

# 162. Naam Karan—Sikh Naming Ceremony PowerPoint One

**A Sikh Family**

Naam Karan

This picture shows what an **Outdoor** is like in the Gurdwara.

Family life is very important to those who follow the Sikh religion. The Sikh holy book, **The Guru Granth Sahib**, teaches about family life. It is kept at the **Gurdwara**.

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There are no pictures or statues in the Gurdwara. The only thing that is there is the **Guru Granth Sahib**, the Sikh holy book. It is kept in a special place called the **Langar**.

The **Gurdwara** is not just a place to worship. It is also a meeting place and it is open to everyone. It is a place where you can go to get help if you need it. It is a place where you can go to get help if you need it.

These children live in our country. They go to their Gurdwara to learn the language spoken by Sikhs in India and to learn about the Sikh religion.

Sikhs believe that all life comes as a gift from God. So whenever a baby is born, the baby is seen as a gift from God.

Because the baby is a gift from God, Sikh parents want to celebrate the baby's birth.

When a baby is born into a Sikh family, the name **'Naam Karan'** (which means 'to give a name') is given to the baby's name. The name is given to the baby's name. The name is given to the baby's name.

The baby's birth is celebrated by a visit to the **Gurdwara** for a special ceremony to name the child. This naming ceremony is called **Naam Karan**.

There are special prayers to address the baby's birth and to ask for blessing of good health and a long life for the baby.

The **gurmukh** leads the ceremony. He or she is part of the **Guru Granth Sahib**, which is covered with **thick white cloth** when it is being read.

The **gurmukh** is the person who looks after the holy book **the Guru Granth Sahib**.

The **gurmukh** will water and sugar together in a bowl with a **thanda**. A **thanda** is a special drink. A few drops of this liquid mixture are put into the baby's mouth and the rest is given to the baby's mother to drink.

After a prayer, the **Guru Granth Sahib**, the holy book, is read. It is opened at a random and the first letter on the left-hand page is read out. This letter is then used as the first letter of the baby's name.

Boys and girls are often given the same names. The name Singh is added after a boy's name. Singh means lion. If the baby is a girl and the first letter is 'P', the baby's name will be given a name like **Pranaj Singh** or **Pranaj Singh**.

The word **four** is added after a girl's name. Four means princess. A girl could be called **Pranaj four** or **Pranaj four**.

Many Sikhs like to choose names that have a special meaning such as **Gurmukh** which means front of the Guru, or **Harimandir** which means worship of God. When the baby's name is chosen by the family, everyone chases.

The baby is given the **thanda** in a small bowl. This is one of the **five** symbols of the Sikh faith.

The ceremony ends with a special pudding called **karah prasad** shared by all the guests and a little bit of it is placed on the baby's feet.

Then a **thanda**, a beautiful drink, is placed over the **Guru Granth Sahib**.

This man is making **karah prasad** with the **thanda**.

**Karah prasad** is a special holy food. During the naming ceremony it is made near the **Guru Granth Sahib** which is kept in the prayer hall. The **karah prasad** is made for it to be cooked so that it is ready for the naming ceremony. While it is cooked, special prayers are said over it and it is touched with a **thanda**. Everyone is offered **karah prasad**. It is taken in a special hand-dipped bowl at once.

The person who makes the **karah prasad** should be very clean and should wash the pots used to make it. Prayers are said while it is being prepared. It is made from **semolina, chana flour, water, butter and sugar**.

**How to make karah prasad:**

You need:  
 1 mag filled with 3 parts of semolina to 1 part chana flour,  
 20g butter  
 200g sugar  
 1 mag of sugar

**What to do:**

1. Wash the hands in a clean pot.
2. Add the semolina and flour to the pot and mix well.
3. Cook the mixture for 10-15 minutes until it is very golden.
4. Add the butter to the cooked mixture.
5. Cook the mixture until the consistency is thick. It is a good thing to eat at once.
6. Use a small spoon and add the mixture to the bowl.
7. Use a small spoon to add sugar to the bowl.

**Karah prasad** is a holy pudding.

No one is allowed to refuse to eat the **karah prasad** and it is not allowed to throw away.

**Donations** are given to the **Gurdwara** for the **thanda** and the **karah prasad**. The **thanda** and the **karah prasad** are made by the **Gurdwara** and are given to the **Gurdwara** for the **thanda** and the **karah prasad**.

Family life as taught in the *Guru Granth Sahib* and at the *Gurdwara*.  
 The birth of a new baby into a Sikh family  
 What happens at the baby naming ceremony—*Naam Karan* ?  
 How do Sikhs choose their baby's name?  
 Making *karah prasad* for the naming ceremony.

LOW  
 QUALITY  
 SAMPLES