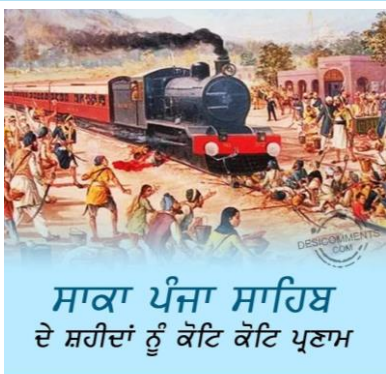


GOBIND MARG

THE MONTHLY BULLETIN OF
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

SEPTEMBER 2024 – VOL XXXI ISSUE 9



During the struggle to liberate Gurdwara Guru ka Bagh in the early 1920s from the control of the Udasi Mahants, many of the peaceful, non-violent protestors suffered merciless police beating and were sent into distant prisons by the train load. Sikhs would feed the hungry 'prisoners' as the trains stopped at railway stations. When the authorities refused to stop one such train at Abchal Nagar station, the Sikhs, who had brought langar from the nearby Panja Sahib Gurdwara (above), lay on the track to force it to stop. Many gave their lives here.

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
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** Email: khalsa@sgss.org Website: www.sgss.org

Registered No. 75990 as a place of worship under the Worship Registration Act 1855

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 5:00pm

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

Contact via email marriages@sgss.org

September 2024

Important Lunar Days	Event	Nanakshahi Days	
		September ਭਾਦਰੋਂ / ਅੱਸੂ	October ਅੱਸੂ / ਕੱਤਕ
Sangrand ਸੰਗਰਾਂਦ	New Month Start Date	15	15
Prakash/ Avtar (Birthday) Gurgurb, Gurgaddi, Shaheedi (Martyrdom), Jyoti Jot/ Barsi			
Aad Sri Guru Granth Sahib ji	Prakash [Darbar Sahib, Amritsar, 1604]	1	
Guru Ramdas Sahibji	Gurgaddi, Prakash	16	9
Guru Arjan Sahib ji	Gurgaddi	16	
Guru Angad Sahib ji	Gurgaddi	18	
Guru Nanak Sahib ji	Jyoti Jot	22	
Guru Harkrishan Sahib ji	Gurgaddi		20
Sri Guru Granth Sahib ji	Gurgaddi [Nanded, Maharashtra, 1708]		20
Guru Gobind Singh ji	Jyoti Jot		21
Historical Dates - Events & Festivals			
Battle of Saragarhi	Battle	12	
Baba Budda ji	Birthday		21
Saka Panja Sahib	Saka		28

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

WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh!

The 2024 Executive Committee

The first meeting of the new incoming Executive Board members was held on 10th August 2024, whereby it was accepted individually by all present, and confirmed as a joint committee decision, that the present EC membership of 13 was legitimately constituted, was valid, and provided a firm basis for it to execute its function.

The Executive Committee roles were agreed as follows after voting by the members. The office bearing positions (Treasurer, Secretary and President) were selected by secret ballot voting:

○ President	Satwinder S Ahdan
○ Vice President	Pritam S Mann
○ General Secretary	Pritpal S Jagdev
○ Deputy Secretary	Harjit Kaur
○ Treasurer	Gurdip S Atwal
○ Deputy Treasurer	Hardeep S Walia
○ Education	Manjit S Sagoo
○ Estate Maintenance	Hardeep S Walia
○ Provisions I	Mohinder S Tukher
○ Provisions II	Harjinder S Kalyan
○ Religious Activities	Joginder Kaur
○ Social & Cultural Activities	Surinder K Dhillon
○ Stage Management ⁺	Harjit Kaur Singh
○ CID [*]	Narinder K Bhandal

** CID – Continuous Improvement & Development.*

+ Stage Secretary position is a role within the General Secretary's remit.

Support Functions Update:

The current initiatives and progress during August are as follows, where available:

Education Manjit Singh

Update due on the 7 Sept 24 EC meeting.

Estate Maintenance Hardeep Singh & Onkar Singh

Fix damaged items including faulty wiring, kitchen cooker hood & extractor fan in the new building.

Plan installation of one extra wheelchair lift to back up the existing lift which is being replaced. Expedite the cleaning of the *Moolmantar* displayed on the side of the main building.

Provisions I

Mohinder Singh

Known rota issues about the Langari's duty sharing to be addressed and finalised.
Code of conduct in working practices, dealing with all sevadars and the sangat to be formalised.
Planning and prioritisation of machinery upgrades and consistency to be managed.

Provisions II

Onkar Singh and Harjinder Singh

Health & Safety and First Aid training issues to be addressed and appropriate training to be arranged.

Religious Activities

Joginder Kaur

To support the Gurmat Gyan classes initiative led by Mrs Balbir K Rehal that is due to be launched in September. It is an important addition to our Religious Services by request from the Sangat. By increasing gyan in children, they will be equipped to fight conversion attempts.

Social & Cultural activities

Surinder Kaur

Training to be arranged in Sikh Culture.

Stage Secretary

Harjit Kaur

Update due on the 7 Sept 24 EC meeting.

CID

Narinder Kaur

There should be one security guard at the outside entrance for welcome/advice.

To discourage Trespassers we need posters, one on each side of the entrances currently used by them, to prohibit illegal use of the Gurdwara premises for the sangat's and Gurdwara's safety.

Event Bookings:

During August 2024, the services performed were:

• Weddings	15	• School Visits	0
• Sukhmani Sahib Path/Kirtan	35	• Funerals	8
• Sehaj Path/Akhand Path	12	• Trips/ Lectures	0

We always look forward to discussing your needs and continue our support for our sangat..

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, 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.



Guru Nanak Sahib's Japji Sahib bani is widely recognized as the quintessence of the entire Sri Guru Granth Sahib ji. In the Granth, this bani, named 'Jap', commences immediately after the Mool Mantar. It begins with a salok (self-contained verses) followed by 38 Pauris of variable length, and concludes with the final salok. The message of Japji has been further elaborated in the Granth by subsequent Gurus or 'Nanaks'.

The Japji is the first bani that Sikh devotees recite each day, ideally starting around two hours before dawn. The bani however can be recited at any time of the day, any number of times.

This month we will elaborate Pauris 9 and 10 which are about Listening and Imbibing Parmatma's Word. By understanding and practising Guru Sahib's Word, one attains closeness to Waheguru and feels at one with Him, cultivating a deep, intimate relationship.

Verse	Japji Sahib Pauris 9, 10	Glossary	Contextual Meaning
ਪੌੜੀ 9 1	ਸੁਣਿਐ ਈਸਰੁ ਬਰਮਾ ਇੰਦੁ ॥	ਈਸਰੁ ਇੰਦੁ	ਸ਼ਿਵ। ਇੰਦਰ ਦੇਵਤਾ।
2	ਸੁਣਿਐ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥	ਮੁਖਿ ਸਾਲਾਹਣ (‘ਸਿਫਤ’) ਮੰਦੁ	ਮੂੰਹ ਨਾਲ, ਮੂੰਹੋਂ। ਸਾਲਾਹਾਂ, ਰੱਬ ਦੀਆਂ ਵਡਿਆਈਆਂ। ਭੈੜਾ ਮਨੁੱਖ।
3	ਸੁਣਿਐ ਜੇਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦ ॥	ਜੇਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦ	ਜੇਗ ਦੀ ਜੁਗਤੀ, ਜੇਗ ਦੇ ਸਾਧਨ। ਸਰੀਰ ਵਿਚ ਦੇ। ਗੱਲਾਂ।
4	ਸੁਣਿਐ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦ ॥	ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦ	ਸ਼ਾਸਤਰ, ਉਹ ਪੁਸਤਕ ਜੋ ਆਗਿਆ ਦੇਵੇ, ਧਾਰਮਿਕ ਗ੍ਰੰਥ ਹਿੰਦੂ ਫਲਸਫੇ ਦੇ ਛੇ ਗ੍ਰੰਥ- ਸਾਂਖ। ਧਰਮ-ਗ੍ਰੰਥ। ਹਿੰਦੂ ਧਰਮ ਦੇ ਧਰਮ-ਗ੍ਰੰਥ ਜੋ 4 ਹਨ।
5	ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥	ਵਿਗਾਸੁ	ਖਿੜਾਉ, ਉਮਾਹ, ਖੁਸ਼ੀ।
6	ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥	ਨਾਸੁ	ਨਸ਼ਟ ਹੋਣਾ, ਮੁਕ ਜਾਣਾ।
ਪੌੜੀ 10 7	ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥	ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ	ਦਾਨ ਤੇ ਸੰਤੋਖ। ਸਾਰੇ ਜਗਤ ਨੂੰ ਪ੍ਰਭੂ-ਪਿਤਾ ਦਾ ਇਕ ਟੱਬਰ ਸਮਝਣ ਦੀ ਸੂਝ, ਪਰਮਾਤਮਾ ਨਾਲ ਜਾਣ-ਪਛਾਣ।
8	ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥	ਅਠਸਠਿ	ਅਠਾਹਠ (68) ਤੀਰਥ।
9	ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵਹਿ ਮਾਨੁ ॥	ਪੜਿ ਪੜਿ ਪਾਵਹਿ	ਵਿੱਦਿਆ ਪੜ੍ਹ ਕੇ। ਪਾਂਦੇ ਹਨ।

10	ਸੁਣਿਐ ਲਾਰੈ ਸਹਜਿ ਧਿਆਨੁ ॥	ਸਹਜਿ ਸਹਜ ਧਿਆਨੁ	ਸਹਜ ਅਵਸਥਾ ਵਿਚ। ਸੁੱਧ-ਸਰੂਪ ਆਤਮਾ ਦਾ ਆਪਣਾ ਅਸਲੀ ਧਰਮ। ਸੁਰਤ, ਬ੍ਰਿਤੀ।
11	ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥	ਵਿਗਾਸੁ	ਖਿੜਾਉ, ਉਮਾਹ, ਖੁਸ਼ੀ।
12	ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥	ਨਾਸੁ	ਨਸ਼ਟ ਹੋਣਾ, ਮੁਕ ਜਾਣਾ।

