

Special Religions Education (SRE)

On SIKHISM

Course curriculum Kindergarten

Term 1

Topic: Basics of Sikhism

Duration: 10 Lessons (30 mins each)

Lesson:

1. The definition of a Sikh
2. How Sikhs greet each other
3. Code of conduct in Gurudwara sahib
4. Introduction about Gurudwara sahib
5. Introduction about Langar (Gurudwara Kitchen)
6. Introduction about Guru Granth Sahib Prakash
7. Introduction about Ardas in Gurudwara
8. Introduction about Karraha Prasad in Gurudwara Sahib
9. Introduction about the concept of Nishan Sahib in Gurudwara
10. Type of discipline required within the premises of Gurudwara

Resources

1. The code of conduct and conventions (The Sikh Rehat Maryada, Published by Dharam Parchar committee, Shiromani Gurudwara Parbandhak committee Amritsar.
2. Book – Community Kitchen of the Sikhs by Parkash Singh Brothers, Amritsar.

Aim: To understand the manners and activities required within the religions premises

Term 2.**Topic: Concept of Sewa in Sikhism**

Duration: 10 Lessons (30 mins each)

Lesson:

1. What is meant by Sewa in Sikhism?
2. Sewa inside the Gurudwara in the presence of Guru Granth Sahib
3. Sewa in Gurudwara Kitchen (Langer)
4. Sewa how to clean the Gurudwara premises before and after Prakash of Shri Guru Granth Sahib
5. Sewa in other activities related with Gurudwara Sahib
6. Is reciting Gurbani an act of Sewa?
7. Type of donations acceptable in Gurudwara Sahib.
8. Outcome of sewa in religious place.
9. A brief description of sewa by Bhagat Puran Singh.
10. An example of sewa by Bhai Ghanya Ji.

Aim: To learn service to humanity.

Resources: Writings of Bhagat Puran Singh Pingalwara

Term 3.

Topic: Sikh Gurus

Duration: 10 Lessons (30 mins each)

Lesson:

1. What is meant by Simran (mediation) in Sikh religion
2. What is the importance of Simran in Sikhism
3. How and What to meditate (simran) in Sikhism
4. Is simran same or different from reciting gurbani
5. Explanation of Gurmantar, meaning in Jap Ji Sahib.
6. Explanation of Mool-mantar, meaning in Jap Ji Sahib.
7. Introduction about Shabad Guru.
8. About Gurbani Kirtan in Gurudwara Sahib.
9. Name of Nitnem Bannis only.
10. A hymn about simran from Gurbani.

Aim: To understand the concept of meditation for peace of mind.

Resources: Writings of Bhagat Puran Singh Pingalwara.

Term: 4

Topic: Kirat and Punn Daan concept in Sikhism

Duration: 10 Lessons (30 mins each)

Lesson:

1. The concept of Kirat Karna (Earning livelihood) in Sikhism.
2. What type of work is not advised to do for a Sikh?
3. What is the concept of Daswandh (donation) in Sikhism?
4. Where should a Sikh give donation?
5. Concept of Punn Daan in Sikhism.
6. About casteism in Sikh religion.
7. Status of women in Sikh religion.
8. About Sati partha in Sikh religion.
9. Celebration of ceremonies in Sikhism.
10. Gurbani views about eating food and wearing clothes.

Aim: About honest earning and donations.

Resources: The code of conduct and conventions (The Sikh Rehat Maryada, Published by Dharam Parchar committee, Shiromani Gurudwara Parbandhak committee Amritsar).

Course Curriculum Year 1

Term 1.

Topic: Sikh Gurus

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. A brief introduction about 1st Guru Shri Guru Nanak Dev Ji
2. A brief introduction about 2nd Guru Shri Guru Angad Dev Ji
3. A brief introduction about 3rd Guru Shri Amar Dass Ji
4. A brief introduction about 4th Guru Shri Guru Ram Das Ji
5. A Brief introduction about 5th Guru Shri Guru Arjan Dev Ji

Term 2.

