

GOBIND MARG

THE MONTHLY BULLETIN OF
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

FEBRUARY 2025 – VOL XXXIII ISSUE 2



This month we mark Sahibzada Baba Ajit Singh ji's birthday, on 11 February Nanakshahi, at Paonta Sahib where he was born to Mata Sundri ji and Guru Gobind Singh ji, in 1687; he was brought up in Anandpur Sahib. In common with his three younger brothers, he attained the status of one of the most hallowed martyrs of the Sikh nation. In the Sikh tradition, he learnt swordsmanship, horse riding and archery; he grew into a strong, intelligent and natural leader of men. Soon after the creation of the Khalsa in 1699, he led several rescue battles to save the local populace from injustices. In August 1700, aged 13, he defended Fort Taragarh when Anandpur was first attacked. During a cold December night in 1705, after the 8-month long siege of Anandpur, he took command of the rearguard of the evacuation column. In the second battle of Chamkaur on 21 December Nanakshahi, in the besieged fortress of Budhi Chand, Baba Ajit Singh ji attained martyrdom while fighting in a sally of just five Sikhs, against several lakhs of the army of the enemy forces. Armed only with sword and spear, Baba Ajit Singh ji was just 18 years old at the time of his martyrdom.

NOTE: THIS PUBLICATION CONTAINS SCRIPTURE - KINDLY HANDLE WITH CARE & UTMOST RESPECT

PROGRAMME

Gurdwara Sri Guru Singh Sabha Hounslow



Monday – Saturday (Exc Tuesday)		Tuesday		Sunday	
4:00 AM	Parkash	4:00 AM	Parkash	4:00 AM	Parkash
5:00 AM	Nitnem	5:00 AM	Nitnem	5:00 AM	Nitnem
6:00 AM	Simran	6:00 AM	Simran	6:00 AM	Simran
6:30 AM	Asa Di Var	6:30 AM	Asa Di Var	6:30 AM	Asa Di Var
7:45 AM	Ardaas	7:45 AM	Ardaas	7:45 AM	Ardaas
10:00 AM	Kirtan	10:00 AM	Kirtan	8:00 AM	Akhand Paath/Sehaj Paath Bhog Sukhmani Sahib
10:45 AM	Katha	10:30 AM	Katha	9:00 AM	Kirtan
11:30 AM	Ardaas	11:00 AM	Sukhmani Sahib Path	9:45 AM	Ardaas
		12:30 PM	Ladies Kirtan	10:00 AM	Youth Kirtan
		2:00 PM	Ardaas	11:00 AM	Kirtan
				12:00 PM	Katha
				1:00 PM	Kirtan
				2:00 PM	Ardaas
				EVENING	
EVENING		EVENING		6:00 PM	Rehraas
6:00 PM	Rehraas	6:00 PM	Rehraas	6:30 PM	Kirtan
6:30 PM	Kirtan	6:30 PM	Kirtan	6:30 PM	Kirtan
7:00 PM	Katha	7:00 PM	Katha	7:00 PM	Katha
7:30 PM	Ardaas	7:30 PM	Ardaas	7:30 PM	Ardaas
8:00 PM	Sukhasan	8:00 PM	Sukhasan	8:00 PM	Sukhasan



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



GURDWARA SRI GURU SINGH SABHA

Alice Way, off Hanworth Road, Hounslow, Middlesex, TW3 3UD
 Enquiries: [020 8577 2793](tel:02085772793) Email: khalsa@sgss.org Website: www.sgss.org

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 Registered Charity No. 83314 Inland Revenue Ref. CC 15570

Note: All views expressed in this bulletin are those of the authors, and not necessarily of GSGSS Hounslow.

DAILY OPENING TIMES:

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

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

Library: Tuesdays 11:00am -1.30pm Sundays 11am – 1:30pm

Contact via email marriages@sgss.org

February 2025

Important Days	Event	Nanakshahi Days	
		February ਮਾਘ / ਫੱਗਣ	March ਫੱਗਣ/ ਚੇਤਰ
Sangrand ਸੰਗਰਾਂਦ	New Month Start Date	12	14
Prakash/ Avtar (Birthday) Gurgurb, Gurgaddi, Shaheedi (Martyrdom), Jyoti Jot/ Barsi			
Guru Hargobind ji	Jyoti Jot		19
Historical Dates - Events & Festivals			
Vadaa (Major) Ghallughara	Genocide	8	
Sahibzada Ajit Singh ji	Birthday	11	
Saka Nankana Sahib	Shaheedi	21	
Nanakshahi New Year	New Year		14
Hola Mahala	Guru Hargobind Singh ji Release		14

Dear Sangat Jee – ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ; ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਿਹ!

Gurmat Classes: In response to Sangat request, the Gurdwara is launching a new Gurmat Gian class for adults, to run every Sunday from 10:30am – 12:30pm, starting on Sunday 2 February. In addition an adult Gurmat Seekers discussion group has been launched, open to anyone interested to share and learn any aspect of Sikhi. It will meet on the last Saturday of each month, starting on 22 February. Details on the notice boards and in this bulletin.

Support Functions Update: Progress during January as reported is as follows:

Boiler Update: A plumbing specialist will be taking a look at the boilers. A power flush of the pipework is also being undertaken in view of the age of the system, to help improve the distribution of the heat around the building.

AC System: A technical audit of the whole system is being undertaken, noting the details available of each unit, with a view to locating experts to carry out system maintenance.

Estate Maintenance

Hardeep Singh

The lift replacement tender work is in progress, with evaluation of the Kone quotation to be concluded shortly.

Provisions I

Mohinder Singh

Apron wearing by all sevadaars in the langar area has now been adopted as standard practice. Code of conduct in working practices, dealing with all Langaris, sevadars and the sangat are being addressed by feedback meetings, the last one was held on 29 Dec 2024.

Provisions II

Harjinder Singh

Health & Safety First Aid training for all Staff and the Granthis is planned for a February 2025 date, to be confirmed shortly.

Proposals to control the trespassing from the side entrance are being developed.

Library assistants: Two volunteers Balbir Kaur Bharaj and Jaspal Kaur Bhogal will work as assistants on Tuesdays. We need to make special effort to encourage greater use of the library.

Event Bookings: During January, the services performed in support of the Sangat were:

• Sukhmani Sahib Path/Kirtan	28	• Sehaj/ Akhand Path	18	• School Visits	4
• Weddings	0	• Trips/ Lectures	0	• Funerals	14

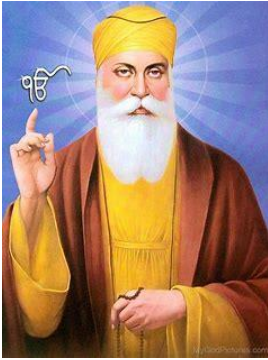
Health & Safety: To help manage Covid-19 risk to ourselves and others, the Gurdwara strongly advises that everyone should continue to follow the Government guidelines to keep yourselves and your loved ones safe. Whenever possible please observe social distancing, wear face covering and wash hands frequently.

Show Your Gratitude: Donations to the Gurdwara to help run the Sangat services are gratefully received; 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.



Guru Nanak Sahib ji's Japji Sahib bani is widely recognized as the quintessence of the Sri Guru Granth Sahib ji.

The compilation consists of the Mool Mantar, an opening Salok or verse, a set of 38 Pauris or hymns and a final closing Salok.

This month we elaborate Pauri 18 of this deeply revealing bani.



Verse	Japji Sahib Pauri 18	Glossary	Contextual Meaning
1	ਅਸੰਖ ਮੂਰਖ ਅੰਧ ਘੋਰ॥	ਮੂਰਖ ਅੰਧ ਘੋਰ	ਪਰਲੇ ਦਰਜੇ ਦੇ ਮੂਰਖ, ਮਹਾਂ ਮੂਰਖ।
2	ਅਸੰਖ ਚੋਰ ਹਰਾਮਖੋਰ॥	ਹਰਾਮਖੋਰ	ਪਰਾਇਆ ਮਾਲ ਖਾਣ ਵਾਲੇ।
3	ਅਸੰਖ ਅਮਰ ਕਰਿ ਜਾਹਿ ਜੋਰ॥	ਅਮਰ, ਜੋਰ ਕਰਿ ਜਾਹਿ	ਹੁਕਮ। ਧੱਕੇ, ਵਧੀਕੀਆਂ। ਕਰ ਕੇ (ਅੰਤ ਨੂੰ ਇਸ ਸੰਸਾਰ ਤੋਂ) ਚਲੇ ਜਾਂਦੇ ਹਨ।
4	ਅਸੰਖ ਗਲਵਢ ਹਤਿਆ ਕਮਾਹਿ॥	ਗਲਵਢ ਹਤਿਆ ਕਮਾਹਿ	'ਗਲ ਵੱਢਣ' ਵਾਲੇ (<i>assasins</i>), ਕਾਤਲ। ਦੂਜਿਆਂ ਨੂੰ ਮਾਰਦੇ (<i>murderers</i>) ਹਨ।
5	ਅਸੰਖ ਪਾਪੀ ਪਾਪੁ ਕਰਿ ਜਾਹਿ॥	ਪਾਪੁ ਕਰਿ ਜਾਹਿ	ਪਾਪ ਕਮਾ ਕੇ ਅੰਤ ਨੂੰ ਤੁਰ ਜਾਂਦੇ ਹਨ।
6	ਅਸੰਖ ਕੂੜਿਆਰ ਕੂੜੇ ਫਿਰਾਹਿ॥	ਕੂੜਿਆਰ ਕੂੜੇ ਫਿਰਾਹਿ	ਉਹ ਮਨੁੱਖ ਜਿਨ੍ਹਾਂ ਦੇ ਹਿਰਦੇ ਕੂੜ ਦੇ ਟਿਕਾਣੇ ਬਣੇ ਪਏ ਹਨ, ਝੂਠ ਦੇ ਸੁਭਾਉ ਵਾਲੇ। ਕੂੜ ਵਿਚ ਹੀ। ਫਿਰਦੇ ਹਨ, ਪਰਵਿਰਤ ਹਨ, ਰੁੱਝੇ ਹੋਏ ਹਨ।
7	ਅਸੰਖ ਮਲੇਛ ਮਲੁ ਭਖਿ ਖਾਹਿ॥	ਮਲੇਛ ਮਲੁ ਭਖਿ ਖਾਹਿ	ਮਲੀਨ ਮਤ ਵਾਲੇ, ਖੇਟੀ ਬੁੱਧ ਵਾਲੇ ਮਨੁੱਖ। ਮੈਲ ਹਾਬੜਿਆਂ (<i>Impatience for eating</i>) ਵਾਂਗ ਖਾਈ ਜਾਂਦੇ ਹਨ।
8	ਅਸੰਖ ਨਿੰਦਕ ਸਿਰਿ ਕਰਹਿ ਭਾਰੁ॥	ਨਿੰਦਕ	ਗੁਣਾਂ ਨੂੰ ਦੇਸ਼ ਕਹਿਣ ਵਾਲਾ।
9	ਨਾਨਕੁ ਨੀਚੁ ਕਰੈ ਵੀਚਾਰੁ॥	ਨਾਨਕੁ ਨੀਚੁ	ਸਤਿਗੁਰੂ ਜੀ ਆਪਣੇ ਆਪ ਨੂੰ 'ਨੀਚੁ' (<i>lowly, humble</i>) ਆਖਦੇ ਹਨ।
10	ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ॥		(ਹੇ ਅਕਾਲ ਪੁਰਖ!) ਮੈਂ ਤਾਂ ਤੇਰੇ ਉੱਤੇ ਇਕ ਵਾਰੀ ਭੀ ਸਦਕੇ ਹੋਣ ਜੋਗਾ ਨਹੀਂ ਹਾਂ।
11	ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ॥		ਜੇ ਤੈਨੂੰ ਚੰਗਾ ਲੱਗਦਾ ਹੈ, ਉਹੀ ਕੰਮ ਭਲਾ ਹੈ।
12	ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ॥ ੴ॥		ਹੇ ਨਿਰੰਕਾਰ! ਤੂੰ ਸਦਾ-ਥਿਰ ਰਹਿਣ ਵਾਲਾ ਹੈਂ।ੴ