ਪੰਜਾਬੀ ਅਰਥ

0	ਅਕਾਲ ਪੁਰਖ ਦੇ ਨਾਮ ਵਿਚ ਸੁਰਤ ਜੋੜਨ ਦਾ ਸਦਕਾ ਸਾਧਾਰਨ ਨਾਲ...
1	...ਮਨੁੱਖ ਸ਼ਿਵ, ਬ੍ਰਹਮਾ ਤੇ ਇੰਦਰ ਦੀ ਪਦਵੀ (ਦਰਜਾ) 'ਤੇ ਅੱਪੜ ਜਾਂਦਾ ਹੈ।
2	...ਮੰਦਾ ਮਨੁੱਖ ਭੀ ਮੂੰਹੋਂ ਰੱਬ ਦੀਆਂ ਸਿਫਤਾਂ ਕਰਨ ਲੱਗ ਪੈਂਦਾ ਹੈ; ਸਰੀਰ ਵਿਚ ਦੀਆਂ ਗੁੱਝੀਆਂ ਗੱਲਾਂ ਦੇ ਭੇਦ ਦਾ ਪਤਾ ਲੱਗ ਜਾਂਦਾ ਹੈ।
3	...ਪ੍ਰਭੂ-ਮੇਲ ਦੀ ਜੁਗਤੀ ਦੀ ਸਮਝ ਪੈ ਜਾਂਦੀ ਹੈ।
4	...ਸ਼ਾਸਤ੍ਰਾਂ ਸਿਮ੍ਰਿਤੀਆਂ ਤੇ ਵੇਦਾਂ ਦੀ ਸਮਝ ਪੈ ਜਾਂਦੀ ਹੈ (ਭਾਵ, ਧਾਰਮਿਕ ਪੁਸਤਕਾਂ ਦੇ ਉਸ ਅਸਲੀ ਜਜ਼ਬੇ ਵਿਚ ਪਹੁੰਚ ਜਾਂਦੇ ਹਾਂ ਜਿਸ ਜਜ਼ਬੇ ਵਿਚ ਅਪੜ ਕੇ ਉਹ ਧਾਰਮਿਕ ਪੁਸਤਕਾਂ ਉਚਾਰੀਆਂ ਹੁੰਦੀਆਂ ਹਨ)।9।
5	ਭਗਤ ਜਨਾਂ ਦੇ ਹਿਰਦੇ ਵਿਚ ਸਦਾ ਖਿੜਾਉ ਬਣਿਆ ਰਹਿੰਦਾ ਹੈ, (ਕਿਉਂਕਿ)...
6	ਉਸ ਦੀ ਸਿਫਤਿ-ਸਾਲਾਹ ਸੁਣਨ ਕਰ ਕੇ (ਮਨੁੱਖ ਦੇ) ਦੁੱਖਾਂ ਤੇ ਪਾਪਾਂ ਦਾ ਨਾਸ ਹੋ ਜਾਂਦਾ ਹੈ।
ਭਾਵ ਪੌੜੀ 9	ਜਿਉਂ ਜਿਉਂ ਸੁਰਤ ਨਾਮ ਵਿਚ ਜੁੜਦੀ ਹੈ ਜੇ ਮਨੁੱਖ ਪਹਿਲਾਂ ਵਿਕਾਰੀ ਸੀ, ਉਹ ਭੀ ਵਿਕਾਰ ਛੱਡ ਕੇ ਸਿਫਤਿ-ਸਾਲਾਹ ਕਰਨ ਵਾਲਾ ਸੁਭਾਉ ਪਕਾਅ ਲੈਂਦਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਇਹ ਸਮਝ ਆਉਂਦੀ ਹੈ ਕਿ ਕੁਰਾਹੇ ਪਏ ਹੋਏ ਗਿਆਨ-ਇੰਦਰੇ ਕਿਵੇਂ ਪ੍ਰਭੂ ਨਾਲੋਂ ਵਿੱਥ ਕਰਾਈ ਜਾਂਦੇ ਹਨ, ਤੇ ਇਸ ਵਿੱਥ ਨੂੰ ਮਿਟਾਣ ਦਾ ਕਿਹੜਾ ਤਰੀਕਾ ਹੈ। ਨਾਮ ਵਿਚ ਸੁਰਤਿ ਜੁੜਿਆਂ ਹੀ ਧਰਮ-ਪੁਸਤਕਾਂ ਦਾ ਗਿਆਨ ਮਨੁੱਖ ਦੇ ਮਨ ਵਿਚ ਖੁਲ੍ਹਦਾ ਹੈ।9।
7	...ਰੱਬ ਦੇ ਨਾਮ ਵਿਚ ਜੁੜਨ ਨਾਲ (ਹਿਰਦੇ ਵਿਚ) ਦਾਨ (ਦੇਣ ਦਾ ਸੁਭਾਉ), ਸੰਤੋਖ ਤੇ ਪ੍ਰਕਾਸ਼ ਪਰਗਟ ਹੋ ਜਾਂਦਾ ਹੈ।
8	...ਮਾਨੇ, ਅਠਾਹਠ ਤੀਰਥਾਂ ਦਾ ਇਸ਼ਨਾਨ (ਹੀ) ਹੋ ਜਾਂਦਾ ਹੈ (ਭਾਵ, ਅਠਾਹਠ ਤੀਰਥਾਂ ਦੇ ਇਸ਼ਨਾਨ ਨਾਮ ਜਪਣ ਦੇ ਵਿਚ ਹੀ ਆ ਜਾਂਦੇ ਹਨ)।
9	...ਜੇ ਸਤਕਾਰ (ਮਨੁੱਖ ਵਿੱਦਿਆ) ਪੜ੍ਹ ਕੇ ਪਾਂਦੇ ਹਨ ਉਹ ਭਗਤ ਜਨਾਂ ਨੂੰ ਅਕਾਲ ਪੁਰਖ ਦੇ ਨਾਮ ਵਿਚ ਜੁੜ ਕੇ ਹੀ ਮਿਲ ਜਾਂਦਾ ਹੈ।
10	...ਨਾਮ ਸੁਣਨ ਦਾ ਸਦਕਾ ਅਡੋਲਤਾ ਵਿਚ ਚਿੱਤ ਦੀ ਬ੍ਰਿਤੀ ਟਿਕ ਜਾਂਦੀ ਹੈ।10।
11	ਭਗਤ ਜਨਾਂ ਦੇ ਹਿਰਦੇ ਵਿਚ ਸਦਾ ਖਿੜਾਉ ਬਣਿਆ ਰਹਿੰਦਾ ਹੈ, (ਕਿਉਂਕਿ)...
12	ਉਸ ਦੀ ਸਿਫਤਿ-ਸਾਲਾਹ ਸੁਣਨ ਕਰ ਕੇ (ਮਨੁੱਖ ਦੇ) ਦੁੱਖਾਂ ਤੇ ਪਾਪਾਂ ਦਾ ਨਾਸ ਹੋ ਜਾਂਦਾ ਹੈ।
ਭਾਵ ਪੌੜੀ 10	ਨਾਮ ਵਿਚ ਸੁਰਤ ਜੋੜਿਆਂ ਹੀ ਮਨ ਵਿਸ਼ਾਲ ਹੁੰਦਾ ਹੈ, ਲੋੜਵੰਦਿਆਂ ਦੀ ਸੇਵਾ ਤੇ ਸੰਤੋਖ ਵਾਲਾ ਜੀਵਨ ਬਣਦਾ ਹੈ। ਨਾਮ ਵਿਚ ਚੁੱਭੀ ਹੀ ਅਠਾਹਠ ਤੀਰਥਾਂ ਦਾ ਇਸ਼ਨਾਨ ਹੈ। ਜਗਤ ਦੇ ਕਿਸੇ ਮਾਣ-ਆਦਰ ਦੀ ਪਰਵਾਹ ਨਹੀਂ ਰਹਿ ਜਾਂਦੀ, ਮਨ ਸਹਜਿ ਅਵਸਥਾ ਵਿਚ, ਅਡੋਲਤਾ ਵਿਚ, ਮਗਨ ਰਹਿੰਦਾ ਹੈ।10।

English Rendition

0	By engaging in simran of Akal Purakh's Naam and gaining its support...
1	...one ascends to the position (rank) of Shiva, Brahma and Indra.
2	...an evil person too begins to verbally praise God; the hidden thoughts in the mind surface and become known to the soul.
3	...the way to attaining closeness to Parmatma is revealed and understood.
4	...the Shastras, Smritis and Vedas are understood in the depth they are written in.
5	Bhagat people always remain cheerful at heart, (because)...
6	One's sorrows and sins are destroyed when one's heart and soul are engaged in His praises.
7	...by joining in the name of Parmatma (in the heart), charity (the nature of giving), contentment and light are revealed.
8	...an experience like the bathing at the sixty eight shrines takes place.
9	...the satkar, or learning, which is acquired by most humans through deep study, is obtained by the devotees more directly by engaging in simran in the name of Akal Purakh.
10	...the hearing of the Naam, creates a kind of steadiness in which the mind settles in peace.
11	Bhagat people always remain cheerful at heart, (because)...
12	One's sorrows and sins are destroyed when one's heart and soul are engaged in His praises.

ਜਾ ਤੂ ਮੇਰੈ ਵਲਿ ਹੈ
 ਤਾ ਕਿਆ ਮੁਹਛੰਦਾ ॥
 ਤੁਧੁ ਸਭੁ ਕਿਛੁ ਮੈਨੋ ਸਉਪਿਆ
 ਜਾ ਤੇਰਾ ਥੰਦਾ ॥

ਹੇ ਪ੍ਰਭੂ! ਜਦੋਂ ਤੂੰ ਮੇਰੇ ਪੱਖ ਵਿਚ ਹੋਵੇਂ, ਤਾਂ ਮੈਨੂੰ
 ਕਿਸੇ ਹੋਰ ਦੀ ਕੋਈ ਮੁਥਾਜੀ ਨਹੀਂ ਰਹਿ ਜਾਂਦੀ।
 ਜਦੋਂ ਮੈਂ ਤੇਰਾ ਸੇਵਕ ਬਣਦਾ ਹਾਂ, ਤਾਂ ਤੂੰ ਮੈਨੂੰ ਸਭ ਕੁਝ ਦੇ ਦੇਂਦਾ ਹੈਂ।

When You are on my side, Lord,
 then what do I need to worry about?
 You entrusted everything to me, when I became Your slave.

In Part I we saw explanations (ਵਿਆਖਿਆ) about divine purity (ਨਿਰਮਲਤਾ). In this part we will throw light on the consequences of leading an impure life (ਮੈਲਾ ਜੀਵਨ) as per divine Gurbani wisdom. First of all, here are some examples of filthy and impure conditions that we may encounter on the Earth's surface before we talk about the spiritual side of leading an impure life and its effects on our being and soul.

Some of the impure ocean water evaporates as moisture and steam with the heat of the Sun and becomes light and pure leaving the impurities behind. When these pure steam clouds are pushed with the winds in the atmosphere they collide with the high mountains, then in the form of rain drops fall on the dusty Earth surface. The pure water starts to flow as streams and then becomes rivers full of impure water as it passes through different muddy areas and soil conditions.



In a similar way the air in the atmosphere is pure and fresh but as it flows over the polluted conditions on the Earth's surface developments it changes with the dust, smoke and foul smells. The pure air becomes heavy and impure when it passes over the towns, cities and industrial areas. But in comparison to the big cities, the fields, open spaces, villages and less developed areas have fresher and purer atmospheric air.

From the above examples it is clear that the natural elements are pure but when these elements get mixed up with other impure and contaminated substances they can become impure; this changes them.

Here we must understand that the natural elements like light, water, fire, air and atmosphere in their own form are pure and clean; when they are mixed up with contaminated substances they change in appearance and become impure, but in their natural form they are pure.

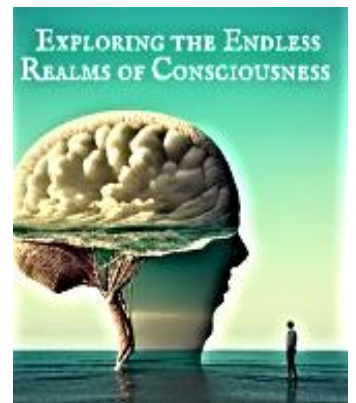
From these examples on impurity we can say that the materialistic condition is the shadow or colours of the untrue, false, changeable and destructive impurity (ਮੈਲ).

In the same way our divine soul light (ਆਤਮ ਪ੍ਰਮ ਜੋਤ) is pure (ਨਿਰਮਲ) but with our egoistic and materialistic colours of our thoughts it becomes low and impure (ਮੈਲਾ). This inner impurity accords with our own choices and attachment to the outside materialistic world. Our minds get distracted from the inner peaceful pure thoughts and get affected with the 'me and mine' mind set, greed and competition with others and start to burn in the fire of outside impure world. The smoke of all this burning makes the person's pure soul and divine purity impure (ਮੈਲੀ). This leads the manmukh to live an egotistic impure life of low vices full of lust, greed, attachment, infatuation and anger.

According to Divine law (ਹੁਕਮ) there are two Realms relevant to our lives. These are the 1. Spiritual Realm, and 2. Materialistic Realm.

