

Sikh Children's Day 2020 Essay by Sujaan Singh

“Aadh Sach Jugaad Sach Hai Bhee Sach Nanak Hosi Bhi Sach”

Guru Nanak reminds me that truth will live throughout the ages forever. God's light will continue to shine throughout the pandemic and beyond.

Sikhi is helping me live through the pandemic by reflecting on the Guru's lives. The Gurus faced many challenges and kept moving forward in Chardi Kala.

From Guru Har Rai, I get inspired to persevere even when things are hard. He led a big army of soldiers to protect the Sikhs from the Mughal's atrocities. During the pandemic, I had to attend school virtually for the first time. At first it was hard to learn in a new setting, but I kept trying and now I enjoy learning virtually.

Guru Har Krishan helped people during the smallpox pandemic at a young age of 7. From Guru Har Krishan I am inspired to help those who need help during the current pandemic by donating hygiene supplies and food to the local shelter.

Guru Angad Dev ji started the tradition of langar which is unique to the Sikh religion. Being able to feed people who cannot afford much during this pandemic is a wonderful tradition that I am contributing to at my local Gurdwara's weekly food drive.

Guru Nanak taught me that all human beings have direct access to God and control their own happiness without priests or rituals. I am content while staying home and sheltering in place by practicing naam simran, doing nitnem, and singing shabads.

I am grateful for the teachings of the Gurus that are helping me during this pandemic and throughout my life.