿ ਭੈ ਮਾਨਤ ਆਨ” (SGGS: Page 1427) that is; “*Fear none, and scare none*’. Therefore to prepare Sikhs for such a life style of maintaining dignity; martial arts are also taught in some Gurdwara Sahibs. The Sikh art of defensive training for such a responsible way of dealing with any uninvited violence is called ‘**Gatka**’.



(A group of teenage Sikh boys practicing Gatka – the Sikh martial art of sword fighting)

The idea behind teaching Gatka to whoever wants to learn, is to strengthen everyone bodily as well as mentally to build self-confidence; so that they are not only able to protect themselves when in need, but are also able to help the meek and the weak.

In summation, Gurdwara Sahib is life and soul for the Sikh. All the social and family functions are celebrated here in the presence and blessing of the congregations and the sacred Sikh scripture, Sri Guru Granth Sahib. Engagements, marriages, birthdays are just a few to name. In the Sikh homeland of Punjab, Gurdwaras stay active throughout the day. Quite a few of them have a lot of historical importance and hence attract many visitors.

Questions:

- 1. Gurdwara is central to the life of Sikh, is it true? How?**
- 2. What are some practices that are main features of a Gurdwara.**
- 3. What language is spoken by Sikhs? Why is it mandatory to learn it?**
- 4. What does the word Gurdwara mean?**

LIFESTYLE OF A SIKH

The sacred Sikh scripture Sri Guru Granth Sahib (SGGS) is the guiding light that helps a Sikh to mold his/her lifestyle to follow the path of truthful living. In this regard SGGS says:

ਗੁਰਬਾਣੀ ਇਸੁ ਜਗ ਮਹਿ ਚਾਨਣੁ ਕਰਮਿ ਵਸੈ ਮਨਿ ਆਏ ॥੧॥ ...(SGGS: Page 67)

Gurbani, The Word of the True Guru is the Light that illuminates the righteous Path of Life in this world; and it is by the Grace of the Almighty, that it comes to abide in one's mind. (SGGS: P.67)

Thus fortunate are those who happen to fall in love with a True Guru's thoughts, and learn to live a life that helps them to become model citizens of the world, the exemplary humans. A Sikh in such a quest lives his/her life as directed by the Guru Sahib, to be an exemplary human being, loving, serving and respecting the whole humanity. A Sikh chooses to follow Guru Sahib as this is the only way, to achieve the ultimate aim of life, that is free from fear of death, free from the grip of lust, anger, greed, attachment and desires, and the worst of all the over inflated ego accompanied by arrogance. Imagine how happy and healthy a human being will be, who is free from all the above listed vices. Wouldn't he be a real King of hearts? And, a real Saint?

A Sikh strives to lead a life where there is no fear, no vices and transgressions, and there is a lot of love for humanity. He/she also loves to serve and help people, shares his earning with the needy and always works hard to earn an honest living. To guide the Sikh in his/her quest for such an active, honest, and helping lifestyle SGGS advises him/her as follows;

ਮ: ੪ ॥ ਗੁਰ ਸਤਿਗੁਰ ਕਾ ਜੋ ਸਿਖੁ ਅਖਾਏ ਸੁ ਭਲਕੇ ਉਠਿ ਹਰਿ ਨਾਮੁ ਧਿਆਵੈ ॥ ਉਦਮੁ ਕਰੇ ਭਲਕੇ ਪਰਭਾਤੀ
ਇਸਨਾਨੁ ਕਰੇ ਅੰਮ੍ਰਿਤਸਰਿ ਨਾਵੈ ॥ ਉਪਦੇਸਿ ਗੁਰੂ ਹਰਿ ਹਰਿ ਜਪੁ ਜਾਪੈ ਸਭਿ ਕਿਲਵਿਖ ਪਾਪ ਦੋਖ ਲਹਿ ਜਾਵੈ ॥
ਫਿਰਿ ਚੜੈ ਦਿਵਸੁ ਗੁਰਬਾਣੀ ਗਾਵੈ ਬਹਦਿਆ ਉਠਦਿਆ ਹਰਿ ਨਾਮੁ ਧਿਆਵੈ ॥ ਜੋ ਸਾਸਿ ਗਿਰਾਸਿ ਧਿਆਏ ਮੇਰਾ
ਹਰਿ ਹਰਿ ਸੋ ਗੁਰਸਿਖੁ ਗੁਰੂ ਮਨਿ ਭਾਵੈ ॥ ਜਿਸ ਨੋ ਦਇਆਲੁ ਹੋਵੈ ਮੇਰਾ ਸੁਆਮੀ ਤਿਸੁ ਗੁਰਸਿਖ ਗੁਰੂ ਉਪਦੇਸੁ
ਸੁਣਾਵੈ ॥ ਜਨੁ ਨਾਨਕ ਪੂੜਿ ਮੰਗੈ ਤਿਸੁ ਗੁਰਸਿਖ ਕੀ ਜੋ ਆਪਿ ਜਪੈ ਅਵਰਹ ਨਾਮੁ ਜਪਾਵੈ ॥੨॥ ...(SGGS: Page
306)

