



Gurbani and Sikh History Quiz

NOTE: This document has Gurbani. Please treat it with utmost care and respect.

Table of Contents

Chapter 1: General.....	3
Chapter 2: Guru Granth Sahib.....	5
Chapter 3: Gurbani.....	9
Chapter 4: Sikh Personalities	17
Chapter 5: Dus Guru Sahiban.....	19
Chapter 6: Sikh Institutions.....	21
Chapter 7: Khalsa Panth.....	23
Chapter 8: Rehat Maryada.....	24

Chapter 1: General

1. What is the birth year of Guru Nanak Pathshah Ji?

Year 1469 at Rai-Bhoi-Di-Talwandi (now called Nanakana Sahib)

2. What is the Sikh flag called?

Nishan Sahib

3. What is *Vada Ghallughara*?

It is an event when in 1762 Abdali killed 30,000 Sikh men, women, and children.

4. What is *Chota Ghallughara*?

In 1746 (when Lakhpat Rai killed 15,000 Sikhs)

5. What does the word *Panjab* mean?

Land of 5 rivers

6. Name the five rivers of *Panjab*.

Jhelum, Chinab, Ravi, Sutlej, Beas

7. How many alphabets are there in *Gurmukhi*?

35

8. Name the present Guru of the Sikhs.

Guru Granth Sahib Ji and Guru Panth Khalsa

9. What is the ceremony of Sikh marriage called?

Anand Karaj

10. How many 'Lawans' are recited during the Sikh marriage?

Four

11. How much of his income must every Sikh contribute for religious purposes?

One-Tenth of his/her income, take out 'for religious purposes' (called *Daswandh*)

12. Who betrayed *Mata Gujri Ji* and the two younger sons of *Guru Gobind Singh Ji* to the *Nawab* of Sirhind?

Gangu Brahmin

13. Name the two *Pathans* who helped *Guru Gobind Singh Ji* march through the *Mughal* camp.

Nabi Khaan and Gani Khaan

14. Who is known to be the first recorded poet of the Punjabi language?

Sheikh Farid, the Sufi mystic and teacher.

15. What was the hereditary occupation of *Bhagat Sain*?

***Bhagat Sain* was a barber.**

16. Name the five vices (ਪੰਜ ਵਿਕਾਰ) as per Gurbani

1. ***Kam* (Lust, fornication)**
2. ***Krodh* (Anger, wrath)**
3. ***Lobh* (Greed, hoarding)**
4. ***Moh* (Worldly attachment)**
5. ***Ahankar* (Conceit, egoism, pride)**

17. What is meant by '*Chardi Kala*'?

***Chardi kala* (ਚੜ੍ਹਦੀ ਕਲਾ)** is the Punjabi term for aspiring to maintain a mental state of eternal optimism and joy. *Guru-ke-sikh*'s are expected to be in this positive state of mind as a sign of their contentment with the will of God (ਭਾਣਾ), even during the times of adversity.

18. What does '*Ghalughara*' mean in English?

Genocide

19. Who ordered his troops to fire on the unarmed men, women and children assembled at *Jallianwala Baagh*, Amritsar Sahib?

British Officer, Brigadier-General Reginald Dyer

20. What is the Sikh Calendar called?

***Nanakshahi* Calendar**

21. Which is the year one of the *Nanakshahi* Calendar?

The year one of the *Nanakshahi* Calendar is the year of Guru Nanak Dev Ji's birth (1469 CE)

22. List the days in the *Nanakshahi* Calendar in order.

- ***Aetvaar* (Sunday)**
- ***Somvaar* (Monday)**
- ***Mangalvaar* (Tuesday)**
- ***Budhvaar* (Wednesday)**
- ***Veervaar* (Thursday)**
- ***Shukarvaar* (Friday)**
- ***Chanicharvaar* (Saturday)**

23. Name the Muslim who accompanied *Guru Nanak Sahib Ji* with a *rabab* (a musical instrument invented by *Guru Nanak*).

Bhai Mardana Ji.

24. What does *bentee* means?

Request (ardas)

25. What is the meaning of *chaupai*?

Four line couplet

Chapter 2: Guru Granth Sahib

1. What is the very first line ('punktee') in *Guru Granth Sahib*?

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik oa(n)kaar sath naam karathaa purakh nirabho niravair akaal moorath ajoonee saibha(n) gur prasaaadh ||

2. What is the first 'bani' in *Guru Granth Sahib*?

Japji Sahib

3. Japji Sahib found on following 'angs' (pages) of *Guru Granth Sahib*

Page 1-7

4. Japji Sahib is composed in which 'raag'?

There is no 'raag' specified for Japji Sahib.

5. In which year, was the *Adi Granth* compiled?

1604

6. Who first compiled the *Guru Granth Sahib* (The *Adi Granth*, then also known as *Pothi Sahib*)?

Guru Arjan Dev Ji

7. In which year, the *Adi Granth* was conferred the title of "Guru of the Sikhs" by the tenth Guru, *Guru Gobind Singh*?

1708

8. How many *angs* (pages) are there in *Guru Granth Sahib*?

1430

9. How many total *raags* are present in *Guru Granth Sahib*?

31

10. What does *mehala pehla* (ਮੇਲਾ ੧) in *Guru Granth Sahib* refers to?

Composition attributed to Guru Nanak (1st Guru)

11. Name of *Bhagat* who has the most number of verses in *Sri Guru Granth Sahib*?

Bhagat Kabir Ji (541 hymns out of a total of 922 by 15 bhagats). The compositions consist of 227 Padas in 17 Raags and 237 Salokas.