ਪੰਜਾਬੀ ਅਰਥ

1	ਨਿਰੰਕਾਰ ਦੀ ਰਚੀ ਹੋਈ ਸ੍ਰਿਸ਼ਟੀ ਵਿਚ ਅਨੇਕਾਂ ਹੀ ਮਹਾਂ ਮੂਰਖ ਹਨ,
2	ਅਨੇਕਾਂ ਹੀ ਚੋਰ ਹਨ, ਜੋ ਪਰਾਇਆ ਮਾਲ (ਚੁਰਾ ਚੁਰਾ ਕੇ) ਵਰਤ ਰਹੇ ਹਨ ਅਤੇ
3	ਅਨੇਕਾਂ ਹੀ ਇਹੋ ਜਿਹੇ ਮਨੁੱਖ ਹਨ, ਜੋ ਦੂਜਿਆਂ ਉੱਤੇ ਹੁਕਮ ਤੇ ਵਧੀਕੀਆਂ ਕਰ ਕਰ ਕੇ (ਅੰਤ ਨੂੰ ਇਸ ਸੰਸਾਰ ਤੋਂ) ਚਲੇ ਜਾਂਦੇ ਹਨ।
4	ਅਨੇਕਾਂ ਹੀ ਖੂਨੀ ਮਨੁੱਖ ਲੋਕਾਂ ਦੇ ਗਲ ਵੱਢ ਰਹੇ ਹਨ ਅਤੇ
5	ਅਨੇਕਾਂ ਹੀ ਪਾਪੀ ਮਨੁੱਖ ਪਾਪ ਕਮਾ ਕੇ (ਆਖਰ) ਇਸ ਦੁਨੀਆ ਤੋਂ ਤੁਰ ਜਾਂਦੇ ਹਨ।
6	ਅਨੇਕਾਂ ਹੀ ਝੂਠ ਬੋਲਣ ਦੇ ਸੁਭਾਉ ਵਾਲੇ ਮਨੁੱਖ ਝੂਠ ਵਿਚ ਹੀ ਰੁੱਝੇ ਪਏ ਹਨ ਅਤੇ
7	ਖੋਟੀ ਬੁੱਧੀ ਵਾਲੇ ਮਨੁੱਖ ਮਲ (ਭਾਵ, ਅਖਾਜ) ਹੀ ਖਾਈ ਜਾ ਰਹੇ ਹਨ।
8	ਅਨੇਕਾਂ ਹੀ ਗੁਣਾਂ ਨੂੰ ਦੋਸ਼ ਕਹਿਣ ਵਾਲੇ (<i>slanderers, defamers</i>) ਆਪਣੇ ਸਿਰ ਉੱਤੇ ਭਾਰ ਚੁਕਦੇ ਹਨ।
9	ਸਤਿਗੁਰੂ ਜੀ ਆਪਣੇ ਆਪ ਨੂੰ 'ਨੀਚੁ' (<i>lowly, humble</i>) ਆਖਦੇ ਹਨ, ਤਾਂ ਫਿਰ ਇਹ ਬਾਣੀ ਲਿਖਦੇ ਹਨ।
10-12	(ਹੇ ਅਕਾਲ ਪੁਰਖ!) ਮੈਂ ਤੇਰੀ ਬੇਅੰਤ ਕੁਦਰਤਿ ਦੀ ਪੂਰਨ ਵਿਚਾਰ ਕਰਨ ਜੋਗਾ ਨਹੀਂ ਹਾਂ। ਹੇ ਨਿਰੰਕਾਰ! ਤੂੰ ਸਦਾ-ਥਿਰ ਰਹਿਣ ਵਾਲਾ ਹੈਂ। ਜੇ ਤੈਨੂੰ ਚੰਗਾ ਲੱਗਦਾ ਹੈ, ਉਹੀ ਕੰਮ ਭਲਾ ਹੈ।੧੮।
ਭਾਵ ਪੌੜੀ 18	ਪਰਮਾਤਮਾ ਦੀ ਸਾਰੀ ਕੁਦਰਤਿ ਦਾ ਅੰਤ ਲੱਭਣਾ ਤਾਂ ਕਿਤੇ ਰਿਹਾ, ਜੇ ਤੁਸੀਂ ਜਗਤ ਦੇ ਸਿਰਫ ਚੋਰ ਧਾੜਵੀ ਠੰਗ ਨਿੰਦਕ ਆਦਿਕ ਬੰਦਿਆਂ ਦਾ ਹੀ ਹਿਸਾਬ ਲਾਣ ਲੱਗੋ ਤਾਂ ਇਹਨਾਂ ਦਾ ਭੀ ਕੋਈ ਅੰਤ ਨਹੀਂ। ਜਦ ਤੋਂ ਜਗਤ ਬਣਿਆ ਹੈ, ਬੇਅੰਤ ਜੀਵ ਵਿਕਾਰਾਂ (<i>Evil thoughts</i>) ਵਿਚ ਹੀ ਗ੍ਰਸੇ (<i>enclosed in</i>) ਚਲੇ ਆ ਰਹੇ ਹਨ।18।

English Rendition

1	There are many fools of the highest order in the creation of Nirankar,
2	There are countless thieves, who are living on foreign goods (stolen) and..
3	There are many such people, who dominate others and indulge in excesses, and eventually pass away from this world.
4	Many bloody people are engaged in acts of murder and..
5	Many sinful people depart from this world after committing sins.
6	Many people with a natural tendency of lying, are engaged in lying, and..
7	Many with false intelligence are eagerly eating 'polluted' food.
8	Many slanderers, defamers are loading unnecessary burden on their conscience.
9	Nanak Satguru ji places himself in a lowly, humble state while addressing the unfortunate, so as to be in a lower stature, to address them as one of their own.
10-12	O Prabhu, I am not able to offer You the sacrifice of intense devotion even once (meaning, my being is so very despicable). O Nirankar! You are immutable, what pleases You is necessarily the right course of action (that is, it is always right to live according to Your Will).



Guru Gobind Singh Ji, the tenth Guru of the Sikhs, was born on 5th January 1666 in Patna, Bihar. He was the only son of Guru Tegh Bahadur Ji and Mata Gujri Ji. From a young age, Guru Gobind Singh Ji displayed extraordinary leadership qualities and spiritual wisdom. He was a different form of Guru Nanak Sahib Ji but carried the same divine light and Gurmat gyan. Guru Gobind Singh Ji's lived life was, and is, a shining example of sacrifice, courage, and spiritual excellence. There is no figure in human history comparable to Guru Singh ji; we see that he sacrificed his everything, including his family as martyrs, for the freedom and welfare of humanity, while maintaining unwavering high spirits at all times.



Guru Gobind Singh Ji was a visionary leader who, as the spiritual and temporal leader of the Sikhs, lived the respected life of royalty in the fort of Anandpur Sahib. However, in common with all the Sikh Gurus, his life purpose was not personal power or luxury but the protection of righteousness and to stand for the freedom of humankind to practice their faith unhindered. When the Mughal rulers, especially under Aurangzeb, sought to suppress the Sikh faith, Guru Ji stood as a beacon of resistance. He taught his followers to balance the qualities of a saint and a soldier, combining spiritual wisdom with martial strength.

In 1704, the Mughal army, in alliance with local hill rulers or rajas, laid siege to Anandpur Sahib, for a prolonged period of around eight months. Despite taking oaths on the Quran to allow the Guru and his Sikhs safe passage if they left the fort, the Mughals betrayed their word. After the Sikhs left the fort, they were attacked. Guru Gobind Singh Ji, facing immense challenges, arrived at Chamkaur Sahib with his followers after crossing the overflowing Sirsa River during extremely wet weather. During this journey, his family was tragically separated. Mata Gujri Ji and his younger sons, Sahibzadeh Zorawar Singh ji and Fateh Singh ji were captured and taken to Sirhind.

At Chamkaur Sahib, Guru Gobind Singh Ji and his small group of 40 Sikhs fought valiantly against a massive Mughal army numbering in the tens of thousands. Despite being heavily outnumbered, the Sikhs displayed unmatched courage and devotion. Guru Ji's elder sons, Sahibzada Ajit Singh and Jujhar Singh led the battle and attained martyrdom.

Meanwhile, Mata Gujri Ji and the younger Sahibzadas were imprisoned in the Cold Tower of Sirhind, during extremely cold weather in the depth of Winter. The Nawab of Sirhind,



Wazir Khan, attempted to coerce the young Sahibzadas into renouncing their faith, but they stood firm in their beliefs. In December 1704, they were bricked alive and attained martyrdom. Mata Gujri Ji was also killed by Mughals' cruel treatment of the Sahibzadeh.

Guru Gobind Singh Ji eventually reached Damdama Sahib, where he spent time in meditation and reorganizing his community. His life in these difficult times was a testament to the principles of saint-soldiership, as envisioned in the Sikh faith. Guru Ji's efforts focused on perfecting Sikhs, combining the spiritual and temporal principles of Piri (spirituality) and Miri (worldly power), as earlier emphasized by Guru Hargobind Ji.

