

GOBIND MARG

THE MONTHLY BULLETIN OF
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

MAY 2026 – VOL XXXV – ISSUE 5



Gurdwara Chotta Ghallughara stands elegantly at Gurdaspur, serving as a mark of respect for those who died for their faith. Among the atrocities impinged upon the Sikhs during the Mughal rule, the Chotta Ghallughara (Lesser Genocide) was responsible for the death of at least 10,000 Sikhs during April-June 1746. This figure rises significantly if the cold blooded killing in Lahore of innocents in March 1746 are included. At this time, all the Sikhs in Lahore – men, women and children – were rounded up and martyred on orders of Lakhpat Rai, a minister for Yahya Khan.

During his ensuing campaign to eradicate all Sikhs, he destroyed and forbade the reading of Sikh scripture. About 15,000 unarmed Sikhs were pursued by the Mughal army into the marshlands and mountain sides of Khanuwan. Their only crime as civilians was that they wanted to live and die as Sikhs.

May 2026 Programmes – key Dates

May 01	Puranmassi
May 04	May Bank Holiday
May 15	Sangrand
May 16	Mussia
May 17	Chotta Ghallughara
May 19	Guru Arjan Dev Ji Parkash
May 23	Guru Amar Das Ji Parkash
May 25	May Bank Holiday
May 31	Puranmassi
May 31	Gurdwara AGM



Gurdwara Sri Guru Singh Sabha

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Registered Charity No 283314

DAILY OPENING TIMES

Gurdwara: 4:00am to 8:00pm Main Office: 10:00am to 6:00pm

Matrimonial: 10:00am to 1:00pm – Closed on Bank Holidays.

Library: Tuesdays & Sundays 11:00am to 1:30pm

Matrimonial Service Contact: 0208 814 6701 or Mayriages@sgss.org

	Monday-Saturday (Exc Tues)	Tuesday	Sunday
4:00am			Parkash
5:00am			Nitnem
6:00am			Simran
6:30am			Asa Di Var
7:45am			Ardas
8:00am			Akhand Path/Sehaj Path Bhog; Sukhmani Sahib
9:00am			Kirtan
9:45am			Ardas
10:00am	Kirtan	Kirtan	Youth Kirtan
10:30am		Katha	
10:45am			
11:00am	Katha	Sukhmani Sahib Path	Kirtan
11:30am			Ardas
12:00pm			Katha
12:30pm		Ladies Kirtan	Kirtan
1:00pm			Kirtan
2:00pm		Ardas	Ardas
6:00pm			Rehraas
6:30pm			Kirtan
7:00pm			Katha
7:30pm			Ardas
8:00pm			Sukhasan

Gen Secretary's Report

Dear Sangat Jee

ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ, ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਿਹ!

WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh!

This past month has been both spiritually enriching and community-focused for our Gurdwara.

We began with an enlightening lecture by Dr Asma Qadri on *Japji Sahib* on 29th March. Her insights helped deepen our understanding of Guru Nanak Dev Ji's timeless message and encouraged us all to reflect more deeply on our daily Nitnem.

This was followed by another thought-provoking session by Dr Hardial S Dhillon, who spoke on Sikh values and their universal relevance—reminding us how Sikhi continues to guide us in today's world.

Our Vaisakhi celebrations were a true highlight of the month. The Gurdwara was filled with spirit and unity throughout a full day of programmes. The *Nishan Sahib sewa* brought the Sangat together in seva and chardi kala, reinforcing our shared commitment to Guru Sahib's path.

A particularly powerful moment was the *Amrit Sanchar*, where 13 individuals took this important step in their spiritual journey.

The celebrations continued beyond Vaisakhi day itself. On 19th April, we hosted a Sikh Art Exhibition, showcasing creativity and heritage, and providing a platform to celebrate Sikh identity through artistic expression.

We also organised a 5km Women's Health Run at Osterley Park—an inspiring initiative promoting wellbeing, empowerment, and community participation.

Importantly, we extended the spirit of Vaisakhi beyond the walls of the Gurdwara. Through our outreach at HMP SEND Woking Prison and West Middlesex University Hospital, we were able to engage with prisoners, patients, and staff—sharing not just langar and support, but also compassion, connection, and the true essence of seva.



SGSS Chaplains at HMP SEND Prison



SGSS Chaplains at West Middlesex Hospital

This has only been possible through the tireless efforts of our sewadars and the continued support of the Sangat. Together, we are not only preserving our traditions but actively living them.

Thank you all for your dedication and commitment.



Dr Hardial Singh Dhillon

Estate update – Our online meeting with the DfE regarding the adjoining land (209-213 Hanworth Road) was transparent - all works on the site have been paused. They are consulting with other interested Government bodies (Education and Health) of any interest in the site before they consider discharging it. There are no timescales to this but we have indicated our interest in the site as well the use of it in the interim for parking.

Completion of the purchase of a neighbouring property (35 Hibernia Road) is imminent.

Projects

Whilst the ‘Main Kitchen’ operational issues are being dealt with, HVAC work has now commenced to be completed before the end of May.

Event Bookings: During March 2026, the services performed were:

Weddings	1	School visits	4
Sukhmani Sahib Path	31	Funerals	15
Sehaj Path/Akhand Parth	20	Trips/Lectures	4

Treasurer’s Report (March 2026):

Income	£136,506.93
Expenditure	£110,998.67 (plus £102,917.81 Kitchen Refurbishment project)

With the increase in utility and other costs, bheta service charges were reviewed over the last 6 months and an increase in some areas were proposed to take effect from 1st Mayil 2026.

Further info can be obtained by contacting khalsa@sgss.org

To enable us to continue supporting the sangat, we are happy to discuss your needs.



