



15MIN Talks

"Keeping the Faith....."



ਨਾਮਧਾਰੀ ਸਿਖ ਸੰਗਤ

Saturday 16th June 2012

What are the 5K's and Why do we wear them?



ਖਾਲਸਾ ਮੇਰੇ ਰੂਪ ਹੈ ਖਾਸ

Khalsa mero roop hai
khaas

ਸਰਬਲੋਹ ਗ੍ਰੰਥ

sarabaloha granth

ਖਾਲਸੇ ਮੈਂ ਹਉ ਕਰਓ ਨਿਵਾਸ

Khalse meh hau karau
nivaas





ਪੰਜ ਕਕਾਰ - Pañj Kakār

1699



ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ

- When **Sri Guru Gobind Singh Ji** formed the Khalsa, he gave us 5 sacred symbols.
- These symbols are known as the **Panj Kakaars** or the **5 K's**



What are the 5k's?

ਪੰਜ ਕਕਾਰ - Pañj Kakār		
ਕੇਸ	Kesh	
ਕੰਘਾ	Kangha	
ਕੱਛ	Kashera	
ਕੜਾ	Kara	
ਕਿਰਪਾਨ	Kirpan	



ਕੇਸ - Kesh

- Kesh is uncut hair.
- Regarded as a symbol of strength
- Willing to accept God's gift as He intended it to be.
- Symbolises that the person wants to lead a simple life





ਕੰਘਾ - Kanga



- Small wooden **comb** used to keep the Kesh (hair) clean and tidy.
- Guru Gobind Singh Ji gave importance to **cleanliness** when he formed the Khalsa.
- Sikhs **wash** their Kesh **every morning**, then comb it with a Kangha, and tie it neatly in a topknot.
- The Kangha symbolises and represents **discipline**.



Eternity means a period of time that has **no end.**



ਕੜਾ -Kara

- Circular bangle made from steel.

- Steel is a symbol of strength

- Circular shape is the symbol of unity and eternity.

- No beginning or end, symbolising a Sikh's relationship with God.

Unity means combining everything in **ONE.**



ਕੱਛ - Kasherera

Short trousers which are now usually worn as **undergarments**.



Kasherera is a symbol of **modesty**.



ਕਿਰਪਾਨ - Kirpan

- A sword or dagger made from either Steel or Iron.
- By keeping it close to our body, it reminds us to make the most of our lives by helping others and defending justice.
- Historically, the Kirpan was used as a weapon for self defence in a battle
- By wearing the Kirpan, it should remind the person to always stand up against injustice.
- Namdhari Sikhs have a symbolic steel sword pinned to their Kangha





Importance of the 5K's



- Identity of a true Sikh.
- Distinguish a Sikh.
- Keep Sikhs united.
- Impacts on behaviour or actions



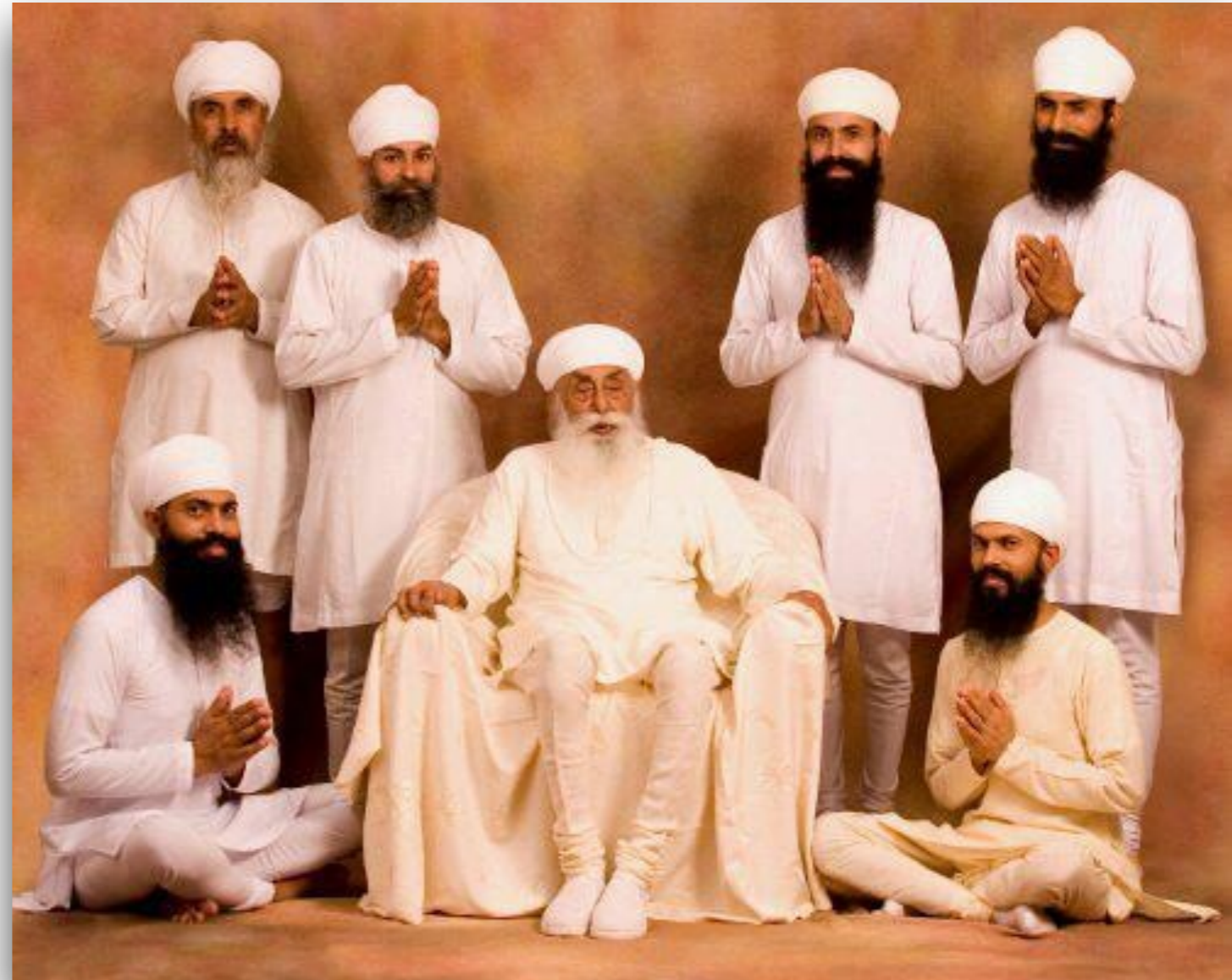
Importance of a Uniform

It creates a sense of:

Equality

Unity & Belonging

Pride





Thank **You** for your time.....

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