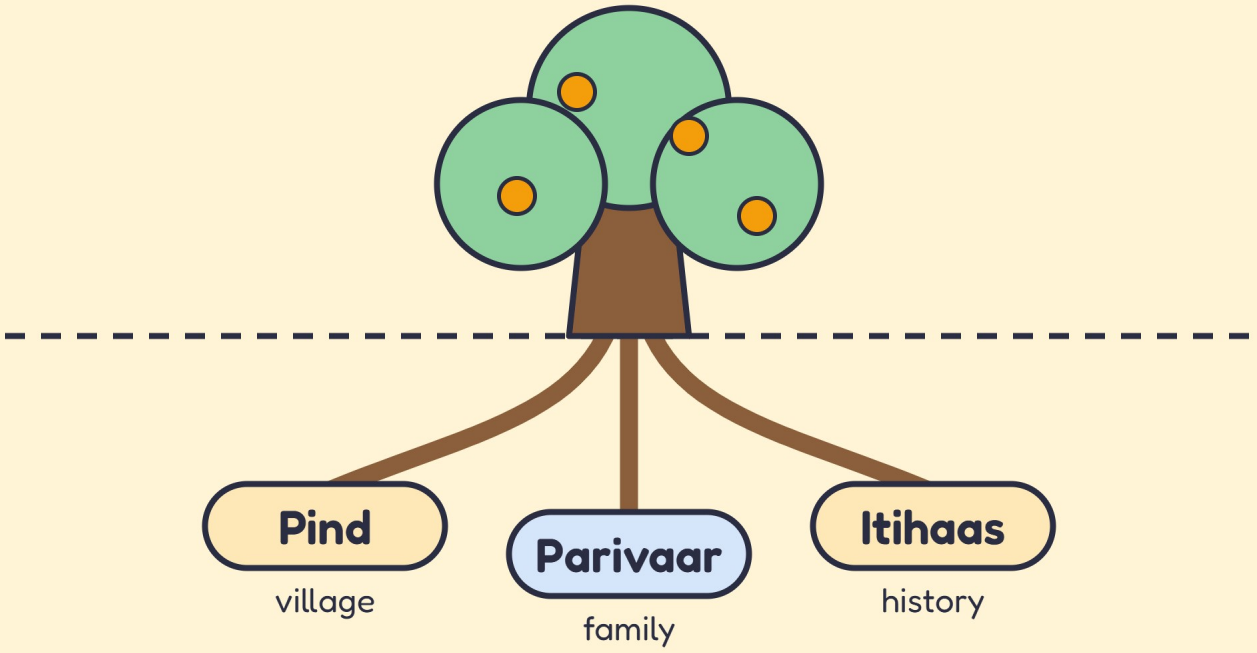
Mera Virsa · my heritage workbook

My Sikhi Roots

Discover where my family comes from.



This Root Detective's name is

_____

I started my search on _____

2 Words to Know

Punjabi words, spelled the way they sound.

Pind
a village

Ilaaka
the area or region around a village

Parivaar
family

Daadkey
my dad's side of the family

Naankey
my mom's side of the family

Vadde
elders: the grown-ups who came before us

Itihaas
history

Saakhi
a true story from Sikh history or from a family's life

Bhatt Vehis
old record books where Bhatts (bards) wrote down family histories. Also spelled Vahis.

Gurdwara
the Sikh place of worship. It means "door to the Guru."

Sangat
a holy gathering of Sikhs, learning and praying together

Sikhi
the Sikh way of life

Shaheed
a martyr: someone who gave their life standing up for what is right

My favorite new word is _____

It means

3 Who Is Who?

Punjabi names for the people in my parivaar.

