



September 15th, 2025 Level 4 Monday/Thursday

HOMEWORK

1. Please read the ਮੂਲ ਮੰਤਰ of Japji Sahib **five times** everyday until next class (15 times before next class). Don't forget to log it in your reading logs (at the back of the book)!
2. Please write the following notes in your notebooks once everyday (**3 times before next class**):
 - ਐਕ: ਐ is pronounced as ik not ek
 - ਓ : is pronounced as owan (ਔ)
 - not om or o-ang
 - ਸਤਿਨਾਮੁ: pronounce this word with an adhak (ਸੌ) as in ਸੱਤਨਾਮ
 - ਨਿਰਭਉ : ਨਿਰ = without ਭਉ = fear
 - this means Vaheguru Jee is without fear.
 - We need to be careful not to say ਭਾਉ



- ਭਾਉ = love
 - Is Vaheguru jee without love? No!
 - ਅਜੁਨੀ: ਅ is a ਮੁਕਤਾ। It sounds like uh, not aa
 - ਸੈਭੰ: this is pronounced as saibhan(ਅੰ)
 - there is no G sound.
 - ਗੁਰਪ੍ਰਸਾਦਿ: this is pronounced Gurprasaad, not Gurparsaad
 - ਜੁਗਾਦਿ : pronounce this word with an ਅ as in ਜੁੱਗਾਦਿ
 - ਹੈ ਭੀ ਸਚੁ: ਹੈ and ਭੀ are two separate words, so we pronounce them separately
3. Please send an Email to Gursimar Kaur
(gursimar.kaur@gurmatcenter.com) by Wednesday at 8:00 pm.
- In the subject line write: Introduction - Level 4
 - Start the email with: Hello Gursimar Kaur,
 - Introduce yourself.
 - End the email by saying: Thank you, _____Kaur/Singh
 - Please look at the picture for reference.

gursimar.kaur@gurmatcenter.com

Introduction - Level 4

Hello Gursimar Kaur,

My Name is _____ Kaur/Singh. I am in level 4 Nitnem Santhia this year.

Thank you,

_____ Kaur/Singh



ANNOUNCEMENTS

1. *Back to School* Sunday Darbar starting on **Sunday, Sept. 21 from 5:30 PM to 7:00 PM** in the **Gurmat Center basement**. **English Katha**, double prizes and cupcakes!! For all ages! Speaker: Bibi Tejpreet Kaur
2. **Gatka classes** have started. **Kirtan** and **Dastar tying** classes start in October. For Singhs & Kaurs! Register online
3. **Volunteer vacancies:** Punjabi on Tuesday and Thursday. Dharm Parchar store on Wednesday (Singh). Apply online! Must be grade 6 or higher
4. **GCY program** for those in **grade 9 or higher** on **Saturday, Sept. 20, 2025**. Guest speaker: **Bhai Gurkeerat Singh**. Discussion, games, and dinner
5. If students are going to be absent, fill out an absence form on the GC website.
6. Vehicles must be parked when dropping and picking up students.