

*Getting to Know*  
**Guru Ka Bagh Morcha**

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Gurmat Education Resource  
Middle & High School Level



**SIKH**  
Research Institute

**sojhi**  
Gurmat & Pañjābī  
Education Resource



# Sikh Research Institute

Sikh Research Institute (SikhRI) is a global non-profit organization founded in 2003 in the United States. SikhRI inspires individuals to connect with their roots and organizations to connect with the Sikh ethos based on Guru Granth Sahib's paradigm of *IkOankar's Nam* (1Force's Identification). SikhRI is an oasis for development and dialogue based on excellence, integrity, and service to realize the full human potential.

SikhRI seeks to develop a principle-driven community by following Gurmat-based core beliefs and inspiring seekers through meaningful interactions, dialogue, and education.

SikhRI actively works towards promoting global harmony by building stronger relationships among the Sikh and non-Sikh communities. Our primary activities

include facilitating group training, providing curriculum materials, creating global awareness of Sikhi, and delivering strategic solutions to critical challenges facing the global Sikh community.

SikhRI focuses on developing critical thinking for Sikh institutions via the [\*State of the Panth Report series\*](#). SikhRI's international team of specialists and subject matter experts researches each word of the Guru Granth Sahib, including etymology, grammar, and word meaning. [\*The Guru Granth Sahib Project\*](#) team collaborates to curate a literal translation, an interpretive transcreation, and commentary while incorporating the musical, poetical, and historical dimensions in contemporary Panjabi and English for a global audience.

SikhRI also produces diverse, immersive programs, webinars, podcasts, workshops, online courses, and lectures covering spirituality, history, culture, politics, language, community, family, and self-development. Its flagship program, [\*Sidak\*](#), is a 2-week immersive leadership development course for college students and young professionals.

SikhRI publishes textbooks, lesson plans, bilingual children's books, translations, and anthologies. The [\*Sojhi\*](#) program develops a K-12 curriculum, resources, and educational products to help young people build connections and derive Sikhi-based insights.

SikhRI also lends its expertise in the fields of art and literature. In 2016, SikhRI curated the *Emperor-Prophet: Guru Gobind Singh Sahib* exhibition for the Government of Bihar in partnership with the Panjab Digital Library. In 2019, SikhRI was the sole content curator for *IN5 EXPERIUM - The Golden Temple*, an audio-visual exhibition launched in Toronto, Canada, in partnership with PDA Trade

Fairs Pvt Ltd. In 2020, SikhRI curated the *Guru Nanak Sahib: 1-Ness to 1-Identity* exhibition for the National Museum in New Delhi, India. The portable version of this exhibition was also displayed in Melbourne, Australia; London, England; and San Francisco, USA.

SikhRI consults with global influencers and policymakers through think tanks, public policy forums, opinion or editorial publications, national and international institutions, and government panels to deliver a Gurmat-based perspective on Sikh issues. SikhRI provides insights and recommendations to inform, dialogue, and shape public opinion and policies on matters affecting Sikhs in a specific nation or multiple nations.

SikhRI is fueled by full-time employees, philanthropic donors, and global volunteers who devote their time and energy to Sikhi awareness and personal transformation, ensuring that programs are sustainable, diverse, relevant, and thoughtful. SikhRI is deeply grateful to its leadership, staff, volunteers, and donors; we value their contributions to making high-quality Sikh education freely accessible.



# Letter

Vahiguru ji ka Khalsa, Vahiguru ji ki Fatih!

Welcome to SikhRI’s Gurmat Education Resource,  
"Getting to Know Guru Ka Bagh Morcha."

As we approach the 100th anniversary of the Guru Ka Bagh Morcha in 2025, we launch this educational resource in remembrance of the Sikhs who stood firm in their faith and resistance. By providing insight into the Morcha's historical significance and contemporary relevance, this resource ensures that the Morcha's legacy and lessons continue to inspire future generations.

Each lesson is thoughtfully paired with “Advanced Learning Opportunities” to engage students at all levels and encourage deeper exploration and meaningful discussions. Designed for use in homes, Gurmat and Panjabi schools, and Sikh camps, this resource helps teachers, parents, and facilitators guide students in asking relevant questions about Sikh history and its ongoing impact.

The lesson plan provides instructors essential readings, structured activities, and interactive learning moments to foster active student participation. Lessons can be used individually or combined, allowing flexibility to suit different learning environments.

In an era where embracing diversity is essential, SikhRI has integrated inclusive learning tools to support varied learning styles. This approach ensures students can engage with the material at their own pace, making learning more accessible and impactful.

Join us on this journey to explore the Guru Ka Bagh Morcha, reflect on the sacrifices of the past, and discover the enduring lessons they offer for our present and future.

With love and appreciation,  
The SikhRI Team

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# Notes for Instructors

Effective teachers excel in connecting with their students through deep learning techniques and inclusive teaching practices. By acknowledging the diverse means of expression, skillful educators tailor their lessons and engagements in various ways, encouraging student participation and interaction. Additionally, good teachers possess a sense of intuition, enabling them to navigate class dynamics with wit and grace.

## *Inclusive Learning Reminders*

As instructors, it is crucial to recognize multiple means of expression and engagement. Some students may relate better to specific topics. If students need more confidence, consider alternative ways to engage them. If an exercise requires reflection, encourage them to express their thoughts through another medium. This ensures that every student remains engaged.

## Lesson Delivery

The pinnacle of learning occurs when students can analyze, evaluate, and creatively approach their acquired knowledge. To facilitate this, we must:

- Clearly state the learning outcomes
- Assess the students' prior knowledge of the subject
- Identify and address any misconceptions related to the topic

## *Active Learning Techniques*

### Spatial representations

**Concept Maps:** A visual tool depicting the relationships between concepts. Students arrange terms or concepts on paper, drawing directional arrows between related concepts and writing phrases to describe their connections. These concept maps are excellent for initiating discussions.

**Graphic Organizers:** Useful for helping students organize information and easily identify comparisons.

### Encouraging Communication and Engagement

**Debates/Discussions:** Deep understanding is nurtured through meaningful conversations. When students engage in discussions, they can articulate their thoughts coherently, communicate ideas, and learn from one another.

**Games:** Encourage students to create tricks, tips, and games to remember definitions and their significance, making the learning experience enjoyable and memorable.

**Peer Instruction:** Empower students by assigning a few of them each week to lead a part of the lesson or conduct an activity. Inform them in advance, allowing them to feel confident and prepared to instruct their fellow students in the next class. This fosters a sense of ownership and responsibility for their learning journey.

## Objectives

The Guru Ka Bagh Morcha (1922) is pivotal in Sikh history. It showcases the indomitable spirit of the Sikh community in its pursuit of protecting its heritage and reclaiming control over its sacred spaces. This significant chapter demonstrates the relentless quest for autonomy and identity set against the backdrop of British colonial rule. The Morcha highlights the power of nonviolent resistance as the Sikhs confronted the exploitation of *gurduaras* (Sikh community spaces for reflection and activism) by *mahants* who prioritized personal gains over community welfare.

Through this lesson plan, students will:

- Delve into the historical context and significance of the Guru Ka Bagh Morcha.
- Examine the events surrounding the movement, the figures who shaped it, and its lasting legacy.
- Uncover resilient, faith, and unity themes that continue to inspire generations.