1. Spiritual Realm

In Gurbani this is the true abode, sorrowless abode, true home and final abode. In this realm there is divine light and pure love light. This divine light is explained as Naam, Shabad (Word), Divine law and True light. In this Realm it is said to have peace, happiness, affection, zest, pleasure, merriment and love. There is also realisation of impurity, egotism, pain, death, distress, soul's coming and going, ignorance, superstition, sin and the 'messenger of death', Yam (ਯਮ).



In Gurbani there is further explanation about this Spiritual abode:

Ang 345 ਬੇਗਮ ਪੁਰਾ ਸਹਰ ਕੇ ਨਾਉ ॥ Baygumpura, 'the city without sorrow', is the name of the town. ਦੂਖੁ ਅੰਦੋਹੁ ਨਹੀ ਤਿਹਿ ਠਾਉ ॥ There is no suffering or anxiety there.

Ang 739 ਸੂਖ ਮਹਲ ਜਾ ਕੇ ਊਚ ਦੁਆਰੇ ॥ His Mansions are so comfortable, and His gates are so lofty. ਤਾ ਮਹਿ ਵਾਸਹਿ ਭਗਤ ਪਿਆਰੇ ॥ Within them, His beloved devotees dwell.

2. Materialistic Realm

On the other side of Spiritual Realm there is three fold Materialistic world full of egotism. In this realm there is ego, darkness, impurity, doubt, desire, jealousy, sin, pain, death, hell and the five vices.

In Gurdani this materialistic Realm is explained with divine light as:

Ang 643 ਮਾਇਆ ਮਮਤਾ ਮੋਹਣੀ ਜਿਨਿ ਵਿਣੁ ਦੰਤਾ ਜਗੁ ਖਾਇਆ ॥ The love of Maya is enticing; without teeth, it has eaten up the world. ਮਨਮੁਖ ਖਾਧੇ ਗੁਰਮੁਖਿ ਉਬਰੇ ਜਿਨੀ ਸਚਿ ਨਾਮਿ ਚਿਤੁ ਲਾਇਆ ॥ The self-willed manmukhs are eaten away, while the Gurmukhs are saved; they focus their consciousness on the True Name.

Ang 717 ਮਾਈ ਮਾਇਆ ਛਲੁ ॥ O my mother, Maya is so misleading and deceptive.

ਤ੍ਰਿਣ ਕੀ ਅਗਨਿ ਮੇਘ ਕੀ ਛਾਇਆ ਗੋਬਿੰਦ ਭਜਨ ਬਿਨੁ ਹੜ ਕਾ ਜਲੁ ॥ Without meditating on the Lord of the Universe, it is like straw on fire, or the shadow of a cloud, or the running of the flood-waters.

Ang 908 ਮਾਇਆ ਮੋਹੁ ਭਵਜਲੁ ਹੈ ਅਵਧੂ ਸਬਦਿ ਤਰੈ ਕੁਲ ਤਾਰੀ ॥ Attachment to Maya is the terrifying world-ocean; through the Shabad, the true hermit saves himself, and his ancestors as well.

Ang 1045 ਮਾਇਆ ਮੋਹੁ ਅੰਧੁ ਅੰਧਾਰਾ ॥ Love and attachment to Maya are utter darkness. ਹਉਮੈ ਮੇਰਾ ਪਸਰਿਆ ਪਾਸਾਰਾ ॥ Egotism and possessiveness have spread throughout the expanse of the universe. ਅਨਦਿਨੁ ਜਲਤ ਰਹੈ ਦਿਨੁ ਰਾਤੀ ਗੁਰ ਬਿਨੁ ਸਾਂਤਿ ਨ ਹੋਈ ਹੇ ॥ Night and day, they burn, day and night; without the Guru, there is no peace or tranquility.

Ang 1175 ਬਿਨੁ ਕਰਮਾ ਸਭ ਭਰਮਿ ਭੁਲਾਈ ॥ Without the grace of good karma, all are deluded by doubt. ਮਾਇਆ ਮੋਹਿ ਬਹੁਤੁ ਦੁਖੁ ਪਾਈ ॥ In attachment to Maya, they suffer in terrible pain.

ਮਨਮੁਖ ਅੰਧੇ ਠਉਰ ਨ ਪਾਈ ॥ The blind, self-willed manmukhs find no place of rest.

ਬਿਸਟਾ ਕਾ ਕੀੜਾ ਬਿਸਟਾ ਮਾਹਿ ਸਮਾਈ ॥ They are like maggots in manure, rotting away in manure.

Ang 1342 ਮਾਇਆ ਮੋਹਿ ਸਗਲ ਜਗੁ ਛਾਇਆ ॥ Emotional attachment to Maya is spread out all over the world.

ਕਾਮਣਿ ਦੇਖਿ ਕਾਮਿ ਲੋਭਾਇਆ ॥ Seeing a beautiful woman, the man is overcome with sexual desire.

ਸੁਤ ਕੰਚਨ ਸਿਉ ਹੇਤੁ ਵਧਾਇਆ ॥ His love for his children and gold steadily increases.

ਸਭੁ ਕਿਛੁ ਅਪਨਾ ਇਕੁ ਰਾਮੁ ਪਰਾਇਆ ॥ He sees everything as his own, but he does not own the One Lord.

Ang 1414 ਮਾਇਆ ਮੋਹਿ ਜਗੁ ਭਰਮਿਆ ਘਰੁ ਮੁਸੈ ਖਬਰਿ ਨ ਹੋਇ ॥ The world wanders lost in emotional attachment to Maya; it does not realize that its own home is being plundered.

ਕਾਮ ਕ੍ਰੋਧਿ ਮਨੁ ਹਿਰਿ ਲਇਆ ਮਨਮੁਖ ਅੰਧਾ ਲੋਇ ॥ The self-willed manmukh is blind in the world; his mind is lured away by sexual desire and anger.

Ang 1415 ਮਾਇਆ ਭੁਇਅੰਗਮੁ ਸਰਪੁ ਹੈ ਜਗੁ ਘੇਰਿਆ ਬਿਖੁ ਮਾਇ ॥ The poisonous snake, the serpent of Maya, has surrounded the world with its coils, O mother!

Ang 1417 ਮਾਇਆ ਮੋਹੁ ਦੁਖੁ ਸਾਗਰੁ ਹੈ ਬਿਖੁ ਦੁਤਰੁ ਤਰਿਆ ਨ ਜਾਇ ॥ Emotional attachment to Maya is a treacherous ocean of pain and poison, which cannot be crossed.

ਮੇਰਾ ਮੇਰਾ ਕਰਦੇ ਪਚਿ ਮੁਏ ਹਉਮੈ ਕਰਤ ਵਿਹਾਇ ॥ Screaming, "Mine, mine!", they rot and die; they pass their lives in egotism.

In Part 3 on Impurity of the Soul we will discuss with explanations (ਵਿਆਖਿਆ), for the main causes of impurity (ਮੈਲ) in the Materialistic realm.

Waheguru Mehar Karan

ਇਹ ਲੜਾਈ ੧੨ ਸਤੰਬਰ ੧੮੯੭ ਵਾਲੇ ਦਿਨ ੨੧ ਸਿੱਖ ਫੌਜੀ ਜੋ ਇਸ ਚੌਕੀ ਦੇ ਪਹਿਰੇਦਾਰ ਸਨ ਤੇ ੧੨੦੦੦ ਤੋਂ ਵੱਧ ਉਰਕਜ਼ਈ ਤੇ ਅਫਰੀਦੀ ਕਬੀਲਿਆਂ ਦੇ ਲੋਕਾਂ ਵਿਚਕਾਰ ਹੋਈ। ਸਾਰਾਗੜੀ, ਕੋਹਾਟ ਜ਼ਿਲ੍ਹੇ (ਅਜ ਕਲ ਪਾਕਿਸਤਾਨ) ਦੇ ਉੱਤਰ ਪਛਮੀ ਸਰਹੱਦ ਤੇ ਇਕ ਛੋਟਾ ਜਿਹਾ ਪਿੰਡ ਸੀ, ਇਸ ਦੇ ਆਲੇ-ਦੁਆਲੇ ਕਈ ਕਿਲ੍ਹੇ ਸਨ ਜੋ ਕਿ ਕਿਸੇ ਸਮੇਂ ਮਹਾਰਾਜਾ ਰੰਜੀਤ ਸਿੰਘ ਨੇ ਬਨਵਾਏ ਸਨ ਤੇ ਹੁਣ ਅੰਗਰੇਜ਼ਾਂ ਨੇ ਇਹਨਾਂ ਨੂੰ ਹੋਰ ਭੀ ਮਜ਼ਬੂਤ ਕਰ ਲਿਆ ਸੀ।

ਅਜੇ ਤੱਕ ਅੰਗਰੇਜ਼ਾਂ ਦੇ ਪੈਰ ਇਸ ਸਰਹੱਦੀ ਇਲਾਕੇ ਵਿਚ ਚੰਗੀ ਤਰਾਂ ਜੰਮੇ ਨਹੀਂ ਸਨ ਤੇ ਪਖਤੂਨ ਕਬੀਲਿਆਂ ਦੇ ਲੋਕ ਸਮੇਂ ਸਮੇਂ ਅੰਗਰੇਜ਼ਾਂ ਤੇ ਹਮਲੇ ਕਰਦੇ ਰਹਿੰਦੇ ਸਨ। ਹਿੰਦੂਕੁਸ਼ ਪਹਾੜ ਤੇ ਦੋ ਕਿਲ੍ਹੇ ਸਨ, ਇਕ ਕਿਲ੍ਹਾ ਲੋਕਹਾਰਟ ਤੇ ਦੂਸਰਾ ਗੁਲਿਸਤਾਂ ਕੁਛ ਮੀਲਾਂ ਦੀ ਦੂਰੀ ਤੇ ਸੀ ਪਰ ਪਹਾੜੀ ਇਲਾਕਾ ਹੋਣ ਕਰਕੇ ਇਕ ਤੋਂ ਦੂਸਰਾ ਨਜ਼ਰ ਨਹੀਂ ਆਉਂਦਾ ਸੀ। ਸੋ ਇਹਨਾਂ ਉਤੇ ਨਿਗਰਾਨੀ ਲਈ ਵਿਚਕਾਰ ਸਾਰਾਗੜੀ ਬਣਾਈ ਗਈ। ਪਿਛਲੇ ਪਾਸੇ ਫੌਜੀਆਂ ਦੀ ਰਿਹਾਇਸ਼ ਤੇ ਅਗੇ ਮਜ਼ਬੂਤ ਦੀਵਾਰਾਂ ਬਣਾਈਆਂ ਗਈਆਂ, ਮੋਰੀਆਂ ਰਖੀਆਂ ਗਈਆਂ ਜਿਹਨਾਂ ਪਿਛੋਂ ਹਮਲਾ ਕਰਨ ਵਾਲਿਆਂ ਉਤੇ ਗੋਲੀਆਂ ਚਲਾਈਆਂ ਜਾ ਸਕਣ।

੧) ਹਵਾਲਦਾਰ ਈਸ਼ਰ ਸਿੰਘ ੨) ਨੈਕ ਲਾਲ ਸਿੰਘ ੩) ਲਾਂਸ ਨੈਕ ਚੰਦਾ ਸਿੰਘ ੪) ਬਾਕੀ ੧੮ ਸਪਾਹੀ – ਸੰਦਰ ਸਿੰਘ, ਰਾਮ ਸਿੰਘ, ਉਤਮ ਸਿੰਘ, ਸਾਹਿਬ ਸਿੰਘ, ਹੀਰਾ ਸਿੰਘ, ਦਯਾ ਸਿੰਘ, ਜੀਵਣ ਸਿੰਘ, ਭੋਲਾ ਸਿੰਘ, ਨਰੈਣ ਸਿੰਘ, ਗੁਰਮੁਖ ਸਿੰਘ, ਜੀਵਣ ਸਿੰਘ, ਗੁਰਮੁਖ ਸਿੰਘ, ਰਾਮ ਸਿੰਘ, ਭਗਵਾਨ ਸਿੰਘ, ਭਗਵਾਨ ਸਿੰਘ, ਬੂਟਾ ਸਿੰਘ, ਜੀਵਣ ਸਿੰਘ, ਨੰਦ ਸਿੰਘ।



Members of the 36th Sikh, the regiment (of which 21 fought at Saragarhi).

