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ISSUE 1  
MARCH 2025



# KRPA!

SIKH VISION MAGAZINE

ALL PROFITS  
FROM THIS  
MAGAZINE  
GO BACK INTO  
**SIKHI!**

ARTS AND CRAFTS!

LEARN PUNJABI!

EXCLUSIVE  
SIKH VISION POSTERS!

PARENTAL ADVICE!

# HOLA MOHALLA!

KICK OFF YOUR SIKH NEW YEAR  
WITH HOLA MOHALLA!



**SERVING THE SAINTS!**

FIND OUT HOW THE KHALSA  
CELEBRATES HOLA MOHALLA  
IN ANANDPUR SAHIB!



**TAKE MY HEART  
GURU GOBIND SINGH JI!**

A LOVE STORY BETWEEN GURU SAHIB  
AND BHAI NAND LAAL JI!



**SIKHI AROUND THE WORLD!**

FIND OUT HOW THE  
FIRST SIKHS SETTLED IN  
**AUSTRALIA!**

**PLUS**

**PUZZLES! • Q&A! • COLOURING! • AND MORE!**



# **KIRPA!**

SIKH VISION MAGAZINE

# **WELCOME!**

**VAHEGURU JI KA KHALSA VAHEGURU JI KI FATEH!**

**WELCOME TO THE BRAND NEW KIRPA MAGAZINE!**

**WITH THE BLESSINGS AND SUPPORT OF DHAN SRI GURU GRANTH SAHIB JI MAHARAJ, WE ARE SUPER EXCITED TO BE LAUNCHING A MONTHLY SIKHI MAGAZINE FOR THE CHILDREN AND YOUTH OF TODAY! BY OFFERING BOTH A DIGITAL COPY AND HOME DELIVERY OF THE MAGAZINE, WE AIM TO REACH READERS FROM ALL OVER THE WORLD WITH THIS MONTHLY PUBLICATION!**

**THIS MAGAZINE IS BROUGHT TO YOU BY SIKHVISION, AN ONLINE PLATFORM TO SHARE SIKHI IN FUN AND EXCITING WAYS! SIKH VISION WAS LAUNCHED IN 2014, PROVIDING GURBANI QUOTES ON SOCIAL MEDIA. SINCE THEN, WE HAVE INTRODUCED OUR ONLINE WEBSITE IN 2020, GIVING THE WORLD FREE ACTIVITY SHEETS ON A VARIETY OF TOPICS. WE ARE NOW PLEASED TO COMMENCE OUR LATEST PROJECT: THE KIRPA MAGAZINE!**

**THE AIM OF THE MAGAZINE IS TO SHARE SIKHI KNOWLEDGE IN AN EASY AND FUN WAY! WE HAVE LOTS OF DIFFERENT ARTICLES AND ACTIVITIES FOR YOU TO COMPLETE THROUGHOUT THE MONTH, UNTIL YOU RECEIVE YOUR NEXT COPY!**

**NOT ONLY DO WE HAVE STORIES, ARTS AND CRAFTS, BAKING, FITNESS & Q&A, WE ALSO HAVE AN AMAZING CHANCE FOR YOU TO SHARE YOUR WORK WITH US AND ENTER OUR COMPETITIONS TO WIN BIG PRIZES!**

**THE AIM FOR THIS MONTHLY MAGAZINE IS SO THAT WE CAN SHARE THE MONTH'S SPECIAL SIKHI EVENTS WITH YOU, SO YOU AND YOUR FAMILIES CAN CELEBRATE TOGETHER!**

**WE ARE ALSO TAKING ALL THE PROFITS FROM KIRPA MAGAZINE AND PUTTING IT STRAIGHT BACK INTO SIKHI PROJECTS! TO MAKE THIS PROJECT POSSIBLE WE HAVE GATHERED AN AMAZING TEAM OF WRITERS AND VOLUNTEERS!**

**WE WOULD LIKE TO THANK YOU FOR PICKING UP THE FIRST ISSUE OF THE KIRPA MAGAZINE AND FOR SUPPORTING THIS PROJECT!**

**WE HOPE YOU LIKE THE MAGAZINE AND CAN GIVE US YOUR BLESSINGS TO CARRY ON THIS PROJECT!**

**VAHEGURU JI KA KHALSA VAHEGURU JI KI FATEH!**



# KRPA!

SIKH VISION MAGAZINE

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# Gurpurabs this Month!

Make a note of these key Sikhi Dates in your Calendar!

## 14<sup>TH</sup>

### MARCH NEW MONTH - CHET & SIKH NEW YEAR



THIS IS WHEN THE SIKH CALENDAR BEGINS, STARTING WITH THE MONTH OF CHET!



## 15<sup>TH</sup>

### MARCH HOLLA MAHALA

HOLLA MAHALA IS A TRADITION STARTED BY SRI GURU GOBIND SINGH JI, WHERE THE KHALSA GET TOGETHER TO SHOW THEIR MARTIAL SKILLS!

GURDWARA SRI KOT SAHIB  
KIRATPUR SAHIB, PUNJAB, INDIA



## 27<sup>TH</sup>

### MARCH GURGADDI DIVAS SRI GURU HAR RAI SAHIB JI

THIS IS WHEN SRI GURU HAR RAI SAHIB JI BECAME THE 7<sup>TH</sup> SIKH GURU IN THE YEAR 1644 AT KIRATPUR SAHIB, PUNJAB, INDIA



GURDWARA DARBAR SAHIB  
KHADOOR SAHIB, PUNJAB, INDIA



## 30<sup>TH</sup>

### MARCH GURGADDI DIVAS SRI GURU AMAR DAS SAHIB JI

THIS IS WHEN SRI GURU AMAR DAS JI BECAME THE 3<sup>RD</sup> SIKH GURU IN THE YEAR 1552 AT KHADOOR SAHIB, PUNJAB, INDIA





# HOLA MOHALLA!

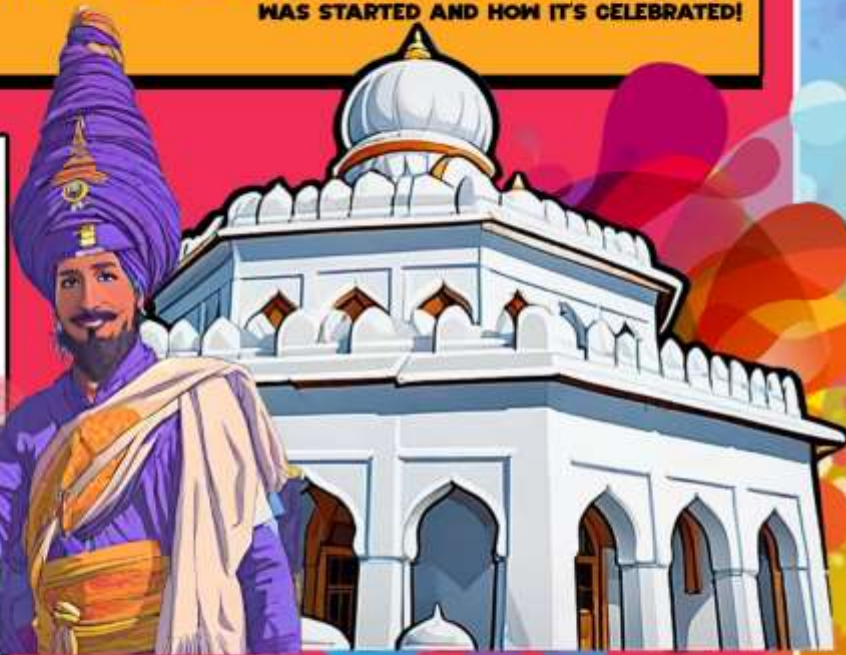
## HOW IT STARTED!

HOLA MOHALLA IS A SIKH FESTIVAL STARTED BY THE 10TH GURU, SRI GURU GOBIND SINGH JI IN THE YEAR 1700! THE WORD 'HOLA MOHALLA' MEANS 'MOCK BATTLE'. IT'S AN IMPORTANT FESTIVAL IN THE SIKH CALENDAR, WHICH HAPPENS AROUND THE MIDDLE OF MARCH IN THE SIKH MONTH OF CHET. HOLA MOHALLA IS A BEAUTIFUL FESTIVAL WHICH ALLOWS THE KHALSA (GOD'S ARMY) TO SHOW THEIR MARTIAL SKILLS! LET'S TAKE A LOOK AT WHY IT WAS STARTED AND HOW IT'S CELEBRATED!

