

Grade: 3

Lesson Number: 11

Course: Virṣā

Title: Kaṛāh Parshād– II

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

- Previous completion of lesson for Kaṛāh Parshād - Part I.

Materials

- Kitchen or a place to prepare the Kaṛāh Parshād
- Notebook paper
- Pencils
- Chart paper of sequence of Parshād making to distributing (Completed in Part I)
- Chart paper
- Multiple copies of the Sikh Rahit Mariādā
- 2 pans
- 1 stirring spoon
- 1 cup unsalted butter/ ghee
- 1 cup flour
- 1 cup sugar
- 1 bowl
- Small bowl
- Kirpan
- Cloth to cover the prepared Kaṛāh Parshād

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 Karah Parshad.

Engagement (20 minutes)

- Greet the students and have them get settled.
- Ask the students to tell you the sequence of making Parshād and the process that is followed for distributing Kaṛāh Parshād.
- Next see if what the students said matches with the sequence order that the class came up with during the previous session.
- Discuss and resolve conflict if there is any.

- Explain to the students that you are now going to take the class into the Laṅgar hall or kitchen to actually make Kaṛāh Parshād.
- Have all students wash their hands because everyone will be participating in this activity.

Exploration (30 minutes)

- Have multiple students help you with the preparation:
 - One student get two pots and a wooden stirring spoon
 - Another student needs to get two sticks or one cup of unsalted butter or ghee
 - Another student gets one cup of flour
 - Another student gets one cup of sugar
 - Another student gets three cups of water
 - Another student gets a bowl and a cloth for the prepared Kaṛāh Parshād
 - Another student can be in charge of doing Japujī Sāhib
- In one bowl mix the one cup of sugar and the three cups of water – let it boil – make sure the sugar dissolves.
- In the next bowl allow the one cup of butter to melt and then mix in the one cup of flour – let it become a golden brown. Give all students an opportunity to stir.
- When the flour has been thoroughly cooked, pour the sugar water into the flour/butter mixture. (***TURN DOWN THE HEAT FIRST***)
- Be careful/ it will splatter – Keep stirring briskly.
- Stir for about three to five minutes, or until you feel the Kaṛāh Parshād is prepared.
- Pour it into the bowl and cover it with the cloth.

Explanation/Extension (10 minutes)

- 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.
- Follow the instructions of the Sikh Rahit Mariādā.
- Have a student do Anand Sāhib.
- Have a student do Ardās, another student can take Hukamnama, another one to do parvaṅgī (misnomer bhog), and finally a few students to distribute the Kaṛāh Parshād.

Evaluation (On-going)

- Have students share the process of making Kaṛāh Parshād to distributing it with their family.
- For homework, ask students to design a brochure explaining why and how we make Kaṛāh Parshād. The brochure should include pictures.
- Always try to display and or share student work with the Saṅgat. This is encouraging to the students.

Teacher Resources

(Refer to lesson 8 for student handout).

Directions for Karāh Parshād

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

The method of preparing the Karāh 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 Karāh Parshād is brought in after the recitation of the Anand Sāhib, it is not necessary to repeat the recitation of the Anand Sāhib. Acceptance of the Karāh Parshād brought later by the sacred Kirpān after Ardās is acceptable.

Before the distribution to the congregation, from the Karāh 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 Karāh Parshād should do so without any discrimination. Sevādār should distribute the Karāh 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