One who calls himself a Sikh of the Guru, the True Guru, rising up everyday contemplates upon the virtues of the Supreme Master. Making a diligent effort every morning he/she gets up early to bathe and then immerse in the pool of virtues of spiritual immortality of divine teachings.

Next, following the Instructions of the Guru, internalizes the Divine virtues by repeatedly contemplating upon them; that results in erasure of all kind of transgressions, and negativity.

Then, as the day progresses, he/she continues singing (reminding him/herself about the message of) Gurbani; whether sitting or standing (in daily activities of honest work), he/she continues to stay focused on Divine virtues.

Thus one who continuously stays focused on the Supreme Master in every breath and partaking of every morsel of food — that GurSikh becomes pleasing to the Guru’s Mind. That person, unto whom my Timeless Creator Master is kind and compassionate — upon that GurSikh, the Guru’s Teachings are bestowed. Servant Nanak begs for the dust of the feet of that GurSikh, who himself stays focused on the Divine virtues, and inspires others to do so. || 2 ||

Thus guided by the aforementioned pearls of wisdom a Sikh tries his best to make righteous choices and decisions throughout the day. Thus trying to stay at the right course, a Sikh tries, not to be lazy, takes care of the body, nourishes it every day and keeps it clean and safe by not using any type of intoxicants. Always works hard and strives to live by the **Three Basic Commandments of Sikh Faith**, namely;

1. **KIRAT KARO:** Earn your living through honest means
2. **WAND CHHAKO:** Share with others, the fruits of your labor through selfless service to humanity. **and**
3. **NAAM JAPO:** (Meditate on God’s Name), to develop consciousness of His presence in every heart and to develop God like qualities through His remembrance.

Furthermore, in addition to the above guiding principles, the spiritual aspect of life called ‘**Piri**’ (being saint-like) and the temporal or worldly affairs is the principle of ‘**Miri**’ (being soldier-like). As per Sikh Teachings, a combination of both the principles of ‘**Piri**’ and ‘**Miri**’ makes a perfect human being; a **Saint-Soldier**; who, is a Saint at heart, and a Soldier in action.

A human needs both the above mentioned empowerments to actually attain completion to fulfill the mission of this life, to taste the real freedom, power and love that we all yearn for all our life but very few get blessed to taste it.

By reciting the Scout Oath, basically a Scout also promises to be a Sikh-like Saint-Soldier by reciting the Scout Oath that says;

“On my honor I will do my best; To do my duty to God and my country and to obey the Scout Law; To help other people at all time; To keep myself physically strong, mentally awake, and morally straight.”

A Sikh leads a very disciplined life as you have read through all these chapters. Therefore it is awesome to fall in love with a discipline that can carry one to such ultimate heights. The

discipline of a 'Saint-Soldier' takes a human mind, body and soul to very higher level. That newly attained power of mind is just full of bliss and peace and reason, that mind and body becomes exemplary for others and can uplift others in many ways. For a Sikh it is a great blessing to have Sri Guru Granth Sahib as his/her guiding light.