## HISTORY OF THE FESTIVAL!

ON VAISAKHI DAY, IN THE YEAR 1699, SRI GURU GOBIND SINGH JI CREATED THE KHALSA (THE ARMY OF VAHEGURU!) GIVING SIKHS A UNIQUE IDENTITY AND BLESSING THEM WITH THE STRENGTH OF GURBANI (GURUS WORDS) AND SHASTERS (WEAPONS)!

THE FOLLOWING YEAR, IN 1700, A GROUP OF SIKHS WENT TO THE FESTIVAL OF HOLI, WHERE PEOPLE CELEBRATE THE VICTORY OF GOOD OVER EVIL. HOWEVER, THE FESTIVAL OF HOLI WHICH HAD BEEN TAKING PLACE FOR MANY YEARS, WAS NOW BEGINNING TO BE CELEBRATED DIFFERENTLY. DURING THE FESTIVAL MANY PEOPLE WOULD GET TOGETHER AND DO BAD THINGS AND A LOT OF PAAP (SIN). IT WAS NO LONGER SAFE FOR PEOPLE TO ATTEND THESE GATHERINGS.



## THE CREATION OF HOLA MOHALLA!

HAVING FOUND THIS OUT, SRI GURU GOBIND SINGH JI SAID THAT FROM NOW ON, MY KHALSA WILL NO LONGER CELEBRATE THE FESTIVAL OF HOLI, INSTEAD THEY WILL CELEBRATE HOLA! GURU JI THEN SENT OUT A MESSAGE TO THE KHALSA (THOSE SIKHS WHO HAVE BEEN BLESSED WITH AMRIT) TO BRING ALL OF THEIR SHASTERS, HORSES, TO BE TYAAR BUR TYAAR (READY UPON READY) AND TO MEET GURU GOBIND SINGH JI IN ANANDPUR SAHIB!

THE KHALSA AND THE SIKHS CAME IN THEIR LARGE NUMBERS TO ANANDPUR SAHIB! THEY ALL GATHERED AROUND THE FORT OF HOLGARH AND HERE GURU SAHIB STARTED THE FESTIVAL OF HOLA MOHALLA!

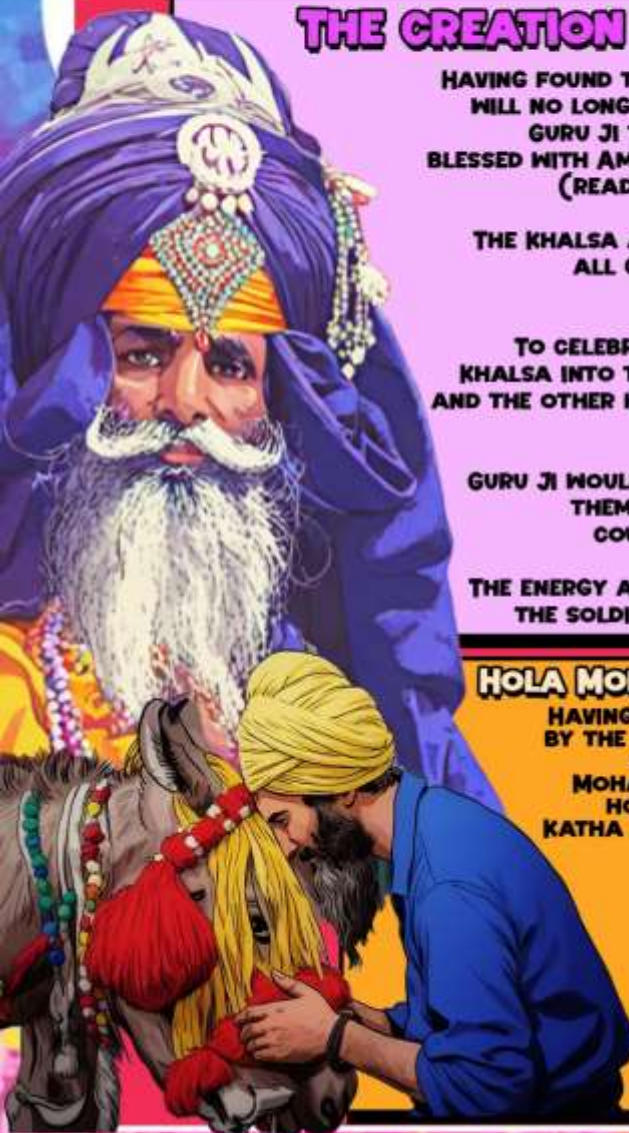
TO CELEBRATE THE FIRST HOLA MOHALLA, SRI GURU GOBIND SINGH JI THEN SPLIT THE KHALSA INTO TWO GROUPS, HALF OF THE KHALSA WOULD STAY IN THE FORT OF HOLGARH AND THE OTHER HALF WOULD GO OUT AND ATTACK! THIS IS SO THEY COULD HAVE A CHANCE TO PRACTICE BATTLES WITH ONE ANOTHER!

GURU JI WOULD WATCH CAREFULLY OF HOW THE KHALSA ARE ATTACKING AND DEFENDING THEMSELVES. ONCE THE BATTLE WAS COMPLETE GURU JI WOULD GIVE PRIZES AND COUNTLESS BLESSINGS TO THOSE WHO HAD FOUGHT BRAVELY AND WITH GREAT SKILL! GURU SAHIB WOULD ALSO HELP IMPROVE THE SKILLS OF MANY TOO! THE ENERGY AND COURAGE THEY HAD TO SHOW DURING HOLA MOHALLA WOULD PREPARE THE SOLDIERS OF GURU JI FOR THE BATTLES THAT WERE YET TO COME IN THE FUTURE!

## HOLA MOHALLA TODAY!

HAVING STARTED IN THE YEAR 1700, HOLA MOHALLA IS STILL CELEBRATED TODAY BY THE KHALSA IN ANANDPUR SAHIB AND AROUND THE WORLD! MANY TRAVEL TO SRI ANANDPUR SAHIB TO SEE THE GREAT SCENES AND TAKE PART IN HOLA MOHALLA, WHERE THE KHALSA SHOW GREAT BRAVERY AND SKILLS IN ARCHERY, HORSE RIDING AND GATKA! NAGAR KIRTANS, KIRTAN DARBARS, DHADDI AND KATHA ALSO TAKE PLACE, WITH MANY DOING SEVA OF GURSIKHS AND GIVING OUT LANGAR TO THE LARGE NUMBERS OF SANGATI

WHEREVER WE ARE IN THE WORLD, WE SHOULD AIM TO CELEBRATE HOLA MOHALLA. MANY GURDWARAS WILL HOLD SPECIAL PROGRAMMES TO MARK THIS FESTIVAL. WE CAN CONTRIBUTE BY PRACTICING GATKA, READING GURBANI, LEARNING NEW SKILLS, AND DOING SEVA! IT'S A REMINDER FOR US TO BE TYAAR BUR TYAAR (ALWAYS READY) NOT JUST PHYSICALLY KEEPING FIT AND STRONG, BUT MENTALLY, BY READING GURBANI! IT'S A REMINDER FOR US TO FACE ANY CHALLENGES PUT BEFORE US AND TO HAVE THE PRIVILEGE OF CALLING OURSELVES THE CHILDREN OF SRI GURU GOBIND SINGH JI!





# SIKHI PUZZLES & GAMES

TRY TO COMPLETE THE HOLA MOHALLA WORD SEARCH AND CROSSWORD BELOW!