12. What is the first *raag* in *Guru Granth Sahib*?

Sri Raag

13. How many *vaaran* (plural of *Vaar*, ballads) are there in *Guru Granth Sahib*?

22 (Twenty two)

14. What is meaning of *Chaupade* in *Guru Granth Sahib*?

Bani with Four verses and a refrain

15. *Guru Granth Sahib* contains the compositions of how many *Guru Sahiban*?
Six Gurus: First Five Gurus & the Ninth Guru.

16. Name the composition in *Guru Granth Saheb Ji* that records the dialogues *Guru Nanak Dev Ji* had with the 'Sidhas'.
Sidh Gosht

17. Name the only Sikh women whose name has been mentioned in *Guru Granth Sahib*.
Mata Khivi Ji

18. Whom did *Guru Arjan Dev Ji* dictate the *Adi Granth* to?
Bhai Gurdas Ji

19. How many *Bhagat's banis* are in *Guru Granth Sahib*?
15

20. *Guru Granth Sahib* contains the compositions of how many 'Bhuttas'?
11 Bhuttas

21. Which *Vaaran* in *Guru Granth Saheb* does not have *Salokas*?
All the Vaaran with the exception of Basant Ki Vaar and Ramkali Ki Vaar by Satta and Balvand. (The Saloks were added to their Pauris by Guru Arjan at the time of the compilation of the Adi Granth.)

22. Whom did *Guru Gobind Singh Ji* dictate the *Guru Granth Sahib* to?
Bhai Mani Singh Ji

23. How many *saloks* of *Guru Angad Sahib Ji* are in *Guru Granth Sahib*?
62 saloks

24. What is the concluding *raag* in *Guru Granth Sahib*?
ਜੈਜਾਵੰਤੀ (Raag Jaijavanti)

25. List all *Guru Sahiban* whose bani(s) are present in *Guru Granth Sahib*.

- **Guru Nanak** (1st Guru)
- **Guru Angad** (2nd Guru),
- **Guru Amardas** (3rd Guru),
- **Guru Ramdas** (4th Guru),
- **Guru Arjan** (5th Guru),
- **Guru Teg Bahadur** (9th Guru)

26. Name first four *bani*(s), in the order they are present, in *Guru Granth Sahib*?
1st, Japji Sahib (ਜਪ੍ਰਿ)
2nd, Sodar (ਸੋਦਰ)
3rd, So Purakh (ਸੋਪੁਰਖ)
4th, Sohaila Sahib (ਸੋਹਿਲਾ)

27. How can we thank *Akal Purakh* who has given us everything?

Simran (remembrance)

28. What is the meaning of *Rahao* in *Guru Granth Sahib*?

Central idea (Pause and think about the central idea)

29. Who composed *Japji Sahib*?

Guru Nanak Sahib Ji

30. Who composed *Anand Sahib*?

Guru Amardas Ji (3rd Guru)

31. How many *paurees* are there in *Anand Sahib*?

40 (forty)

32. Which Guru Sahib has only *salok(s)* in *Guru Granth Sahib* but no 'shabad(s)'?

Guru Angad

33. Which Guru Sahib has highest number of hymns (*shabad(s)/salok(s)*) in *Guru Granth Sahib*?

Guru Arjan

34. What is dictionary meaning of 'Barah Maha' (ਬਾਰਹ ਮਾਹ)?

'Barah' means twelve (12) and 'maha' means month

35. Tell as many words from *Gurbani* which mean "friend"

- **Meeth (ਮੀਤ)**
- **ਸਜਣ (Sajan)**
- **Mitr (ਮਿਤ੍ਰ)**
- **Saheli (ਸਹੇਲੀ)**
- **Baelee (ਬੇਲੀ)**
- **Sakha (ਸਖਾ)**
- **Sakhi (ਸਖੀ)**

36. Who composed bani 'siddh Gosht' (ਸਿਧ ਗੋਸ਼ਟ)?

Guru Nanak

37. What is 'siddh Gosht' (ਸਿਧ ਗੋਸ਼ਟ) about?

The Sidh Gohst (Dialogue With The Siddhas) is a pious Bani that recounts a meeting of Guru Nanak Dev Ji with a group of Hindu ascetics (siddhs) who had renounced the world, living in the caves of the Himalayas.

'Sidhha Goshth' is the detailed transcript of the questions posed to Guru Nanak by the Yogis and the Guru Sahib's answers to those questions. 'Gosht' means discussion or dialogue.

38. What is 'dhuni' assigned to Asa ki Vaar?

The tune is of 'Tunde Asaraje' (tuMfy As rwjY kl Duni)

39. List all Guru Sahiban who has *vaar(s)* (ballads) in *Guru Granth Sahib*.

- **Guru Nanak**

- *Guru Amardas*
- *Guru Ramdas*
- *Guru Arjan Ji*

40. Name all the fifteen *Bhagat*(s) who's *Bani* is part of *Guru Granth Sahib*?

1. <i>Bhagat Kabir Ji</i>	9. <i>Bhagat Bhikhan Ji</i>
2. <i>Bhagat Namdev Ji</i>	10. <i>Bhagat Soordas Ji</i>
3. <i>Bhagat Ravidas Ji</i>	11. <i>Bhagat Parmanand Ji</i>
4. <i>Bhagat Trilochan Ji</i>	12. <i>Bhagat Sain Ji</i>
5. <i>Baba Farid Ji</i>	13. <i>Bhagat Pipa Ji</i>
6. <i>Bhagat Baeni Ji</i>	14. <i>Bhagat Sadhna Ji</i>
7. <i>Bhagat Dhanna Ji</i>	15. <i>Bhagat Ramanand Ji</i>
8. <i>Bhagat Jaidev Ji</i>	

41. The *Bani* titled “*Patti*” is in which *Raag*?

Raag Asa.

