

Name of School - Kendriya Vidyalaya Mahaldrha Raikangpur

Name of Student - Trachi Mishra

Class - X

## Relevance Of Guru Tegh Bahadur Preaching In Present Day

### Introduction:-

Guru Tegh Bahadur was the child of Guru Hargobind and Mata Nanaki. He was the ninth of ten Gurus who founded the Sikh religion. He was the leader of Sikhs from 1665 until his beheading in 1675. He was born in Amritsar, Punjab, India in 1621. He was the youngest son of Guru Hargobind. He is honoured and remembered as the man who championed the rights for all religious freedom.

### Master the Art of Self-Control:

In order to become a master of self-control one needs to pass the obstacles and channel one's own senses to better self-controlling practices. These obstacles might be due to lack of knowledge and insight about self-control, one's own discipline, one's own willpower, one's own desire to change and strong emotional outbursts, very fast and quick reactions to outside stimuli without considering and

believing that self-control is something uncomfortable and unpleasant activity.

For example if a person wants to leave smoking or a habitual smoker (or a drug addict) - then one needs to discipline self because in order to stop smoking one needs to take baby steps - then only it is possible to leave smoking. For this purpose one needs to have will power and desire to change. Another example in almost all the religion there is an important practice of keeping fast which is again based and tries to develop the art of self-control.

### To Overcome Greed, Desire, Ego and Pain:

One of the most important teaching of Shri Guru Tegh Bahadurji is to overcome greed because due to greediness some people are always saying me, me, me with very little regard for the needs and feelings of others. Envy and greed are two sides of the same coin because greed is a desire for more and more possessions may be wealth and power. This greed and desire further creates ego and pain in one's life. For example in today's time one can see many example of difference among two brothers or sisters, many a time they are not ready to talk to each other on number of years because of some minute difference between them.

## Be content with One's own life:

A particular individual wants to lead a satisfied life and this is possible when one is happy and satisfied with one's own life. Many a time a particular individual tries to compare himself or herself with other person's individual materialistic achievements and keeping himself or herself disturbed about the same throughout his/her life. There is no peace of mind and life is full of hatred and frustration. So according to the teaching of Shri Guru Tegh Bahadurji one needs to learn the art of what one have needs to be satisfied with it. Always one needs to watch the person who are lower to him or her in socio economic status instead of looking people of high socio economic status. For example there are some people who have lots of wealth but are not content and some are even unable to meet both ends of life but still they are content with their life.

## Material World is Perishable, Transitory and Illusory:

Another important teaching of Shri Guru Tegh Bahadurji is that the material world is perishable, transitory and illusory but it is very hard to understand the truth.

For example Alexander the Great who conquered many Kingdoms in the world but unable to take anything with him

At the death bed he made three wishes:

1. His first wish was physicians alone must carry his coffin.
2. Second wish was when his coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which he collected while conquering the Kingdom.
3. The third and final wish he made was to keep both his hands hanging outside his coffin so the entire world can witness that even a great King like him could not carry even a single penny with him.

So through the above example one needs to understand the real truth of life and try to follow the path shown by Shri Guru Tegh Bahadurji.

Protect the ones who need protection even if it comes at the cost of one's own life:

Through this Shri Guru Tegh Bahadurji is pointing towards the materialistic world where people need to share their heads earn money (may be just 0.05%) needs to donate the poor because if each individual donates then automatically protection of others will be taken care of. An example the concept of League is to provide everyone is need of food, irrespective of their

TE7 PRO  
AMERA  
ate, class, religion and genders and the person is always  
welcome as the Guru's guest.

## What one can take from the Teachings of Shri Guru Tegh Bahadur Ji?

One needs to practise certain values which are important  
in one's life.

For example, firstly, empathy as the ability to sense other  
people's emotions which was rightly pointed by Shri Guru  
Tegh Bahadur Ji, he rightly sensed the problems of others  
thinking or feeling.

Secondly, Gururaj through his action tried to save the  
entire humanity. We all human beings need to follow  
the same path of sympathy which would definitely helped  
the entire society of human beings.

Thirdly, Sacrifice is most important religious ceremony.  
Sacrifice: is the greatest lesson we all need to  
learn from the great person.

Fourthly, believing that all people are equally important  
and should have same rights and opportunities in life.

Fifthly, Community service would be the biggest take away  
from the teachings from Guru Tegh Bahadur Ji.

Sixthly, Sharing is one of the most important concept  
which practise in the form of langar. All the teachings  
of Gururaj are incredible.

## Conclusion:-

Shri Guru Tegh Bahadur ji played a significant role as he resisted the forced conversions of Kashmiri Pandits and non-Muslims to Islam though he was publicly beheaded in 1675 on the orders of Mughal emperor Aurangzeb in Delhi for refusing to convert to Islam. The teachings of Shri Guru Tegh Bahadur ji should be remembered forever because of his supreme sacrifice to uphold the value of righteousness, truth and freedom of faith and Guru Ji's teachings must be disseminated in every nook and corner of the world.