GURDWARA EDUCATION PROGRAMME



<u>Punjabi Regular Classes</u>	Tuesday	6:00pm-7:30pm	Classrooms
	Sunday Session I	10:00am-11:30am	Classrooms
	Sunday Session II	11:30am-1:30pm	Classrooms
<u>Punjabi GCSE</u>	Sunday	11:00am-1:00pm	Classrooms
<u>Punjabi ‘A’ Level</u>	Sunday	9:00am-11:00am	Library
<u>Punjabi for Adults</u>	Saturday	9:00am-10:30am	Classrooms
<u>English for Adults</u>	Tuesday	10:00am-12:10pm	Classrooms
	Wednesday	10:00am-12:10pm	Classrooms
<u>Gurmat Gian (Adults)</u>	Sunday	11:30am-12:30pm	Surgery Room
<u>Computer Training</u>	Tue, Wed, Thur	9:30am-11:30am	Library
<u>Religious Education for the Young (4-6 year olds)</u>			
	Sunday	1:00pm-2:00pm	Library

2026 Hemkunt Symposium – Speech Competition

Our 32 Panjabi School children took part in the Hemkunt Speech Competition on Saturday 7 March. The Hemkunt Symposium is conducted worldwide. It helps children to learn about Sikh history, culture and philosophy. More important it enables children to gain confidence in public speaking. It equips them with an invaluable life skill which they can use in day-to-day life, school, college and university.

The children are given five questions to guide their research. Children are grouped according to age. This years research topics were:

- ❖ Group 1: 6 – 8 : Guru Nanak
- ❖ Group 2: 9 -11: The Sixth, Seventh and Eighth Nanak
- ❖ Group 3: 12 – 14: Garland Around my Neck – The story of Puran Singh of Pingalwara
- ❖ Group 4: 15 – 17: Sikhi for me – here and now
- ❖ Group 5: 18+: Concept of Reincarnation

Children do not just learn historic facts, they are expected to relate their learning to their day-to-day living. For example in Group 1 (age 6 –8) the children had to answer the following question:

What is the meaning of “taking money to the next world”? How do you apply this to your life?

Group 3 (ages 12-14) were asked “ What lessons do you take from the book (Garland around my neck) about living a meaningful life based on Sikh principles.”

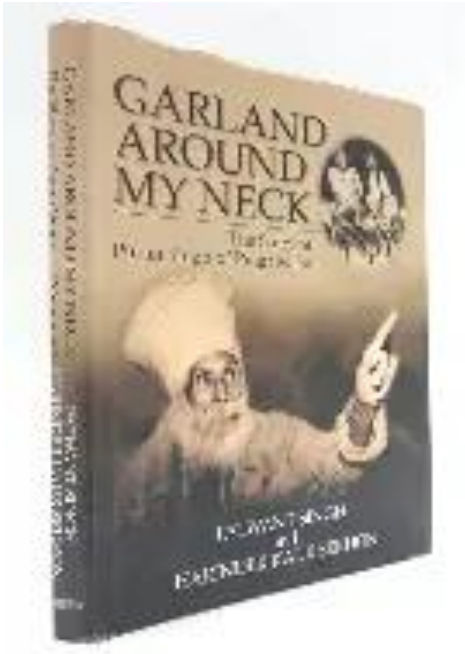
The competition is in three stages:

- ❖ Stage One is at the Panjabi school
- ❖ Stage two is the Zonal Level, where children that have gained positions 1 & 2 go on to represent their school at London wide level
- ❖ Stage three is International Level, which is being held in Orange County, California this year

The Zonal competition was held at our Gurdwara, SGSS Gurdwara Hounslow, on the 28 March. The president of Pingalwara, Jagraj Singh Sran came to the gurdwara to listen to group 3 speeches and present children certificates and medals. Parminder Kaur Shallon had written two poems about Bhaghat Puran Singh which she read before the presentation ceremony. Mr Sran invited, Naginder Kaur, the lead organizer of speech competition to his weekly TV programme Jeevan Jaach to talk about the competition. Childrens speeches and Parminder Kaur Shallon’s poems about Puran Singh were televised on 10 April.

Our children excelled themselves going above and beyond their capability. One of the judges was much impressed and commented on the high quality and high calibre of our students. Sehaj Kaur from group 1 will be representing the Gurdwara in Orange County, California in July.

2026 Hemkunt Symposium – Poems presented



ਭਗਤ ਪੂਰਨ ਸਿੰਘ

ਭਗਤ ਪੂਰਨ ਸਿੰਘ ਬੜਾ ਪਰਉਪਕਾਰੀ, ਸਭ ਦੇ ਮਨ ਨੂੰ ਭਾਉਂਦਾ ਸੀ,
ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਕਰਨ ਦਾ, ਹਰ ਰੋਜ਼ ਸਬਕ ਸਿਖਾਉਂਦਾ ਸੀ।

ਤੁਰਨ ਵਾਲਿਆਂ ਲਈ ਵੀ ਫਿਕਰਮੰਦ ਸੀ, ਰਾਹ ਤੋਂ ਰੋੜੇ, ਮੇਖਾਂ ਹਟਾਉਂਦਾ ਸੀ,
ਸੜਕ ਤੋਂ ਕੇਲੇ ਦੇ ਛਿਲਕੇ ਉਠਾਉਂਦਾ, ਘਾਹ ਚੁੱਕ ਪਛੂਆਂ ਨੂੰ ਖਵਾਉਂਦਾ ਸੀ।

ਕੁਦਰਤ ਨੂੰ ਕਿੰਜ ਸਾਂਭ ਕੇ ਰੱਖਣਾ, ਸਾਰਿਆਂ ਨੂੰ ਸਮਝਾਉਂਦਾ ਸੀ।
ਗਰਮੀਆਂ ਰੁੱਤੇ ਸੁੱਕੇ ਦਰੱਖਤਾਂ ਨੂੰ, ਪਾਣੀ ਵੀ ਆਪ ਪਾਉਂਦਾ ਸੀ।

ਸੇਵਾ ਕਰੇ ਤੇ ਸਫਾਈ ਰੱਖੇ, ਲਿਖ ਕੇ ਪੋਸਟਰ ਲਾਉਂਦਾ ਸੀ,
ਰਸਾਲੇ, ਕਿਤਾਬਾਂ ਪੜ੍ਹਕੇ ਅਨੇਕਾਂ, ਮਸਲੇ ਹੱਲ ਕਰਾਉਂਦਾ ਸੀ।