## HOLA MOHALLA WORDSEARCH!

S	R	A	W	B	A	S	K	B	Z	X	E	K	J	W
H	P	L	B	T	B	E	Z	X	N	L	V	Y	U	P
S	R	L	N	I	D	F	C	S	G	F	H	M	B	S
P	C	A	I	C	U	O	E	A	R	C	B	W	T	H
S	B	H	H	G	T	V	T	Z	R	C	R	R	O	C
N	A	O	U	L	A	K	D	A	U	V	A	R	S	T
K	T	M	N	Q	A	W	M	M	J	L	S	T	D	U
Y	T	A	G	S	I	N	V	Q	A	E	Y	A	F	J
S	L	L	S	V	K	Q	E	I	R	E	V	U	S	W
E	E	O	I	M	B	U	T	I	V	Y	D	L	V	S
P	A	H	N	C	F	R	D	B	B	Q	O	U	U	W
Q	O	A	G	G	A	I	Y	S	H	A	S	T	E	R
J	V	A	H	M	N	S	R	P	C	Z	A	Q	T	L
Z	I	R	Q	G	O	R	O	K	H	A	L	S	A	B
R	A	N	A	N	D	P	U	R	S	A	H	I	B	C

**HOLA MOHALLA**  
**BATTLE**  
**MARTIAL ARTS**  
**GATKA**  
**HORSERIDING**  
**MARCH**  
**ANANDPUR SAHIB**  
**KHALSA**  
**SHASTER**  
**SEVA**  
**NIHUNG SINGH**

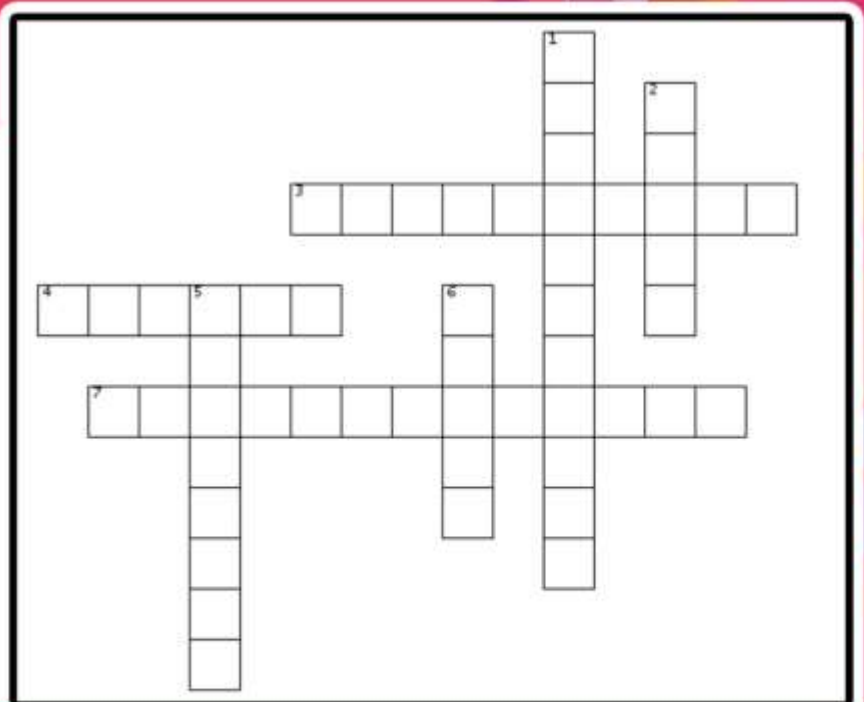
## CROSSWORD!

### ACROSS

- THE WORDS HOLA MOHALLA MEAN
- THEY ALSO RIDE ON
- THIS FESTIVAL STARTED IN

### DOWN

- INSTEAD OF HOLI SIKHS CELEBRATE
- THE KHALSA GET TOGETHER TO DO
- THE KHALSA WERE INSTRUCTED TO BRING THEIR HORSES AND S.....
- THIS FESTIVAL TAKES PLACE IN THE MONTH OF







**ENJOYING KIRPA MAGAZINE?**

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# Khalsa Kitchen!

## Coconut Ladoos!



To Make 20-25 Yummy Coconut Ladoos You Will Need:  
1 & 1/2 cup desiccated coconut  
1/2 cup condensed milk  
1 cup icing sugar



**Mix the milk and sugar:** Put the condensed milk in a big bowl. Add the icing sugar and stir slowly until it's smooth.



**Add coconut:**  
Pour in the desiccated coconut and mix it well until combined.  
(Optional - Add a few drops of food coloring and stir it into the mixture)



**Make into small balls:**  
Use your hands to roll the mixture into small balls.



**Place on a tray and Chill:**  
Put the balls onto a plate or tray and put the tray in the fridge and let the sweets dry.  
(Roughly 30 minutes)



**Enjoy:**  
Take them out of the fridge when they're set. You can add desiccated coconut on top for decoration!  
We hope you enjoy these yummy Coconut Ladoos!





# **KHALSA** AKAL PURAKH KI FAUJ

*-Guru Gobind Singh Jee*





# Shabad of the Month

This Shabad is one of many Shabads we can read before eating food!

**Rain Dhinās Parabhaat Toohai Hee Gaavanaa ||**

*Night and day, morning and night, I sing to You, Lord.*

**Jeea Jant Sarabat Naau Teraa Dhiaavanaa ||**

*All beings and creatures meditate on Your Name.*

**Too Dhaataa Dhaataar Teraa Dhitaā Khaavanaa ||**

*You are the Giver, the Great Giver; we eat whatever You give us.*

**Bhagat Janaa Kai Sung Paap Gavaavanaa ||**

*In the congregation of the devotees, sins are eradicated.*

**Jan Naanak Sadh Balihaarai Bal Bal Jaavanaa ||25||**

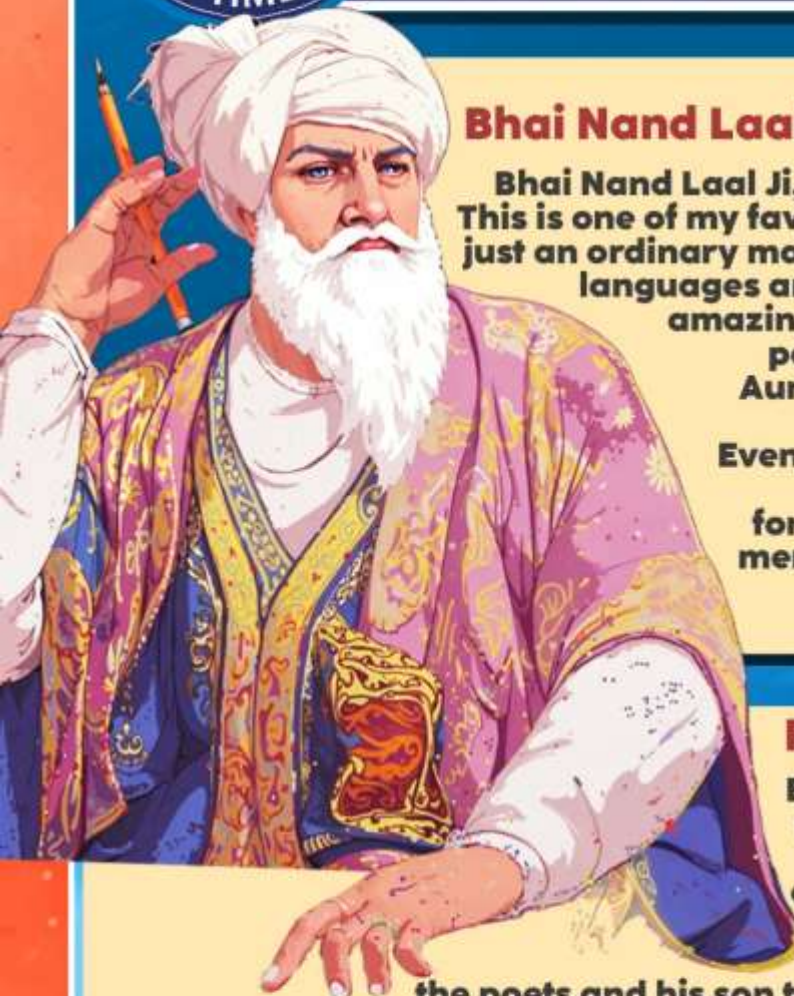
*Servant Nanak is forever a sacrifice, a sacrifice, a sacrifice, O Lord. ||25||*

We should always thank and be grateful to Vaheguru Ji for blessing us with food. This beautiful Shabad helps us remember and thank Vaheguru for giving us food and everything we have! Try to remember and recite this Shabad before eating breakfast, lunch and dinner!

**You can find this Shabad on Ang 652 of Sri Guru Granth Sahib Ji!**



# TAKE MY HEART GURU GOBIND SINGH JI!



## Bhai Nand Lal Ji the poet!

Bhai Nand Lal Ji, I'm in awe of your love for Guru Sahib. This is one of my favourite Sakhis. Bhai Nand Lal Ji wasn't just an ordinary man. He was highly intellectual, master of languages and an astonishing poet. He was such an amazing poet that he was employed as a court poet of the emperor of India, Aurangzeb. Aurangzeb was a religious man and had a lot of love for religious discourse. Even though he was religious, he also had a very cruel side to him and was hungry for power. So much so, that he even killed members of his family because he felt they would threaten the throne.

