

1. The Basics

The dastaar, which is also commonly referred to as the "pagh," is a word of Persian origin which connotes having the hand of the creator upon our heads. (Here "dast," means hand). The dastaar is translated to turban, which Sikhs all over the world adorn. This acts as a constant reminder to a Sikh that God is forever present and for us to remain conscious of our thoughts and actions at all times.



The dastaar symbolises Sikh sovereignty. Additionally, it acts as a royal insignia of the Sikh Gurus and their teachings.



Those that wear a dastaar are expected to hold a high level of moral responsibility at all times. Additionally, it is a representation of the Guru. The Gurus gave the instruction to Sikhs to refrain from any form of intoxicants. For this reason, practicing Sikhs do not smoke, drink alcohol or take any other form of drugs. So if you have a turban tied, please do bear this in mind.



2. The Virtues

The Dastaar forms a part of a Sikh's unique identity. After the 9th Guru was executed in Delhi (1675), their Son, Guru Gobind Singh Ji (10th Guru) gave the Sikhs such an identity so that they would always be noticed, even within the midst of crowds. Why? A Sikh is always ready to serve others. A Sikh offers help to whoevers requires it in two main ways, by providing: 1. Deg= food and 2. Tegh= sword, i.e. protection and freedom; this is the true form of justice and victory for a Sikh.



The 'Du-mala' is a certain type of Dastaar, given to Sikhs by our 6th Guru in defiance to the rulers, who were the only ones that wore this type of Dastaar. The Guru told all Sikhs to wear this crown upon their head; this was formalised by our 10th Guru in 1699 – Vaisakhi.



The many inequalities including that of caste, social status and gender, exist in society, especially within Eastern culture. The dastaar however does not discriminate; the Guru blessed those from low castes/social backgrounds as well as females to be able wear this crown as well.



3. Interesting Facts

Do the different colours/ styles mean anything?
Essentially, no. Some styles, such as the du-malla* (du=two malla=materials) were more commonly worn by Sikh warriors. Others styles may be more predominant in certain Sikh communities, such as the triangle style** for Sikhs from Kenya.



Do all Sikhs wear a dastaar?
All Sikhs have been ordained to keep their hair. Therefore most practicing Sikhs will wear a dastaar. Sikhi has no age or gender barriers, so women and children can also wear a dastaar. However, some women and younger Sikhs may wear a patka.



It is very disrespectful to touch or ask a Sikh to remove their dastaar. A Sikh will only remove their dastaar in extreme circumstances or when showering/sleeping. It is not headwear. It is an article of faith. A Sikh will treat their dastaar with great respect, even when removing it.



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Free delicious vegetarian hot food for everyone.

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Everyone sits equally and eats the same food.

Sharing teaches caring:
Made and served by volunteers, funded by donations.



BE DRESSED MODESTLY



COVER YOUR HEAD



REMOVE YOUR SHOES & SOCKS



WASH YOUR HANDS



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Basics of Sikhi



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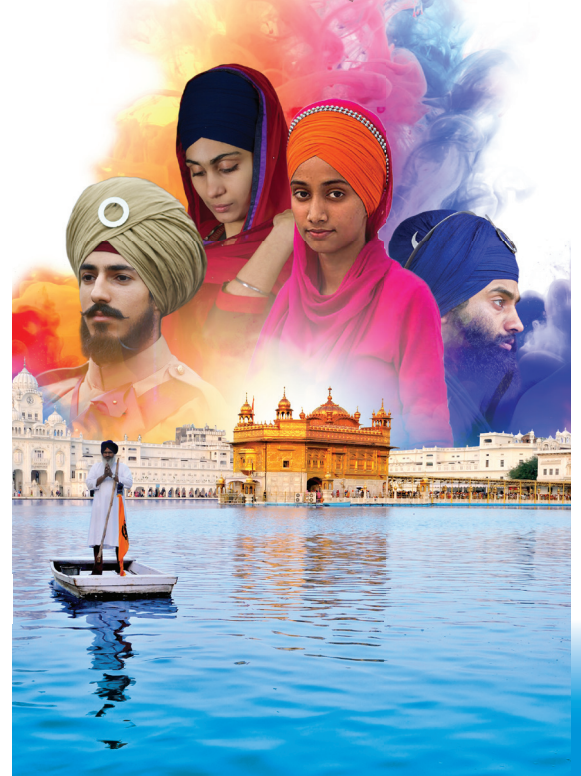
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