ਰਾਹ ਵਿੱਚ ਸਿੱਟੇ ਖੁੱਕ ਦੇ ਉੱਤੇ, ਚੱਕ ਕੇ ਮਿੱਟੀ ਪਾਉਂਦਾ ਸੀ,
ਹੱਥ ਬੁਣੇ, ਹੱਥ ਕੱਤੇ ਖੱਦਰ ਦਾ, ਕੁੜਤਾ ਦੀ ਬਸ ਹੰਢਾਉਂਦਾ ਸੀ।

ਨਿਆਸਰਿਆਂ ਨੂੰ ਤੇ ਬਿਮਾਰਾਂ ਨੂੰ ਚੁੱਕ ਕੇ ਹਸਪਤਾਲ ਪਹੁੰਚਾਉਂਦਾ ਸੀ,
ਭੀਖ ਮੰਗ ਪੈਸੇ ਇੱਕਠੇ ਕਰਕੇ, ਉਹਨਾਂ ਦਾ ਇਲਾਜ ਕਰਵਾਉਂਦਾ ਸੀ।

ਪਿਆਰੇ ਨੂੰ ਗਲ ਦਾ ਹਾਰ ਬਣਾਕੇ, ਹਰ ਰੋਜ਼ ਗਲ ਵਿੱਚ ਪਾਉਂਦਾ ਸੀ,
ਮਾਵਾਂ ਵਾਂਗ ਉਸਦੀ ਦੇਖ ਭਾਲ ਕਰਨ ਤੋਂ, ਕਦੇ ਵੀ ਨਾ ਘਬਰਾਉਂਦਾ ਸੀ।

ਤਿਆਗੇ ਬੱਚਿਆਂ ਦਾ ਆਸਰਾ ਬਣ ਉਹ, ਵੱਡਾ ਪੁੰਨ ਕਮਾਉਂਦਾ ਸੀ,
ਭੇਦਭਾਵ ਨੂੰ ਦੂਰ ਕਰਕੇ, ਸਭ ਨੂੰ ਗਲ ਨਾਲ ਲਾਉਂਦਾ ਸੀ।

ਮੰਦ ਬੁੱਧੀ ਅਤੇ ਅੰਗਹੀਣ ਬੱਚਿਆਂ ਤੋਂ ਵੀ ਪਿਆਰ ਲੁਟਾਉਂਦਾ ਸੀ।
ਏਨ੍ਹਾ ਸਾਰੇ ਗੁਣਾਂ ਕਰਕੇ ਹੀ 'ਪਰਮਿੰਦਰ', ਉਹ ਭਗਤ ਪੂਰਨ ਸਿੰਘ ਅਖਵਾਉਂਦਾ ਸੀ।

ਪਰਮਿੰਦਰ ਕੌਰ ਸ਼ੈਲੋਨ

ਪੂਰਨ ਸਿੰਘ ਅਤੇ ਪਿਆਰਾ

ਪੂਰਨ ਸਿੰਘ ਦਾ ਪਿਆਰਾ, ਪੂਰਨ ਦੇ ਗਲੇ ਦਾ ਹਾਰ ਬਣ ਗਿਆ,
ਉਹ ਇਕੱਲਾ ਹੀ ਪੂਰਨ ਦੀ, ਬੇਰੰਗੀ ਜ਼ਿੰਦਗੀ ਦਾ ਸ਼ਿੰਗਾਰ ਬਣ ਗਿਆ।

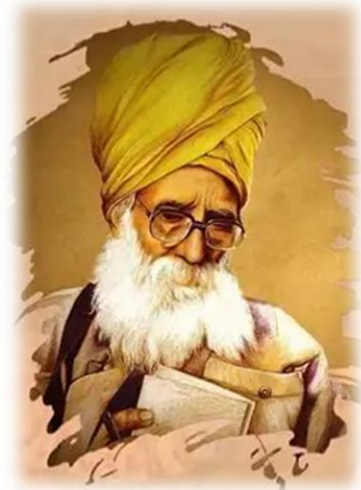
ਤਿਆਗ ਦਿੱਤਾ ਸੀ ਬਾਪ ਨੇ ਪਿਆਰਾ, ਉਸਦੀ ਵੀ ਮਜਬੂਰੀ ਸੀ,
ਮਾਂ ਦਾ ਸਾਇਆ ਸਿਰੋਂ ਉੱਠਿਆ ਸੀ, ਤਾਂ ਹੀ ਪਾਈ ਦੂਰੀ ਸੀ,
ਇਹ ਪਿਆਰਾ, ਪੂਰਨ ਦੀਆਂ ਅੱਖਾਂ ਦਾ ਤਾਰਾ,
ਪੂਰਨ ਦੀ ਜ਼ਿੰਦਗੀ ਦਾ ਆਧਾਰ ਬਣ ਗਿਆ।
ਪੂਰਨ ਸਿੰਘ ਦਾ ਪਿਆਰਾ, ਪੂਰਨ ਦੇ ਗਲੇ ਦਾ ਹਾਰ ਬਣ ਗਿਆ।

ਝੋਲੀ ਚੁੱਕ ਕੇ ਦੁੱਧ ਪਿਲਾਇਆ, ਕੱਪੜਾ ਵੀ ਤਨ ਪਾਇਆ ਸੀ,
ਬੀਮਾਰ ਹੋਣ ਤੇ ਭੱਜਿਆ ਫਿਰਦਾ, ਉਸ ਨੂੰ ਨਾ ਕਦੇ ਰੁਆਇਆ ਸੀ,
ਪਰਵਰਿਸ਼ ਕੇਈ ਕਮੀ ਨੀ ਛੱਡੀ,
ਉਸ ਲਈ ਮਾਂ ਬਾਪ ਦਾ ਪਿਆਰ ਬਣ ਗਿਆ।
ਪੂਰਨ ਸਿੰਘ ਦਾ ਪਿਆਰਾ, ਪੂਰਨ ਦੇ ਗਲੇ ਦਾ ਹਾਰ ਬਣ ਗਿਆ।

