

Resource 4.4



Vand chhakna and Sarbhat da bhalla in action

Vand chhakna is one of the Sikh foundations of faith and is the belief that people should be generous and share with others. ‘*Sarbhat da bhalla*’ is a phrase that is said at least twice a day by most Sikhs as part of the *ardas*, or Sikh prayers. This means something like ‘May everyone prosper’ or ‘Blessings for everyone’, so that all people are helped.

Activity	Activity	Activity
How this shows <i>vand chhakna</i>	How this shows <i>vand chhakna</i>	How this shows <i>vand chhakna</i>
How this shows <i>Sarbhat da bhalla</i>	How this shows <i>Sarbhat da bhalla</i>	How this shows <i>Sarbhat da bhalla</i>
This shows <i>vand chhakna</i> and <i>Sarbhat da bhalla</i> the most because	This shows <i>vand chhakna</i> and <i>Sarbhat da bhalla</i> because	This shows <i>vand chhakna</i> and <i>Sarbhat da bhalla</i> the least because