The *Bani* titled “*patti*” occurs twice in *Guru Granth Sahib*. First one is composed by *Guru Nanak* and another one by *Guru Amar Das Ji*

42. The *Bani* titled “*Bavan Akhri*” (ਬਾਵਨ ਅਖਰੀ) is in which *Raag*?

Raag Gourree.

“*Bavan Akhri*”, is the name given to two compositions of *Gurbani*, one by fifth Guru, *Guru Arjan Sahib Ji* and another one by *Bhagat Kabir ji*. This composition is constructed upon 52 (*bavan*) letters (*akhar*) of the *Devanagri* script. The fifty two letters of devangri included 33 consonants, 16 vowels and 3 compounds.

43. What is meaning of word “*Bavan*”?

Bavan is a *hindi* word which means number fifty two (52).

44. Who composed *Salok Mahala Nauvan* (ਸਲੋਕ ਮਹਲਾ ੯)?

Guru Teg Bahadur Ji

45. On what *ang*(s) of *Guru Granth Sahib* is *Salok Mahala Nauvan* (ਸਲੋਕ ਮਹਲਾ ੯) present?

1426-1429

46. How many *Salok*(s) are there in *Salok Mahala Nauvan* (ਸਲੋਕ ਮਹਲਾ ੯)?

57

Chapter 3: Gurbani

1. Recite the very first *Salok* from *Guru Granth Sahib*:

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥ aadh sach jugaad sach ||
ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥ hai bhee sach naanak hosee bhee sach ||1||

2. What does name 'Sohaila' (ਸੋਹਿਲਾ) implies?

ਸਿਫਤ-ਸਾਲਾਹ, ਵਾਹਿਗੁਰੂ ਦੇ ਗੁਣ ਗਾਉਣੇ। Praise of Waheguru. Sohaila means the song of happiness – joy.

3. How many *Shabads* are there in *Sohaila Sahib*?

5 (five)

4. What is the order of *shabads* in *Sohaila Sahib*?

1 st	<i>Raag Gauree deepkee mehlaa pehlaa</i>	<i>Guru Nanak</i>
2 nd	<i>Raag Asa mehlaa pehlaa</i>	<i>Guru Nanak</i>
3 rd	<i>Raag Dhanasari mehlaa pehlaa</i>	<i>Guru Nanak</i>
4 th	<i>Raag gauri purbi mehlaa chautha</i>	<i>Guru Ramdas</i>
5 th	<i>Raag gauri purbi mehlaa panjwaa</i>	<i>Guru Arjan</i>

5. What does "Ghar" (ਘਰਿ) means in "Jai ghar keerat aakheeai" (ਜੈ ਘਰਿ ਕੀਰਤਿ ਆਖੀਐ) means?

Our Body

6. What is "sivariho" (ਸਿਵਰਿਹੁ) means in the sentence "tit ghar gaavoh sohilaasivarihosirjanhaaro"

(ਤਿਤੁ ਘਰਿ ਗਾਵਹੁ ਸੋਹਿਲਾ ਸਿਵਰਿਹੁ ਸਿਰਜਣਹਾਰੋ ॥੧॥)?

Simran (Meditate)

7. Who composed *Tav Parsad Sawaiye*?

Guru Gobind Singh Ji

8. What is the meaning of "Sur" (ਸੂਰ) in following line: ਸੂਰ ਸੁਰਾਰਦਨ ਸੁੱਧ ਸੁਧਾਦਿਕ ਸੰਤ ਸਮੂਹ ਅਨੇਕ ਮਤੀ ਕੇ ॥

Brave (ਬਹਾਦੁਰ)

9. Interpret the following line from *Guru Granth Sahib*:

ਰਾਮਕਲੀ ਮਹਲਾ ੩ ਘਰੁ ੧॥
raamakalee mehalaa 3 ghar 1 ||

Raag: Ramkali

Composition: Mehalaa Teeja (3rd Guru, Guru Amardas Ji)

Ghar: 1st Taal/beat (Daadraa Taal)

10. Interpret: "raag ga-orhee deepkee mehlaa 1" (ਰਾਗ ਗਉੜੀ ਦੀਪਕੀ ਮਹਲਾ ੧)

Bani composed by Guru Nanak (1st Guru) in Raag Gaorhee deepkee

11. Interpret: raag gaorhee poorbee mehlaa 5. (ਰਾਗ ਗਉੜੀ ਪੂਰਬੀ ਮਹਲਾ ੫ ॥)

Bani composed by Guru Arjan (5th Guru) in Raag Gaorhee poorbi

12. Interpret: raag gaorhee poorbee mehlaa 4. (ਰਾਗ ਗਉੜੀ ਪੂਰਬੀ ਮਹਲਾ ੪ ॥)

Bani composed by Guru Ramdas (4th Guru) in Raag Gaorhee poorbi

13. *Sukhmani Sahib* is composed in which *Raag*?

Raag Gourree

14. *Sukhmani Sahib* is composed by which *Guru Sahib*?

