

Sikh Rites of Passage

Learning Objective:

To find out about the naming ceremonies of Sikh children.



How did you get your name?

Were you named after someone? Who chose your name?

For Sikhs, a baby's name is not chosen until the mother and baby are able to travel to the gurdwara (temple) for a special ceremony called 'Naam Karan'. Relatives and friends gather for this special occasion. The baby is placed in a cradle decorated with flowers and ribbons and people sing hymns and recite prayers from the Sikh holy book, the Guru Granth Sahib, to ask for a healthy, blessed life for the child.



During the ceremony, the reader of the Guru Granth Sahib opens the holy book at a random page and reads the hymn on that page. The first letter of the first word of the hymn will be the first letter of the child's name.

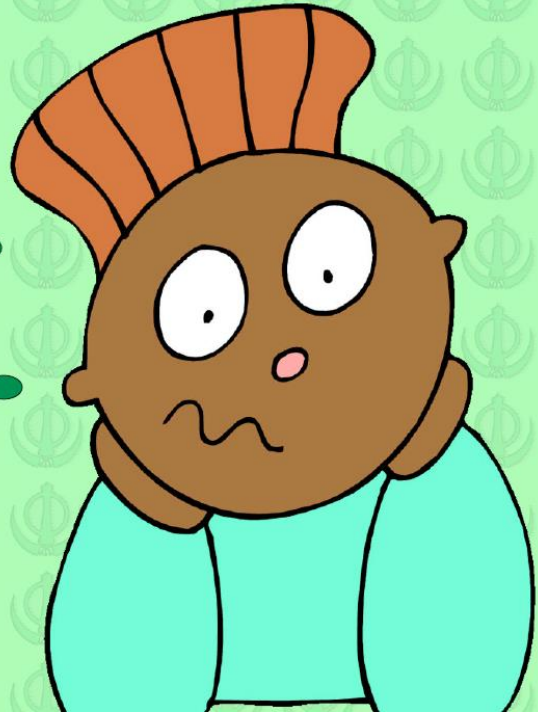


All Sikh names can be used for boys or girls. If the baby is a boy, the word 'Singh' (which means lion) will be added after the first name. If the baby is a girl the word 'Kaur' (which means princess) is added after the first name. For example, if the first letter of the hymn is 'H' the baby may be called Hardit. If the baby is a boy he will be Hardit Singh. If the baby is a girl she will be Hardit Kaur.

There are two activities to choose from.. Activity 1

What do you think of the Naam Karan ceremony?

Why do you think this ceremony is so important for Sikhs?



There are two activities to choose from. Choose one or do both if you like..

Activity 1

Write this text into your book and fill in the missing words.

Naam Karan - The Sikh Naming Ceremony

Sikh babies are not given a name until they have a special ceremony called _____. When the _____ and baby are able to travel they go to the _____ with their friends and family. The baby is placed in a cot decorated with flowers and _____. Everyone sings songs and says _____ to wish the baby a happy and healthy _____. The person leading the _____ opens the Guru Granth Sahib (the Sikh holy _____) at a random page and reads the hymn on that page. The first letter of the first word of the _____ will be the first letter of the baby's name. All Sikh names can be used for both boys and _____ but boys put the word 'Singh' (meaning _____) after their first name and girls add 'Kaur' (meaning _____) to their first name.