ਪਿਆਰੇ ਦੀ ਦੇਖਭਾਲ ਲਈ ਉਸਨੇ, ਆਪਣਾ ਘਰ ਨਾ ਵਸਾਇਆ ਸੀ,
ਘੋੜੀ ਬਣਕੇ ਝੂਟੇ ਦਿੱਤੇ, ਉਸ ਨੂੰ ਸਦਾ ਹਸਾਇਆ ਸੀ,
ਇੱਕ ਪਿਆਰਾ ਲੱਖਾਂ ਪਿਆਰਿਆਂ ਦੀ,
ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਬਹਾਰ ਭਰ ਗਿਆ।
ਪੂਰਨ ਸਿੰਘ ਦਾ ਪਿਆਰਾ ਪੂਰਨ ਦੇ ਗਲੇ ਦਾ ਹਾਰ ਬਣ ਗਿਆ।

ਚੰਦਾਂ ਸਾਲਾਂ ਤੱਕ ਪਿਆਰਾ, ਪਿੱਠ ਦੇ ਉੱਤੇ ਉਠਾਇਆ ਸੀ,
ਗੁਰੂ ਦੀ ਬਖਸ਼ੀ ਦਾਤ ਨਿਆਰੀ ਨੂੰ, ਸੇਵਾ ਸਮਝ ਨਿਭਾਇਆ ਸੀ,
'ਪਰਮਿੰਦਰ' ਪਿੱਠ ਤੇ ਚੁੱਕ ਕੇ ਪਿਆਰੇ ਪਿੰਗਲੇ ਨੂੰ,
ਪਿੰਗਲਵਾੜੇ ਦਾ ਅਵਿਸ਼ਕਾਰ ਕਰ ਗਿਆ,
ਪੂਰਨ ਸਿੰਘ ਦਾ ਪਿਆਰਾ ਪੂਰਨ ਦੇ ਗਲੇ ਦਾ ਹਾਰ ਬਣ ਗਿਆ।

ਪਰਮਿੰਦਰ ਕੌਰ ਸ਼ੈਲੋਨ



Who is a Sikh

Pritpal Singh Jagdev

A simple response to this inquisitive statement may be that a Sikh is a Learner or Disciple. Here the question is posed to the community, the Panth, to elicit the expected qualities and behaviour of someone living their life within the faith and Waheguru's hukam. It reminds us of what our Guru Sahiban would expect from their Sikhs about the conduct of their life on Earth. The answer lies in Guru Granth Sahib ji, our living Guru, as recorded from the pen of Guru Ramdas ji, found at Ang 305.

☞ One who calls himself a Sikh of the True Guru, rises up in the early morning hours and meditates on Waheguru's Naam. Upon arising early in the morning, he bathes, and cleanses himself in the pool of nectar.

☞ Following the Instructions of the Guru, he chants the Name of Waheguru, Har, Har. In this way, all his sins, misdeeds and negativity are erased.

☞ Then, at the start of the new day, he sings Gurbani; whether sitting down or standing up, he meditates on Waheguru's Naam.

☞ One who meditates on my Lord, Har, Har, with every breath and every morsel of food - that Gursikh becomes pleasing to the Guru's Mind.

☞ That person, unto whom my Lord and Master is kind and compassionate - upon that Gursikh, the Guru's Teachings are bestowed.

☞ Nanak begs for the dust of the feet of that Gursikh, who himself chants the Naam, and inspires others to chant it.

What is SEWA?

SEWA is such an inexpressible virtue which can't be stated in words. So instead of trying to define what SEWA is, let us see some cases which are the real motives behind SEWA.

Such 'SEWA' turns out to be a 'spiritual' deed,
far from a fruitful materialistic gain.

- ☞ It isn't SEWA if your heart and soul are not in it
- ☞ It isn't SEWA if it isn't done with honesty and integrity
- ☞ It isn't SEWA if it is for building your resume
- ☞ It isn't SEWA if it is for the purpose of getting a receipt
- ☞ It isn't SEWA if it is meant to be a personal stepping stone to bigger and better things
- ☞ It isn't SEWA if you need to tell others, now or later, that you did it
- ☞ It isn't SEWA if lack of appreciation by others, or their criticism, drives you away
- ☞ It isn't SEWA if you believe that it is your right to do it
- ☞ It isn't SEWA if you have to fight against others to do it
- ☞ It isn't SEWA if you snatch it away from another to do it
- ☞ It isn't SEWA if you begin to believe you are the best one to do it
- ☞ and it isn't SEWA if it distresses you that others take credit for what you have done



ਸਤਿਗੁਰ ਕੀ ਸੇਵਾ ਗਾਖੜੀ ਸਿਰੁ ਦੀਜੈ ਆਪੁ ਗਵਾਇ

It's not easy to serve the True Guru; You have to be humble and selfless

Guru Amardas Ji (ang 649)

Sikh Role Model

Ajay Singh Banga

Ajay Singh Banga is a prominent Indian-American business executive and international leader in finance and innovation. He is currently the President of the World Bank Group, having taken office on June 2, 2023.

Early Life

Ajay Banga was born on November 10, 1959, in Pune, Maharashtra, India. He grew up in a Sikh family and moved frequently because his father, Lieutenant General Harbhajan Singh Banga, served in the Indian Army.

Education

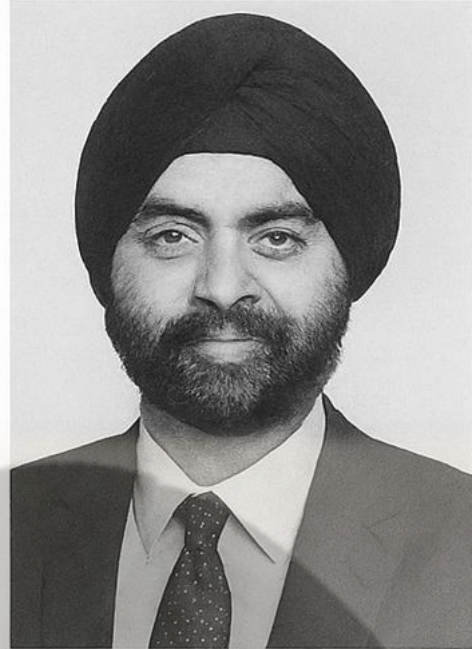
Banga studied economics at St. Stephen's College in Delhi, graduating in 1979. He then earned an MBA from Indian Institute of Management Ahmedabad in 1981.