Guru Arjan

15. How many *Ashtapadee*(s) are there in *Sukhmani Sahib*?

24

16. How many *Salok*(s) are there in *Sukhmani Sahib*?

24

17. Interpret: *gourree sukhmanee* mahala 5 (ਗਉੜੀ ਸੁਖਮਨੀ ਮਃ ੫ ॥)?

Bani name: *Sukhmani*

Raag: *Gourree*

Composed by: *Guru Arjan (5th Guru)*

18. Recite starting *Salok* from *Sukhmani Sahib*:

ਆਦਿ ਗੁਰਏ ਨਮਹ ॥ aadh gureae nameh ||
ਜੁਗਾਦਿ ਗੁਰਏ ਨਮਹ ॥ jugaadhd gureae nameh ||
ਸਤਿਗੁਰਏ ਨਮਹ ॥ sathigureae nameh ||
ਸ੍ਰੀ ਗੁਰਦੇਵਏ ਨਮਹ ॥੧॥ sree guradhaeveae nameh ||1||

19. From *Sukhmani Sahib* recite the very first line of the first *Ashtapadee*.

ਸਿਮਰਉ ਸਿਮਰਿ ਸਿਮਰਿ ਸੁਖੁ ਪਾਵਉ ॥

simaro simar simar sukh paavo ||

20. From *Sukhmani Sahib* recite the concluding/last line of the 24th *Ashtapadee*.

ਨਾਨਕ ਇਹ ਗੁਣਿ ਨਾਮੁ ਸੁਖਮਨੀ ॥੮॥੨੪॥

naanak eih gun naam sukhmanee ||8||24||

21. As per Gurbani, what are the qualities of a spiritually wise person ("*giani*")?

One who does not frighten anyone, and who is not afraid of anyone else

ਭੈ ਕਾਹੂ ਕਉ ਦੇਤ ਨਹਿ ਨਹਿ ਭੈ ਮਾਨਤ ਆਨ ॥

bhai kaahoo ko dhaeth nehi nehi bhai maanath aan ||

22. Recite the 1st *salok* of *Salok Mahala Nauvan*:

ਗੁਨ ਗੋਬਿੰਦ ਗਾਇਓ ਨਹੀ ਜਨਮੁ ਅਕਾਰਥ ਕੀਨੁ॥
 gun gobi(n)dh gaaeiou nehee janam ak[aarth](#) keen ||
 ਕਹੁ ਨਾਨਕ ਹਰਿ ਭਜੁ ਮਨਾ ਜਿਹ ਬਿਧਿ ਜਲ ਕਉ ਮੀਨੁ ॥੧॥
 kahu naanak har bhaj manaa jih bidhh jal ko meen ||1||

23. As per Gurbani what are the five elements our body is composed of?

- **Air (pawan),**
- **Water (jal),**
- **Fire (Agni),**
- **Earth**
- **Ether (Space , Aakash)**

24. How many shabads are there in 'sodar' (ਸੋਦਰੁ) bani?

Five

25. List all the five shabads of 'sodar' (sodru) bani?

1 st	ਸੋ ਦਰੁ ਰਾਗੁ ਆਸਾ ਮਹਲਾ ੧ so dhar raag aasaa mehalaa 1	Guru Nanak
2 nd	ਆਸਾ ਮਹਲਾ ੧ ॥ aasaa mehalaa 1	Guru Nanak
3 rd	ਆਸਾ ਮਹਲਾ ੧ ॥ aasaa mehalaa 1	Guru Nanak
4 th	ਰਾਗੁ ਗੂਜਰੀ ਮਹਲਾ ੪ ॥ raag goojaree mehalaa 4	Guru Ramdas
5 th	ਰਾਗੁ ਗੂਜਰੀ ਮਹਲਾ ੫ ॥ raag goojaree mehalaa 5	Guru Arjan

26. How many shabad(s) are there in bani 'so-purakh' (ਸੋਪੁਰਖੁ)?

Four

27. List all the four shabad(s) from the bani 'so-purakh' (ਸੋਪੁਰਖੁ).

1 st	ਰਾਗੁ ਆਸਾ ਮਹਲਾ ੪ ਸੋ ਪੁਰਖੁ raag aasaa mehalaa 4 so purakhu	Guru Ramdas
2 nd	ਆਸਾ ਮਹਲਾ ੪ ॥ aasaa mehalaa 4	Guru Ramdas
3 rd	ਆਸਾ ਮਹਲਾ ੧ ॥ aasaa mehalaa 1	Guru Nanak
4 th	ਆਸਾ ਮਹਲਾ ੫ ॥ aasaa mehalaa 5	Guru Arjan

28. Recite the concluding (very last) *Salok* from *Guru Granth Sahib*:

ਸਲੋਕ ਮਹਲਾ ੫ ॥

salok mehalaa 5 ||

ਤੇਰਾ ਕੀਤਾ ਜਾਤੇ ਨਹੀਂ ਮੈਨੋ ਜੋਗੁ ਕੀਤੇਈ ॥
ਮੈਂ ਨਿਰਗੁਣਿਆਰੇ ਕੋ ਗੁਣੁ ਨਾਹੀ ਆਪੇ ਤਰਸੁ ਪਇਓਈ ॥
ਤਰਸੁ ਪਇਆ ਮਿਹਰਾਮਤਿ ਹੋਈ ਸਤਿਗੁਰੁ ਸਜਣੁ ਮਿਲਿਆ ॥
ਨਾਨਕ ਨਾਮੁ ਮਿਲੈ ਤਾਂ ਜੀਵਾਂ ਤਨੁ ਮਨੁ ਥੀਵੈ ਹਰਿਆ ॥੧॥

thaeraa keethaa jaatho naahee maino jog keethoee ||
mai niraguniaarae ko gun naahee aapae tharas paeiouee ||
tharas paeiaa miharaamath hoee sathigur sajan miliaa ||
naanak naam milai thaan(n) jeevaa(n) than man thheevai hariaa ||1||

NOTE: "Sohaila Sahib" MUST be memorized completely as quiz will not be limited to the questions listed below.

29. In *Sohila Sahib*, what is the line after following line (*pangati*)

ਗਗਨ ਮੈਂ ਥਾਲੁ ਰਵਿ ਚੰਦੁ ਦੀਪਕ ਬਨੇ ਤਾਰਿਕਾ ਮੰਡਲ ਜਨਕ ਮੌਤੀ ॥
gagan mai thaal rav chand deepak banay taarikaa mandal janak motee.

