The Sikh Religious Award
Study Work Book
For
Grades (1-3) Youth

American Sikh Council
Formerly known as, World Sikh Council - America Region

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The
American Sikh Council
Sikh Religious Award Book

By
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For
Any Sikh Youth
Who
In his/her
Chardi Kalaa
(The Perpetual Spirit of Ascendancy)

Aspires to be

a
Citizen of the World
Wishing

Sarbat Daa Bhalaa
(Prosperity of All)
Acknowledgements

This is to acknowledge all the effort, ideas and constructive input given by many individuals associated with the American Sikh Council, formerly known as World Sikh Council – America Region.

A special thanks to the members of the Boy Scout Task Force namely S. Kirpal Singh, Dr. Manohar Singh, for all their great contribution and constructive feedback in bringing this work to fruition.

Thanks to S. Kavneet Singh for his long term vision, planning and years of overall persistent effort to bring out the four workbooks from grades 1 - 12.

Thanks to the two young Sikh Eagle Scouts, S. Karanveer Singh and S. Sherveer Singh in taking time to read the draft, by giving constructive ideas, suggestions and finally making this a reality.

[Outside front cover – Arjan Singh, Cub Scout (Bear rank)]

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Third Edition: 2019
How to use the book – A few guidelines

Please help your young ones to understand and memorize the ‘Sikh Way of Life’ by:

1. Explaining to them the Sikh concepts.
2. The child can sing the couplets with the parent, cub leader, assistant cub leader, den leader or counselor.
3. The child will do a fill in the blanks activity with the help of the parent, cub leader, assistant cub leader or counselor.
4. Providing them with actual experience of regularly visiting the Gurdwara Sahib (Sikh House of Prayer), and encouraging them to serve in the Langar.
5. Inspiring them to learn Gurbani, the Guru’s Word and singing Kirtan.
6. Helping them to learn the concept of seva (selfless service) - serving others without expecting any rewards.
7. Pictures of various ‘Articles of Faith’ can be drawn by the child.
8. Pictures can be found on the internet or in various magazines.
9. Video clips of Sikh children doing various activities, at the Gurdwaras and the Guru Granth Sahib can be shown through interactive discussion followed with questions and answers.
10. Sketches of different pictures can be given and the child can color them.
11. After completion of the student workbook including any additional materials the child must show and discuss with the ‘counselor’ in order to be signed and approved.
Introduction

We are Sikhs.

The Students of the Sikh Way of Life,

Shown by

Guru Nanak Sahib and the succeeding nine Guru Sahibs.

As per Sikh Teachings; we believe in;

ONE God

The Supreme Truth, the Creator, Omnipresent,

Without fear, without enmity,

A Timeless Reality, beyond birth or death

Self-existent.

and

Known by the Guru’s Grace.

Which means that;

• Besides ONE God there is no one else equal to Him. And,
• He is ‘The ONE’ common Parent of us all humans. No matter, whether anyone amongst us is; a Sikh, a Christian, a Muslim, a Buddhist, a Baha’i, a person of some other faith, or of no faith at all.
• He is present everywhere; everywhere means everywhere.
• He is not afraid of anybody; therefore being His children, nor should we.
• He loves everyone; therefore so should we.

Thus with that in mind, our objective in life is;

• To learn to find and meet ‘The ONE’ right in our life.

The Three Pillars of the ‘Sikh Way of life’ to find and meet ‘The ONE’ is to do the following;

1. **KIRAT KARO**: Earn our living through honest means.
2. **WAND CHHAKO**: Share with others, the fruits of our labor through ‘sewa’- selfless service to humanity.
3. **NAAM JAPO**: (Meditate on God’s Name), to develop consciousness of His presence in every heart and to develop God like qualities through His remembrance.