Guru Gobind Singh Ji also provided Sikhs with a unique identity and a uniform code. He established the Khalsa Panth on 13th April 1699 and gave Sikhs the titles of Singh (lion) for men and Kaur (princess) for women, signifying equality and courage. The Khalsa was founded to uphold justice, protect the oppressed, and live a life of righteousness. Guru Ji also emphasized that Sikhs should always remain connected to Gurbani and live by its teachings.

Throughout his life, Guru Gobind Singh Ji engaged in several battles against Mughal forces and hill chieftains. Despite facing overwhelming odds, he emerged victorious in most of these conflicts due to his divine guidance, military genius, and the devotion of his followers. His teachings centred on equality, justice, and devotion to God. He taught his Sikhs to be fearless, disciplined, and devoted to selfless service.

In 1708, Guru Gobind Singh Ji declared the Guru Granth Sahib Ji as the eternal Guru of the Sikhs. This monumental decision ensured that the Sikh faith would always be guided by the divine wisdom enshrined in the holy scripture. Guru Ji's passing marked the end of the line of human Gurus, but his spirit and teachings live on through the Guru Granth Sahib Ji and the Khalsa Panth.

Guru Gobind Singh Ji was known by various names, each reflecting his unique qualities. Guru Gobind Singh Ji left an indelible mark on history as a spiritual leader, warrior, and visionary. He sacrificed his family and comforts for the greater good of humanity, inspiring countless generations to live with courage and faith. He was stabbed to death in 1708, but his teachings, sacrifices, and contributions to Sikhism remain eternal. His life is a testament to the principles of selflessness, justice, and unwavering faith in God.

Writer: Ranjodh Singh Patiala, is a Chaplain at Ashford Prison.

 **Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh** 

ਗੁਰਦੁਆਰਾ ਜਨਮ ਅਸਥਾਨ, ਨਨਕਾਣਾ ਸਾਹਿਬ (ਪਾਕਿਸਤਾਨ) ਸਿੱਖ ਧਰਮ ਦਾ ਇਕ ਮਹਾਨ ਕੇਂਦਰ ਹੈ। ਇਸ ਅਸਥਾਨ ਤੇ ਸਤਿਗੁਰ ਨਾਨਕ ਦੇਵ ਜੀ ਨੇ ਅਵਤਾਰ ਧਾਰਿਆ ਸੀ। ਇਸ ਦੀ ਵਿਸ਼ਾਲ ਤੇ ਖੂਬਸੂਰਤ ਬਿਲਡਿੰਗ ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਨੇ ਬਣਵਾਈ ਸੀ ਅਤੇ ਇਸ ਦੇ ਨਾਲ ਇਕ ਬਹੁੱਤ ਵਡੀ ਜਾਗੀਰ ਲਗਾਈ ਸੀ। ਪਿਛਲੀ ਸਦੀ ਦੇ ਸ਼ੁਰੂ ਵਿਚ ਇਸ ਅਸਥਾਨ ਤੇ ਇਕ ਮਹੰਤ ਨਰੈਣ ਦਾਸ ਦਾ ਕਬਜ਼ਾ ਸੀ। ਗੁਰੂ ਘਰ ਦੀ ਆਮਦਨੀ ਬਹੁਤ ਸੀ ਤੇ ਇਹ ਮਹੰਤ ਏਥੇ ਹਰ ਤਰਾਂ ਦੀ ਅਯਾਸ਼ੀ ਕਰਦਾ ਸੀ। ਇਸ ਤਰਾਂ ਇਸ ਪਵਿਤਰ ਅਸਥਾਨ ਦੀ ਪਵਿਤਰਤਾ ਭੰਗ ਕਰਦਾ ਸੀ। ਸਿਖ ਕੌਮ ਇਸ ਦੀਆਂ ਬਦਫੇਹਲੀਆਂ ਸਹਿਣ ਨਾ ਕਰ ਸਕੀ। ਆਖ਼ਰ ਅਕਤੂਬਰ ੧੯੨੦ ਵਿਚ ਸਿਖ ਸੰਗਤ ਵਲੋਂ ਧਾਰੇਵਾਲ ਜਿਲਾ ਸ਼ੇਖੂਪੁਰਾ ਵਿਖੇ ਇਕ ਮੀਟਿੰਗ ਬੁਲਾਈ ਗਈ ਜਿਥੇ ਕਿ ਮਹੰਤ ਦੀਆਂ ਕਾਲੀਆਂ ਕਰਤੂਤਾਂ ਬਾਰੇ ਸੰਗਤਾਂ ਨੂੰ ਦਸਿਆ ਗਿਆ ਤੇ ਇਸ ਨੂੰ ਰੋਕਣ ਦਾ ਉਪਾਅ ਕਰਨ ਦੀ ਬੇਨਤੀ ਕੀਤੀ ਗਈ। ਫੈਸਲਾ ਹੋਇਆ ਕਿ ਮਹੰਤ ਨੂੰ ਕਿਹਾ ਜਾਏ ਕਿ ਅਜਿਹੇ ਕਾਰਜ ਬੰਦ ਕਰੇ ਤੇ ਸਹੀ ਤਰੀਕੇ ਨਾਲ ਸੇਵਾ ਕਰੇ।



ਜਦੋਂ ਮਹੰਤ ਨਰੈਣ ਦਾਸ ਨੂੰ ਸੁਧਾਰ ਵਾਸਤੇ ਕਹੇ ਜਾਣ ਦਾ ਪਤਾ ਲੱਗਾ ਤਾਂ ਉਸ ਨੇ ਸੁਧਾਰ ਦੀ ਬਜਾਏ ਸਿਖਾਂ ਨਾਲ ਟਾਕਰਾ ਕਰਨ ਦੀਆਂ ਤਿਆਰੀਆਂ ਸ਼ੁਰੂ ਕਰ ਦਿਤੀਆਂ। ਉਸ ਨੇ ਗੁੰਡੇ ਤੇ ਬਦਮਾਸ਼ ਇੱਕੱਠੇ ਕਰਨੇ ਆਰੰਭ ਕਰ ਦਿਤੇ ਅਤੇ ਅੰਗਰੇਜ਼ ਸਰਕਾਰ ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਬੰਦੂਕਾਂ ਤੇ ਅਸਲਾ ਇਕੱਠਾ ਕਰਕੇ ਮੁਕਾਬਲੇ ਲਈ ਤਿਆਰ ਹੋ ਗਿਆ। ਹਕੂਮਤ ਅਕਾਲੀ ਲਹਿਰ ਨੂੰ ਦਬਾਉਣਾ ਚਾਹੁੰਦੀ ਸੀ, ਇਸ ਲਈ ਲਾਹੌਰ ਦੇ ਕਮਿਸ਼ਨਰ, ਮਿਸਟਰ ਕਿੰਗ ਨੇ ਨਾਰਾਇਣ ਦਾਸ ਨੂੰ ਹਰ ਤਰ੍ਹਾਂ ਦੀ ਮਦਦ ਦਾ ਭਰੋਸਾ ਦਵਾਇਆ।

ਫਰਵਰੀ ੧੭, ੧੯੨੧ ਨੂੰ ਖਰਾ ਸੌਦਾ ਗੁਰਦੁਆਰੇ ਵਿਖੇ ਫੈਸਲਾ ਕੀਤਾ ਗਿਆ ਕਿ ਭਾਈ ਲਛਮਣ ਸਿੰਘ ਤੇ ਭਾਈ ਕਰਤਾਰ ਸਿੰਘ ਛਿੱਬਰ ਦੇ ਜੱਥੇ ਲੈ ਕੇ ੧੯ ਫਰਵਰੀ ਨੂੰ ਚੰਦਰ ਕੋਟ ਪੁੱਜਣ ਤੇ ੨੦ ਫਰਵਰੀ ਨੂੰ ਮਹੰਤ ਨੂੰ ਮਿਲਣ। ਜਦ ਮਹੰਤ ਵਲੋਂ ਟਾਕਰੇ ਲਈ ਕੀਤੀਆਂ ਤਿਆਰੀਆਂ ਦਾ ਪਤਾ ਲਗਾ ਤੇ ਭਾਈ ਕਰਤਾਰ ਸਿੰਘ ਝੱਬਰ ਨੇ ਭਾਈ ਵਰਿਆਮ ਸਿੰਘ ਨੂੰ ਚਿੱਠੀ ਦੇ ਕੇ ਭੇਜਿਆ ਕਿ ਭਾਈ ਲਛਮਣ ਸਿੰਘ ਅਜੇ ਰੁਕ ਜਾਵੇ ਤੇ ਅਜੇ ਨਨਕਾਣਾ ਸਾਹਿਬ ਨਾ ਜਾਵੇ।

ਪਹਿਲਾਂ ਕੀਤੇ ਗਏ ਫੈਸਲੇ ਅਨੁਸਾਰ, ਭਾਈ ਲਛਮਣ ਸਿੰਘ ੧੫੦ ਸਿੰਘਾਂ ਦਾ ਜਥਾ ਲੈ ਕੇ ਚੰਦਰ ਕੋਟ ਪੁੱਜ ਗਏ ਅਤੇ ਭਾਈ ਵਰਿਆਮ ਸਿੰਘ ਦੇ ਪੁੱਜਣ ਤੋਂ ਪਹਿਲਾਂ ਨਨਕਾਣਾ ਸਾਹਿਬ ਵੱਲ ਚਲ ਪਏ। ਫਿਰ ਭੀ ਭਾਈ ਵਰਿਆਮ ਸਿੰਘ ਨੇ ਨਨਕਾਣਾ ਸਾਹਿਬ ਪੁੱਜਣ ਤੋਂ ਪਹਿਲਾਂ ਓਹਨਾ ਨੂੰ ਮਿਲ ਕੇ ਭਾਈ ਕਰਤਾਰ ਸਿੰਘ ਛਿੱਬਰ ਦੀ ਚਿੱਠੀ ਪੁਚਾ ਦਿਤੀ ਅਤੇ ਰੁਕਣ ਲਈ ਕਿਹਾ।