Ans.

ਪੂਪੁ ਮਲਆਨਲੋ ਪਵਣੁ ਚਵਰੋ ਕਰੇ ਸਗਲ ਬਨਰਾਇ ਫੂਲੰਤ ਜੋਤੀ ॥੧॥
dhoop mal-aanlo pavan chavro karay sagal banraa-ay foolant jotee. ||1||

30. In *Sohila Sahib*, what is the missing line in following *pangati*

ਪੂਰਬਿ ਲਿਖਤ ਲਿਖੇ ਗੁਰੁ ਪਾਇਆ _____ ਕਰਿ ਸਾਧੁ ਅੰਜੁਲੀ ਪੁਨੁ ਵਡਾ ਹੇ ॥
poorab likhat likhay gur paa-i-aa kar saaDhoo anjulee pun vadaa hay.

Ans.

ਮਨਿ ਹਰਿ ਲਿਵ ਮੰਡਲ ਮੰਡਾ ਹੇ ॥੧॥
man har liv mandal mandaay. ||1||

31. In *Sohila Sahib*, what is the last line of the paragraph written in *Raag Dhannasree* and uttered by which *Guru Sahib*?

ਕਿਰਪਾ ਜਲੁ ਦੇਹਿ ਨਾਨਕ ਸਾਰਿੰਗ ਕਉ ਹੋਇ ਜਾ ਤੇ ਤੇਰੈ ਨਾਇ ਵਾਸਾ ॥੪॥੩॥
kirpaa jal deh naanak saaring ka-o ho-ay jaa tay tayrai naa-ay vaasaa. ||4||3||

By Guru Nanak Sahib

Senior Questions

1) List all the 31 Raags from *Guru Granth Sahib*?

1. ਸਿਰੀਰਾਗੁ (Sri Raag),	17. ਗੌਂਡ (Gond),
2. ਮਾਝੁ (Raag Maanj),	18. ਰਾਮਕਲੀ (Ramkali),
3. ਗਉੜੀ (Gauri),	19. ਨਟ ਨਾਰਾਇਣ (Nut Narayan),
4. ਆਸਾ (Aasa),	20. ਮਾਲੀ ਗਉੜਾ (Maali Gowda),
5. ਗੁਜਰੀ (Gujri),	21. ਮਾਰੁ (Maru),
6. ਦੇਵਗੰਧਾਰੀ (Devghandhari),	22. ਤੁਖਾਰੀ (Tukhari),
7. ਬਿਹਾਗੜਾ (Beehagda),	23. ਕੇਦਾਰਾ (Kedra),
8. ਵਡਹੰਸ (Vadhans),	24. ਭੈਰਉ (Bhairo),
9. ਸੋਰਠਿ (Soradhi),	25. ਬਸੰਤ (Basant),
10. ਧਨਾਸਰੀ (Dhanasari),	26. ਸਾਰੰਗ (Sarang),

Example 2:

ਅਵਲਿ ਅਲਹ ਨੂਰੁ ਉਪਾਇਆ ਕੁਦਰਤਿ ਕੇ ਸਭ ਬੰਦੇ ॥
aval aleh noor oupaaeiaa kuudharath kae sabh ba(n)dhae ||
First, Allah created the Light; then, by His Creative Power, He made all mortal beings.
ਏਕ ਨੂਰ ਤੇ ਸਭੁ ਜਗੁ ਉਪਜਿਆ ਕਉਨ ਭਲੇ ਕੋ ਮੰਦੇ ॥੧॥
eaek noor theae sabh jag oupajiaa koun bhalae ko ma(n)dhae ||1||
From the One Light, the entire universe welled up. So who is good, and who is bad? ||1||

6) From Guru Granth Sahib give examples of Bhagat Ravidas Ji's bani:

Example:

ਜਬ ਹਮ ਹੋਤੇ ਤਥ ਤੂ ਨਾਹੀ ਅਬ ਤੂਹੀ ਮੈ ਨਾਹੀ ॥
jab ham hothae thab theo naahee ab thoohee mai naahee ||
When I am in my ego, then You are not with me. Now that You are with me, there is no egotism within me.

ਅਨਲ ਅਗਮ ਜੈਸੇ ਲਹਰਿ ਮਇ ਓਦਧਿ ਜਲ ਕੇਵਲ ਜਲ ਮਾਂਹੀ ॥੧॥
anal agam jaiae lehar mae oudhadhh jal kaeval jal maa(n)hee ||1||
The wind may raise up huge waves in the vast ocean, but they are just water in water. ||1||

ਮਾਧਵੇ ਕਿਆ ਕਹੀਐ ਭ੍ਰਮ ਐਸਾ ॥
maadhhvae kiaa keheeaai bhram aisiaa ||
O Lord, what can I say about such an illusion?