Career

Banga began his career at Nestlé India. He then worked at PepsiCo before entering banking. He moved to the US in 2000 as a senior executive at Citigroup. In 2009, he joined Mastercard and became CEO in 2010. Under Banga's leadership, Mastercard grew significantly, expanding digital payment systems and financial inclusion. He was appointed President of the World Bank Group in 2023.

Other Roles

Banga has been active in various community and charitable organizations. He has also served on the boards of Apple Inc. and the American Red Cross.



Sikh Assisted Mayriages

Participants must be registered on our matrimonial database to benefit from this service.

Application forms for this service are available from the Gurdwara or can be downloaded from www.sgss.org/matrimonial The completed application form and a passport size photograph, with a non-refundable registration fee of £50 can be paid by Cheque or Bank transfer. Please use the reference 'Matrimonial/Surname'.

Card payments can be made in person at the Gurdwara.

Cheque: Payable to account 'Sri Guru Singh Sabha Hounslow' and posted/delivered to The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD

Bank Transfer: Account Name 'Sri Guru Singh Sabha Hounslow',
Sort Code 20 96 55 and Account No. 00859095.

Enquiries: In person or by telephone (020 8814 6701): Monday – Sunday 10:00am – 1:00pm

Email: matrimonial@sgss.org

All information will be strictly confidential, and sincere efforts will be made to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable to any legal action.

The current list of our matrimonial partners appears below

Males

31

Ref No	Birth Year	Academic Qualifications	Present Employment	Height
3348	1987	Chartered Accountant	CFO - Finance Director	5' 09"
3349	1993	Master of Pharmacy	Pharmaceutical	6' 03"
3350	1996	MSc Investment Management	Investment Analyst	5' 10"
3351	1984	BSC Computing	Heating Engineer	5' 10"
3352	1992	Masters- Finance & Accounts	Management Accountant	5' 11"
3354	1999	MA Law (Cambridge)	Solicitor- Slaughter & May	5' 06"
3355	1991	BSc Economics Chartered Accountant	Economist	6' 02"
3356	1986	MBBS MRCGP	Doctor GP	5' 10"
3357	1993	Business BA Hons	Company Director	5' 07"
3358	1982	BENG	Technical Pre sales Consultant	5' 09"
3359	1995	Msc Science	Project Manager	5' 10"
3360	1988	BSc Maths	Chartered Accountant	5' 10"
3361	1995	PHD Clinical Medicine	Post Doctoral Researcher	5' 11"
3362	1994	B Eng Civil Engineering	Principal Structural Engineering	5' 08"
3363	1989	MSc Financial Maths	Software Consultant	5' 10"
3364	1988	BA Business Law	Senior Business Manager	5' 09"
3365	1987	BSc Finance & Accounting	Financial Analyst	6' 00"
3366	1997	Level 3 Engineering	Vehicle Technician	5' 08"
3367	1998	BSC Hons Computer Science	Senior Data Scientist	5' 08"
3368	1994	Diploma	Finance Admin	6' 00"
3369	1994	BA Econ & Politics MSc Real Estate	Corporate Investments	5' 11"
3370	1993	BSc Maths and Economics	Senior manager at Deloitte	6' 03"
3371	1992	BA (Hons) Product Design & Interaction	BA Reflight Specialist	6' 00"
3372	1979	BSC Manufacturing Engineering & Transport Manager CPC	HGV Driver	5' 10"
3373	1992	LLB Hons (Law)	Solicitor	5' 08"
3374	1991	BSc Computing and IT	Analyst	5' 08"
3375	1988	BA Hons MBA International Business	International Business	5' 11"
3376	1992	Diploma	Supervisor at British Airways Engineering	5' 08"
3377	1987	BA Business Law and Management	Solicitor	5' 10"
3378	1988	BA Hons Finance, ACCA Chartered Accountant	Finance Manager	5' 09"
3379	1991	BSc Building Surveyor	Retail Manager	5' 10"