ਭਾਈ ਸਾਹਿਬ ਰੁਕਣਾ ਚਾਹੁੰਦੇ ਸੀ ਪਰ ਇਕ ਹੋਰ ਸਿੱਖ ਭਾਈ ਟਹਿਲ ਸਿੰਘ ਨੇ ਮਜਬੂਰ ਕਰ ਦਿੱਤਾ ਤੇ ਕਿਹਾ ਕਿ ਅਸੀਂ ਅਰਦਾਸ ਕਰ ਕੇ ਚਲੇ ਹਾਂ ਤੇ ਕਿਸੇ ਹਾਲ ਭੀ ਰੁਕ ਨਹੀਂ ਸਕਦੇ ਕਿਉਂਕਿ ਸਿੱਖੀ ਵਿਚ ਅਰਦਾਸ ਦੀ ਬੜੀ ਮਹੱਤਤਾ ਹੈ। ਭਾਈ ਟਹਿਲ ਸਿੰਘ ਦੇ ਕਹਿੰਦੇ ਅਨੁਸਾਰ ੨੦ ਫਰਵਰੀ ੧੯੨੧ ਨੂੰ ਸਵੇਰੇ ੬ ਵਜੇ ਜੱਥਾ ਨਨਕਾਣਾ ਸਾਹਿਬ ਪੁੱਜ ਗਿਆ ਤੇ ਅੰਦਰ ਜਾ ਕੇ ਭਾਈ ਲਛਮਣ ਸਿੰਘ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਤਾਬਿਆ ਬੈਠ ਗਏ।

ਮਹੰਤ ਤਾਂ ਉਡੀਕ ਹੀ ਰਿਹਾ ਸੀ ਅਤੇ ਉਸਦੇ ਇਸ਼ਾਰੇ ਤੇ ਉਹਦੇ ਗੁੰਡਿਆਂ ਨੇ ਵੱਡਾ ਦਰਵਾਜ਼ਾ ਬਾਹਰੋਂ ਬੰਦ ਕਰ ਦਿੱਤਾ ਅਤੇ ਉਪਰੋਂ ਛੱਤਾਂ ਤੋਂ ਗੋਲੀਆਂ ਦੀ ਵਾਛੜ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ। ਇਹਨਾਂ ਗੋਲੀਆਂ ਨਾਲ ੨੬ ਬੰਦੇ ਜੋ ਕਿ ਬਾਹਰ ਬੈਠੇ ਸੀ, ਸ਼ਹੀਦ ਹੋਏ ਅਤੇ ੬੦ ਬੰਦੇ ਜੋ ਦਰਬਾਰ ਸਾਹਿਬ ਦੇ ਅੰਦਰ ਬੈਠੇ ਸੀ, ਗੋਲੀਆਂ ਦਾ ਨਸ਼ਾਨਾਂ ਬਣੇ। ਜਦ ਮਹੰਤ ਦੇ ਬੰਦਿਆਂ ਨੇ ਦੇਖਿਆ ਕਿ ਕੋਈ ਹਿਲ ਜੁਲ ਨਹੀਂ ਹੋ ਰਹੀ, ਤੇ ਆਪਣੀਆਂ ਤਲਵਾਰਾਂ, ਟੋਕੇ ਆਦਿ ਹਥਿਆਰ ਲੈ ਕੇ ਆ ਗਏ ਅਤੇ ਜੋ ਕੋਈ ਅਜੇ ਜਿਉਂਦਾ ਸੀ ਉਸ ਦੇ ਟੁਕੜੇ ਕਰ ਦਿਤੇ।

ਭਾਈ ਦਲੀਪ ਸਿੰਘ ਅਤੇ ਭਾਈ ਵਰਿਆਮ ਸਿੰਘ ਜੋ ਨੇੜੇ ਪੁੱਜ ਚੁਕੇ ਸਨ, ਗੋਲੀਆਂ ਦੀ ਆਵਾਜ਼ ਸੁਣ ਕੇ ਦੌੜ ਕੇ ਗਏ ਤਾਂ ਓਹਨਾ ਨੂੰ ਭੀ ਮਾਰ ਕੇ ਭੱਠੀ ਵਿਚ ਸੁੱਟ ਦਿੱਤਾ। ਫਿਰ ਸਾਰੇ ਅੱਧ-ਜਲੇ ਸ਼ਰੀਰ ਕੱਢ ਕੇ ਮਿੱਟੀ ਦਾ ਤੇਲ ਪਾ ਕੇ ਸਾੜਿਆ ਗਿਆ। ਇਕ ਸਿੱਖ ਅਜੇ ਜਿਉਂਦਾ ਸੀ, ਜਿਸ ਨੂੰ ਰੁੱਖ ਨਾਲ ਬਨ ਕੇ ਸਾੜਿਆ ਗਿਆ।

ਇਸ ਕਤਲੇਆਮ ਦੀ ਖ਼ਬਰ ਲਾਹੌਰ ਪੁਜੀ ਤੇ ਬਹੁਤ ਸਾਰੇ ਲੋਕ ਅਤੇ ਸਬੰਧਤ ਸਰਕਾਰੀ ਅਫਸਰ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਪੁੱਜ ਗਏ। ਪੁਲਸ ਨੇ ੨੦ ਪਠਾਣ ਪਕੜ ਲਏ ਅਤੇ ਸ਼ਹਿਰ ਤੇ ਫੌਜ ਦਾ ਪਹਿਰਾ ਲਗਾ ਦਿੱਤਾ। ਭਾਈ ਕਰਤਾਰ ਸਿੰਘ ਛਿੱਬਰ ੨੨੦੦ ਸਿੱਖਾਂ ਦਾ ਵੱਡਾ ਜਥਾ ਲੈ ਕੇ ਪੁੱਜ ਗਏ। ਓਹਨਾ ਨੂੰ ਗੁਰੂ ਘਰ ਜਾਣ ਦੀ ਮਨਾਹੀ ਸੀ, ਫਿਰ ਭੀ ਚਲੇ ਗਏ। ਅਖੀਰ ਕਮਿਸ਼ਨਰ ਮਿਸਟਰ ਕਰੀ ਨੇ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਦੀਆਂ ਚਾਬੀਆਂ ਕਰਤਾਰ ਸਿੰਘ ਛਿੱਬਰ ਨੂੰ ਦੇ ਦਿਤੀਆਂ ਅਤੇ ੨੨ ਫਰਵਰੀ ਨੂੰ ਬਚੇ-ਖੁਚੇ ਮਾਸ ਦੇ ਟੁਕੜਿਆਂ ਦਾ ਸਿੱਖੀ ਰਵਾਇਤਾਂ ਅਨੁਸਾਰ ਸੰਸਕਾਰ ਕੀਤਾ। ਉਸ ਦਿਨ ਕੁਲ ੧੩੦ ਬੰਦੇ ਮਾਰੇ ਗਏ।

ਮਹਾਤਮਾ ਗਾਂਧੀ ਮਾਰਚ ੩, ੧੯੨੧ ਨੂੰ ਨਨਕਾਣਾ ਸਾਹਿਬ ਗਏ ਤੇ ਸਾਰਾ ਕਾਰਾ ਦੇਖ ਕੇ ਬਹੁਤ ਪ੍ਰਭਾਵਤ ਹੋਏ। ਜਿਸ ਬਹਾਦਰੀ ਤੇ ਅਹਿੰਸਕ ਤਰੀਕੇ ਨਾਲ ਇਹ ਜਾਨਾਂ ਗਈਆਂ, ਗਾਂਧੀ ਜੀ ਨੇ ਇਹਨਾਂ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਅਰਪਣ ਕੀਤੀ। ਜੋ ਬੰਦੇ ਪਕੜੇ ਸਨ, ਉਹਨਾਂ ਵਿਚੋਂ ੩ ਨੂੰ ਮੌਤ ਦੀ ਸਜ਼ਾ ਅਤੇ ੨ ਨੂੰ ਉਮਰ ਕੈਦ ਅਤੇ ਬਾਕੀ ਸਬ ਬਰੀ ਕਰ ਦਿਤੇ ਗਏ। ਇਨਸਾਫ ਦੇ ਇਸ ਡਰਾਮੇ ਤੇ ਸਾਰੇ ਦੇਸ਼ ਵਿਚ ਗੁੱਸੇ ਦੀ ਲਹਿਰ ਫੈਲ ਗਈ ਤੇ ਇਸ ਦੀ ਬਹੁਤ ਚਰਚਾ ਹੋਈ।

Is it Religion or (changeable) Creed?

Bal Bir Kaur Rehal

ਧਰਮ ਜਾ ਬਦਲਣ ਵਾਲਾ ਮਜ਼ਹਬ...?

In this article we undertake an exploration (ਵਿਚਾਰ) to try and understand the difference between Religion and Creed, based on what Gurbani teaches us.

Akaal Purakh (ਪਰਮੇਸ਼ਰ) is in sacred loving form in his command, word and script (ਹੁਕਮ, ਕਵਾਉ, ਤੇ ਬਾਣੀ) is deep, complete and in the form of infinite Divine Love. This is how Gurbani describes this, in these Verses:

Ang 2 ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੁ ਨਾਇ ਭਾਖਿਆ ਭਾਉ ਅਪਾਰੁ ॥ True is the Master, True is His Name-speak it with infinite love.

Ang 449 ਹਰਿ ਪ੍ਰੇਮ ਬਾਣੀ ਮਨੁ ਮਾਰਿਆ ਅਣੀਆਲੇ ਅਣੀਆ ਰਾਮ ਰਾਜੇ ॥ The Bani of the Lord's Love is the pointed arrow, which has pierced my mind, O Lord King.

Ang 640 ਪ੍ਰੇਮ ਪਦਾਰਥੁ ਨਾਮੁ ਹੈ ਭਾਈ ਮਾਇਆ ਮੋਹ ਬਿਨਾਸੁ ॥ The Love of the Name is the greatest treasure, O Siblings of Destiny; through it, emotional attachment to Maya is dispelled.

These Gurbani Verses are describing Akaal Purakh as is in its Loving Form; pervading the whole Universe as Word (Shabad).

Ang 23 ਰੰਗਿ ਰਤਾ ਮੇਰਾ ਸਾਹਿਬੁ ਰਵਿ ਰਹਿਆ ਭਰਪੂਰਿ ॥ My Lord and Master is imbued with love; He is totally permeating and pervading all.

Ang 606 ਆਪੇ ਹੁਕਮਿ ਵਰਤਦਾ ਪਿਆਰਾ ਆਪੇ ਹੀ ਫੁਰਮਾਣੁ ॥ The Beloved Himself obeys His Will, and He Himself issues His Command.