Image Source: [British Army](#)

ਜੋ ਸਿਗਨਲ ਸਪਾਹੀ ਗੁਰਮੁਖ ਸਿੰਘ ਨੇ ਲੋਕਹਾਰਟ ਕਿਲ੍ਹੇ ਵਿਚ ਭੇਜੇ ਸਨ, ਉਹਨਾਂ ਅਨਸਾਰ:-

- * ਸਵੇਰੇ ੯ ਬਜੇ ਦੇ ਕਰੀਬ ੬੦੦੦ - ੧੦੦੦੦ ਅਫਗਾਨ ਸਾਰਾਗੜ੍ਹੀ ਪਹੁੰਚ ਗਏ।
- * ਸਪਾਹੀ ਗੁਰਮੁਖ ਸਿੰਘ ਨੇ ਕਰਨ ਹਾਊਟਨ ਨੂੰ ਸਿਗਨਲ ਕੀਤਾ ਕਿ ਉਹਨਾਂ ਤੇ ਹਮਲਾ ਹੋ ਰਿਹਾ ਹੈ।
- * ਹਾਊਟਨ ਨੇ ਕਿਹਾ ਕਿ ਉਹ ਕੋਈ ਤੱਤਕਾਲ ਮਦਦ ਨਹੀਂ ਭੇਜ ਸਕਦਾ।
- * ਸਾਰਾਗੜ੍ਹੀ ਦੇ ਸਾਰੇ ਫੌਜੀ ਫੇਸਲਾ ਕਰਦੇ ਹਨ ਉਹ ਅਖੀਰ ਤੱਕ ਮੁਕਾਬਲਾ ਕਰਕੇ ਦੁਸ਼ਮਣ ਨੂੰ ਰੋਕਣਗੇ।
- * ਸਪਾਹੀ ਭਗਵਾਨ ਸਿੰਘ ਮਾਰਿਆ ਗਿਆ ਤੇ ਨੈਕ ਲਾਲ ਸਿੰਘ ਜ਼ਖਮੀ ਹੋ ਗਿਆ।
- * ਨੈਕ ਲਾਲ ਸਿੰਘ ਤੇ ਸਪਾਹੀ ਜੀਵਾ ਸਿੰਘ ਭਗਵਾਨ ਸਿੰਘ ਦੇ ਮਿਰਤਕ ਸਰੀਰ ਨੂੰ ਅੰਦਰ ਲੈ ਆਏ।
- * ਅਫਗਾਨਾਂ ਨੇ ਚੌਂਕੀ ਦੀ ਇਕ ਦੀਵਾਰ ਢਾ ਦਿੱਤੀ।
- * ਹਾਊਟਨ ਨੇ ਦੱਸਿਆ ਕਿ ਦਸ ਤੋਂ ਚੌਦਾਂ ਹਜ਼ਾਰ ਦੇ ਕਰੀਬ ਪਖਤੂਨ ਹਮਲਾ ਕਰ ਰਹੇ ਹਨ।
- * ਪਖਤੂਨਾਂ ਦਾ ਲੀਡਰ ਫੌਜੀਆਂ ਨੂੰ ਭਰਮਾਉਣ ਲਗਾ ਤਾਂ ਜੋ ਉਹ ਹਥਿਆਰ ਸੁਟ ਦੇਣ।
- * ਗੇਟ ਖਲਵਾਉਣ ਵਾਸਤੇ ਦੋ ਹਮਲੇ ਕੀਤੇ ਗਏ ਪਰ ਸਫਲ ਨਾ ਹੋ ਸਕੇ।
- * ਦੀਵਾਰ ਤੋੜ ਦਿੱਤੀ ਗਈ।
- * ਉਪਰੰਤ ਹਥੋ-ਹਥੀ ਦੀ ਬਹੁਤ ਜ਼ਬਰਦਸਤ ਲੜਾਈ ਹੋਈ।
- * ਗੁਰਮੁਖ ਸਿੰਘ ਤੋਂ ਸਿਵਾ ਸਾਰੇ ਫੌਜੀ ਮਾਰੇ ਗਏ ਕਿਉਂ ਕਿ ਉਹ ਸਿਗਨਲਮੈਨ ਸੀ ਤੇ ਹਾਊਟਨ ਨੂੰ ਲੜਾਈ ਦੀ ਸਾਰੀ ਜਾਣਕਾਰੀ ਦੇ ਰਿਹਾ ਸੀ। ਉਸ ਨੇ ਆਖਰੀ ਸਨੇਹਾ ਭੇਜਿਆ ਕਿ ਉਸ ਨੂੰ ਅਪਣੀ ਰਾਈਫਲ ਵਰਤਣ ਦੀ ਆਗਿਆ ਦਿਤੀ ਜਾਵੇ।
- * ਆਗਿਆ ਮਿਲਣ ਤੇ ਉਸ ਨੇ ਆਪਣਾ ਸਨੇਹਾ ਜੰਤਰ ਬੰਦ ਕਰ ਦਿੱਤਾ।
- * ਸ਼ੈਡ ਦਾ ਦਰਵਾਜ਼ਾ ਪਕੜ ਕੇ ਖੜਾ ਹੋ ਗਿਆ ਤੇ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਉਸ ਨੇ ੪੦ ਪਖਤੂਨਾਂ ਨੂੰ ਮੌਤ ਦੇ ਘਾਟ ਉਤਾਰ ਦਿੱਤਾ।
- * ਉਸ ਨੂੰ ਮਾਰਨ ਵਾਸਤੇ ਪਖਤੂਨਾਂ ਨੇ ਪੋਸਟ ਨੂੰ ਅੱਗ ਲਾ ਦਿਤੀ। ਮਰਦਾ ਹੋਇਆ ਸ਼ੇਰ “ਬੋਲੇ ਸੋ ਨਿਹਾਲ, ਸਤਿ ਸ੍ਰੀ ਅਕਾਲ” ਦੇ ਜੈਕਾਰੇ ਗਜਾਉਂਦਾ ਹੋਇਆ ਸ਼ਹੀਦੀ ਪਾ ਗਿਆ। ਪਖਤੂਨਾਂ ਨੇ ਮੰਨਿਆ ਕਿ ਉਹਨਾਂ ਦੇ ੧੮੦ ਬੰਦੇ ਇਸ ਲੜਾਈ ਵਿਚ ਮਰੇ ਹਨ।

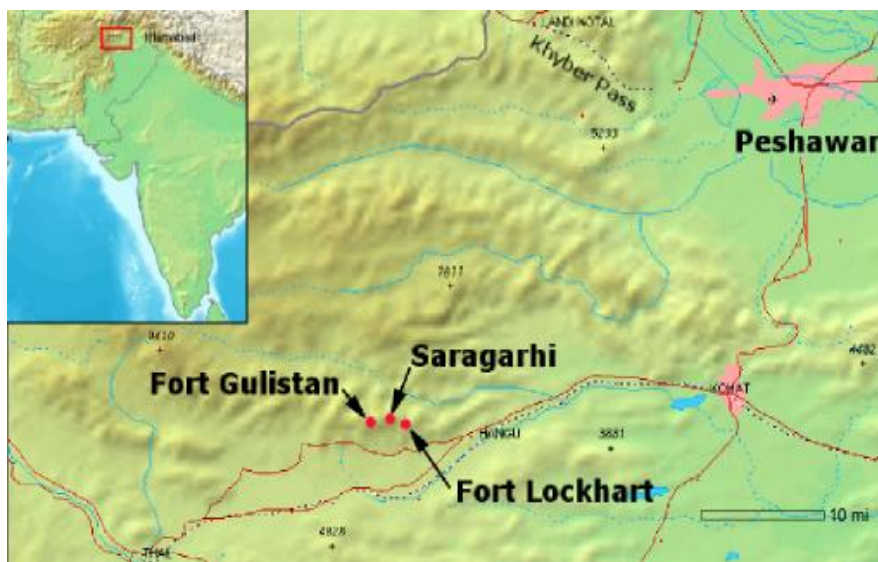
ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਅੰਗਰੇਜ਼ਾਂ ਨੂੰ ੧੮੫੭ ਦਾ ਗਦਰ ਅਜੇ ਭੁਲਿਆ ਨਹੀਂ ਸੀ। ਉਹਨਾਂ ਨੇ ਹਿੰਦੁਸਤਾਨੀ ਫੌਜੀਆਂ ਨੂੰ ਬਹੁਤ ਪਰਾਣੇ ਤੇ ਨਿਕੰਮੇ ਹਥਿਆਰ ਦਿੱਤੇ ਹੋਏ ਸਨ ਪਰ ਗੋਰੇ ਸਪਾਹੀਆਂ ਨੂੰ ਨਵੀਆਂ ਮਾਰਟੀਨੀ-ਹੈਨਰੀ ਰਾਇਫਲਜ਼ ਦਿੱਤੀਆਂ ਹੋਈਆਂ ਸਨ।

* ਪਖਤੂਨਾਂ ਨੇ ਇਹ ਰਾਈਫਲਾਂ ਧੜਾ ਧੜ ਨਕਲ ਕਰਕੇ ਬਣਾ ਲਈਆਂ ਸਨ ਪਰ ਹਿੰਦੁਸਤਾਨੀ ਅਜੇਹਾ ਨਹੀਂ ਕਰ ਸਕੇ।

* ਅੰਗਰੇਜ਼ਾਂ ਨੇ ਸਾਰਾਗੜ੍ਹੀ ਚੌਂਕੀ ਦੀਆਂ ਸੜੀਆਂ ਹੋਈਆਂ ਇਟਾਂ ਇਕੱਠੀਆਂ ਕਰਕੇ ਇਹਨਾਂ ਯੋਧਿਆਂ ਦੀ ਇਕ ਯਾਦਗਾਰ ਬਣਾਈ, ਅਤੇ ਅੰਮ੍ਰਤਸਰ ਅਤੇ ਫੀਰੋਜ਼ਪੁਰ ਵਿਚ ਗੁਰਦਵਾਰੇ ਬਣਾਏ।

* ਇਹਨਾਂ ੨੧ ਫੌਜੀਆਂ ਨੂੰ ਜੋ ਕਿ ਸਾਰੇ ਮਾਝੇ ਦੇ ਰਹਿਣ ਵਾਲੇ ਸਨ, ਮੌਤ ਪਿਛੋਂ ਉਸ ਵੇਲੇ ਦਾ ਸਭ ਤੋਂ ਵਡਾ ਪੁਰਸਕਾਰ “ਦਾ ਇੰਡੀਅਨ ਔਰਡਰ ਓਫ ਮੈਰਿਟ” ਜੋ ਅਜ ਕਲ ਦੇ ਪਰਮ ਵੀਰ ਚੱਕਰ ਦੇ ਬਰਾਬਰ ਸੀ, ਦੇ ਨਾਲ ਸਨਮਾਨਿਆ ਗਿਆ।

* ਹਰ ਸਾਲ ੧੨ ਸਤੰਬਰ ਵਾਲੇ ਦਿਨ ਸਿਖ ਰਜਮੈਂਟ ਵਲੋਂ ਸਾਰਾਗੜ੍ਹੀ ਦਿਵਸ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ।



ਹਿੰਦੀ ਫਿਲਮ “ਕੇਸਰੀ” ਇਸ ਲੜਾਈ ਤੇ ਹੀ ਬਣਾਈ ਗਈ ਹੈ।

The heroic last stand of Ishar Singh and his men, marked on the 124th anniversary:



The statue of Havildar Ishar Singh, made by Luke Perry, was unveiled by Wolverhampton City Council on Sept 12, 2021. Image source: [British Army](#).



