



+ • SAT SRI AKAL

(True is the name of God)



Who are Sikhs?

The Sikh religion was founded over 500 years ago in the Punjab region of India.

There are more than 25 million Sikhs around the world, which makes Sikhism the world's fifth largest religion.

Sikhs first came to the United Kingdom in the late 1800s and there are an estimated 500,000 Sikhs living in United Kingdom today.

The term Sikh means 'seeker', 'disciple' or 'student'.



Basics of Sikhism

Vand Chakko Sharing with others, helping those in need, as well as participating as part of a community. A spirit of giving, sharing, and caring for one another is central to Sikhism.

Kirat Karo Earning/making a living honestly, without cheating or fraud, and always speaking the truth.

Naam Japo Meditating on God's name to live a life of decency and humility.



Sri Harmandir Sahib (The Golden Temple)

Located in city of Amritsar in North India, Sri Harmandir Sahib is the holiest temple for Sikhs around to world.

Sri Harmandir Sahib is made of 600 kg of gold .

There are four entrances to Sri Harmandir Sahib which shows openness to all devotees irrespective of religion or colour of skin.

The langar at the Amritsar Golden Temple is the largest free kitchen in the world. It serves more than fifty thousand free meals daily.



Guru Granth Sahib ji

The term Guru means a Teacher.

Guru Granth Sahib ji contain the words spoken by the 10 living gurus. This is known as Gurbani, which means 'from the Guru's mouth'.

Guru Granth Sahib ji also include writings from Hindu and Muslim writers who believed in the oneness of God.

The first line of the Guru Granth Sahib is "Ik Onkar". This means 'there is only One God'.



5 K's

Kesh - uncut hair: Sikhs believe that hair is part of God's creation. Keeping hair uncut indicates that one is willing to accept God's gift as God intended it.

Kara - a steel bracelet: A symbol of God having no beginning or end.

Kanga - a wooden comb: This symbolises a clean mind and body; since it keeps the uncut hair neat and tidy.

Kachha - special underwear: It's a symbol of modesty.

Kirpan - a ceremonial sword: Symbolises protection of the weak.



Seva

Seva means 'selfless service'. It involves helping others without any reward or personal gain. Sikhs perform seva in a variety of ways, including to help the local community.

During Coronavirus pandemic, Warrington Sikh temple (Gurdwara) supplied 35,000 free meals to hard working doctors and nurses in NHS.



Sikhs in World Wars

Sikhs have fought alongside the British Armed Forces for over 150 years.

Over 400,000 Sikhs served in World War One and Two.

There were many regiments of Sikhs who won battle honours and multiple Victoria Cross'.

Over 84,000 Sikh soldiers died and over 100 thousand were injured during the two wars.





Lord Singh of Wimbledon



Monty Panesar, England Cricket team



Ajay Singh Banga
President of the World Bank

THANK YOU