ਜਾਪੁ ਪ: ੧੦

ਜਤ੍ਰੁ ਤਤ੍ਰੁ ਦਿਸਾ ਵਿਸਾ ਹੋਇ ਫੈਲਿਓ ਅਨੁਰਾਗ ॥

The light of Akaal Purakh in the form of ray of Love (beam) is saturated in the life of the whole Universe. In other words, in the whole creation the infinite Divine Love is the base of every living thing and life. With this Divine Love every living creature and minute life is attracted to their loving source Akaal Purakh.



Ang 827 ਮੂ ਲਾਲਨ ਸਿਉ ਪ੍ਰੀਤਿ ਬਨੀ ॥ I have fallen in love with my Beloved Lord.

ਤੇਰੀ ਨ ਤੂਟੈ ਛੇਰੀ ਨ ਛੂਟੈ ਐਸੀ ਮਾਧੋ ਖਿੰਚ ਤਨੀ ॥ Cutting it, it does not break, and releasing it, it does not let go. Such is the string the Lord has tied me with. Described in this Gurbani verse this string is in every thing and life and it is attached to one and another. Like attracts like. This Gurbani verse explains it further:

Ang 725 ਧਾਤੁ ਮਿਲੈ ਫੁਨਿ ਧਾਤੁ ਕਉ ਲਿਵ ਲਿਵੈ ਕਉ ਧਾਵੈ ॥ As metal melts into metal again, so does love melt into love.

The presence of this Divine pull, string or beam is called religion, Evolution and Divine Will and this is present in every atom and life in the Universe. This divine Religion cannot be written down in books as it is beyond the human mind's power.

The seeds of all vegetation grow in the Will of Parmatma; in different times, sizes, colours, beauty and looks. Their fruits grow in different sizes, shapes and they are used differently. All the species of vegetation trees, plants, micro growth and animal kingdom there is no separate mind power to think and plan ways of living their life like human beings. They are bound by the Natural Evolution Laws. They naturally and without separate thinking live according to the Will of their creator as said in this Gurbani Verse:

Ang 1 ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥ O Nanak, it is written that you shall obey the Hukam of His Command, and walk in the Way of His Will.

This Command is their in-born, inner written nature that they cannot change with their will.

All of 84 *lacs* (8.4m) animal life species have no separate Religion; they live according to the command (ਹੁਕਮ) of Parmatma. They are not Hindu, Muslim, Christian or belong to any other Religion. This command (ਹੁਕਮ) is not controlled by any outside mind or force of come and go, it simply flows naturally by the Will of our Creator (ਅਕਾਲ ਪੁਰਖ). In other words, all the vegetation and animal life are bound by our Creator (ਕਰਤਾ ਪੁਰਖ). They grow, flourish and then finish (die) and earn their hidden inner written (ਧਰਮ) Religion without interference of their own separate Will. Here it can be said that it is clear that they all live according to the natural laws of Evolution which is the subtle Truth.



The 84 lacs species live their natural lives and stay connected to their Creator, which means that they, without realising it, remember the Creator as in the form of Meditation (ਸਿਮਰਨ) and earn the Divine Religion automatically. This is what is said in these Gurbani Verses:

Ang 292 ਪ੍ਰਤਿਪਾਲੈ ਜੀਅਨ ਬਹੁ ਭਾਤਿ ॥ He cherishes His living beings in so many ways.

ਜੇ ਜੇ ਰਚਿਓ ਸੁ ਤਿਸਹਿ ਧਿਆਤਿ ॥ That which He has created meditates on Him.

Ang 263 ਹਰਿ ਸਿਮਰਨਿ ਧਾਰੀ ਸਭ ਧਰਨਾ ॥ For the remembrance of the Lord, the whole world was established.

Ang 1078 ਸਿਮਰੈ ਧਰਤੀ ਅਰੁ ਆਕਾਸਾ ॥ The earth and the Akaashic ethers meditate in remembrance.

ਸਿਮਰਹਿ ਚੰਦ ਸੂਰਜ ਗੁਣਤਾਸਾ ॥ The moon and the sun meditate in remembrance on You, O treasure of virtue.

ਪਉਣ ਪਾਣੀ ਬੈਸੰਤਰ ਸਿਮਰਹਿ ਸਿਮਰੈ ਸਗਲ ਉਪਾਰਜਨਾ ॥ Air, water and fire meditate in remembrance. All creation meditates in remembrance.

All these 84 lacs species are not aware of their inner written Divine Religion; this ignorance is a merciful blessing. They are not proud of their Religion, voluntary work (ਸੇਵਾ), or earned merit, unlike humans. They live in contentment and according to the Will of their Creator (ਵਾਹਿਗੁਰੂ) and enjoy and earn the natural Religion unlike the majority of humans who complain, object and reproach at every opportunity. The humans use their egoistic minds and with mean cleverness separate their natural Divine selves and forget their Creator (Waheguru) and suffer unnecessarily by becoming indiscreet to the Divine Religion (Inner Divine Instinct) or Intuition and suffer according to their Karma.

On the other hand, the 84 lacs species live and earn Natural Religion and spend their lives in peace and harmony in the Will of their Creator. In general, they have no room for enmity, hatred, competition, fights or battles. This is the reason why there is no oppression, cruelty, brutality or outrage in the name of Creed or Religious bias in the animal kingdom.

In part 2 of this article we will discuss why the human being, who has been blessed with the intelligence, and Divine gifts to connect with Parmatma in this life, forgets his Creator and suffers by becoming egoistic, materialistic, greedy, and indifferent.

Waheguru Mehar Karan

Gurdwara Sri Guru Singh Sabha Hounslow



Youth Engagement Services

BoS English Katha 11:00-12:00	Sunday, January 19, 2025	BoS Gagan 4:00-5:00	Saturday, January 25, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, January 18, 2025
BoS English Katha 11:00-12:00	Sunday, February 16, 2025	BoS Gagan 4:00-5:00	Saturday, February 22, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, February 15, 2025
BoS English Katha 11:00-12:00	Sunday, March 16, 2025	BoS Gagan 4:00-5:00	Saturday, March 29, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, March 29, 2025
BoS English Katha 11:00-12:00	Sunday, April 20, 2025	BoS Gagan 4:00-5:00	Saturday, April 26, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, April 26, 2025
BoS English Katha 11:00-12:00	Sunday, May 18, 2025	BoS Gagan 4:00-5:00	Saturday, May 31, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, May 31, 2025
BoS English Katha 11:00-12:00	Sunday, June 15, 2025	BoS Gagan 4:00-5:00	Saturday, June 28, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, June 28, 2025
BoS English Katha 11:00-12:00	Sunday, July 20, 2025	BoS Gagan 4:00-5:00	Saturday, July 26, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, July 26, 2025
BoS English Katha 11:00-12:00	Monday, August 17, 1925	BoS Gagan 4:00-5:00	Saturday, August 30, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, August 30, 2025
BoS English Katha 11:00-12:00	Sunday, September 21, 2025	BoS Gagan 4:00-5:00	Saturday, September 27, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, September 27, 2025
BoS English Katha 11:00-12:00	Sunday, October 19, 2025	BoS Gagan 4:00-5:00	Saturday, October 25, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, October 25, 2025
BoS English Katha 11:00-12:00	Sunday, November 16, 2025	BoS Gagan 4:00-5:00	Saturday, November 29, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, November 29, 2025
BoS English Katha 11:00-12:00	Sunday, December 14, 2025	BoS Gagan 4:00-5:00	Saturday, December 27, 2025	Chardi Kala Jatha 12:30-3:45	Saturday, December 27, 2025

CLASSES ON GURMAT GIAN & SIKH CULTURE

**Free Classes for Adults starting on
Sunday 26 January 2025**

In response to Sangat interest, the Gurdwara is pleased to launch **Gurmat Gian classes**, to be held alongside the Panjabi classes:

Every Sunday 10:30 – 11:30am
 11:30 – 12:30pm

You will be taught to a set syllabus, composed of Gurbani, Sikh history and Gurmat Gian.

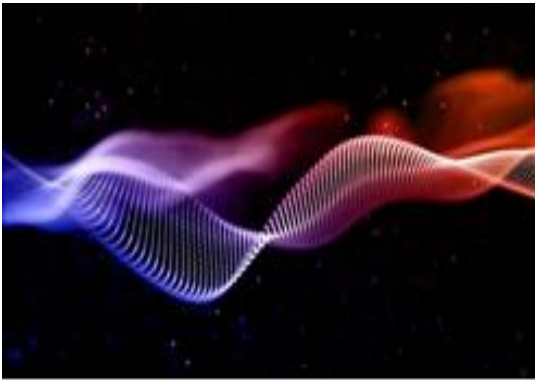
Key features of interest:

- ❖ **A Four Part Set syllabus will be used**
- ❖ **Progress Tests in October 2025 (optional)**

To enrol in these classes, please register your interest in the Main Office or the Librarian (Sundays), giving your name and contact number.

Classes will be held in the First Floor Exhibition Room, Education Wing, in the New Building.

In Nov 2025, during Guru Nanak Sahib's Parkash Purab, we will hold a Gurmat Gian Trophy Presentation! 



Kirtan, like medicine, it can be very healing. The Gurus were revolutionary in their thinking and in everything they did. They were masters of the mind, body and soul. In the Sri Guru Granth Sahib ji (SGGS), the Gurus have made various references to Naad (Cosmic sound current/vibrations of the Cosmos), celestial music and Anhad Shabad. There are 43 references to the word Naad in the SGGS.

If we think in terms of quantum physics, everything is energy and vibration. Scientists have proved this through studies in the field of Cymatics (sound waves making intricate shapes).

Anhad Naad is the sound that is produced effortlessly without any touch and is like knowledge heard in deep states of meditation. It is a sound current that is unending without any limits, originating from the Divine Will. It is the all-pervading sound current which is creating and sustaining the universe.

The ancient sages and yogis meditated on this Naad obtaining a state of bliss and super consciousness. In the SGGS, Naad is expressed as the experience of higher truth (sat) and inner music (Anhad Shabad) which produces Divine bliss. This can be obtained through Kirtan and Nam Simran meditation, blessed by Guru's Grace (Kirpa). Sri Guru Nanak Dev ji says. "By following the steps of the Guru, practising his way of life, the flow of soundless music is felt within".

Bani is Guru and Guru is Bani. Gurbani guides us, gives us solutions to our problems, gives us insights as well as bring us comfort and support. It's a beautiful solution to all aspects of our life. To connect to Shabad Guru, we really need to tap into the emotions and mood that the Gurus were feeling in when they were compiling the actual Shabad.

