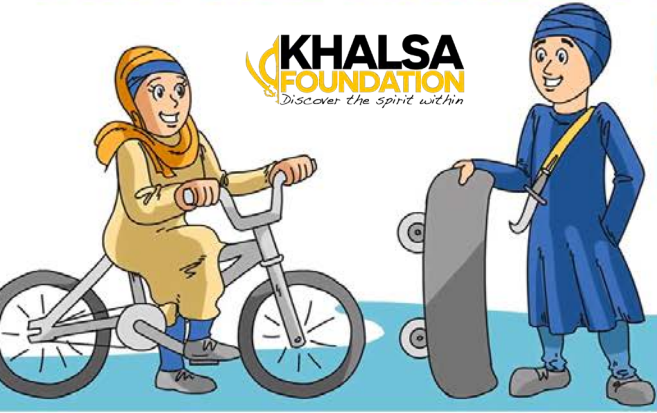


WELCOME TO

VIRTUAL KHALSA FOUNDATION



KHALSA
FOUNDATION
Discover the spirit within



COMPETITIONS



Puppet Show

FUN



Virtual Tour of
San Diego Zoo



Virtual Tour of
Darbar Sahib



Magic Show

KHALSA
FOUNDATION
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LEARNING

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FOUNDATION
Discover the spirit within





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WELCOME TO VIRTUAL KHALSA FOUNDATION

To celebrate our 30th anniversary, Khalsa Foundation is going virtual with weekly sessions to help sangat connect with Guru Ji.

We will be using Microsoft Teams as our main learning platform with a host of apps integrated for a unique Sikhi learning experience.

There are many ways in which people learn new subjects and our aim is to lead the way in which Sikhi is learnt and experienced. We strive to provide flexible, innovative teaching and a relaxed fun environment for individuals to expand their knowledge.

We understand the need of individuals wishing to learn about Sikhi, combining their learning while in education or earning a living. Our innovative solution will provide distance teaching to learners to receive an education in Sikhi, otherwise denied to them at site-based events.



Virtual Family Retreat 2020



Our famous Family Retreat is going virtual later this month. With something for everyone, check out the details in this booklet to find out more about the activities we have planned and how you can sign up.

Khalsa Virtual Learning Hub

We are launching the Khalsa Virtual Learning Hub in 2021! The learning hub will provide individuals with an opportunity to learn about Sikhi through STEM (Science, Technology, Engineering and Mathematics) subjects.

The Khalsa Virtual Learning Hub will run throughout the year on a weekly, fortnightly and monthly basis and give individuals the flexibility to learn more about their faith from the comfort of their homes.





STEM

LEARN SIKHI THROUGH
ENGINEERING, & M

Family

20

ON

LIMITED

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19TH - 22ND DE

FUN SCIENCE, TECHNOLOGY,
MATHEMATICAL ACTIVITIES

IN CONJUNCTION WITH
KHALSA
FOUNDATION
Discover the spirit within

Retreat

2020

ONLINE

AND SPACES

SAVE
THE
DATES

DECEMBER

REGISTER AT

WWW.KHALSAFOUNDATION.ORG

Age's
4-16





HOW TO JOIN

REGISTER FOR OUR UP COMING VIRTUAL FAMILY RETREAT

Want to know what the Virtual Khalsa Foundation experience will be like? Well then register for our upcoming Virtual Family Retreat taking place between Saturday 19th to Tuesday 22nd December 2020.

Building on the success of our Virtual Summer Sikhi Camp and Virtual Khalsa Camp, we will now be hosting an event aimed at learning about Sikhi through STEM subjects (Science, Technology, Engineering and Mathematics) in a fun interactive way. This will be hosted on the Microsoft Teams platform where we will have different classrooms for each learner to suit their needs and interest.

SUPER FUN ACTIVITIES FOR ALL THE FAMILY

Win epic prizes through the various activities which will be taking place including:

- Talent show
- Cooking
- Sports activities
- Yoga
- Fitness
- Puppet show
- SuperSant competition
- Magic show
- Sikh pictinary
- Competitions
- Kirtan
- Morning & Evening live Divaans by attendees
- Puppet show
- Virtual breakfast
- Mums only evening session
- Dads only evening session
- Questions & Answers session


Depending on the age of the learner, you will be allocated classes which are relevant to you. Registration for the retreat is just £5 for the four days per person.