## Becoming a teacher

Bhai Nand Lal Ji was so respected in Aurangzeb's court that he was given the duty of being Aurangzeb's son (Bahadur Shah)'s teacher. One day, Aurangzeb asked all

the poets and his son to translate a text in the Quran.

Everyone worked really hard to make their translation beautiful, as they were looking forward to a reward. Bahadur Shah was also given this challenge and asked Bhai Nand Lal Ji to help him. The next day when everyone presented their translation, Aurangzeb was blown away with what Bahadur Shah had written and was moved to tears. When he asked his son how he put this together, Bahadur Shah, being honest, told his father that his teacher should get the credit. Aurangzeb ordered to see him so he could be rewarded. When he met him, he was shocked to see that Bhai Nand Lal Ji was not even practicing Islam, which turned his happiness into anger.

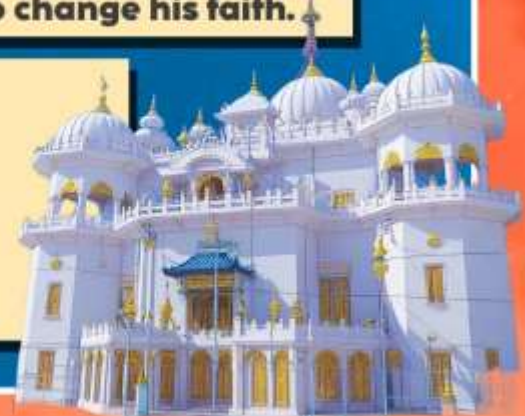
He demanded that he convert or face the death sentence.

Bhai Nand Lal Ji was a devout Hindu and didn't want to change his faith.



## Off to Anandpur Sahib

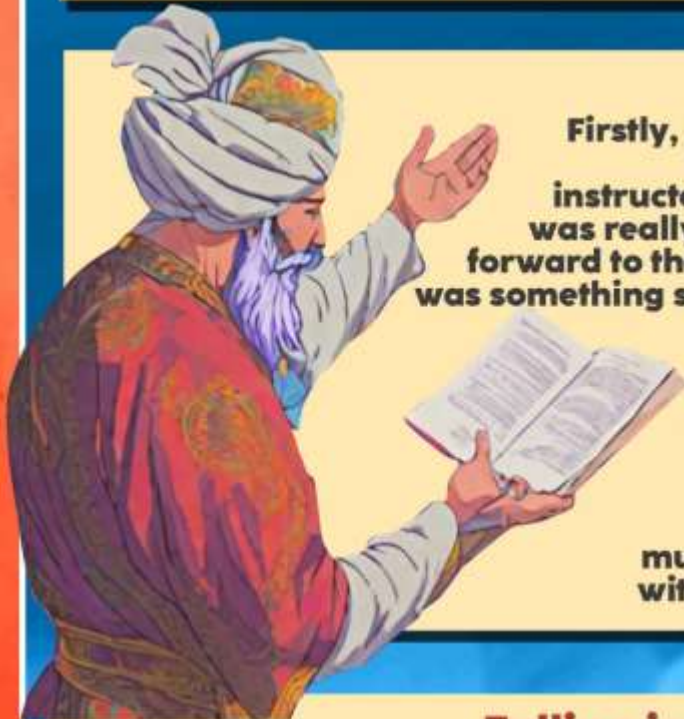
Bahadur Shah, who had much respect for Bhai Nand Lal Ji, advised him to go to Anandpur Sahib where the Kalgi Vale Guru will be his best source of protection. He gave him his horse and Bhai Sahib fled overnight.





## In the Darbar of the Guru

When he reached Anandpur Sahib he sat in the Darbar of the King of Kings, Guru Gobind Singh Ji. He saw that in Guru Sahib's court, there were many intellectuals, scholars and 52 poets. He was mesmerised by the Kirtan, Katha and Vichaar. He humbly bowed down to the tenth master. Guru Sahib asked who he was and where he had come from. Bhai Nand Laal Ji narrated his story and asked if he could take protection in the house of the Guru. Guru Sahib of course said yes and asked what seva he could do. Bhai Sahib eagerly asked to be a poet and started listing all the things he could do. Guru Sahib could see his Haumai (ego) growing and said there would be two things he would need to do.



## Seva, Simran & Sangat

Firstly, he was instructed to attend the morning diwan and be in the Sangat. After this Bhai Sahib was instructed to do Seva of washing the dishes. Bhai Sahib was really excited about the first part but wasn't looking forward to the second. Being of higher class, washing dishes was something servants would do. Bhai Sahib was in bliss after sitting in the Sangat in the morning and then went to the langar area. He witnessed the magic of Seva. Everyone was doing lots of Seva with so much love. No one looked at what class or caste they were. An educated man was cleaning shoes with so much love, a wealthy woman was washing dishes with so much love. Bhai Sahib was in awe! He got stuck in with the Seva and immersed himself in the dishes.

## Falling in love with Sikhi

Spending time doing Seva, Simran and Sangat Bhai Nand Laal Ji started falling in love with Guru Sahib. So much affection had developed that Bhai Sahib became besotted with Guru Gobind Singh Ji. They even used to watch Guru Ji while they were eating langar. Guru Sahib used to sometimes give a few pieces of their parshadha (food) to a stray dog here and there. Bhai Sahib watching from afar felt lots of bairaag (love and detachment), wishing he could be as lucky as the dog.

## Take my heart!

Once Bhai Nand Laal Ji was walking past Guru Sahib's resting room. As they walked past, they couldn't help but shout out "Mera Dil Leh Lo!" ("Take my heart!") just like Indian grocers selling their vegetables out on the street. Bhai said it again! Guru Sahib came out of their room to see who it was, but Bhai Sahib, feeling timid, hid. He shouted it out again. Guru Sahib caught him and called him in. Guru Sahib asked what are you selling? Bhai Sahib in a shy voice replied, "Please take my heart?" Guru Sahib laughs and tells Bhai Sahib that he needs to do more Seva. This made Bhai Nand Laal Ji even more dedicated to do Seva with love! Bhai Nand Laal Ji did so much Seva that he was recognised for his Seva and was given the honour to lead a langar Asthaan (place) in Anandpur Sahib.

**Sahsangat Ke Asre Prabh Sio Rang Laae**

**We develop love for Waheguru ji when we take the support and are in the Sangat of the Saadhus.**

**Sri Guru Granth Sahib Ji Ang - 966**

**May we all fall in love with our Guru like Bhai Nand Laal Ji!**







# THE FIRST SIKHS AROUND THE WORLD!

## SIKHS IN AFGHANISTAN!

FIRST SIKH/S: 1517 ~ POPULATION: 3000 > 100 ~ GURDWARAS 10 > 1

The number of Sikhs in Afghanistan today is minimal. Before the 1990s, the Afghan Sikh population was estimated to be around 50,000 with the largest numbers of Afghan Sikhs living in Jalalabad, Kabul, and Kandahar. In 2013, Sikh leaders estimated that there were around 800 families in the country, of which 300 families lived in Kabul. In 2021, the total number at the start of the year numbered 400, and by the end of the year, numbered around 100.

After the Taliban took over, many Sikhs and Hindus sought resettlement outside Afghanistan, choosing to emigrate to countries such as India, North America, the European Union, the United Kingdom, and Pakistan.



Dr. Anarkali Kaur Honaryar was a member of the Afghan senate and the first Sikh and non-Muslim member of the Afghan parliament. She was born in Kabul, Afghanistan. She graduated with an honors from Afghanistan University as a dentist. During the Taliban era, women were not allowed to work or study but she persisted, and worked as a vaccinator at a hospital. When she was expelled for being a Sikh, she decided to champion the cause of women's rights. After the defeat of the Taliban, Dr. Honaryar was nominated as a member of the Grand Council, the Loya Jirga. In 2010, she was elected to the Upper House of the National Assembly of Afghanistan, in which she served until 2015.

On 22 August 2021, she came to India along with Indians rescued from Afghanistan amid the fall of Kabul to the Taliban.

## SIKHS IN ARGENTINA

FIRST SIKH/S: 1900S ~ POPULATION: 300 ~ GURDWARAS: 1

The first Sikhs came to Argentina in the early 20th century to work on a British-built railroad. In the 1970s, others came after being barred entry to Canada and the United States.