Topic: Sikh Gurus (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. A brief introduction about 6th Guru Shri Guru Hargobind Sahib Ji
2. A brief introduction about 7th Guru Shri Guru Har Rai Ji
3. A brief introduction about 8th Guru Shri Guru Harkishan Ji
4. A brief description about 9th Guru Shri Guru Tegh Bahadur Ji
5. A brief description about 10th Guru Shri Guru Gobind Singh Ji

Resources: Bed Time stories By Santokh Singh Jagdev, Sikh Missionary Resource Center

Aim: To learn the names and brief history of ten GURUs in sequence

Term 3.

Topic: Baptism in Sikhism

Duration: 10 Lessons (30 mins each)

Lesson:

1. A brief introduction about Panj Pyaras.
2. Life history of Panj Pyaras in brief.
3. Baptism in Sikhism.
4. The need for the Sikhs to be baptised.
5. Five Kakars in Sikhism.
6. Importance of Kakars in Sikhism.
7. Sikh Rehats and rules.
8. Name five Kurehats in Sikhism
9. Description of Kurehats in brief.
10. Punishments in case of Kurehats.

Resources: The code of conduct and conventions by Shiromani Gurudwara Parbandhak Committee, Amritsar, India.

Aim: To understand the identification and Maryada for a Sikh.

Term 4.

Topic: Takhats in Sikhism

Duration: 10 Lessons (30 mins each)

Lesson:

1. Name Five Takhats in Sikh religion.
2. Importance of five Takhats in Sikhism.
3. Which is the supreme Takhat for taking Sikh decisions?
4. Five Dhams in Sikh religion.
5. Four colors of Khalsa.
6. Five not to be trusted in Sikhism.
7. Five with whom Sikhs are not allowed to have social and cultural Co-operation the code of conduct resources; and connection SGPC' ASR.
8. Sikh Jathabandis introduction.
9. Sikh Gurburabs and celebrations.
10. Sikh Gatka tradition.

Resources: The code of conduct and conventions by Shiromani Gurudwara Parbandhak Committee, Amritsar, India.

Aim: To understand the identification and Maryada for a Sikh.

Course curriculum Year 2

Term 1

Topic: Jap Ji Sahib

Duration: 10 Lessons (30 mins each)

Lesson:

1. Brief introduction about baani, Jap Ji Sahib.
2. To get knowledge about first four pauris of Jap Ji Sahib.
3. Understand the concept of sixth and seventh pauri of Jap Ji Sahib.
4. To know the meaning of pauris from eight (Sunniaa sidh peer surnath) to Pauri eleven (Sunniaa Saran gunna ke gah)
5. Learning of pauris eleven to fifteen.
6. A brief description about pauris sixteen to twenty as how to make one's mind pure.
7. Explain the teachings of guru from pauri twenty to twenty- five.
8. Discuss about Thir ghar (Nijmahal) as explained by Guru Sahib in twenty-sixth pauri.
9. Discuss Pauris twenty-seven to thirty-eight, about maya and creation of universe.
10. Including five khands and four khanni's and how to meet God.

Aim: To understand Nitnem Baani's

Resources: Gurbani Steaks by Prof. Sahib Singh & Bhai Veer Singh Ji

Term 2

Topic: Nitnem Baani's (other than Jap Ji Sahib)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Introduction of Jaap Sahib in brief.
2. Learning Jaap Sahib different Chandhs.
3. Learning Nitnem Baani – Tav-Prasad Savaiye. What are the teachings that our tenth Guru wants to convey to us through this baani.
4. Learning the teachings of Chaupai Sahib baani in daily Nitnem
5. Learning Anand Sahib, by third Guru, Shri Guru Amardas ji and his teachings thereof.

