

Becoming a Welcoming Community

Values of the Sikh Community

EQUALITY OF MANKIND

The Sikh religion emphasizes equality amongst all without discrimination on gender, social, racial grounds.

This inspires the Sikh community to be inclusive of people with various disabilities.



Figure 1: Icon of handshake.



Figure 2: Icon of hand and a heart.

SARBAT DA BHALA

Sarbat da bhala, or welfare of all is the Sikh value of encouraging and asking for blessings for the well-being of all the people in the world. This value encourages the Sikh community in thinking of ways to support the well-being all people including people with disabilities to engage in religious activities and events.

WAND KAY SHAKO

One of the three main pillars of the Sikh religion, Wand Kay Shako means to share the fruits of one's labour with others and the community.

This value of considering the needs of others directly relates to accommodating people with disabilities so that they too can openly engage in religious activities and events.



Figure 3: Icon of Sikh religious symbol, the Khanda.



Figure 4: Icon of a lightbulb.

THE IMPORTANCE OF ENGAGEMENT IN RELIGION

Participating and engaging in religious activities and events can increase a person's health and quality of life. Benefits of engaging in religious practice include greater well-being, hope, optimism and social support.