ਜੈਸਾ ਮਾਨੀਐ ਹੋਇ ਨ ਤੈਸਾ ॥੧॥ ਰਹਾਉ ॥
jaiaa maaneeaai hoe n thaisaa ||1|| rehaao ||
Things are not as they seem. ||1||Pause||

7) Quote Bani of Guru Teg Bahadur Ji's Bani:

Example 1:

ਸਾਧੋ ਮਨ ਕਾ ਮਾਨੁ ਤਿਆਗਉ ॥
saadhhoo man kaa maan thiaago ||
: Holy Saadhus: forsake the pride of your mind.
ਕਾਮ ਕ੍ਰੋਧ ਸੰਗਤਿ ਦੁਰਜਨ ਕੀ ਤਾ ਤੇ ਅਹਿਨਿਸਿ ਭਾਗਉ ॥੧॥ ਰਹਾਉ ॥
kaam krodhh sa(n)gath dhurajan kee thaa theae ahinis bhaago ||1|| rehaao ||
Sexual desire, anger and the company of evil people - run away from them, day and night. ||1||Pause||

Example 2:

ਇਹ ਜਗਿ ਮੀਤੁ ਨ ਦੇਖਿਓ ਕੋਈ ॥
eih jag meeth n dhaekhiou koeo ||
In this world, I have not found any true friend.
ਸਗਲ ਜਗਤੁ ਅਪਨੈ ਸੁਖਿ ਲਾਗਿਓ ਦੁਖ ਸੇ ਸੰਗਿ ਨ ਹੋਈ ॥੧॥ ਰਹਾਉ ॥
sagal jagath apanai sukh laagiou dhukh mai sa(n)g n hooe ||1|| rehaao ||
The whole world is attached to its own pleasures, and when trouble comes, no one is with you. ||1||Pause||

8) What is meaning of Chaupade in Guru Granth Sahib?

Bani with Four verses and a refrain

9) What is meaning of Ashtapadee in Guru Granth Sahib?

Bani with eight stanza's and a refrain

10) Under each Raag what is the order of bani in Guru Granth Sahib?

Shabad → Ashtapadeeyaan → Chant → Vaaran → Shabads of Bhagats

11) List all the chhands from Jaap Sahib:

1. Chhapai Chhand
2. Rual Chhand
3. Rasaawal Chhand
4. Harbolmana Chhand
5. Ek Acchhri Chhand
6. Charpat Chhand
7. Madhubhar Chhand
8. Bhagwati Chhand
9. Chachri Chhand
10. Bhujang Prayat Chhand

12) Name the chhand that occurs SIX times in Jaap Sahib?

Bhujang Prayat Chhand (**ਭੁਜੰਗ ਪ੍ਰਯਾਤ ਛੰਦ ॥**)

13) Who composed Anand Sahib?

Guru Amardas Ji (3rd Guru)

14) How many paurees are there in Anand Sahib?

40 (forty)

15) What is the meaning of “Sravag” in following line:

ਸ੍ਰਾਵਗ ਸੁੱਧ ਸਮੂਹ ਸਿਧਾਨ ਕੇ ਦੇਖਿ ਫਿਰਿਓ ਘਰ ਜੋਗ ਜਤੀ ਕੇ ॥

Buddhist Monk

16) What is the meaning of "Sur" (ਸੂਰ) in following line:

ਸੂਰ ਸੁਰਾਰਦਨ ਸੁੱਧ ਸੁਧਾਦਿਕ ਸੰਤ ਸਮੂਹ ਅਨੇਕ ਮਤੀ ਕੇ ॥

Brave (ਬਹਾਦੁਰ)

Word meanings:

Word/Phrase	Meaning
Mate Matang	Giant Elephant
Jare	Studded
Jar	Gold, Silver
Anoop	Wonderful
Utang	Camel
Surang	Beautiful
Savaare	decorate
Kot	Hundreds
Turang	Horse
Kurang	Deer
Paun	Wind
Bhoop	King
Niavat	bow
Dhol	drum
Gajan	elephant
Hajaare	thousands
Bhoot	Past
Ganai	Count

Chapter 4: Sikh Personalities

1. Who was Hari Singh Nalwa?

He was one of the generals in Maharaja Ranjit Singh's army.

2. In 1898, who published an influential booklet called '*Hum Hindu Nahin*' (We are not Hindus)?

Bhai Kahn Singh Nabha.

3. In 1898, who wrote the first novel in *Punjabi* and what was it called?

Bhai Vir Singh, called Sundri

4. Who started the *Pingalwara*?

Bhagat Puran Singh. Pingalwara is a house for destitute in Amritsar Sahib, Punjab.

5. Who allowed his scalp to be cut off instead of his hair?

Bhai Taru Ji

6. She was wife of *Guru Angad Sahib Ji* and in charge of the *Langar*.

Mata Khivi Ji

7. Who was the first person to recognize *Guru Nanak Sahib Ji's* greatness?

Bebe Nanaki Ji

8. After Guru Teg Bahadur Ji was beheaded in Delhi, who cremated his body?

Bhai Lakhi Shah

9. Name the Sikh woman who was a daughter, wife and mother of a *Guru*.

Bibi Bhani Ji

10. Dilbag and Gulbag were the two horses that were rescued from the stables of the governor of Lahore by this Sikh.

Bidhi Chand

11. This Sikh served six Gurus.

Baba Budha Ji

12. How old was Baba Budha Ji when he passed away in 1631?

125 years old

13. Who was punished (excommunicated from the community) for misinterpreting Gurbani and displaying miracles before Aurangzeb?

Ram Rai, son of Guru Har Rai Ji.

14. Who found out the true *Guru* in *Guru Tegh Bahadur Ji* and proclaimed him to the world, thus exposing the fake pretenders?

Bhai Makhan Shah

15. Who were the other three martyred along with *Guru Tegh Bahadur* by order of Aurangzeb?

Bhai Mati Das Ji, Bhai Sati Das Ji, Bhai Dayala Ji

16. Who took *Guru Tegh Bahadur Ji's* head to Anandpur?

Bhai Jaita Ji.

17. What was the name of the Sikh who drove a spear into the elephant's head at the battle of *Anandpur*?

Bhai Bachittar Singh

18. In the battle of *Anandpur Saheb*, who gave water to all dying soldiers irrespective of whether they were Sikhs or Muslims?

Bhai Kanhaiya Ji

19. Name the Sikh women who led the 40 *mukte* (*chaalli mukte*) back into the battlefield and later became one of the bodyguards of Guru Gobind Singh Ji.

