











<p>Guru Nanak</p>  <p>He taught that there was only one God. He argued against social injustice and the caste system. He introduced the system of distributing food to all and communal dining.</p>	<p>Guru Angad</p>  <p>He promoted education and the teaching of reading and writing in Punjabi. He wrote down and compiled Guru Nanak's teachings as well as adding his own, in the Adi Granth (holy book).</p>
<p>Guru Amar Das</p>  <p>He extended the free communal kitchen called the langar, where all were given food and ate together regardless of who they were. Food was served all day and all night. He argued for the idea of women's equality at a time when women did not have many rights in India.</p>	<p>Guru Ram Das</p>  <p>He created the standard Sikh marriage ceremony known as Anand Karaj. He stressed the importance of kirtan (hymn singing) as part of worship.</p>
<p>Guru Arjan</p>  <p>He built the Golden Temple (Harmandir Sahib). This is considered the holiest of Sikh temples in the world. He wrote the prayer for peace called the Sukhmani Sahib Bani.</p>	<p>Guru Hargobind</p>  <p>He introduced the use of Sikh martial arts so that Sikhs could defend themselves. Sikhs celebrate his - and 52 other prisoners - release from prison during Diwali (Bandi Chhor Divas).</p>
<p>Guru Har Rai</p>  <p>He taught and gave lectures on Sikhism and the number of Sikhs grew during his time as the Guru. He refused to change the words of Guru Nanak in the Adi Granth as requested by the Emperor of India at the time.</p>	<p>Guru Harkrishan</p>  <p>He was the youngest Guru (aged 5 when he took over from Guru Har Rai). He helped to heal people with smallpox but caught the disease and died from it at the age of 8.</p>
<p>Guru Tegh Bahadur</p>  <p>He believed in and protected the 'right to freedom of religion' for all - not just Sikhs. He emphasised the importance of honest work and charity.</p>	<p>Guru Gobind Singh</p>  <p>He created the Khalsa, which consisted of Sikhs who had been baptised and dedicated themselves to Sikhism. He instructed that all Sikh males should use the last name Singh (lion) and all females the last name Kaur (princess). He finalised the Adi Granth (which contained the teachings of all the Gurus), and changed its name to the Guru Granth Sahib. He declared that it would be the last and only Guru after him.</p>

Other Main Beliefs (All Gurus)

Sikhs believe that different religions are all paths to the same God.

They think humans are children of the same God.

They believe that everyone is equal in God's eyes so should be treated equally.

Sikhs believe in reincarnation – that life is a cycle of birth, death and re-birth.

They believe that all Sikhs should take part in charitable activities (sewa).

Sikhs believe that they should aim to pay the costs of the communal kitchen (langar) at least once in their lifetime.