CLASSES ON GURMAT GIAN & SIKH CULTURE

Free Classes for Children and Adults Starting in September 2024

In response to Sangat interest, the Gurdwara is launching classes to be held every Sunday and Tuesday, for Panjabi Students, Readers and Writers. Time to be advised.

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

❧ Books by Sikh Missionary College, Ludhiana

❧ Set syllabus in four Parts

❧ Regular tests to acknowledge your progress

If you would like to enrol for these classes, please contact Mrs Bal Bir Kaur Rehal on 07727109382

Alternatively, register your interest in the main office, giving your name and contact number. The Venue and the Start date will be sent to you.



**Creating Learning
Opportunities for
All Children**



Raag Gauri creates an encouraging mood that enables the listener to strive harder when working towards a goal. This month we will be looking at Raag Gauri Mala, Raag Gauri Majh & Raag Gauri Sorath, which are variations of Raag Gauri. Raag Gauri motivates the listener helping them achieve the desired objective with the energy of motivation. One of the beautiful

aspects to this Raag is that although the listener is motivated, the atmosphere of this Raag does so without increasing one's ego, preventing self-importance and arrogance. Raag Gauri is taught with love, compassion, humility and not by force, this is why it is the greatest teacher. Raag Gauri helps encourage us to grow and to learn from our mistakes. This learning can be through the Guru (wisdom from the Gurbani), a teacher, you yourself as an inner teacher or a family member.

Raag Gauri variations found in the SGGS include Raag Gauri Deepakee; Raag Gauri Dakhnee; Raag Gauri Bairaagan; Gauri Chaetee; Raag Gauri Mala; Raag Gauri Bhi Sorath Bhi; Raag Gauri Malwa; Raag Gauri Poorbi; Gauri Poorbi Deepakee; Gauri Guaraeree. Raags created in Raag Gauri were composed by Sri Guru Nanak Sahib ji, Sri Guru Amar Das ji, Sri Guru Ram Das ji, Sri Guru Arjan Sahib ji and Sri Guru Tegh Bahadur ji.

The essence of Raag Gauri Mala is a combination of good, pure, true and positive thoughts added together one by one. There is a feeling of having worked hard and an increased energy, which encourages more devotion towards the truth.

SGGS Ji Ang 215

ਗਉੜੀ ਮਾਲਾ ਮਹਲਾ ੫ ॥

Gauree Maalaa, Fifth Mehla:

ਉਬਰਤ ਰਾਜਾ ਰਾਮ ਕੀ ਸਰਣੀ ॥

Those who take to the Sanctuary of the Lord, the King, are saved.

ਸਰਬ ਲੋਕ ਮਾਇਆ ਕੇ ਮੰਡਲ ਗਿਰਿ ਗਿਰਿ ਪਰਤੇ ਧਰਣੀ ॥੧॥ ਰਹਾਉ ॥

All other people, in the mansion of Maya, fall flat on their faces on the ground.

//1//Pause//

ਸਾਸਤ ਸਿੰਮ੍ਰਿਤਿ ਬੇਦ ਬੀਚਾਰੇ ਮਹਾ ਪੁਰਖਨ ਇਉ ਕਹਿਆ ॥

The great men have studied the Shaastras, the Simritees and the Vedas, and they have said this:

ਬਿਨੁ ਹਰਿ ਭਜਨ ਨਾਹੀ ਨਿਸਤਾਰਾ ਸੁਖੁ ਨ ਕਿਨਹੂੰ ਲਹਿਆ ॥੧॥

"Without the Lord's meditation, there is no emancipation, and no one has ever found peace. //1//

ਤੀਨਿ ਭਵਨ ਕੀ ਲਖਮੀ ਜੋਰੀ ਬੂਝਤ ਨਾਹੀ ਲਹਰੇ ॥

teen bhavan kee lakhamee joree boojhat naahee lahare //

People may accumulate the wealth of the three worlds, but the waves of greed are still not subdued.

ਬਿਨੁ ਹਰਿ ਭਗਤਿ ਕਹਾ ਥਿਤਿ ਪਾਵੈ ਫਿਰਤੇ ਪਹਰੇ ਪਹਰੇ ॥੨॥

Without devotional worship of the Lord, where can anyone find stability? People wander around endlessly. //2//

ਅਨਿਕ ਬਿਲਾਸ ਕਰਤ ਮਨ ਮੋਹਨ ਪੂਰਨ ਹੋਤ ਨ ਕਾਮਾ ॥

People engage in all sorts of mind-enticing pastimes, but their passions are not fulfilled.

ਜਲਤੇ ਜਲਤੇ ਕਬਹੂ ਨ ਬੂਝਤ ਸਗਲ ਬ੍ਰਿਥੇ ਬਿਨੁ ਨਾਮਾ ॥੩॥

They burn and burn, and are never satisfied; without the Lord's Name, it is all useless. //3//

ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਹੁ ਮੇਰੇ ਮੀਤਾ ਇਹੈ ਸਾਰ ਸੁਖ ਪੂਰਾ ॥

Chant the Name of the Lord, my friend; this is the essence of perfect peace.

ਸਾਧਸੰਗਤਿ ਜਨਮ ਮਰਣੁ ਨਿਵਾਰੈ ਨਾਨਕ ਜਨ ਕੀ ਧੂਰਾ ॥੪॥੪॥੧੬੨॥

In the Saadh Sangat, the Company of the Holy, birth and death are ended. Nanak is the dust of the feet of the humble. //4//4//162//

Raag Gauri Majh is a well-planned emotional act, which reaches out to fulfil a yearning created by the Raag. This yearning is similar to that of Raag Majh's regret, hope and anticipation, however in this instance it is created deliberately in order to sway the listener to react to the longing.

SGGS Ji Ang 240

ਰਾਗੁ ਗਉੜੀ ਮਾਝ ਮਹਲਾ ੫

Raag Gauree Maajh, Fifth Mehla:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

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

ਖੋਜਤ ਫਿਰੇ ਅਸੰਖ ਅੰਤੁ ਨ ਪਾਰੀਆ ॥

Countless are those who wander around searching for You, but they do not find Your limits.

ਸੇਈ ਹੋਏ ਭਗਤ ਜਿਨਾ ਕਿਰਪਾਰੀਆ ॥੧॥

They alone are Your devotees, who are blessed by Your Grace. //1//

ਹਉ ਵਾਰੀਆ ਹਰਿ ਵਾਰੀਆ ॥੧॥ ਰਹਾਉ ॥

I am a sacrifice, I am a sacrifice to You. //1//Pause//

ਸੁਣਿ ਸੁਣਿ ਪੰਥੁ ਡਰਾਉ ਬਹੁਤੁ ਭੈਰਾਰੀਆ ॥

Continually hearing of the terrifying path, I am so afraid.

ਮੈ ਤਕੀ ਓਟ ਸੰਤਾਹ ਲੇਹੁ ਉਬਾਰੀਆ ॥੨॥

I have sought the Protection of the Saints; please, save me! //2//

ਮੋਹਨ ਲਾਲ ਅਨੂਪ ਸਰਬ ਸਾਧਾਰੀਆ ॥

The Fascinating and Beauteous Beloved is the Giver of support to all.

ਗੁਰ ਨਿਵਿ ਨਿਵਿ ਲਾਗਉ ਪਾਇ ਦੇਹੁ ਦਿਖਾਰੀਆ ॥੩॥

I bow low and fall at the Feet of the Guru; if only I could see the Lord! //3//

ਮੈ ਕੀਏ ਮਿਤ੍ਰ ਅਨੇਕ ਇਕਸੁ ਬਲਿਹਾਰੀਆ ॥

I have made many friends, but I am a sacrifice to the One alone.

ਸਭ ਗੁਣ ਕਿਸ ਹੀ ਨਾਹਿ ਹਰਿ ਪੂਰ ਭੰਡਾਰੀਆ ॥੪॥

No one has all virtues; the Lord alone is filled to overflowing with them. //4//

ਚਹੁ ਦਿਸਿ ਜਪੀਐ ਨਾਉ ਸੁਖਿ ਸਵਾਰੀਆ ॥

His Name is chanted in the four directions; those who chant it are embellished with peace.

ਮੈ ਆਹੀ ਓੜਿ ਤੁਹਾਰਿ ਨਾਨਕ ਬਲਿਹਾਰੀਆ ॥੫॥

I seek Your Protection; Nanak is a sacrifice to You. //5//

ਗੁਰਿ ਕਾਢਿਓ ਭੁਜਾ ਪਸਾਰਿ ਮੋਹ ਕੁਪਾਰੀਆ ॥

The Guru reached out to me, and gave me His Arm; He lifted me up, out of the pit of emotional attachment.

ਮੈ ਜੀਤਿਓ ਜਨਮੁ ਅਪਾਰੁ ਬਹੁਰਿ ਨ ਹਾਰੀਆ ॥੬॥

I have won the incomparable life, and I shall not lose it again. //6//

ਮੈ ਪਾਇਓ ਸਰਬ ਨਿਧਾਨੁ ਅਕਥੁ ਕਥਾਰੀਆ ॥

I have obtained the treasure of all; His Speech is unspoken and subtle.

ਹਰਿ ਦਰਗਹ ਸੇਭਾਵੰਤ ਬਾਹ ਲੁਡਾਰੀਆ ॥੭॥

In the Court of the Lord, I am honored and glorified; I swing my arms in joy. ||7||

ਜਨ ਨਾਨਕ ਲਧਾ ਰਤਨੁ ਅਮੋਲੁ ਅਪਾਰੀਆ ॥

Servant Nanak has received the invaluable and incomparable jewel.

ਗੁਰ ਸੇਵਾ ਭਉਜਲੁ ਤਰੀਐ ਕਹਉ ਪੁਕਾਰੀਆ ॥੮॥੧੨॥

Serving the Guru, I cross over the terrifying world-ocean; I proclaim this loudly to all. ||8||12||

Raag Gauri Sorath has a definite feeling of attraction and appeal, which woos the listener's attention to the subject matter or target. However, the feelings of being enticed and lured are balanced with a sense of duty and realisation and of needing to obey the warning given.

SGGS Ji Ang 330

ਗਉੜੀ ਭੀ ਸੋਰਠਿ ਭੀ ॥

Gauree And Also Sorat'h:

ਰੇ ਜੀਅ ਨਿਲਜ ਲਾਜ ਤੇਹਿ ਨਾਹੀ ॥

O shameless being, don't you feel ashamed?

ਹਰਿ ਤਜਿ ਕਤ ਕਾਹੂ ਕੇ ਜਾਂਹੀ ॥੧॥ ਰਹਾਉ ॥

You have forsaken the Lord - now where will you go? Unto whom will you turn?
||1||Pause||

ਜਾ ਕੇ ਠਾਕੁਰੁ ਊਚਾ ਹੋਈ ॥

One whose Lord and Master is the highest and most exalted

ਸੋ ਜਨੁ ਪਰ ਘਰ ਜਾਤ ਨ ਸੋਹੀ ॥੧॥

- it is not proper for him to go to the house of another. ||1||

ਸੋ ਸਾਹਿਬੁ ਰਹਿਆ ਭਰਪੂਰਿ ॥

That Lord and Master is pervading everywhere.

