

Grade: 1

Lesson Number: 8

Unit Name: Citizen of the Khālsā

Course: Virṣā

Title: Khālsā Anthem – I

Standards

Standard 7: Becoming Citizens of the Khālsā

- Students demonstrate the ability to recite the Sikh Pledge of Allegiance and its general meaning and to sing the Sikh anthem.

Objectives

1. Students learn to sing the Khālsā anthem.
2. Students understand that the anthem develops sense of belonging to a group.

Prerequisites

- None.

Materials

- Copy of Anthem with meaning for each child (attached)
- Anthem written out on chart paper to put up for the children to follow along
- Audio example of the anthem (CD resource attached)
- CD player

Advanced Preparation

- Make copies of anthem.
- Transcribe the anthem on to chart paper.
- Have other materials ready.
- This is the first lesson in a two-part series on the national anthem.

Engagement (15-20 minutes)

Begin discussions with children on:

- Who is a citizen?
- Traditionally who or what does a citizen belong to?
- What are the responsibilities of a citizen?
- Are we citizens of the Khālsā? (remind them of this from their discussions in the Core Principles classes and Vaisākhī celebration class)
- Who does the Khālsā belong to?
- What is the responsibility of the Khālsā?
- What is an anthem?
 - Anthem: a special poem or song that belongs to a certain group of individuals and, in most cases, talks about how an individual should behave as a citizen of that nation to which the national anthem belongs.
- Tell children that we too have a Sabad that tells us how the Khālsā should be because we are citizens of the Khālsā.

Exploration (35-40 minutes)

- Go over Jāgat Jot Japai Nis Bāsūr reading out each line and having children repeat after you. Use the chart as your reference for children.
- Have them repeat each line twice with you.
- After they repeat each line, explain the meaning of the line to them. You will have to use examples to explain the lines.
- Finish entire sabad in this way and then have them repeat it one more time after you.
- Ask children to tell you what some of the lines mean.
- Then play the sabad for the children to listen to. After that, repeat it one more time together and practice singing it.
- You will most likely have to practice it several times before the children get it.

Explanation/Extension (5-10 minutes)

- Tell children to share the anthem with their families at home and practice the words.

Evaluation (On-going)

- Have children sing it at the next class with the words covered and see how many of them remember it.
- If too few remember then have them repeat it and sing with you again next class.

Teacher Resources

The Khālsā Anthem

ਜਾਗਤ ਜੋਤ ਜਪੈ ਨਿਸ ਬਾਸੁਰ ਏਕ ਬਿਨਾਂ ਮਨ ਨੈਕ ਨ ਆਨੈ ॥

jāgat jot japai nis bāsur ek binā man naik na ānai.

That person who focuses on the Divine Light day and night, and never puts even a little bit of faith in anyone else except the One Vāhigurū.

ਪੂਰਨ ਪ੍ਰੇਮ ਪ੍ਰਤੀਤ ਸਜੈ ਬ੍ਰਤ ਗੋਰ ਮਝੀ ਮਟ ਭੂਲ ਨ ਮਾਨੈ ॥

pūran prem pratīṭ sajai brat gor maṛī maṭ bhūl na mānai.

That person who has complete faith and love and even by forgetfulness, does not put any faith in fasting, worship of dead people, tombs of the dead people, and places of so called saints.

ਤੀਰਥ ਦਾਨ ਦਇਆ ਤਪ ਸੰਜਮ ਏਕ ਬਿਨਾ ਨਹਿ ਏਕ ਪਛਾਨੈ ॥

tīrath dān daīā tap sañjam ek binā nahi ek pachānai.

That person who does not pay attention to holy pilgrimage centers, charity, acts of pity, difficult meditation poses, and restraint if all of these are done without remembering Vāhigurū, the One.

ਪੂਰਨ ਜੋਤ ਜਗੈ ਘਟ ਮੈ ਤਬ ਖਾਲਸ ਤਾਹਿ ਨਖਾਲਸ ਜਾਨੈ ॥੧॥

pūran jot jagai ghaṭ mai tab khālas tāhi nakhālas janai. 1.

And That Person in whose heart the light of the Perfect Once shines, that one is to be recognized as a pure member of the Khālsā.

- *Gurū Gobind Singh, 33 Savaye*

The Khālsā Anthem

ਜਾਗਤ ਜੋਤ ਜਪੈ ਨਿਸ ਬਾਸੁਰ ਏਕ ਬਿਨਾ ਮਨ ਨੈਕ ਨ ਆਨੈ ॥
 jāgat jot japai nis bāsur ek binā man naik na ānai.

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 pūran prem pratīt sajai brat gor maṭī maṭ bhūl na mānai.

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