

Keywords: Spring 2

Sikhism

Topic Title:

We will learn the key tenets of the Sikh faith so that pupils will be able to navigate its key beliefs and practises.

Keyword	Definition
Nam japna	Keeping God in mind at all times
Kirt Karna	Earning an honest living
Harmonium	A Harmonium is a musical instrument similar to a Piano. Harmonium is used in reciting Kirtan.of play intended to be sad
Kachhehra	Special undergarment, drawers or briefs resembling boxer shorts. Kachhehra is worn by Sikhs as a reminder to practice marital fidelity. It is a symbol of self control. Kachhehra is one of the Five K.
Kanga	Wooden comb carried by Amritdhari Sikh as a reminder to practice cleanliness. It is a symbol of hygiene and discipline. Kanga is one of the Five K.
Kara	A steel bracelet worn by Sikh as a symbol of committment to truthfulness, strength, and unity. It is also considered as a visible deterrant to wrongdoing by attaching a symbol of God to the hand. Kara is one of the Five K.
Karma	A belief that if you do harm to someone, you will suffer because of your actions.
Kesh	Unshorn hair usually covered by a turban. Kesh symbolizes spirituality, living in a way God made us and the prohibition of harm to the body. Kesh is one of the Five K.

