

February 14, 2025

Dear Guru Simran Kaur Khalsa,

This is the third year I have taken my Humanities classes to visit your ashram and gurdwara, and each year, the experience has been meaningful, educational, and so much fun. Thank you, our Yoga teacher, Hari Mander Singh Khalsa, and our gatka teacher, Guru Prakash Singh.

After our trip, my students wrote paragraphs and poems about what they learned and what they thought about the whole day. I have attached two poems and excerpts from several students' journals so you can see for yourself what they had to say about the visit.

Every single student wrote that they were grateful for the opportunity to learn so much. They made connections to other topics we studied in class, noting both differences and similarities. Several students commented that they enjoyed the beautiful artwork, the peaceful environment, and the song. One student found that eating together gave her a sense of community and equality she had not experienced before. They loved the food, found the yoga class relaxing and moving, and, of course, had fun learning about gatka.

But I also learn so much each year, about Sikhism, about how I need to make more time for meditation, and about my students. So again, thank you for hosting us, teaching us, and feeding us. I hope that I can return next year with a new group of students because it really is what I most look forward to when teaching Humanities.

Sincerely