Ref No	Birth Year	Academic Qualifications	Present Employment	Height
3380	1990	Chartered Accountant	Accountant	5' 08"
3381	1995	Undergraduate Biomedical Science	Operations Supervisor	5' 08"
3382	1993	Chartered Accountant	Finance Lead	5' 11"
3383	1999	BA Hons	Civil Service Fast Stream	6' 02"
3384	1990	B.Sc Hons Computer Science	Software Engineer	6' 00"
3385	1990	LLB Hons DIP PFS	Financial Adviser	5' 06"
3386	1989	CFA	Investment Management	6' 00"
3387	1994	ACA Trainee	ACA Trainee	5' 11"
3388	1994	Master of Technology	Support Advisor	6' 00"
3389	1994	BSc Hons Economics	VP Finance	5' 11"
3390	1993	BSC Civil Engineering	Senior Technical Coordinator	5' 06"
3391	1992	Economics Degree	Finance Business Partner	5' 08"
3392	1993	BA Business Management (Hons)	Logistics & Operations Specialist	5' 08"
3393	1994	Accounting & Finance	Civil Servant	5' 08"
3394	1984	BA Econ and CIMA	Financial Controller	5' 09"
3396	1998	MSc International Business	Transactional HR and Payroll	5' 08"
3397	2000	BA Economics & Maths	Government Economist	6' 01"
3398	1990	MSc Investment Management	Analyst in Asset Management Company	6' 01"
3399	1991	Mechical Engineer	HGV Driver	5' 08"
3400	1989	BA in Hospitality	Store Manager	5' 11"
3401	1992	BSc Hons Financial Mathematics	Project Manager	6' 01"
3402	1999	BMBS Medical Degree	Doctor	6' 02"
3403	1994	MBBS	GP	5' 08"
3404	1995	Masters in Information Systems	Business Manager	5' 08"
3405	1985	MSC - Masters in Science in Technology	IT Team Leader	5' 08"
3406	1993	BDS, MPharm	Dentist	5' 10"
3407	1994	MBChB	Doctor	5' 10"
3408	1992	MBChB MRCS	Hospital Doctor	5' 09"
3409	1984	BSc Pharmacology	Ambulance Driver	5' 11"
3410	1992	MMBS ChB	Doctor - Consultant	6' 01"
3411	1988	Own Property Business	Company Director -Own Business	5' 10"
3412	1992	Pharmacist, Dentist	Dentist	5' 08"
3413	1992	BSc (Hons) MBBS	Hospital Doctor	6' 02"
3414	1994	Diploma in Accountancy	Own Business Director - Haulage	5' 11"
3415	1985	PhD	Director at Pharmaceutical	5' 09"
3416	1988	BSc Computer Science	IT Team Leader	5' 07"
3417	1988	BSc Honours Business and Economics	Civil Servant	5' 07"
3418	1997	BSc Business Manager	Senior Property Management	6' 05"
3419	1982	BSc Hons computer	Software Engineer	5' 05"
3420	1996	BDS	Dentist	5' 09"
3421	1999	LLB Law	Police Officer	6' 00"
3422	1998	MBBS	Doctor	6' 03"
3423	1996	Bsc (Hons) Mathematics, Statistics & Business	Financial Strategy Associate	5' 08"
3424	1998	Bsc Mahematics, Msc Management	Data Analyst	6' 00"
3425	1977	Diploma	Customer Services	6' 01"
3426	1991	Msc Business and innovation	Project Manager	6' 00"
3427	1991	Advance Diploma	Aircraft Engineer	5' 11"
3428	1986	BA Hons in Business Management	Machine Operator	5' 11"
3429	1995	BA Law	Police Officer	5' 11"
3430	1995	B Eng Aeronautical Engineer	Aerospace Engineer	6' 03"
3431	1991	MSc Finance	Digital Analyst	6' 00"
3432	1990	Masters in Economic and History	Civil Servant	5' 11"
3433	1993	BA Graphic Design	Graphic Designer	5' 10"
3434	1991	BSc Economics	Risk Consultant	6' 01"

Ref No	Birth Year	Academic Qualifications	Present Employment	Height
3435	1997	BA Accounting and Financial Info Systems	Finance Specialist	5' 08"
3436	1995	Level 4 Motor Technician	Team Leader - McLaren Motorsport	5' 11"
3437	1989	BA History & International Relations	Corporate Banker	6' 00"
3438	1996	Mechanical Engineering	Production Manager	5' 10"
3439	1992	BSC Mathematics	Business Owner - Trucking	5' 11"
3440	1994	Diploma in Electrical and Electronic Engineering	Engineer	6' 00"
3441	1990	MSc Advanced Pharmacy	Senior Pharmacist	5' 10"
3442	1995	Masters in Data Science	Senior Data Engineer	5' 08"
3443	1997	BSc Economics	Technology Strategy Consultant	5' 06"

Females

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Ref No	Birth Year	Academic Qualifications	Present Employment	Height
9633	1989	BMBS RCG	GP	5' 03"
9634	1998	BSc Maths & Economics	Corporate Banker	5' 06"
9635	1998	MSc Engineering	Geologist	5' 05"
9636	1996	Masters in Political Science	Recruitment Consultant	5' 02"
9637	1991	MSC	Psychologist	5' 03"
9638	1999	BA Business Management	Marketing & Communications coordinator	5' 06"
9639	1993	CACHE Level 5 Dip. Nursery Nurse	Early Years Educator	5' 00"
9640	1992	AAT Level 4	Finance Officer	5' 00"
9641	1988	BA Politics and Int Relations	Teacher	5' 05"
9642	1991	Degree in Psychology	HR Employee Benefits Advisor	5' 06"
9643	1989	Studying Undergraduate Degree Open Degree	Supervisor in College	5' 02"
9644	1995	BA Finance and Accounting	Accountant International Bank	5' 04"
9645	1997	MBChB	Trainee GP	5' 06"
9646	1997	LLB	Para Legal	5' 06"
9647	1994	Business and Finance Degree	Senior Finance Analyst	5' 07"
9648	1992	MPham	Lead Pharmacist	5' 02"
9649	1996	BSc Diagnostic Radiography	Senior Radiographer NHS Band 6	5' 03"
9650	1993	BA Hons - Early childhood studies	Sales Assistant	4' 11"
9651	2000	BSC Biomedical Sciences	Student	5' 03"
9652	1986	MSc Economics	Business Owner	5' 04"
9653	1988	Bsc Economics	Senior Policy Manager	5' 01"
9654	1994	MBBS, MSC	NHS Doctor	5' 06"
9655	1987	BSc CIPFA	Accountant	5' 03"
9656	1978	Solicitor LLB	Solicitor	5' 02"
9657	2000	MBChB	Doctor	5' 04"
9658	1997	BSc Optometry	Optometrist	5' 04"
9659	1987	LLB LLM Barrister (BVC)	Barrister	5' 06"
9660	1990	BSc Accounting and Finance	Global Director	5' 03"
9661	1977	Political Science	Business Administration	5' 07"
9662	1999	BSc Economics	Financial/Credit Analyst	5' 05"
9663	1994	BA Hons Graphic Design	Digital Designer	5' 06"
9664	1995	Masters in Human Rights Law	Ministry of Justice	5' 03"
9665	1993	LLM	Solicitor- Ernst & Young	5' 06"
9666	1994	MSc Biomedical Science	NHS Laboratory	5' 06"
9668	1994	MBBS	Medical Doctor	5' 07"
9669	1995	MBBS	Pharmacy Assistant - Trainee Doctor	5' 01"
9670	1995	BSC Medical Science & Postgraduate Finance	Director - JP Morgan	5' 08"
9671	1997	BSc BioChemistry MSc Computer Science	Software Consultant	5' 01"
9672	1988	MSC	Pharmacist/Aurvedic Practitioner	5' 08"
9673	1989	MBChB	NHS Hospital Doctor	5' 08"
9674	1992	BA Literature & Creative writing	Higher Education	5' 03"
9675	1991	Level 4 in Early Years	Deputy Manager in Private Nursery	5' 01"