Questions:

- 1. A Sikh's life-style is exemplary? How?**
- 2. What does a day in a Sikh's life looks like?**
- 3. Why he/she has to recite Gurbani in the morning every day?**
- 4. What are five main vices that destroy a human being?**
- 5. What do you understand by Miri-Piri?**

A Sikh is An asset for the world

A Sikh is an asset for the world, because he/she creates an environment of love, respect equality and help for the people around him. He/she is highly disciplined in body and mind. He/she earns an honest living and shares with people. Courage is at the core of a Sikh, so always raises a voice against human right violations. Always ready to help the helpless and weak, the needy and poor. A Sikh is a valiant soldier, a peace loving person and a happy, fun-loving human being.

This beautiful world is a great miracle and a mysterious creation of God. It is provided to us so that we can experience life to the fullest. Guru ji make us understand that SGGS says, *“Eh vis sansaar tum dekhde, eh har kaa roop hai, Har roop nadreen aaya.”* It is our duty to make sure that we never destroy the balance of nature, respect air, water, earth and all other natural resources. Our life is connected to everything around us and we can only be happy and healthy, if we are aware of our actions and behavior. SGGS also teaches us how to live, eat, dress up, walk, talk, get into relationships, remembering and focusing on the golden words of Guru’s wisdom. This wisdom is never found in the books of worldly education, except it makes us aware of the physical world and earning a living. In order to experience everlasting peace and joy and bliss, one has to live by the word of Guru. One can experience absence of fear of death, freedom, courage and high morale of unbounded optimism called, **“Chardi Kala”** in Punjabi.

Imagine someone with all those attributes is just a super human; a person who is loved by all, looked up to and is respected as he is able to give so much to this world and can create a most favorable environment. People will feel safe, happy and free of fear around him/her. Don’t you think a Sikh is an asset for the world?

Questions:

- 1. List some attributes of a Sikh personality?**
- 2. How a Sikh helps the society?**
- 3. If the practice of the Sikh faith has to be compared to that of a Scout, what are the similarities?**
- 4. Will this world be healed and become a better place if Sikh practices become common?**
- 5. Why is a Sikh, considered an asset for the World?**

Brief History of Sikh Scouts in America

Boy and Girls of the Sikh Faith have been involved in Scouting for a very long time. Scouts of the Sikh Faith have immersed themselves in Scouting across America in varying degrees. Most Sikh Scouts have always joined Dens and Troops of various non-Sikh religious denominations and have had a positive experience.

The first all Sikh Troop 600 was formed in 2009 in San Jose, California. The Troop has had between 20 – 35 boys at any time and produced around 10 Eagle Scouts as of July 2014; which is a significant achievement.

Starting in late 2006, S.Kavneet Singh representative of the American Sikh Council (formerly known as World Sikh Council – America Region) started to work on preparing the Sikh Religious Award workbooks. After years of laying the ground work and persistence finally in early November 2013 the first workbook was approved by the Boy Scouts of America. In April 2014 the second workbook got approved along with the four Sikh Medallions for Cubs and Scouts (for any gender). The final two workbooks for the Grades 1-3 and 4-5 were completed and approved in October 2014.

The first two Scouts to receive the Sikh Medallions after completing the Sikh Religious Awards workbooks were Karanveer Singh an Eagle Scout and Sherveer Singh a Life Scout with Troop 48, Berlin, New Jersey. They received this honor at the Sikh Sabha Gurdwara, Lawrenceville, New Jersey on July 20, 2014 and later received the Religious Square Knot at the Troop Court of Honor held on December 10, 2014, Berlin, New Jersey.

Ten Sikhs including two of the above Scouts participated for the first time in the National Scout Jamboree 2013 at the Bechtel Summit, Mt.Hope, West Virginia. The Sikh contingent put up a Sikh Faith and Beliefs exhibit which ran for ten days in July 2013. Thousands of brochures were distributed while interfacing with Scouts from all across the nation. Simultaneously over 1,500 turbans were tied on those Scouts wanting to experience what it feels to wear a turban. The entire Summit was filled with Scouts proudly wearing colorful turbans while running, playing and doing their various activities.