Daadkey (dad's side)

Dada Ji
my dad's father

Dadi Ji
my dad's mother

Pardada Ji · Pardadi Ji
my dad's grandfather and grandmother

Taya Ji · Taai Ji
my dad's older brother and his wife

Chacha Ji · Chachi Ji
my dad's younger brother and his wife

Bua Ji · Fufar Ji
my dad's sister and her husband

Naankey (mom's side)

Nana Ji
my mom's father

Nani Ji
my mom's mother

Parnana Ji · Parnani Ji
my mom's grandfather and grandmother

Mama Ji · Mami Ji
my mom's brother and his wife

Masi Ji · Masar Ji
my mom's sister and her husband

Quick quiz!

My mom's sister is my _____

My dad's younger brother is my _____

4

Me and My Parents

The bottom of my family tree. Birth dates are okay to skip if no one knows.

Me

Name _____ Born _____

My brothers and sisters

Name _____ Name _____

Name _____ Name _____

Name _____ Name _____

Name _____ Name _____

My Dad (Daadkey)

Name _____

Pind _____

Born _____

My Mom (Naankey)

Name _____

Pind _____

Born _____

My dad's brothers and sisters (Taya Ji, Chacha Ji, Bua Ji)

Name, who _____ Name, who _____

Name, who _____ Name, who _____

Name, who _____ Name, who _____

Name, who _____ Name, who _____

My mom's brothers and sisters (Mama Ji, Masi Ji)

Name, who _____ Name, who _____

Name, who _____ Name, who _____

Name, who _____ Name, who _____

Name, who _____ Name, who _____

5

Daadkey Tree: Dada Ji's Side

Fill in the tree starting from the bottom. Skip anything no one knows.

Pardada Ji's father

Pardada Ji's mother

Pardadi Ji's father

Pardadi Ji's mother

Pardada Ji (Dada Ji's father)

Name _____

Pind _____

Born _____

His brothers and sisters

_____

_____

Pardadi Ji (Dada Ji's mother)

Name _____

Pind _____

Born _____

Her brothers and sisters

_____

_____

Dada Ji (my dad's father)

Name _____

Pind _____

Born _____

His work _____

His brothers and sisters

_____

_____

_____

6 Daadkey Tree: Dadi Ji's Side

Fill in the tree starting from the bottom. Skip anything no one knows.

Pardada Ji's father

Pardada Ji's mother

Pardadi Ji's father

Pardadi Ji's mother

Pardada Ji (Dadi Ji's father)

Name _____

Pind _____

Born _____

His brothers and sisters

_____

_____

Pardadi Ji (Dadi Ji's mother)

Name _____

Pind _____

Born _____

Her brothers and sisters

_____

_____

Dadi Ji (my dad's mother)

Name _____

Pind _____

Born _____

Her work _____

Her brothers and sisters

_____

_____

_____

7

Naankey Tree: Nana Ji's Side

Fill in the tree starting from the bottom. Skip anything no one knows.

Parnana Ji's father _____

Parnana Ji's mother _____

Parnani Ji's father _____

Parnani Ji's mother _____

Parnana Ji (Nana Ji's father)

Name _____

Pind _____

Born _____

His brothers and sisters

_____

_____

Parnani Ji (Nana Ji's mother)

Name _____

Pind _____

Born _____

Her brothers and sisters

_____

_____

Nana Ji (my mom's father)

Name _____

Pind _____

Born _____

His work _____

His brothers and sisters

_____

_____

_____

8 Naankey Tree: Nani Ji's Side

Fill in the tree starting from the bottom. Skip anything no one knows.

Parnana Ji's father _____

Parnana Ji's mother _____

Parnani Ji's father _____

Parnani Ji's mother _____

Parnana Ji (Nani Ji's father)

Name _____

Pind _____

Born _____

His brothers and sisters

_____

_____

Parnani Ji (Nani Ji's mother)

Name _____

Pind _____

Born _____

Her brothers and sisters

_____

_____

Nani Ji (my mom's mother)

Name _____

Pind _____

Born _____

Her work _____

Her brothers and sisters

_____

_____

_____

9 Be a Root Detective!

How to interview my vadde (elders) and find clues.

1. Ask politely and pick a good time. Try: "Can I ask you about when you were little?"
2. Bring this workbook and a pencil. Ask first if you may record the talk.
3. Sit close and listen with your whole body. Let them finish their talk.
4. It's okay if they don't remember. Try asking who else might know.