Ref No	Birth Year	Academic Qualifications	Present Employment	Height
9676	1997	BA Science Business Management	Shop Manager - Family Business	5' 00"
9677	1996	Foundation Degree	Safety Engineer	5' 04"
9678	1986	LLB Law (Hons)	Finance Consultant	5' 06"
9679	1988	BSc Pharmacology	Process Scientist	5' 09"
9680	1989	LLB Hons	Solicitor	5' 03"
9681	1986	MSC Criminology	Occupational Therapy Assistant	5' 04"
9682	1987	BA Education	Deputy Head	5' 07"
9683	1985	BA Film Studies	Camera & Optics Technician	5' 07"
9684	1993	DDS Dentist	Dentist/Clinical Director	5' 08"
9685	1988	MSc	Physician in NHS	5' 03"
9686	1991	BA Hons GDL LPC LLM Law	Solicitor	5' 03"
9687	1994	Accounting Apprenticeship	Senior NHS Administrator	5' 05"
9688	1995	LLB (Hons)	Operational Manager	5' 05"
9689	1988	Health & Social Sciences	Local Government	5' 03"
9690	1998	B.Sc	Project Manager	5' 04"
9691	1999	Studying for ACCA Accountancy	Management Accountant	5' 03"
9692	1987	BSc (Hons) Information Systems	IT Project Manager	5' 00"



Panjabi School Term Dates

Sept 2025 – July 2026

Autumn Term	Start date	Last Day		Start date	Last Day
Tuesday	02/09/25	21/10/25	Half term	04/11/25	16/12/25
Saturday	06/09/25	25/10/25	Half term	08/11/25	20/12/25
Sunday	07/09/25	26/10/25	Half term	09/11/25	21/12/25

Spring Term	Start date	Last Day		Start date	Last Day
Tuesday	06/01/26	19/02/26	Half term	24/02/26	24/03/26
Saturday	10/01/26	14/02/26	Half term	28/02/26	28/03/26
Sunday	11/01/26	15/02/26	Half term	01/03/26	29/03/26

Summer Term	Start date	Last Day		Start date	Last Day
Tuesday	14/04/26	19/05/26	Half term	02/06/26	14/07/26
Saturday	18/04/26	23/05/26	Half term	06/06/26	18/07/26
Sunday	19/04/26	24/05/26	Half term	07/06/26	19/07/26

Supporting Your Gurdwara

Show Your Gratitude: Donations to the Gurdwara to help run the Sangat services are gratefully received, as are donations for the land effort; this can be done in one of three ways

By Cheque: Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to
Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD

Online: Donations can be made online at www.sgss.org/donate

BACS: Barclays Bank, Sort code 20 96 55 and Account No. 00859095.

Health & Safety: The Gurdwara strongly advises that everyone should continue to follow the Government guidelines to keep yourselves and your loved ones safe. Whenever possible please observe social distancing, wear face covering and wash hands frequently.

Gurdwara Activities & Support Services



Below are listed some of the many Gurdwara activities and support services.
Full details can be viewed from our website www.sgss.org

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

Chair Yoga for Seniors
Every Monday & Tuesday

Chair Yoga
for seniors
over 60

Monday 2:00-3:00pm
Tuesday 2:00-3:00pm

CHAIR
YOGA
for
SENIORS
OVER 60

New Building Classroom I

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE



SIKH CHAPLAINCY SERVICE

Available as required and when required




Regular visits to

-  Hospitals
-  Prisons
-  Heathrow Airport (as requested)

We deliver services to the Sikh community (and wider communities if requested) and Chaplaincy Departments at these sites, as well as guidance on issues concerning the Sikhs in the habitat.

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

Stretch, Strengthen, Pilates, Yoga
Keeping Healthy - Exercise

Tuesday: 3:00pm-4:00pm

Please bring your Yoga mat
Instructor: Charlene
For further information & bookings
Turn up at the session

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

COMPUTER Training Classes

No Previous Experience necessary
All Ages Welcome

- Tuesday, Wednesday & Thursday 9:30am-11:30am

Computer Basics

-  Internet
-  Email
-  Web Browsing
-  Online Forms
-  Online Shopping
-  Online Banking Services

Intermediate Tools

-  Word Processing – Word
-  Spreadsheets – Excel
-  Presentations – Powerpoint
-  Using Tablets & Mobile devices
-  Wireless Setup
-  Downloading applications (Apple Store, Google Play)

 Further information & bookings, contact Main Office or email: ict@sgss.org

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

Yoga

Ladies
Tuesday, Wednesday & Thursday: 9:30pm-11:30pm

Gents (Coming Soon) – Please register your interest in the Office
Monday & Friday: 9:30am-11:30am

Instructor: Amarjeet K Maan
For further information & bookings
Turn up at the session

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

 **CRIME REPORTING HUB**

HATE CRIME don't be a victim REPORT-IT




CrimeStoppers.
Speak up. Stay safe.

Gurdwara SGSS Hounslow is an approved 'Crime Reporting Hub'
If you have experienced any form of a crime and want to report it in confidence, please speak to the General Secretary who will advise you.