ਸਦਾ ਸੰਗਿ ਨਾਹੀ ਹਰਿ ਦੂਰਿ ॥੨॥

The Lord is always with us; He is never far away. ||2||

ਕਵਲਾ ਚਰਨ ਸਰਨ ਹੈ ਜਾ ਕੇ ॥

Even Maya takes to the Sanctuary of His Lotus Feet.

ਕਹੁ ਜਨ ਕਾ ਨਾਹੀ ਘਰ ਤਾ ਕੇ ॥੩॥
Tell me, what is there which is not in His home? ||3||

ਸਭੁ ਕੇਉ ਕਹੈ ਜਾਸੁ ਕੀ ਬਾਤਾ ॥
Everyone speaks of Him; He is All-powerful.

ਸੇ ਸੰਮੁਖੁ ਨਿਜ ਪਤਿ ਹੈ ਦਾਤਾ ॥੪॥
He is His Own Master; He is the Giver. ||4||

ਕਹੈ ਕਬੀਰੁ ਪੂਰਨ ਜਗ ਸੇਈ ॥
Says Kabeer, he alone is perfect in this world,

ਜਾ ਕੇ ਹਿਰਦੈ ਅਵਰੁ ਨ ਹੋਈ ॥੫॥੩੮॥
in whose heart there is none other than the Lord. ||5||38||

Shabads composed in Raag Gauri Mala, Raag Gauri Majh & Raag Gauri Sorath include the following on youtube. By accessing these you can appreciate the sounds in which the Gurus meant us to experience these Shabads:

Raag Gauri Mala – Central Sikh Gurdwara
<https://www.youtube.com/watch?v=rx4LxaSofLM>

Raag Gauri Majh - Sun Sun Sajan - Bhai Anantvir Singh LA
<https://www.youtube.com/watch?v=m0PEj09D5SQ>

Raag Gauri Sorath - Rae Jee Nilaj Laaj Tohae Naahee – Gurmat Gian Group
<https://www.youtube.com/watch?v=l77e6GVfEUE&t=256s>

If you are unable to listen or read Gurbani in Raag Gauri, you can sing Waheguru simran using those feelings of learning and insight to help create the mood of Raag Gauri. Not only do the words of a Shabad bring a new awareness, singing in the correct 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 in your life. When we can truly tap into our gaviah (singing) and suniah (listening) only then can the real healing take place.

Next month we will look at Raag Asa Kafi, Raag Asavari & Raag Asa Asavari.



In Sri Guru Granth Sahib ji the Vaar form of devotional poetry has been used in praise of Parmatma as well as in the elaboration of aspects of human devotion. This fourth Vaar in the SGGS, starting on Ang 318, has 21 Pauris of Guru Arjan Sahib ji, each preceded by 2 Saloks. Every Pauri has 5 verses (aka 'Tuk').

This month we read the essence of the messages of the next 5 Pauris, 11 - 15.

ਗਉੜੀ ਕੀ ਵਾਰ ਮਹਲਾ 5 ਵਾਰ ਦਾ ਭਾਵ, ਪਉੜੀ-ਵਾਰ:

(11) ਜੇ ਮਨੁੱਖ ਮਾਇਆ ਦੀ ਮਸਤੀ ਵਿਚ ਰਹਿ ਕੇ ਮੰਦੇ ਕੰਮ ਕਰਦੇ ਹਨ, ਉਹ ਏਥੇ ਦੁਖੀ ਰਹਿੰਦੇ ਹਨ, ਪ੍ਰਭੂ ਦਾ ਨਾਮ ਵਿਸਾਰਨ ਕਰਕੇ ਉਹਨਾਂ ਦੀ ਸਾਰੀ ਉਮਰ ਮੰਦੇ ਹਾਲ ਹੀ ਗੁਜ਼ਰਦੀ ਹੈ ਤੇ ਇਸ ਤੋਂ ਪਿੱਛੋਂ ਭੀ ਜਨਮ ਮਰਨ ਦੀ ਭਟਕਣਾ ਵਿਚ ਪੈ ਜਾਂਦੇ ਹਨ।

People who live with the influence of maya and engage in evil deeds, they remain miserable here; they forget Parmatma's Naam, their whole life passes in a negative state, and even after that they fall into the wanderings of birth and death.

(12) ਦੁਨੀਆ ਵਾਲੇ ਸੁਆਦ ਆਖਰ ਕੋੜੇ ਲੱਗਣ ਲੱਗ ਪੈਂਦੇ ਹਨ, ਸੁਖਦਾਈ ਤੇ ਮਿੱਠਾ ਸਿਰਫ਼ ਹਰਿ-ਨਾਮ ਹੀ ਹੈ, ਪਰ ਇਹ ਮਿਲਦਾ ਉਸ ਭਾਗਾਂ ਵਾਲੇ ਨੂੰ ਹੀ ਹੈ ਜਿਸ ਉੱਤੇ ਪ੍ਰਭੂ ਆਪ ਮਿਹਰ ਕਰਦਾ ਹੈ।

Worldly tastes finally become bitter, only Hari-Nama is pleasant and sweet, but it is available only to those who are fortunate enough to be blessed by the Lord Himself.

(13) ਜੇ ਮਨੁੱਖ ਗੁਰੂ ਦੇ ਦੱਸੇ ਰਾਹ ਤੇ ਤੁਰ ਕੇ ਪਰਮੇਸਰ ਦਾ ਨਾਮ ਸਿਮਰਦਾ ਹੈ, ਉਸ ਨੂੰ ਮਾਇਆ ਦੇ ਸਾਰੇ ਸੁਆਦ ਫਿੱਕੇ ਪ੍ਰਤੀਤ ਹੁੰਦੇ ਹਨ ਤੇ ਉਸ ਦੇ ਸਾਰੇ ਪਾਪ ਨਾਸ ਹੋ ਜਾਂਦੇ ਹਨ।

That being who meditates on the Naam of Prabhu by walking on the path shown by the Gurus, all the flavors of maya seem to fade away and all their sins are destroyed.

(14) ਉਹੀ ਮਨੁੱਖ ਜਗਤ ਤੋਂ ਨਫ਼ਾ ਖੱਟ ਕੇ ਜਾਂਦੇ ਹਨ ਜਿਨ੍ਹਾਂ ਨੇ ਪਰਮਾਤਮਾ ਦਾ ਨਾਮ ਸਿਮਰਿਆ ਹੈ। ਪ੍ਰਭੂ ਆਪ ਉਹਨਾਂ ਨੂੰ ਮਾਇਆ ਦੇ ਮੋਹ ਤੋਂ ਬਚਾ ਲੈਂਦਾ ਹੈ ਤੇ ਉਹ ਇੱਕ ਕਰਤਾਰ ਦੀ ਆਸ ਰੱਖਦੇ ਹਨ।

Only those beings who have meditated on the Naam of Datta go from this world with true spiritual profit. The Lord Himself saves them from the delusion of Maya and they maintain their Faith in the One Creator.

(15) ਪਰਮਾਤਮਾ ਦਾ ਆਸਰਾ ਲੈ ਕੇ ਸਿਫ਼ਤਿ-ਸਾਲਾਹ ਕਰਨ ਵਾਲੇ ਬੰਦੇ ਵਿਕਾਰਾਂ ਤੋਂ ਬਚੇ ਰਹਿੰਦੇ ਹਨ ਤੇ ਪ੍ਰਭੂ-ਦਰ ਤੇ ਪਰਵਾਨ ਹਨ, ਅਜੇਹੇ ਗੁਰਮੁਖਾਂ ਦੇ ਚਰਨਾਂ ਦੀ ਧੂੜ ਲੱਖਾਂ ਕਰੋੜਾਂ ਪ੍ਰਯਾਗ ਆਦਿਕ ਤੀਰਥਾਂ ਨਾਲੋਂ ਵਧੀਕ ਪਵਿੱਤਰ ਹੈ।

Beings who live in praise of Parmatma, remain free from vices and are acceptable to Him; the dust of the feet of such Gurmukhs is more holy than millions of prayers and other austerities or pilgrimages.



This year the very successful Sikhi camp took place from 29 July to 9 August. The organisers were Harveer Kaur, Ranwinder Singh and Davindrajit Singh. The theme this year was Sikh Prayer. 100 children attended the first week, 80+ the second week. Children were put in four groups according to age.

- Group 1 6 to 7 year olds learnt about Mool Mantra meaning and recital
- Group 2 8 to 9 year olds learnt about Ardaas meaning and recital
- Group 3 10 to 11 year olds learnt about Anand Sahib meaning and recital
- Group 4 12 to 13 year olds learnt about Sohila Mahala (Kirtan Sohila).

The organisers and volunteers greeted the children and parents from 8am onwards on Monday. Children were introduced to their group leaders and given name tags. Once all had assembled downstairs children made their way upstairs to the Darbar Hall where they were greeted by the organisers. An explanation of the content of the week was provided. After Simran and Ardaas children made their way to the classrooms. They took part in icebreakers activities and started to learn about their age-related study of prayer. After lunch children undertook seva activities around the Gurdwara in the form of cleaning which included dusting, sweeping and washing dishes. This was an important lesson in the Sikh tenets of equality and humility.

Tuesday was sports day. Children walked to Heathland School playing fields where they took part in a circuit of games consisting of football, cricket, athletics, basketball and egg and spoon race. Unfortunately, children in the second week were unable to play all the games as it rained heavily so the children came back to the Gurdwara and instead played indoor games.

Wednesday was a classroom day where the children prepared canvases and prepared for the exhibition. In the afternoon Dr Arvind Kaur Mehra gave an interactive talk on healthy eating. She also provided a wide variety of fruits for the children to sample.

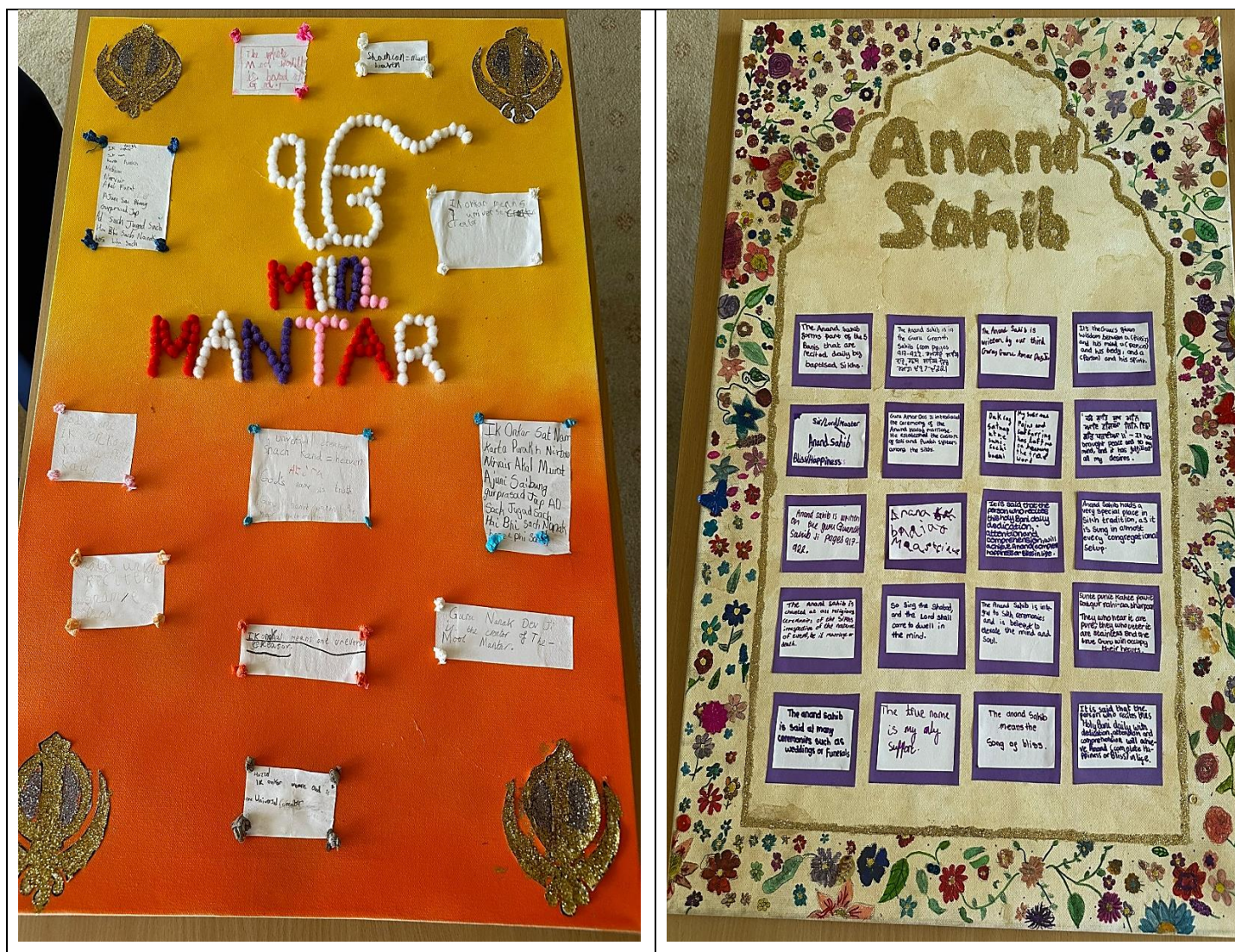
Thursday was exhibition day where the children presented their learning to their parents, grand parents and other relatives. Presentations were made to best girl and boy in each group, best group. All volunteers were thanked and presented with certificates.