WE WANT ALL ATTENDEES TO:

1. Enjoy yourself
2. Try your best! Answer questions and ask questions! (use the 'raise hand' option or write in the chat to participate - do not unmute and start speaking)
3. Ensure that your mic is switched off if the teacher is speaking as the interference could cause issues for others listening
4. You must not screen-record as this is an open, safe place for all
5. All discussions to be taken place within the workshop rooms
6. If you have any issues/problems message your workshop leader directly or join the assembly room

REGISTER NOW AT

WWW.KHALSAFOUNDATION.ORG/VIRTUALFAMILYRETREAT2020

The background of the slide features a photograph of two individuals, likely swimmers, in a pool. They are wearing swim caps and looking towards the left. The entire image is covered with a semi-transparent yellow filter. A blue trapezoidal banner is positioned in the lower-middle section, containing the text 'EXAMPLE TIMETABLE' in white, bold, sans-serif capital letters.

EXAMPLE TIMETABLE

This is what a typical day will look like during Virtual Family Retreat

Time	Activity	Virtual Classroom Details
10:00 – 10:30	Welcome	Everyone Together Assembly Room Staying Together in Main Room
10:30 - 11:00	Ice breakers	Workshop Room 1 Ages 3 - 5 Workshop Room 2 Ages 6 - 7 Workshop Room 3 Ages 8 - 9 Workshop Room 4 Ages 10 - 11 Workshop Room 5 Boys 12+ Workshop Room 6 Girls 12+
11:00 - 11:30	Learn Jap Ji Sahib	Workshop Room 1 Ages 3 - 5 Workshop Room 2 Ages 6 - 10 Workshop Room 3 Ages 11 - 16
11:30 - 12:15	Morning break	
12:15 - 13:00	Gurmat Lesson 1	Workshop Room 1 Ages 3 - 5 Workshop Room 2 Ages 6 - 7 Workshop Room 3 Ages 8 - 9 Workshop Room 4 Ages 10 - 11 Workshop Room 5 Boys 12+ Workshop Room 6 Girls 12+
13:00 - 13:30	Physical fitness activities	Workshop Room 1 Ages 3 - 9 Workshop Room 2 Ages 10 - 16
13:30 - 15:00	Lunch break	
15:00 - 15:30	Practical activities - Learning how to cook	Everyone Together Assembly Room Staying Together in Main Room Workshop Room 1 Ages 3 - 5 Workshop Room 2 Ages 6 - 7 Workshop Room 3 Ages 8 - 9 Workshop Room 4 Ages 10 - 11 Workshop Room 5 Boys 12+ Workshop Room 6 Girls 12+
15:30 - 16:00	Inspiration talks	Workshop Room 1 Ages 3 - 9 Workshop Room 2 Ages 10 - 16
16:00 - 16:30	Comedy show	Everyone Together Assembly Room Staying Together in Main Room
16:30 - 17:00	Tea break	

Example timetable continued...
(NOTE: ALL TIMINGS/ACTIVITIES ARE FOR EXAMPLE ONLY & SUBJECT TO CHANGE)

Time	Activity	Virtual Classroom Details
17:00 - 17:30	Rehraas Sahib	Everyone Together Assembly Room Staying Together in Main Room
17:30 - 18:00	Stories of my Guru	Workshop Room 1 Ages 3 - 9 Workshop Room 2 Ages 10 - 16
18:00 - 18:15	Reflections from the day	Workshop Room 1 Ages 3 - 5 Workshop Room 2 Ages 6 - 7 Workshop Room 3 Ages 8 - 9 Workshop Room 4 Ages 10 - 11 Workshop Room 5 Boys 12+ Workshop Room 6 Girls 12+
18:00 - 18:30 Parents Only	Raising aspirations	Everyone Together Assembly Room Staying Together in Main Room





KHALSA

VIRTUAL LEARNING HUB

Discover the spirit within

STARTING IN 2021

EXPERIENCE SIKHI IN A VIRTUAL ENVIRONMENT

To celebrate our 30th anniversary, Khalsa Foundation is going virtual and launching our learning hub with weekly, fortnightly and monthly sessions to help sangat connect with Guru Ji. The cost is £12 per learner per month. This will cover costs of licensing software and provide the learner with up to 12 hours of activities per month.

Microsoft Teams is a platform used widely in schools and therefore learners will have familiarity with using it. Using this platform we are able to provide a unique login for every learner which therefore allows for a unique Sikhi learning experience.

We aim to promote the wellbeing of all learners (children and families) by using technology to create communities of safe spaces where questions can be asked and learning can be developed and shared.

Approaches such as the flipped classroom and technologies such as Flipgrid and other features within Microsoft Teams will be used to encourage learners to collaborate and amplify their voice. We recognise some learners might be shy and need encouragement to find their voice and by offering digital badges to encourage participation we found that over 98% of campers enjoyed our virtual camps in 2020.