Thus guided by the above Pillars of Sikh Way of life, we practice the following social qualities;

1. With full sincerity believe in the **brother/sisterhood of all mankind** irrespective of their superficial visible marks of distinction like color, race, gender, religion, creed or national origin, etc.
2. Believe in **equality** of all human beings, women as well as men.
3. Recognize the, “**Right of freedom to practice religion**” of every human being and therefore not to attempt conversion through any kind of force, deceit or allurement.
4. Recognize the, “**Right to self-defense and the right to bear arms**” for every human being.
5. Recognize the, “**Right to Liberty and Justice for all.”**

Furthermore, to develop the necessary discipline to live as per the discipline advocated by the Sikh Guru Sahibs. We wear the following ‘**articles of faith**’ on our body as a constant reminder of the Guru Sahib’s commandment and instructions;
The **five Articles of Faith** for a Sikh:

1. **KESH** (uncut hair); covered with a turban/chunni (scarf) to be distinguished so one is approachable.
2. **KARHAA** (steel bracelet) to be openly bonded with goodness.
3. **KACHHRAA** (a pair of breeches) to stay disciplined.
4. **KANGHAA** (comb) to keep hair neat and tidy.
5. **KIRPAN** (a small sword) to stay mindful of the responsibility to help the weak.

Thus as we grow, we continue on our journey in the Spirit of Chardi Kala (of Perpetual Ascendancy), and strive to become a well-wishing Citizen of the World. Therefore every time we pray, we request the Supreme Master for;

‘**Sarbat Daa Bhalaa’**,....... that is (Prosperity of All).

Our beliefs and traditions were given to us by our, **Ten Gurus** (Enlightened Teachers), and are written down in the sacred Sikh scripture called the ‘**Sri Guru Granth Sahib’** (SGGS).

Our House of Prayer is called ‘**Gurdwara Sahib’** and are open to all; rich or poor, male or female, of any color; and persons of any faith or no faith at all. Everyone is welcomed.

Thus when you attend the Khalsa School, pray at the Gurdwara Sahib, or serve or co-dine in the Gurdwara Sahib Langar (the free community kitchen), you will learn more about the Gurus, SGGS, Sikh history, and Sikh beliefs in action.
A Sikh is a Singh and so am I,
Being brave and strong, do things right, I try.

A Sikh Boy at a July 4, Parade  A Sikh Boy at his School

“Do you remember the word KESH, as one of the Articles of Faith. The pictures show both boys wearing a small turban called a patka. It is worn by young boys to cover and protect his uncut hair”.

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[“In the space above draw a picture of a Sikh youth wearing a patka and discuss picture and how this ‘article of faith’ relates to your daily life.”]
I love to do sewa (selfless service) and I work hard,

Try to be the best wherever and whatever I do.

A young Sikh Girl volunteering at the Langar (Community Kitchen) in the Gurdwara

Young Sikh Boys volunteering at the Langar to prepare bread at the Gurdwara

[Participate in langar and learn how it is prepared and served to everyone]
If someone needs help,
I happily offer myself.

[“Find a picture in a newspaper or magazine or draw a picture of someone doing sewa (selfless service) of any kind. Put it in the space above.” Then discuss how ‘sewa’ one of the three pillars of the Sikh Faith applies to your daily life]
Oh! As a Sikh I wear my Kara!
Do you know why? Would you see?

A ‘Kara’ is an ‘article of faith’ made of iron/steel a bracelet worn by every Sikh to symbolize unity to the Almighty Creator and reminder of doing good deeds daily.

[In the space above draw a Kara and discuss why and what it means to you in your daily life]
I have been blessed with beautiful Kesh,

It is a complete gift form Guru Dashmesh.

The boy with long hair has tied a topknot on his head, called a ‘joora’. Some young boys cover their hair with small clean white scarf (as above), some cover their hair with a patka and others with a turban as they progress in age. Girls typically have their hair tied in a braided plait at the back of the head or tied in a bun. Girls cover their hair with a ‘chuni’ (a long scarf) or a ‘turban’ called ‘keski’.
[In the space above draw a Sikh boy with a Patka or a Sikh girl with a Chuni and discuss when you started tying a Patka or Chuni and what it means to you]
As Singhs are like Lions and stand out,
You can easily recognize me in a crowd.

