

SIKH CHILDREN'S DAY 2020

How is Sikhi helping you get through the pandemic that we are facing right now and remain in Chardi Kala?

What Sikh values are you employing in your everyday life and what are you doing to help yourself and others during this time?

By: Surveen Kaur

Age: 6 Years

Right now, everyone is going through a very difficult time because of Corona virus. No body can go out to play. Nobody can meet their friends or family. This is causing lots of stress and health issues. Some people cannot even get food.

To help us in this difficult time we are following Sikhism`s teachings. I do mool-mantar whenever I feel sad or stressed. It gives me energy. I also do paath and listen to keertan to relax. We try to follow all the ten Guru`s teachings described in Sri Guru Granth Saheb Ji. We contribute in the langar to serve the community in these tough times. We as community are also providing grocery and masks to the needy at Gurdwara saheb. This gives the feeling of satisfaction. We are also dropping the food for elder citizens based on the teaching of Guru Nanak Dev Ji, that is Naam Japo, Vand Shako and Kirt Karo. I am also doing my Sikhism classes online to learn more about our religion and Guru Ji`s teachings. Our Gurudwara at Riverside is helping us a lot with that. Our Principal at Gurdwara school is a Doctor. She is also making videos about Corona virus to spread the awareness so that people can stay safe. Our Gurus have always taught us about safety, cleanliness and discipline. They have taught us to stay healthy by doing exercise every day. I try to do that as much as possible to stay fit.

All these teachings and instructions have helped me and my family to stay happy and healthy during this difficult time. I will try my best to continue it and spread the message to everyone. May Waheguru Ji bless everyone, and we soon find the medicine for this disease so that everything is normal again and I can go back to my school and Gurdwara.