WE HAVE YOU COVERED

The virtual classes are led by experienced teachers and young professionals who have DBS clearance. Khalsa Foundation is at the forefront of digital online education for a Sikhi experience. Learners will find a wide variety of fun and engaging virtual activities.

When you become a student with Khalsa Foundation's Virtual Khalsa Learning Hub you will have access to a fully searchable library of resources of videos and audio recordings for every lesson, event and activity. All classes for Gurbani Santhiya and Keertan will be delivered at different levels – Beginners, Intermediate and Advanced.

The Khalsa Virtual Learning Hub will allow you to have conversations, attend virtual meetings and participate in class teams using a variety of apps including Microsoft Teams, Karma, Flipgrid, Kahoot, Quizlet, Polly, CS, Piazaa and wakelet.

Learning is more fun with Khalsa Foundation as we use social and emotional learning with Sikhi badges to award participation and progress.

VIRTUAL KHALSA FOUNDATION EVERY WEEK FROM JANUARY 2021



GURBANI SANTHIYA

Santhiya is the correct pronunciation of Gurbani. You will learn the fundamentals of the Gurmukhi alphabet enabling you to advance and learn to engage in devotional reading of Gurbani in Lareever form.

KIRTAN CLASSES

We want to empower learners with a deeper understanding of Kirtan and to offer practical lessons in Kirtan. You will be provided access to a library of Shabads with notations to help you learn the Shabad.



SIKHI HISTORY

You will learn Sikh history through a journey in exploring writings by Bhai Gurdas Ji and our Gurus as prescribed in Guru Granth Sahib Ji. Develop a deeper understanding of Sikhi principles and how to make better sense of the world around us.

PUNJABI CLASSES

Build your confidence in speaking Punjabi through interactive Punjabi classes that are effective and fun. You will develop enough listening and speaking skills in Punjabi to take part in basic Punjabi conversation.



SIKHI BOOK CLUB

Through Sikhi book club, everyone will be able to explore the rich Sikh history, Sikh personalities and lessons which we can all adopt into our lives.

FUN ACTIVITIES FOR ALL THE FAMILY



COMPETITIONS

There will be competitions and prizes to be won by students throughout the year.

PLAYS

Learning about Sikhi through plays is powerful for young people and adults alike. We will develop, rehearse and showcase plays on Sikhi.



SPORTS & FITNESS

The importance of keeping yourself fit and healthy is a central part of being a Sikh. Students will have fun activities where they will learn about Sikh sports as well as take part in fitness activities.

YOGA

In a stressful world, it is important to be able to not only relax your body but relax your mind. We aim to teach students techniques which will help them de-stress throughout their lives.



COOKING

Another important element of Sikhi, teaching everyone how to cook some of their favourite meals whilst showing the importance of sharing with others as well.



HOW DO I SIGN UP FOR THE KHALSA VIRTUAL LEARNING HUB

HOW CAN I FIND OUT MORE?

You can register for the Khalsa Virtual Learning Hub by visiting www.khalsafoundation.org/learninghub

Register for the Virtual Family Retreat to see some of what you will experience in the Khalsa Virtual Learning Hub.

WHAT IS INCLUDED?

There will be weekly, fortnightly and monthly sessions starting January 2021.

Members have access to Virtual Sikhi Camp and Virtual Family Retreat.

HOW MUCH DOES THE VIRTUAL KHALSA LEARNING HUB COST?

One-year membership £60 per person - that's just £5 a month - a massive 50% off if you sign up before 18th December 2020!

Don't worry after this you can still sign up at just £12 per learner per month.

This covers the licence fee to have access to Microsoft Office and Teams.



NEW BOOK LAUNCHED

THE SIKH REHAT MARYADA

(SIKH CODE OF CONDUCT)

HISTORY, GUIDING PRINCIPLES AND A CONTEXTUAL TRANSLATION



MANVIR SINGH

The Sikh Rehat Maryada document has been observed and used as an official reference point for over 80 years by Sri Akal Takhat Sahib and Panthic institutions.

The 388-page hardcover book, called 'The Sikh Rehat Maryada: History, Guiding Principals, and a Contextual Translation' not only provides a fresh modern contextual translation of the original Sikh Rehat Maryada document, but also includes subsequent editions over time.