Argentina seemed the most promising of South American nations, and so they stayed, eventually concentrating in the North, which reminded them of Punjab. Most of the immigrants settled in Rosario de la Frontera. This remote northern Argentine town is home to Gurdwara Nanak Sar. Today, there are about 300 Sikhs in Argentina, many of whom run supermarkets and other shops.



Gurdwara Nanak Sar - Rosario Av. Palau, Rosario de la Frontera

Argentina is the second largest exporter of peanuts after China, accounting for 25 percent of the world trade in kernels.

Rio Cuarto region produces high-quality peanuts with its ideal soil and agroclimatic conditions.

Simmar Pal Singh was a senior executive with Olam, a billion dollar company headquartered in Singapore. It is a leading global supply chain manager of agricultural products and food ingredients.

Simmar Pal came to Argentina in 2005 to buy peanuts for the company, but convinced his company to farm peanuts themselves. With approval from his company, he started off with leasing 700 hectares of land and grew peanuts. It was a success and the company let him lease additional acreage. By 2009, he was cultivating 17,000 hectares, employing 140 Argentines, most of them in the processing plants.



Source: [http://images.jagran.com/Argentina\\_sl\\_07\\_11\\_2011.jpg](http://images.jagran.com/Argentina_sl_07_11_2011.jpg)

<https://www.aalibank.com/articles-detail.php?cat=884>



# COUNTRIES THAT START WITH THE LETTER...

# A!

A little HISTORY of the SIKHS

## SIKHS IN AUSTRALIA!

FIRST SIKH/S: 1830S ~ POPULATION: 210,000 ~ GURDWARAS: 32

Sikhs today make up approx. 0.8% of Australia's population, or over 210,000 people, and are the country's fifth-largest religious group. The population has grown from 12,000 in 1996, 17,000 in 2001, 26,500 in 2006 and 57,641 in the 2011 census. The population has grown by more than 350% to over 210,000 people, and is now one of the fastest-growing religions in Australia.

It appears that the first Sikhs arrived in the country somewhere in the late 1830s, when the transport of convicts to New South Wales was slowing, before being abolished in 1840. The lack of manual labourers from the convict assignment system led to an increase demand for foreign labour, which was partly filled by the arrival of Sikhs who fulfilled roles as farm labourers and shepherds.



Podgy the Hawker, Gosburn Valley, Victoria

Towards the end of the 19th century, Indian hawkers, a large number of whom were Sikh, became a common sight in the country regions throughout the country. Peddling was a common occupation in rural India and was readily transplanted to rural Australia due to its widely dispersed population.

Early Sikh Hawkens, Victoria, Australia



Source: <https://www.australiansikhheritage.com/australian-sikh-farmers>

### GENERAL NEWS.

Mr. Charr Singh, of Queensland, has disposed of his farm to Mr. L. M. Harkin, of New South Wales. The estate comprises nearly 3,300 acres, and has changed hands at a satisfactory figure. Mr. Charr Singh has paid considerable attention to the breeding of turkeys, and estimates having some 600 head running on his farm. Over 400 acres are under crop this year, with every prospect of a satisfactory yield.

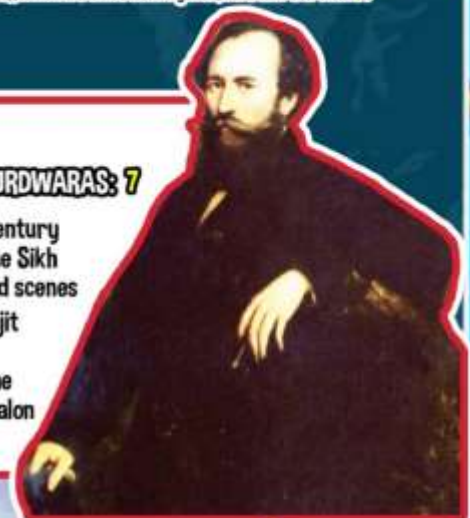


## SIKHS IN AUSTRIA!

FIRST SIKH/S: TBC ~ POPULATION: 15-20,000 ~ GURDWARAS: 7

August Theodor Schoefft (1809 - 1888) was a 19th-century Hungarian painter. He spent more than one year in the Sikh Empire, arriving in 1841, where he painted portraits and scenes

of the surrounding area. His best-known works include The Court of Lahore and Maharaja Ranjit Singh at Darbar Sahib, which were actually both painted in Austria. "Once completed his monumental masterpieces of the Lahore Court and Ranjit Singh at Darbar Sahib as well as some other paintings from the Sikh Empire were exhibited by Schoefft to the public at the Vienna Salon of 1855."



The Court of Lahore by August Schoefft, 1850-1855, painted in Vienna, after original drawings made by the artist at Lahore, 1841.



Maharaja Ranjit Singh at the Darbar Sahib by August Schoefft, 1850, painted in Vienna, after original drawings made by the artist at Lahore, 1841.





# JAGS FITNESS CHALLENGE!



Are you ready to start your fitness journey? ??

We want you to complete these simple exercises each day, starting from 1st March up until the end of the month! Pick your age group below and the number of times we want you to do each exercise! Complete the challenge and email kirpamagazine@gmail.com to get a chance to have your picture in next months magazine!

5 people from each age group can also win the chance to have a Free boxing lesson with GC Boxing!

Age Group	Exercise 1	Exercise 2	Exercise 3	Your
Below 7	Press Ups	Sit Ups	Star Jumps	Daily Log!
<b>Week 1</b> Monday - Sunday	5	5	5	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 2</b> Monday - Sunday	6	6	6	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 3</b> Monday - Sunday	7	7	7	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 4</b> Monday - Sunday	8	8	8	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>

Age Group	Exercise 1	Exercise 2	Exercise 3	Your
8-11	Press Ups	Sit Ups	Star Jumps	Daily Log!
<b>Week 1</b> Monday - Sunday	9	9	9	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 2</b> Monday - Sunday	10	10	10	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 3</b> Monday - Sunday	11	11	11	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 4</b> Monday - Sunday	12	12	12	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>

Age Group	Exercise 1	Exercise 2	Exercise 3	Your
12-14	Press Ups	Sit Ups	Star Jumps	Daily Log!
<b>Week 1</b> Monday - Sunday	13	13	13	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 2</b> Monday - Sunday	14	14	14	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 3</b> Monday - Sunday	15	15	15	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 4</b> Monday - Sunday	16	16	16	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>

Age Group	Exercise 1	Exercise 2	Exercise 3	Your
15+	Press Ups	Sit Ups	Star Jumps	Daily Log!
<b>Week 1</b> Monday - Sunday	17	17	17	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 2</b> Monday - Sunday	18	18	18	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 3</b> Monday - Sunday	19	19	19	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>
<b>Week 4</b> Monday - Sunday	20	20	20	MON <input type="checkbox"/> TUES <input type="checkbox"/> WED <input type="checkbox"/> THURS <input type="checkbox"/> FRI <input type="checkbox"/> SAT <input type="checkbox"/> SUN <input type="checkbox"/>

If you have enough power, then do these exercises multiple times a day! Or try the exercises for the above age group!



Take 30 breathing seconds between each exercise!

### Exercise 1 Press Ups

Lie face down, lift your body with your arms, and bend your elbows to lower down, then push back up.



### Exercise 2 Sit Ups

Lie down, bend your knees, and lift your body up to your knees using your tummy.