Those Scouts of the Sikh Faith who are now adults have done remarkably well in life by studying hard and have turned out to be Doctors, Engineers, Lawyers and other kinds of top notch professionals serving their local communities and also giving back to society.

The Sikh Faith and Scouting have shared common values which fit perfectly and it behooves all Sikhs to be part of Scouting. Scouts should immerse themselves by learning everything they can from the exceptional Adult leaders, the hands on experience doing and learning from the over 130 merit badges, enjoying the great outdoors of our amazing nation, learning to work in teams, to excelling in leadership and much, much more.

The Sikh Gurus taught the Sikhs various physical activities to keep the mind and body active. Among the various activities, horse riding, archery, wrestling and martial arts including 'Gatka' the art of sword fighting are part of the Sikh heritage. All the spiritual/mental and physical discipline was taught so that every Sikh would be '**Thyar par Thyar**' meaning '**always be prepared**' to do your duty to yourself and others. The Boy Scouts of America have the exact same motto – '**Be prepared**' which means you are always in a state of readiness in mind and body to do your DUTY! A perfect fit!



Sikh American Scouts at a Thanksgiving for the Troops in New Jersey

American Sikh Council, formerly known as World Sikh Council – America Region
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SIKH FAITH

SOME INTERESTING FACTS:

Who are the Sikhs?

SOME COMMON MISCONCEPTIONS:

MISCONCEPTION 1:... SIKHS are Muslims because they wear a Turban, and grow a Beard.

FACT:... Turbans are worn in many countries as a cultural dress. However, a **TURBAN** is required to be worn by a SIKH and it is a Religious Article of Faith.

MISCONCEPTION 2:... The Sikh Faith is a blend of Hinduism and Islam.

FACT:... The Sikh Faith is **not a blend** of Hinduism and Islam. It has its own unique Scripture, Gurus (The Divine Masters), and Houses of Prayer called Gurdwara. Sikhism is a separate faith with a distinctive ideology, its own unique script and is not a branch of any other religion.

SIKHS IN AMERICA:

Sikhs came to America more than 100 years ago,

- First to the West Coast, and later to East Coast.
- The first Sikh (official record) landed in San Francisco, California on **April 6, 1899**.
- The first Gurdwara Sahib (House of Prayer) was built in Stockton, California in 1912. It is also on the US Historical Register.
- The first group of Sikh students arrived in 1907 to study at various Universities on the West Coast of the US.
- The first Sikh soldier to serve in the US Army was Dr. Bhagat Singh Thind, who joined the US armed forces in the year 1918. He was also the pioneer for citizenship and property rights.
- Worked in Farming and Lumber Industries.
- Provided Representation in the Federal Government.
- The first Sikh US Congressman was Dr. Dalip Singh Saund. Starting in 1957, he served three terms in the House of Representatives.
- The father of Fiber Optics, the backbone of the modern day Internet is a Sikh by the name of Dr. Narinder Singh Kapany, who lives in San Francisco, California.

SIKHISM IS THE FIFTH LARGEST RELIGION IN THE WORLD.

1. Christianity: ... 2.2 Billion.
2. Islam: ... 1.4 Billion.
3. Hinduism: ... 900 Million.
4. Buddhism: ... 396 Million.
5. Sikhism: ... 26 Million.
6. Judaism: ... 15 Million.

CORE SIKH BELIEFS;

- **ONE GOD.**
 - Loves and sustains all Humanity.
- **ALL ARE EQUAL IN THE EYES OF GOD.**
 - Respect for all genders, religions, races.
- **EARN AN HONEST LIVING.**
 - Sikhs are supposed to work and live honestly.
- **SHARE WITH OTHERS.**
 - Share your time, money, etc., with others.
- **REMEMBER GOD.**
 - Throughout one's day.
- **DO NOT BELIEVE IN THE FOLLOWING.**
 - Fasting, superstitions, ritualism, caste system.
- **SIKHISM PROHIBITS;**
 - Smoking, drinking alcohol, or taking any intoxicants.

THE FIVE K's:

- **UNCUT HAIR (Kesh)** ... Spirituality.
- **THE SWORD (Kirpan)** ... For the protection of self and others.
- **IRON BRACELET (Karhaa)** ... Good deeds.
- **LONG BREECHES (Kachhera)** ... Self-discipline.
- **COMB (Kangha)** ... Cleanliness.