Mata Bhaag Kaur (also known as Mai Bhago)

20. Who did *Guru Gobind Singh Ji* nominated as the first *Jathedar* (commander of the forces) of the *Khalsa Panth*?

Banda Singh Bahadur

21. This martyr's body was cut to pieces limb by limb

Bhai Mani Singh Ji

22. Who were the two Sikhs who killed *Massa Ranghar*?

Bhai Mehtab Singh and Bhai Sukha Singh

23. Name the Sikh warrior who was awarded the title *Sultan-ul-Quam* (King of the *Khalsa Panth*).

Jassa Singh Ahluwalia when he defeated the ruler of Lahore in 1761

Chapter 5: Dus Guru Sahiban

1. Which guru Sahib has only *Saloks* in *Guru Granth Sahib* but no *Shabad*?

Guru Angad

2. Who was the first Guru Sahib to be a *Shahid* (Martyred)?

Guru Arjan Sahib Ji

3. Which Guru Sahib started the tradition of *Langar*?

Guru Nanak Sahib Ji

4. Which Guru Sahib sat on hot iron plate by Emperor Jahangir?

Guru Arjan Sahib Ji

5. Which Guru Sahib started the formal teaching of the '*Gurmukhi*' script?

Guru Angad Dev Ji

6. Which Guru Sahib wore two *kirpans* to symbolize 'MIRI-PIRI'?

Guru Hargobind Ji

7. Name the parents of Guru Nanak Dev Ji.

Father : Mehta Kalu Ji, Mother : Mata Tripta Ji

8. Which Guru Sahib was beheaded in Delhi?

Guru Tegh Bahadur Ji

9. Name the wife of Guru Nanak Dev Ji.

Mata Sulakhani Ji

10. During his travels, Guru Nanak Dev Ji went to *Sayyadpur* (now called *Eminabad*) and stayed at a carpenter's house (considered of low caste according to the Hindu caste system). Name the carpenter.

Bhai Laalo Ji

11. Where was Guru Nanak taken captive during Babar's invasion?

Sayyadpur, now called Eminabad, in Gujranwala district of Pakistan

12. Name the *Gurdwara*, now in Pakistan, which stands at the place where *Vali Kandhari*'s ego was broken.

Panja Sahib

13. What was name of *Guru Angad Dev Ji* before he met *Guru Nanak*?

Bhai Lehna

14. Name the eldest son of *Guru Angad Dev Ji* who struck *Guru Amardas Ji* with his foot when Guru Sahib was seated on *Gurgaddi* (Guru's seat).

Bhai Datu

15. Who established the system of preachers called 'masands'?

Guru Amardas Ji

16. What was the original name of *Guru Ramdas Ji*?

Bhai Jetha

17. This Guru was sent to Fort of Gwalior as a state prisoner?

Guru Hargobind Ji

18. This Guru was 5 years old when he received the *Gurgaddi* ?

Guru Harkrishan Ji

19. What were the last words of *Guru Harkrishan Ji* announcing the next Guru?

"Baba Bakale", which meant that his successor would be found at village of *Bakala*

20. Who wrote the 'Zaffarnama'?

In year 1705 at Dina village, Guru Gobind Singh Ji wrote 'Zaffarnama' ('Letter of Victory') in Persian to Aurangzeb. In this he reminded him of his ill-treatment, and told him that, though so many of his Sikhs, besides his sons, had been killed, he was still unconquered.

26. What did one have to do before he was allowed to attend discourse of *Guru Amardas Ji*?

They had to partake *Guru-ka-langar*

27. How many princes who were already imprisoned in the Fort of Gwalior got freed along with *Guru Hargobind Ji*?

52.

28. Who included *Bani* of 9th Guru, *Guru Teg Bahadur Ji* into *Guru Granth Sahib*?

Guru Gobind Singh Ji

Chapter 6: Sikh Institutions

1. *Takhat Sri Darbar Sahib* is in which city?

Amritsar Sahib, Punjab

2. Who laid the foundation of *Darbar Sahib*?

Pir Mian Mir

3. Who was the first *Granthi* of *Darbar Sahib*?

Baba Budha Ji

4. What do the four gates of *Darbar Sahib* signify?

Open or Accessible to all

5. Who got the *Darbar Sahib* covered with gold?

Maharaja Ranjit Singh

6. Who ordered the attack on *Darbar Sahib* in 1984?

Indian Prime Minister - Indra Gandhi

7. What does *Akal Takht* represent?

Temporal authority of the Sikhs

8. Who built the *Akal Takht* (then called *Akal Bunga*)?

Guru Hargobind Pathshah Ji

9. Which *Gurdwara* stands at the place where the body of *Guru Tegh Bahadur Ji* was cremated after he was beheaded?

Gurdwara Rakab Ganj, Delhi

10. Which *Gurdwara* stands at the place where *Guru Tegh Bahadur Ji's* head was cremated?

Gurdwara Sis Ganj Sahib, Anandpur Sahib

11. Who built *Gurdwara Rakab Ganj* and *Gurdwara Sis Ganj* in Delhi?

Sardar Baghel Singh Ji in 1790 A.D.

12. What is the significance of *Patna Sahib* (one of the 5 *Takhts*)?

It is the birth place of Guru Gobind Singh Ji.

13. Name the *Gurdwara Sahib* that stands at the place where the younger *Sahebzadas* were bricked alive.

Gurdwara Fatehgarh Sahib (Fort of Victory)

14. Name the 'Five Takhts' of the Sikhs

- ***Akal Takht, Amritsar***
- ***Patna Sahib, Patna***
- ***Kesgarh Sahib, Anandpur***
- ***Hazur Sahib, Nanded***
- ***Damdama Sahib, Talwandi Sabo (Bhatinda)***

15. What is the literal meaning of *Akal Takht*?

Throne of the Almighty.

