



NIHUNG
SANTHIA

STUDENT GUIDE



Welcome to Nihung Santhia!

ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਹਿ ॥

Welcome to Nihung Santhia!

Choosing to receive Santhia is an amazing and rewarding commitment and we are grateful to be joining you on this journey. Now you have been accepted as a student, it's likely your lessons will begin very soon and this guide will help you prepare for your lessons and provides important information about what we expect from you.

In this guide you will find:

- ▶ Help and guidance about the structure of your lessons.
- ▶ Important information about the Satkaar of Gurbani.
- ▶ The practical things you can do to progress your Santhia.



Before your Lessons start

If you are new to Santhia your lessons will begin by learning the Akhar/letters. You will be reading these from Baal Updesh, which is a structured Pothi Sahib/text book that takes students from learning individual Akhar to full sentences and provides the vital foundation for reading Gurbani.

Where can I get a copy of Baal Updesh?

Hard copies of Baal Updesh are available to purchase but we are happy for you to download a copy from www.gurmatveechar.com. Under the 'Gurbani and Literature section' select the 'Punjabi Books' folder and you will be able to download a PDF file.



How do I look after a Pothi Sahib?

As your Baal Updesh provides you with the vital knowledge of reading Gurbani it must be treated with highest amount of Satkaar/respect. We refer to it as a Pothi Sahib and hold the same level of Satkaar as a Gutka Sahib. This means:

- ▶ Your hands must be washed and clean
- ▶ A Hazuria /Parna should be used at all times

Even if you are using the PDF version on a mobile device, you must comply with the above points.

Without the Satkaar of Gurbani, your Santhia will be useless

For students who have taken Santhia lessons previously and are continuing from a different Pothi Sahib, please have this ready before your first lesson starts.

Learn more about maintaining Satkaar for Gurbani on page 10

Where do I have my lessons?

We recommend you find a clean and comfortable area to sit in when taking online lessons. Your lessons will be via a Skype voice call so find somewhere you won't be disturbed. You may also find it useful to use headphones so your hands are free to read from the Pothi Sahib. Face-to-face lessons will happen at the Gurdwara Sahib.



Learning With Nihung Santhia

There are two different ways you can learn Santhia with us:

- ▶ Face-to-face lessons
- ▶ Online lessons

If you have opted to attend a face-to-face lesson, please join your chosen lesson at the designated time and date given to you.

For students receiving online Santhia, you will be allocated a tutor who will teach you at the times and days you have agreed. Online lessons take place via Skype – so it's best to download this app and add your tutor as a contact. If you have any difficulties with this please email us.



Your online lesson

Online lessons take place via Skype, it is your responsibility to call your tutor at the right time of the lesson. If you have difficulty attending the lesson, we ask that you give 48 hours' notice to your tutor to let them know you cannot attend the lesson. It's important to remember the success of your learning is in your own hands, if you keep missing lessons without providing a suitable reason for your absence, the Ustaad has the right to stop teaching you.

During the lesson your tutor will guide you through the syllabus at a pace that suits your learning style. The structure of each lesson will follow a similar format; you recite from your Pothe Sahib while your tutor listens, they may interrupt if you read it wrong. If this happens, repeat what you said previously in the correct way and continue on. Your tutor will stop you at an appropriate time and that will conclude your lesson. After the lesson you will be expected to do your Abiyas.

It is important to maintain the utmost respect for your Ustaad. It's well documented that there is no greater charity in this world than to receive Gurmat Vidiyaaleducation.

Respect your Ustaad, refrain from answering back to them, listen to their recommendations and advice and don't challenge them even if you feel they are wrong. Disrespectful attitudes and comments towards your Ustaad will mean we have to stop your Santhia.



