

Grade: 2

Lesson Number: 11

Unit Name: Ten Nānaks

Course: Virṣā

Title: Gurū Rāmdās

Standards

Standard 5: Ten Nānaks

- Students identify the 10 Gurūs and two Chote Sāhibzāde.
 - *Students will be able to name all 10 Gurūs and 2 Chote Sāhibzāde. They will be able to identify a few key characteristics of each Gurū. The stories about the two Sāhibzāde should introduce concepts from Gurbāṇī, including pain (dukh), joy (sukh), as well as martyrdom (shahīdī).*

Objectives

1. Children will learn about Gurū Rāmdās (ਗੁਰੂ ਰਾਮਦਾਸ) with concentration on the starting of Rāmdāspur/Amritsar.

Prerequisites

- Previous completion of Lessons I, II, III and IV on Ten Nānaks.

Materials

- Heavy cardboard – one square/student (8 x 11 or bigger)
- Clay/play dough (enough for each child to build city on cardboard)
- Have name of the Gurū written in both English and Gurmukhī to put up as a sign

Advanced Preparation

- Teacher should be familiar with the life story of Gurū Rāmdās. (resources attached)

Engagement (15-20 minutes)

- As children come in give them a piece of cardboard and some playdough.
- Tell them to make a city with the play dough on their cardboard piece.
- The only instruction that you need to give is to say that they should build a city that will be useful to everyone who will come and live in the city.

Exploration (35 minutes)

- Tell children how every Gurū since Gurū Nānak asked their successors to go live in another city so that they can spread the message.
- Gurū Rāmdās was the son-in-law of Gurū Amardās. Gurū Amardās too, asked Rāmdās to go to another place and search for another residence of the Sikhs.
- Gurū Rāmdās found a place not too far from Goīndvāl where Gurū Amardās lived.
- He planned and created the town of Rāmdāspur and began digging out an area to make a tank. Later on, that town/city was called Amritsar.
- Tell students what Amritsar/Rāmdāspur provided for the Sikhs. (A great deal of opportunity for trades, a place for saṅgat to get together, etc...)

- Ask children if they found it interesting to build their pretend city and have them share what they built in their city with the class.
- Ask them to specify for you what things they thought about while building their city in regards to how it would be useful to everyone.

Explanation/Extension (5-10 minutes)

- Ask children if they have ever been to a Sikh wedding. Briefly ask them what happens at the actual ceremony. If no one is able to tell you what happens, go over the events and explain to children that Gurū Rāmdās wrote the lāvāṁ. Also discuss with them briefly the following sabad, telling them that this is what Gurū Sāhib asked or reminded his Sikhs to do and to make it their routine.

ਮਃ ੪ ॥

The Fourth Nānak

ਗੁਰ ਸਤਿਗੁਰ ਕਾ ਜੋ ਸਿਖੁ ਅਖਾਏ ਸੁ ਭਲਕੇ ਉਠਿ ਹਰਿ ਨਾਮੁ ਧਿਆਵੈ ॥

One who calls himself a Sikh of the Guru, the True Guru, shall rise in the early morning hours and remember Vāhigurū.

ਉਦਮੁ ਕਰੇ ਭਲਕੇ ਪਰਭਾਤੀ ਇਸਨਾਨੁ ਕਰੇ ਅੰਮ੍ਰਿਤੁ ਸਰਿ ਨਾਵੈ ॥

Upon arising early in the morning, Sikh is to bathe and to drown in remembrance of the Immortal.

ਉਪਦੇਸਿ ਗੁਰੂ ਹਰਿ ਹਰਿ ਜਪੁ ਜਾਪੈ ਸਭਿ ਕਿਲਵਿਖ ਪਾਪੁ ਦੋਖੁ ਲਹਿ ਜਾਵੈ ॥

Following the Instructions of the Gurū, a Sikh is to remember the All-Pervading Vāhigurū. Doing so, all sins, misdeeds, and negativity will be erased.

ਫਿਰਿ ਚੜੈ ਦਿਵਸੁ ਗੁਰਬਾਣੀ ਗਾਵੈ ਬਹਦਿਆ ਉਠਦਿਆ ਹਰਿ ਨਾਮੁ ਧਿਆਵੈ ॥

Then, at the rising of the sun, Sikh is to sing Gurbāṇī; whether sitting down or standing up, keep Vāhigurū in mind.

ਜੋ ਸਾਸਿ ਗਿਰਾਸਿ ਧਿਆਏ ਮੇਰਾ ਹਰਿ ਹਰਿ ਸੋ ਗੁਰਸਿਖੁ ਗੁਰੂ ਮਨਿ ਭਾਵੈ ॥

One who remembers my All-Pervading Vāhigurū with every breath and every morsel of food - that Sikh of the Gurū is pleasing to the Gurū's Mind.