Aim: To understand Nitnem Baani's

Resources: Gurbani Steaks by Prof. Sahib Singh & Bhai Veer Singh Ji

Term 3

Topic: Nitnem Baani's (recited at evening and night)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. A brief introduction of Rehras Sahib, as to what we learn from it?
2. Explanation of hymns of So Dar, So Purakh, Chopai, Anand Sahib and Mundavani in Sodar Rehras Sahib.
3. Learning Kirtan Sohila, with meaning and teachings of first Guru Ji in this baani. What type of Aarti the superpower's doing naturally, needs to be discussed?
4. How Kirtan Sohila Baani condemns the orthodoxies in Hinduism.
5. How to perform Ardas at the end of Nitnem Baanis during the morning and evening times.

Aim: To understand Nitnem Baani's

Resources: Gurbani Steaks by Prof. Sahib Singh & Bhai Veer Singh Ji

Term 4

Topic: Concept of Naam and Maya in Gurbani.

Duration: 10 Lessons (30 mins each)

Lesson:

1. According to Gurbani, What is 'Sach' (Truth)
2. Where is Sachkhand?
3. What are different forms of God? i.e. Sargun and Nirgun.
4. What is 'Naam' according to Gurbani?
5. The concept of Mind in Gurbani
6. Concept of Pawan, Pani and Agni in Gurbani.
7. Tragun (Three properties of Maya) according to Gurbani.
8. Concept of body, mind and soul, according to Gurbani.
9. Purity of mind according to Gurbani
10. Five evils, Kaam Krodh, Lobh Moh and Auhnkar. i.e. Lust, Greed, Anger, Attachment and Ego.

Aim: Understand Naam and Maya in Gurbani

Resources: Book, Gurmat Jeevan Jach by Bhai Sewa Singh Tarmala, Sarb Such Charitable Trust Gurudwara Prabh Milne Ka Chao, at Brahm Gyan University Moga, Punjab 4 (India)

Course curriculum Year 3

Term 1

Topic: Founder of Sikh Religion (Guru Nanak Dev Ji)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. The socio cultural Environment the Society in India before the birth of Shri Guru Nanak Dev Ji.
2. Birth (Avtar Dharam) of Shri Guru Nanak Dev Ji.
3. Guru Nanak's early education (Sachi Parrai), childhood activities and the influence on Rai Bullar and Bebe Nanaki.
4. Refusal to wear Janeau (Thread) and his techniques to Pundits and society.
5. Advice to Physician (Vaid nu sikhia) when called by parents.

Term 2

Topic: Founder of Sikh Religion (Guru Nanak Dev Ji's Teachings)

Duration: 5 Lessons (60 mins each / two classes)

Lessons:

1. A true merchandise (Sacha Sauda).
2. To work at the general stores at Sultanpur (Modikhana at Sultanpur Lodhi).
3. To preach about true prayer and about the creation universe and concept.
4. To preach honest living preaching Sajjan the robber and Kauda the Cannibal. Condemning the Barbarity of (four Udasis).
5. Description of four long journeys/ by Shri Guru Nanak Dev Ji for preaching around the world and his teaching and Merger in God.

Resources:

1. Bedtime stories Guru Nanak Dev Ji, by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK
2. Life of Guru Nanak Dev Ji and his teachings by Dalip Singh.
Publisher: Sikh Research and Educational Centre

Aim: To learn the life story and teaching of the founder Sikh Guru.

Term 3

Topic: Shri Guru Angad Dev Ji

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Meeting with Guru Nanak & observation of order and Greatness of God's word.
2. Lesson to Humayun when he came to fight the Guru with his sword.
3. Colonization of Goindwal and Khadoor Sahib, by Shri Guru Angad Dev Ji.
4. A story about Jealous Ascetic Khadoor Sahib.
5. Merger of Guru Angad dev Ji in god.

Term 4

Topic: Shri Guru Angad Dev Ji (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

1. Early life of Shri Guru Amardas Ji.
2. Longing for the Guru and devotion to service.
3. Opposition/for the Guru ship.
4. Tour of sacred places and establishment of twenty-two zones for the propagation of Sikhism.
5. Gurbani Contribution of Shri Guru Angad Dev Ji and Shri Guru Amardas Ji in Shri Guru
6. Granth Sahib.

Resource: Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK

Aim: To learn the spirit of service and faith.