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

CHILDREN YOUTH SAFETY GROOMING AWARENESS

EMERGENCY CAMPAIGN
A Sikh Community Seminar on
GROOMING & CHILD SEXUAL EXPLOITATION
and RADICALISATION affecting the Sikh Community
This is an EPIDEMIC affecting family and friends.
Make sure to attend with family and friends.
Join us @ the Monthly Dialogue
2-3pm @ The Academy, SGSS Hounslow
03300 577 007
24 Hour Free Helpline

INFORMATION DESK & WORKSHOP:

Every FIRST Sunday of the month

Information Desk: 10am-2pm

Workshop: 2:30pm



Bullying, Social Media & Grooming

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

KIRTAN CLASSES

Kirtan, Tanti Saaz, Harmonium & Tabla Classes



Junior/Senior Diplomas

Tanti Saaz – Monday (4:00-5:00pm)
Friday (6:00-8:00pm)

Tabla – Monday (5:00-6:00pm)
Thursday (5:00-6:30pm)

Harmonium – Monday (6:00-7:00pm)
Thursday (5:00-6:30pm)

Offering expert tutuons with an opportunity to study the Sikh Sacred Music

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

LIBRARY

Opening Times

Tuesday 11:00am-1:30pm

Sunday 11:00am-1:30pm

Children's Story Time
Sundays

11:30am-11:45am

1:00pm-1:15pm

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

PANJABI Classes

Tuesday session

6:00pm-7:30pm

Sunday sessions

Session I 10:00am-11:30am

Session II 11:30am-1:00pm

For further information & bookings, contact the Main Office

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE



Gurbani Santhiya Class

Monday & Tuesday for Adults

Wednesday for Children

5:00-6:00pm

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

DASTAR Tying Classes



Every Sunday 12:00pm-2:00pm

@ SGSS Hounslow

Contact Office: Azad Singh
Harinderjit Singh

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

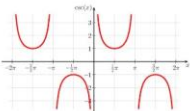
TUTORIAL SERVICES

Mathematics, Physics, Accounting +

EVERY SUNDAY 9:00AM - 4:00PM

Tutors are Sikh graduates from Top UK Universities

If you are an experienced teacher or tutor, please join us:



For further information & bookings, contact
Barinder Sandhu – Barinder@sgss.org
Randeep S Sooin – Randeep.soin@gmail.com

Gurdwara Sri Guru Singh Sabha Hounslow
SUPPORT SERVICE

Dnh Advice Surgery

Every Friday 11:00am-3:00pm

Provides help, advice, information & support
with a wide range of problems to people of all ages and background.

Information & Support includes benefits, eg Universal Credit, PIP, DLA, AA, Housing, Council Tac, etc

For further information & bookings, contact
Gurdwara Office – Ashi Dhillon



Gurdwara Activities & Support Services

Activity	When	Time	Where
Santhiya (SGGS recitation)	Mon	4:45-6:00pm	2nd Fl Main Bldg
Santhiya (SGGS recitation)	Tue	5:00-6:00pm	2nd Fl Main Bldg
Santhiya (SGGS recitation)	Wed	4:45-6:00pm	2nd Fl Main Bldg
Gurmat Gyan I	Sun	10:00-11:00am	Surgey Room
Gurmat Gyan II	Sun	11:30-12:30pm	Surgey Room
Simran Amitvela	Fri	6:00-6:30m	Main Darbar
Kirtan, Tabla & Harmonium (3)	Mon	4:30-6:00pm	1st Fl New Bldg
Harmonium	Tue	10:00-12:00pm	1st Fl New Bldg
Tabla (1)	Thu	5:30-7:30pm	1st Fl New Bldg
Kirtan & Harmonium (2)	Thu	5:00-7:00pm	2nd Fl Main Bldg
Gurbani Kirtan - Raj Academy	Fri	6:00-8:00pm	1st Fl New Bldg
Ladies Fitness	Tue	9:30-11:00am	2nd Fl Main Bldg
Ladies Fitness	Wed	9:30-11:30am	2nd Fl Main Bldg
Ladies Fitness	Thu	9:30-11:30am	2nd Fl Main Bldg
Ladies Fitness - Pilate	Tue	2:30-3:30pm	2nd Fl Main Bldg
Chair Yoga Classes (Mixed Over 60s)	Mon	2:00-3:00pm	Classroom
Chair Yoga Classes (Mixed Over 60s)	Tue	2:00-3:00pm	Classroom
Gatka Martial Arts	Thu	6:00-8:00pm	Foyer New Bldg
Taekwondo Korean	Mon	6:00-8:00pm	Foyer New Bldg
Football (5-15 years)	Sat	9:00-11:00am	Indian Gymkhana
Computer Training	Tue	9:30-11:30pm	Library New Bldg
Computer Training	Wed	9:30-11:30pm	Library New Bldg
Computer Training	Thu	9:30-11:30pm	Library New Bldg
English for Adults (ESOL) - Qualify if on Income Support o	Tue	10:00-12:10pm	Academy New Bldg
English for Adults (ESOL) - Qualify if on Income Support o	Wed	10:00-12:10pm	Academy New Bldg
Panjabi (4-6 years)	Sun	1:00-2:00pm	Library
Panjabi GCSE	Sun	11:00-1:00pm	Academy New Bldg
Panjabi for Adults	Sat	8:45-10:15am	Academy New Bldg
Panjabi Session I Grp I Beginners	Sun	10:00-11:30	Academy New Bldg
Panjabi Session I Grp II Intermediate	Sun	10:30-11:30	Academy New Bldg
Panjabi Session I Grp III Pre-GCSE	Sun	10:30-11:30	Academy New Bldg
Panjabi Session II Grp I Beginners	Sun	11:30-13:00	Academy New Bldg
Panjabi Session II Grp II Intermediate	Sun	11:30-13:00	Academy New Bldg
Panjabi Session II Grp III GCSE	Sun	11:30-13:30	Academy New Bldg
Panjabi Grp I Beginners	Tue	6:00-7:30	Academy New Bldg
Panjabi Grp II Beginners	Tue	6:00-7:30	Academy New Bldg
Panjabi Grp III Intermediate	Tue	6:00-7:30	Academy New Bldg
Panjabi 'A' Level	Sun	09:00-11:00	Academy New Bldg
Panjabi speaking	Sun	11:00-11:30	Academy New Bldg
Tutions (Science, Maths)	Sun	10:00-4:00pm	Academy New Bldg
Kirtan Simran (last Saturday of Month)	Sat	4:00-5:00am	Main Darbar
Naam Simran Nirmolak Jatha (2nd Saturday of M	Sat	4:00-5:00am	Main Darbar
Katha in English (Sun following Sangrand)	Sun	11:15-12:00pm	Main Darbar



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