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Year 5's Visit to Central Gurdwara



May 2025

As part of our world faith topic on the **Sikhi religion**, we visited **Central Gurdwara** in Shepherd's Bush to learn more about this faith.

We then took part in a workshop to learn more about the history of Sikhism; Sikh beliefs and traditions; Sikh ceremonies; the importance of **Sewa** (service); and the Sikh population in Britain.

We learnt that Sikhs regard the **Guru Granth Sahib** as the **11th living Guru** and therefore treat it with immense respect. We were able to see where the holy book is taken to rest each night.

When we arrived, we removed our shoes and covered our heads before entering the prayer hall.

We were invited to bow before the **Guru Granth Sahib** – the Sikh holy book – as all Sikhs do when they enter.

Before returning to school, we were invited to take part in the **langar**. This is a shared meal that takes place after worship which anyone can attend. We all loved the food, although some of us had a few too many helpings!

We listened to the **Granthi** read some of the sacred scriptures and learnt that a **Chaur** (a type of fan) is used to fan the **Guru Granth Sahib**.