Chapter 7: Khalsa Panth

1. When and where was the *Khalsa Panth* created?

It was created on the day of *Vaisakhi* (March 30) of the year 1699 at *Kesgarh Saheb, Anandpur* by *Guru Gobind Singh Ji*.

2. What is a meaning of 'Sant Sipahi'?

A Saint Soldier

3. What does "Panth" mean?

The Sikh community

4. Name the first 'Panj Pyaras' (The five beloved ones)

- a. Bhai Daya Singh Ji**
- b. Bhai Dharan Singh Ji**
- c. Bhai Himmat Singh Ji**
- d. Bhai Mohkkam Singh Ji**
- e. Bhai Saheb Singh Ji**

5. Who is the spiritual mother of all *Khalsa(s)*?

Mata Saheb Kaur Ji

6. At the *Vaisakhi* of 1699, after administering *Khande-Ki-Pahul* to the *Punj Pyare* (five beloved ones), what did *Guru Gobind Ji* do?

He stood before them with folded hands, and begged them for *Khande-Ki-Pahul* (Amrit) in the same way as he had administered *Khande-Ki-Pahul* to them.

7. In 1748 *Khalsa Panth* was divided into 12 divisions known as what?

Misls

8. What were these *Misls* collectively called?

Dal Khalsa

9. Who was the first *Jathedar* of *Akal Takhat*

Bhai Gurdas

Chapter 8: Rehat Maryada

1. Definition of Sikh as per *Sikh Rehat Maryada*

Any human being who faithfully believes in:

- one Immortal Being
- ten Gurus, from Guru Nanak Dev Ji to Guru Gobind Singh Ji
- the *Guru Granth Sahib*
- the utterances and teachings of the ten Gurus
- the *Khanda-ki-Pahul* administered by the tenth Guru, and
- who does not owe allegiance to any other religion, is a Sikh.

2. Name the five 'K's that every Sikh must always possess

- *Kes (unshorn hair)*
- *Kangha (comb)*
- *Kirpan (knife / sword)*
- *Kaccha (short breeches)*
- *Kara (wrist band / bangle)*

3. Name the five prayers that comprise 'NITNEM' the daily prayer of the Sikhs (according to the *Sikh Rehat Maryada*)

Morning (Dawn - Amrit Wela)

Japji Saheb, Jaap Saheb, Tav parsad Sawaiye

Evening (Dusk)

Rehras Saheb

Night (Before sleeping)

Sohaila

4. Which of the *Nitnem banis* are not taken from Guru Granth Saheb?

Jaap Saheb, Sawaiye, Choupai Saheb (included in Rehras Saheb)

5. What are the four main apostate acts ('*Kuraihats*') prohibited for a Sikh?

1. **Shaving or cutting of hair**
2. **Eating *Kutha* meat**
3. **Adultery**
4. **Use of tobacco or any other intoxicant.**

6. In which year did the *Shiromani Gurdwara Prabhandak Committee* (S.G.P.C.) accorded their acceptance of the present form of the *Sikh Rehat Maryada* (Sikh Code of Conduct)?

By their resolution No.14 of 12th October, 1936. (The S.G.P.C.'s Advisory Committee on Religious Matters again considered the draft in its meeting on 7th January, 1945 and made recommendations for certain additions to and deletions from it.)

7. Why do Sikhs take Amrit?
To be initiated into Khalsa
8. At what age can one take Amrit?
Any age - when one is ready
9. What are the ingredients of Karah Parsad (ਕਰਾਹ ਪ੍ਰਸਾਦ) served on the completion of diwan?
Wheat flour, Pure Sugar, Clarified butter and Water
10. Is it Ok to sit on a distinctive seat, a chair, a stool, a cot, etc. or in any distinctive position in the presence of the Guru Granth or within the congregation.
NO. The Sikh rehat maryada (ਰਹਿਤ ਮਰਯਾਦਾ) explicitly forbids such behavior in presence of Guru Granth Sahib.
11. What is uninterrupted reading of Guru Granth is commonly called?
Akhand Paath
12. Is it OK to place a pitcher, ceremonial clarified butter fed lamp, coconut, etc. around Guru Granth Sahib, during the course of the Akhand Paath?
NO. Guru's teachings forbids us from any such ritualistic behavior.
13. What is the first thing a Sikh should do on entering the Gurdwara?
Pay obeisance before the Guru Granth Sahib. Thereafter, having a glimpse of the congregation and bid in a low, quiet voice, "Waheguru ji ka Khalsa, Waheguru ji ki Fateh".
14. Who can take hukamnaama from Guru Granth Sahib in presence of congregation?
In a congregation, only a Sikh can take hukamnaama.
15. Is piercing of the nose or ears for wearing ornaments is forbidden for Sikh men and women?
YES
16. How should one Sikh greet on meeting other Sikh (men/women)?
Waheguru Ji Ka Khalsa!! Waheguru Ji Kee Fateh!!!
17. What is Sikh marriage ceremony called?
Anand Sanskar (also called Anand Karaj ਅਨੰਦ ਕਾਰਜ)
18. Should Sikh's consult an astrologer or pundit to find suitable date and time for marriage?
NO. That's against the Gurmat (Guru's way)
19. What is the two fold concept behind Guru-Ka-Langar?
 - **To enshrine the concept pf seva, in minds and hearts of Guru-ke-sikh**
 - **To help vanish all distinction of high-and-low class, touchable-and-untouchables from the Sikhs minds**
20. A Sikh's life has two aspects, what are they?
Personal Life and Panthic Life