## Students Will Explore

- What was the Guru Ka Bagh Morcha?
- Who were the key figures involved, and what roles did they play in shaping the events?
- Why is the Guru Ka Bagh Morcha significant in Sikh history and tradition?
- What lessons can be drawn from the Morcha about preserving heritage, unity, and nonviolent resistance?

## Learning Outcomes

By the end of the lesson, students will be able to:

- Understand the Guru Ka Bagh Morcha's historical context and key events.
- Identify and analyze the roles of prominent figures in shaping the movement.
- Evaluate the significance of the Morcha in preserving Sikh heritage and reclaiming community spaces.
- Reflect on the impact of nonviolent resistance and the unwavering faith displayed by the Sikhs during the Morcha.

# Teacher Resources

## Recommended Readings

1. [\*"Guru Ka Bagh Morcha: The Indomitable Spirit of the Akali Sikhs" - Surender Pal Singh\*](#)
2. [\*"Guruka Bagh Satyagrah" - G. A. Sundaram\*](#)
3. [\*"Roznamcha Morcha Guru Ka Bagh" - Gurdev Singh Sidhu \(Editor\)\*](#)

## Preparation

1. Review the recommended readings to build a strong understanding of the Morcha.
2. Prepare sufficient copies of key materials for student activities.
3. Set up audiovisual equipment for multimedia presentations.

## Materials Required

- Printed copies of the article on Guru Ka Bagh Morcha.
- Whiteboard or flipchart for group discussions.
- Pens, markers, and sheets of paper for activities.
- Computers or laptops for student research.



# Exploration: Understanding the Guru Ka Bagh Morcha

## *Activity: Icebreaker (10–15 Minutes)*

Begin the session with a warm introduction and a quick icebreaker to create a comfortable student environment.

## *Introducing the Guru Ka Bagh Morcha (10–15 Minutes)*

**Ask students if they've heard of the Guru Ka Bagh Morcha.**

- Invite them to share their knowledge and document key points on the board if they have.
- If not, provide a concise overview of the Morcha, emphasizing:
  - The historical importance of the Morcha.
  - The Sikhs struggle to reclaim their heritage during British colonial rule.
- **Highlight key aspects:**
  - The role of Mahant Sundar Das and the exploitation of Gurduaras.
  - Gurduaras as community spaces for reflection and activism.
  - The challenges faced by Sikhs under British rule and earlier invaders.

## *Video and Story Narration (15–20 Minutes)*

1. **Share the short clip "Exclusive Picture of India's Martyrdom" by A.L. Verges to provide visual context for the Guru Ka Bagh Morcha.**
  - [Link to video](#)

2. **Narrate the story of the Guru Ka Bagh Morcha, focusing on:**

- Key events.
- Prominent leaders like Sardar Kartar Singh Jhabbar and Teja Singh Samundri.
- The unwavering spirit and resilience of the Sikhs during the movement.

## *Key Figures*

**Mahant Sundar Das Udasi:** A corrupt caretaker whose resistance to reform catalyzed the Morcha.

**Sardar Kartar Singh Jhabbar and Sardar Dan Singh Vachoa:** Leaders who initiated efforts to reclaim the gurduara.

**Teja Singh Samundri:** A prominent leader who took charge after the Shiromani Gurdwara Parbandhak Committee (SGPC) were arrested.

**Charles Freer Andrews:** A Christian missionary who documented the Sikhs' bravery and nonviolent resolve.

**A.L. Verges:** American cinematographer who brought international attention to the Morcha.

## *Discussion Questions (15–20 Minutes)*

1. Assign students to independently read Surender Pal Singh's article ["Guru Ka Bagh Morcha: The Indomitable Spirit of the Akali Sikhs."](#)
2. Write the following questions on the board and engage the class in discussion:
  - What is a Morcha (movement or agitation)?
  - What is the purpose or nature of a Morcha, and what does it involve?
3. Allow students two minutes to jot down their thoughts and take feedback from the class.
4. Provide an overview of movements or agitations, explaining why and how they are undertaken.



## Quotes for Reflection (15 Minutes)

Share key quotes from Charles Freer Andrews and other observers to highlight the emotional and spiritual strength of the Sikhs.

**Activity:**

- Students reflect individually on these quotes, writing what they mean and how they illustrate Sikh resilience.
- Facilitate a group discussion about the significance of these observations.

## Timeline Activity 1 (15–20 Minutes)

Provide a visual Guru Ka Bagh Morcha timeline, including key events and broader historical context.

**Activity:**

- Students fill in missing events or dates on a timeline.
- Discuss how events escalated and analyze the role of different stakeholders.

## Historical Context for Global Relevance (10–15 Minutes)

**Objective:** Situate the Guru Ka Bagh Morcha within its broader historical and global context to enhance students' understanding of its significance.

**Class Discussion:**

- Ask students when the Guru Ka Bagh Morcha took place (1922).
- Help them contextualize this period by comparing it to major global events, such as:
  - **1810s–20s:** Latin American colonies gain independence from Spanish and Portuguese rule.
  - **1833:** The Slavery Abolition Act bans slavery throughout the British Empire.
  - **1839–42:** The Opium War between Britain and China over trade disputes.

**Activity:**

- Discuss parallels between these global freedom movements and the Sikh efforts to reclaim their heritage.
- Highlight themes of resistance, autonomy, and resilience shared across these movements.

## Timeline Activity 2 (15–20 Minutes)

**Objective:** Build a chronological understanding of the Guru Ka Bagh Morcha and its surrounding events.

**Visual Timeline:**

- Present a timeline that includes key events of the Morcha, such as:
  - The rise of Mahant Sundar Das.
  - The involvement of the SGPC (Shiromani Gurdwara Parbandhak Committee).
  - Charles Freer Andrews’ documentation of the movement.
- Broader historical milestones, such as the Gurdwara Reform Movement.

**Activity:**

- Fill-in-the-Blank Timeline: Provide students with a partially completed timeline to fill in missing events and dates.
- Discuss how events escalated and analyze the role of various stakeholders in shaping the Morcha.

## Emphasis Points for Students

**Nonviolent Movements:** Emphasize the Guru Ka Bagh Morcha as a peaceful, values-driven movement reflecting Sikh principles of humility, resilience, and service.

**Significance:** Highlight how the Morcha preserved Sikh heritage and inspired future justice movements.

**Unity and Faith:** Discuss the Sikhs’ ability to remain steadfast and unified despite extreme provocation.

**Global Parallels:** Draw comparisons between the Morcha and other global freedom movements to foster a deeper understanding of its historical relevance.

**Contemporary Connections:** Encourage students to reflect on how the principles of nonviolence and unity apply to modern struggles for justice and equity.