### Exercise 3 Star Jumps

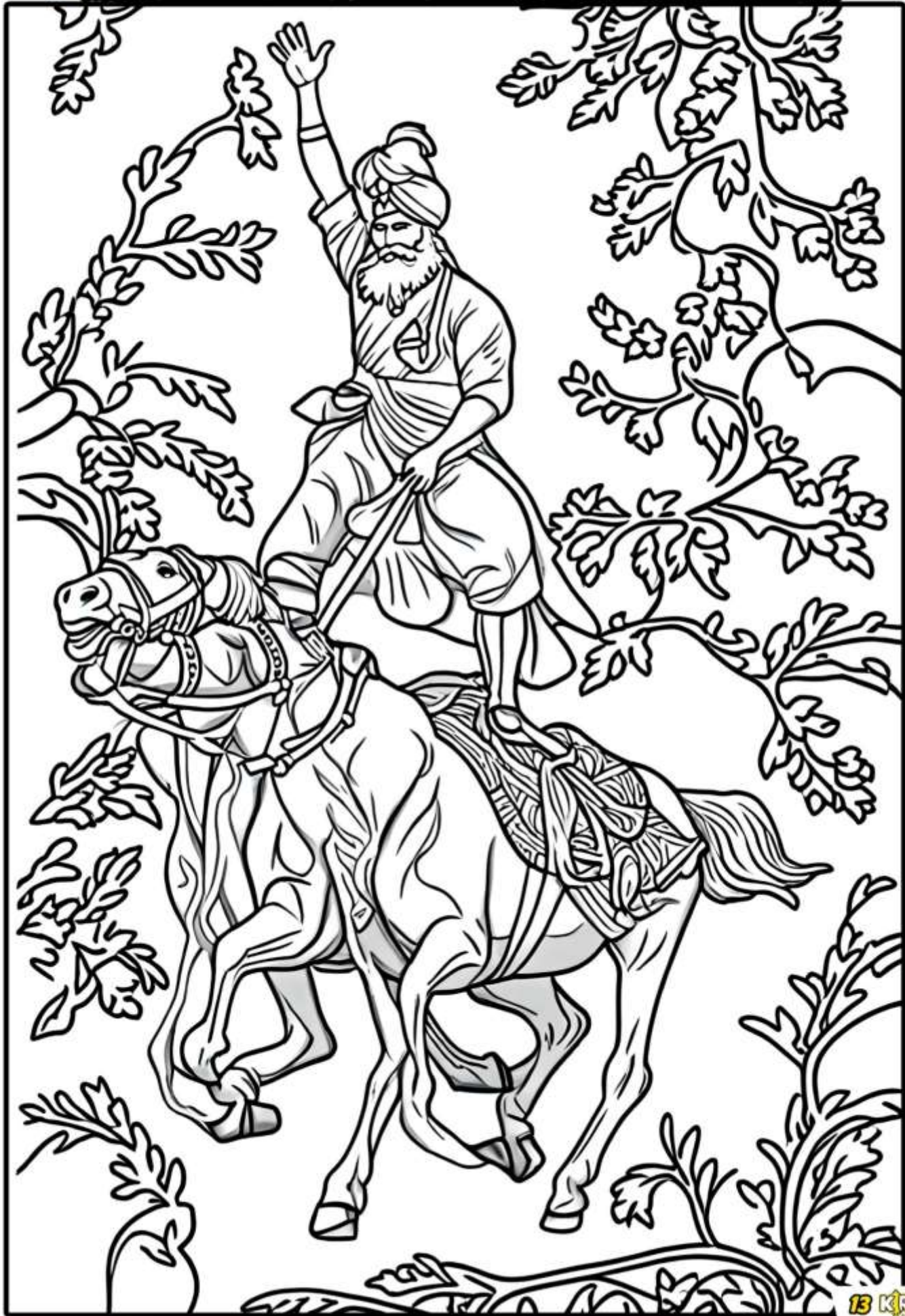
Jump and spread your legs wide while raising your arms, then jump back to start.





# COLOURING IN!

COLOUR IN THIS AMAZING PICTURE OF A NIHING SINGH SHOWING HIS MARTIAL SKILLS AT HOLA MOHALLA!







# My Sikhi Seva!

**IN THIS PART OF THE MAGAZINE, WE LOOK AT HOW YOUNG SIKHS ACROSS THE WORLD ARE DOING SEVA IN AMAZING WAYS! WANT TO TELL US YOUR STORY AND GET FEATURED IN KIRPA MAGAZINE? EMAIL US AT KIRPAMAGAZINE@GMAIL.COM TO FIND OUT MORE!**



**MY NAME IS PAHULPREET KAUR AND THIS IS FATEH SINGH AND TODAY WE ARE FEEDING OUR PLANTS AND MAKING SPACE FOR NEW ONES IN SMALL POTS! TO MAKE SURE THE PLANTS TURN OUT HEALTHY, WE DUG UP THE OLD SOIL AND REPLACED IT WITH NEW FRESH SOIL.**

**THIS IS BECAUSE WE SHOULD TAKE CARE OF THE ENVIRONMENT AROUND US AND PLANT AS MANY PLANTS AS WE CAN. WE SHOULD ALSO BE AWARE OF THE IMPORTANT ROLE PLANTS PLAY IN OUR LIFE, SUCH AS PROVIDING US WITH THE AIR WE BREATHE AND MATERIALS WE USE FOR CLOTHING AND MUCH MORE.**



**ANOTHER REASON WHY WE SHOULD TAKE CARE OF THE ENVIRONMENT IS BECAUSE IT IS ALL PART OF GURU MAHARAJ'S CREATION! OUR GURU WATCHES OVER US, SO WE HAVE THE RESPONSIBILITY OF TAKING CARE OF THE ENVIRONMENT. WE SEE THIS WHEN GURU MAHARAJ SAYS || KAR KAR VEKHAJ NADHAR NIHAAL|| "HAVING CREATED THE CREATION, HE WATCHED OVER IT. BY HIS GLANCE OF GRACE, HE BESTOWS HAPPINESS."**



**ANOTHER REASON WHY WE THINK TAKING CARE OF NATURE AND OUR ENVIRONMENT IS VERY IMPORTANT IS BECAUSE, WE ARE TAUGHT BY OUR GURU THE CONCEPT OF SEVA (SELFLESS SERVICE).**

**IF WE TEACH OTHERS TO TAKE CARE OF NATURE, THEN THEY THEMSELVES WILL BE ABLE TO TELL OTHER PEOPLE WHICH MEANS JUST ONE OF OUR ACTIONS CAN HAVE A POSITIVE IMPACT ON OUR ENVIRONMENT. WE BELIEVE THAT GURU MAHARAJ IS WATCHING OVER US AND TO MAKE OUR GURU PROUD, WE MUST TAKE CARE OF HIS CREATION THAT HE MADE FOR US!**









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# COMPETITION TIME!

## WIN AN APPLE IPAD 10.9 INCH 64GB!



For this month's competition, we would like you to:

**Create a poster on the Panj Pyareh and the importance of their names!**

Things to think about :

- What do their names mean?
- How can we use the values of their names in our lives?
- The special last name Guru Gobind Singh Ji gave us and what does it mean?
- Does the order of the names mean anything?
- What is the importance of the Panj Pyareh now?

**Competition ends on Monday 10th March 2025!**

### How to Enter!

- STEP 1)** Take a clear picture of your work
- STEP 2)** Take a second picture of you holding your work
- STEP 3)** Send us an email

### Email Subject - Kirpa Competition April

In your email put the following details:

- ADULTS FULL NAME
- CHILDS FULL NAME
- MEMBERSHIP NUMBER

(Found on email when subscribed)



A 50 word paragraph describing your work.

Attach both pictures

(one of your work and one holding your work)

Email - kirpamagazine@gmail.com

If any of the above information is missing, you will not be entered into the competition!



Please note only members can enter the competition.

### How to become a member:

You become a member when you subscribe to the Kirpa Magazine at [Sikh-Vision.com/KirpaMagazine](http://Sikh-Vision.com/KirpaMagazine)

### Important Rules -

Please do not include any Gurbani or Gurmukhi in your work.  
Please do not draw or write "Ikonkaar"  
Please keep your work safe and keep in a respectable place.  
Be creative!  
Do your research online (Wikipedia is not always right!)  
Take your time and put in as much effort as you can!

### How the winner is decided:

The main aim of the competition is to encourage participants to connect, spend time and learn more about Sikhi whilst doing it creatively with the added bonus of winning a prize.  
We will put all names of members who have entered on an online generator which will pick a winner at random.  
We know that everyone puts in effort into their work, so we do not think it's fair to pick a winner based on who we think did the "best" work. This way, the competition is fair to all members.  
We encourage everyone to do their best work as your piece can potentially get featured in the magazine for the world to see!  
As this magazine grows, we aim to increase the prizes we give out!  
We encourage everyone to enter each month's competition and earn the ultimate true prize - the gift of blessings and Sikhi from Guru Sahib!



# HOLA MOHALLA ARTWORK!

LET'S TAKE A LOOK AT THE AMAZING ENTRIES SENT IN FOR THIS MONTH'S KIRPA MAGAZINE!

**AKAAL SINGH**



**MEHARVAAN SINGH**



**SAHIB KAUR**



**SUKHBIR KAUR**



**HARMAN KAUR**



**HARJAAP SINGH**



**DAYA KAUR**



**DHARAM SINGH**



**BINDERPAL SINGH**





# QUESTION & ANSWER!

GET ALL YOUR SIKHI QUESTIONS ANSWERED HERE!

