

Celebrating birth in different religions
Sikhism

Naam Karan



Naam Karan

Many religions have special ceremonies to welcome and name new babies.

We have already found out how babies are welcomed in Christianity and Islam.

In Sikhism, the special ceremony to name and welcome a new baby is called a Naam Karan.



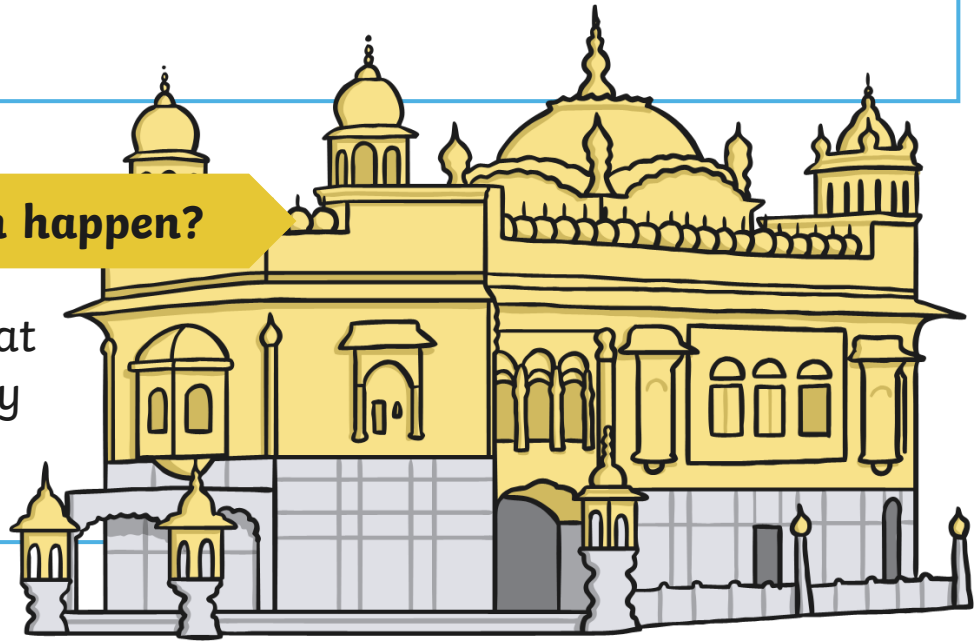
Naam Karan

When does a Naam Karan happen?

A Naam Karan takes place as soon as the mother of the baby feels well enough. There isn't a set number of days so this date might be different for each different family.

Where does a Naam Karan happen?

A Naam Karan takes place at the Gurdwara, the Sikh holy place of worship.



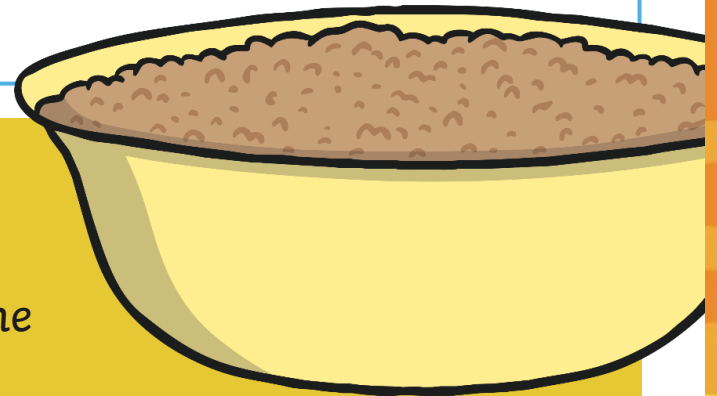
Naam Karan

What happens at a Naam Karan?

The family and friends of the new baby go to the Gurdwara. The Guru opens the Guru Granth Sahib at random. The first letter of the first word on that page is chosen to be the first letter of the child's name.

Once the baby's name has been chosen, the people in the Gurdwara cheer.

A special pudding, called **karah parshad**, will have been made from flour, semolina, butter and sugar. Everyone who attends the Naam Karan gets to taste it!



Naam Karan

How are names chosen in Sikhism?

Once the first name of the new baby has been chosen from the page of the Guru Granth Sahib, the second name will follow a special rule.

Girls

Kaur, which means 'princess'

Boys

Singh, which means 'lion'



Choosing a Name

Many names have special meanings. Some parents choose names for their child because of what it means.

Choosing a Name

Some names have a special meaning. Your task is to choose a new name for a child. Read the description of the child you will be naming. Then, choose a name from the table and explain why you chose it.

Remember: try to choose a name that would suit the personality of the child!

The Child
This child has lots of energy and likes to be outside. They would like to have a job in nature when they are older. They are patient, brave and like to be challenged.

Choose a Name

Name	Meaning
defender	
someone who is very patient	
brave	
someone who helps others when they are in need	
helpful person	
a kind and sensitive person	

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Choosing a Name

Some names have a special meaning. Your task is to choose a new name for a child. Read the description of the child you will be naming. Then, choose a name from the table and explain why you chose it.

Remember: try to choose a name that would suit the personality of the child!

The Child
This child enjoys working with animals and likes to be around people. They would like to have a job helping people when they are older. They are patient, a good listener and kind.

Choose a Name

Name	Meaning
someone who is very patient	
brave	
someone who helps others when they are in need	
helpful person	
a kind and sensitive person	

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Choosing a Name

Some names have a special meaning. Your task is to choose a new name for a child. Read the description of the child you will be naming. Then, choose a name from the table and explain why you chose it.

Remember: try to choose a name that would suit the personality of the child!

The Child
This child enjoys making things and solving problems. They would like to have a job building or fixing things when they are older. They are intelligent, careful thinker and good with numbers. They enjoy a challenge and like to work in a team.

Choose a Name

Name	Meaning
nimia	someone who is intelligent and has a lot of knowledge
riselle	someone who is wise and intelligent, good at finding and thinking about things
cadence	a rhythmic person
radison	mighty
tiza	someone who has a jolly nature
hia	flowing water
aida	precious
eegan	beautiful thing
aliga	noble

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What name would you choose for a child?

Complete the worksheet to explore what names can mean and why they might be important. There are 3 worksheets that increase in difficulty. Please complete at least 1 worksheet, choosing the level of difficulty that suits you.