Raags give us this ability; almost the whole of the SGGS is written in Raags, which is an instruction that determines the mood of the Shabad. To understand mood, we need to understand emotions and drivers that influence our mood. The Gurus have given us an extremely valuable gift of being able to understand our emotions through Raag. It is a sacred technology we can use to harness our mind and soul. When we can fully diagnose our emotions, we can apply



solutions which help us on the path of understanding our true essence and the Ultimate Reality (Sat).

This month we are going to look at Raag Suhee, Raag Suhee Kafi and Raag Suhee Lalit.

Raag Suhee (also spelt Soohee) expresses such a devotion that the listener experiences feelings of extreme closeness and undying love. Being bathed in that love, the listener genuinely understands what it means to truly love and adore.

Raag Soohee - Guru Arjan Dev Ji - Sri Guru Granth Sahib Ji - Ang 749



ਸੂਹੀ ਮਹਲਾ ੫ ॥

Soohee, Fifth Mehla:

ਤੁਧੁ ਚਿਤਿ ਆਏ ਮਹਾ ਅਨੰਦਾ ਜਿਸੁ ਵਿਸਰਹਿ ਸੇ ਮਰਿ ਜਾਏ ॥

When You come to mind, I am totally in bliss. One who forgets You might just as well be dead.

ਦਇਆਲੁ ਹੋਵਹਿ ਜਿਸੁ ਉਪਰਿ ਕਰਤੇ ਸੇ ਤੁਧੁ ਸਦਾ ਧਿਆਏ ॥੧॥

That being, whom You bless with Your Mercy, O Creator Lord, constantly meditates on You. ||1||

ਮੇਰੇ ਸਾਹਿਬ ਤੂੰ ਮੈ ਮਾਣੁ ਨਿਮਾਣੀ ॥

O my Lord and Master, You are the honor of the dishonored such as me.

ਅਰਦਾਸਿ ਕਰੀ ਪ੍ਰਭੁ ਅਪਨੇ ਆਗੈ ਸੁਣਿ ਸੁਣਿ ਜੀਵਾ ਤੇਰੀ ਬਾਣੀ ॥੧॥ ਰਹਾਉ ॥

I offer my prayer to You, God; listening, listening to the Word of Your Bani, I live.

||1||Pause||

ਚਰਣ ਧੂੜਿ ਤੇਰੇ ਜਨ ਕੀ ਹੋਵਾ ਤੇਰੇ ਦਰਸਨ ਕਉ ਬਲਿ ਜਾਈ ॥

May I become the dust of the feet of Your humble servants. I am a sacrifice to the Blessed Vision of Your Darshan.

ਅੰਮ੍ਰਿਤ ਬਚਨ ਰਿਦੈ ਉਰਿ ਧਾਰੀ ਤਉ ਕਿਰਪਾ ਤੇ ਸੰਗੁ ਪਾਈ ॥੨॥

I enshrine Your Ambrosial Word within my heart. By Your Grace, I have found the Company of the Holy. ||2||

ਅੰਤਰ ਕੀ ਗਤਿ ਤੁਧੁ ਪਹਿ ਸਾਰੀ ਤੁਧੁ ਜੇਵਡੁ ਅਵਰੁ ਨ ਕੋਈ ॥

I place the state of my inner being before You; there is no other as great as You.

ਜਿਸ ਨੇ ਲਾਇ ਲੈਹਿ ਸੇ ਲਾਰੈ ਭਗਤੁ ਤੁਹਾਰਾ ਸੇਈ ॥੩॥

He alone is attached, whom You attach; he alone is Your devotee. ||3||

ਦੁਇ ਕਰ ਜੋੜਿ ਮਾਗਉ ਇਕੁ ਦਾਨਾ ਸਾਹਿਬਿ ਤੁਠੈ ਪਾਵਾ ॥

With my palms pressed together, I beg for this one gift; O my Lord and Master, if it pleases You, I shall obtain it.

ਸਾਸਿ ਸਾਸਿ ਨਾਨਕੁ ਆਰਾਧੇ ਆਠ ਪਰ ਗੁਣ ਗਾਵਾ ॥੪॥੯॥੫੬॥

With each and every breath, Nanak adores You; twenty-four hours a day, I sing Your Glorious Praises. ||4||9||56||

Raag Suhee Kafi expresses feelings of deep love and security, like that of a child and a parent. A young child feels secure and safe, when surrounded in their parents love.

The love felt is so strong that there are no worries and the individual gains a certain confidence from being so secure.

Raag Soohee Kafi - Guru Nanak Dev Ji - Sri Guru Granth Sahib Ji - Ang 751

ਸੂਹੀ ਮਹਲਾ ੧ ਕਾਫੀ ਘਰੁ ੧੦

Soohee, First Mehla, Kaafee, Tenth House:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

One Universal Creator God. By The Grace Of The True Guru:

ਮਾਣਸ ਜਨਮੁ ਦੁਲੰਭੁ ਗੁਰਮੁਖਿ ਪਾਇਆ ॥

It is difficult to receive this human body, but only the Guru's disciple understands its value.

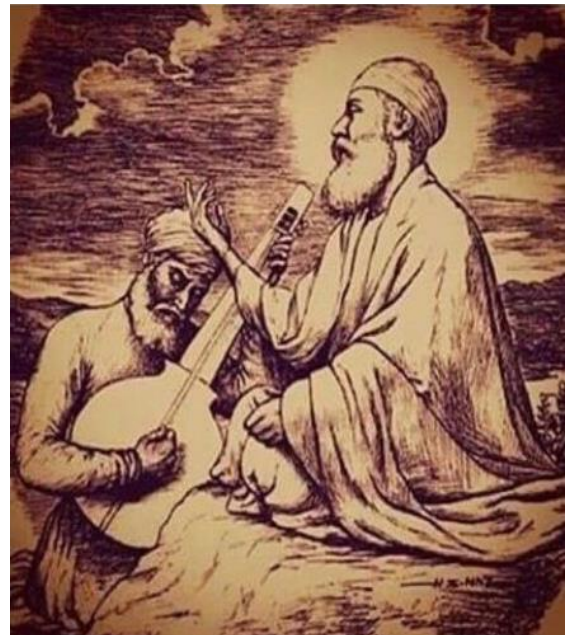
||5||

ਮਨੁ ਤਨੁ ਹੋਇ ਚੁਲੰਭੁ ਜੇ ਸਤਿਗੁਰ ਭਾਇਆ ॥੧॥

The mind and body are dyed in the deep red color of devotional love, if it pleases the True Guru. ||1||

ਚਲੈ ਜਨਮੁ ਸਵਾਰਿ ਵਖਰੁ ਸਚੁ ਲੈ ॥

He departs with his life embellished and successful, taking the merchandise of the True Name.



ਪਤਿ ਪਾਏ ਦਰਬਾਰਿ ਸਤਿਗੁਰ ਸਬਦਿ ਭੈ ॥੧॥ ਰਹਾਉ ॥

He is honored in the Darbaar, the Royal Court, of the Lord, through the Shabad, the Word of the True Guru, and the Fear of God. //1//Pause//

ਮਨਿ ਤਨਿ ਸਚੁ ਸਲਾਹਿ ਸਾਚੇ ਮਨਿ ਭਾਇਆ ॥

One who praises the True Lord with his mind and body, pleases the Mind of the True Lord.

ਲਾਲਿ ਰਤਾ ਮਨੁ ਮਾਨਿਆ ਗੁਰੁ ਪੂਰਾ ਪਾਇਆ ॥੨॥

Attuned to the Beloved Lord, the mind is appeased, and finds the Perfect Guru. //2//

ਹਉ ਜੀਵਾ ਗੁਣ ਸਾਰਿ ਅੰਤਰਿ ਤੂ ਵਸੈ ॥

I live, by cherishing Your Glorious Virtues; You dwell deep within me.

ਤੂੰ ਵਸਹਿ ਮਨ ਮਾਹਿ ਸਹਜੇ ਰਸਿ ਰਸੈ ॥੩॥

You dwell within my mind, and so it naturally celebrates in joyful delight. //3//

ਮੂਰਖ ਮਨ ਸਮਝਾਇ ਆਖਉ ਕੇਤੜਾ ॥

O my foolish mind, how can I teach and instruct you?

ਗੁਰਮੁਖਿ ਹਰਿ ਗੁਣ ਗਾਇ ਰੰਗਿ ਰੰਗੇਤੜਾ ॥੪॥

As Gurmukh, sing the Glorious Praises of the Lord, and so become attuned to His Love. //4//

ਨਿਤ ਨਿਤ ਰਿਦੈ ਸਮਾਲਿ ਪ੍ਰੀਤਮੁ ਆਪਣਾ ॥

Continually, continuously, remember and cherish your Beloved Lord in your heart.

ਜੇ ਚਲਹਿ ਗੁਣ ਨਾਲਿ ਨਾਹੀ ਦੁਖੁ ਸੰਤਾਪਣਾ ॥੫॥

For if you depart with virtue, then pain shall never afflict you. //5//

ਮਨਮੁਖ ਭਰਮਿ ਭੁਲਾਣਾ ਨਾ ਤਿਸੁ ਰੰਗੁ ਹੈ ॥

The self-willed manmukh wanders around, deluded by doubt; he does not enshrine love for the Lord.

ਮਰਸੀ ਹੋਇ ਵਿਡਾਣਾ ਮਨਿ ਤਨਿ ਭੰਗੁ ਹੈ ॥੬॥

He dies as a stranger to his own self, and his mind and body are spoiled. //6//

ਗੁਰ ਕੀ ਕਾਰ ਕਮਾਇ ਲਾਹਾ ਘਰਿ ਆਣਿਆ ॥

Performing service to the Guru, you shall go home with the profit.

ਗੁਰਬਾਣੀ ਨਿਰਬਾਣੁ ਸਬਦਿ ਪਛਾਣਿਆ ॥੭॥

Through the Word of the Guru's Bani, and the Shabad, the Word of God, the state of Nirvaanaa is attained. ||7||

ਇਕ ਨਾਨਕ ਕੀ ਅਰਦਾਸਿ ਜੇ ਤੁਧੁ ਭਾਵਸੀ ॥

Nanak makes this one prayer: if it pleases Your Will,

ਮੈ ਦੀਜੈ ਨਾਮ ਨਿਵਾਸੁ ਹਰਿ ਗੁਣ ਗਾਵਸੀ ॥੮॥੧॥੩॥

bless me with a home in Your Name, Lord, that I may sing Your Glorious Praises. ||8||1||3||

Raag Suhee Lalit contains feelings of emotional resolve. However, there is also a volatile characteristic in that although there is love in these emotions, there is a willingness to step over the line to attain the goal.