Course curriculum Year 4

Term 1

Topic: Shri Guru Ram Dass Ji and his contributions.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Extraordinary childhood of Shri Guru Ram Dass Ji.
2. Respect from Akbar the Muslim King of India. Test for Guru-ship of Shri Amar Dass Ji by Shri Guru Ram Dass Ji.
3. Laying the foundation of Amritsar
4. Appearance of holy spot (Darbar Sahib Amritsar).
5. Discussion with Saints at Amritsar.

Term 2

Topic: Shri Guru Ram Dass Ji and his contributions. (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Misapprehension of Ascetic (Tapaa da Bharam).
2. Limitless courtesy of Shri Guru Ram Dass Ji.
3. Contribution of Gurbani by Shri Guru Ram Dass in Shri Guru Granth Sahib Ji.
4. & 10. Explanation of the four stanza hymens Laavan gurbani read during Sikh marriage ceremony called Anand Karaj.

Resources: Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.

Aim: to learn about an example of service, faith and meeting god.

Term 3

Topic: Guru Arjan Dev Ji.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Childhood and Education of Shri Guru Arjan Dev Ji.
2. Stories relating Satta and Balwand, Bhai Manjh and Buddhu Shah with Guru Arjan Dev Ji.
3. Construction of Harmandir Sahib under the supervision of Shri Guru Arjan Dev Ji.
4. Construction of Taran Taaran under the supervision of Shri Guru Arjan Dev Ji.
5. Way to meditate and Reward of noble congregation.

Term 4

Topic: Guru Arjan Dev Ji (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. The installation of Adi Granth.
2. Complaint to Akbar.
3. Chandu's Pride (Chandu da Hankar), (Chandu's ego and opposition to Guru)
4. Excuse for arrest of Shri Guru Arjan Dev Ji.
5. Martyrdom of Shri Guru Arjan Dev ji.

Resource: Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.

Aim: To learn sacrifice for truth and eternal peace.

Course curriculum Year 5

Term 1

Topic: Shri Guru Hargobind Ji

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Early childhood of Sri Guru Hargobind sahib ji.
2. As a temporal and spiritual leader (Miri & Piri).
3. As a deliverer of Rajas (Bandi Chorr).
4. Story of Bibi Kolan.
5. First battle of Sikhs fought under the leadership of Sri Guru Hargobind sahib ji.

Term 2

Topic: Battles fought by Shri Guru Hargobind Ji

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Second battle of Sikhs fought under the command of Sri Guru Hargobind sahib ji.
2. Third battle of Sikhs fought under the command of Sri Guru Hargobind sahib ji.
3. Fourth battle of Sikhs fought by Sri Guru Hargobind sahib ji.
4. Last time of life at Kiratpur Sahib.
5. Merger with God and the last ceremony.

Resources:

1. Guru Kian Sakhian, Pyara Singh Padam, Publishers Singh Brothers, Amritsar
2. Bed time stories by Santokh Sing Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.

Aim: When crime exceeds limits there is no harm in using sword.

Term 3

Topic: Life history of Shri Guru Har Rai ji.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Birth & early childhood of Shri Guru Har Rai ji.
2. Guru Har Rai about eternal happiness.
3. Invitation from Aurangzeb.
4. Desertion of Ram Rai (Ram Rai nu Tiagnna).
5. Sri Guru Har Rai ji merger with God (Joti Jot Samanna).

Term 4

Topic: Life sketch of Shri Guru Harkrishan Ji and Shri Guru Tegh Bahadur Ji.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Handing over the leadership (Guryayi) to Sri Guru Harkrishan ji at Kartarpur.
2. Interpretation of Gita and other Spiritual activities of Shri Guru Harkrishan ji. Meeting Raja Jai Singh sent by Aurangzeb at Delhi and lastly merger with God.
3. Bravery in childhood of Shri Guru Tegh Bahadur sahib.
4. Guru Ladho Re (Found the Guru).
5. Establishment of Anandpur Sahib and Martyrdom of Shri Guru Tegh Bahadur sahib ji in Delhi.

