



GURDWARA SRI GURU
SINGH SABHA
SOUTHALL

KES SAMBAL

ANTI-BULLYING SEMINAR

SUNDAY 23RD MARCH

Gurdwara Sri Guru Singh Sabha Southall
Giani Ditt Singh Hall · Park Avenue · UB1 3AG

IMPORTANCE OF KESH

LOOKING AFTER YOUR KESH

**HOW TO TIE DASTAR, PATKA
OR DO A JOORA / GUTTI**

**SELF DEFENCE
TECHNIQUES**

2-4PM

In collaboration with
Sikh History Series
Sikh Army Podcast
Basics of Sikhi

**FOR MORE
INFORMATION**

**CONTACT:
KIRAN@SGSSS.ORG**