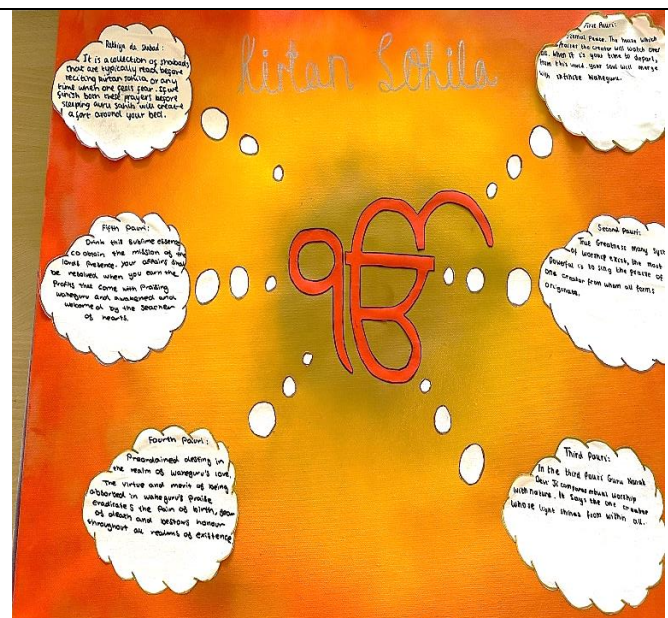
Friday was a most enjoyable day. We travelled to Hampton Court Palace to see the Indian Army at the Palace Exhibition. I was a little apprehensive as some of our students had already been to see this exhibition in October 2023. My fears were allayed as Rav Singh

and Dr Tejpal Singh Ralmill, the organisers of the exhibition, were aware of our autumn visit. The emphasis this time was on Princess Sophie Duleep Singh. We were welcomed in the education centre, the building of which dates back to 1515, refreshments were provided. Children watched a short film "Princess Icon Suffragette", had lunch and made their way to the Palace Court Yard. Here they watched a short play "Awaaz Do". This was a dialogue between Princess Sophia and Queen Victoria. Children spent the rest of the day exploring the Palace.

My humble gratitude to the organisers, who spent weeks before the start of the camp preparing material, organising classes and activities. All involved commented on the excellent content and organisation. All three organisers have with past experience excelled this year. The volunteers, ladies providing lunch and the Granthis are also to be sincerely thanked.

Summer Camp 2024 Displays & Pictures





Zora Singh Sidhu

Jagjit Singh Sihra

Sardar Zora Singh Sidhu ji, a Gurdwara member and sewadar of long standing, has gone to Canada for permanent settlement.

After coming to England in 1954 as a young boy he underwent apprenticeship for motor mechanics but he was prepared to lay his hand to anything. Very high spirited and adventurous by nature, he travelled to India and back by car in 1964.

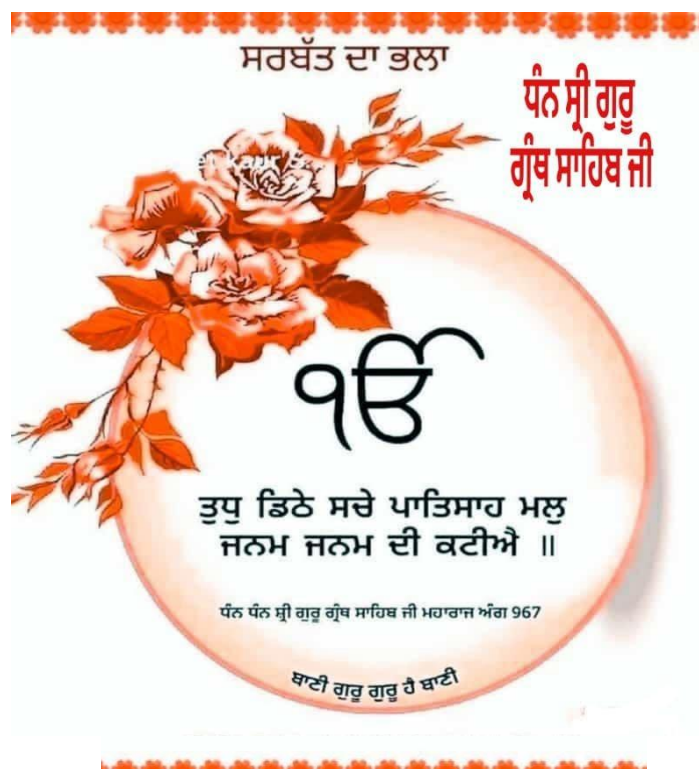


He set up his own garage and established himself very well but the course of life never did run smooth. On one occasion he met a severe accident suffering multiple injuries and then on another he was the victim of a serious illness. Strong willed and positive, he took everything in his stride.

He was always deeply sewa minded. Single handed he levelled and prepared the adjoining plot of land next to the Gurdwara for parking. Despite suffering a serious injury in the process, no challenge, mechanical or human, could dampen his spirit.

He has always been a devoted family man and adored his children. The loss of his younger son four years back has dealt him a severe blow and has taken a heavy toll on his health.

We pray for his health and sincerely hope that we would see him as the man that he always was: **Zora Singh.**





GURDWARA EDUCATION PROGRAMME



Panjabi Regular Classes

Tuesday	6:30pm – 7:00pm	First Floor Classrooms, New Building
Sunday – 1 st Session	9:30am – 11:00am	
Sunday – 2 nd Session	11:15am – 12:45pm	

Panjabi GCSE

Sunday	11:00am – 1:00pm	First 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	First Floor Classrooms, New Building
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English for Adults (ESOL)

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

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

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

Tuesday, Wednesday, Thursday	10:00am – 2:00pm	Library, New Building
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Gurdwara Sri Guru Singh Sabha, Hounslow

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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

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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

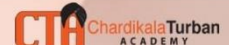
**Dastaar
Tying Classes**

**Every Sunday
12-2pm**

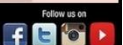
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Alice Way, Hounslow TW3 3UD

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



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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.

<i>M A L E S</i>				
<i>Ref</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Current Job</i>	<i>Height</i>
3208	25-Apr-85	MSC - Masters in Science in Technology	IT Team Leader	5' 08"
3209	11-Jul-82	BTEC Art & Design	Retail Manager	6' 03"
3210	29-Feb-92	BA Hons	Self employed director	5' 08"
3211	04-Jul-89	Comp Tia- A+Certification	Account Executive	5' 11"
3212	20-May-87	Degree Building Surveying	Senior Associate of FCA	5' 09"
3213	18-Jun-88	Building Surveying	Chartered Surveyor	5' 07"
3214	22-Nov-82	BSc Maths	Business Analysts	6' 01"
3215	08-Nov-88	BSc Accounting	Project Manager	5' 10"
3217	01-Jun-93	MPHARM, MSC	Life Coach/Consultant	6' 00"
3218	15-Feb-95	A Levels	Project Co-ordinator	6' 00"
3219	12-Dec-80	BDS	Dentist	5' 08"
3220	02-Sep-96	MSc Investment Management	Investment Analyst	5' 10"
3221	26-Nov-89	BA	Director, Finance Bank	6' 00"
3222	05-Nov-96	MSc Material Science	Engineer	5' 09"
3223	12-Jan-95	PhD Mchem	Senior Development Chemist	6' 01"
3224	26-Mar-95	BSc conomics	Financial Analyst	5' 07"
3225	05-Sep-90	BSc Financial Economics	Contractor	5' 11"
3226	26-Jun-81	BSc Computer Information Systems	Contractor	5' 09"
3227	13-Sep-93	PhD Medical Statistics	Medical Statistician	5' 08"
3228	14-Jan-91	MBBS	Doctor	5' 08"

3229	21-Dec-92	BSc Economics	Portfolio Manager, Hedge Fund	6' 03"
3230	18-May-95	A Levels and Diploma	Commercial Gas Engineer	5' 09"
3231	02-Jun-86	MBBS MRCP	Doctor GP	5' 10"
3233	22-Jun-85	PhD	Director at Pharmaceutical	5' 09"
3234	24-Oct-75	Fine Art Degree	Distribution Manager	5' 11"
3235	24-Aug-94	BDS	Dentist	6' 00"
3236	13-Apr-83	BA Hons Buiness Management & Finance	Engineering	5' 11"
3237	11-Dec-90	B.Sc Hons Computer Science	Software Engineer	6' 00"
3238	31-Aug-89	BDS MSc Dental Implant Surgeon	Dentist	6' 04"
3239	18-Aug-87	MSc Sustainability&Management	Senior Partner Sales Manager	6' 02"
3240	04-Dec-95	Bsc Economics ACA Qualified Accountant	Senior Accountant	5' 06"
3241	16-Sep-94	B Eng Civil Engineerig	Principal Structural Engineering	5' 08"
3242	05-Oct-94	HND Management Studies	Administrator	6' 02"
3243	02-Oct-94	Dentist	Dentist	5' 09"
3244	06-May-91	BSc Bussiness Info Systems	Sale Purchasing Manager	5' 09"
3245	25-Mar-85	LLB 3rd Year	Customer Service Representative BA	5' 11"
3246	23-Mar-96	MSc Neuro Develop Sciences	NHS Assistant Psychologist	5' 10"
3247	25-Dec-93	GCSE	Export Operator	5' 07"
3248	10-Mar-93	MBBS BSC HONS	GP	6' 04"
3249	06-Jun-87	Sports Science	Concierge Leisure	5' 09"
3250	18-Aug-91	MBChB, MPharm	NHS Doctor	5' 10"
3251	27-May-92	BSc (Hons), PgDip (Qualified Architect	Software Consultant	5' 09"
3252	07-Dec-96	BC Economics	Investment Performance Analyst	6' 00"
3253	05-Jul-89	MSc Financial Maths	Software Consultant	5' 10"
3254	08-Nov-98	BSc Computer Science	Software Engineer	5' 09"
3255	24-Jan-92	Masters	Management Accountant	5' 11"
3256	13-Mar-87	BSc Finance & Accounting	Financial Analyst	6' 00"
3257	29-Dec-87	BSc Banking and Finance	Business & Residential Finance	5' 10"
3258	09-Apr-98	MSc Artificial Intelligence	Machine Learning Engineer	5' 11"
3259	22-Jun-92	BSC Mathematics	Business Owner - Trucking	5' 11"
3260	17-Jun-83	BA (Hons) Architecture	Architectural Assistant	5' 10"
3261	16-Aug-91	BSc Computing and IT	Analyst	5' 08"
3262	11-Aug-96	BDS	Dentist	5' 09"
3263	19-Sep-95	BSC Economics - ACCA	Finance Consultant	5' 07"
3264	26-Mar-92	LLB Hons (Law)	Solicitor	5' 08"
3265	05-Feb-97	BA Accounting and Financial Info Systems	Finance Specialist	5' 08"
3266	21-Jan-84	BDS	Dentist	5' 11"
3267	04-Oct-89	Diploma in Hospitality	Store Manager	5' 11"
3268	25-Jun-98	BSC Hons Computer Science	Senior Data Scientist	5' 08"
3269	23-Oct-96	BSc Finance	Market Risk Analyst	6' 01"
3270	12-Apr-82	MA in MGMT Studies	Business Owner	5' 10"
3271	27-Oct-89	BSc Maths and Management ACCA	Accountant	5' 07"

