



Faiths for the City – Health Seminar

**The Concept and Origins of the Nishkam
Healthcare Centre
Birmingham**

19th September 2013



Structure

- Basics of the Sikh Dharam
- Values and their Significance
- How these translate into Service
- The Nishkam Healthcare Centre example



Sikh:
Learner, Disciple

Guru:
Teacher, Divine Master

Gu - Ru
Darkness - Light



**Bhai
Maradana Ji
(1459 – 1534)**

**Sri Guru
Nanak Dev Ji
1469 - 1539**

**Bhai Bala Ji
1466 - 1544**



Ten Gurus 1469 - 1708



Ik Onkar



(1504-1552 AD)
Guru Angad



(1666-1708 AD)
Guru Gobind Singh



(1479-1574 AD)
Guru Amar Das



(1469-1539 AD)
Guru Nanak



(1621-1675 AD)
Guru Teg Bahadur



(1534-1581 AD)
Guru Ram Das



Sri-Guru Granth Sahib
(1706 - 1708 AD)



(1656-1664 AD)
Guru Harkrishan



(1563-1606 AD)
Guru Arjan Dev Ji



(1595-1644 AD)
Guru Hargobind



(1630-1661 AD)
Guru Har Rai Ji

Sikh Identity and Way of Life



Rules are for men and women

5 Ks and the Turban for males

No alcohol or drugs

No meat fish or eggs

Remember God
Be kind /
compassionate

Guru Granth Sahib Ji 1708 - Eternity





Ik Onkar
God is One – all is His
creation



6 Guru Sahibas (Sikh Gurus)

15 Bhagat (Saints)

6 ਗੁਰੂ ਸਾਹਿਬਾਨ



ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ
Guru Nanak Dev Ji



ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ
Guru Angad Dev Ji



ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ
Guru Amar Das Ji



ਗੁਰੂ ਰਾਮਦਾਸ ਜੀ
Guru Ram Das Ji



ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ
Guru Arjun Dev Ji



ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ
Guru Tegh Bahadur Ji



15 ਤਗਤ ਸਾਹਿਬਾਨ



ਭਗਤ ਰਵਿਦਾਸ ਜੀ
Bhagat Ravidas Ji



ਭਗਤ ਰਾਮਾਨੰਦ ਜੀ
Bhagat Ramanand Ji



ਭਗਤ ਜੈਦੇਵ ਜੀ
Bhagat Jakiev Ji



ਭਗਤ ਤ੍ਰਿਲੋਚਨ ਜੀ
Bhagat Trilochan Ji



ਭਗਤ ਨਾਮਦੇਵ ਜੀ
Bhagat Namdev Ji



ਭਗਤ ਭੀਖਨ ਜੀ
Bhagat Bhikhan Ji



ਭਗਤ ਧੰਨਾ ਜੀ
Bhagat Dharna Ji



ਭਗਤ ਕਾਬੀਰ ਜੀ
Bhagat Kabir Ji



ਭਗਤ ਸੋਧਨਾ ਜੀ
Bhagat Sodhana Ji



ਭਗਤ ਸ਼ੇਖ ਫ਼ਰੀਦ ਜੀ
Bhagat Sheikh Farid Ji



ਭਗਤ ਪੀਪਾ ਜੀ
Bhagat Pipa Ji



ਭਗਤ ਸੈਣ ਜੀ
Bhagat Sain Ji



ਭਗਤ ਬੇਟੀ ਜੀ
Bhagat Beeri Ji



ਭਗਤ ਪਰਮਾਨੰਦ ਜੀ
Bhagat Parmanand Ji



ਭਗਤ ਸੁਰਦਾਸ ਜੀ
Bhagat Surdas Ji

11 ਤੰਤ ਸਾਹਿਬਾਨ



ਭੱਟ ਹਰਿਬੰਸ ਜੀ
Bhatt Haribans Ji



ਭੱਟ ਬਲ੍ਹ ਜੀ
Bhatt Balh Ji



ਭੱਟ ਮਰਹਾਰਾ ਜੀ
Bhatt Marhara Ji



ਭੱਟ ਗਾਧੇਦਾ ਜੀ
Bhatt Gayand Ji



ਭੱਟ ਨੀਠੂ ਜੀ
Bhatt Naith Ji



ਭੱਟ ਭੱਲੂ ਜੀ
Bhatt Bhaib Ji



ਭੱਟ ਸਲ੍ਹ ਜੀ
Bhatt Salh Ji



ਭੱਟ ਭਿਖਾ ਜੀ
Bhatt Bhikha Ji



ਭੱਟ ਕੀਰਤ ਜੀ
Bhatt Kirat Ji



ਭੱਟ ਜਾਲਪ ਜੀ
Bhatt Jalap Ji



ਭੱਟ ਕਲ੍ਹ ਸਹਾਰ ਜੀ
Bhatt Kalsahar Ji

4 ਬ੍ਰਹਮ ਗਿਆਨੀ



ਬਾਬਾ ਸੁੰਦਰ ਜੀ
Baba Sunder Ji



ਰਾਇ ਬਲੇਵੰਡ ਜੀ
Rai Bahwand Ji



ਬਾਬਾ ਸੱਤਾ ਜੀ
Baba Satta Ji



ਭਾਈ ਮਰਦਾਨਾ ਜੀ
Bhai Mardana Ji

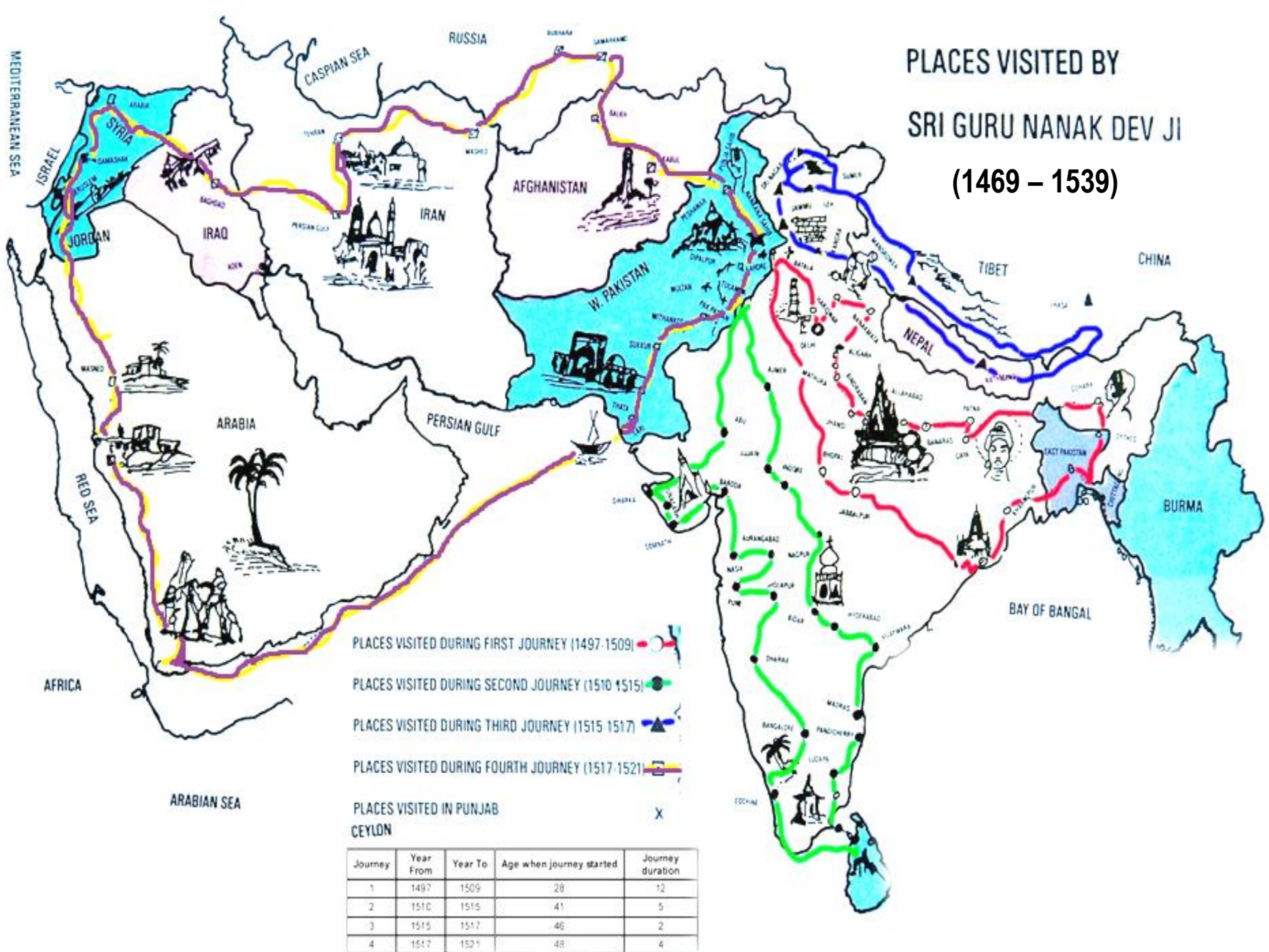


ਬਾਬਾ ਹਰਜੱਸ ਸਿੰਘ
Baba Harjass Singh

→ 5 Brahm Gyani
(knowers of God)

→ 11 Bhatt
(Bards)

PLACES VISITED BY SRI GURU NANAK DEV JI (1469 – 1539)



3 Pillars of Faith

- *Naam Japo* – Prayer - Listen, accept and act on Guru's word
- *Kirat Karo* – Earn an honest living whilst working in God's presence
- *Wand Ke Chako (Dhaswand)* – Share with others



Simran

Prayer makes you Wise



Langar



Kirtan – Singing God's Praises makes you Grateful