**Q) SHOULD WE SAY "SIKHI" OR "SIKHISM" ?  
WHAT IS THE DIFFERENCE?**

**A) THE WORD SIKH-ISM IS ACTUALLY NOT FOUND IN ANY HISTORICAL TEXTS OR SRI GURU GRANTH SAHIB JI. HOWEVER THE WORD "SIKHI" IS WHAT WAS COMMONLY USED TO DEFINE THE RELIGION. THE WORD "SIKHISM" WAS STARTED WHEN THE BRITISH CAME INTO INDIA AND USED IT TO SPEAK ABOUT THE SIKHS.**

**DID YOU KNOW THAT SIKHI IS NOT AN "ISM" ; THE WORD "ISM" MEANS TO HAVE A FIXED SET OF BELIEFS. HOWEVER SIKHI IS A WAY OF LIFE, WHERE WE AIM TO IMPROVE OURSELVES AS INDIVIDUALS. WE CONTINUOUSLY LEARN AND NOT JUST HAVE BELIEFS BUT PRACTICES!**

**Q) IS IT OK TO COVER MY HAIR  
WITH A CAP OR HAT?**

**A) GURU GOBIND SINGH JI HAS BLESSED US ALL WITH A CROWN, A CROWN WORN ONLY BY ROYALTY. THE NAME OF THIS CROWN IS THE DASTAAR! NOT ONLY DOES IT PROTECT OUR HAIR, BUT HELPS US SHOW THE WORLD OUR FAITH AND COMMITMENT TO HELP ANYONE IN THE TIME OF NEED. DO YOU WANT TO SWAP THIS FROM A HAT?**

**WE ARE MADE TO STAND OUT FROM THE CROWD, A DASTAAR CAN BE WORN IN THE SUMMER OR WINTER. ONCE YOU START TYING A DASTAAR, IT ADDS ROYALTY AND MATURITY, AND FEELS AMAZING! IT DOES TAKE TIME AND PRACTICE TO LEARN. PICK A STYLE YOU LIKE AND SLOWLY LEARN HOW TO TIE IT, THERE ARE MANY VIDEOS ONLINE OR YOUR LOCAL GURDWARA MIGHT EVEN HAVE A DASTAAR TYING CLUB!**

**Q) WHY DO SIKHS GO AROUND  
SRI GURU GRANTH SAHIB JI?**

**A) WHEN WE GO TO THE GURDWARA, YOU MAY SEE MANY SIKHS DOING MATHA TEK (BOWING DOWN), THEN GOING AROUND GURU SAHIB. THIS IS CALLED A "PARIKARMA".**

**THIS SYMBOLISES THAT SRI GURU GRANTH SAHIB JI IS THE CENTRE OF OUR LIVES AND WE FOLLOW AND BELIEVE IN EVERYTHING THAT GURU JI SAYS. JUST HOW THE EARTH GOES AROUND THE SUN TO GET IT'S LIGHT AND ENERGY, A SIKH GOES AROUND GURU SAHIB TO GET OUR LIGHT AND ENERGY!**

**Q) CAN I TAKE MY KARA OFF DURING SPORTS?**

**A) GURU JI HAS BLESSED US WITH 5 KAKAAR. THE KARA (IRON BANGLE) BEING ONE OF THEM. IT IS INSTRUCTED TO US TO NEVER LET ANY OF THE KAKAAR LEAVE OUR BODY. THAT INCLUDES KARA.**

**IF THE SPORT YOU PARTAKE IN INVOLVES PHYSICAL CONTACT, WE SUGGEST YOU LOOK INTO WEARING A SWEATBAND OVER YOUR KARA TO PREVENT IT FROM HITTING OTHERS OR CAUSING INJURY.**

**Q) HOW CAN I SHOW RESPECT TO GURBANI  
THAT IS BEING PLAYED ON MY PHONE?**

**A) WHENEVER WE LISTEN TO GURBANI, KIRTAN, KATHA OR ANYTHING RELATED TO SIKHI, WE SHOULD ALWAYS SHOW RESPECT, WHETHER THAT IS BEING PLAYED FROM A RADIO, TV, MOBILE PHONE ETC. ONCE BEING PLAYED, THE DEVICE SHOULD BE PLACED ON A HIGHER PLACE THAN THE PERSON LISTENING TO IT.**

**IT SHOULD NOT BE PLACED ON THE FLOOR OR IN LEVEL WITH YOUR FEET. TRY TO FIND A NICE, CLEAN PLACE TO PLACE YOUR DEVICE.**

**Q) WHAT DOES "BOLEH SO NIHAAL" MEAN?**

**A) BOLEH SO NIHAAL IS A SIKH WAR CRY IT MEANS "WHOEVER REPLIES TO THE CALL WILL BE BLESSED". THEN EVERYONE REPEATS "SAT SRI AKAAL" MEANING "TRUE IS THE IMMORTAL LORD."**

**THIS WAS USED IN THE BATTLEFIELD TO GIVE THE SIKH WARRIORS HIGH SPIRITS.**

**NOW, IT IS COMMONLY USED BY SIKHS TO RAISE SPIRITS, FOR JOY OR HAPPINESS, OR AT THE END OF ARDAS, KIRTAN AND PAATH.**

**IF YOU HAVE ANY QUESTIONS THAT YOU WOULD LIKE TO GET ANSWERED, THEN PLEASE EMAIL  
KIRPAMAGAZINE@GMAIL.COM EMAIL SUBJECT: Q&A**



# THE BASICS OF ਪੰਜਾਬੀ PUNJABI!

Nirmolak Heera

Hi, Sat Sri Akaal,  
Waheguru Ji Ka Khalsa Waheguru Ji Ke Fateh!

Each month in this "Punjabi" section we will be sharing some tips and tricks to learning the Punjabi language.

These will be a range of tips to help with Speaking, Listening, Reading and Writing .... and today we are starting with Speaking.



How many of you believe that "if I can read Punjabi then I can speak Punjabi."

I hear this a lot on the road - whether it's in Birmingham or Southall or Leeds.

Lots of people tell us "but I can read Punjabi, why can't I string a sentence together."

Unfortunately this misconception is so common but the skills needed to speak and the skills needed to read are very different.

Firstly - do not be embarrassed!  
You are not alone!

This is very common because lots of people only focus on reading Punjabi but don't explain the nuances and differences for speaking.

Now the important part - the best way to speak .... is to speak.

## Simple Convos!

Start with simple conversations that you have every single day at home and switch one conversation at a time to Punjabi. Think about all the conversations you have every single day, which one can you switch out for Punjabi?

Some ideas are "What would you like to eat?", "I'm feeling hungry", "Where are you going?", or "When will you be home?"

By just focusing on one conversation at a time, you will learn grammar, vocabulary, sentence structure, and you will have a conversation with a loved one.

Now, let's give it a go together!

The verb to go is "jaa" in Punjabi.

When we are changing the verb, we need to consider who is talking - me or we. (There are other forms too but let's start with these).

A male speaking will change "jaa" to "jaa reha" (think a long 'aa' sound at the end), a female speaking "jaa rehi" (think of a long 'i/ee' sound) and in plural "jaa rehe" (think of a short 'air' sound).

The object or the noun - in this case, the place you are going - we are going to keep in English. Remember it's absolutely fine to speak Punlish and have some English words in your Punjabi sentence while you are learning!

So then your sentence would become:

English	M/F	Pronoun	Object	Verb
I am going to the office	Male	ਮੈਂ Mai	office	ਜਾ ਰੇਹਾ ਹਾਂ ja reha haa
I am going to the restaurant	Female	ਮੈਂ Mai	restaurant	ਜਾ ਰੇਹੀ ਹਾਂ ja rehi haa
We are going to the hospital	We	ਅਸੀਂ Asi	hospital	ਜਾ ਰੇਹੇ ਹਾਂ ja rehe haa

## Adding Verbs!

In Punjabi, the verb always comes at the end of the sentence and we need to add an end of sentence verb to complete the sentence.

Make sense so far?

The last bit, how do we ask the question: where are you going?

Tusi kithe jaa rehe ho?

Let's look at each word and build that vocab too:

Tusi = you  
kithe = where  
jaa rehe = going  
ho = end of sentence verb



## Let's Role Play!

Now the fun part - let's practice in a role play. Grab someone - a friend, a family member and try the role play below. If you live on your own or with people who don't know Punjabi - send a voice note on WhatsApp to someone!

WHERE ARE YOU GOING?  
TUSI KITHE JA REHE HO?