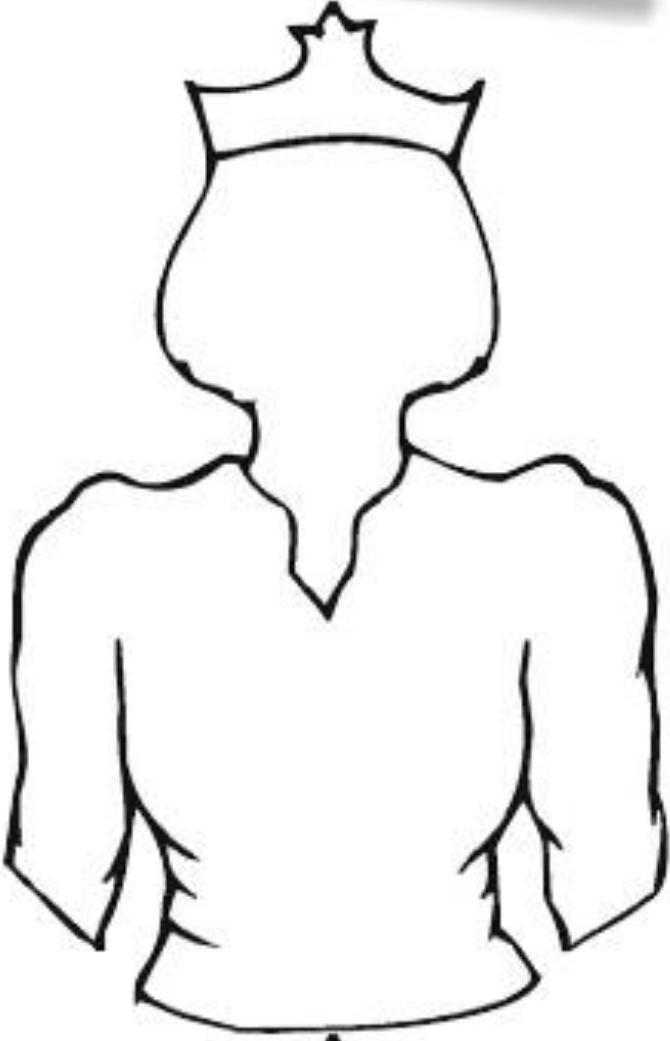
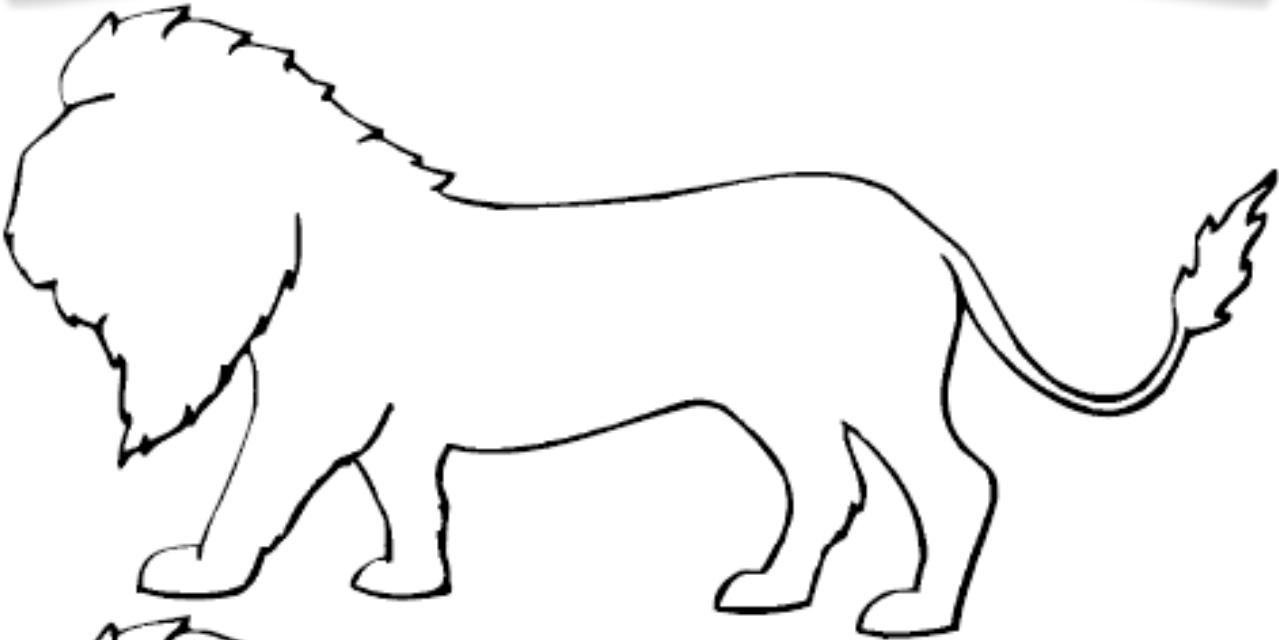
ribbons	ceremony	lion	life
book	girls	princess	mother
Naam Karan	gurdwara	prayers	hymn

Activity 2

Choose a Sikh name and create a name plate for it.
There are some templates on the next page.

A	F	K	P	U
Adesh	Fakeer	Karaj	Parambir	Udayjot
Amalinder	Falak	Kamal	Parmindar	Upavan
Amarjit	Fareed	Kanval	Parveen	Upjeet
Aganee	Fatehbir	Kareen	Prakash	Uttam
Aseem	Foola	Kashmiri	Priya	Uttamleen
B	G	L	Q	V
Baan	Gajinder	Lakbir	Quarbaan	Vandit
Bahadar	Garima	Lalit	Quarbani	Varinderjit
Balveer	Gharcheen	Leena	Quadrat	Vatish
Bhagat	Gundeep	Livdeep	Quamarnoor	Veerindar
Brahamjeet	Gursiman	Loveen	Qayyam	Vishram
C	H	M	R	W
Chanan	Hakam	Mahaan	Ramanjit	Wadha
Charminder	Harbinder	Mahindar	Ramleen	Walia
Chatar	Hardev	Mamta	Ranjit	Warwaha
Chirjeevan	Harmeet	Mandeep	Rasjeevan	Waryam
Chuni	Hitender	Matinder	Raveena	Wamil
D	I	N	S	Y
Daljeet	Ikam	Nageena	Sabar	Yadleen
Darpreet	Ikroop	Namdev	Sachveer	Yadvinder
Daya	Inderjit	Namrita	Sajan	Yashpal
Devasheesh	Inderpreet	Nimrata	Sandeep	Yuvraj
Dharamjot	Ishwar	Nishaa	Seetal	Yasmine
E	J	O	T	Z
Easher	Jagdesb	Onkar	Takdeer	Zail
Ekam	Jaipreet	Omaha	Taran	Zareena
Ekanjeet	Japleen	Onkarjeet	Tatleen	Zeenat
Eleen	Jasbir	Oopajai	Thakur	Zorawar
Eshwar	Jasvinder	Opinder	Trilochan	Zubair

Templates you can use (draw your own or print this page)



Answers

Sikh babies are not given a name until they have a special ceremony called **Naam Karan**. When the **mother** and baby are able to travel they go to the **gurdwara** with their friends and family. The baby is placed on a cot decorated with flowers and **ribbons**. Everyone sings songs and says **prayers** to wish the baby a happy and healthy **life**. The person leading the ceremony opens the Guru Granth Sahib (the Sikh Holy **book**) at a random page and reads the **hymn** on that page. The first letter of the first word will be the first letter of the baby's name. All Sikh names can be used for both boys and **girls** but boys put the word 'Singh' (meaning **lion**) after their first name and girls add 'kaur' (meaning **princess**) to their first name.