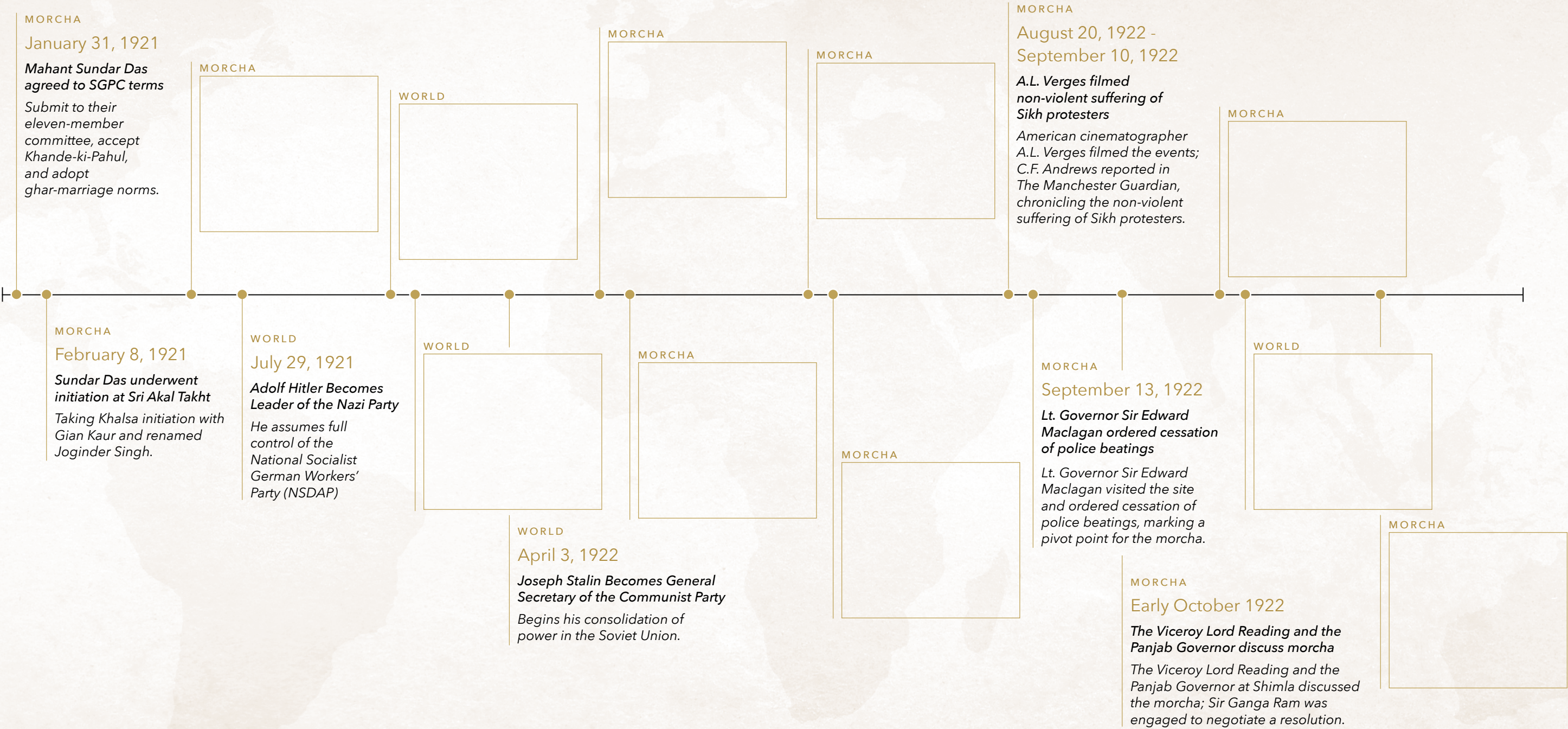


# Key Events Timeline





# Timeline Worksheet





## Activity 1: Introducing Perspectives Through Role-Play (20–25 Minutes)

**Objective:** Build empathy and understanding of the stakeholders involved in the Guru Ka Bagh Morcha.

**Instructions:**

1. Divide the class into small groups and assign each group a role:
  - Sikhs.
  - Mahant Sundar Das.
  - British authorities.
  - International observers (e.g., Charles Freer Andrews).
2. Groups discuss their assigned roles, considering motivations, challenges, and perspectives.
3. Groups present their perspectives to the class.

**Time Breakdown**

- Group discussion: 10 minutes.
- Group presentations: 10–15 minutes.

## Activity 2: Reflecting on Resilience Through Reading (15–20 Minutes)

**Objective:** Analyze Charles Freer Andrews’ eyewitness accounts to understand Sikh resilience and faith.

**Instructions:**

1. Assign students quotes from Charles Freer Andrews. Examples:
  - “There was a light in their faces as they spoke to me, which betokened joy.”
  - “What was happening to them was truly, in some dim way, a crucifixion.”

2. Students reflect individually, noting their interpretations and feelings about Sikh resilience.
3. Facilitate a class discussion to share reflections and explore emotional and historical significance.

**Time Breakdown**

- Group discussion: 10 minutes.
- Group presentations: 10–15 minutes.

## Activity 3: Exploring Leadership in the Morcha (30–40 Minutes)

### Part A: Leadership Qualities Brainstorm (10 Minutes)

**Objective:** Identify qualities of effective leadership.

**Instructions:**

1. Students brainstorm leadership qualities individually or in pairs (e.g., courage, empathy, resilience, strategic thinking).

### Part B: Leadership Discussion (20–25 Minutes)

**Objective:** Analyze the leadership of Sardar Kartar Singh Jhabbar and Teja Singh Samundri during the Morcha.

**Instructions:**

1. Students research these leaders and apply their brainstormed qualities to evaluate their contributions.
2. Discuss questions such as:
  - Why are these individuals considered leaders in the Morcha?
  - What leadership qualities did they exhibit?
  - What were their significant accomplishments, and why were these crucial?



Part C: Group Sharing (10–15 Minutes)

**Objective:** Share and consolidate insights.

**Instructions:**

1. Combine pairs into larger groups to discuss and share findings.
2. Identify common themes in leadership qualities and accomplishments.

*Activity 4: Applying Morcha Values to Contemporary Issues (30–40 Minutes)*

Part A: Issue Selection (5–10 Minutes)

**Objective:** Connect historical values to modern challenges.

**Instructions:**

1. Students select a contemporary issue (e.g., climate change, human rights, gender equity, or immigration) in groups of three or four.
2. Groups briefly explain their chosen issue and its relevance.

Part B: Research (10–15 Minutes)

**Objective:** Draw parallels between the Morcha and the chosen issue.

**Instructions:**

1. Groups research the chosen issue and document key points (who, what, when, why, where).
2. Groups link these findings to the Guru Ka Bagh Morcha, noting parallels in leadership, values, and challenges.

Part C: Application and Presentation (15–20 Minutes)

**Objective:** Explore how Morcha values can inspire solutions.

**Instructions:**

1. Groups discuss and determine how Morcha leaders might address their chosen issue.
2. Create a chart or visual presentation outlining the following:
  - The issue.
  - Morcha-inspired solutions.
  - Potential impacts of these solutions.

*Activity 5: Creative Reflection (20–25 Minutes)*

**Objective:** Deepen empathy through imaginative storytelling.

**Instructions:**

1. Prompt students to write a short journal entry or letter from the perspective of:
  - A Sikh protester during the Morcha.
  - Mahant Sundar Das before or after his agreements.
  - A British officer observing the protests.
2. Encourage creativity while incorporating historical facts.
3. Share and discuss entries to explore diverse perspectives.