Altruistic
Wise
Humble

- Using our daily practice to help us to adopt an ever ascending **optimistic nature** (Chardi Kala)

Compassion, Forgiveness, Mercy	(Daya)
Truthfulness, Accountability	(Sat)
Contentment, Sustained Happiness	(Santokh)
Humility	(Nimarta)
Love, Sacrifice	(Prem)





Gurudwara - Harmandir Sahib

Amritsar, India



Gurudwara Guru Nanak Nishkam Sewak Jatha Soho Road, Birmingham



GNN SJ Developments



Nishkam School Trust
Nishkam High School



Nishkam Educational and
Cultural Centre



Nishkam Civic Association



Guru Nanak Nishkam
Sewak Jatha (HQ)



Marg Sat Santokh
Community Co-operative



Retail Units



Nishkam Health and Social Care



Nishkam Education Trust
Nishkam Nursery



Nishkam School Trust
Nishkam Primary School



Nishkam Healthcare Centre



Temple Row House
Possible Educational Development

Ethos – faith values

- Compassion
- Care
- Humility
- Benevolence
- Selflessness





- Caring with Compassion
- Helping with Humility
- Listening with Love

Mission Statement

An innovative approach to healthcare:
infusing faith inspired, values-led care into clinical practice.
Promoting prevention, healing and patient empowerment.
Improving the health and wellbeing of the community.

GNN SJ Health Research

- **NCA health promotion days**
- **BSC project**
- Substantial lifestyle changes
- Culturally sensitive service
- Comfort in faith-based values
- Appreciation of voluntary service
- **Research on the local community**
- Clean environment
- To be given time / attention
- Short waiting times
- Health M.O.T – convenience