3272	09-Apr-98	MBBS	Doctor	6' 03"
3273	14-Nov-80	B Eng MBA	Product Specialist	5' 05"
3274	01-Nov-98	Business & Accounting Diploma	Online Trading Manager	6' 03"
3275	24-Jan-91	BSc Information Systems	Technical Support Officer	5' 05"
3276	22-Oct-93	BSc Accounting & Finance	Management Accountant	5' 09"
3277	16-May-97	MSC Business & Management	Retail Manager	6' 02"
3278	18-Feb-96	BA LLB	Paralegal	5' 08"
3279	18-Mar-90	Chartered Accountant	Accountant British Gas	5' 08"
3280	11-Apr-89	BSc (Hons) Business Computing	Project Manager	5' 11"
3281	27-May-98	BSc Natural Sciences	Software Engineer	5' 11"
3282	23-Mar-88	BA Hons Finance, ACCA Chartered Accountant	Finance Manager	5' 09"
3283	24-May-77	BSc Management Studies	Cloud Technology Account Director	6' 02"
3284	11-Jan-91	Phd, BSc -Medical	Research Fellow	5' 06"
3285	31-Mar-96	B Eng (Hons) Aerospace Engineering	Flight Data Specialist	5' 11"
3286	08-Aug-79	BSC Manufacturing Engineering & Transport Manager CPC	HGV Driver	5' 10"
3287	17-Mar-93	LLB Law Degree	Manager Facilities Management Company	6' 01"
3288	01-Aug-88	BA Hons MBA International Business	International Business	5' 11"
3289	19-Jan-94	GCSE	Business Owner	6' 01"
3290	01-Mar-90	LLB Hons DIP PFS	Financial Adviser	5' 06"
3291	26-Aug-94	BA Accounting & Finance	Accounts Payable	5' 09"
3292	04-Apr-86	BAHons Business Studies	Financial Crime Investigator	6' 03"
3293	16-Feb-93	BSC Civil Engineering	Senior Technical Coordinator	5' 06"
3294	26-May-84	+2 English, Maths and Panjabi	Director of Company	5' 08"
3295	21-Jul-92	BSc (Hons) MBBS	Hospital Doctor	6' 02"
3287	17-Mar-93	LLB Law Degree	Manager Facilities Management Company	6' 01"
3288	01-Aug-88	BA Hons MBA International Business	International Business	5' 11"
3289	19-Jan-94	GCSE	Business Owner	6' 01"
3290	01-Mar-90	LLB Hons DIP PFS	Financial Adviser	5' 06"
3291	26-Aug-04	BA Accounting and Finance	Accounts Payable	5' 09"
3292	04/04/1986	BAHons Business Studies	Financial Crime Investigator	6' 03"
3293	04-Mar-90	BSC Civil Engineering	Senior Technical Coordinator	5' 06"
3294	26/05/1984	+2 English, Maths and Punjabi	Company Director	5' 08"
3295	21-Jul-92	BSc (Hons) MBBS	Hospital Doctor	6' 02"
3296	31-Jan-95	BA Economics and Finance Banking	Transmate Manager	6' 00"
3297	27-Nov-87	BSC Maths with Economics	Senior Payment & Pensions Manager	6' 02"
3298	22-Sep-94	MSC Quantity Surveying	Senior Quantity Surveying	5' 09"
3299	28-Nov-93	Master of Pharmacy	Director, Pharmaceutical Industry	5' 10"
3300	01-Nov-93	BSc Mathematics	Head Of Azure Engineering	6' 00"
3301	19-Nov-89	Business Studies	Uber Driver	5' 09"
3302	10-Mar-92	MBChB MRCS	Hospital Doctor	5' 09"
3303	07-Oct-88	BSc M Pharma	Pharmacy Business Owner	6' 02"
3304	02-Apr-92	Pharmacist, Dentist	Dentist	5' 08"

3305	16-May-85	BA Hons	Data Analyst	5' 08"
3306	09-Apr-96	BSc & MSc	Lab Technician	5' 08"
3307	01-Jun-98	BSc (Hons) Aerospace Engineering	Engineer	5' 10"
3308	09-Jan-90	MSC Investment Management	Analyst in Asset Management Company	6' 01"
3309	29-Oct-97	BSc Computer Science	Self- Employed	6' 00"
3310	13-Jun-91	Masters Banking and Finance	Investment Banker	5' 10"

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>
9542	04-Jan-95	LLB Law - Human Rights and Social Justice	Contracts Manager	5' 01"
9543	05-Jan-88	Optometry	Optometrist	5' 06"
9544	19-Jun-95	Doctor of Medicine, MD	Doctor	5' 05"
9545	17-Jul-95	BSc Optom	Optometrists	5' 04"
9546	17-Jun-90	BSc Mathematics	Product Strategist in Asset Management	5' 04"
9547	02-Aug-85	BA Economics and Finance ACA	Chartered Accountant	5' 05"
9548	16-Nov-91	BDS,MSc	Dental Professional	5' 02"
9549	02-Feb-89	BSc MSc (Economics)	Civil Service	5' 10"
9550	22-Jan-87	BSc Nutrition & Dip Pharmaceutical Science	Lead Pharmacy Technician NHS	5' 03"
9551	02-Oct-90	BA Business Management	Business Owner	5' 06"
9552	10-Sep-95	BA Hons	Counsellor	5' 03"
9553	09-Jul-88	Ph.D Physics	University Lecturer	5' 05"
9554	16-Jun-96	MBBS	Hospital Doctor	5' 07"
9555	16-Sep-93	MBCh(Hons) BMEDSc	Doctor	5' 05"
9556	20-Jun-87	MBA International Management	Amazon Web Service	5' 06"
9557	14-May-91	ACA Chartered Accountant	Finance Business Partner	5' 05"
9558	16-Apr-81	Degree & Masters CIMA	Accountant	5' 06"
9559	10-Feb-94	BSc Economics	Investment Banking	5' 08"
9560	31-May-86	MSc Economics	Business Owner	5' 04"
9561	15-Oct-01	BA Hons	Tax Accountant	5' 07"
9563	06-Jul-96	BSc Mathematics	Civil Service	5' 06"
9564	23-Jul-94	MBBS, MSC	Jnr Doctor	5' 06"
9565	18-Aug-93	MSc	IT Consultant	5' 05"
9566	19-Nov-95	Degree In Teaching	Primary School Teacher	5' 03"
9567	28-Jun-97	BSc BioChemistry MSc Computer Science	Software Consultant	5' 01"
9568	04-Apr-82	Masters	Local Government Officer	5' 06"
9569	19-Jul-96	BSc Hon	WEB Developer	5' 04"
9570	20-Jan-92	BSC Mathematics and Economics	Product Director	5' 07"
9571	12-Apr-97	MBBS BSc	Doctor	5' 02"
9572	21-Jun-82	BA Business Management	HR Manager	5' 04"

9573	22-Dec-91	Level 4 in Early Years	Deputy Manager in Private Nursery	5' 01"
9574	27-Nov-92	AAT Level 4	Finance Officer	5' 00"
9575	12-Nov-98	Studying for MBBS	Student	5' 03"
9577	21-Oct-93	CACHE Level 3 Dip. Nursery Nurse	Early Years Educator	5' 00"
9578	30-Apr-94	MSc Business Psychology	Diversity and Inclusion Consultant	5' 00"
9579	05-Jul-92	Chartered Accountant	Senior Manager	5' 00"
9580	12-Sep-86	BA Economics	HR Business Partner	5' 01"
9581	09-Oct-93	ACCA	Senior Finance Manager	5' 07"
9582	30-Apr-94	BSc Business Management	Management Consultant	5' 02"
9584	18-Jan-96	Foundation Degree	Safety Engineer	5' 04"
9586	24-Mar-95	BSC	School Finance Officer	5' 02"
9587	25-Mar-93	PHD Health Economics	Medical Writer	5' 04"
9588	02-Feb-94	MBBS	Medical Student	5' 06"
9589	10-Nov-85	BSc Joint Hons Human Geography with Business	Parking Appeals Officer	5' 04"
9590	13-Mar-91	MBBS BSc (Hons) MRCP(UK)	Hospital Doctor	5' 07"
9591	30-May-94	BA Politics & International Relations	Civil Servant	5' 06"
9592	21-Feb-95	BA Finance and Accounting	Working in a bank	5' 04"
9593	07-Sep-95	BSc Accounting And Finance	Audit Analyst	5' 07"
9594	07-Jan-89	MBBS MSc MRCS	NHS Hospital Doctor	5' 08"
9595	31-Aug-90	BSc Hons CIPD ILM	HR Generalist Financial Services - City of London	5' 03"
9596	04-Nov-98	BSc Medical Science Studying MBBS	Student	5' 07"
9597	02-Sep-89	BSC Mathematics with Finance	Director Private Equity	5' 04"
9598	09-Mar-93	ACA - Chartered Accountant	Accountant	5' 04"
9599	24-May-94	MSc Biomedical Science	NHS Laboratory	5' 06"
9600	25-Nov-93	DDS Dentist	Dentist/Clinical Director	5' 08"
9601	10-Jun-95	BSC and MSC	Manufacturing Manager	5' 05"
9602	11-Mar-92	BSC (Hons)	Optometrist	5' 06"
9603	28-May-93	LLM	Solicitor- Ernst & Young	5' 06"
9604	27-May-98	MBBS Hons	Doctor - Hospital	5' 03"
9605	31-Aug-93	BSc)Hons) Accounting & Finance	Management Accountant	5' 03"
9606	25-Apr-00	BA Accounting & Management	Finance Assistant	5' 05"

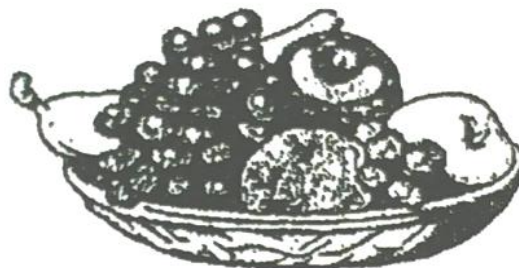
❦ *Waheguru Jee Ka Khalsa Waheguru Jee Ki Fateh* ❦



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