Raag Soohee Lalit - Bhagat Sheikh Fareed Ji - Sri Guru Granth Sahib Ji - Ang 794

ਸੁਹੀ ਲਲਿਤ ॥

Soohee, Lalit:

ਬੇੜਾ ਬੰਧਿ ਨ ਸਕਿਓ ਬੰਧਨ ਕੀ ਵੇਲਾ ॥

You were not able to make yourself a raft when you should have.

ਭਰਿ ਸਰਵਰੁ ਜਬ ਊਛਲੈ ਤਬ ਤਰਣੁ ਦੁਹੇਲਾ ॥੧॥

When the ocean is churning and overflowing, then it is very difficult to cross over it. ||1||



ਹਥੁ ਨ ਲਾਇ ਕਸੁੰਭੜੈ ਜਲਿ ਜਾਸੀ ਢੇਲਾ ॥੧॥ ਰਹਾਉ ॥

Do not touch the safflower with your hands; its color will fade away, my dear. ||1||Pause||

ਇਕ ਆਪੀਨੈ ਪਤਲੀ ਸਹ ਕੇਰੇ ਬੇਲਾ ॥

First, the bride herself is weak, and then, her Husband Lord's Order is hard to bear.

ਦੁਧਾ ਥਣੀ ਨ ਆਵਈ ਫਿਰਿ ਹੋਇ ਨ ਮੇਲਾ ॥੨॥

Milk does not return to the breast; it will not be collected again. ||2||

ਕਹੈ ਫਰੀਦੁ ਸਹੇਲੀਹੋ ਸਹੁ ਅਲਾਏਸੀ ॥

Says Fareed, O my companions, when our Husband Lord calls,

ਹੰਸੁ ਚਲਸੀ ਡੁੰਮਣਾ ਅਹਿ ਤਨੁ ਢੇਰੀ ਥੀਸੀ ॥੩॥੨॥

the soul-swan departs, sad at heart, and this body returns to dust. ||3||2||

Internet Audio Links:

Shabads composed in Raag Suhee, Raag Suhee Kafi and Raag Suhee Lalit can be found on the following links. By accessing these you can appreciate the sounds in which the Gurus meant us to experience these Shabads:

Raag Suhee - Main Har Har Naam Dhar Soi - Bibi Guneet Kaur

<https://www.youtube.com/watch?v=A88lscK5dg>

Raag Suhee Kafi - Chalai Janam Savaar Vakar Sach Lai - Professor Surinder Singh

<https://www.youtube.com/watch?v=EMnnET64ao0>

Raag Suhee Lalit - Bavare Tai Gian Beechar Na Paiaa - Professor Surinder Singh

<https://www.youtube.com/watch?v=tCsh-nhFYTs>

If you are unable to listen or read Gurbani in Raag, you can sing Waheguru, Sat Naam or Ik Ongkar Simran using the feelings of love and devotion to create the mood of Raag Suhee.

Not only do the words of a Shabad bring wisdom, singing or being in a certian Raag (mood) can bring a complete shift which can carry on for days and even weeks. You can submerge yourselves in this energy at any time. When we can truly align with our gaviah (singing) and suniah (listening) only then can the real healing take place.

Next month we will look at Raag Bilaval, Bilaval Dakhani, Gound, Bilaval Gound.



SIKHI & GURMAT SEEKERS DISCUSSION GROUP

SGSS Adult Shared Dialogue

In response to Sangat interest, the Gurdwara is pleased to launch

Sikhi & Gurmat Share & Learn Group

to meet in the Exhibition Room every Last Saturday in the month, starting on 22 February 2025

Come and share your thoughts and Sikhi gyan with like-minded Adults.

Attendance is open to all and anyone passionate about aspects of Sikhi, of relevance today as well as its future direction.

We will start with an Open Agenda.

To be kept updated on this initiative, please register your interest in the Main Office, giving your name and contact number.

 **Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh** 

Panjabi School Term Dates 2024 - 2025

Autumn Term	Start date	Last Day		Start date	Last Day
Tuesday	03/09/24	22/10/24	Half term	05/11/24	17/12/24
Saturday	07/09/24	26/10/24	Half term	09/11/24	21/12/24
Sunday	08/09/24	27/10/24	Half term	10/11/24	22/12/24

Spring Term	Start date	Last Day		Start date	Last Day
Tuesday	07/01/25	11/02/25	Half term	25/02/25	01/04/25
Saturday	11/01/25	15/02/25	Half term	01/03/25	05/04/25
Sunday	12/01/25	16/02/25	Half term	02/03/25	06/04/25

Summer Term	Start date	Last Day		Start date	Last Day
Tuesday	22/04/25	20/05/25	Half term	03/06/25	15/07/25
Saturday	26/04/25	24/05/25	Half term	07/06/25	19/07/25
Sunday	27/04/25	25/05/25	Half term	08/06/25	20/07/25



GURDWARA EDUCATION PROGRAMME



Panjabi Regular Classes

Tuesday	6:00pm – 7:30pm	First Floor Classrooms, New Building
Sunday – 1 st Session	10:00am – 11:30am	
Sunday – 2 nd Session	11:30am – 1:00pm	

Panjabi GCSE

Sunday	11:00am – 1:00pm	1st Floor Classrooms, New Building
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Panjabi 'A' Level

Sunday	9:00am-11:00am	Library - New Building
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Panjabi for Adults

Saturday	9:00am – 10:30am	1st Floor Classrooms, New Building
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Gurmat Gian for Adults

Saturday	11:00am – 12:00pm	1st Floor Classrooms, New Building
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English for Adults (ESOL)

Tuesday	10:00am – 12:10pm	1st Floor Classrooms, New Building
Wednesday	10:00am – 12:10pm	

Religious Education for the Young (4 - 6 year olds)

Sunday	1:00pm – 2:00pm	1st Floor Classrooms, New Building
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Computer Training

Monday, Tuesday, Wednesday	10:00am – 12:00pm	Library, New Building
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Gurdwara Sri Guru Singh Sabha Hounslow
SURGERY

Physiotherapy & Occupational Therapy
Every Sunday 11:00am-1:00pm

Physiotherapy

- Pain management
- Muscle weakness
- Joint movements
- Strengthening Exercises
- Walking Aids assessment
- Back problems – support & advice

Occupational Therapy

- Support & advice
- Supporting children with disabilities
 - Parenting advice
 - Mental Health
 - Increasing independence in Washing, Dressing, Cooking post stroke/injury/surgery
 - Upper body movements & Hand functions



For further information & bookings, contact
Charan 07400 432 744
therapysewa@gmail.com

Youth Kirtan Darbaar

EVERY FRIDAY

6:30pm - 8:00pm

Gurdwara Sri Guru Singh Sabha
Alice Way, Hounslow TW3 3UA

@hounslowkirtandarbaar

Scan The QR Code &
Follow Our Instagram
For More Updates



*Chips & Beans Served For Langar
Please Attend With Family And Friends*

Gurdwara Sri Guru Singh Sabha Hounslow
SURGERY

Immigration Advice Surgery
Every Tuesday 11:00am-1:00pm



UK Visas and
Immigration

For further information & bookings, contact
Gurdwara Office

Gurdwara Sri Guru Singh Sabha, Hounslow

**Dastaar
Tying Classes**

Every Sunday
12-2pm

@

Sri Guru Singh Sabha Hounslow
Alice Way, Hounslow TW3 3UD

For info, contact:
Jasminder Singh 07771 580865 / Inderpal Singh 07595 931644



Email: info@turbanacademy.com
www.turbanacademy.com



Local Councillors' Surgery
Every 3rd Sunday, 10 - 11am



Cllr Afzaal Kiani



Cllr Samia Chaudhary



Cllr Farhaan Rehman



London Borough
of Hounslow

Hounslow Heath Ward

SIKH ASSISTED MARRIAGES

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.

M A L E S

<i>Ref</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Current Job</i>	<i>Height</i>
3250	Aug-91	MBCChB, MPharm	NHS Doctor	5' 10"
3251	May-92	BSc (Hons), PgDip (Qualified Architect	Software Consultant	5' 09"
3252	Dec-96	BC Economics	Investment Performance Analyst	6' 00"
3253	Jul-89	MSc Financial Maths	Software Consultant	5' 10"
3254	Nov-98	BSc Computer Science	Software Engineer	5' 09"
3255	Jan-92	Masters	Management Accountant	5' 11"
3256	Mar-87	BSc Finance & Accounting	Financial Analyst	6' 00"
3257	Dec-87	BSc Banking and Finance	Business & Residential Finance	5' 10"
3258	Apr-98	MSc Artificial Intelligence	Machine Learning Engineer	5' 11"
3259	Jun-92	BSC Mathematics	Business Owner - Trucking	5' 11"
3260	Jun-83	BA (Hons) Architecture	Architectural Assistant	5' 10"
3261	Aug-91	BSc Computing and IT	Analyst	5' 08"
3262	Aug-96	BDS	Dentist	5' 09"
3263	Sep-95	BSC Economics - ACCA	Finance Consultant	5' 07"
3264	Mar-92	LLB Hons (Law)	Solicitor	5' 08"