A four year old Sikh Boy

The boy in picture has a yellow **turban** tied around his head. **For Sikhs there are different styles of turbans and many colors.** Colors have no meaning but the most popular colors historically have been blue and yellow.

**Note:** The Sikh religious flag is known as the ‘Nishaan Sahib’ which is also historically yellow and blue in color and not orange. [Draw and color the flag below]
[In the space above draw a boy or girl with a turban with your favorite color. Discuss why you wear a turban and what it means to you.]
I am getting ready to be a great,

As a son, brother, husband and father.

For a Sikh covering the *uncut hair* with a turban (big or small) is a commandment by our Guru. The ‘turban’ signifies upholding the commitment to one’s Faith, to righteousness, to be distinctive just like a policeman or soldier in order to help others in need.

[Discuss the above activity with your parent or counselor and how your distinctive uniform affects the ‘Sikh way of life’].
I will also be a great human being,

As I will the Khalsa pure and free.

[Discuss with parent or counselor how you can be a great human being using the ‘Sikh way of life’].
And I will be under the ‘Hukam’ (command),
Of the only Supreme Almighty One (ੰਗੰੰਧੰੰ).

The holiest house of prayer for Sikhs is the Darbar Sahib also known as Harmandar Sahib. It is located in the heart of Amritsar, Punjab, South Asia. The inner sanctum is plated with gold leaf on the outside of the building, which is over 400 years old, completed in 1604. Hymns are continuously sung from the Guru Granth Sahib from within the Darbar Sahib. Ten of thousands of Sikhs and people of other Faiths eat in the langar (free community kitchen), daily at the Darbar Sahib. (It is absolutely incorrect to call the Darbar Sahib, the Golden Temple!)

[Discuss with parent or counselor how you can stay in ‘Hukam’ through the Sikh way of life].
In the love of the whole Humanity I pray,
I will be serving, loving, uplifting them all, through each day.

The boys are praying to the Almighty Creator – the ONE God.

Sikhs consider any day, any time and any space to be okay to pray. A Sikh does not bow, pray or worship to any idol, picture or deity. A Sikh only bows to the teachings in the ‘Sikh Scripture’, the Guru Granth Sahib and prays to the Almighty Creator and none else.

[Discuss with parent or counselor how prayer helps you through the ‘Sikh way of life’]
Sikh Emblems and Medallions
Brief History
of
Sikh Scouts in America

Boy and Girls of the Sikh Faith have been involved in Scouting for a very long time. Scouts of the Sikh Faith have immersed themselves in Scouting across America in varying degrees. Most Sikh Scouts have always joined Dens and Troops of various non-Sikh religious denominations and have had a positive experience.

Starting in late 2006, S.Kavneet Singh started to work on national Sikh Scouting initiative and then in 2012 along-with S.Kirpal Singh as representatives of the American Sikh Council (formerly known as World Sikh Council – America Region) started to work on preparing the Sikh Religious Award workbooks. After years of laying the ground work and persistence finally in early November 2013 the first workbook was approved by the Boy Scouts of America. In April 2014 the second workbook got approved along with the four Sikh Emblems/Medallions for Cubs and Scouts (for any gender). The final two workbooks for the Grades 1-3 and 4-5 were completed and approved in October 2014.

The first two Sikh Scouts to receive the Sikh Emblems/Medallions after completing the Sikh Religious Awards workbooks were Karanveer Singh an Eagle Scout and Sherveer Singh a Life Scout with Troop 48, Berlin, New Jersey. They received this honor at the Sikh Sabha Gurdwara, Lawrenceville, New Jersey on July 20, 2014 and later received the Religious Square Knot at their Troop’s Court of Honor held on December 10, 2014, Berlin, New Jersey.

