

# Sikhism



## Beliefs

There is only ONE God.  
God created everything.  
God controls everything.  
God is called Vaheguru.



## Founders

There were 10 Gurus.  
The first Guru was Guru Nanak.  
All of the Gurus writings are in the Guru Granth Sahib.



## Worship

Sikhs worship in a Gurdwara.  
Anyone can go to a Gurdwara.  
Everyone can eat there.  
Sikhs pray 3 times every day.



## Flag

The Sikh flag is called a Nishan Sahib.  
You can see it at a Gurdwara.



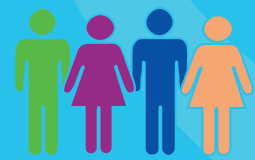
## Uniform

Sikhs wear 5 symbols.  
They cover their head with a cloth called a turban.  
Guru Gobind Singh, the 10th Guru gave them a uniform.



## Symbol

The Khanda is the Sikh symbol.  
The Khand are presents God's power.  
It reminds them to be strong and also to be good people.



## Equality

Everyone is equal.  
Sikhs serve all types of people.  
Sikhs believe that everyone can meet God.



## Community

Sikhs serve the community at the Gurdwara.  
They give money from their earnings to charity.  
This is called Dasvandh.

## The SIKH 5 K's

**Kes** -  
uncut hair covered with Turban/head covering



**Kara** -  
iron bangle that reminds Sikhs to do good and remember God in their actions



**Kanga** -  
wooden comb used twice a day to comb hair



**Kirpan** -  
small sword worn at all times as a reminder to stand up against oppression



**Kashera** -  
underwear that represents modesty and self restraint to live a pure and honest life

## SIKH Head Coverings

### Men and Boys



Dastaar (Turban)



Dumalla (Turban)



Patka



Rumaal

### Women and Girls



Dastaar (Turban)



Keski (Small turban)



Chunni



## Guru Granth Sahib

This is the Guru of the Sikhs.  
Sikhs bow down to the Guru.  
Sikhs treat their Guru with lots of respect.



## Chaur Sahib

The Chaur Sahib is waved above the Guru Granth Sahib.  
This is to show respect and importance.



## Keertan

Sikhs sing to remember God.  
This is called Keertan.  
Sikhs sing the writings or Shabads from the Guru Granth Sahib.



## Instruments

When singing Keertan a drum is also played.  
The drum is called a Tabla.  
Other instruments shown are .Baja and Taus.



## Amrit

Sikhs have a ceremony called Amrit Sanchaar.  
This is where Sikhs are initiated.  
5 Sikhs prepare the Amrit.



## Learning

The word Sikh means "to learn".  
The Guru is the teacher.



## World

Most Sikhs live in India.  
They are mainly in Punjab.  
Many Sikhs live abroad.  
There are 26 million Sikhs.



## Language

The Sikh language is called Gurmukhi.  
It means "the Guru's Spoken Word".