The book is the result of over a decade of research by author Manvir Singh and available via Khalsa Foundation's online shop www.KhalsaShop.com

RESOURCES

Here are some resources for you to access and help you on your journey:

APPS (for smart phones):

iSIKHI – Free
Gurbani Anywhere – Free
iGurbani – Free
Ek Tuhi – Free
Gurbani World – Free
Sundar Gutka – Free
Maryada – Free
Sikhi To The Max – Free
SuperSant – Free

WEBSITES

KhalsaShop.com

Buy Sikh clothing & books, whilst supporting Gurmata Parchar

SikhAnswers.com

Find answers to your Sikhi based questions

SriGranth.org

Read Sri Guru Granth Sahib Ji with options of Punjabi & English translation aids.

Sikhnet.com/Gurbani

Gurbani Media Centre with countless Gurbani MP3s to listen to

ShareCharityUK.com

Lots of helpful Sikhi tools & tips

SikhBookClub.com

Countless Sikhi books in English and Punjabi that you read online

GurmataBibek.com

Learn and discuss Sikh spirituality and issues with knowledgeable Gursikhs

Larivaar.com

Read Gurbani in Larivaar

YouTube.com/KhalsaFoundation

Watch videos from Khalsa Foundation, Gurmata Bibek, Basics of Sikhi, AKJ.org & Sikh Being

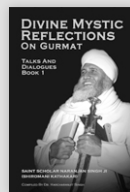
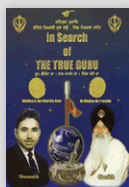
RECOMMENDED INSPIRATIONAL ENGLISH BOOKS

In Search of the True Guru

Se Kinehiya

Autobiography of Bhai Sahib Randhir Singh

Divine Mystic Reflections on Gurmata



ABOUT US

Established in 1990, Khalsa Foundation hosts the longest running premier Sikhi based residential events in the UK. Khalsa Camp, which was started in the summer of 1990 and is now assisted by our branches around the world, aims to provide the highest quality and most inspirational Sikh residential experience available in the world, with the objective of equipping our delegates with an in-depth knowledge of Guru Sahib's teachings in a fun and friendly atmosphere.

Whilst Khalsa Camp is a flagship event, it is not the only thing we do.

Under Khalsa Foundation, a registered UK Charity, we aim to provide the sangat with a much more spiritual understanding of Guru Sahib's Sikhi.

With the advent of the internet, there is much

knowledge which can be taken from online resources. However, after speaking with many elder and spiritually accomplished Gursikhs, it was realised that, as brilliant as these online resources may be, they lack in teaching the deeper aspect regarding the spiritual dimensions, to which one's soul can transcend through the path of Sikhi.

With this in mind, Khalsa Foundation created a residential event aimed at families called Khalsa Family Retreat in 2017, which looks to replicate the success of Khalsa Camp for the whole family, so instead of focusing on the individuals, the focus is switched to the whole family and their spirituality together.



Khalsa Family Retreat consists of group workshops about various aspects of Sikhi and family life.

The workshops aim to give the delegates an opportunity to explore Sikh concepts with their family members whilst applying it to the real world.

Khalsa Foundation regularly hosts seminars, Gurdwara talks, Keertan Darbars, university talks and has developed the Sikh Parenting Course, all of which take place across the UK.

Khalsa Camp consists of thought provoking seminars about Sikh spirituality, group discussions on philosophy

and ethics, Q&A forums with Gursikhs, morning Simran sessions, evening Kirtan Diwaans and action packed sports activities throughout the course of the day.

There is plenty of time to relax and explore your spiritual Jeevan (life) during Khalsa Camp with something for everyone no matter where you are on your spiritual journey, through Khalsa Camp we try to provide an environment where the campers can have a shared and profound experience of Sikhi.

Our group of speakers, all of whom volunteer their time to help share knowledge, travel across the the world

as part of their Seva, attending other Khalsa Camps in Europe, Punjab, Canada, USA, Australia and New Zealand.

It is only through the constant Ardas (prayers) and generous donations of the Sangat that we are able to do this Seva.

Our mission is simple; to help people discover the spirit within.

To find out more about how to get involved in Seva with Khalsa Foundation, or learn more about the our Seva visit

www.khalsafoundation.org.





WAYS TO SUPPORT US

There are many ways in which you can support us. The main way is to get involved and volunteer with us. If there is a skillset you have that would add value or if you have the energy to help spread the message of Sikhi and help others Discover the Spirit Within, then get in touch!

You can also support our Seva financially by donating online using one of the following methods.



 **Donate Now**

You can donate to us using your PayPal account. Simply visit our [Khalsa Foundation PayPal page](#).





You can also donate to us via Virgin Money Giving, adding in Gift Aid to your donation. Simply visit our [Khalsa Foundation Virgin Money Giving page](#).