Resources:

1. Lasani Saheed Guru Tegh Bahadur Ji by Soham Singh Sital, Publisher - Lahore Bookshop, 2 Lajpat Rai Market, Ludhiana, Punjab, India
2. Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.

Aim: Sacrifice to save other religions and help the deserving\

Course curriculum Year 6

Term 1

Topic: Shri Guru Gobind Singh Ji

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Guru Gobind Singh Ji birth & childhood stories.
2. To establish Anandpur Sahib as center of Sikhs education and other heroic activities for Sikhs.
3. Sacrifice of Peer Budhu Shah.
4. Creation of Khalsa, ceremony of baptism & selecting Panj Pyare.
5. Significant battles fought by Sri Guru Gobind Singh Ji. Ex: Battle of Bhangani and Nadaun Anandpur Sahib.

Term 2

Topic: Battles fought by Shri Guru Gobind Singh Ji

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Battles of Chamkaur and Mukatsar Sahib.
2. Martyrdom of Char Sahibzades.
3. Sacrifices of Panj Pyare.
4. Last period of life in Naded and merger with God.
5. Sikh Rehat Maryada.

Resources:

1. Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.
2. Book, Life of Shri Guru Gobind Singh Ji by Dalip Singh. Publishers: Bhai Chatter Singh & Jiwan Singh, Amritsar.

Aim: One learns about a spiritual Guru who sacrificed his entire family for the freedom of the downtrodden population and fought against tyranny.

Term 3

Topic: Sri Guru Granth Sahib Ji.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Introduction about Shri Guru Granth Sahib Ji.
2. Contribution by Sikh Gurus in Shri Guru Granth Sahib Ji.
3. Contribution of Bhagats (Saints) in Shri Guru Granth Sahib Ji.
4. Contribution of Bhattas and Sikhs in Shri Guru Granth Sahib Ji.
5. Nitnem Bannis.

Term 4

Topic: Sri Guru Granth Sahib Vichar.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. To understand the teachings in Sri Guru Granth Sahib Ji using Gurbani hymns.
2. Gurmat vichar about Jap Ji Sahib.
3. Gurmat vichar about Jaap Sahib.
4. Gurmat vichar about Tav Prasad Savyaa and Chaupai Sahib.
5. Gurmat vichar about Anand Sahib Banni in Nitnem.

Resources: Books by Prf. Sahib Singh Ji.

Aim: Gurbani vichar (discussion about teachings of Gurus through Gurbani).

Course curriculum Year 7

Term 1

Topic: Sikh Philosophy A Review.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. A brief review of life sketch of all ten Gurus in Sikhism.
2. A brief review of the compilation and installation of Shri Guru Granth Sahib at Darbar Sahib Amritsar.
3. Installation of Khalsa Panth by tenth Guru at Anandpur Sahib and a brief description of various wars fought by the Guru.
4. Rehat Maryada i.e. Sikh code of conduct to be discussed.
5. Description of the celebration of Gurburabs, Sikh festivals and marriage ceremony in Sikh religion.

Term 2

Topic: Dasam Granth Baanis.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Baanis by tenth Guru and importance of shasters (weapons) in Sikhism.
2. Martyrdom of four Sahibzadas.
3. About Zafarnama written to Aurangzeb.
4. Bhai Vir Singh as a Sikh philosopher.
5. Contribution of Bhai Nand Lal Ji in Sikhism.

Aim: a review and recap of the Gurmat discussed in Primary classes.

Resources: Shri Dasam Granth Sahib Ji Steak by Gyani Narayan Singh, Publisher – Bhai Chattar Singh Jiwan Singh, Amritsar.

Term 3

Topic: Philosophy and Teachings of Shri Guru Granth Sahib Ji

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Philosophy and teachings of Shri Guru Granth Sahib Ji compared with Christianity.
2. Philosophy and teachings of Shri Guru Granth Sahib Ji compared with Hinduism.
3. Philosophy and teachings of Shri Guru Granth Sahib Ji compared with Buddhism.
4. Philosophy and teachings of Shri Guru Granth Sahib Ji compared with Jainism.
5. How is Sikh religion different from Islam?

