

Worksheet 11 – Sangat and Pangat

1. What does Sangat and Pangat mean?

- (a) Sangat means goodness and Pangat means badness (like Ying and Yang in Chinese philosophy)
- (b) Sangat means having a laugh and Pangat means chilling out
- (b) Sangat means company and Pangat means sitting in rows on the floor
- (d) something else

2. What is the difference between Sangat and Sadh Sangat?

- (a) Sadh Sangat is a special type of Sangat (b) Sadh Sangat means bad company
- (c) Sadh Sangat means holy company (d) Sadh Sangat means having no company

3. Why do we have Langar? Is it to:

- (a) satisfy peoples hunger (b) promote equality (c) bring people together
- (d) teach people how to cook Indian food

4. Why should we do seva in the Langar Hall? Is it to:

- (a) be recognised as an important individual (b) chat to other people doing seva
- (c) become humble (d) get our wish granted from the Guru (e) help the community

5. Why do we sit on the floor? Is it because:

- (a) Sikhs follow out-of-date customs (b) a Gurdwara can't afford chairs & tables
- (c) it promotes humility (d) its more relaxing (e) meditation is easier (f) to promote equality

6. How do we become part of the Sadh Sangat? Is it by:

- (a) coming into the diwan hall (b) bowing to the Guru
- (c) sitting next to a guy in a white clothes
- (d) keeping your mind focused on the word and understanding its meaning

7. Why have the Gurus encouraged people to avoid bad company?

8. How can we tell if a company is good or bad?

9. Which of the following are types of company (identify both good and bad company with reasons for your choice)

- (a) Television (b) Friends (c) Relatives (d) work colleagues (e) Internet (f) Radio
- (g) SGGSJ (h) Cars (g) magazine (h) The Sun Newspaper (i) God (j) Pet cat