THE SIKH TURBAN:

- 99% of the people wearing TURBANS in America are SIKHS.
- It is a religious obligation for the SIKHS.
- Can always be recognized and are duty bound to offer help.
- Under no circumstances can the TURBAN be forcibly removed.

GURUS, THE SIKH SPIRITUAL GUIDES:

- | | |
|-----------------------------|------------------|
| • Historic - 10 Sikh Gurus. | Guruship Period. |
| ○ Guru Nanak Sahib. | 1469 - 1539 |
| ○ Guru Angad Sahib. | 1539 - 1552 |
| ○ Guru Amardas Sahib. | 1552 - 1574 |
| ○ Guru Ramdas Sahib. | 1574 - 1581 |
| ○ Guru Arjan Sahib. | 1581 - 1606 |
| ○ Guru Hargobind Sahib. | 1606 - 1644 |
| ○ Guru Har Rai Sahib. | 1644 - 1661 |
| ○ Guru Harkrishan Sahib. | 1661 - 1664 |
| ○ Guru Tegh Bahadur Sahib. | 1664 - 1675 |

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- Guru Gobind Singh Sahib. 1675 - 1708
- Mission.
 - Love for God.
 - Social justice for humanity.
 - Freedom from superstition and rituals.
- Their IDEALS and TEACHINGS were preserved through writing and actions.

GURU, THE PRESENT DAY SPIRITUAL GUIDE:

- Guru Granth Sahib (The Divine Sikh Scripture). Plus
- Guru Panth (The Community of Initiated Sikhs - Khalsa.)

GURU GRANTH SAHIB:

- 1430 pages written in Poetry which can be sung to musical notes.
- Considered the Living Guru of the Sikhs.
- Teaches you how to be kind, tell the Truth, and love and respect everyone.
- Sikh services consist of reading and singing from the scripture.

GURDWARA: THE SIKH HOUSE OF PRAYER.

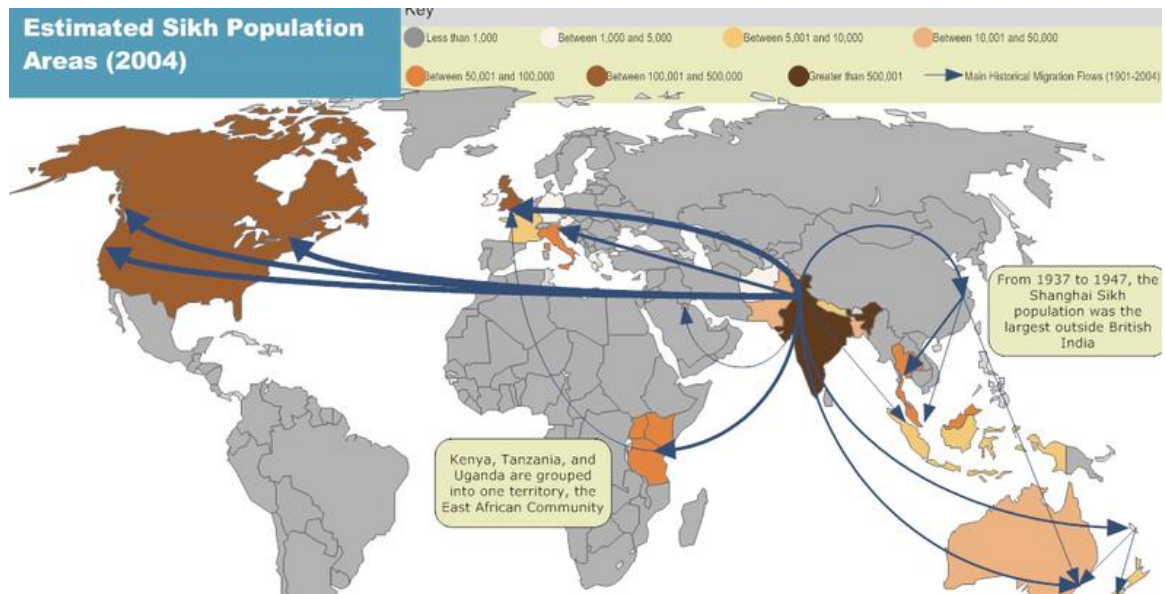
- For Learning the Sikh Way of Life.
- Everyone Welcome.
- Service typically held on weekends.
- Langar for all (Community Kitchen).