Term 4

Topic: Contribution of Bhai Gurdas Ji and Baba Budha Ji.

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Life history and contribution of Baba Buddha Ji in Sikhism.
2. Life history of Bhai Gurdas Ji, as an influential Sikh figure, writer historian and such preacher.
3. About Baani of Bhai Gurdas Ji known as Kunji of Shri Guru Granth Sahib.
4. Description about Gurbani Aarti in Shri Guru Granth Sahib.
5. Description about Bhatt Baani in Shri Guru Granth Sahib.

Aim: to learn teachings of Shri Guru Granth Sahib through Gurbani.

Resources:

1. Sikh Religion and Christianity By author: G. S. Sidhu published by Rajinder Singh Ji GABBI. Sikh Missionary Victoria, 2/32 Myrtle Street Glen Waverley VIC- 3150.
2. Writings of Prof Sahib Singh Ji.
3. Vaaran Bhai Gurdas Steak by Bhai Veer Singh Ji, Publisher - Bhai Veer Singh Sahit Sadan, New Delhi.

Course curriculum Year 8

Term 1

Topic: Honoured Saints in Shri Guru Granth Sahib

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Bhagat Kabir Ji his life history, attack by Brahmins and his Baani included in Shri Guru Granth Sahib.
2. Life sketch of Bhagat Namdev Ji and the description of his writing in Shri Guru Granth Sahib.
3. Baba Farid Ji and his contribution in Shri Guru Granth Sahib.
4. Bhagat Ravidas Ji, his life sketch along with the contribution in Shri Guru Granth Sahib.
5. Contribution of Bhagat Jaidev Ji and Bhagat Sadhna Ji in Granth Sahib.

Term 2

Topic: Honoured Saints in Shri Guru Granth Sahib (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Life history of Bhagat Trilochan Ji, Bhagat Beni Ji and Bhagat Ramanand Ji.
2. Bhagat Dhanna Ji, Sain Ji and Pipa Ji and their contributions in Shri Guru Granth Sahib.
3. Bhagat Bhikhin Ji
4. Saint Parmanand Ji.
5. Bhagat Surdas Ji.

Aim: To learn about Saints in Shri Guru Granth Sahib Ji.

Resources: Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.

Term 3

Topic: Sikh Martyrs

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Martyrdom of Bhai Mati Dass Ji, Bhai Sati Dass Ji and Bhai Dayal Dass Ji during the martyrdom of Shri Guru Tegh Bahadur Sahib.
2. Bhai Mani Singh, his contribution in Sikhism and martyrdom.
3. Baba Deep Singh, his contribution in Sikhism and martyrdom.
4. Martyrdom of Bhai Taru Singh.
5. Sikh history of Bhai Bota Singh and Garja Singh.

Term 4

Topic: Sikh Martyrs (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Sacrifices of Bhai Subeg Singh and Shahbaz Singh.
2. Barbarity by Mir Mannu and the lesser Holocaust (chota Ghalughara)
3. The Greater Holocaust.
4. Contribution of NamDharis and Kookas in Sikh struggle.
5. Happenings at Nankana Sahib and Panja Sahib.

Aim: to learn about Martyrs in Sikhism.

Resources: Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.

Course curriculum Year 9

Term 1

Topic: First Sikh Raj and Baba Banda Singh Bahadur

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Meeting of Banda Baragi with Guru Gobind Singh Ji.
2. Preparation of Banda Bahadur for Punjab
3. Punishing of tyrants responsible for killing Sahibzadas in Sarhind.
4. End of Wazir Khan
5. Establishment of Sikh Commonwealth Sikh Raj

Term 2

Topic: First Sikh Raj and Baba Banda Singh Bahadur (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Rise of emperor against Singh's
2. Dealing of Baba Banda Singh Bahadur with Hill Rajas (Pahari Rajas)
3. Khalsa again Master of Sidhaura and Lohgarh
4. Siege of Gurdas Nangal and Arrests of Singh's & Baba Banda Singh Bahadur
5. Execution of Baba Banda Singh and his companions.