Clue Hunt: where can I find clues?

- [ ] Old photographs and family albums
- [ ] Old letters or newspaper clippings
- [ ] The elder in our family who knows everyone's names
- [ ] Parents, aunts, uncles, or other relatives
- [ ] The Bhatt Vehis, the old record books of family histories. Ask a grown-up if our family might be written in one!

My interview plan

Who: _____ **When:** _____

Who: _____ **When:** _____

Who: _____ **When:** _____

Tip: print the next two interview pages again for each person you talk to.

10

Interview Sheet 1

Ask your Dada Ji, Dadi Ji, Nana Ji, or Nani Ji.

I am interviewing _____ my _____

Date: _____ Their pind: _____

1. How did you practice Sikhi when you were young?

_____

_____

_____

_____

2. How religious were your own parents? What kind of Sikh practices did they do?

_____

_____

_____

_____

3. Who inspired you the most in your Sikhi, and why?

_____

_____

_____

_____

11

Interview Sheet 2

Keep going! You are doing great, Root Detective.

4. Was there a Gurdwara in your village or near to where you lived? How often did you go there?

5. What do you hope I will always remember about being Sikh?

Draw us, or paste a photo of us together!

12

Daadkey Pind: Dad's Side

My dad's family village and ilaaka.

Ilaaka means the area around a pind. Your family may be from Punjab, or from somewhere else in the world. Write the region, district or county your family comes from.

Pind name _____

Ilaaka _____

District, state or province, and country _____

Did a Sikh Guru visit? **Yes** ◯ **No** ◯ **Not sure** ◯

Which Guru? _____

What happened there?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

13

Daadkey Pind: Dad's Side (2)

More about this pind.

Were there any important Sikhs who lived here or passed through here?

Were there any important Sikh events which took place here?

14

Dad's Pind: Draw a Map!

Draw a map of my dad's pind. Mark the places your family talks about.

Draw your map here

15 Naankey Pind: Mom's Side

My mom's family village and ilaaka.

Ilaaka means the area around a pind. Your family may be from Punjab, or from somewhere else in the world. Write the region, district or county your family comes from.

Pind name _____

Ilaaka _____

District, state or province, and country _____

Did a Sikh Guru visit? **Yes** ◯ **No** ◯ **Not sure** ◯

Which Guru? _____

What happened there?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

16 Naankey Pind: Mom's Side (2)

More about this pind.

Were there any important Sikhs who lived here or passed through here?

Were there any important Sikh events which took place here?

17

Mom's Pind: Draw a Map!

Draw a map of my mom's pind. Mark the places your family talks about.

Draw your map here

18 Important Sikhs in My Story

Write who they are, what they did, and how my family knew them.

Famous or important Sikhs my family met or knew

Details:

Details:

Famous or important Sikhs in my own family

Details:

Details:

The Sikh I most want to be like is _____

19 Big Sikh Events My Family Lived Through

Ask your parents and grandparents if they (or other family members) witnessed or lived through any major events in Sikh history.

Some events to ask about

Komagata Maru voyage (1914)
The World Wars (1914 to 1918, 1939 to 1945)
Jallianwala Bagh (1919)
Gurdwara Reform Movement, Saka Nankana Sahib (1920s)
Partition of Punjab (1947)
Punjabi Suba movement (1966)
June and November 1984 (ask gently)
Moving to a new country

Event _____ **When** _____

Who in my family lived through it? _____
What happened, where were they, and what did it change?

_____

_____

_____

_____

_____

Event _____ **When** _____

Who in my family lived through it? _____
What happened, where were they, and what did it change?

_____

_____

_____

_____

_____

20 Big Sikh Events, Part 2

Keep writing! Add every event you find out about.

Event _____ **When** _____

Who in my family lived through it? _____

What happened, where were they, and what did it change?

Event _____ **When** _____

Who in my family lived through it? _____

What happened, where were they, and what did it change?