MOST SIKHS SPEAK PUNJABI:

- Over 80 Million people speak Punjabi.
- Punjabi is written from Left to Right.
- Punjabi alphabet contains 35 letters + 12 vowel sound symbols.

SIKHS CAN BE FOUND IN ALMOST EVERY PROFESSION, working as:

- Arts: Artists, Actors, and Filmmakers.
- Industry: Farmers, Businessmen, and Industrialists.
- Professionals: Doctors, Lawyers, Engineers, Scientists, and Administrators.
- Players: Basketball, Soccer, Cricket, Football, Baseball
- Politicians: Local, National, and International.
- Military: Army, Navy, and Air Force, etc.



THE SIKH PRAYER:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥ ਗਉੜੀ ਸੁਖਮਨੀ ਮਹਲਾ ੫॥
ਤੂ ਠਾਕੁਰੁ ਤੁਮ ਪਹਿ ਅਰਦਾਸਿ ॥ ਜੀਉ ਪਿੰਡੁ ਸਭੁ ਤੇਰੀ ਰਾਸਿ ॥
ਤੁਮ ਮਾਤ ਪਿਤਾ ਹਮ ਬਾਰਿਕ ਤੇਰੇ ॥ ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਮਹਿ ਸੂਖ ਘਨੇਰੇ ॥
ਕੋਇ ਨ ਜਾਨੈ ਤੁਮਰਾ ਅੰਤੁ ॥ ਉਚੇ ਤੇ ਉਚਾ ਭਗਵੰਤੁ ॥
ਸਗਲ ਸਮਗ੍ਰੀ ਤੁਮਰੈ ਸੂਤ੍ਰਿ ਧਾਰੀ ॥ ਤੁਮ ਤੇ ਹੋਇ ਸੁ ਆਗਿਆਕਾਰੀ ॥
ਤੁਮਰੀ ਗਤਿ ਮਿਤਿ ਤੁਮ ਹੀ ਜਾਨੀ ॥ ਨਾਨਕ ਦਾਸ ਸਦਾ ਕੁਰਬਾਨੀ ॥੮॥੪॥ {ਪੰਨਾ ੨੬੮}

O! The ONE Creator

(Of us all)

You are our Master, and our prayer is unto You.

Our bodies and Souls are Your Gifts, Your Bounties.

You are our Mother, as well as our Father, and we are your children.

In Your Grace lies whole of our Joy.

(You being infinite in every aspect)

No one can know Your limits, O Master,

Because You, the Maker of our Destiny, are the Highest of the high.

Everything in Your Creation is strung on the Thread of Your Grace.

Thus, all that You created is moving along under Your Command.

How high? Or how big You are! You alone know Your state and extent.

Nanak, Your slave, is forever a sacrifice unto You. ||8||4||

(SGGS: Page 268.)

THE SIKH EMBLEM



KHANDA

KHANDA: is one of the most important symbols of Sikhism that appears on most of the Sikh flags. This Insignia is a combination of four hand-to-hand combat weapons that were commonly used by the Sikhs in their earlier struggles against the tyrannical rulers. Symbolically they represent the following principles of human interactions.

- The central **double-edged sword** symbolizes the Marvel of UNITY of God's CREATION and DESTRUCTION acting in unison.
- The endless CIRCULAR CHAKAR symbolizes the eternity of God's Creation.
- The outside **pair of TWO SWORDS** represents the Divine Gift of PIRI-MIRI; The Concept of SPIRITUAL and TEMPORAL Sovereignty of thought of the **Sant-Sipahi** ... the Saint-Soldier ... the Ultimate Perfect Human being.