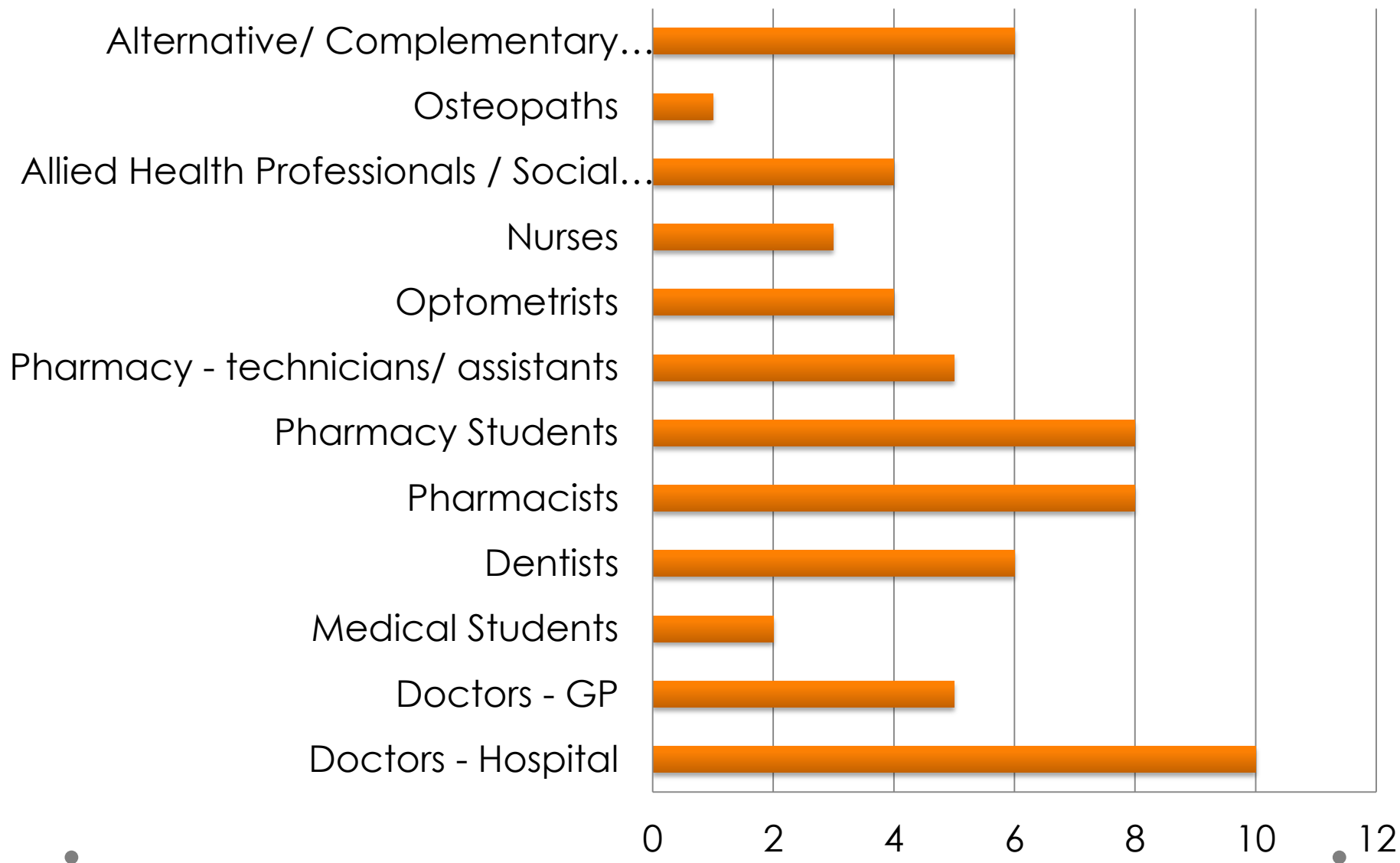




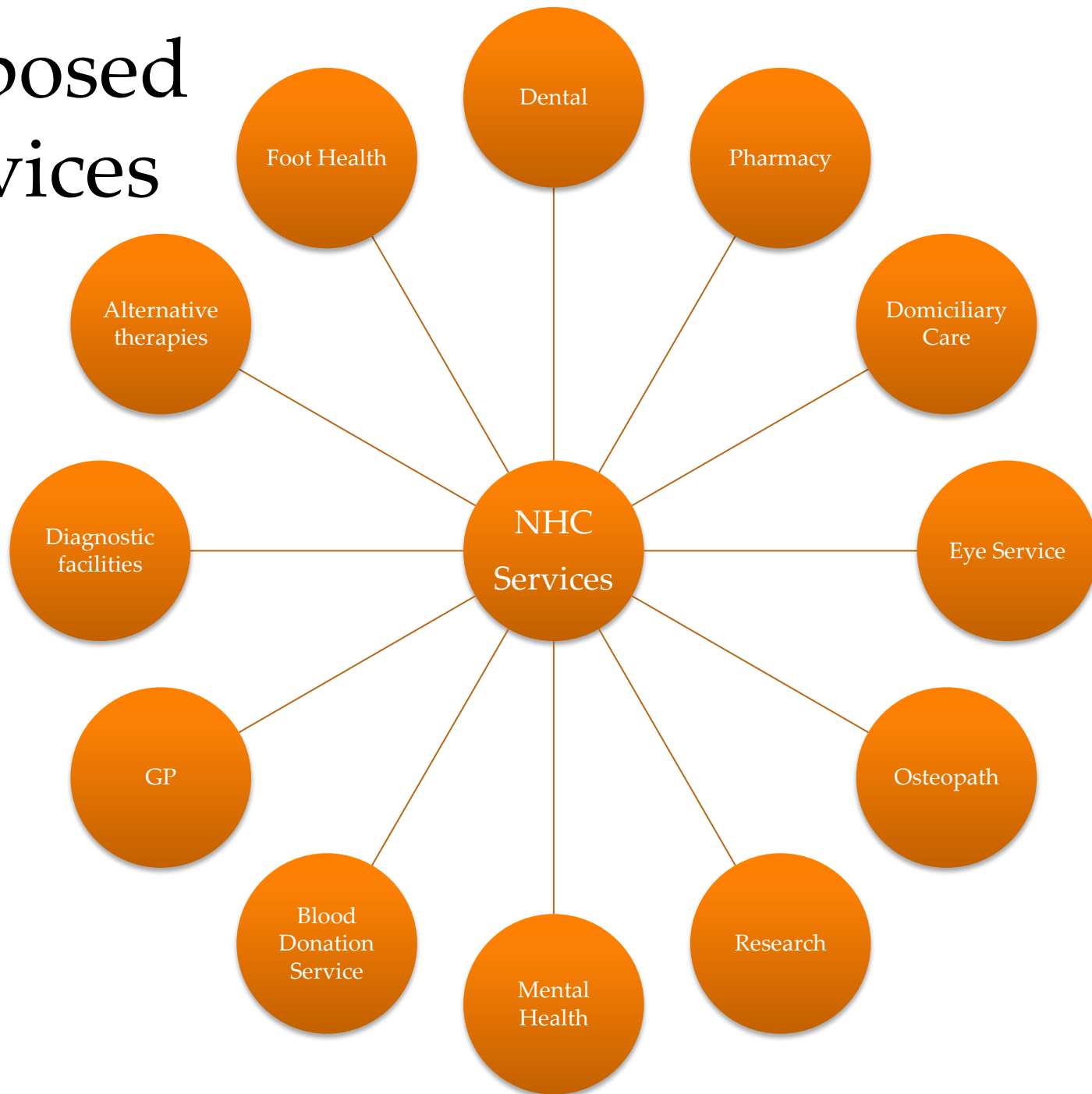
- Polyclinic
- Community participation
- Culturally sensitive
- Holistic healthcare

Current Numbers of Volunteers from the Local Congregation

CURRENT TOTAL = 62



Proposed services





Construction







Nishkam Pharmacy opened for business on 18th January 2013

The Pharmacy in Action

- Not for profit
- Voluntary work
- Striving for self-sustainability
- Awareness events
- Broadening the horizon

Video

The Future

- Implementation of other services
- Use own initiative to identify patient needs
- Commissioners assessments
- Public health assessments and reports
- Government agendas
- Culturally sensitivity
- Nishkam service
- Holistic approach
- Marmot review



Partnerships

Partnerships are a United Nations Millennium Development Goal (MDGs)

Always work from Whole to Part

- GNNSJ and daughter organisations
- St Mary's Hospice
- Local Hospitals
- CCGs and the NHS CB
- Neighbouring GP surgeries
- The Handsworth community



Connectivity and Interdependence



Thank You



Further Information

- I shall upload the video onto the website of Nishkam Healthcare Trust:

www.nishkamhealthcaretrust.com

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- mkh242@gmail.com