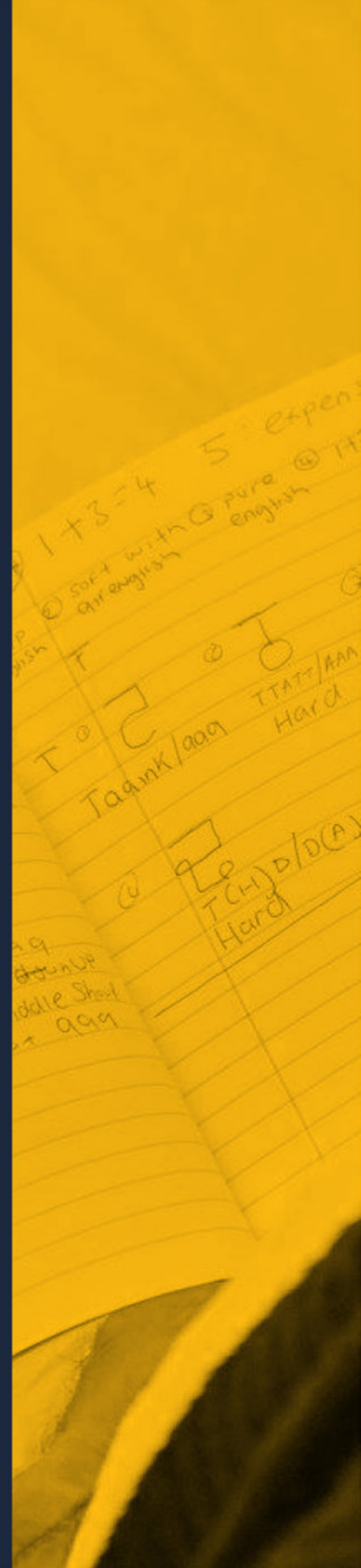
What is Abiyas?

Every student at Nihung Santhia will have to do their Abiyas/practice. You can think of this as your homework for the duration of your Santhia course. Abiyas is the recitation of what you learned during your most recent lesson. For example, if you learn 5 new Akhar in one lesson, your homework is to recite the same 5 Akhar.

You will be expected to complete your Abiyas a minimum of 25 times – the same 5 Akhar repeated 25 times each.

At the beginning of your next lesson your tutor will ask you to repeat this to them and once they are satisfied you can read correctly they will move you forward.

Completing a minimum 25 times Abiyas between lessons is compulsory for all of our students.



Practical tips to progress your santhia

- ▶ **Do your Abiyas:** This is the most important factor in successful Santhia. You can use a counting device to help keep track of how many out of 25 you have done.
- ▶ **Maintaining the highest respect for Gurbani:** "That person who does not respect and fear Gurbani cannot be my Sikh." (Bachan of 7th Guru Ji in Gurpartap Suraj Granth).
- ▶ **Keeping respect for your tutor:** Without respect for your tutor your Santhia will not progress.
- ▶ **Be comfortable:** Always conduct your online lessons and Abiyas in an area that is clean and comfortable for you, where you are unlikely to be disturbed.
- ▶ **Find like-minded people:** Sangath is very important in Sikhi, if you can relate to other students who are also learning Santhia you are more likely to stay focused and committed.



Dasvand

- ▶ One of the fundamental objectives we have at Nihung Santhia is to spread the learning of Gurbani Santhia as far as possible. Learning Santhia is an excellent form of Parchar, it provides Students with immeasurable opportunities to progress their Sikhi by having the ability to read Gurbani.
- ▶ Our aim is to teach more students and train more Santhia Parcharaks. Dasvand/money is used to fund a sustainable income for our full time tutors and to expand the level of Parchar we do.
- ▶ Your lessons are not dependant on your ability to donate Dasvand and we will continue to teach those that do not donate. If you are in a fortunate enough position to donate your Dasvand to Nihung Santhia please look into setting up a standing order payment early into your course.



Your Dasvand will contribute to:

- 1** Our aim is to eventually invest in our own asthan and have a Vidhiyala. This will be a dedicated place where our Vidhiyarthee can do their Abiyas, receive Gurbani Santhia lessons, Kirtan lessons and Shastar Vidhya lessons. We aim to use this facility to train our future generations in Gurbani Santhia, Katha, Kirtan and Shastar Vidhya. Eventually, we envisage to have a Vidhiyala set up in all major cities across the country and eventually across the globe.

- 2** Dasvandh, will allow us to employ and invest in teachers, to run face-to-face and online Gurbani Santhia classes. This is important as the number of students is increasing and we need to be able to fulfil the demand. Not increasing the number of tutors will hinder our ability to take on more students. We want to be in a position where we can employ tutors on a full or part time basis and give them a choice to do this on a Sewa/voluntary basis if they wish. In addition it will also allow us to take on employees that can contribute to the Nihung Santhia project in other ways such as graphic designers, admin staff and sound engineers to help us upload Katha recordings.

