

Grade: 3

Lesson Number: 8

Course: Virṣā

Title: Kaṛāh Parshād (ਕੜਾਹ ਪਰਸ਼ਾਦ)

Standards

There is no standard for this lesson

Objectives

1. Students will learn about the importance of Kaṛāh Parshād.
2. The students will learn how to prepare it and distribute it in the saṅgat.

Prerequisites

- None.

Materials

- Kaṛāh Parshād – Information (Provided below)
- Notebook paper
- Pencils
- Chart paper
- Multiple copies of the Sikh Rahit Mariādā

Advanced Preparation

- The information about Kaṛāh Parshād has been provided – please read it be prepared to answer questions.
- Please follow the Sikh Rahit Mariādā’s guidelines when making and distributing the Kaṛāh Parshād.

Engagement (20 minutes)

- Greet the students and have them get settled.
- On the chart paper slowly begin writing the letters in word Kaṛāh Parshād – write in Gurmukhī. Pause between letters to see if students can guess what they will be learning about today.
- Pass out lined paper and ask students to write down their thoughts about what they think you are writing on the board.
- Once students have finally figured out what the day’s topic is ask students to respond to the following questions on their lined paper:
 - Why do you think we serve Kaṛāh Parshād?
 - What does it mean?
 - How do you think it is prepared?
 - Is there just one way to distribute it? Does it really matter how you serve it?

Exploration (30 minutes)

- Give students about two to three minutes to respond to each question in writing. Have a quick discussion about each question.

- While discussing the third question, be sure to discuss the Sikh Rahit Mariādā and how we use it as our book of rules and procedures because it explains in detail how we are to do everything from making Kaṛāh Parshād to naming a baby.
- Introduce the students to the Sikh Rahit Mariādā – It is helpful to have multiple copies.
- Turn to the section of Kaṛāh Parshād in the Sikh Rahit Mariādā. Have one student read it.
- Next ask students to simplify it. Ask students to tell you what they need to do once their Kaṛāh Parshād is made.

Explanation/Extension (10 minutes)

- Have students write down the sequence of events of making Kaṛāh Parshād to distributing it.
- Have students compare their lists with two to three peers.
- Create a class list of the sequence of events in order.

Evaluation (On-going)

- Have students share in the process of making Kaṛāh Parshād to distribute it with their family.

Teacher Resources

Directions for Kaṛāh Parshād

The Kaṛāh Parshād which has been prepared according to the prescribed method only shall be acceptable in the congregation.

The method of preparing the Kaṛāh Parshād is as follows: In a clean vessel, the three contents (wheat flour, pure sugar and clarified butter, in equal quantities) should be put. The preparation should occur while reciting the bāṇīs. Upon completion, cover it with a clean piece of cloth and place it on a clean stool in front of the Gurū Granth Sāhib. Thereafter, in the presence of the Gurū Granth Sāhib, the first five and the last stanza of the Anand Sāhib should be recited aloud. If another vessel of the Kaṛāh Parshād is brought in after the recitation of the Anand, it is not necessary to repeat the recitation of the Anand Sāhib. Acceptance of the Kaṛāh Parshād brought later by the sacred Kirpān after Ardās is acceptable.

Before the distribution to the congregation, from the Kaṛāh Parshād the share of the five beloved ones should be set apart and given away. Thereafter, while commencing the general distribution, the share of the person in attendance of the Gurū Granth Sāhib (Giving double share to the person in attendance constitutes improper discrimination) should be put in small bowl or vessel and handed over. The person who distributes the Kaṛāh Parshād should do so without any discrimination. Sevādār should distribute the Kaṛāh Parshād equally to the Sikh, the non-Sikh or a person of any race, caste or status.

Adapted from Sikh Rahit Mariādā:

http://www.sgpc.net/rehat_maryada/section_three_chap_eight.html

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