*Engagement: Think, Pair, Share Activity (20 Minutes)*

**Objective:** To encourage students to reflect on the broader themes of the Guru Ka Bagh Morcha and connect them to modern-day challenges while fostering critical thinking and collaboration.

**Instructions:**

1. **Think (5 Minutes)**
  - Pose the following new questions to students, focusing on broader applications of the Morcha’s values:
    - o What values or strategies from the Guru Ka Bagh Morcha could be applied to address contemporary challenges?
    - o How can nonviolent resistance inspire movements today?
    - o What lessons about unity and resilience do you think are most relevant in today’s world?
  - Students jot down their thoughts individually.
2. **Pair (7 Minutes)**
  - Students pair up with a classmate to discuss their reflections.
  - Prompts for discussion:
    - o What similar challenges can you identify between the Morcha and today’s issues?
    - o Did your partner’s reflections provide a new perspective?
3. **Share (8 Minutes)**
  - Each pair shares one or two key insights with the larger class.
  - Document responses on a whiteboard or flipchart to create a collective understanding.
  - Encourage students to highlight common themes, unique perspectives, and lingering questions.

## Wrap-Up

### Conclude the activity by:

1. Summarizing the key takeaways from the discussion.
2. Emphasizing how the Guru Ka Bagh Morcha values—resilience, unity, and nonviolent resistance—are timeless principles that can inspire action in the face of injustice today.
3. Encouraging students to consider how to embody these values in their lives or communities.



# Advanced Learning Opportunities

## *Critical Thinking Questions and Activities*

### 1. Critical Analysis

#### **Question:**

How does the Guru Ka Bagh Morcha illustrate the principle of nonviolent resistance? Compare this with another historical movement (e.g., the Indian Independence Movement or the Civil Rights Movement in the U.S.).

#### **Activity:**

- Create a Venn Diagram comparing the strategies, challenges, and outcomes of the Morcha and another movement.
- Discuss how nonviolent resistance has been used for justice and autonomy across different contexts.

### 2. Leadership Dynamics

#### **Question:**

Examine the leadership of Sardar Kartar Singh Jhabbar and Teja Singh Samundri during the Guru Ka Bagh Morcha. What leadership qualities did they demonstrate, and how did they inspire collective action?

**Activity:**

- Assign students to research these leaders and list their qualities, such as resilience, empathy, strategic thinking, and the ability to inspire unity.
- Facilitate a discussion on what modern activists can learn from their leadership styles.

3. Ethical Reflection

**Question:**

Charles Freer Andrews described the Sikh protesters as embodying martyrdom and faith. What ethical dilemmas might British officers have faced in enforcing colonial laws against nonviolent protesters?

**Activity:**

- Students debate the ethical responsibilities of those in positions of power when enforcing unjust laws.
- Reflect on how this influences modern perspectives on moral responsibility in governance.

4. Cultural Impact

**Question:**

How might the loss of Gurduaras to exploitative practices have impacted Sikh culture and spiritual life?

**Activity:**

- Students write a short essay or participate in a discussion on how reclaiming sacred spaces preserves cultural identity and community cohesion.

5. Global Perspective

**Question:**

How does the Guru Ka Bagh Morcha fit into the larger narrative of global resistance to oppression during the 19th and 20th centuries?

**Activity:**

- Students research other movements for independence and social justice happening globally during this period.
- Create a timeline or map to illustrate connections between global movements and the Morcha.

6. Modern Application

**Question:**

- How could the values of unity, resilience, and nonviolent resistance exemplified in the Guru Ka Bagh Morcha be applied to contemporary issues like climate change or human rights?

**Activity:**

- In small groups, students select a modern issue and outline a nonviolent strategy inspired by the Morcha to address it.
- Present findings through posters, infographics, or short presentations.

7. Historical Significance

**Question:**

- Why has the Guru Ka Bagh Morcha remained an enduring symbol in Sikh history?

**Activity:**

- Students create a reflective journal entry discussing how the Morcha resonates with movements for justice and autonomy today.

8. Media and Documentation

**Question:**

- How important is media in documenting and influencing social movements? What are the benefits and limitations of relying on external perspectives, such as A.L. Verges’ film, to share a community’s story?

**Activity:**

- Analyze excerpts from A.L. Verges’ documentation and discuss how media can shape public perception of social movements.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Study Skill: A Compare and Contrast Graphic Organizer

**Objective:** Develop critical thinking and organizational skills.

**Instructions:**

- Using a graphic organizer, compare and contrast the Guru Ka Bagh Morcha with another movement.
- Analyze purpose, leadership, challenges, and outcomes.

**Identify Learning Goals:**

- Understand the principles of nonviolent resistance as demonstrated in the Guru Ka Bagh Morcha.
- Analyze the similarities and differences between the Guru Ka Bagh Morcha and another movement (e.g., the Civil Rights Movement, Indian Independence Movement, or Salt March).
- Explore the role of leadership, values, and challenges in shaping movements for justice.

**Organize Your Topics:**

- Guru Ka Bagh Morcha: Focus on the nonviolent resistance of the Sikhs, key figures like Sardar Kartar Singh Jhabbar and Teja Singh Samundri, and the significance of reclaiming community spaces.
- Comparison Movement: Choose a movement (e.g., the Civil Rights Movement) that shares common themes of justice, resilience, and unity.

**Contrast the Concepts:**

- Purpose and Context: Compare the reasons for each movement and their historical settings (e.g., British colonial rule in India vs. segregation laws in the U.S.).
- Key Figures and Leadership: Examine the role of leaders in inspiring and organizing the movements.
- Challenges and Resistance: Highlight the obstacles faced and how the movements responded.
- Impact and Legacy: Contrast the short-term and long-term outcomes of the movements.



Guru Ka Bagh Morcha  
Courtesy: Panjab Digital Library

## Supplementary Activities for Deeper Engagement

### Vocabulary Building

1. Provide a glossary of key terms related to the Guru Ka Bagh Morcha. Include definitions for terms like:
  - Morcha: Movement or agitation for justice.
  - Mahant: Custodian of a religious site.
  - Autonomy: Self-governance or freedom from external control.
  - Nonviolent resistance: Peaceful protest or opposition.
  - Langar: Community kitchen serving free meals.
2. **Activity:**
  - Matching Game: Students match the terms with definitions.
  - Sentence Building: Students use these terms in sentences to show understanding.



# Assessment

## Group Project

**Objective:** Encourage collaborative learning and a deeper understanding of the Guru Ka Bagh Morcha’s significance.

**Instructions:**

1. Divide the class into small groups, assigning each group a specific aspect of the Guru Ka Bagh Morcha to research and analyze.
2. Suggested topics include:
  - Impact on Sikh Autonomy: How the Morcha reinforced the Sikh community's efforts to reclaim and protect their sacred spaces.
  - Nonviolent Resistance: How the Sikhs’ peaceful approach exemplified resilience and inspired broader movements.
  - Role of International Observers: The influence of figures like Charles Freer Andrews and A.L. Verges in bringing global attention to the Morcha.
  - Legacy and Influence: The Morcha’s role in subsequent Sikh struggles and its contributions to the broader Indian independence movement.
3. Each group will present their findings to the class creatively, such as a slideshow, a poster, or a dramatic reenactment, highlighting key events, individuals, and themes.