Ten Sikhs including two of the above Scouts participated for the first time in the National Scout Jamboree 2013 at the Bechtel Summit, Mt.Hope, West Virginia. The Sikh contingent put up a Sikh Faith and Beliefs exhibit which ran for ten days in July 2013. Thousands of brochures were distributed while interfacing with Scouts from all across the nation. Over 1,500 turbans were tied on those Scouts wanting to experience what it feels to wear a turban. The entire Summit was filled with Scouts proudly wearing colorful turbans while running, playing and doing their various activities. There were nearly 45,000 Scouts and Adult leaders present.

Sixteen Sikhs including two from New Jersey and another Sikh Scout from Texas participated for the second time in the National Scout Jamboree 2017 at the Bechtel Summit, Glen Jean, West Virginia. The Sikh contingent again put up a Sikh Faith and Beliefs exhibit which ran for ten days in July 2017. Over 20,000 brochures were distributed while interfacing with Scouts from all across the nation. Simultaneously over 2,300 turbans were tied and we ran out of material after five days. Many Scouts relit their turbans for the second and third time over the event and...
most kept them all day and as souvenirs. There were over 53,000 Scouts and Adult leaders present. On July 24, 2017 S.Karanveer Singh was selected to do the opening prayer just before President Trump spoke around 6 pm. S.Karanveer Singh did the Sikh Ardas (Supplication prayer) in Gurmukhi and then in English in front of an audience of over 50,000.


**Fun Fact:** The first and only comprehensive, solution oriented book written about the “Bullying of Sikh American Children – Through the Eyes of a Sikh American High School Student” is by a Sikh American Eagle Scout – Karanveer Singh [his photograph is on page 418 of the Boy Scout Handbook, 2016 - 2018 edition]. [www.bullyingsikhamericanschildren.org](http://www.bullyingsikhamericanschildren.org)

The American Sikh Council representatives led by Kavneet Singh have exhibited at over two dozen mini- and national Scout Jamborees across the nation and taught over 110,000 Scouts about the Sikh heritage as of early 2019, which has brought a sea change within the 5 million strong Scouting community across the US.

The first all Sikh Troop 600 was formed in 2009 in San Jose, California. The Troop has had between 20 – 35 boys at any time and produced around 10 Eagle Scouts as of July 2014; which is a significant achievement.

Those Scouts of the Sikh Faith who are now adults have done remarkably well in life by studying hard and have turned out to be Doctors, Engineers, Lawyers and other kinds of top notch professionals serving their local communities and also giving back to society as great citizens.

The Sikh Faith and Scouting have shared common values which fit perfectly and it behooves all Sikhs to be part of Scouting. Scouts should immerse themselves by learning everything they can from the exceptional Adult leaders, the hands on experience doing and learning from the over 130 merit badges, enjoying the great outdoors of our amazing nation, learning to work in teams, to excelling in leadership and much, much more.

The Sikh Gurus taught the Sikhs various physical activities to keep the mind and body active. Among the various activities, horse riding, archery, wrestling and martial arts including ‘Gatka’ the art of sword fighting are part of the Sikh heritage. All the spiritual/mental and physical discipline was taught so that every Sikh would be ‘Thyar per Thyar’ meaning ‘always be prepared’ to do your duty to yourself and others. The Boy Scouts of America have the exact same motto – ‘Be prepared’ which means you are always in a state of readiness in mind and body to do your DUTY! A perfect fit!

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Instructions:

