

## SIKHISM



Sikhism is the fifth-largest organized religion in the world, with 20 million Sikhs living largely in the Punjab region. Sikhism has its origins in fifteenth-century Punjab and the teachings of Guru Nanak Dev and his ten successive gurus. It is a rejection of the traditional worship and caste system of the Hindu faith. Sikhs believe in one god who is omnipresent, infinite and without gender. The central scriptures of Sikhism are the *Gurū Granth Sāhib* and the *Dasam Granth*, which are intended to preserve the hymns and the teachings of the gurus. Recitation of the scriptures is a central feature of Sikh practice. It is customary for Sikhs to recite scripture while attending a temple.

### Sikh Festivals

The **GURPURABS** are celebrations or commemorations based on the lives of the Sikh gurus. There are also festivals celebrating Sikh martyrs.

**VAISAKHI** is the most significant holiday, commemorating the establishment of the baptized Sikhs in 1699.

**HOLA MOHALLA** an occasion for Sikhs to demonstrate their martial skills in simulated battles.

## ESSENTIAL NON-FICTION

NESBITT, Eleanor. (2005). *Sikhism: A Very Short Introduction*. Oxford University Press.  
ISBN 978-0-19280-601-7. Grades 9 and up.

This popular series is not overwhelming in size, but manages to explain the myths, practices, rituals and festivals of Sikhism. This volume chronicles the historical development of the religion, but it also focuses on modern-day issues and provides contemporary references, including popular movies such as *Bend it like Beckham*.

PANESAR, Rajinder Singh. (2002). *Guru Nanak and Sikhism*. (Great Religious Leaders.) Smart Apple Media.  
ISBN 978-1-58340-220-7. Grades 9 and up.

This book, highly recommended by VOYA, explains scripture, sacred places, and festivals through the story of the life of Guru Nanak. It has a great use of illustrations throughout the book.