I AM GOING TO [INSERT PLACE]  
MAI [INSERT PLACE]  
JA REHA/REHI HAA.

WHERE ARE YOU GOING?  
TUSI KITHE JA REHE HO?  
(WHERE = KITHE)

I AM GOING TO  
[INSERT PLACE]  
MAI [INSERT PLACE]  
JA REHA/REHI HAA.

How do you feel?  
First conversation  
in Punjabi done?

19 KRPAA!

To learn more visit : [punjabi.nirmolakheera.com](http://punjabi.nirmolakheera.com)



# FOUR RIVERS OF FIRE!

## FIVE VICES

The spiritual path toward the Divine is fraught with challenges. Our minds become entangled in attachments, ego, selfishness, and falsehood, which are fuelled by the Five Vices: lust (kaam), anger (krodh), greed (lobh), attachment (moh), and ego (a-hankar). These vices pull us into the whirlpool of Maya - an illusionary force that keeps us away from God.



## THE FOUR RIVERS

Guru Sahib alerts us of the four rivers of fire, that can destroy a person spiritually. These are destructive forces that burn the soul and must be overcome to attain peace.

ha(n)s het lobh kop chaare nadheea ag ||  
paveh dhajheh naanaka tareeai karamee lag ||  
Cruelty, material attachment, greed and anger are the four rivers of fire. Falling into them, one is burned, O Nanak! One is saved only by holding tight to good deeds. [SSGS] Ang 147]

## CRUELTY

is the act of intentionally causing pain to others - whether humans, animals, or nature. It can manifest as domestic abuse, violence from oppressive rulers, or heartless behaviour.

Some have cruelty in their hearts - they constantly act in cruelty; as they plant, so are the fruits which they eat. [SSGS] Ang 302]

Do not utter even a single harsh word; your True Lord and Master abides in all. Do not break anyone's heart; these are all priceless jewels. [SSGS] Ang 1384]







## GREED

is the excessive desire for material wealth, power, and possessions. It leads to dishonesty, corruption, and selfishness, creating a restless mind that never feels content. People become isolated, as they abandon their spiritual and moral responsibilities in the pursuit of material gain.

*Do not trust greedy people, if you can avoid doing so. At the very last moment, they will deceive you there, where no one will be able to lend a helping hand. [SSGS] Ang 1417*

*O greed, you cling to even the great, assaulting them with countless waves you cause them to run around wildly in all directions, wobbling and wavering unsteadily. You have no respect for friends, ideals, relations, mother or father. [SSGS] Ang 1358*

## ANGER

is a strong emotional reaction to perceived wrongs, often resulting in harmful words and actions. It destroys peace of mind and leads to violence, conflict, misery and broken relationships. Anger blinds us to compassion and spiritual wisdom, making us act out of ego rather than understanding.

*O anger, you are the root of conflict; compassion never rises up in you. You take the corrupt, sinful beings in your power, and make them dance like monkeys. [SSGS] Ang 1358*



## MATERIAL ATTACHMENT

occurs when we become overly focused on wealth, status, possessions, and relationships. This attachment blinds us to the impermanent nature of life, leading to anxiety and fear when things change or are lost. It keeps the soul trapped in darkness and distanced from God.

*O emotional attachment, you are the invincible warrior of the battlefield of life; you totally crush and destroy even the most powerful. [SSGS] Ang 1358*

## WATER OF THE LORD'S NAME

The Guru's teachings emphasise that to overcome these four destructive fires, we should turn to the spiritual practice of Naam Simran (meditation on God's Name), live according to the discipline of the Sikh Code of Conduct (Rehat), and follow the path of Gurbani. The Amrit Naam (Waheguru) received through initiation by the Five Beloved Ones (Panj Pyareh) helps to extinguish these fires and cleanse the heart and help us attain inner peace, love, compassion, and spiritual awareness.

A Gurmukh (one who follows the Guru's teachings) extinguishes the four fires with the "Water of the Lord's Name", through the practice of devotion and spiritual discipline and achieve true contentment and connection with the Divine.

*Chaare agan nivaar mar gurmukh har jal pai || The Gurmukh puts out the four fires, with the Water of the Lord's Name. [SSGS] Ang 22*





# ARTS & CRAFTS

## The Colours of Hola Mohalla!

See the vibrant colours of Hola Mohalla  
with the skittles rainbow effect!



To make a Skittles rainbow you will need

- Flat Plate
- Skittles Sweets
- Warm Water

1



Arrange Skittles in a circle  
or pattern on a plate

2



Pour warm water into the  
middle of the plate

3



Watch the colours spread out and  
create a rainbow effect!

4



See how the beautiful colours come together!  
Why not try this with different patterns?



# A Colourful New Beginning!

To celebrate Chet, the Sikh New Year, Make this colourful flower pot and plant seeds to grow beautiful flowers!



## You will need:

- A Plant Pot
- Paint Brush
- Soil
- Paint
- Seeds (of your choice)



1. Paint the pot any colour of your choice and let it dry.



2. Paint your hand in different rangoli colours and make handprints around the pot and let it dry.



3. Fill half the pot with soil/compost, add seeds and top up with the rest of the soil/compost.



4. Add water and give enough sunlight to grow.



5. In a few weeks, you will see the results!



## THE IMPORTANCE OF COLLECTIVE WORSHIP AT HOME

In the fast-paced world we live in, family life is often consumed by work, school, and social commitments, leaving little time for spiritual growth. Guru Maharaj is very clear regarding spiritual growth. In fact, they prioritise it.



**Bhaee Paraapath Maanukh Dhaehureeaa ||**

This human body has been given to you.

**Gobindh Milan Kee Eih Thaeree Bareeaa ||**

This is your chance to meet the Lord of the Universe.

So how does one meet the Lord of the Universe? Maharaj goes on to answer this question within the same Shabad;

**Avar Kaaj Thaerae Kithai N Kaam ||**

Nothing else will work.

**Mil Saadhhasangath Bhaj Kaeval Naam ||||**

Join the Saadh Sangat, the Company of the Holy; vibrate and meditate on the Jewel of the Naam. ||||

Through the company of the holy and meditation of Naam; this can be achieved.

The first company (sangat) we have is our family. The home is the first Gurdwara for a child, where values, traditions, and spirituality are nurtured. Therefore, we should try our utmost to ensure that we schedule collective worship into our daily/weekly routines.



### THE POWER OF SANGAT AND SIMRAN!

Guru Nanak Dev Ji emphasized the importance of sangat (holy congregation) and simran (remembrance of the Divine). When families gather to meditate on Waheguru's name, they create a sacred environment where love, peace, and wisdom flourish. Guru Granth Sahib states:

"Sangat mil raheeyai parabh apnaa, man tan bhaeeya nirmal haraa."

("Joining the Holy Congregation, we meet our Lord, and our mind and body become pure.") – Guru Granth Sahib, Ang 94.

This verse highlights that being in the company of spiritually-minded individuals purifies the mind and heart, reinforcing the importance of family worship at home.

### ACTION POINT: CREATING A DIVINE ATMOSPHERE AT HOME

A home filled with the sound of Gurbani resonates with divine energy, fostering inner peace.

Establishing a daily routine of reading the Guru's Bani, discussing its meaning, and applying its teachings in life is crucial. The Guru Granth Sahib states:

"Gur kee bani gur thae jaaneeai, sathigur karay piaar."

("The Word of the Guru's Bani is known from the Guru; the True Guru loves those who love His Word.")

– Guru Granth Sahib, Ang 1239.

When families come together for collective worship, they cultivate love for Gurbani, creating an environment where spiritual discipline thrives.



### PASSING DOWN SIKH VALUES

Children learn by observing their parents. When they see their elders engaging in collective paath (recitation of Gurbani), they naturally develop a connection with Sikhi.

If we do not actively incorporate worship into daily life, children may become disconnected from their spiritual roots. Guru Ji teaches us the central role of the family in nurturing Sikhi. A household that collectively worships together lays a foundation of divine wisdom for future generations.

### ACTION POINT: REFLECT AND IMPLEMENT

To encourage collective worship at home, consider these questions:

- How often do we gather as a family to engage in Gurbani recitation?
- What steps can we take to make Nitnem a collective experience?
- How can we create a spiritual atmosphere in our home?
- Are we teaching our children the meaning and importance of Sikh values?

By integrating these reflections into daily life, Sikh families can ensure that their homes remain a sanctuary of Waheguru's presence, filled with love, wisdom, and divine blessings.



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