How to use

The Workbook for the Scout

1. The Scout is expected to read a chapter a week and do the activity while discussing with the parent, Cub Leader, Assistant Cub Leader, or Den leader.
2. The time frame to comfortably finish the book is about 9 weeks. There is no specific time of completion.
3. Once all the activities are complete, the Scout/Sikh must have a Board of Review. This requires the Counselor, along with minimum two other adults from the Gurdwara (or outside) to ask questions of the relevance of what he/she has learnt and how it applies to their daily lives as a Scout and/or a Sikh.
4. Once the Board of Review is complete, the parent and then the counselor sign off in the ‘workbook’.
5. The parent or counselor can get in contact with American Sikh Council (ASC) sikhscoutsusa@gmail.com contact@americansikhcouncil.org and send in a copy of the certification and application pages so that the American Sikh Council can mail in the ‘Sikh Award Medallion’ with a ‘Certificate’.
6. The emblem/medallion will be sent to the Counselor to make sure that the emblem/medallion is presented with proper protocol at the Gurdwara to the child.
7. The Scout (if a Sikh) will be presented the ‘Sikh Award Medallion’ with the ‘Certificate’ at the Gurdwara by getting the Cubs and Adult Leaders from his Den (if possible) to join the sangat (congregation) and be honored in everyone’s presence. The Sikh Scout must be in his uniform and wear a ‘dastaar’ when receiving the emblem in the Gurdwara.
8. The Cub Scout should request and get the Religious Pin upon completion and earning the SRA emblem, which will be then presented to him/her at the Pack Meeting.
Instructions:
Counselor’s requirements and responsibilities


- The Counselor **must** be a Saabat Surat (with uncut hair) Sikh and must believe and abide by the ‘panth parvanit’ Sikh Rehait Maryada (Sikh Rules of Moral Conduct - [http://sgpc.net/Sikh%20Reh%20Maryada%28Eng%291.pdf](http://sgpc.net/Sikh%20Reh%20Maryada%28Eng%291.pdf))

- The Counselor must have the maturity to understand the level of the child (Scout) and be able to relate appropriately.

- Anyone who is a paid employee of any religious Sikh institution **cannot** be a Counselor.

- The Counselor should have enough knowledge that he/she is able to communicate, either speak or listen patiently to the child (Scout) while guiding him through the ‘workbook’.

- The Counselor should be sensitive to the child (Scout) because each one comes from a different background with varying levels of observance to Sikh Rehait Maryada.

- The Counselor must not be disparaging towards the Scout and be respectful even if the Scout’s views may differ.

- Once all the activities are complete the Scout must have a Board of Review which requires the Counselor along with a minimum two other adults from the Gurdwara to ask what the Scout has learnt (15-30 minutes) from the workbook and how it applies to his/her daily life as a Scout and as a Sikh.

- The parent or counselor can get in contact with American Sikh Council (ASC) [sikhscoutsusa@gmail.com contact@americansikhcouncil.org](mailto:sikhscoutsusa@gmail.com contact@americansikhcouncil.org) and send in a copy of the ‘certification and Sikh Religious Award application pages’ so that ASC can mail in the ‘Sikh Award Medallion’ with a ‘Certificate’ which should be presented to the Scout in the presence of the Cubs from the Den and sangat (congregation) at the Gurdwara by any of the responsible Gurdwara Trustee or Committee members.

- **All counselors must be approved by ASC, so please get in touch with ASC and we will arrange for one.**
Sikh Religious Award Workbook Grades 1-3

Certification

Scout Name: _______________________________________________________

Pack/Den: _________________________________

Council: _______________________________________________________

Date Applied: _________________________

Scout’s Signature: ______________ Date:__________________

Parent’s Signature: ______________ Date:__________________

Counselor’s Signature: ______________ Date:__________________

Counselor’s Name: _______________________

Counselor’s Address: ____________________

____________________________________

Counselor’s Tel: _________________________

Counselor’s Email: ____________________
Sikh Award Application Form

Submit one application per order

Shipping Address: Allow 2-3 weeks for delivery

Name__________________________________________________________

Address_______________________________________________________

City__________________ State_________ Zip_________

Day Contact_________________ Email____________________________

Candidate Information:

Name__________________________________________________________ Grade____

Home Address____________________________________________________

City__________________ State_________ Zip_________

Gurdwara Associated________________________________________________

Gurdwara Information:

Name of Gurdwara_________________________________________________

Address_________________________________________________________

City__________________ State_________ Zip_________

Counselor’s Name:_________________________ Tel___________________

Counselor’s Email:_______________________________________________

Certificate of Eligibility by Counselor: I certify that the candidate has successfully completed the requirements of the program and presented his/her work for final approval.

Signature____________________________________ Date____________________