# Student Self-Assessment

**Outline:**

**Provide a short self-assessment checklist or reflection form:**

- What did I learn about the Guru Ka Bagh Morcha?
- How does this movement inspire me?
- What questions do I still have?
- How can I apply these lessons to my own life or community?

**Activity:**

- Students complete this form individually at the end of the lesson.
- Share responses (optional) to wrap up the session.

**Timeframe:** 25-30 minutes for research and preparation, followed by 10-15 minutes for group presentations.

## What did I learn about the Guru Ka Bagh Morcha?

## How does this movement inspire me?

## What questions do I still have?

## How can I apply these lessons to my own life or community?



## ‘Getting to Know Guru Ka Bagh Morcha’ Team

Amanda Heck  
Inni Kaur  
Manveer Dulay  
Nikka Gaddi  
Santbir Singh  
Surender Pal Singh

## Online Courses



### Anandu Sahib

Anand Sahib course is based on the first five *pauris* (stanzas) and the fortieth pauri of the *Bani* (composition) of Anand Sahib. The course will help students learn about the third Nanak, Guru Amardas Sahib. Each unit allows students to acquire essential lessons. The course is designed for students aged seven years and above.

[Free Download](https://SikhRi.org/Courses)

# Online Courses



## Barah Maha

Barah Maha course is based on the *Bani* (composition) of Barah Maha revealed by Guru Nanak Sahib and Guru Arjan Sahib. The course allows students to connect with *Gurbani* (Infinite Wisdom in the Guru Granth Sahib) through Barah Maha. Each unit has easy objectives, followed by an activity to help trigger a thought, feeling, and reflection. The course is designed for students aged eleven and above.

[Free Download](#)

# Education Resources

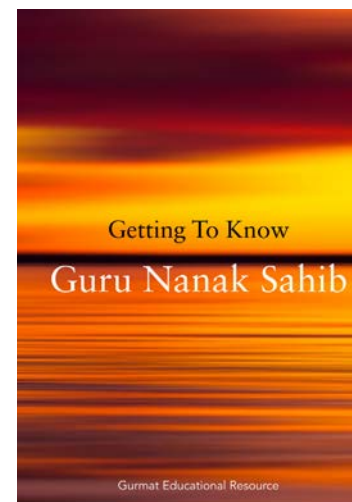


## Getting to Know 1984

Getting to Know 1984 is an extensive educational resource meticulously crafted to introduce students to the pivotal events of June and November 1984—a transformative period in recent Sikh history. Each lesson is carefully developed with “Advanced Learning Opportunities” that engage learners at different proficiency levels, encouraging reflection on the historical context and its relevance in contemporary discourse. This resource, designed for students aged fourteen and above, offers a transformative journey into the Ghallugharas—the large-scale massacres and battles of 1984—highlighting the immense sacrifices made by Sikhs and inviting thoughtful discussion on their enduring lessons for our present and future.

[Free Download](#)

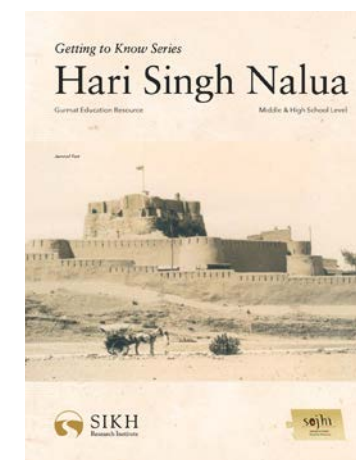
# Education Resources



## Getting to Know Guru Nanak Sahib

Getting To Know Guru Nanak Sahib, an educational resource, introduces young learners to Guru Nanak Sahib and helps them develop a fundamental knowledge base through *sakhis* (witnessed-narratives) and other activities. The lesson plans provide questions to open up a dialog with the students, and the exercises give them an opportunity for self-exploration and self-reflection. This resource is designed for students between the ages of four and ten.

[Free Download](#)



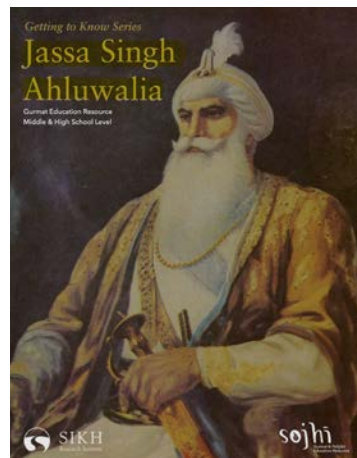
## Getting to Know Hari Singh Nalua

Getting To Know Hari Singh Nalua, an educational resource, invites young learners to immerse themselves in the history of Hari Singh Nalua when he was a child and onwards to his encounters when he joined Maharaja Ranjit Singh's court. This resource artfully surveys his military ventures as a general through glimpses into his significant battles and the war strategies during his time in the Sikh Kingdom. Inquisitive minds will have the opportunity to engage with this online resource to cultivate a better understanding of Sikh leadership and rule. This resource is designed for middle and high school students.

[Free Download](#)



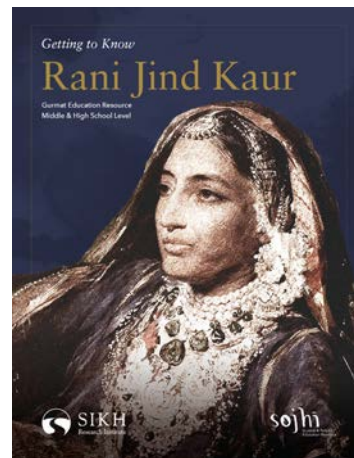
# Education Resources



## Getting to Know Jassa Singh Ahluwalia

Getting To Know Jassa Singh Ahluwalia, an educational resource, invites young learners to immerse themselves in the history of Jassa Singh as a leader of the Sikh community. This educational resource provides an in-depth look into the context of the history and questions of sovereignty in the Panjab. It will enable learners to center their subjective understanding of Sikhi when completing assignments and activities. The questions in the educational resource provide an opportunity for self-exploration and invite sincere engagement in conversations about Sikh leadership. This resource is designed for middle and high- school students with options for advanced learning built into this online lesson plan.

[Free Download](#)

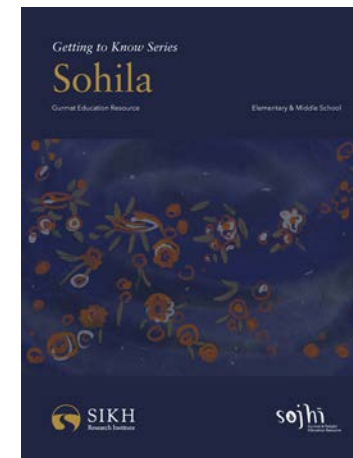


## Getting To Know Rani Jind Kaur

Getting to Know Rani Jind Kaur is an extensive educational resource meticulously crafted to introduce students to the illustrious legacy of Rani Jind Kaur and the admirable qualities of Sikh leadership. Each lesson is thoughtfully paired with various "Advanced Learning Opportunities," catering to students of diverse proficiency levels and encouraging them to delve deeper into learning and contemporary discourse.