3265	Feb-97	BA Accounting and Financial Info Systems	Finance Specialist	5' 08"
3266	Jan-84	BDS	Dentist	5' 11"
3267	Oct-89	Diploma in Hospitality	Store Manager	5' 11"
3268	Jun-98	BSC Hons Computer Science	Senior Data Scientist	5' 08"
3269	Oct-96	BSc Finance	Market Risk Analyst	6' 01"
3270	Apr-82	MA in MGMT Studies	Business Owner	5' 10"
3271	Oct-89	BSc Maths and Management ACCA	Accountant	5' 07"
3272	Apr-98	MBBS	Doctor	6' 03"
3273	Nov-80	B Eng MBA	Product Specialist	5' 05"
3274	Nov-98	Business & Accounting Diploma	Online Trading Manager	6' 03"
3275	Jan-91	BSc Information Systems	Technical Support Officer	5' 05"
3276	Oct-93	BSc Accounting & Finance	Management Accountant	5' 09"
3277	May-97	MSC Business & Management	Retail Manager	6' 02"
3278	Feb-96	BA LLB	Paralegal	5' 08"
3279	Mar-90	Chartered Accountant	Accountant British Gas	5' 08"
3280	Apr-89	BSc (Hons) Business Computing	Project Manager	5' 11"
3281	May-98	BSc Natural Sciences	Software Engineer	5' 11"
3282	Mar-88	BA Hons Finance, ACCA Chartered Accountant	Finance Manager	5' 09"
3283	May-77	BSc Management Studies	Cloud Technology Account Director	6' 02"
3284	Jan-91	PhD, BSc -Medical	Research Fellow	5' 06"
3285	Mar-96	B Eng (Hons) Aerospace Engineering	Flight Data Specialist	5' 11"
3286	Aug-79	BSC Manufacturing Engineering & Transport Manager CPC	HGV Driver	5' 10"
3287	Mar-93	LLB Law Degree	Manager Facilities Management Company	6' 01"
3288	Aug-88	BA Hons MBA International Business	International Business	5' 11"
3289	Jan-94	GCSE	Business Owner	6' 01"
3290	Mar-90	LLB Hons DIP PFS	Financial Adviser	5' 06"
3291	Aug-94	BA Accounting & Finance	Accounts Payable	5' 09"
3292	Apr-86	BA Hons Business Studies	Financial Crime Investigator	6' 03"
3293	Feb-93	BSC Civil Engineering	Senior Technical Coordinator	5' 06"
3294	May-84	+2 English, Maths and Punjabi	Company Director	5' 08"
3295	Jul-92	BSc (Hons) MBBS	Hospital Doctor	6' 02"
3296	Jan-95	Economics and Finance Banking	Transmate Manager	6' 00"
3297	Nov-87	BSC Maths with Economics	Senior Payment & Pensions Manager	6' 02"
3298	Sep-94	MSC Quantity Surveying	Senior Surveyor	5' 09"
3299	Nov-93	Master of Pharmacy	Director, Pharmaceutical Industry	5' 10"
3300	Nov-93	BSc Mathematics	Head Of Azure Engineering	6' 00"
3301	Nov-89	Business Studies	Uber Driver	5' 09"
3302	Mar-92	MBChB MRCS	Hospital Doctor	5' 09"
3303	Oct-88	BSc M Pharma	Pharmacy Business Owner	6' 02"
3304	Apr-92	Pharmacist, Dentist	Dentist	5' 08"
3305	May-85	BA Hons	Data Analyst	5' 08"

3306	Apr-96	BSc & MSc	Lab Technician	5' 08"
3307	Jun-98	BSc (Hons) Aerospace Engineering	Engineer	5' 10"
3308	Jan-90	MSC Investment Management	Analyst in Asset Management Company	6' 01"
3309	Oct-97	BSc Computer Science	Self- Employed	6' 00"
3310	Jun-91	Masters Banking and Finance	Investment Banker	5' 10"
3311	Oct-91	Bachelor of Engineering (Hons)	Software Developer	5' 08"
3312	Mar-90	PhD, MSc, BA	AI/ML Engineer & Data Scientist	5' 10"
3313	Apr-88	A Levels	Security Officer	5' 06"
3314	Apr-84	BA Econ and CIMA	Financial Controller	5' 09"
3315	Nov-93	BA Graphic Design	Graphic Designer	5' 10"
3316	Jan-92	BSc Economics ATT, CTA	Corporate Tax Advisor	6' 01"
3317	May-91	BSc Accounting & Business Management	Pensions Analyst	5' 07"
3318	Apr-94	MBBS	GP	5' 08"
3319	Jul-88	MBBS	Medical Doctor	6' 00"
3320	Jun-88	MSc Innovation Management (Harvard)	Director, Technology Consultant	6' 02"
3321	Dec-86	MBA International Business	Fleet Manager & Own Business	5' 06"
3322	Apr-91	BSc Economics	Risk Consultant	6' 01"
3323	May-90	Diploma in Plumbing	HGV Driver	5' 11"
3324	Sep-79	MSc Information Security	Business Owner & Investment Bank	5' 10"
3325	Mar-97	MBChB	Medical Doctor	5' 10"
3326	Jul-82	BTEC Art & Design	Retail Manager	6' 03"
3327	Dec-76	BSC Banking & International Finance	Financial Services Banking Consultant	5' 10"
3328	Sep-91	BSc Economics	Civil Servant	5' 07"
3329	Nov-81	Diploma Information Tech and Business	Healthcare Consultant	5' 08"
3330	Mar-95	BSc Economics	Oil Trader	5' 07"
3331	Sep-94	BSc Business and Politics	External Relation Advisor	5' 10"
3332	Apr-92	BSc (Hons) Economics	Private Equity Director - Merchant Banker	5' 10"
3333	Aug-91	MSC Finance	Digital Analyst	6' 00"
3334	Dec-92	BSc Economics	Portfolio Manager, Hedge Fund	6' 03"
3336	Aug-87	MSc Sustainability Management	Senior Partner Sales Manager	6' 02"
3337	May-95	A Levels and Diploma	Commercial Gas Engineer	5' 09"
3338	Jul-91	BSc Sports Science & PE	Head of Key Stage - PE Teacher	5' 09"

F E M A L E S

<i>Ref</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Current Job</i>	<i>Height</i>
9566	Nov-95	Degree In Teaching	Primary School Teacher	5' 03"
9567	Jun-97	BSc BioChemistry MSc Computer Science	Software Consultant	5' 01"
9568	Apr-82	Masters	Local Government Officer	5' 06"
9569	Jul-96	BSc Hon	WEB Developer	5' 04"
9570	Jan-92	BSC Mathematics and Economics	Product Director	5' 07"
9571	Apr-97	MBBS BSc	Doctor	5' 02"
9572	Jun-82	BA Business Management	HR Manager	5' 04"
9573	Dec-91	Level 4 in Early Years	Deputy Manager in Private Nursery	5' 01"
9574	Nov-92	AAT Level 4	Finance Officer	5' 00"
9575	Nov-98	Studying for MBBS	Student	5' 03"
9576	Jul-99	BSC Finance	Business Analyst	5' 03"
9577	Oct-93	CACHE Level 3 Dip. Nursery Nurse	Early Years Educator	5' 00"
9578	Apr-94	MSc Business Psychology	Diversity and Inclusion Consultant	5' 00"
9579	Jul-92	Chartered Accountant	Senior Manager	5' 00"
9580	Sep-86	BA Economics	HR Business Partner	5' 01"
9581	Oct-93	ACCA	Senior Finance Manager	5' 07"
9584	Jan-96	Foundation Degree	Safety Engineer	5' 04"
9586	Mar-95	BSC	School Finance Officer	5' 02"
9588	Feb-94	MBBS	Medical Student	5' 06"
9589	Nov-85	BSc Joint Hons Human Geography with Business	Parking Appeals Officer	5' 04"
9590	Mar-91	MBBS BSc (Hons) MRCP(UK)	Hospital Doctor	5' 07"
9591	May-94	BA Politics & International Relations	Civil Servant	5' 06"
9592	Feb-95	BA Finance and Accounting	Working in a bank	5' 04"
9593	Sep-95	BSc Accounting And Finance	Audit Analyst	5' 07"
9594	Jan-89	MBBS MSc MRCS	NHS Hospital Doctor	5' 08"
9595	Aug-90	BSc Hons CIPD ILM	HR Generalist Financial Services - City of London	5' 03"
9596	Nov-98	BSc Medical Science Studying MBBS	Student	5' 07"
9597	Sep-89	BSC Mathematics with Finance	Director Private Equity	5' 04"
9598	Mar-93	ACA - Chartered Accountant	Accountant	5' 04"
9599	May-94	MSc Biomedical Science	NHS Laboratory	5' 06"
9600	Nov-93	DDS Dentist	Dentist/Clinical Director	5' 08"
9601	Jun-95	BSC and MSC	Manufacturing Manager	5' 05"
9602	Mar-92	BSC (Hons)	Optometrist	5' 06"
9603	May-93	LLM	Solicitor- Ernst & Young	5' 06"
9604	May-98	MBBS Hons	Doctor - Hospital	5' 03"
9605	Aug-93	BSc (Hons) Accounting & Finance	Management Accountant	5' 03"
9606	Apr-00	BA Accounting & Management	Finance Assistant	5' 05"

9607	Sep-86	BA Hons Business Management	Civil Servant	5' 03"
9608	Jun-88	Masters In History	Project Manager	5' 06"
9609	May-84	CIPD Level 5	HR Officer	5' 06"
9610	Mar-94	BA Hons Graphic Design	Digital Designer	5' 06"
9611	Nov-88	MSc	Physician in NHS	5' 03"
9612	Jun-95	Medicine MD Clinical Attachment	Doctor	5' 05"
9614	Nov-92	BA Literature & Creative writing	Higher Education	5' 03"
9615	Oct-95	M Pharm, PGDip	Advanced Clinical Pharmacist	5' 02"
9616	Mar-95	BA Economics	Internal Audit	5' 04"
9617	Sep-94	Business Management	Beauty	5' 03"
9618	Oct-94	MA Finance and Accounting	Finance Administration	5' 08"
9619	Sep-78	Biomedical Science	Civil Service Administrator	5' 06"
9620	May-94	Accounting Apprenticeship	Team Administrator	5' 05"
9621	Jan-89	Marketing & Advertising	Billing Specialist	5' 09"
9622	May-90	Biology	MicroBiologist	5' 08"
9623	Mar-96	BACHELOR OF SCIENCE (HONS) IN VETERINARY NURSING & BIOVETERINARY SCIENCE	Vetinary Nurse	5' 03"
9624	May-91	ACA Chartered Accountant	Finance Business Partner	5' 05"
9625	Jul-90	Masters in Pharmacy	Clinical Product Pharmacist	5' 00"
9626	Nov-93	Degree	Professional Services	5' 05"
9627	May-02	BSc Business Economics	Government Economist	5' 09"
9628	May-92	BA Degree	Head of Strategy & AI	5' 08"

 *Waheguru Jee Ka Khalsa Waheguru Jee Ki Fateh* 

Readers Feedback

Please visit the Gurdwara website www.sgss.org and fill in the feedback form, or provide your thoughts by email to khalsa@sgss.org by writing your response to the questions below and any suggestions for improvement of the bulletin.

1. Is the balance between Spiritual, Historical and Event content about right?

Comment _____

2. Is the balance between Panjabi and English content about right?

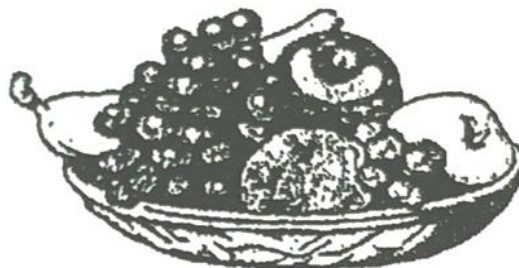
Comment _____

3. Suggestions for Improvement:

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