- 3** Helping us continue to hold a number of annual Smagams/ programmes, such as:
 - ▶ Dussehra Mahatam Smagam
 - ▶ Gurbani Santhia Camp
 - ▶ Barsi of Singh Sahib Giani Amarjeet Singh Ji
 - ▶ Barsi of Sant Baba Ajit Singh Ji





**Satkaar for
Gurbani –
A guide for
Vidhiaarthis**





ਜਿਨ ਭੈ ਅਦਬ ਨ ਬਾਣੀ ਧਾਰਾ॥ ਜਾਣਹੁ ਸੋ ਨਹੀ ਸਿੱਖ ਹਮਾਰਾ॥

*"That person who does not respect and
fear Gurbani cannot be my Sikh."*

Bachan of 7th Guru Ji in Gurpartap Suraj Granth

This guide will provide important information on how to maintain the full respect for Gurbani. Use this guide when reading Gurbani from a Pothi Sahib, mobile phone, tablet, computer and any kind of technological device.

A key component of your Santhia is keeping Satkaar of Gurbani, without which, you will not obtain the Khushia/happiness of Guru Ji. It is imperative that all students keep the utmost respect of Gurbani at all times.

The following points will help you maintain full Satkaar for Gurbani and we expect every student to adhere to them. Within this guide, each time we refer to Gurbani or Pothi Sahib it includes all Senchi Sahibs, Gutkeh Sahibs and any place where you see Gurbani Akhar, including all types of mobile devices and applications.

If you need clarification on any point please ask your tutor to explain it, before you start your Santhia classes.

- 1** Before handling Gurbani it is important you have taken a bath. If you have taken a bath/ haven't been to the washroom, then do Panj lshnana (wash your hands, feet and face) before setting your rehl and Pothi Sahib up.
- 2** Immediately before reading Gurbani or starting Santhia you should wash your hands thoroughly. To decrease the risk of Beadbi/disrespect to the Ang, your fingernails should be cut short to avoid tears to the Ang and not have dirt trapped underneath.
- 3** Once your body is clean you can begin to read Gurbani or take Santhia. When seated to recite Gurbani, take notice not to touch your face, feet or any other body parts with your hands. If so it will require you to wash your hands again. A hazuria/parna (cloth placed around the neck) should be used – simply place your hands underneath the cloth.
- 4** Whenever reading Gurbani you should wear clean clothes and ensure you are wearing a Hazuria.



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- 5** Your head should be covered and you should remove your socks and shoes whenever reading Gurbani or doing Santhia.
- 6** When learning Santhia or reading Gurbani you should sit in a clean place. Always ensure no one is sitting on a higher level than the person reciting Gurbani, receiving a Santhia lesson, or than the Gurbani itself.
- 7** Whilst reciting Gurbani, ensure nobody has their back to the Pothi Sahib and no one should ever have their feet pointing towards Gurbani.
- 8** When doing Santhia at home, make sure the place where you keep your Pothi Sahibs is clean. Ideally it should be a high place, which is reserved only for your Pothi Sahibs and not in the direction where your feet face in a room. All Pothi Sahibs should be individually wrapped with clean Ramala Sahibs. Senchi Sahibs should be kept side-by-side rather than on top of one another.
- 9** When preparing to do your Santhia, the first thing you must do is lay out a clean cloth on the floor where you are going to sit. On top of this another smaller cloth should be placed only in the position where your Rehl/wooden stand will be placed. Your Pothi Sahib will be placed respectfully above the Rehl.
- 10** For online Santhia students your lessons will be via Skype, so inevitably you will be using an electronic device to access Skype and using your Pothi Sahib at the same time. The mobile device or laptop should be thoroughly cleaned before using it to read Gurbani – if possible have a device that is only used for Santhia or reading Gurbani and nothing else. This may not be possible for everyone – so when handling such devices that are not Sucheh/clean, one should use their Hazuria to handle them. If this is difficult then after logging in and calling their tutor, a student should wash their hands again before handling the Pothi Sahib



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11 The above points also apply to Baal Updesh Pothi. Although this may not be a Gurbani Pothi, it still contains the Akhar created by Guru Sahib, so we should treat it with respect.

12 Any notebook used to make Santhia notes or write Gurmukhi, should be kept with respect and not placed on the floor. The notebook should only be used with clean hands.

13 When making notes if you make a mistake or incorrectly write Gurbani Akhar, never tear out the page. Once Gurmukhi Akhar have been written, the same respect is given to the notebook as would be given to a Gutka Sahib. So ripping a page out of a notebook with Gurmukhi Akhar written on it would be considered a massive Beadbi/disrespect.

