



EPISODE #1: SEVA - SELFLESS SERVICE

GUEST: SUKHWINDER SINGH BUALL

Three Part Podcast series marking Sikh heritage Month



Principal Sukhwinder Singh Buall shares the meaning of SEVA: Selfless Services in the Sikh faith and also how it applies in education – for both students and staff.

Glossary

Bill 21 - bans public servants, including teachers and Crown prosecutors, from wearing religious symbols at work.

Charter of Rights - also called “The Charter”, it guarantees the rights and freedoms of all Canadians and residents of Canada. It is part of the Canadian Constitution.

Gurdwara - Sikh place of worship.

Guru - spiritual leader.

Guru Granth Sahib - holy scriptures of Sikhism.

Langar - free community kitchen in the gurdwara, free food offered to anyone eaten in rows on the floor.

Refugee - a person who is seeking a safe haven after being forced to flee violence, persecution or war.

Seva - selfless service.

Sikh - religion founded by the first guru, Guru Nanak Dev ji in 1469. The core beliefs emphasize constant spiritual devotion of God and adherence to the principles of truthfulness, empathy, humility and charity.

Turban - symbol of Sikhism, a long cloth wrapped around the head.

Pre Podcast questions

As you listen to the podcast, think about some of the themes that are discussed and how they relate to your life and community.

What do you think, feel or wonder about?

Post Podcast Questions

What have you learned about Sikhism or Sikh people? Did anything surprise you?

What does the turban signify to Sikh people? Can you think of something you wear that represents your identity to others?

How have Sikh people contributed to the history of Canada?

Sukhwinder spoke about seva, what are some ways you have contributed to community service? What did you learn from those experiences?

How can you and your classmates create a culture of Seva in your school community? What would that look like?

Why is the Komagata Maru an important event in Canadian history?



EPISODE #2: ONENESS - EQUITY AND JUSTICE FOR ALL

GUEST: HARNAM SINGH PANNU

Three Part Podcast series marking Sikh heritage Month



Harnam Singh Pannu, a Chartered Accountant & COO of a Toronto based Law Firm, talks about how Equity is a prominent characteristic in the Sikh faith, and why it's so important to practise that in our school life.

Glossary

Ek Onkar - God is one

Gurdwara - Sikh place of worship

Guru Nanak - the first guru of Sikhism

Kaur - a name typically adopted by Sikh women as a middle name or surname, meaning lioness or warrior, symbolizing gender equality in Sikhism.

Seva - Selfless service

Sikh - religion founded by the first guru, Guru Nanak Dev ji in 1469. The core beliefs emphasize constant spiritual devotion of God and adherence to the principles of truthfulness, empathy, humility and charity.

Sikhi - one who learns

Singh - a name typically adopted by Sikh males as a middle or surname, meaning lion or warrior, symbolizing gender equality in Sikhism.

Pre Podcast questions

As you listen to the podcast, think about some of the themes that are discussed and how they relate to your life and community.

What do you think, feel or wonder about?

Post Podcast Questions

The names Singh and Kaur hold special significance in the Sikh faith, how does your name tell the story of your family, faith or community?

The hosts recall some of the inequities they saw in their schools and classrooms? Do you agree with them? How do your actions help to fight injustice?

"We are one and the same" what does that mean to you? Where have you seen examples of this in your life?



EPISODE #3: CHARDI KALA - ETERNAL RESILIENCE, OPTIMISM

GUEST: PAM KAUR

Three Part Podcast series marking Sikh heritage Month



Pam Kaur, Superintendent of Student Achievement and Well-Being with the Waterloo Region District School Board shares her experience with the Sikh concept of Chardi Kala and mental health wellness.

Glossary

Amrit - holy water

Chardi kala - a state of eternal optimism and resilience even in the face of adversity.

Khalsa - means pure. Joining the Khalsa is a sign of commitment in Sikhism by taking part in the Amrit Sanskar ceremony.

Kirit karu - honest living and earning

Naam Japo - meditating on the name of God.

Seva - selfless service

Sikh - religion founded by the first guru, Guru Nanak Dev ji in 1469. The core beliefs emphasize constant spiritual devotion of God and adherence to the principles of truthfulness, empathy, humility and charity.

Vaisakhi - a spring harvest festival, which marks the start of the harvest and commemorates Guru Gobind Singh, who was one of the original Sikh Gurus.

Pre Podcast questions

As you listen to the podcast, think about some of the themes that are discussed and how they relate to your life and community.

What do you think, feel or wonder about?

Post Podcast Questions

There was much discussion of Chardi kala in relation to joy and achievement. Think of examples where chardi kala relates to joy and achievement in your life?

How do you understand the connection made between seva and the 40 hours of volunteering that is required by every High school student?

What are some ways that you can work towards a feeling of Chardi kala?

Do you think you would be able to follow some of the mindfulness practices that were mentioned in the podcast, when you feel yourself getting overwhelmed with negative thoughts? Is there something you do that helps with your mental health?