[Free Download](#)

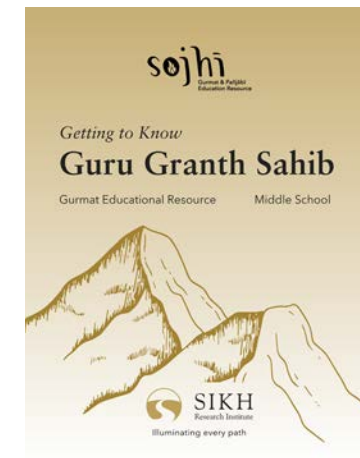
# Education Resources



## Getting To Know Sohila

Getting To Know Sohila introduces the Gurbani (Infinite Wisdom in the Guru Granth Sahib) in a new and inviting way to young learners. The lesson plans provide an in-depth look into the context of the Sohila Bani and prompt students to center their subjective understanding of Sikhi when completing assignments and activities. The questions in the course open up a dialog with the students and their instructors, provide an opportunity for self-exploration, and invite sincere engagement with Gurbani. This resource is designed for students between the ages of ten and fifteen, with options for advanced learning built into the lesson plans.

[Free Download](#)



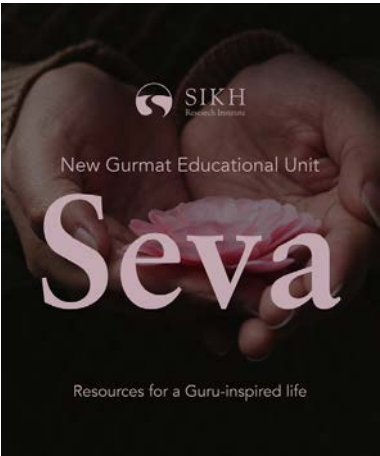
## Guru Granth Sahib Summer Curriculum

The summer curriculum is dedicated to learning the history and profound wisdom of the Guru Granth Sahib. Each lesson plan has been thoughtfully constructed to encourage, engage, and strengthen future generations' curious minds and provide a greater understanding of the Guru Granth Sahib. The curriculum is designed for students between the ages of seven and fifteen.

[Free Download](#)



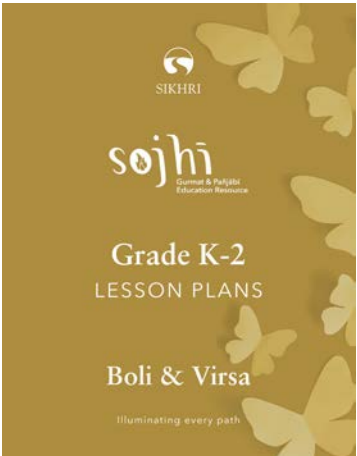
# Education Resources



## Seva - Gurmat Educational Unit

The education resource explores the *Seva* (service) concept in light of *Gurbani*–Wisdom, *Tavarikh*–History, and *Rahit*–Lifestyle. Each lesson plan is designed for 1-5 days of learning and will produce an impact that lasts a lifetime. This unit is designed for students between the ages of five and ten.

[Free Download](#)

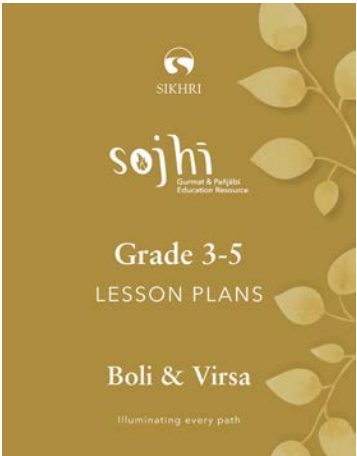


## Sojhi: Grade K - 2 Curriculum

A comprehensive Gurmat-based curriculum called *Sojhi*. In the Panjabi language, ‘*Sojhi*’ means ‘insight.’ The curriculum develops insights to inspire a Guru-centered life. Each grade is divided into two core curricula: *Boli* (Language Arts) and *Virsa* (Sikh History). Download printable worksheets, lesson plans, and power-points.

[Free Download](#)

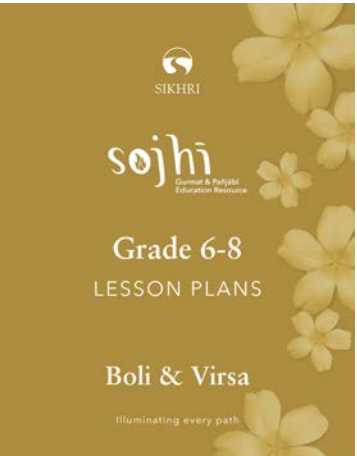
# Education Resources



## Sojhi: Grade 3 - 5 Curriculum

A comprehensive Gurmat-based curriculum called *Sojhi*. In the Panjabi language, ‘*Sojhi*’ means ‘insight.’ The curriculum develops insights to inspire a Guru-centered life. Each grade is divided into two core curricula: *Boli* (Language Arts) and *Virsa* (Sikh History). Download printable worksheets, lesson plans, and power-points.

[Free Download](#)

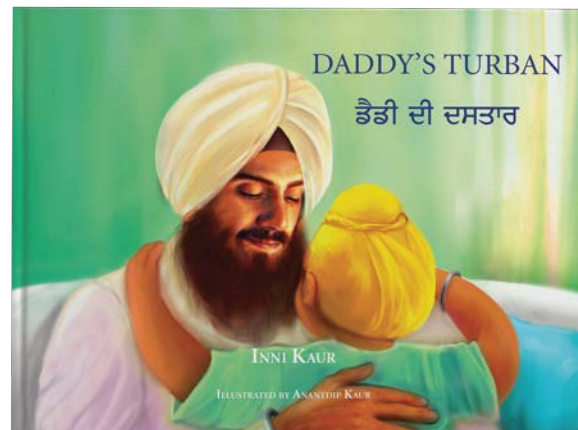


## Sojhi: Grade 6 - 8 Curriculum

A comprehensive Gurmat-based curriculum called *Sojhi*. In the Panjabi language, ‘*Sojhi*’ means ‘insight.’ The curriculum develops insights to inspire a Guru-centered life. Each grade is divided into two core curricula: *Boli* (Language Arts) and *Virsa* (Sikh History). Download printable worksheets, lesson plans, and power-points.

[Free Download](#)

## Children's Books



### Daddy's Turban

This bilingual book takes us into the world of a little Sikh boy, Tegh, who is fascinated by how his father wears his turban. Tegh wants to grow up quickly, while his father cherishes his son's innocence. This is also a story of Sikh culture and a celebration of one of its most revered ceremonies - Dastar Bandi. Educators will also find the book helpful in their teaching, as it contains a special multicultural essay explaining the significance behind turban-wearing.

[Shop Online](#)

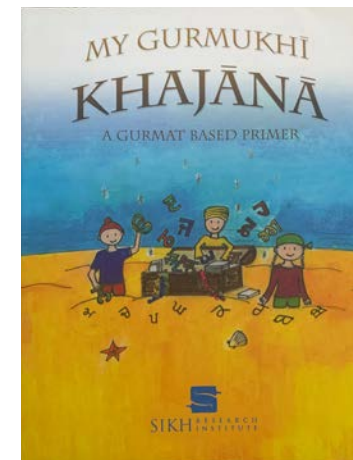


### Thank You, Vahiguru

This simple bilingual story is told through the eyes of a mother. It lays out all the good things about being an older sibling and reminds new siblings that they are just as special as ever. The readers are also introduced to the Sikh naming ceremony. The comforting words and warm illustrations will give the reader a glimpse into Sikh family life and culture.