Instructions:

How to use

The Workbook for the Scout

1. The Scout is expected to read a chapter a week and then answer the questions at the end of the chapter.
2. The time frame to comfortably finish the book is about 7 weeks. There is no specific time of completion.
3. The Scout can confer with his/her parent, Cub Leader, Assistant Cub Leader, Den leader or counselor to ask questions or advice.
4. Once all the activities are complete the Scout must have a Board of Review. This requires the Counselor, along with one or two other adults from the Gurdwara to ask questions of the relevance of what he/she has learnt and how it applies to their daily lives as a Scout.
5. Once the Board of Review is complete, the parent and then the counselor sign off in the 'workbook'.
6. The parent or counselor can get in contact with American Sikh Council (ASC) sikhscoutsusa@gmail.com contact@americansikhcouncil.org and send in a copy of the certification and application pages so that ASC can mail in the 'Sikh Award Medallion' with a 'Certificate'.
7. The Scout will be presented the 'Sikh Award Medallion' with the 'Certificate' at the Gurdwara by getting the Cubs and Adult Leaders from his Den to join the sangat (congregation) and be honored in everyone's presence.

Instructions:
Counselor's requirements
and
responsibilities

- The Counselor **must** have Boy Scouts of America (BSA) Youth Protection Training certification (a simple 30 minutes online test) and follow the same guidelines.
[https://myscouting.scouting.org/ layouts/MyScouting/login.aspx?ReturnUrl=%2f_layouts%2fAuthenticate.aspx%3fSource%3d%252f&Source=%2f](https://myscouting.scouting.org/layouts/MyScouting/login.aspx?ReturnUrl=%2f_layouts%2fAuthenticate.aspx%3fSource%3d%252f&Source=%2f)
- The Counselor **must** be a Saabat Surat (with uncut hair) Sikh and must believe and abide by the Sikh Rehait Maryada (Sikh Rules of Moral Conduct - <http://sgpc.net/Sikh%20Reht%20Maryada%28Eng%291.pdf>)
- The Counselor must have the maturity to understand the level of the child (Scout) and be able to relate appropriately.
- The Counselor should have enough knowledge that he/she is able to communicate, either speak or listen patiently to the child (Scout) while guiding him/her through the 'workbook'.
- The Counselor should be sensitive to the child (Scout) because each one comes from a different background with varying levels of observance to Sikh Rehait Maryada.
- The Counselor must not be disparaging towards the Scout and be respectful even if the Scout's views may differ.
- Once all the activities are complete the Scout must have a Board of Review which requires the Counselor along with one or two other adults from the Gurdwara to ask what the Scout has learnt (15-20 minutes) from the workbook and how it applies to his/her daily life as a Scout.
- The parent or counselor can get in contact with the America Sikh Council (ASC) sikhscoutsusa@gmail.com contact@americansikhcouncil.org and send in a copy of the 'certification and Sikh Religious Award application pages' so that ASC can mail in the 'Sikh Award Medallion' with a 'Certificate' which should be presented to the Scout in the presence of the Cubs from the Den and sangat (congregation) at the Gurdwara by any of the responsible Gurdwara Trustee or Committee members.
- **If a counselor is not available please get in touch with the American Sikh Council (ASC) and we will arrange for one.**

Sikh Religious Award Workbook Grades 4-5

Certification

Scout Name: _____

Den/Pack: _____

Council: _____

Date Applied: _____

Scout's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Counselor's Signature: _____ Date: _____

Counselor's Name: _____

Counselor's Address _____

Counselor's Tel: _____

Counselor's Email: _____

Sikh Award Application Form

Submit one application per order

Shipping Address: Allow 2-3 weeks for delivery

Name _____

Address _____

City _____ State _____ Zip _____

Day Contact _____ Email _____

Candidate Information:

Name _____ Grade _____

Home Address _____

City _____ State _____ Zip _____

Gurdwara Associated _____

Gurdwara Information:

Name of Gurdwara _____

Address _____

City _____ State _____ Zip _____

Counselor's Name: _____ Tel _____

Counselor's Email: _____

Certificate of Eligibility by Counselor: I certify that the candidate has successfully completed the requirements of the program and presented his/her work for final approval.

Signature _____ Date _____