Aim: To know about First Sikh Raj.

Resources: Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.

Term 3

Topic: Maharaja Ranjit Singh

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Ranjit Singh childhood and bravery
2. Occupation of Lahore
3. Mint the coin of Sikh Commonwealth
4. Settlement with Misls Sardars
5. Fate of Territory South of Sutlej

Term 4

Topic: Maharaja Ranjit Singh (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Treaty of Amritsar
2. Conquest of Multan by Maharaja Ranjit Singh
3. Annexation of Kashmir in Khalsa Raj
4. Conquest of Peshawar
5. Presents from the British emperor and the last court and downfall of Sikh Raj after Maharaja Ranjit Singh

Aim: History of Sikh Raj during Maharaja Ranjit Singh

Resources:

1. Khalsa Raj Da Useriya by Baba Prem Singh Hoti Mardaan
2. The fall of the kingdom of the Punjab by Kushwant Singh
Publisher: Unistar Books Pvt. Ltd 301, Industrial area, Phase 9, SAS Nager Mohali- Chandigarh (INDIA).

Course curriculum Year 10

Term 1

Topic: Sikh Warriors

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Nawab Kapoor Singh installation as Nawab and release of captives from Nadir Shah.
2. Jassa Singh Ahluwalia the inheritance, Leadership of Panth, the title of king and start of Misl nation and defeat of Abdali.
3. Jassa Singh Ramgarhia as a Maharaja and his history.
4. Sardar Baghail Singh his victory on Delhi.
5. A great Jarnil Hari Singh Nalwa a foresighted administrator and warrior.

Term 2

Topic: Sikh Warriors (Contd...)

Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. Akali Phoola Singh a great Sikh Warrior.
2. Eminent Sikh Women in the Sikh history Mai Bhago and Sardarni Sada Kaur.
3. Eminent Sikh Women Mata Tripta ji and Bibi Nanaki
4. Eminent Sikh Women Mata Kivi Ji and Bibi Bhani Ji
5. Eminent Sikh women Mata Sahib Kaur, Mata Sundri and Mata Ajit Kaur in history of Sikh religion.

Aim: To know about Sikh warriors and eminent Sikh women

Resources:

1. Bedtime stories by Santokh Singh Jagdev, Sikh Missionary Resource Centre, Birmingham (England) UK.
2. Book by Dr. Meenakshi, Spiritual Warriors Eminent Sikh Women, Waris Shah Foundation Amritsar.

Term 3

Topic: Meeting the eternal one

Duration: Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. What was the state of Sach Khand (Realm of truth) before the universe came into existence and how was the universe created?
2. How did Nirankar (the formless god) create his Sargun Roop (the manifested universe of life forms) and how does he provide sustenance to them.
3. How does the union of Elements and Atma (soul) come across in mother's womb? How does God establish subtle internal contact with Atma? What is the role of Pavan (air) in it?
4. What instructions are imparted to mind when in mother's womb?
5. What are the names of God's holy family residing within human body?

Term 4

Topic: Meeting the eternal (Contd...)

Duration: Duration: 5 Lessons (60 mins each / two classes)

Lesson:

1. How do Panch Shabad, Anahad Baani and Sahaj dhun manifest in our body? How do we recognize their melodies?
2. How is the inner family separated from God? How does maya delude the mind with its illusion?
3. What are Traguns, Huts (treading centres), Bhavsagar and Kaal di Sarkar and obstacles in meeting God? Explain Trikuti, the concept of Ida, Pingula and Sukhmana according to Gurbani.
4. Where is teerath (place of pilgrimage) in our body?
5. How to do Simran, face five evils and to win the game of day and night to meet God.

Aim: The faith & techniques (Jugat) for meeting God.

Resources: Book, Gurmat Jeevan Jach by Bhai Sewa Singh Tarmala, Sarb Such Charitable Trust Gurudwara Prabh Milne Ka Chao, at Brahm Gyan University Moga, Punjab 4 (India)