[Shop Online](#)

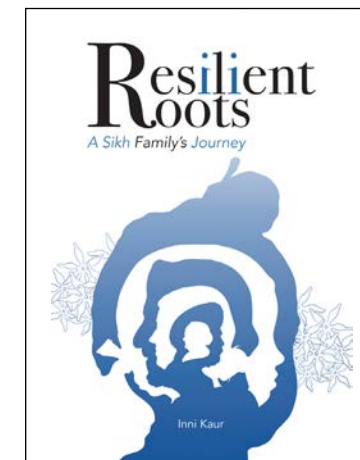
## Children's Books



### My Gurmukhi Khajana

A Gurmat-Based Primer: On each page of this primer, there are three words for every Gurmukhi alphabet, complete with child-friendly illustrations. Vibrant illustrations bring to life words from Guru Granth Sahib, Bhai Gurdas Ji, and Guru Gobind Singh Sahib's Zafarnamah and Jap Sahib. This *kaida* makes a perfect gift for children on any occasion.

[Shop Online](#)



### Resilient Roots: A Sikh Family's Journey

Immerse yourself in the profound narrative of Resilient Roots, where the echoes of a rich Sikh heritage resonate through the lives of Zoravar and his father, Inderpal Singh. This captivating book bridges generational gaps, weaving a story of discovery, resilience, and unity against the backdrop of pivotal historical events such as the Partition of India and the 1984 Sikh genocide.

[Shop Online](#)

# Podcasts

Getting to Know Rani Jind Kaur



## Getting to Know Rani Jind Kaur: Episode 1

Tune in to Santbir Singh and Sean Holden as they delve into the captivating tale of Rani Jind Kaur, the last queen of Panjab, in the inaugural episode of this podcast series. But why is it crucial for us to unravel her narrative?

[Listen Online](#)



## Getting to Know Rani Jind Kaur: Episode 2

In this installment, the nefarious machinations of the British against Rani Jind Kaur are starkly exposed. Exiled and subjected to a reduction in her rightful share from the Panjab treasury, Rani Jind Kaur pens a poignant letter to the British representative, Henry Montgomery Lawrence. In her message, she laments the betrayal of trust, accusing them of unjustly stripping her of her possessions and separating her from her son. With heartfelt anguish, she implores for justice, invoking the sanctity of motherhood and appealing to the conscience of those who have perpetrated such cruelty upon her.

[Listen Online](#)

# Podcasts

Getting to Know Guru Nanak Sahib



## Episode 1: When Guru Nanak was Little

When and where was Guru Nanak Sahib born? Who were Guru ji's parents? Who was Guru ji's sister? Where did Guru ji go to school? Listen and discover the answer to all these questions.

[Listen Online](#)



## Episode 2: The Lesson in Equality

When Guru Nanak Sahib was eleven years old, Pandit Hardyal, the family priest, told his parents, Pita Kalu ji and Mata Tripta ji, that now was his time for the "janeu" ceremony. Follow along to find out what happened at the "janeu" ceremony.

[Listen Online](#)



# Podcasts

Getting to Know Guru Nanak Sahib



## Episode 3: Lasting Friendships

Guru Nanak Sahib left Talwandi to live with his sister, Bebe Nanaki, and her husband, Jairam Das, in Sultanpur. The Governor of Sultanpur hired Guru ji to manage the storehouse. After a few years, Guru ji invited his best friend, Bhai Mardana, to live with him. Listen and find out what happens when the two friends begin living together.

[Listen Online](#)



## Episode 4: Importance of Honest Living

Malik Bhago was a wealthy and powerful man who held a yearly feast for the gods and goddesses seeking their blessings. He invited Guru Nanak Sahib to his feast. Listen and discover what Guru ji did and how Malik Bhago transformed.

[Listen Online](#)

# Podcasts

Getting to Know Guru Nanak Sahib



## Episode 5: Being True, Inside and Out

Sajjan ran an inn in Tulamba for travelers to stay overnight. Guru Nanak Sahib and Bhai Mardana decided to stay at Sajjan's inn. Sajjan felt that Guru Ji was wealthy. Listen to find out what happened next.

[Listen Online](#)



## Episode 6: Keeping Our Thoughts Clean

Guru Nanak Sahib and Bhai Mardana visit the town of Hardwar. Guru ji goes into the river Ganges and sees people throwing water towards the sun. Guru ji begins throwing water toward his fields in Panjab. The people in the river could not believe what Guru ji was doing. Listen and find out what Guru ji tells them.

[Listen Online](#)

# Podcasts

Getting to Know Guru Nanak Sahib



## Episode 7: Remembering Vahiguru's Beautiful Creation

The Mayor of the Puri invited Guru Nanak Sahib and Bhai Mardana to listen to Aarti, a special prayer performed by the priests. Guru ji and Bhai Mardana happily accepted. Listen to find out what happened at the prayer service.

[Listen Online](#)



## Episode 8: Protecting the Rights of Others

Guru Nanak Sahib, Bhai Mardana, and everyone in town were imprisoned in Saidpur when the Mughal emperor Babar invaded India. Listen and find out what happened when Babar met Guru ji in prison.

[Listen Online](#)

# Podcasts

Getting to Know Guru Nanak Sahib



## Episode 9: Vahiguru Is Everywhere

Guru Nanak Sahib and Bhai Mardana arrived at Mecca in Saudi Arabia. The qazi (a Muslim scholar) thought Guru ji was disrespectful because Guru ji's feet pointed towards the Kaa'ba. Listen and find out what Guru ji said to the qazi.

[Listen Online](#)



## Episode 10: Keeping Promises

Bhumi was a rich landlord in Dhaka who served all the holy men who came to town, but he had a secret. When Guru Nanak Sahib and Bhai Mardana visited Dhaka, they were taken to Bhumi's place. Listen and discover why Guru ji insisted that Bhumi promise four things before staying with him.

[Listen Online](#)

# Podcasts

Getting to Know Guru Nanak Sahib



## Episode 11: When Guru Nanak Met Guru Angad

Bhai Lehna ji had heard about Guru Nanak Sahib and wanted to meet Guru ji. So, he went to Kartarpur, and the moment he met Guru ji, he knew he wanted to live with and serve Guru ji. Listen and find out what Guru ji said to Bhai Lehna ji.

[Listen Online](#)



## Episode 12: The Second Nanak

How did Guru Nanak Sahib decide who would be the next Guru? Listen and discover how Bhai Lehna ji became Guru Angad Sahib.