14 When transporting Pothi Sahibs they should be placed in a clean bag known as a Khajana. This is designed especially for Pothi Sahibs and should not be placed the on the floor.

15 Once you have completed your Santhia for the day, you should not keep a bookmark in the Pothi Sahib. To remind yourself of where you have finished you should write it in a separate notebook.

16 When turning the Angs/pages of any Pothi Sahib you should remember to turn the Ang with your right hand from the top corner of the Ang and not using your left hand to turn from the bottom as this can cause the Ang to rip.

17 If you have been to the bathroom or have been outside where someone has been smoking and your clothes have become unclean due to the smoke, then do not handle any Gurbani until you have bathed, preferably full Kesi Ishnan/washed your hair and changed into clean clothes.

18 If you have to get up at any time during a Santhia lesson, respectfully Santokh/close your Pothi Sahib, place it in Ramala Sahib and then get up.

19 Any devices such as phones or tablets that have Gurbani downloaded on them, whether audio or visual (PDF, Gutka Apps), should never be placed on the floor. For respect of the Gurbani that has been downloaded on the device, it should always be placed on a higher platform than one is sitting.

Frequently asked questions

▶ Can I attend face-to-face lessons?

Yes you can – Nihung Santhia run face-to-face classes across the UK and you are welcome to join these classes if you want to learn in Sangath.

▶ How do online lessons work?

We use Skype to communicate with students. *This is not a video call*; we make voice calls using Skype to protect the privacy of our tutors so they don't have to release personal contact details. You will call your tutor via Skype at the designated time and day of your lessons. Traditionally the responsibility of maintaining the communication between student and tutor has always been with the student – we aim to keep up this tradition.

▶ Where can I get a copy of Baal Updesh from?

Hard copies of Baal Updesh are available to purchase but we are happy for you to download a copy from www.gurmatveechar. Under the 'Gurbani and Literature section' select the 'Punjabi Books' folder and you will be able to download a PDF file.



▶ **How do I look after my Baal Updesh or my Pothi Sahib?**

Please read the Satkaar for Gurbani guide on page 10 for more information on how to look after a Pothi Sahib?

▶ **Do I have to wash my hands before reading Gurbani on a mobile phone?**

Yes – wherever you see Gurbani or any individual Akhar of Gurbani, you must treat this with utmost respect and Satkaar. This includes reading Gurbani from any type of mobile device.

▶ **Will there be any homework?**

Every student at Nihung Santhia will have to do their Abiyas/practice. Abiyas is the recitation of what you learned during your most recent lesson. For example, if you learn 5 new Akhar in one lesson, your homework is to recite the same 5 Akhar for your homework – 25 times.

▶ **Why do you charge for Santhia lessons?**

Although we do accept Dasvandh from students, you're lessons are not dependant on your ability to pay. We accept Dasvandh to help increase the amount of tutors we have and funds are recycled back into the teaching and Parchar we do. We also produce Santhia learning aids and resources to help you with your education.

▶ **Will I ever get to meet my tutor in person?**

If you are receiving online lessons, it's likely you will not see your tutor very often. However we do hold an annual Santhia Camp for all Nihung Santhia students, so you can meet them there.

▶ **How long will it take to complete my Santhia?**

You are in charge of your progression. The more effort and concentration you put in, the faster you will advance.



I wish to make a regular payment by standing order to NIHUNG SANTHIA LTD

USE BLOCK CAPITAL LETTERS

- Full name
- Student ID ▪ Male ▪ Female
- Address
 ▪ Post Code
- Contact no. ▪ Email

INSTRUCTION TO YOUR BANK

- Name of your bank or building society
- Bank branch address (include postcode)
- Account Name
- Account Number ▪ Sort Code

Until further notice, please debit my/ our account and send the amount as per the following details:

To: Natwest Bank
Account Name: Nihung Santhia Ltd
Sort Code: 60-01-37
Account Number: 56936540
BIC: NWBK GB 2L
IBAN: GB04 NWBK 6001 3756 9365 40

- I wish to make a payment of £ per month
- Starting on the (dd/mm/yyyy)
- Signed ▪ Dated

Please complete and return this form to info@nihungsanthia.com

Please note, Nihung Santhia is 'NOT' a registered Charity, hence all monthly payments are taxable. Your payment will go towards creating a sustainable income for our tutors and funding Parchar. If you have any further questions with regards to payments, please email us at info@nihungsanthia.com



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For more info, visit
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