ਜਿਸ ਨੇ ਦਇਆਲੁ ਹੋਵੈ ਮੇਰਾ ਸੁਆਮੀ ਤਿਸੁ ਗੁਰਸਿਖੁ ਗੁਰੂ ਉਪਦੇਸੁ ਸੁਣਾਵੈ ॥

That person who feels the kindness and compassion of my Master, the Sikh of the Gurū follows the Teachings of the Gurū.

ਜਨੁ ਨਾਨਕੁ ਧੂੜਿ ਮੰਗੈ ਤਿਸੁ ਗੁਰਸਿਖੁ ਕੀ ਜੋ ਆਪਿ ਜਪੈ ਅਵਰਹੁ ਨਾਮੁ ਜਪਾਵੈ ॥੨॥

Servant Nanak begs for the dust of the feet of that Sikh of the Gurū, who himself remembers Vāhigurū and inspires others to do so. ||2||

Evaluation (On-going)

- Tell children to ask their family members and friends if they know who wrote the lāvāṁ.

Teacher Resources

Books

Singh Teja and Ganda Singh. A Short History of the Sikhs. Patiala: Punjab University, Patiala, 1994. pp. 23-24

Singh, Puran. The Book of The Ten Masters. Amritsar: Singh Bros., August 2002. pp. 66-69

Singh, Santokh, Dr. The Gurū's Word & Illustrated Sikh History. Princeton, Ontario: Spiritual Awakening Studies, South Sea International Press Ltd., 2000. pp. 90-94

Gurū Rāmdās

Gurū Nānak appointed his successor at Kartārpur but asked him to go and live at Khaḍūr. Gurū Aṅgad asked his successor, Gurū Amardās to live in Goindvāl. Gurū Amardās asked Jeṭhā to search for a place other than Goindvāl as a residence for the Sikhs. Jeṭhā found an open land about 25 miles from Goindvāl, and he established himself there. He built a house for himself and got a tank excavated which was called Santokhsar. It is also believed that the Gurū asked Jeṭhā (ਜੇਠਾ) to excavate another tank towards the east which would be called Amritsar – the Pool of Immortality.

Originally, during 1574, the site of the temple was surrounded by a small lake, in a thin forest. The lake was enlarged and a small township was established during the leadership of the fourth Sikh Gurū (Gurū Rāmdās, 1574-1581). It was during the leadership of the fifth Gurū (Gurū Arjan, 1581-1606), that full fledged Temple was built.

The fourth Sikh Gurū contributed the following:

- Contributor of Lavāṁ (ਲਾਵਾਂ), the hymns of the Marriage Rites.
- Designed the Golden Temple.
- Planned and created the township of Rāmdāspur (later, Amritsar).
- Organization structure of Sikh Society.

Pictures of Harimandar Sāhib

[http://www.sikhnet.com/sikhnet/Register.nsf/Files/Gt-engraved/\\$file/gt-engraved.jpg](http://www.sikhnet.com/sikhnet/Register.nsf/Files/Gt-engraved/$file/gt-engraved.jpg)



<http://www.eng.buffalo.edu/~gsingh/GoldenTemple.jpg>

Books

Singh Teja and Ganda Singh. A Short History of the Sikhs. Patiala: Punjab University, Patiala, 1994. pp. 23-24

Singh, Puran. The Book of The Ten Masters. Amritsar: Singh Bros., August 2002. pp. 66-69

Singh, Santokh, Dr. The Gurū's Word & Illustrated Sikh History. Princeton, Ontario: Spiritual Awakening Studies, South Sea International Press Ltd., 2000. pp. 90-94

Gurū Rāmdās

Gurū Nānak appointed his successor at Kartārpur but asked him to go and live at Khaḍūr. Gurū Aṅgad asked his successor, Gurū Amardās to live in Goindvāl. Gurū Amardās asked Jeṭhā to search for a place other than Goindvāl as a residence for the Sikhs. Jeṭhā found an open land about 25 miles from Goindvāl, and he established himself there. He built a house for himself and got a tank excavated which was called Santokhsar. It is also believed that the Gurū asked Jeṭhā (ਜੇਠਾ) to excavate another tank towards the east which would be called Amritsar – the Pool of Immortality.

Originally, during 1574, the site of the temple was surrounded by a small lake, in a thin forest. The lake was enlarged and a small township was established during the leadership of the fourth Sikh Gurū (Gurū Rāmdās, 1574-1581). It was during the leadership of the fifth Gurū (Gurū Arjan, 1581-1606), that full fledged Temple was built.

The fourth Sikh Gurū contributed the following:

- Contributor of Lavām (ਲਾਵਾਂ), the hymns of the Marriage Rites.
- Designed the Golden Temple.
- Planned and created the township of Rāmdāspur (later, Amritsar).
- Organization structure of Sikh Society.

Pictures of Harimandar Sāhib

[http://www.sikhnet.com/sikhnet/Register.nsf/Files/Gt-engraved/\\$file/gt-engraved.jpg](http://www.sikhnet.com/sikhnet/Register.nsf/Files/Gt-engraved/$file/gt-engraved.jpg)



<http://www.eng.buffalo.edu/~gsingh/GoldenTemple.jpg>