[Listen Online](#)

# Podcasts

Getting to Know Your Sakhis



## Episode 1: Sharing & Caring

Guru Nanak Sahib faces a dilemma when he enters the village to gather materials for a potential business. The question arises: will the Guru heed his parents' advice or act in a manner that significantly benefits others? Compassion forms the core of caring, and for Guru Nanak Sahib, prioritizing the feeding of the hungry becomes a higher calling. It serves as a perfect example for all of us to follow.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)



Podcasts

Getting to Know Your Sakhis



Episode 2: Loving & Serving

If you’ve ever visited a gurdwara (Sikh place of learning), you might have wondered about certain things, such as the abundance of food (langar) being prepared and the diverse group of people engaging in seva (service). This leads us to Mata Khivi Ji, who believed that Vahiguru is present in everyone around us. She led the langar seva, from growing vegetables to cooking and serving food to cleaning the kitchen. In Mata Khivi Ji’s example, Seva becomes a delightful celebration of cooperation, love, and community-building.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

Podcasts

Getting to Know Your Sakhis



Episode 3: Defending & Healing

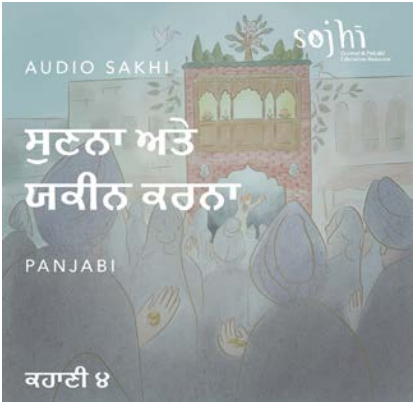
Considering that Vahiguru resides within everyone, it becomes essential to approach everyone with love and compassion. Bhai Kanhaiya Ji exemplified this principle by offering water to individuals on the opposing side, even those considered the “enemy.”

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

# Podcasts

Getting to Know Your Sakhis



## Episode 4: Listening & Believing

In this episode, Jasveen Kaur shares the sakhi of Baba Makhan Shah Ji and his deep admiration for Guru Harrai Sahib, our seventh Guru. Baba Makhan Shah Ji was returning to Panjab on a boat when the weather turned dangerous. As the winds became treacherous and the lightning began to strike, Baba Makhan Shah ji turned to Guru ji and recited a Sabad (Infinite-Wisdom). Then, something remarkable occurred!

Throughout life, one may wonder whether Vahiguru is listening to us. However, remember to ask oneself: Am I listening to Vahiguru?

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

# Podcasts

Getting to Know Your Sakhis



## Episode 5: Honoring & Working

Without hesitation, Bhai Lehna Ji rushed outside and commenced rebuilding the wall. He worked diligently, unaffected by the rain or the nature of the labor. This story underscores the principle of Kirat Karna—every form of honest, hard work deserves dignity and respect.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

# Podcasts

Getting to Know Your Sakhis



## Episode 6: Humility & Honesty

This episode explores how Guru Nanak Sahib entered Malik Bhago’s life and its profound impact on him.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

# Podcasts

Getting to Know Your Sakhis



## Episode 7: Wisdom & Youth

In this episode, Jasveen Kaur shares a sakhi about Guru Harikrishan Sahib, who became a Guru at age five. The Sikh community warmly embraced their eighth Guru and welcomed his wisdom.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)



Podcasts

Getting to Know Your Sakhis



Episode 8: Forgiveness & Bravery

In this episode, Jasveen Kaur explores Guru Gobind Singh Sahib’s teachings about forgiveness, emphasizing that, regardless of the magnitude of our mistakes, as long as our intentions to improve are genuine, the door to forgiveness remains open.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

Podcasts

Getting to Know Your Sakhis



Episode 9: Questioning & Understanding

In this episode, Jasveen Kaur introduces an idea similar to the Mughals destroying crops – that unfortunate events may occur to good and kind individuals. In such moments, the key is to respond with Guru Ji’s teachings in mind.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

Podcasts

Getting to Know Your Sakhis



Episode 10: Learning & Growing

This episode underscores Guru Arjan Sahib’s teaching that money cannot purchase blessings. Concentrating solely on wealth does not enhance one’s character. Vahiguru is all around us; it is crucial to remember this and focus on cultivating one’s sense of self.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

Podcasts

Getting to Know Your Sakhis



Episode 11: Respect & Equality

In this episode, Jasveen Kaur emphasizes the unity that binds us all—we are part of IkOankar, the One Creator. Regardless of our status or success, Vahiguru resides within each of us.

[Listen Online \(English\)](#)

[Listen Online \(Panjabi\)](#)

# Podcasts

Getting to Know Your Sakhis



## Episode 12: Reflecting & Connecting

In this episode, Jasveen Kaur will guide us back to the beginning of the sakhis we have explored together and reflect on the key points we've learned during this incredibly wonderful journey.

[Listen Online \(English\)](#)

[Listen Online\(Panjabi\)](#)

# Webinars



## Babarian Kahanian Divas

This webinar is made just for children! Watch this Children's Day webinar as we welcome guest presenters to engage with Sabad, sakhi, story-telling, poetry, puzzles, art, and much more. These various activities will help children learn about Sikhi in new and creative ways, prompting lots of questions and space for self-discovery.

[Watch Online](#)



## Who is Sura?

December takes us to the lives of the four Sahibzade, Guru Gobind Singh Sahib, and his Gursikhs. We often wonder what gave them such strength to be the "warriors" they were. Join us in this webinar as we explore what it means to be a 'warrior' or a 'complete' individual through Bani and History. Let's dive into 2 Sabads that will help us understand this and give us tools to work towards becoming these individuals and get inspired by Gursikhs who lived their lives as such.

[Watch Online](#)



## Webinars



### Char Sahibzade: Invincible, Warrior, Brave, Victory Confirmation

The dictionary describes “Inspire” as “to influence, move, or guide by divine or supernatural.” Guru Sahib tells us in his Bani that if you want to create a prodigy tell your children stories of their ancestors. One such story for our children is the life of the Char Sahibzade! This webinar looks at the lives of the 4 Sahibzadey and closely examines the “code” they lived by. Some questions we will answer together are: what were some key values, and how do we know?

[Watch Online](#)

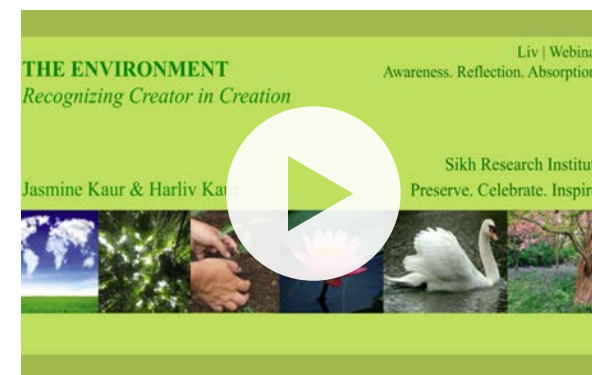


### Journey With the Gurus - Volume 2

In “Journey with the Gurus,” volume 2, “Sajjan Transformed,” is a re-telling of the encounter between Sajjan the thug and Guru Nanak Sahib. The presentation relies on easy-to-understand, “child-friendly” English and rich contemporary imagery to convey the message of change and service at this Sakhi’s heart.

[Watch Online](#)

## Webinars



### The Environment: Recognizing Creator in Creation

This webinar is especially for kids on “Creator in Creation.” Jasmine Kaur and Harliv Kaur lead the engaging and thoughtful session.

[Watch Online](#)

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